The Impact of Social Skills Training on Mental Health and Avoidance of Student Violence

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Abstract: A great fact that determines the social relationships of all individuals in society is the development of social skills. Since human life begins from the first day among other people and is associated with them from the very outset of life, this relationship causes changes in his behavior. Thus, social learning starts from home and school, and students' social behaviors become social. Students' social development, like other aspects of its development, gradually develops. It's safe to say that most social behaviors of students in school and among peers are influenced by their circles. Considering the importance of this in this article, we will examine social skills training on mental health and avoiding student violence through analytical and descriptive methods and referring to written sources and the goal is to measure the impact of social skills on students' mental health, and finally, solutions are presented.

Keywords: Social Skills, Relationships, Students, Violence, Mental Health.

Introduction

The coexistence of community members from children to adults is so clear that there is no need for explanation, but what are needed to maintain these relationships are the mental health of individuals and the avoidance of violent behaviors, which means that the only human advantage over others animals are also considered and it is imperative that the child acquires all the concepts, feelings, tendencies and skills in the context of group life. So, in fact, it is not possible to cultivate students' talents without educating their social perceptions, even the moral science for a person who is single-minded, does not make sense. Ethics, law, and duty only apply when an individual enters the community as part of a whole. If we look carefully at the discussion of a distinguished, honorable and honest person, we mean a person who has played his part as a member of the community and has well-meaning the others and when it comes to torture and torture, it is the intention of someone who has been detrimental to the cooperation of the people and he has taken steps against public interests and has not understood

social skills. In this research, we will examine the role of social skills training on mental health and avoidance of student violence.

Definition of social skills

The set of abilities that contribute to the success of a person's social life, each person needs additional skills to succeed in a community, in addition to individual skills, called social skills. Social skills are a collection of acquired behaviors that are learned through observation, modeling, practice, and feedback, and have the following characteristics and include non-linguistic, non-communicative behaviors and effective and responsive responses have a more interactive aspect and maximize social empowerment and based on the characteristics and environment in which the individual is located, they develop and grow through education (Abedi, 2012).

Scientific and operational definition of mental health

The great culture of psychology of Larous defines mental health as: mental ability to work harmoniously, pleasantly and efficiently, in difficult situations, to be flexible and to be able to regain its balance. (Ganji, 2000).
Levinson et al have defined mental health as:
Mental health is how a person feels about himself, the world around him, his or her place of life and his surroundings, especially with regard to the responsibility of others, how he adapts to his income and his spatial and temporal position.

Definition of violence

Violence is an act against the body, soul, honor, property, natural, social, and moral rights of the individual, individuals, identities and social norms (Hashemi, Bita).

Characteristics of people with mental health in society

Individuals with mental health have several characteristics that include:

Self-accepting and self-loving
This feature involves two concepts of self-concept (the concept that the person has of himself) and self-esteem (acceptance and acceptance). If these two concepts are complementary, they are the first part of the mental health of (self-accepting and loving).

Establishing relationships with others
When a person has self-esteem and accepts and loves himself then he can well be able to communicate with others.

Responding to the needs of life
Confronting the needs and requirements of life and controlling the requirements and challenges of life is part of mental health. The key point in this regard is the issue of stress management. When people are stressed, they must have the necessary coping skills in order to reduce the impacts of stress on the body and the mind if stress is managed (reduced or controlled) and effective coping skills are available and definitely, a better person will be able to cope with the needs and challenges of life.

An appropriate incident of emotion
Individuals should be able to identify their emotions and show them emotionally appropriately, otherwise, the mental health of the individual as well as others will be compromised (White, 2001).

Social education as the general purpose of educating students

Social education is being social to individual activities and, as civilization as it progresses, the same problems of life increase and the need for collaboration in solving these problems is necessary. Therefore, one of the most fundamental tasks of educational organizations is to help the social upbringing of children and adolescents, and as far as possible, one has to try to translate poetry into words that a famous statement "all human beings are a member

of a figure" and "what you do not accept for yourself, do not accept for others", it is one of the habits of children and adolescents (Shoarinejad, 2006).

In general, the purpose of social development and development is that one can establish social relationships or gain the necessary development for social relationships. In other words, when one learned to match the criteria of the group, the virtues and traditions, and reached the stage where he could communicate with his community, we say that it has evolved socially. Therefore, the feeling of unity of the community and the establishment of interactions between individuals of a community and cooperation with others is one of the characteristics of social development and development. To reach this stage of growth requires the child to change in his / her interests, learn new ways of behavior, and choose new friends. In addition to being willing to stay with others, a social person wants to work with them as well. He wants to do something for them. A "gregarious" person or a baroque group is deeply willing to be with his fellow beings, he laments himself alone, and finds himself satisfied with the group of his fellows, although he does not get in touch with them. Therefore, firstly, no animal is to be considered a collective animal, as a social animal. Secondly, the social behavior of individuals who interact, collaborate, and share common interests, should not be considered the behavior of the gregarious group, which does not have such a quality, but they are in the opposite direction. Thirdly, social behavior is one of the great characteristics of human beings and the type of human being, and the group's behavior is specific to post animals. With the explanation that no child is born at the time of birth, he must be instructive in dealing with others and social adjustment through contact with the people. Social development requires guidance from educators to go on the right track. Since the social group has a great influence on the child's personality, it is obvious that the members of the group should be chosen to have a good impact on the child because the child is not able to guide himself because of his little age and experience, and this role must be taken over by the elderly (Gates et al., 2008).

Major social skills required by students

Skills for connecting with others and their continuity
1. Self-knowledge and awareness of your feelings and others
2. Dating skills
3. Environmental skills
4. Skills to deal with misplaced.

The necessity of teaching social skills of students in schools of education

It is not possible to cultivate the child's talents without the development of his social perception, even the moral science for a person who is single-minded, does not make sense. This is the importance of social development and education, which forces the school and the education authorities, with the help and guidance of children and young people in this regard. The school should focus on educating social skills in the community with a wider perspective and remember that the community provides what its aftermath of centuries of suffering and experience gives its future members by the school. The school should be a model for community-based outreach for students, and school-based reforms should be in line with major changes and revolutions that have occurred in the community. To achieve this, the biggest problem is to properly understand the social factors, to understand their true meaning, and to always consider them in setting up curricula and formulating the principles of education. To achieve this goal, the best and most correct way is to turn our schools into a small real society, and the types of activities and activities that represent the larger society, and the activities and actions that are inspired by the true spirit of art and history and science, we have to establish it. When the school prepares the future member of the community in the same society, but in the smallest form, he will cultivate the spirit of service in his institution and give him the means to educate the independence of the vote and freedom, we can be certain that we will have a decent and orderly society in the future (Shoarinejad, 2009).

Investigating the relationship between social skills in reducing violence and improving mental health of students

Human development takes place in psychological, social, physical, sexual, occupational, cognitive, ego, ethical and emotional fields. Each field requires skill and ability. In fact, it can be said that the evolution of developmental stages depends on the skill and superiority of social skills. When individuals acquire basic social skills, they progress in their optimal performance. Social skills education plays an essential role in reducing violence and mental health. However, when it is presented at a suitable growth stage, it will have a more prominent role. It can be said

that many of the violence is due to a defect in the development of basic social skills. In fact, teaching social skills has a therapeutic role (Nejat, 2003).

As Brooks (1984) has pointed out, the approach of social skills provides an organized framework for counseling and mental health centers and is a key educational element in reducing violence for primary and secondary schools. Therefore, the approach of the social skills has a practical application for many different situations and issues so that a wide range of research and theoretical and theoretical background support the effectiveness and applicability of the social skills approach to counseling considerations of mental health.

Many researchers have taken an approach that focuses on teaching skills such as interpersonal communication, self-control, stress control and anger, relaxation, goal-setting, decision-making and maintaining a healthy and healthy health. This training is done through techniques such as modeling and behavioral exercises. The training of these skills is used to improve the problem solving ability, moral reasoning for controlling anger and interpersonal relationships, criminals and delinquents. Creating such skills for adolescents will allow them to establish interpersonal relationships, to be able to cope with continuous environmental change and to achieve a higher level of self-esteem (Devon, 2006).

The Impact of Social Skills Training on Student's Mental Health

Preparing people to face difficult successes is essential; therefore, psychologists have begun to develop social skills training. These trainings are called the abilities that provide the context for the adaptation of positive and negative behaviors and therefore, a person is able to solve problems effectively while accepting social responsibilities without hurting himself and others. The importance and necessity of these trainings will be determined when it comes to the fact that social skills training improves psychosocial capabilities and helps individuals face conflicts and situations of life and are positive and consistent with their culture and environment. Keep your mental health. Positive social behaviors in schools have social interaction among individuals, increasing ability to solve problems, self-awareness, reducing anger and anxiety and depression, creating a place of inhibition, social acceptance, positive self-esteem, all contribute to the strengthening of verbal and nonverbal life skills. Health is a basic part of a healthy life and schools have an important role in informing children and adolescents about life skills (Reqaniraeesi, 2011).

The findings of the researchers indicate that training of social skills has affected mental health of students and schools have a significant role in prevention of psychosocial injuries and mental health promotion of students. For this reason, preventive programs have extended based on the school in recent years (Wichroski, 2000).

Evidence suggests that training of social skills has been effective in reducing students' anxiety and insomnia, reducing social dysfunctions and reducing their depression, thus, the role and importance of life skills programs in terms of their constructive goals in the various dimensions of the life of the young and younger generation are undeniable. Therefore, it is necessary to focus on the promotion of mental health and the level of health in schools and provide conditions to help children and adolescents with mental health issues to achieve a healthy diet (Jamshidi & Seifnaraqi, 2015).

The Impact of Violence on Students' Social Relationships

Since many of our annoyances, anxieties and anger are due to our relationships with others, it seems that teaching social skills can lead to life with satisfaction. The purpose of social skills training is to enable a person to recognize his or her behavior, thoughts and feelings, and to implement practices that make it easier to communicate with others (Harji et al., 2011).

Citizenship tasks such as participation in elections, admission of laws and regulations, participation in communities, and so on are done. A person is socially healthy and has more active participation in society through the activities mentioned. Providing health in its general sense is important for all people, especially teenagers, for a variety of reasons.

Adolescence is the year of change in all aspects of physical, mental, emotional, psychological and social development, and the familiarity of teens and those with whom they are connected, with the criteria of growth and health, they help them create a healthy and vibrant life. Teenagers are the future capital of any society and, as much as they are, they will ensure the growth of society. The first step in maintaining the health of adolescents is to identify the factors that are effective in violence, whether positive or negative or reinforcing and deterrent, in this regard. One of the important factors that can be effective as a deterrent to the health of adolescents is violence. Violence affects all dimensions of adolescent growth and health and disrupts their physical growth due to stress and tension. In their mental or cognitive development, they have a downward effect and reduce their learning and

academic achievement. Their emotional-psychological growth faces many problems and disrupts social adjustment and their proper relationship with others - peers and adults. Hence, avoiding violence plays an effective role in maintaining and protecting the physical, psychological and social health of adolescents, and is considered as a solution both in prevention and in terms of treatment. Violence from the point of view of psychology is the inability to control anger. Therefore, contrary to the fact that some people regard violence as a sign of power, it shows the weakness and helplessness of a person in coping with their problems and control, and it is clear that one who is unable to control his own states is not a strong and successful person in life (Qasemzadeh, 2011).

Violence is different in terms of anger and is learned. Life in the individual, family and social life is always accompanied by various problems, and violence is not only a deliberate way of reducing them but also creating other difficulties, A number has been shown over many times and in different places. Peep is among the excitements that there are naturally and inherently in all people, with which humans learn throughout their lives or learn how to thrill it and keep its control and maintain a balanced level. Among the factors that increase violence in all people, especially in adolescents, there are false beliefs about the cause and the nature of anger, and some of them are a natural and natural phenomenon especially for men. While violence is neither natural nor uncontrollable, violence is different from anger. Violence is a different way of learning and is learned. If from childhood we learn the ways to express and express emotions that are more than sampling and replicating, surely we have prevented the occurrence of violence (ibid).

Conclusion

Research shows that training of social skills is a technique by which people learn how to calm and communicate in a variety of situations appropriately. Training of social skills is part of behavioral adjustment programs and is used to correct maladaptive behaviors. Development of social skills is part of the socialization process of a person. Social skills are aimed at promoting psychosocial abilities and, as a result, provide mental, physical and social health. Teaching social skills enables one to turn knowledge of their values and attitudes into actual capabilities. That is, the person knows what to do and how to do it. Social skills lead to a healthy motivation. It also influences one's self and others as well as the perception of others. It also increases self-esteem. Therefore, in general, social skills can increase the mental health of individuals. Social skills education plays an essential role in mental health. However, when it is presented at a suitable growth stage, it will have a more prominent role. It can be said that many of Neurosis and psychosis are due to a deficiency in the development of basic social skills. Training of social skills enables one to transform knowledge, values and attitudes into actual capacities. Social skills are abilities that enable a person to have healthy motivation and behavior, and the opportunity and the field of doing such behaviors.

Suggestions and solutions

1. Developing lesson of social skills in order to train skills required from the pre-university to university level
2. Applying all courses for developing social skills
3. Creating a suitable ground for participation and activity of students in all activities of the school and the practical and cultural organizations etc., students and regulate them
4. Establishing in-service training courses for teachers, managers and instructors to acquaint students with the skills required and their teaching and teaching methods
5. Scientific research on social skills in different educational periods and teaching methods
6. Studying and comparative educational study of social skills in different countries
7. Teaching how to create and teach social skills to parents through family education classes.

Conflict of interest
The authors declare no conflict of interest.

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