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Poster Presentation Research

# The Effectiveness of Coping Stress Skills Training on Stress and Problem Solving Skill

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***Abstract***

The purpose of this study was to examine the effect of coping stress skills training on stress and problem solving skill in Taleghani dormitory students in Kermanshah medical sciences university. The research method is experimental and has been done with pre-test, post-test and control group. Research tools were Harry inventory (2005) and Endler and Parker coping scale of stressful situation (1990). We selected 90 students from Taleghani dormitory by available sampling and evaluating them by Harry inventory. After analyzing, we found 15 students with highest score in stress and randomly assigned in two experimental and control group. Data analyzed by covariance method. Results of analysis of covariance showed that training coping stress skills are effective in reducing stress and increasing problem solving skill. Therefore, with this finding we conclude that training coping stress skills are one of the effective methods for treatment of stress and increasing problem solving skill.

***Keywords:*** Stress, Coping Stress, Problem Solving Skill, Anxiety.

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