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Students' life quality prediction based on life skills

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Abstract

\textbf{Introduction:} Life quality which has attracted the attention of researchers in recent years has a concept wider than health. According to the World Health Organization, life quality is “the self-perception of a person in his/her life, in the culture and value systems in which the person is living, in relation to his/her goals, expectations, standards and interests”. Life quality includes: the dimensions of bodily and psychological health, the amount of independency, social relationships, and the relationship with environment, spirituality and personal believes.

\textbf{Aim:} The purpose of this study is to predict the students’ life quality on the basis of life skills.

\textbf{Methods:} The method of this study is descriptive-correlational. The statistical population of the study includes all the students of Babol Payam-e-Noor University who are studying in this university from 2010-2011. In the statistical sample of this study 220 of the students were selected by clustered sampling methodology. The instruments used in this study include Golzari life skills and World Sanitary Organization life quality questionnaires. For statistical analysis SPSS software was used.

\textbf{Findings:} The results show that there is a significant relationship between the total score of life quality and the total score of life skills and also most of its scales. In other words the increase of the awareness of the students of life skills leads to the improvement of life quality.

\textbf{Conclusion:} Considering the findings it worth mentioning that, by having enough information about life skills and using them in daily life, people are able to encounter the problems and it also causes them to have a stronger personality and increases their vision about life and its events. It also leads to the increase of skill in running life and also increases of skill in relationship with the environment and people and finally leads to life satisfaction.

\textbf{Key words:} Life quality, life skills, students.

1. Introduction

Life quality, which bears more than health, has been the center of the researchers' attention for recent years. The WHO (World Health Organization) describes it as the individuals' understanding of their own in their life, cultural context and systems of values in which they live associated with their goals, expectations, standards, and wills.
Life quality includes all the dimensions of physical and psychological health, autonomy level, relationships, communicating with the environment, noumenon, and personal thoughts.

Theorists of training and medical theories, have reflected long-term concerns about the readiness for living in a socially intricate world. For Hofman and his colleagues (2003) the role of training is to develop the individuals' capacities to change the students' personality for a better life, and to change the social needs, focusing on the acquisition of the life skills. They argue that the training of the skills not only should include applied and psychodynamic skills, but also psychological capacities and skills which are influential in learning and using information, cognitive development, deduction power, emotion regulation, and establishing relations with others, that is, it should also include the life skills.

In recent decades, psychologists have found that many of the disorders and damages are rooted in the individuals' incompetence in analyzing themselves and their conditions. Then, as the change and complication of the society, and the development of the individual and social interaction can not be stopped or hindered, there is no help for it but preparing individuals, especially the young generation, to face challenges in the life, and that's why psychologists all around the world, with the support of NICPM (national and international congress on psychosomatic medicine and social deviations), have started to acquaint people and teach them the life skills. Life skills refer to those personal and social skills essential for children and teenagers to be exemplary-behaved, regarding themselves, others, and the society (Mac Tavish 2000). In the absence of these skills, one facing challenge and stress turns to inefficient and aberrant behaviors (Taronmian and his colleagues 1378, Sell 2006, Gorman 2005). Training life skills besides acquiring knowledge and the proper change of viewpoints and values, as well as bolstering the good behaviors, all together lead to exemplary behaviors.

Methods

The methodology of the current research is a kind of cohesive description. The group of the research includes all the students of the Payam-e-noor university of Babol, studying in 2010-2011. The sample is 22 students racemosely selected. Measurements applied in this research are Golzari's questionnaires on life skills and WHO's questionnaires on life quality. Data analysis has been done by means of SPSS (statistical package for the social sciences) software.

Findings

The summary of regression analysis of prediction of life quality based on life skills:

<table>
<thead>
<tr>
<th>SV</th>
<th>TOTAL</th>
<th>df</th>
<th>SA</th>
<th>$R^2$</th>
<th>F</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regression</td>
<td>4544/55</td>
<td>42</td>
<td>4544/55</td>
<td>0.315</td>
<td>20/68</td>
<td>0.001</td>
</tr>
<tr>
<td>Remaining</td>
<td>9888/02</td>
<td>162</td>
<td>109/867</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Life quality is related to the life skills and about 32 percent of the life quality variance is predictable through this variable.

Discussion

The outcome reveals that there is a relation between life quality and life skills and that nearly 32 percent of the life quality variance is predictable through life skills.

In order to clarify these findings, it should be explained that by knowing these skills and applying them in daily life, everyone could be able to effectively settle their argument with their peers, enhance their control of anxieties, overcome negative uneasiness and stress, and find more interpersonal love which consequently brings an improved psychological health. Knowing and application of these skills will affect all the aspects of everyone's life especially because it is ensued by cognitive and behavioral changes and naturally increases the person's tolerance of internal pressures.
References

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