



THE effect of returning to society education on promoting social skills and enduring in people dependent to Meta amphetamine in Tehran Iranian hospital

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Abstract. The object of study is to examine the effect of returning to society skills education on promoting social skills and endurance in people dependent to Meta amphetamine. Statistical society of study includes refereed abuser to Iranian hospital in Tehran in which after passing medical treatment are prepared to be released from hospital. Of this society, 30 persons has been selected in access and has been divided in the two groups of observe and test. The two groups has been tested before and after participating in educational meetings by Konore and Davidson endurance questionnaire and Matson social skills. Then test group has participated in 8meetings of educating returning to society skills, but observe group has not been educated. The result of covariance analysis showed returning to society skills education is influential on promoting social skills and enduring Meta amphetamine abuser.

Keywords: Returning to society skills program, social skills, endurance

1. INTRODUCTION

Studies showed different factors are influential on beginning and continuity of drug abuse in which the most important one are personal factor, being or not being of personality characters in which damage person against it, including low self-confidence, high excitation, none self-presenting, stress and agitation,...social factors like :addicted parents, none observing parents, access to drugs, having addicted partners, and (saadati Shamir: 2013) of other variables related to addiction is social skills. Based on Pantez pattern, abuse in persons is due to social factors (like addicted parents or partners) and low social skills.

Therefore, those who feel social none adequacy, in order to avoid problems and stress would be addicted and at last their injury is more than their coetaneous.(fouzier, mak klav mouse, 2007)also study findings shows the relation among addiction and social skills. Almost addicted have has tendency to change their lifestyle, but there is so many problems in treatment, and leads to give up treatment duration. (Ravand l and Ghalam, 2002) in this case, addiction is introduced as basic problem and irrevocable. (Vand bring and Hasen, 2006) in fact, low social skills is one of progenitor for youth abuse. (Barkin, smith and Dorant, 2002)

Social skills refer to feasible learned behavior in which give ability to person to have has desired relation to others and avoid irrational reaction. Social skills includes broad spectrum of behaviors like having ability to begin influential communication and desired to others, providing desired and accurate answer, having tendency to generous behavior, concordance and helping, avoiding ridicule, brutality, tyranny to others.(matson and et.al. 2000)also, social skills are complicated

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collection of skills in which includes communication, problem solving, decision making, courage, interaction to coetaneous, and group and self-management.(lanis and ferosini,2008)these skills are important for compatibility and normally application and inadequacy in social skills is related to psych disorder and behavioral problems.

In new approaches to preventing addiction, recognition and promoting protecting factors including endurance and recognition and decreasing risk making factors does have important status, too. Endurance has been conceptualized as one of basic structure of characteristic for understanding motivation, behavior and anxiety.(Werner , smith, 1999 , said by Block, 2002)researchers believe endurance belief irrespective of threatening dangers does have the ability to be adaptive to observe level based on environmental conditions. Endured persons do not have self-breaking behavior, are calm persons and does have the ability to change stressor conditions. (Block and Founder, 2005, said farazi, 2013)

Central nucleus of self-endurance structure is this supposition: there is “biological nature” for any human growth and perfection. (For example self-remediation of human organism) in which has been observed naturally and in determined environmental conditions. In other words, endurance is positive adaptability in reaction to unpleasant conditions (Waler, 2001) and has been defined as maintaining health and successful performance or adaptability to a context and threatening situation. (Said by saadati mir, 2011) endurance concept has provided a shift to net framework in the ground of preventing addiction.

This shift from the origin of decreasing risk of environmental factors is the ground of emergence of unsuitable behaviors and psych disorder to the endurance and promoting it. In this new framework, recognition of environmental protective factors is the principle in which have been used as shield against injurious risk factors.(kornelio and banaj, 2002)therefore, endurance has been provided as personal and environmental factors and what has been formed on growth years and youth. Then, endurance could be developed by promoting protective factors in environment, along with promoting life skills and personal capability.

In fact, anyone could be tolerable in one situation and intolerable in another situation in which is dependent to person communication quality and risk factor and protective one. In the best situation, even risk factors could be ground for seeking protective resource by another one and in practice, changes to a protective factor. For example, if the influence of experiencing the first drug be the ground of its continuity and along with dizziness, nausea memory, this background could keep away person from drugs and this memory is protection factor. Some of most important enduring factors are having positive image from self, person observe on his life, having responsibility sensation and moral values.(moune, jakson, heat, 2000)

The research showed psychological inference could be influential on promoting social skills and toleration and is one of important approaches in educating social skills. In fact, Social skills include capabilities in which people use for communicating to others and to society. It does have proportion to any society customs and have been formed in any situation based on conditions. (patrick, 2008)educating returning to society skills is special for drug abuser is for improving addicted social skills and its basic target is reconciling them to society. This pattern has been formed of education, achieving communication skills , correct life style, encountering to stress methods, role playing and promoting social skills .(mioser, jest, 2008)therefore, according to provide above, this study is examining the influence of educating returning to society skills on promoting social skills and enduring in people dependent to meta amphetamine.

2. METHOD

Research design is semi-experimental of pretest and post test by observe groups and sampling in access. Statistical society includes drug abusers referred to Iranian hospital in Tehran in which among them 30 person has been selected in access and been divided to the two groups of test and observe. They have been tested by social skills and tolerance questionnaires, then test group has been educated about 8meetings for returning to society skills, but the observe groups does not received any education. After treatment meeting ends, the two groups have been tested again.

Corner and Davidson resilience scale (2003) has been used for evaluating. Producer of this questionnaire believes this questionnaire could separate tolerable and intolerable person from each other and has been used in research and clinical situations. (Mohammadi, 2004) this scale does have 25 choosers and has been scored on likhert scale from zero (incorrect) to four (always correct). This scale has been normalized by mohammadi in Iran. (2004) in order to determine this scale narration, at first we have calculated any chooser correlation to the whole score and then we have used of analysis factor score. Calculating any score correlation to the sum except chooser3, has shown coefficients among 0.41- 0.64. Then we have analyzed scale chooser by basic indicator method.

Before extracting factors based on chooser correlation matrix, two indicators of KMO and bartlet kroit test has been calculated. KMO amount is equal to 0.85 the amount of khido in Bartlet test is equal to28.55 in which the two indicators has shown adequacy of observes for analyzing factors. In order to determine stability scale of corner and Davidson tolerance, we have used of alpha kronbach method and stability coefficient is equal to 0.89. (Said, farazi, 2012)

MATSON evaluation of social skills questionnaire has been compiled by Matson and et.al. (1983)and does have 62 choosers. In order to answer, tested should read any chooser and then clear its answer based on 6degree indicators from likert type from 1(never) to 5 (always) score. The sum shows tested social skills. Researchers showed Matson social skills scale does have accepted stability, and credibility. (Matson and Alandik, 1988matson and et.al. 1983, 1990)Yousefi and kheir (2002) has reported credibility and stability of scale in the group for the sum scale, 0.86.the result of study has shown this questionnaire does have accepted credibility and stability for evaluating social skills in Iranian group.

3. METHODOLOGY

Practical step by step program summary for returning to society (by Lieberman, 1992)

meeting1: introducing members, group target, providing group rule and the principle of confidant, and executing pretest.

Meeting 2: determining preparedness for leaving, the object of meeting is to learn signs and behaviors in which people should know for preparedness of leaving. One play the role of treatment team and the other is sick who wants to be giving leave.

Meeting3: returning to society designing, the object of meeting is to learn self-settlement and financial matters, they have been presented in their leave out designing. Participator by active participation in planning leave out program could be familiar to the society problems and does have more preparedness for encountering to changes.

Meeting4: communicating to society: the object of meeting is to communicate personally by another one in society as a service resource and learning more in relation to resource and existing services in society. Learning communication skills.

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Meeting5: encountering to stress in society and having date to someone: the object of this meeting is to encounter stress and managing aggression, because knowing stress as important role in returning disease could encounter stress.

Meeting6: planning daily program for health life style: the object of this meeting is to learning advantages of having health daily life style including work, feed, feasible sleep, entertainment and sport. Also educating encourages and managing anger for decreasing communication problems.

Meeting7: recognition of alert signs related to returning: the object of this education meeting is to educate members about alert signs of returning disease. if people could know signs, they would avoid returning disease.

Meeting8: providing feedback, creating hope and treatment waiting: the object of this meeting is to mention people ability and providing feedback in learning and executing post test

4. FINDINGS

In below table, we have provided the mean and standard deviation of pretest and post test scores of social skills and endurance in the two groups.

Table 1. Mean and standard deviation of pretest and post test scores in the two groups of test and observe

groups		pretest		posttest	
		M	sd	M	sd
endurance	test	15/89	3/325	16/57	3/081
	observe	15/67	3/395	13/20	2/396
	sum	15/76	3/302	14/83	3/197
Social skills	test	18/29	3/583	19/07	3/269
	observe	19/20	3/234	15/80	3/455
	sum	18/76	3/377	17/38	3/278

In order to compare endurance score and social skills before and after returning to society program, at first we have examined covariance hypothesis analysis. Because the result of lone test for tolerance is more than ($f=0.094, p=0.761$) and social skills ($0.093, p=0.763$) is more than 0.05, equal hypothesis of variance errors has not been questioned, in addition, because interaction among pretest of tolerance indicators ($f=3.105, p=0.090$) and social skills ($f=2.142, p=0.156$) are not meaningful, data supports regression gradient equality and shows interaction is not meaningful. Therefore, executing covariance for testing the influence of basic variables of post test tolerance and social skills are permissible. In table3, summary of covariance analysis of tested scores has been provided in tolerance and social skills variables. As we see in table3, possibility to accept zero hypothesis for the influence of returning to society program is less in tolerance ($1, 2, p=0.001, f=43.760$) and social skills ($f=77.991, (1, 26) p=0.001$) is less than 0.05. Therefore, we conclude returning to society program is influential on increasing tolerance and social skills.

Table 3. Summary of covariance analysis test result of tested scores.

Groups	Change resource	SS	df	MS	F	Sig.	Eta
Tolerance	pretest	158/870	1	158/870	91/876	0/001	0/779
	group	75/668	1	75/668	43/760	0/001	0/627
	error	44/959	26	1/729			
Social skills	pretest	185/894	1	185/894	129/111	0/001	0/832
	group	112/291	1	112/291	77/991	0/001	77/991
	error	37/435	26	1/440			

5. DISCUSSION AND CONCLUSION

The object of this study is educating the effect of returning to society on promoting social skills and tolerance on Meta amphetamine abusers. According to the result of analyzing data, education could be influential on promoting social skills and tolerance. The result of study are coordinated to Nikoozade(2011)and kafi(1012).

In compiling this finding, we could say returning to society program by factors like influential communication, educating social roles , educations about existing problems in society, educating sum of accepted activity like passing correct entertainment, educating avoidance of anti-social behavior like using alcohol and drugs, educating stress management in social situation and educating the method of requesting help specially in observing alert signs could be influential on returning meta amphetamine abusers to society.

In fact, educating encountering to stress skills is influential on increasing tolerance, because as Ballerina and Keras has said (2002): tolerance is recognized the same concept as false ultimo view. Winger (1925) has said: "mind is not only recorder, but when be stimulated from outm would be simulator and maker. In growth road, mind would create what is adaptive to it and conform it to outer cycles. Drippiest, (said: milliner and Bart-keras, 2002) along it, he tried to define tolerance as “encourage to being not perfect.

Drikouse has emphasized consulter should decrease the importance of errors to the least and increase peoples’ goodness. In this regard, the amount of people tolerance is equal to encourage he has for not being perfect. We believe(dink mire, poi and dink mire, 1979 said by miliern and Bart keras, 2002)from Adler consulting view, there is four stages in consulting procedure as communicating, analyzing, view and redirecting, as tolerance elements has been considered.

According this approach, it seems in one method interference based on life style in treating people dependent to drugs, bio-psych-mental factors are one structure or lexicology design has played role and has been conceptualized as there is possibility to combine methodology, perception psychology, and social concepts. In this case, behavior by the object of decreasing difference among one mood of self and inner standard or self-direction has been stimulated.

Permanent non conformity among one mood of self-knowing and inner reference in this case, has been called inner error and leads to anger and sadness. Inner error forms structures like agitation moods in which are connected in calling network to their structure and form addiction method of life in which is direction lines of addicted person. Therefore, returning to society program is influential on increasing social skills and tolerance.

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