EFFECTIVENESS OF BASIC LIFE SKILLS TRAINING PROGRAM FOR SELF-AWARENESS IN YOUNG ADULTS

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DEDICATION

I dedicate my dissertation work to my family and friend. A special feeling of gratitude to my parents, my brothers and my uncle, whose support and encouragement made me to achieve this milestone of life. My father, who gave me enough motivation and pushed me in forward way to do my best. My mother, who has always been there with me in every trouble and covered me from the harsh and heavy winds like a cloud. My brothers, who has been my support in the whole journey and helped me through thick and thin. My uncle, who encouraged me to do my best and appreciated my every effort. I will always appreciate their efforts throughout the process.

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ABSTRACT

The current study was designed to investigate the level of self-awareness by its four domains and its elevation or enhancement in the young adults by using the basic life skills manual of UNICEF. It was hypothesized that the self-awareness can be increased by the application of basic life skills manual of UNICEF. The self-awareness covers four sub-domains according to the basic life skills manual. It is hypothesized that, there was a significant difference in all these sub-domains after the application of manual, because these are regulated by or they regulate self-awareness, according to the manual of UNICEF. For this purpose, 60 participants with age range of 18-24 were taken from different universities of Lahore, and were divided equally into control and experimental groups. The manual was implicated on experimental group, while control group received no intervention. Pre and post assessment was carried out to check the effectiveness of this intervention. Assessment tools, Coping Scale (Hamby, Grych, & Banyard, 2013) (used for stress management) for the assessment of management and handling the stress, Emotional Regulation Questionnaire (by Gross & John 2003), Self-esteem scale by Rosenberg (1965) and Positive Thinking Scale by (Diener et al., 2009) were used. Normality of data was assessed. Descriptive statistics, reliability analysis and Multivariate Analysis of variance was carried out for the results. For the follow up analysis of Multivariate Analysis of variance, discriminant functional analysis was carried out and it reconfirmed the authenticity of the results. Results of the study showed that there was a highly significant difference in pre and post scores of experimental group on all sub-domains or variables (self-esteem, stress management, positive thinking, and emotional regulation) after the implementation of intervention. Experimental group showed significant results of intervention and all the hypothesis supported the experimental group findings. Follow up was carried out, which showed

or reconfirmed the effectiveness of intervention. In other words, basic life skills training program was highly effective in increasing the self-awareness. Results were reported according to the APA format.

Key Words: self-awareness, emotional regulation, stress management, positive thinking, self-esteem, young adults, UNICEF manual, basic life skills.

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List of Abbreviations

Abbreviations	*Full Form*
APA	American Psychological Association
DSM-V	Diagnostic and Statistical Manual of mental Disorders-V
SPSS	Statistical Package for the Social Sciences
SA	Self-Awareness
SM	Stress Management
PT	Positive Thinking
ER	Emotional Regulation
CogR	Cognitive Reappraisal
ExpSup	Expressive Suppression
SE	Self-Esteem

List of Symbols

Symbols	Full Form
α	Alpha Cronbach's Index of Internal Consistency (Reliability)
$\eta 2$	Partial Eta Square (Effect Size)
F	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
λ	Wilk's Lambda

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