

The Effect of Assertive Skill Training on Changing the Good Attitude toward Drug Abuse and General Health in Students

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ABSTRACT

This research studies the effect of assertive skill training on the changing the good attitude toward drug abuse. The sample is chosen through 325 boy students between 15.16 years old, who are studying in high School Astaneh Ashrafiyeh – a city in Guilan. (90-91) Three high schools were chosen based on random sampling method and "the addiction measure and general health". Questionnaires were handed to 150 students and 40 people were chosen accidentally in two different experimental group and control group the experimental group was trained in seven sessions then every sessions have 2 hours, while the control group underwent no changes. Both of the groups were asked again. The after math Covariance analysis indicated that the assertive tools skill training on the change of good attitude is completely effective on the drug abuse and general health.

KEYWORD : assertive skills –the change of positive attitudes, general health

INTRODUCTION

Teen is a period, in which we called passiuuy from childhood to adult that start in 12 years and continue to end of second ten years of life (Attach in soon, 1996).

Risk – taking behavior in teenage consist of using drug. Alcohol, tobacco and etc. DSM-IV-TR, substance abuse has defined a minimum characteristic symbol that show that a person consume Narcotic and caused to interference person's life (Kaplan, 2003).

Every one's Rate to Narcotic substances have a positive attitude. It is possible consumption substance abuse compared to others that they have a negative or neutral attitude to it. (Asgari, 2005).

Consumption substance has been imaged with some of psychological characteristics.

In compare to none – consumer the consumer has low self – esteem, feeling satisfaction feeling, assertive, social confidence, personal control and self- efficient. (Tavakoli, 2009).

Relationship with friends in the same age which they are narcotic consumer cause to addicted in teenage. Fourd et al (2009) in research show that change attitudes are related to prevention of consume cigarette in teenage. Fast changes and dynamism in modern life caused changes. Inopportune reaction caused mental we need to contact to good method on order to deal with them: if not, we will not have psyche health and balance in life. Necessity of life skills for person is necessary and create on opportunity to promote social abilities, it can provide their psych health. One of the skills is assertiveness that promote to be unique in person and teach essential skills for assertiveness with coevals and friends in social situations (Yari, 2007).

Khakpoor found in this researches that by life skill education and with new methods, prevention and treat addiction, we can perform programmers.

Of life skills and these skills will have long – term effects on prevent to consume narcotic and tend to it (Shojaii, 2000).

Bagheri. He studies about (2002). The Roles of life skill educations over attitude rate to narcotic and self-esteem of elementary students, so these results show that the life skill educations caused to change their attitude rate to narcotic.

Taremain (2001). He has researched about the study of effect of life skill educations for prevention of narcotic to this result that students had been participated in these classes compared to others like control group, have more negative attitude than students who hadn't participated to narcotic in these classes.

Botvib (2004) had performed a set of life skill education for some students. His research shows that, this programmer was effectual in primary prevention of some drugs including cigarette and was on of the effective programmes in prevention of substance abuse and increase personal and social efficiency.

Bilut. Etal (2005). They mentioned that life skill education cause on increase in physical and mental health in teens health.

According to Ramezankhani's research (2007), he concluded that life skill educations cause a growth in mental health and result in a decrease in some of illogical belief.

Moreover, any level of use (even trying a drug just once) significantly increases the risk of developing serious drug-related problems. Thus, experimentation with drugs or occasional drug use are risk factors for drug abuse and other drug-related problems. For this reason, drug abuse prevention programs targeting youth should focus on preventing the early stages of drug involvement as a method of reducing drug abuse risk.

According to what mentioned above about the determination of the effect of assertive skill to the positive change of attitude in the abuse of drug consumption and general health in students, we decided to study the following hypothesis.

Hypothesis

Assertive skill Education is effectual on the positive change of attitude to substance abuse and general health in students.

RESEARCH METHOD

Then 150 students were chosen randomly in whom 82 students scored a high number in addiction attitude test and reversely scored low in general health test, then 40 of them were chosen and were categorized in two experimental controlling groups. 3 questionnaires were used in this survey.

At first 3 high schools were chosen randomly, then 150 students who had high score for 82 students attitude addiction test and so of them reacted low score in general health test between experimental and control groups. In this research questionnaire: used

General Health Questionnaire (GHQ): this questionnaire is first articulated by Goldberg and Hiller and widely used for frivolous psychological disorders diagnosis in different situations. The form had 28 questions that presented by Goldberg and Hiller and the form has 4 point scales like physical symptoms, anxiety, social operation disorder and depression. Human (1997) reached internal quality related to net scores and standardized by crownbakh formula that equal with 0/84 and 0/83.

about the addiction and Narcotics (substances) by Nazari (2001). Primary form has 64 items and is divided into two parts to earn two parallel forms and based on likerd scale number are ranked from 1 to 5. the Minimum score would be 32 and maximum score would be 160. Crown bakh Alfa coefficient in A is 0/81 and in B is 0/86.

Research Performance

There are 40 male students randomly categorized. g. Consist of experimental and evidential groups (every group has 20 students). At first, evaluated student were testified in a pretest, then both groups were evaluated again after assertive skills on experimental group.

The method of data analysis: The data will analysis by Covariance multi variable of Mankova.

Table 1- Box test for the equality study of Matrix uariance and covariance. For the study of equality matrix variance and covariance we can use the Box test.

According to calculated the results of table 2 do F isn't considerable in statistic.

Then, equality the theory of Matrix, covariance and cariance hasn't changed.

Table 1- Box test for the equality study of Matrix uariance and covariance

Boxs	F	Df ₁	df ₂	Sig
3/944	1/213	3	141/20	0/303

Table 2- Lonez test for equality variances.

p	Df ₂	Df ₁	F	Variables
0/09	38	1	3/020	Positive change Attitude rate to Narcotic General health
0/29	38	1	1/150	

Table 2- show s that dependent variables hadn't considerable and equality of variances, could performed via Mankova test.

Table 3- shows that The amount of correlation coefficient between the amount of the positive change of attitude rate to substance and general health.

Table 3

The level of expressive	N	The amount of correlation	Dependent variable
0/01	40	0/737**	the Positive change Of Attitude
			Rate general
			Health

The result of table 3 shows the amount of correlation coefficient is between depended variables change positive attitude rate to substance and general health (0/737) and performance statistical multi-variables covariance analysis method for study of theory is suitable and possible.

Table 4- Frequency average and standard deviation experimental and control group

Control group	Experimental group	Variables
Sd X	Sd X	
6/88 4/00	7/15 37/76	Attitude rate to substance general health
7/176 14/90	6/513 9/857	

Table 5- Multi – variable covariance analysis for measuring of combined variable

Eta	The level of considerable	F	Value	Dependent variable
0/883	0/000	132/063	0/117	Combined variable attitude rate to substance and general health

Squares values (Eta) is apart of variance that related to new combination of variables. If this value the more than 0/74, so value would effect. This value is 0/883 in table that shows the effect will be more.

Also Lambada Vikelz test is expressive in combination of participants are different into two groups and average of groups has influenced expressive in independent variable.

Table 6- Frequency scores sub test (adjusted) and result of analysis of dependent variable covariance.

Covariance		Control group		Experimental group			Variables
Eta	p	F(1,36)	sd	x	sd	x	Attitude rate to substance and general health
0/724	0/000	94/618	1/426	88/389	1/249	17/061	
0/84	0/000	189/427	0/508	28/383	0/508	18/417	

The table 5- show that average of experimental group is lower than control group in the variables of positive attitude to substance and general health. In the table 6, shows analysis of single-variable covariance ANCOVA. According to two dependent variables divided into 0/05 over 2,50 edit additional, then expressive limit is lower than 0/25, both of variables are true in positive change attitude rate to sustenance and general health. The amount of Eta shows that it is calculated approximately 72% variance variable attitude rate to substance and 84% variance variable general health for the variable of group. The result of table 5- show that there is considerable difference two experimental groups who were under assertive skill education and the control groups who weren't under education, so we have difference that has seen according to adjusted averages is to educated group .

CONCLUSION AND DISCUSSION

Based on findings of research and according to calculated F and Since the level of expressive is lower than measured x root excessive, so calculated F is statistically expressive. Thus, we can say it is confirmed that education of assertive the positive change of attitude in the abuse of drug consumption and general health of high school students is effectual . A variety of approaches have been developed and used in schools throughout this country. The most common of these involves providing students with information about the dangers of smoking, drinking, and using illegal drugs.

Finding of this research are the same as finding of Bilot 2005, Bootvin 2004, Ford 2009, yari 1386, while the positive change of attitude in the abuse of drug consumption causes the tendency to substance consumption (teenager) has psychological characteristics like self-esteem, assertive. Social trust, personal control that is lower than others and the problem in assertively behavior can cause depression, disappointed, none-feeling control in life and make anxiety and physical disease like headache. These problems result from low general health.

Assertive skill education caused to psychological characteristics change that hidden in positive attitude to substance. There are lower symbols and problems in education skills and in the result. Hope that similar skill of teens start of lower age.

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