

## عنوان مقاله:

Effectiveness of Life Skills Training on Quality of Life of Old Women

## محل انتشار:

همایش ملی روانشناسی و مدیریت آسیب های اجتماعی (سال: 1394)

تعداد صفحات اصل مقاله: 9

## نویسنده:

Mohsen Nadimi - Ph.D Student in General Psychology, Young Researchers and Elite Club, Birjand Branch, Islamic Azad University, Birjand

## خلاصه مقاله:

Today, due to increasing longevity and life expectancy indices, an important issue has raised entitled how to pass the life and in other words, quality of life that addressing this issue has attracted the minds of experts on aging. This study aimed to evaluate the effectiveness of life skills training on quality of life. The research plan is pretest - posttest with experimental and control groups. The statistical population consisted of all the elderly women living in nursing homes in Birjand in 2015. Using convenient sampling method, 38 women were selected as samples and were randomly assigned to experimental and control groups. Only the experimental group has received life skill training for 8 sessions in groups. Research tool was quality of life questionnaire (SF-36) that participants answered it in the pre-test and post-test steps. Data was analyzed using descriptive statistics and analysis of covariance at a significance level 0.05. Results showed that a significant difference exists between the experimental and control groups in terms of quality of life ( $P < 0.001$ ), so that the quality of life in the post-test in the experimental group was significantly more than the control group. So it seems that life skills training which is a combination of positive psychology with cognitive – behavioral approach, can increase the quality of life in elderly women.

## کلمات کلیدی:

Life skills, quality of life, the elderly, women

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/556675>

