

The effectiveness of problem solving and communication skills training program in improving adjustment and reducing the anxiety of the daughters of the divorced women

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Abstract

This research aimed to determine the effect of problem solving and communication skills training program in improving the adjustment and reducing the anxiety of the daughters of the divorced women.

The sample of the research consisted of (34) students of the daughters of divorced women in Ain el Basha Directory who agreed to participate in the research. They were chosen from (85) students whose parents are divorced.

The participants were distributed to two groups, one experimental (16 subjects) who received a training program problem solving and

communication skills which consisted of (21) sessions, whereas the control group (18 subjects) did not receive any treatment. The participants in the two groups responded to the adjustment and anxiety scale before and after the program was implemented.

The results revealed the effectiveness of the training program. The findings show that there were significant differences in favor of the experimental group on the level of adjustment and the degree of anxiety.