



THE EFFECTIVENESS OF LIFE SKILLS TRAINING IN ADOLESCENTS

Haley Zint

Advisor: Professor Gary Dick
School of Social work, College of Allied Health Sciences

Purpose:

The purpose of this research study is to assess the effectiveness of Botvin's Life Skills Training. This will help to understand if it is good training for changing attitudes in teenagers of drugs and alcohol and other life skills.

Participants:

- Middle School students at Lakota Plains Jr. High School
- 11 or 12 years old
- 10 males and 4 females
- 12 White, 2 Asian
- All students were referred to the groups by a parent, teacher, or counselor.

Methods:

- The students who make up the groups were referred to Envision Partnerships.
- Pre and Post tests were given to the students as an assessment.
- I taught life skills training with the Botvin's Life Skills training booklet.
- The equipment used was Botvin's Life Skills Training Booklet
- This was a quantitative research study.

Background:

- In 2014, the NIDA reported that more than 1 in 5 students in the 12th grade and nearly 1 in 5 students in the 10th grade reported vaping marijuana.
- In 2019, 50% of teenagers misused a drug.
- (National Institute on Drug Abuse)

Discussion: All the students were referred and therefore people around them wanted to help. I saw great improvement in life skills through the training.

Acknowledgments:

- The Life Skills Training was only conducted in one school.
- The diversity of the students was limited.

Conclusion: The Life Skills Training was effective in improving lives among the participants.

Results

