

عنوان مقاله:

Effectiveness of Problem Solving Training Program in Happiness and Coping Styles of Addicts of Meth Amphetamine

محل انتشار:

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خلاصه مقاله:

A B S T R A C T Objective: Depressive mood along with boredom and unhappiness is one of the main consequences of addiction treatment and investigating the reduction strategies is of absolute and sheer necessity. The present research aims to investigate the effectiveness of problem solving training program in happiness and coping style of individuals suffering from drug abuse. Methods: Therefore, in a semi-experimental study, the addicted individuals having low rate of happiness (N=۳۶) were selected through random cluster multi-stratified sampling and assigned into the experimental and control groups. Both groups were measured by Oxford Happiness Inventory and Coping Styles Questionnaire and the experimental group underwent problem solving skills training. Results: the results of covariance analysis, Pearson correlation coefficient, variance analysis with repeated measure and t-test indicated that, happiness level (Eta square=.۲۴) and coping style (Eta square=.۳۱) of the experimental group has increased and there is between-group difference in three stages of intervention at ۹۹% of significant level. It can also be concluded that, there is significant relationship between rational coping style (.۵۷), detached coping style (.۴۷) and the increase of happiness in subjects. Moreover, there is significant and negative relationship between emotional coping style (-.۴۱), avoidance coping style (-.۳۵) and the decrease of happiness among the subjects. Increased rate of happiness and rational coping skills were observed in the experimental group. The more the individual uses rational and detached styles, the more his/her happiness is and the more s/he uses emotional and avoidance coping styles, the less her/his happiness is.

کلمات کلیدی:

happiness, problem solving training, coping styles, addicts, methamphetamine

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