Investigating Effect of Life Skills Training on Family Functioning of Epileptic People’s in Tabriz

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Abstract
Present research intends to investigate effect of life skill training on functioning of epileptic people’s family in city of Tabriz. The method used in present research is of semi-experimental type with design of pre-test / post-test with control group. Before commencement of life skills training and one week after its termination, functioning of epileptic people’s family was measured by Family Assessment Device (FAD) and the data were analyzed by covariance analysis method. The obtained results represent effect of life skills training on increase of sound functioning of epileptic people’s family. Conclusion: given results of the present research, life skills training next to other treatments can be employed in order to reduce health care costs arising from psychological, social and familial problems and to improve performance quality of families in question as the most essential children support system particularly epileptic people.

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1. Introduction

Today, considering allegro of changes in diverse social, economic, political and cultural fields and human needs based on current situation to bring some changes in his life sphere. Living in such condition demands special skills, skills that can result in healthy and lively life together with peace, flourishing and efficiency (Sarkhosh, 2005). Life skills include a set of capabilities that increase adaptability and positive and efficient behavior. As a result, person will be able without bringing any harm to oneself or others to accept responsibility of one social role and to face challenges and problems of daily life effectively. World Health Organization (1996) has introduced 10 skills as the main life skills and has put them in five sub-groups of
1. Self-consciousness
2. Intimacy, relationship
3. Intra-personal relationship, decision making
4. Problem solving, creative thinking
5. Critical thinking and control of excitements and fighting stress

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Among the problems which epileptic people are confronted with is family member’s extreme reaction in the sense that a number of family members in dealing with their epileptic people excessively take care of them which is termed as excessive support. On the other side, sometimes families show excessive exclusion reaction which one way or another disturbs familial healthy and constructive relationship (Navayeepour, Soleimani and Barzegar, 2008).

Family is regarded as one of the main pillars of social life and all issues with regard to it should be taken into consideration. Presence of disease in each family member hurts family’s normal functioning and takes away liveliness and comfort from other members (Milanifar, 2004). Since family’s performance has a critical role in a healthy life and especially when one of the family members need more assistance of family member for adaptation with environment, it seems family sound functioning can have a helpful and crucial role. Hamidi (2005) through a research showed that family therapy improves family performance. Initiating some programs for promotion of social skills and problem solving results in improvement of individual’s performance in family and school (Cup, 2000). Hatfield (2002) showed that life skills training can have positive effects on family relationship and result in improvement of such sentiments as philanthropy and … in participating people. On the other side, majority of prior research inside the country has indicated that life skills training has had positive effect on improvement of communicative and social skills as one of the important dimensions of family’s performance (Agha Mohammadian, 2004). Tellado’s research (1984) showed that after instruction of problem solving skill to examinee group, acquisition of this skill rose compared to control group. This finding reminds us necessity of life skills training and indicates that if people learn these skills well, they may find more suitable solution when confronted with problems. Life skills training have positive effect on people’s self-assertion, self-dignity, and amenability (Hatfield, 2002; Verdi, 2004). Shokouhi Ykta & Parand (2008) in a research came to the conclusion that instruction of problem solving to mothers has affected emotional contribution factor. Given what earlier has been said, in present study, it is tried to answer this question whether life skills training has effect on performance of epileptic people’s family and its dimensions?

Methodology

Present research’s method is semi-experimental with design of pre-test / post-test for control group.

Sampling

To complete the research’s sample, 15 individuals who were volunteers to take part in life skills training course were selected. These 15 individuals were selected from members of Tabriz Epilepsy Association who were high school graduate or higher. After selection examinee group, 15 other individual were selected from members of Tabriz Epilepsy Association as control group who in terms of education were peers. Participants’ age range was between 18 – 32 years.

Instrument

Family Assessment Device is a 60-question questionnaire which is composed to measure family performance based on McMaster Model. This tool in 1983 was developed by Epstein and Bishop aiming to describe family structural characteristics (Sanayee, 2000; Epstein, Baldwin and Bishop, 2007). The tool’s Alpha Coefficient in 1983 by Epstein and co-workers on a sample of 503 people was reported 72% in dimension of roles and behavior control and 92% in overall performance. In Iran, for the first time Najarian (1997) by applying this tool to a sample of 510 persons reported an Alpha coefficient of 93% in overall dimension.

Results and discussion

Before start of life skills training and one week after its termination, family’s performance was measured and the obtained data from pre-testing and post-testing in both groups using statistical method of Covariance Analysis were analyzed. According to research’s results, mean scores of witness group in post-testing in all dimensions was higher than those of examinee group and given that lower scores represent healthier performance, therefore performance of witness group was unhealthier and more destructive than that of examinee group. In addition, results of covariance analysis for studying effect of life skills training on performance of epileptic people’s family indicate that when
effect of pre-test is eliminated from results of post-test related to the groups, difference between the groups in all dimensions except behavior control is significant at 95% confidence level. In other words, life skills training have had effect on performance of epileptic people’s family in examinee group.

The association between mean performance of examinee and witness groups by control of pre-test in dimensions of problem solving, relationship, roles, emotional reaction, emotional mingling and overall performance is significant. In other words, life skills training have had effect on performance of epileptic people’s family in examinee group.


In general, prevailing of desirable relationships inside family allows family member’s mental, emotional and psychological-social growth. Family system for maintenance of stability and balance should adapt its self with the individual with disease symptoms. In other words, sickness of a family member prevents family to have good functioning. Consequently, it seems that paying attention to family functioning next to physiologic treatment of epileptic people and its improvement through effective instructions including life skills training can reduce emergence of secondary destructive behaviors such as obstinacy, aggression etc and create psychological sanity and healthy performance in family’s general environment.

References