## Abstract

**Introduction:** The purpose of this research is to survey the effect of life skills on the guidelines of dealing with stress and social growth among high school students in Bardaskan city during 1387-88.

**Methods:** The method used in this research is a semi-post-test test type with control group. For this purpose, about 77 students (42 persons in control group and 35 persons in experiment group) of the under-study society in the age range of 15-19 were selected using the method of multi-stage cluster sampling. For data collection, the scales of Vineland social growth, guidelines of dealing with stress and class-average were used.

To answer to the research hypothesis, we used the T-test for the comparison between two independent groups and analysis of bilateral variance.

**Results:** The results showed that the average grade of guidelines of dealing with stress and social growth of the experiment group is considerably more than the same parameters in control group. But the average grade of guidelines of dealing with stress and average grade of social growth are the same between male and female.

**Conclusion:** According to the values of T and F as well as the meaningful level, it is vivid that the teaching of life skills influences the social growth of experiment group members. But, teaching these skills seems to be effect less as for the gender.