

## The Effectiveness of Life Skills on Resilience and Marital Satisfaction of Addict Men's Wives (Case Study: Women Referring to Addiction Treatment and Rehabilitation Centers in Omidieh)

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### Abstract

*The current study is designed with the aim of identifying the effectiveness of life skills training on resilience and marital satisfaction of addicts' wives. To achieve these goals two questionnaires, Connor resilience (Connor and Davidson, 2003) and ENRICH marital satisfaction (Olson and Olson, 1989) were used. Among 3 centers, 40 addicts' wives referring to addiction treatment and rehabilitation centers in Omidieh were selected randomly, and were divided to two experimental and control groups. Moreover, a 75-people sample (as a pilot group) was selected from this group (center) in order to evaluate the reliability and validity of results. After answering to these questionnaires by these three groups, independent variable (life skills treatment) was applied for experimental group. Analyzing results of comparing marks of experimental and control groups with the aim of variance of multi-variables analysis showed that life skills training led to increase women's resilience and marital satisfaction whose husbands referred to addiction treatment and rehabilitation centers of Omidieh.*

**Keywords:** Addiction, marital satisfaction, endurance, and life skills

### 1. Introduction

In fact, different types of behavioral abnormalities and addiction cause malady for the whole family, and the effect of this malady on other members of the family represents itself as an interdependency in individuals (Betty, 2003 – translation, health, 2004). Addiction is one of the common widespread traumas in our country. Since this trauma is a family trauma and involves all members of the family, not only do suffer married patients from mental, physical, and behavioral trauma but also their families are exposed to many torts. Due to controlling addict's behaviors and trying to save and cure him, women especially who live with addict men, gradually suffer a dramatic reduction in mental abilities (such as depression, anxiety, disability in fulfilling of marital responsibilities, and correct bringing up children, Zandi - 1998) and a high level of frangibility against stress and life difficulties. In the end of 1970s, the term "inter dependency" was styled in treatment domain. According to data from Sandra Smalley's office, a psychoanalyst and one the pioneers in Inter Dependency domain, the use of this term was primarily started from various training centers in Minnesota province. Perhaps, Minnesota, which is the center of addiction cure and the place of holding twelvefold program for improving radical behaviors innovated it.

Training is a related subject to learning, and talks about knowledge, views, and skills as well as their applications in improving an individual's life and helping to improve others' lives. Utilizing upper level of Training in all around the world often leads to enjoy better jobs and also in consequences heather life. Moreover, Training provides more family and society's welfare. In one of the resolutions of WHO and Ottawa charter which was issued in 1986 and was about heath boosting, this point was considered that teaching is a necessary prerequisite of health; and health is created by people and in places in which they live, educate, work, play, and fall in love and continue by them too (Khalesi and Alikhani, 1382).

On the other hand, health guarantees access to welfare of the whole society members through taking care of themselves and others, getting them able to make decisions, overcoming on conditions of their own lives, and providing necessity factors of a social life (Khalesi and Alikhani, 1382)., investigating behavioral disorders and social deviations in recent decades, psychologists have got to this result that many of these disorders and damages root in disability of individuals in correct and appropriate analysis of themselves and their own situations, lack of personal efficiency in facing difficult situations, and lack of readiness to solve life problems and issues appropriately. Therefore, with regards to increasing changes and complications of the society and extension of social relationships, people preparation

especially preparing addict men`s wives for facing difficult situations is a necessary fact. In this case, in order to preventing mental diseases and social malformations psychologists have started teaching life skills with the help and support of national and international organizations (Sadatian, 2011).

Today, notwithstanding creation and deep cultural changes as well as changing in life style and modernism, many people do not have necessary and basic abilities in case of facing life issues. Therefore, it causes them to be disable and vulnerable in challenging problems and life routine issues. Abundant researches demonstrate that many hygienic problems and emotional-mental disorders have social-mental roots. For example, many social damages such as suicide, addiction, violence, delinquency behaviors and mental disorders have root in low self esteem, disability in expressing emotions, and lack of relational skills. Human beings need to learn some skills for compatible opposition against tense situations and life struggles. Experts of behavioral science believe that one the most effective programs which help people to have better and healthier life is treating life skills program. The goal of this program is helping individuals more recognition of themselves, creating appropriate and effective inter relations, emotions control, managing tensesituations, solving problems and issues of people in a better way (Emami, 2009). Since the goals of life skills training are boosting the level of people`s mental health as well as preventing damages, it seems that the current study aims to evaluate the effectiveness of these trainingson increasing resilience and marital satisfaction of addicts` wives who refer to addiction cure clinics in Omidieh.

## 2. Surviving Concepts and History of the Study

The issue of resilience and marital satisfaction in women are basic factors of social health. Whereas, women have key role in nurturing children, creating comfort and safe condition for growing up, and interaction of family members, boosting and improving their rate of resilience and martial satisfaction can effect on preventing damages and nurturing unsound children and teenagers.

Moreover, improving women conditions in these fields leads to boost their mental health. Mental health is one of the key parts of public health. Therefore, if this significant facet is powerful, the other social and physical facets will be supported. So, WHO emphasizes the importance of preventing programs and one of the designed programs of said organization are life skills training program.

### 2.1 Resilience

Resilience: it is a combination of skill, features, and abilities which enable an individual to face life problems and challenges, and overcome stressful events. In other words, resilience is living with difficulties, being successful, and getting more powerful. Resilience is a self-depend characteristic (varies from one to one) which is able to increase or decrease over time. Generally, all human beings owe an innate ability of resilience, but this behavior is an acquired one which achieve through learning. This process (learning) is not done by itself if the person faces a harsh situations; in this case, he/she applies his/her maximum tend to explore and use protective factors (personal and environmental) from his/her inside and outside (Hoseynian, Ravayee, and Ghasemzade, 2009).

Resilience is applied for family members whom are exposed to danger but do not suffer disorders. The resilience factors help individuals use their inside-existence capabilities to achieve success and growth in difficult situations, and take advantages from these experiments as an opportunity in order to empower themselves and succeed. Of course, each person can be non-resilience in other situations, and this fact depends on the quality of the individual`s relationship with dangerous and protective factors. Some resilience factors are as follows:

- 1) Positive self image (Positive ego)
- 2) Personal control of self life
- 3) Responsibility feeling
- 4) Moral values

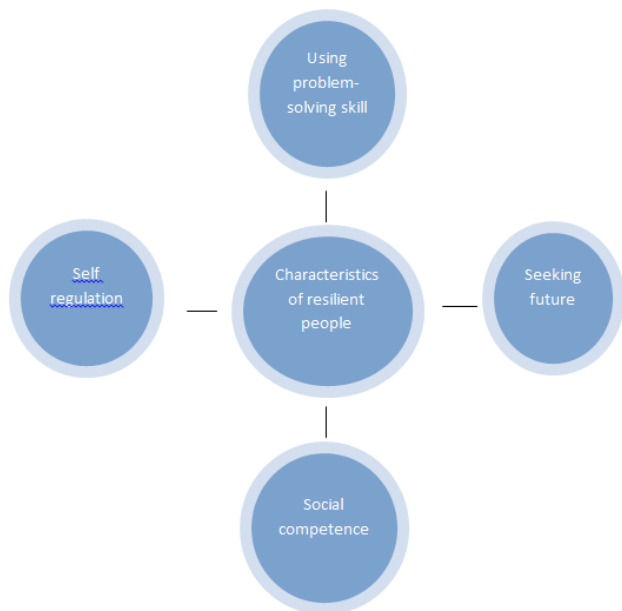
Resilience is one the factors which can protect the person against damages. Trainings which foster resilience in people to resist against damages are really important.

#### 2.1.1 Characteristics of Resilient People

These people have specific characteristics

- 1) Social competence, accountability, flexibility, empathy, social skills, andsense of humor
- 2) Using problems-solving skills, critical and creative conscience, planning, innovation, and originality.
- 3) Save the future (seeking future), special interests, purposive orientation, spiritual, faith, healthy expectations, hope, optimism, future making, and being motivated.
- 4) Self regulation, self efficiency, valuable, control of surrounding, self discipline, ability to become independent, and permanency (Hoseynian, Ravayee, and Ghasemzade, 2009).

The chart.1 shows the characteristics of resilient people:



**Chart 1:** Characteristics of resilient people

### 2.2 Marital Satisfaction

Marriage can be the richest and the most stable human`s relationship; surprisingly, it can be the most despairing, unproductive, and conflicting one too. Juan, a poet, (1948) eloquently described this controversy:

“We all come to this world with abilities and requirements. From our points of view, life is exploring and executing these abilities as well as fulfilling our needs. Although abilities are as many as human beings, our needs are the same. The need which brings the most happiness is the one bringing the harshest sorrow – need to share our lives with others.” Creating the highest level of emotions, marriage can be source of extreme happiness and deep sorrow; as same as unique combination of ability and vulnerability. In marriage, people access to the source of joy and a heaven apart from this world. However, marriage can effect negatively on spouses in a way they feel to need a resort sometimes (Olson and Olson, 2000, translated by Jafarinejad and Ardeshtirzade, 2004).

The emotional atmosphere of marriage is only one of its complicated parts. Marriage is not a singular system; several factors affect on and get affected by such as society, work, family, friends, as well as backgrounds, habits, and people`s characters.

Results of the study on happy and unhappy couples demonstrate the most common abilities of happy couples (Olson and Olson, 2001). The most significant distinctive variable between happy couples (78%) and unhappy couples (19%) is spouses` understanding in the time of problems.

### 2.3 Life Skills

In 1994, WHO defined life skills as follows:

Life skills mean required ability of positive and compatible behavior which enables the individual to face effectively routine challenges of life (Taromian, 1999).

According to Brooks (1984), life skills are acquired behaviors which are necessary for an effective life which includes awareness and creating required conditions for flourishing these kinds of behaviors (Ginter, 1999).

Although the terms “life skills” and “social skills” both emphasize on the significance of basic and growth life skills, there is a main difference between them. The social skills are a subset of life skills, and include interpersonal function which is itself formed from two intra- and inter-personal parts. Daring and problem solving skills are from these social ones. Some people discuss social skills based on observable behavioral terms such as eye contact, verbal and non-verbal communications (Darden and Gazda, 1996).

#### 2.3.1 Types of Life Skills

WHO believes that lifeskills-training is related to the domain of health leveling up, and contains several main and basic skills:

- 1) **Decision making ability:** this ability helps an individual make decision more effectively about life issues. If the individual can make decision actively about his/her activities, investigate all aspects of decisions, and evaluate each consequence, definitely steps in higher levels of mental health.
- 2) **Problem Solving Ability:** this ability enables an individual to solve life issues more effectively. If important life-issues are remained unsolved, it causes mental tension which leads to physical pressure.
- 3) **Creative Thinking Ability:** this kind of thinking helps both problem solving and appropriate decision making. Using it, different solutions of an issue and each consequence are investigated. This ability enables an individual to understand the issues based on his/her own direct experience, and live more compatible and flexible even if there is no problem or specific decision making.
- 4) **Critical Thinking Ability:** critical thinking is the ability of analyzing information and experience. Training this skill enables an individual to be resistance in time of facing values, group pressure, and group media, and stay safe from their caused damages.
- 5) **Communication Effectively Ability (Effective Communication Ability):** this ability helps an individual to express his/her views, asks, needs, and excitement, and be able to demand others help and guidance in case of emergency. Demanding help and guidance skill in case of emergency is a factor of creation a healthy relationship.
- 6) **Interpersonal Relationships Ability:** it helps an individual to create positive and effective interpersonal relationships with others. One of these

cases is the ability of keeping friendly relationships which has an important role in social and mental health and amicable family relationship as a source of social protection and cutting off unhealthy social relationships.

- 7) **Self Awareness Ability:** it is the ability of cognition of oneself and understanding features, strengths, weaknesses, demands, fears, and disgusts. Self awareness growth helps an individual to know whether or not he/she is under the stress, and typically it is the precondition of effective and empathetic interpersonal relationships.
- 8) **Empathy Ability:** it means that the individual can understand others' lives even if he/she is not at those situations. Empathy helps an individual to accept and respect other people even if they are very different from him/herself. Empathy improves social relationships leads to creation acceptable and supportive behaviors towards other people.
- 9) **Ability to Cope with Emotions:** this ability enables an individual to recognize excitement in his/herself or in others, know about the manner of excitement affects, and be able to show proper reactions to various excitement. If excitement states such as sorrow, anger, or anxiety are not properly faced, they affect negatively on mental and physical health of an individual; and have negative consequences on health.
- 10) **Ability to Cope with Stress:** this ability includes recognition of various life stress and effects on an individual. Defying sources of stress and manner of its effect on human being enables an individual to reduce stress and pressure via his/her activities and orientations (NooriGhasemabadi and Mohammadkhani, 1998).

#### 2.4 Conducted Researches

Many studies have been conducted in the domain of effectiveness of life skills training variable on reduction of prevalent damages and disorders among various social levels. These researches are as follows:

In the study conducted by Mirzamani, Dolatshahi, and Asgari (2011) about effectiveness of life skills training on reduction of depression signs of high school boys in Piran Shahr, 62 students whose depression marks in Children Depression Test were in range of 69-140 were selected randomly and were put in two experimental and control groups. The experimental group received 12 sessions of life skills training. Results and their analyses showed that life skills training had an effect on reduction of general depression signs in students. Moreover, this training effectively reduced the social difficulties, mind occupation with his illness and death; however, it did not any significant effect on reduction of emotional difficulties and guilt feeling, and increase in students' self esteem, happiness, and pleasure.

In study conducted by Samari and La'li Fars (2005), the effectiveness of life skills training on family stress and social acceptance were tested. Results of its statistical data analysis represented that, totally, life skills training led to improve relatively the indexes of mental health (family stress and social acceptance) in the participant group.

In study conducted by Chiti (2007), which was done to investigate the effectiveness of life skills training on reduction of conduct disorder signs of secondary school boys suffering conduct disorder, 30 students from an accessible secondary school in Isfahan were selected based on symptom inventory for children containing two teacher and parents questionnaires and identification interview with assistance of mentioned school. Among them, 15 students were randomly put in the experimental group. Analyzing results of this study showed that life skills training had an effect on reduction of conduct disorder in two parents' and teacher's questionnaires. Moreover, these results emphasized the effectiveness of life skills training after implementation of follow process. In another study conducted by Karimi Sani and Ehyayi (2010), which was about the effectiveness of life skills training on increase of Azad University (Shabestar branch) girl students' self distinction, 70 students whose marks were under 138 based on self distinction questionnaire were selected and randomly divided into two experimental and control groups. The semi-experimental study plan which was a kind of pre- and post-test was not in accordance with the group. Results from co-variance analysis and T-test represented that life skills training had an effect on increase in girl students' self distinction as well as on reduction of emotional defusion and with others. The study emphasized this point that through life skills training, students acquired balance power between affections and cognition, also between independency and dependency which are required for self distinction and stable personal identity.

Results from Amani's and HadianHamedani's study (2010) showed that life skills method of Levinson and Gotlieb (1995) had an effect on students' joy increase. The study results in this field were in accordance with other studies results which are about the effectiveness of this method on joy increase (Levinson and Gotlieb, 1995, translated by Abedi, 2004). In studies conducted by Levinson and Gotlieb (1995) and Levinson and Hoper (1995), efficiency of this method in joy increase of depressed elderly as well as families was emphasized. Also, it was shown in Argaiel's researches (2001) that some parts of extrovert people's joy is because of their better social skills specially self assertiveness skill and cooperation ability. About continuity of joy rate over time, researches asserted that the participants were happy even in time of following and sometime after that (Dainer, 2000, Shelroon, 2005, and Abedi, 2004).

So many researches show that many emotional-mental disorders and hygienic problems have social roots. Researches in drug abuse field demonstrate that three

main factors relate to drug abuse are as follows: low self esteem, disability in expressing emotions, and lack of communicational skills (MacDonald, et. al., 1991).

Moreover, Zimermen, et. al, 1992) found a significant correlation between personal self-efficiency feeling and educational success. Many studies predicatethat there is a relation among low self esteem and abuse alcohol and drug (Sing and Mustapha, 1994), crimes(Dukes and Lorch, 1989), sexual profligacy (Keddie, 1992), suicide thoughts (Choquet, 1993).

In another study conducted by Samani, Jokar, and Sahragard (2007) the effect of resilience on mental health and life satisfaction was investigated. Results of this study which was done on 278 students at Shiraz Universityrepresented that resilience leads to life satisfaction due to reduction in excitement difficulties (or increasing the level of mental health). The impact of resilience variable on life satisfaction is indirect.

In a study, Abdollah poor (2011) investigated the effectiveness of life skills on changing high school students` views towards drug abuse.

Also, Azadi and Azad (2010) in a study surveyed the relationship of social support, resilience, and mental health among llam universities` students whose fathers were martyrs and gallantries. The results of this study showed that there were significant correlations between support and mental health, social support and resilience, resilience and mental health.

Therefore, with regard to scientific documents and in order to preventing incidence of social damages such as suicide, addiction, violence, felonious behaviors, and mental disorders, it is needed to give more attention to mental health subject and its significance.

**3. Methodology of Study**

The sample of this study contained all addicts` wives (205 people) referring to addiction treatment and rehabilitation centers in Omidieh from March 21<sup>st</sup>, 2012 to September 23th, 2012 and had remedial documents. With regards to this point that it was an experimental study, 40 people from mentioned sample were selected categorically-randomly (in proportion of people referring to various addiction treatment centers in Omidieh) in order to choose a sample and test the theories of the study. They also randomly divided into two experimental and control groups.

Participants in this study were 20. According to the formula, the proportion of participant (n=20) to the population is calculated:

Proportion of participant to population

$$p = \frac{n}{N} = \frac{20}{205} = \frac{1}{10}$$

Nearly, one person out of 10 addicts` wives referring to addiction treatment centers was selected. So in this way,

from each center the desired number of participants was identified and categorically-randomly selected according to the ratio of addict numbers referring to that center, so the selected sample was an appropriate representative from the population. There were two kinds of sampling in this study: main sampling or sampling for testing theories (40 participants), and sampling for investigating reliability and validity of research questionnaires (75 participants, it`s called piloting) which, it is worth to mention that, its participants were different from ones in the main sampling (for testing theories). The current study was a kind of functional research and its methodology was experimental one with pre- and post-test. The control group was responsible for following up. The design of study was in his way that both groups were evaluated before and after performing the independent variable (Delavar, 2000). Instruments of the study were two questionnaires: Enrich Martial Satisfaction Questionnaire by Olson and Friner (1989, quoted by Laumi, 2000) and Resilience Questionnaire by Connor and Davidson (2003). These questionnaires were answered by participants separately. They had to identify their agreement to each item by putting a check mark in both questionnaires which their rates of agreement were a 5-rating scale:

0 - completely disagree, 1- disagree, 2 - no idea, 3 - agree, 4 - completely agree

**Reliability and Validity of Caner`s Resilience Scale in the Current Study**

In order to evaluate the internal consistency of this test, Cronbach`s alpha coefficient and Spearman-Brown split half and Guttman split half methods were used in the current study which are shown in following table:

**Table (1):** Cronbach`s alpha coefficients, Spearman-Brown split half and Guttman split half for Caner Resilience Scale in the current study

Scale	Statistical indexes
Caner Resilience	Cronbach`s alpha 0.93
	Spearman-Brown split half 0.89
	Guttman split half 0.88

As the table 1 shows, in the current study consistency coefficient with all three Cronbach`s alpha, Spearman-Brown split half, and Guttman split half were significant and satisfactory. Moreover, in order to investigating the validity of this instrument via the construct validity, the method of internal consistency was done through using correlation between test items and total score of questionnaire which ranged from 0.49 to 0.69.

**Reliability and Enrich Marital Satisfaction Scale in the Current Study**

In order to identify the reliability of Enrich Marital Satisfaction Scale (1989)in the Current Study, the internal

consistency methods were used via using three Cronbach`s alpha, Spearman-Brown split half, and Guttman split half. Following table shows Cronbach`s alpha, Spearman-Brown split half, and Guttman split half for whole scale and sub-scales of Enrich Marital Satisfaction Scale (1989) questionnaire.

**Table (2):** Cronbach`s alpha coefficient, Spearman-Brown split half and Guttman split half for whole scale and sub-scales of Martial Satisfaction Questionnaire in the current study

Sub-scales	Cronbach`s alpha coefficient	Spearman-Brown split half	Guttman split half
Personality subjects	0.73	0.72	0.71
Martial relations	0.76	0.72	0.71
Confliction solving	0.65	0.74	0.73
Financial management	0.54	0.59	0.57

Leisure time activities	0.71	0.74	0.73
Sexual relations	0.70	0.65	0.64
Marriage and children	0.59	0.67	0.66
Relatives and friends	0.69	0.78	0.75
Religious orientation	0.78	0.71	0.68
Total martial satisfaction	0.94	0.87	0.86

As it is shown in the above table, in the current study consistency coefficient with all three Cronbach`s alpha, Spearman-Brown split half, and Guttman split half were significant and satisfactory. Moreover, the construct validity was used to identify the validity of Enrich Marital Satisfaction questionnaire. One of the methods of identifying the construct validity of each test is the existence of significant and satisfactory correlation among sub-scales with each other and between them and total test scores (Anastasi, 1988). In this study, the internal correlation of sub-scales` scores with each other was extracted which their results analysis are shown in the table 3.

**Table (3):** Correlation coefficient among Enrich Marital Satisfaction Questionnaire`s sub-scales with each other and between them and total questionnaire in the current study

Sub-scales	Personality subjects	Martial relations	Confliction solving	Financial management	Leisure time activities	Sexual relations	Marriage and children	Relatives and friends	Religious orientation	Total martial satisfaction
Personality subjects	1	0.73**	0.63**	0.36**	0.51**	0.70**	0.71**	0.61**	0.57**	0.81**
Martial relations	0.73**	1	0.66*	0.42**	0.50**	0.69**	0.61**	0.68**	0.59**	0.83**
Confliction solving	0.63**	0.66**	1	0.45**	0.59**	0.58**	0.52**	0.71**	0.65**	0.80**
Financial management	0.36**	0.42**	0.45**	1	0.62**	0.35**	0.47**	0.55**	0.55**	0.66**
Leisure time activities	0.51**	0.50**	0.59**	0.62**	1	0.54**	0.51**	0.55**	0.69**	0.77**
Sexual relations	0.70**	0.69**	0.58**	0.35**	0.54**	1	0.66**	0.61**	0.63**	0.80**
Marriage and children	0.71**	0.61**	0.52**	0.47**	0.51**	0.66**	1	0.65**	0.53**	0.79**
Relatives and friends	0.61**	0.68**	0.71**	0.55**	0.55**	0.61**	0.65**	1	0.69**	0.85**
Religious orientation	0.57**	0.59**	0.65**	0.55**	0.69**	0.63**	0.53**	0.69**	1	0.83**
Total martial satisfaction	0.81**	0.83**	0.80**	0.66**	0.77**	0.80**	0.79**	0.85**	0.83**	1

\*\*p< 0/01

**Application Method**

Applying the current method was done with the permission of organization welfare of Omidieh while the researchers referred to addiction rehabilitation and improvement centers at the work time in September, 2014.

- 1) Participants selection from addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh
- 2) Measurement of dependable variables related to the whole participants (pre-test)
- 3) The experimental group but not control one was exposed to undependable variables
- 4) Measurement of dependable variables in experimental and control groups (post-test)

- 5) Measurement of dependable variables of experimental and control groups after 6 weeks (following up)
- 6) Comparing the results of experimental and control groups in the pre-test, post-test, and following up.

**4. Study Results**

*Preliminary Analysis*

Comparing Experimental and Control Group in Pre-test  
 A preliminary investigation was performed through T-test to investigate the lack of difference between the average of dependable variables in pre-test in the experimental and control groups.

**Table 4:** T-test of the difference between the averages of experimental and control groups in pre-test of dependable variables and Bonferroni correction

Variables	Group	Average	Standard deviation	t	p
Resilience	Experimental	54.65	10.40	0.72	0.47
	Control	52.10	11.81	0.72	0.47
Marital satisfaction	Experimental	55.10	22.79	0.18	0.85
	Control	54	14.67	0.18	0.85

**Table 5:** Summary of findings of multi-variables variance analysis related to the averages of subtraction of pre-test and post-test scores of the study`s dependable variables

Effect	Test	Value	F	Theory`s df	Error`s df	Level of meaningfulness
Group	Pillai`s trace	0.717	46.821	2	37	0.0001
	Wilks` lambda	0.283	46.821	2	37	0.0001
	Hotelling`s trace	2.531	46.821	2	37	0.0001
	Roy`s largest root	2.531	46.821	2	37	0.0001

**Table 6:** Findings of one-way variances analysis in MANOVA text for comparing the averages of subtraction pre-test and post-test of both dependable variables` total scores in experimental and control groups

Source	Dependable variable	Total of roots	Degree of freedom	Average of roots	F	Level of meaningfulness
group	Resilience	2356.225	1	2356.225	51.377	0.0001
	Marital satisfaction	6943.225	1	6943.225	42.144	0.0001

**Table 7:** Averages of subtraction of pre-test and post-test and subtraction of following up and pre-test of total dependable variables in experimental and control groups

Groups	Total of resilience		Total of marital satisfaction	
	*	**	*	**
Experimental	16.60	14.90	32.95	25.60
Control	0.10	0.45	-0.05	-0.75

T-test:

To test the theory of no-difference between the averages of groups` dependable variables in pre-test, tow T-tests (Bonferroni correction) were used which results are represented in table 4. And Bonferroni correction was used to reduce first type error. In this correction, adjusted alpha was used instead of formal alpha. The adjusted alpha is equal to the proportion of formal alpha (e.g. 0.05) to number of dependable variables. For example:  $0.05 \div 2 = 0.025$ . In this way, in order to the calculated indexes to be meaningful, the meaningful level must be equal or less than 0.025.

As it is observable from the table, none of the tests are meaningful. So, there is no difference between the averages of groups before performing the test.

**Findings Related to the Theories**

In this part, the findings of theories analysis are given as follow:

Theory 1) Life skills training leads to resilience increase in addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2) Life skills training leads to marital satisfaction increase in addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Table 5 shows the findings of multi-variables variance analysis related to the averages of subtraction of pre-test and post-test scores of the study`s dependable variables.

Since, there is a meaningful difference between experimental and control groups in at least one of dependable variables, one-way variances analysis in MANOVA text of dependable variables was performed to investigate the difference point.

The findings of table 6 show that there is difference between the averages of dependable variables` experimental and control groups. To understand this difference, just compare the averages of subtraction of pre-test and post-test of the experimental and control groups based on the mentioned dependable variables.

With regard to data of table 7, the averages of subtraction of pre-test and post-test scores of resilience of experimental and control groups are 16.60 and 0.10 respectively which show that resilience of experimental group`s participants increased in post-test. In relation to marital satisfaction, the averages of experimental and control groups are 32.95 and 0.5 respectively which show that experimental group`s marital satisfaction increased meaningfully in comparison to control group. Therefore, the theories 1 and 2 are confirmed.

Theory 2-1) Life skills training leads to compatibility increase related to personality subjects of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-2) Life skills training leads to compatibility increase related to marital relations of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-3) Life skills training leads to compatibility increase related to conflict solving of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-4) life skills training leads to compatibility increase related to financial management of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-5) Life skills training leads to compatibility increase related to leisure time activities of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-6) Life skills training leads to compatibility increase related to sexual relations of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-7) Life skills training leads to compatibility increase related to marriage and children of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-8) Life skills training leads to compatibility increase related to relatives and friends of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Theory 2-9) Life skills training leads to compatibility increase related to religious orientation of addicts` wives referring to addiction treatment and rehabilitation centers in Omidieh.

Table 4-8 shows summary of findings of multi-variables variance analysis of the averages of subtraction of pre-test and post-test scores of marital satisfaction subscales.

**Table 8:** Summary of findings of multi-variables variance analysis related to the averages of subtraction pre-test and post-test scores of marital satisfaction subscales of experimental and control groups

Effect	Test	Value	F	Theory`s df	Error`s df	Level of meaningfulness
Group	Pillai`s trace	0.834	16.803	9	30	0.0001
	Wilks` lambda	0.166	16.803	9	30	0.0001
	Hotelling`s trace	5.041	16.803	9	30	0.0001
	Roy`s largest root	5.041	16.803	9	30	0.0001

**Table 9:** Findings of one-way variances analysis in MANOVA text for comparing the averages of subtraction of pre-test and post-test scores marital satisfaction subscales in experimental and control groups

Source	Dependable variable	Total of roots	Degree of freedom	Average of roots	F	Meaningfulness level
Group	Personality subjects	129.60	1	129.60	37.88	0.0001
	Martial relations	198.02	1	198.02	66.62	0.0001
	Confliction solving	302.50	1	302.50	88.49	0.0001
	Financial management	168.10	1	168.10	31.64	0.0001
	Leisure time activities	79.81	1	79.81	22.48	0.0001
	Sexual relations	24.49	1	24.49	14.09	0.0001
	Marriage and children	180.62	1	180.62	76.48	0.0001
	Relatives and friends	193.60	1	193.60	87.58	0.0001
Religious orientation	40	1	40	21.11	0.0001	

The data of table 8 represents that there is a meaningful difference between subtraction of experimental and control groups` scores related to at least one of the marital satisfaction subscales. Since, there is a meaningful difference between at least one of the dependable variables of experimental and control groups; one-way

variances analysis in MANOVA text was done on marital satisfaction subscales to identify the difference point. Table 9 shows findings one-way variances analysis in MANOVA text for comparing the averages of subtraction of pre-test and post-test scores of marital satisfaction subscales in experimental and control groups.



**Table 10:** Averages of subtraction of pre-test and post-test scores and subtraction of following up and pre -test scores of marital satisfaction subscales in experimental and control groups

Subscales	Scores of subtraction	Experimental group	Control group
Personality subjects	*	3.40	0.20
	**	2.30	0.05
Marital relations	*	4.20	0.25
	**	3.20	0.25
Confliction solving	*	5.55	0.05
	**	4.70	0.20
Financial management	*	4.05	0.05
	**	3.05	0.15
Leisure time activities	*	2.87	0.05
	**	2.02	0.25
Sexual relations	*	1.31	0.25
	**	0.51	0
Marriage and children	*	4.25	0
	**	3.75	0.80
Relatives and friends	*	4.60	0.20
	**	4.00	0.05
Religious orientation	*	2.00	0
	**	1.35	0.40

**Table 11:** Summary of findings of multi-variables variance analysis related to the averages of subtraction of following up and pre-test scores of dependable variables` total scores

Effect	Test	Value	F	Theory`s df	Error`s df	Level of meaningfulness
Group	Pillai`s trace	0.80	76.36	2	37	0.0001
	Wilks` lambda	0.19	76.36	2	37	0.0001
	Hotelling`s trace	4.12	76.36	2	37	0.0001
	Roy`s largest root	4.12	76.36	2	37	0.0001

**Table 12:** Findings of one-way variances analysis in MANOVA text for comparing the averages of subtraction of following up and pre-test scores of dependable variables total scores in experimental and control groups

Source	Dependable variable	Total Of squares	Degree of freedom	Average Of squares	F	Level of meaningfulness
group	Resilience	2722.500	1	2722.500	72.620	0.0001
	Marital satisfaction	11189.025	1	11189.025	99.482	0.0001

The data of table 9 shows that there is a difference between the averages of subtraction of pre-test and post-test scores of excremental and control groups in marital satisfaction subscales except sexual relations. With regard to data of table 10, scores of all marital satisfaction subscales, except sexual relations, are meaningfully increased.

Achieved findings show the effectiveness of life skills training on personality subjects, marital relations, confliction solving, financial management, leisure time activities, marriage and children, relatives and friends. Therefore, the theories 2-1, 2-2, 2-3, 2-4, 2-5, 2-7, 2-8, and 2-9 are confirmed except the theory 2-6.

The above analysis were performed on the averages of subtraction of following up and pre-test scores of the study`s variables in order to survey the effect of time on experimental interference.

Theory 3) Life skills training leads to resilience increase of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

Theory 4) Life skills training leads to marital satisfaction increase of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

Table 11 shows summary of findings of multi-variables variance analysis of the averages of subtraction of following up and pre-test scores of dependable variables` total scores.

The data of table 11 represents that there is a meaningful difference between experimental and control groups at lease for one of the dependable variables (resilience and marital satisfaction), at the following up phase. Since, there is a meaningful difference between experimental and control groups at lease for one of the dependable variables, one-way variances analysis in MANOVA text was done for comparing the averages of subtraction of following up and pre-test scores of two dependable variables` total scores in experimental and control groups over time in order to survey the difference point. The results are shown in table 12.

**Table 11:** Summary of findings of multi-variables variance analysis related to the averages of subtraction of following up and pre-test scores of marital satisfaction subscales in experimental and control groups

Effect	Test	Value	F	Theory`s df	Error`s df	Level of meaningfulness
Group	Pillai`s trace	0.805	13.77	9	30	0.0001
	Wilks` lambda	0.195	13.77	9	30	0.0001
	Hotelling`s trace	4.132	13.77	9	30	0.0001
	Roy`s largest root	4.132	13.77	9	30	0.0001

**Table 14:** Findings of one-way variances analysis in MANOVA text for comparing the averages of subtraction of following up and pre-test scores of marital satisfaction subscales in experimental and control groups

Source	Dependable variable	Total Of squares	Degree of freedom	Average Of squares	F	Meaningfulness level
Group	Personality subjects	55.22	1	55.22	14.87	0.0001
	Marital relations	119.02	1	119.02	38.67	0.0001
	Confliction solving	202.50	1	202.50	47.68	0.0001
	Financial management	102.40	1	102.40	17.41	0.0001
	Leisure time activities	51.76	1	51.76	13.56	0.0001
	Sexual relations	20.65	1	20.65	1.45	0.236
	Marriage and children	207.02	1	207.02	81.14	0.0001
	Relatives and friends	164.02	1	164.02	57.21	0.0001
Religious orientation	30.62	1	30.62	11.26	0.002	

The findings of table 12 shows that there is a meaningful difference between the averages of subtraction of following up and pre-test scores of experimental and control groups in dependable variables. Looking back to the table 7, it can be observable that the averages of subtraction of following up and pre-test scores of experimental and control groups are 14.90 and 0.45 respectively according to resilience scores which show the experimental group`s resilience were increased at the following up phase. With regard to marital satisfaction, the averages of experimental and control groups are 25.60 and 0.75 respectively which represent that marital satisfaction of experimental groups` participants was increased meaningfully, at following up phase, in comparison to control group. So, the theories 3 and 4 of study are confirmed.

4-1) Life skills training leads to compatibility increase related to personality subjects of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-2) Life skills training leads to compatibility increase related to marital relations of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-3) Life skills training leads to compatibility increase related to confliction solving of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-4) Life skills training leads to compatibility increase related to financial management of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-5) Life skills training leads to compatibility increase related to leisure time activities of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-6) Life skills training leads to compatibility increase related to sexual relations of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-7) Life skills training leads to compatibility increase related to marriage and children of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-8) Life skills training leads to compatibility increase related to relatives and friends of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

4-9) Life skills training leads to compatibility increase related to religious orientation of addicts` wives referring to addiction treatment clinics in Omidieh at the phase of following up.

Table 13 shows summary of findings of multi-variables variance analysis related to the averages of subtraction of following up and pre-test scores of marital satisfaction subscales in experimental and control groups.

The data of table 13 shows that there is a meaningful difference between the averages of subtraction of following up and pre-test scores of experimental and control groups at least for one of the marital satisfaction subscales. However, in order to identify the difference point one-way variances analysis in MANOVA text was performed for subscales which its results are shown in table 14. The achieved findings emphasize the effectiveness of life skills training on increase in marital satisfaction subscales of addicts` wives referring to addiction cure and rehabilitation centers in Omidieh, over time. The table 14 shows the findings of one-way variances analysis in MANOVA text for comparing the averages of subtraction of following up and pre-test scores of marital satisfaction subscales in experimental and control groups.

The data of table 14 represents that there is a meaningful difference between the averages of subtraction of following up and pre-test scores of experimental and control groups related to marital satisfaction subscales except sexual relations.

With regard to the data of table 10, it is observable that the averages of subtraction of following up and pre-test scores of experimental and control groups for subscales are respectively as follow: for personality subjects are 2.30 and 0.05; for marital relations are 3.20 and 0.25; for confliction solving are 4.70 and 0.20; for financial management are 3.05 and 0.15; for leisure time activities are 2.02 and 0.25; for sexual relations are 0.51 and 0; for marriage and children are 3.75 and 0.80; for relatives and friends are 4 and 0.05; and for religious orientations are 1.35 and 0.40 which show that marital satisfaction, except sexual relations, of the experimental group` participants were increased meaningfully in comparison to the control group.

The achieved findings emphasize the effectiveness of life skills training on personality subjects, marital relations, confliction solving, financial management, leisure time activities, marriage and children, and relatives and friends over time. So, the theories 4-1, 4-2, 4-3, 4-4, 4-5, 4-7, 4-8, and 4-9 are confirmed but not the theory 4-6.

## Discussion and Conclusion

The findings represent that life skills training could lead to resilience and marital satisfaction increase in the experimental group. The results show that life skills-training has useful consequences in dependable variables. The current study's results are in accordance with many studies such as Kadish, Glaser, Calhoun, and Ginter (2001); Picklesmer and Hooper (1998); Kohlberg and Guylian (1979); MacDonald, et. al. (1991); Short and Simonson (1986); Ramezani, et. al. (2010); and Sha'bani, et. al. (2010). Creating and amplifying life skills are necessary for a successful and efficient life, and can be an underline of growth and felicity in whole life. It could be possible to achieve salient and permanent successes in various interpersonal and intrapersonal domains through using these skills, and be safe a lot from social disorders such as divorce, addiction, escaping from home, etc as well as mental disorders like anxiety, depression, etc.

On the other hand, results of the current study imply this point that there is a meaningful difference between the averages of subtraction of pre-test and post-test scores of whole marital satisfaction subscales` scores, except sexual relation subscale, in the experimental and control groups of addicts` wives referring to addiction cure and rehabilitation centers in Omidieh.

In relation to being non-effectiveness of life skills training on the experimental group`s compatibility related to sexual relations, it is true to say that satisfaction in domain of sexual relations is affected by various factors, and it is one of the issues in which there is a need to

consulting and psychological interference to couples` compatibility and relations improvement. Moreover, sexual satisfaction is affected by cultural and domestic factors very much. Busy life often effects on sexual affairs. Long work hours, taking care of children, and other stressful factors make people tired and cause lack of satisfaction in couple` sexual relations. With regard to the study`s results, the following suggestions are offered:

- 1) With regard to the effectiveness of life skills training on marital satisfaction and resilience increase, it is suggested to politicians and people in charge of mental health and hygienic affairs to hold these training courses besides of tests and consulting meetings before marriage for all couples especially for women.
- 2) With regard to the effectiveness of life skills training, it is suggested that consulting and psychological centers use the study`s results for offering appropriate solutions to people who refer especially addicts` wives.
- 3) It is suggested that life skills training effects on other variables especially on general health and women`s marital issues will evaluate in future studies.
- 4) With regard to the effectiveness of adult`s life skills training on addicts` wives of this study, the effect of this variable will be surveyed for different age groups.
- 5) With regard to the effectiveness of used method in this study which was an active one and the participants were involved in learning process, it is suggested that consults and people in charge of training will use this method instead of teacher-students classical method.

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