

The study of the effect of life skills training on changing attitudes towards the addiction of soldiers of Bushehr city

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ABSTRACT

The purpose of this study was to investigate the effect of life skills training (assertiveness, non-response and emotional control) on changing attitudes towards the addiction of troops in military units of Bushehr. The statistical population of the study consisted of all soldiers of military units in Bushehr city in 2015. The sample was selected by multi-stage random sampling from military units in Bushehr city and finally, 100 people who had the criteria for entering the groups were selected. They were randomly assigned to two groups (experimental group and control group). Both groups completed the research tools in the pre-test and post-test phases. The instrument used was Witt et al. (1989). The intervention was conducted for 8 consecutive 90-minute sessions for the soldiers of the experimental group. Data were analyzed using Manco's test. The results showed that life skills training has been effective in changing the attitude of soldiers toward addiction and drug use. This finding shows that life skills training can be used as an effective approach in changing their attitude towards the phenomenon of addiction by military unit counseling centers, psychologists and psychiatrists. Take up.

Keywords: Life skills training, attitude toward addiction, soldiers of military units.

Introduction

Military environments can cause substance abuse for various reasons. In Iran, despite numerous studies on drug abuse and addiction, there is no statistics or research that can show the prevalence of abuse in military soldiers. Nonetheless, in some countries, regional and national statistics can be easily obtained. For example, the prevalence of drug use among US military personnel was high before the widespread implementation of prevention and careful recruitment programs, with 27% in the past month and 36% in the past year, showing drug use history. They gave. In the European military, estimates of prevalence of drug use up to 5% before commencing drug abuse prevention programs. Finally, substance abuse in many military centers is a

major problem ^[1]. The phenomenon is a phenomenon that has been gradually infecting human societies since six thousand years ago. Today, a wide range of peoples in the world have plagued the world and infected many families with bad consequences and threatened the security of communities ^[2]. Addiction or Substance Abuse is a condition in which a person, despite the consequences and disadvantages associated with taking, continues to use a substance in which a person has a mood or behavioral alteration or has a neurological disorder resulting from the behavior. ^[3]. Entry into an environment that, due to unfamiliarity with it, is always accompanied by the fear and apprehension of them and their families. Military life has certain conditions. Among these conditions remain alien land, apart from family and friends, cold, heat, hunger, insomnia and high noise can be mentioned. On the other hand, young soldiers from different provinces come together in different cultures, from different families, and begin a new phase of their lives and responsibilities. Facing these roles, as well as hard and continuous training, multiple missions, the acquisition of risky specialties, and the ability to withstand the pressure to carry out tasks from other stressors of the war age ^[4]. Najarzadegan, Tolahi and Karami (2011) studied the existing protocols on the prevention and treatment of substance abuse in military personnel ^[5]. The results showed that factors such as drug use

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ban, hard-disciplinary punishment for drug addiction, periodic urine tests, family and friends' participation in the prevention and treatment of addiction, use of military commanders, special attention to individual and social issues, and cooperation Military hospitals with rehabilitation centers are all affiliated with existing protocols. Finally, drug abuse in many military centers is a major problem [1]. An attitude toward addiction is one of the important factors in taking medication behaviors and developing addiction and continuing drug abuse. Attitudes are determinant of behaviors and by changing attitudes we can change behaviors [6]. Attitudes are acquired and almost continuous in behavior. It is clear, of course, that behaviors are caused by several factors, and various situations are effective in shaping them, but all of these factors lead to behavior in areas consistent with attitudes [7]. The attitude directly and indirectly affects addictive behaviors. Therefore, by changing the attitudes of individuals and strengthening their negative attitudes towards materials, one can prevent the tendency to substance abuse and its continuity [8].

The Life Skills Training Program for Preventing Substance Abuse is an effective primary prevention program that focuses on risk-based and protective drug-related risk factors and as well as social skills increases personal competence [9]. Life skills training program focuses primarily on the major social and psychological factors pushing people to start using drugs. Some of the contents of this app are related to Am Existence, ability to say nothing and control of excitement) affect the attitude toward the addiction of soldiers in the military units of Bushehr.

Research plan

This research is in the semi-experimental research group. The research design is two groups (experimental group and control group), which includes pre-test and post-test. The statistical population of this research consisted of all soldiers present in military garrison of Bushehr. The sample was selected through multi-stage random sampling from military units in Bushehr city and finally 100 people who had the criteria for entering the groups were selected. Samples were randomly assigned to two experimental and control groups (each grouped 50). Then the intervention sessions for the experimental group were held for 8 sessions of 90 minutes in group training at one of the military units of Bushehr. The intervention provided in this study was life skills training. During this period, the control group did not receive any training. At the end of the eighth session, the questionnaires were distributed among the two groups (testing and control). In order to observe ethical principles in the research, after the post-test stage, life skills training sessions for the control group were performed intensively. After collecting data from the subjects, the data were entered into SPSS software for statistical analysis.

Information gathering tools

In this study, a questionnaire was used to collect data.

The Attitude Scale of Addiction

This self-report tool was created by Wright *et al.* (1989) and scored as Likert. The score is such that I totally disagree with each of the totally agreeable answers (score 5) to the favorable answers or positive attitudes towards addiction (score 1). In the case of unfavorable substances or a negative attitude towards addiction, the score is reversed. Therefore, the range of person scores in this questionnaire will range from 32 to 160, and a higher score indicates a favorable and desirable attitude toward addiction and drug use. This test was standardized by theoretical (2002). The formal and content validity as well as the reliability of the parallel form and the internal consistency of this desirable scale have been reported. In addition, in the research of Darvishinia, Bakhtiari and Hatami (2012), the internal consistency of the test was calculated by Cronbach's alpha coefficient of 0.89, which is desirable in terms of psychometric criteria. In the present study, reliability of this tool was 0.83 by Cronbach's alpha, which is satisfactory.

Description of life skills training sessions Educational Content Sessions Goals

First, the harmful effects of drugs, the creation of hatred of drugs, awareness of the harmful effects of drugs on the individual and the community, familiarity with ways to resist peers who are anxious about addiction.

Second, decision-making and expressive methods of acquiring the ability to make proper decisions when problems arise, the ability to choose the best solution from the various solutions, avoiding the haste in the decision, mastering the emotions in decision-making.

Third, methods for coping with group pressure and enhancing the skills of not saying the ability to accept unpleasant situations beyond control, reinforcing dignity, the ability to control emotions, the ability to control negative thoughts, and ...

Fourth, the methods of control of aggression, the ability to relax during anger, learning how to overcome anger, knowing the consequences of misconduct, finding value and forgiving

Fifth Alone Confrontation And shyness and rejection of the ability to establish social relationships with others, the ability to change their way of thinking about shyness, conversational skills, increased tolerance of rejection

Sixth Methods of coping with anxiety Ability to identify signs of anxiety, avoidance of punishment and blaming your vain, preventing self-overcome, tendency to sporting activities and ...

Seventh Dating Abilities Familiarity with the features of a good friend, acquaintance with friendship, the ability to reject bad friends

Eight of the skills of coping with failing to be able to cope with unpleasant experiences, the ability to use the experience of

failure, maintain self-esteem in a dream with life problems, the ability to trust God in a dream with problems and ...

Research findings

This study investigates the effect of life skills training on group change in attitudes toward addictive behavior of soldiers in Bushehr. For this purpose, the frequency, mean, standard deviation and graph have been used in the descriptive section. In the inferential part, one-variable variance analysis (ANCOVA) and multivariate (MANCOVA) and Cronbach's alpha were used to calculate the reliability. The significance level in this research is considered equal to 0.05.

Demographic features

50% of the samples were in the experimental group and 50% in the control group. 17% of the samples were married and 83% were single. 30% of the sample had a post-diploma education, 45% had a diploma, and 25% had a bachelor's degree. 38% of the sample were aged between 19 and 17 years, 26% were between 20-22 years old, 20% were aged 23-25 years, and 16% were 25 years and older. In order to respond to the hypothesis Life skills training (assertiveness, ability to say and control of excitement) affects the attitude toward the addiction of soldiers in military units of Bushehr. Yk²Rahh used ANOVA test results showed that equality Levin confirmed the error variance (103/0 > P, 702 / 2F =). Covariance analysis is shown in the following tables.

Table 2. Mean and standard deviations of factors among subjects

Groups	Average	number of standard	deviations
Test group	50	74.22	16.97
Control group	50	120.90	15.87
Total	100	97.5628.59	

Table 3: Determining the Effects of Factors between Subjects

Statistic Variable	Total squares	Df	Average squares	F	Significanc level	Partial η ²
Corrected model	55209.397	2	27604.69	104.038	0.001	0.682
Intercept	3940.128	1	3940.128	14.850	0.001	0.133
Group	53235.247	1	53235.247	200.636	0.001	0.674
Error	25737.243	97	265.332			
Total	103274.01	100				

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- Zargar, Y., Ghaffari (2009). Simple and Multiple Relationships between Big-Five Personality Dimensions and Addiction in University Students. *Iranian Journal of Public Health*, 38(3):113-117 ^[14]. Investigating the effect of training life skills (self-expression, ability to say no, controlling emotion) on changing attitudes to soldiers in military units of Boushehr city The purpose of the present study was to analyze the effect of training life skills including self-expression, ability to say no, and controlling emotion on changing attitudes to soldiers' in military units of Boushehr city in 2015. Samples were selected using randomly multiple methods from the existent military units in Boushehr city in which 100 individual eligible of participating in the experiment were selected. Individuals were divided into two groups randomly (experimental and control group). The two groups filed instrument of pre and post-test. The testing instrument was the questionnaire of attitude to drugs by Wright et al (1989). Treatment was performed during 8sessions, 90 minutes (each session) for soldiers in the experimental group. Data was analyzed using statistical test of Multivariable Analyze of Covariance (MANCOVA). Result showed that training life has been affective in decreasing and positive changing attitudes of

soldiers to addiction and drug abuse. Findings of the study showed that training life skills can be considered as an influential approach in decreasing possibility of drug abuse by soldiers and changing of their attitude to addiction by consultation center of military units, psychologists and psychotherapists. Keyterms: training life skills, attitude to addiction, soldiers of military units

Drug use. Therefore, life skills training program can negatively affect the attitude of the participants in different dimensions. Dimensions that include three aspects of cognitive, behavioral and emotional. In explaining this finding it can be said that drug use behavior is influenced by individual cognition, attitudes and beliefs. Social psycho-social studies have shown that individuals react in a variety of ways to social influences, and personality traits have a deterministic effect on these situations. For example, people with low self-esteem have low self-esteem and are unable to make independent decisions, or that their individual control feelings are weak, are more affected by advertising. These people, if they are more influential in social influences, are more likely to turn to smoking, alcohol and drugs. Therefore, if an individual is empowered, his capacity to respond decisively to the social influence of the use of cigarettes and drugs increases and reduces his ability to cope with social impacts. In this area, life skills training can be an important step in reducing the attitude of opiate addicted people and increasing the likelihood of treatment success. In fact, changing the attitude, the inner motive of the patient to duplex consumption and the pressure of others, especially the family and the anxieties that are imposed on the family, are also reduced. Life skills training intervention can be considered as an affordable way to treat addicted people and prevent the imposition of additional costs on the family. Life skills education is not only effective in reducing the attitudes of addicts, but as a preventive approach to becoming addicted to trafficking, as this training is like a time spent in the face of life's disadvantages and demands. Unjustifiably protects others.

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