

The Effectiveness of Life Skills Training in Self-Regulating and Quality of Life of Victims of Vision

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This study is done with the purpose of identifying the influence of training life skills on self-regulation and life quality of visually impaired people. The type of this study was semi-experimental; the statistical society of the present study were 211 people the members of blind associations dependent on Guilan Behzisti. The available sampling method is used in this research. The studied samples were 40 members of the Blind Association visually impaired people were located in experimental and control groups by simple randomization. (20 in the experimental and 20 in the control group). The instrument of the present study was using the questionnaires of self-regulation and life quality questionnaire test. The program of training life skills was performed in 61 sessions in 31 minutes to the experimental group while the control group didn't give any training. The achieved findings using SPSS and Manqua Multi variance Analysis software's of represented that using training life skills influences on decreasing limitation of role playing due to health condition, and the limitation of role playing due to emotional problems; and increasing sentimental health, social performance and general health of visually impaired people. The results of the second hypothesis analysis showed that using training life skills influences on increasing cognitive and super-cognitive and motive learning guidelines of self-regulation of visually impaired people. ($16/1 > P$.) According to the results of the research we need to strengthen self-regulation and life quality using codified and programmed training programs.

Keywords : Key words: life skills, self-regulation, life quality

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