

The Effectiveness of Life Skills Training on Reducing Parent-Child Conflicts in Students Shirvan City

Mohammad Karami ¹

Shahram Mohammad Khani ²

Abstract

One of the components of family efficiency is the proper upbringing of children and the effective communication between family members. Sometimes, when parents raise their children, they face disobedience and disagreement with their wishes, leading to conflicts between them. So the question arises, can life skills training reduce the conflicts between parents and adolescents? The purpose of this study was to investigate the effectiveness of life skills training program on reducing parent-child conflicts. To achieve this goal, pre-test, post-test semi-experimental research with control group was used the statistical population male high school students (ninth grade) of Shirvan high school security committee. The sample consisted of 40 students who were selected by convenience sampling method and randomly divided into two groups (control and control) Measurement tool was Murray-E. Strasz parent questionnaire. The data were analyzed using descriptive statistics, mean and standard deviation and inferential level by covariance analysis test. The results showed that the life skills training program was able to significantly reduce students' total conflict, verbal aggression, and physical aggression with their parents and significantly increase their ability to use reasoning strategies. Based on the findings of the data analysis, it can be concluded that life skills training is effective in reducing conflicts between students and their parents.

Keywords: Teaching life skills, family, parents, adolescents

1. Master of Family Counseling, Azad University, Quchan Branch, Corresponding Author; Email: arshad_mk20@yahoo.com

2. Associate Professor, Clinical Psychology, Kharazmi University of Tehran; Email: Sh.mohammadkhani@gmail.com