EFFECTIVENESS OF BASIC LIFE SKILL TRAINING PROGRAM FOR THINKING SKILL IMPROVEMENT IN YOUNG ADULTS



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DEDICATION

To my beloved parents (Perveen Akhter and Iftikhar Ahmad) and siblings.

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Abstract

The true experimental study aimed to evaluate the Effectiveness of Basic Life Skills Training Program (BLSTP) in improving thinking skills, specifically problem solving, goal setting, decision making, critical and creative thinking executive functioning and resilience in young adults. University students (N=60) with low executive functioning level were selected using purposive sampling and allocated through RCT method to the experimental (n=30) or control group(n=30). The intervention was delivered to the experimental group while the control group received a placebo treatment. Pre, post and follow up assessment were conducted using the Problem-Solving Inventory (PSI-20), Runco Ideational Behavior Scale (RIBS), Brief Resilience Scale (BRS), Goal Setting Capacity Scale (GSCS) and Executive Skill Questionnaire-Revised (ESQ-R). The intervention consisted of 90 min per session, each focusing on a specific thinking skill. Sessions included interactive activities, group discussion, role plays and homework assignments to reinforce learning. Data were analyzed using descriptive statistics, reliability analysis, and Repeated Measure ANOVA. Findings demonstrate that the intervention yielded statistically significant and enduring improvements across multiple domains of thinking skills with gains sustained at follow up. The study followed ethical guidelines ensuring participants confidentiality. The findings are expected to provide insight into the effectiveness of the BLSTP in enhancing thinking skill improvement among young adults with potential implications for educational and personal development interventions.

***Key Words*:** Thinking skills, Basic Life Skills, Cognitive Development, Problem Solving, Decision Making, Creative and Critical Thinking, Resilience, Executive Functioning, 21st Century Skills.

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
WHO	World Health Organization
BLST	Basic Life Skill Training Program
ESQR	Executive skill questionnaire Revised
PSI	Problem solving inventory
RIBS	Runco Ideational Behavior Rating Scale
BRS	Brief Resilience Scale

List of Symbols

Symbol	Full Form
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage

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