

The effect of life skills training on the orientation of life, the meaning of life and intimacy women nursing student at Rasht

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Abstract This study makes an investigation into the effect of life skills training on life orientation; life meaning and the intimacy of female nursing students of Azad University (Rasht branch) .This study employed a quasi experimental research design. The population for the study was female nursing students of Azad university (Rasht branch).Then 30 female students were ed in available sampling method and assigned to control and treatment groups. To collect data, the researchers employed Sheree and Karro life orientation test questionnaire (1985) or (LOT-R).Astgr life meaning questionnaire (2006), Bagorozzi intimacy dimensions questionnaire (2000), The above mentioned questionnaires were used for post-test and pre-test, following their validity and reliability confirmation. The participants in treatment group received ten sessions of life skills training program. Each session took 90 minutes. While the control group did not receive it. The results obtained SPSS software and MANCOVA multi-variant covariance analysis revealed that life skills training had a significant effect on marital intimacy and its components, except spiritual intimacy and social-recreational intimacy.(p

Keywords : Key words: Life skills- Life orientation- Life meaning- Intimacy.

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