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INFLUENCE OF TEACHING LIFE SKILLS PROGRAMS FOR AVOIDING OF DRUG TAKING ON UNIVERSITY STUDENT

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Introduction: Life's skill because of great theory and researching background is very important in avoiding of getting further into drug. "Teaching life skill's s" collection by Dr.Botvin is the same and tries by contrasting sense of person to increase great self-independency and self-confidence.

Aims: It is an important key on taking drug. Because there is no influence avoiding program on universities, we verified this program on this research.

Methods: All university student of Payam noor, Babol branch on the years of 88-89 are of research collection. Research sample of about 100 girl and boys student were chosen and divided on two 50 persons groups. (Control and testing) testing group students passed life skills course but the other did not passed. The two groups were compared by health and good behavior of Dr.Botvin's Questionnaires and on the base of dependent and independent group of T-teaching statistic.

Results: The mean score of university student have had differences to the scores on pre-testing phase. Because after- testing we had increasing information about materials, changing attitude to material and increasing skills.

Conclusions: Teaching life skills increased testing group's skills level. In this case, this program is an avoiding factor and decrease drug taking on future. Teaching life skills collection is an avoiding factor on drug taking. We propos to teach this as an optional course on all universities. To do research on all other factor on life skills and noticing to time of teaching (long term, short term) is very interesting.