The effectiveness of Life Skills training on social, emotional and educational adjustment in male and female Iranian school students

The aim of this study was to investigate the effectiveness of life skills training on social, emotional, and educational adjustment in male and female Iranian school students aged 13-15 in Malaysia. The study was a quasi-experimental with pre-test post-test and control group design. The population of this study was all students aged 13-15 studying in two Iranian schools in Malaysia. At the first stage of the study, between two Iranian schools in Malaysia one chooses randomly as an experimental unit (Marefat) and another one as a control unit (Emam Khomeyni), after that, all students aged 13-15 in Marefat school received 10 sessions education (1 hour twice a week). The students of Emam Khomeyni school haven't received any training program. The Socio-demographic and the adjustment questionnaire of secondary school’s students (AISS) were used for data collection. After one month of the last session, the researchers did the post test for both experimental and control groups. For data analysis SPSS software have used. The result showed life skills education had positive effect on educational and social adjustment. There was also a significant difference between experimental and control group in mean total adjustment scores. But results have shown there was not significant difference in emotional adjustment.

Life skills education, social adjustment, emotional adjustment, educational adjustment, students, Iranian school in Malaysia

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