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The Effectiveness of Coping Skills Training on Resilience of Students who have recovered from Corona (COVID-19)

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Abstract

Purpose: The purpose of this research was to investigate the effectiveness of coping skills training on resilience of students who have recovered from the Corona epidemic.

Methodology: The study method was semi-experimental in the form of pre-test-post-test and follow-up design with two experimental and control groups. The statistical population included all female students between the ages of 12 and 17 who had recovered from corona disease and were studying in the academic year of 2020-2021 in Bam city. The sampling method was available, and with this method, 30 students who went to the hospital because of the corona disease and their recovery was confirmed by the tests and the doctor, were selected as a sample and randomly divided into two groups of 15 people, the test and were controlled. The tools used was in this research include Connor & Davidson-Resilience Scale (CD-RISC). The data were analyzed in the SPSS software environment using the analysis of covariance test.

Findings: The results showed that there was a significant difference between the mean scores of the pre-test, post-test and follow-up in resilience variables.

Conclusion: Therefore, teaching coping skills can be used as an effective intervention method to improve the problems of people who have been freed from or involved in various diseases and can reduce their psychological problems.



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Detailed abstract

Purpose: On March 11, 2020, when the death toll increased exponentially, Covid-19 was declared a widespread epidemic. The symptoms of this virus, including fever, cough and difficulty in breathing, vary from mild to severe and have caused the death of countless people. Among the destructive effects of this unprecedented epidemic is the long-term psychological damage to people and those suffering from this disease, and after the outbreak, the world will most likely face anxiety and depression among people and those suffering from this disease, causing a wave of disease. It becomes mental. The aggravation of disease symptoms, the threat to life and the exposure to death of people with Covid-19 in the hospital cause people with a history of hospitalization to experience psychological and emotional injuries after discharge. During the outbreak of covid, this epidemic leads to a decrease in people's resilience. Resilience describes individual and environmental protective factors against the damage caused by mental illnesses. Resilience is the ability of a person to establish biological-psychological balance in dangerous and unfavorable conditions, the result of which is a kind of self-repair with positive emotional, emotional and cognitive consequences. In the situation of covid, people with high resilience process the situation in a more positive way. The level of resilience during the outbreak of covid in Iran has been reported to be low. Resilience helps people to face and adapt to difficult and stressful situations in life, reduces anxiety and increases the ability to adapt. A resilient person faces stress, challenges and events in his life and has the ability to solve problems. Although people may have experienced psychological stress during the covid outbreak, some of their psychological activities have grown positively, such as a new understanding of life and resilience. Resilience is a factor for establishing biological, psychological and spiritual balance against dangerous conditions. One of the interventions that can affect people's resilience and improve it in this era is coping skills training. According to the stress interaction model, one of the ways that can help a person to improve and modify his behavior and reduce negative emotions is coping efforts. Those who successfully deal with problems are people who have equipped themselves with a set of coping skills. In general, successful confronters have three skills: 1) flexibility, the ability to offer different solutions, 2) foresight, predicting the long-term effects of their coping responses, and 3) rationality, making correct and logical evaluations. The important thing is that all these skills can be learned and you can add them to your coping treasury by spending time and effort. In dealing with life's difficulties, it is comforting to have the resources and skills to help us deal with our problems in the best possible way. Coping skills involve continuous changes in people's thinking and behavior to manage internal or external pressures. These skills are one of the important resources of people to maintain mental health and prevent mental disorders. The purpose of this research was to investigate the effectiveness of teaching coping skills on the resilience of students who have recovered from the covid epidemic.

Methodology: The current research was a type of experimental research with a pre-test-post-test-follow-up design along with the control group and using random replacement of participants in the test and control groups. The statistical population of this research includes all female students between the ages of 12 and 17 who have recovered from covid-19 in secondary school in the academic year of 2020-21 in Bam city, who were studying in the schools of this city. In order to select the sample, available sampling method was used. In this way, 30 students who went to the hospital due to covid disease according to the doctor's diagnosis and their recovery was confirmed by the tests and the doctor and their information was recorded in the health centers of Bam city, were selected as a sample and randomly divided into two groups. The experiment (15 people) and the control group (15 people) were divided. First, both groups were pre-tested. Then, the experimental group received the coping skills training program that was held online, in 12 sessions of 45 minutes, two sessions each week. But the control group was not given any training. After the end of the intervention sessions, both groups were immediately followed up with a post-test and two months after the end of the intervention sessions. Entry criteria include: having ages between 12 and 17 years old, diagnosis of recovery from covid-19 disease and the consent of students and parents to participate

in intervention sessions, and exclusion criteria include: suffering from neurological and psychiatric diseases, absence of more than two intervention sessions, participation in other psychotherapy sessions and unwillingness to participate in the research or continue it. The tool used in this research included Connor and Davidson Resilience Questionnaire (CD-RISC). The data were analyzed in the SPSS environment and using the analysis of covariance test.

Findings: The results showed that there was a significant difference between the mean scores of the pre-test, post-test and follow-up in the resilience variable.

Conclusion: Based on the findings, coping skills training can be used as an effective intervention method to improve the problems of people who have been freed from or involved in various diseases and can reduce their psychological problems. The sample of this research included students who recovered from Covid in the city of Bam, so caution should be taken in generalizing the results of this research to other societies and other age groups. In the analyzes of this research, the role of variables such as intelligence, economic status, family history, parents' educational background has not been controlled, as a result, there is a possibility of influencing the result of the research. One of the limitations of this research is the lack of supervision of practice assignments outside of training sessions. The simultaneous use of several measurement methods at the same time, such as observation, in parallel with the use of questionnaires for variables can better show these variables. It is suggested to develop and implement a monitoring tool for exercises outside the educational situation. It is suggested to include the coping skills training program in the students' curriculum during health crises and quarantine days.