

The Effectiveness of Life Skills Training on Mothers' Stress Coping Strategies and Emotional Self-Regulation

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Abstract

Introduction: Lack of life skills causes ineffective and maladaptive behaviors in the face of stress. The aim of this study was to investigate the effectiveness of life skills training on coping strategies with stress and mothers' emotional self-regulation.

Methods: The research was quasi-experimental with pre-test and post-test with control node and follow-up stage. The statistical population of the present study consisted of all mothers with adolescent children in District 3 of Karaj who referred to Armaghan Bahar Psychology Clinic in the fall of 1398. The sample size included 40 mothers with adolescent children in District 3 of Karaj in 1398 to the clinic. The psychology of Armaghan Bahar was referred and were studied by available sampling method and randomly in two experimental groups (20 people) and (20 people) control. The experimental group participated in 11 life skills training sessions, while the control group did not receive any intervention. And after two months, the follow-up was done. The Lazarus Coping Strategies Questionnaire, the Garnfsky Emotional Cognitive Self-Regulation Questionnaire, and Kraj were used to collect data. Descriptive statistics were used to analyze the results and then multivariate analysis of covariance (MANCOVA) was used.

Results: The results showed that life skills training increased the problem-oriented coping strategies of the experimental group versus the control group and decreased the emotion-oriented coping strategies of the experimental group versus the control group ($P < 0.01$). The results also showed that life skills training increased the positive emotions of the experimental group versus the control group ($P < 0.01$).

Conclusion: Interventions based on this approach can be useful in increasing the rate of coping responses to problem-solving, positive emotions of mothers with adolescent children and help to improve their living conditions.

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