

Social life skills and social studies training

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Abstract

Each person's lifestyle depends on the way they look at life and is based on the beliefs, convictions and views that distinguish them from others in society. Social skills are an ability that paves the way for a person to succeed in society. Social skills help a person to correctly identify their role and position among others and to adapt to the people of the community. Social skills help a person to have a good understanding of the behavior of others and be prepared to deal with them properly. In schools today, special attention is paid to the teaching of social skills, which is due to the fact that the type of interactions of people in dealing with each other and the issues and problems around them has completely changed. The feeling of the need to learn social skills is rooted in the fact that students need self-knowledge to serve society. Teaching social skills in schools allows students to learn the principles and rules of life in the community and become familiar with social norms. Learning social skills helps students

understand social values and strive to adhere to them. This article intends to study the concept of lifestyle and the need for social skills training in the country's educational system, social life skills and social studies training to study and study.

Keywords: social skills, education, social studies, students

Introduction

One of the major problems that threatens people in today's society is lack of proper communication and empathetic understanding. Education in the first years of life as an essential period of personality development, it has great and important role in learning and stabilizing behavior. Undoubtedly, children need skills to cope with the stresses of life and maintain their mental health. Communication skills training is a key component in the development of peace and friendship between people. It can always provide a good platform to prepare children to overcome the stresses of life. Now, considering that elementary period, this study was designed to investigate important educational courses for individuals with the aim of examining the components of acquiring social life skills as well as communication skills of social studies education. The results of data analysis show that the highest frequency is related to the components of going to the bing in agroup, using verbal skills and nonverbal skills, and the

three components of self-introduction, how to choose a friend and the need find a friend have been considered. Accordingly, due to the recent changes in the curriculum and the integration of this course with geography and history, the importance of this issue is multiplied and is proposed to the officials and trustees of the educational institution as the most effective institution in socializing people. While reviewing the expert, more social concepts should be included in this course based on teaching life skills and considering cultural and social contexts. Because the wrong performance of this institution will have a direct impact on other institutions of society. If schools do not do the job of socializing people properly, they will hand over people to the community who will not only not be a conscientious citizen for the community but will not be aware of their future duties as parents and cause social disorders. Sazd (Mohammadi and Ali Nejad, 2017-26).

9 The social studies curriculum for the first to sixth grades of elementary school outlines the knowledge and skills that students should acquire, as well as the levels of practice they should master. The focus of teaching and learning in the social studies curriculum is on the development and improvement of basic knowledge and skills. Students should have sufficient knowledge of the main concepts and be able to apply this knowledge in different situations. In addition, they need skills that are vital to success at work and in life. They must learn to evaluate different points of view and critically examine information to solve problems and make decisions in different situations (Majidian, 2010. (45).

Social studies is a course that examines and understands societies, from local to global and their different heritages, physical systems and the nature of civic relations within these

societies. After studying this course, students will gain knowledge of the key concepts of social studies including change, culture, environment, power and market dynamics. They learn valuable things about social life and how citizens live in a democratic society, with different and interdependent cultures. In addition, students acquire research and communication skills through field studies and other projects. These skills are acquired through the use of geographical maps and replicas and by considering various forms of historical evidence. By using these skills, students can gain a greater understanding of the identity and values common in society so that they can explore other points of view and critique information to solve problems about the issues of their lives (Namazi, 2012). : 13).

Expressing the problem

Today, the purpose of education is to create a suitable context for students' efforts and research. To achieve lifelong learning. Social studies education focuses on scientific information, social and mental skills (which include observation, measurement, comparison, classification and communication, etc., and socialization, self-knowledge, and the acquisition of attitudes and values. You know that the importance and necessity of studying history is not hidden from anyone, and learning this thousand mysterious past, what enlightenments and guidelines it can have in the tortuous path of the future, which of course is important by studying a few lines of history. Textbooks are not possible and can be not only the beginning but also a prelude to a tumultuous path. If the quality of social studies education in the society is in a good condition, the students who constitute the main body of tomorrow's society will be backward. In terms of scientific,

industrial development, social, political, economic activities will not be and finally we will have citizens who believe in values and adhere to moral principles, responsible and compatible (Ansari Rad, (26:2015)

The institution of education, as the most effective institution, plays an important role in socializing the people of the society, and the wrong performance of this institution will have a direct impact on other institutions of the society. If schools do not do the job of socializing people properly, they will hand over people to the community who will not only not be a conscientious citizen to the community, but will not be aware of their future duties as parents and cause social unrest. It is important to pay special attention to this important need and the need for socialization and take special measures. The education of a society in the course of public education should lead people to acquire verbal, physical, scientific and social skills and prepare the person to enter the community. Socialization is a process in which a person's skills, motivations, values, norms, and behaviors are formed so that the individual has a proper and effective role in the current or future society. This socialization begins from the moment a child is born, and the two-way communication between the individual and those around him continues until the end of the individual's yard. Considering the importance of social skills training in the country's educational system, the researcher in this study intends to investigate the need for social skills training in the country's educational system, social life skills and social studies training.

Why 6: 50979 The importance of social life skills and teaching social studies Teaching social sciences at various levels of elementary and high school is an important part of the basic and purposeful activity that can be

summarized and summarized as "socialization of children and adolescents." Textbooks in Iran are prepared centrally and from top to bottom, and despite the great efforts of authors and stakeholders, the gap between the concepts and the world created by textbooks with the realities of society, especially given the diversity. There is a lot of culture in different subcultures and sometimes teachers have many problems in presenting the collected content. At the elementary level, there is little attempt to present social content because at this stage the student is not yet able to distinguish and in many subjects separately so what is needed for a child to be able to properly communicate with their surroundings. Offered to him. Social studies courses are a very simple set of different topics such as history, geography, economics, anthropology, sociology and psychology that are related to human beings. These sciences are all taught to the child together without questioning their identity. A person is a socially developed person who can easily communicate with others using social skills, that is, live and adapt to others. Social development is the most important aspect of individuals' personality that the more adaptable a person is and the stronger his social relations are, the more successful his career can be in terms of personality (Mohammadi and Ali Nejad, 2017: 23).

Features of social studies

- 1- Variability of concepts
- 2- Attention to values
- 3- Social science laboratory
- 4- The effect of social teacher's perspective.
- 5- Transfer of concepts.
- 6- Evolution of social studies.
- 7- Problems of studying time and place in the past (Hosseini Manesh, 16: 2014).

What are social studies?

Humans today live in close contact with each other. These connections cover the space and time distances in such a way that the world is mentioned as a global village. Human beings must be able to establish friendly relations with each other, at least this is the human relationship that takes place around people, and human relationships are: establishing human relationships with people by accepting the existence, personality and characteristics of people with all the differences. They. The child's knowledge of the environment begins with the environment and the family is the first place to socialize the child. After school, the school tries to socialize the person in a logical and regular way. There are two ways to do this. First, when a child enters school, he should know that he has entered a large community that has its own rules, and he is obliged to communicate with his audience by observing these principles and rules. In the second stage, courses related to the socialization of students are considered, which tries to have a good understanding of society and social, economic and political issues, and to be able to find a suitable position for himself as a responsible person by acquiring the necessary social skills. (Naderi, May 19, 2012)

Life social skills

Life skills are a set of abilities that provide the basis for adaptation and positive and useful behavior. Numerous and extensive researches have shown the positive effect of life skills training in reducing substance abuse, preventing violent behaviors, strengthening self-reliance, increasing skills to cope with pressures and stresses, establishing positive and effective social relationships, etc.

(McDonald et al., 1991, quoted by Mohammadi and Ali Nejad, 2017: 21) .

Man is the owner of resources and means for effective life in his evolutionary path, he is the one who can experience himself in the present and experience the past and the future by remembering and predicting events. God Almighty has also created a conscious and responsible person so that he can be able to choose through his consciousness and take responsibility for his hidden and overt behaviors and gain the ability to provide appropriate responses to his inner and outer stimuli. And as a complete being including body, emotions, thoughts, feelings and perceptions in a suitable environment to try to correct and balance his behavior and bring himself to prosperity. To achieve virtues, there are many obstacles, pains and sufferings against human beings. If a person can overcome his problems and overcome the obstacles in front of him, he will not lose the endurance of the acquired virtues easily, and if our children become aware of this beautiful wisdom in acquiring virtues, they will definitely be more steadfast in patience and forbearance. they will be . The role of the counselor is also a sensitive and effective role in this evolutionary path, informing the person how to face and fight against problems, supporting and supporting clients and strengthening their morale and raising their emotional and psychological capacities from the excellent points of his function in helping to achieve It is a virtue and his efforts to strengthen self-belief, self-confidence and independence will provide the grounds for human development and closeness to the supreme source of Buckies (Aghazadeh, 2010: 16).

Social life skills are: a set of abilities that provide the basis for adaptation and positive and useful behavior, these abilities enable the individual to accept the responsibilities of his social role without harming Deal with oneself and others with daily wants, expectations and problems, especially in interpersonal relationships. Man acquires special qualities in his vital interactions with the social environment. The most important effects that the living environment has on behavior are through feelings and emotions, and these are the ones that affect a person's attitude, will bring about fundamental changes, and finally in these interactions, a person will gain experiences that then Develops skills by repeating and practicing behaviors. Researchers believe that a number of acquired skills will provide the basis for activities related to mental health promotion (Parsa, 2009: 5). Social skills enable a person's life to bring their knowledge, attitudes and existential values to real abilities. And become objective and be able to use these abilities in the more correct use of their forces and provide a positive and fresh life for themselves. A person who uses social life skills to interact with others will achieve the following successes:

- A) The ability to tolerate different opinions and feel safe in the words of others.
- B) Perform work on time according to the conditions of time and place.
- C) Planning and striving for useful things and avoiding any useless work.
- D) Secrecy and control of speech
- E) Realistic understanding of the world and learning lessons from the events of the past
- F) strengthening self-concept and self-reliance.
- G) Use the capacities and actions of intelligence.

Also, life skills will have a good effect in reducing personal and social harms and will prove their effective role by creating principled and scientific attitudes in choosing the best way to perform each activity optimally (Hosseini Manesh, 16: 1693).

Social life skills for students include the following:

- 1- Decision
- 2- solve the problem
- 3- Creative thinking
- 4- Critical thinking
- 5- Effective social relations - 6-Self-knowledge
- 7- Empathy
- 8- Flexibility (Shaarinejad, 2005-54).

In this article, the number and variety of these skills in different perspectives and societies will be briefly introduced in introducing the types of life skills that are observed in the personality structure of human beings and play valuable roles in human performance. Our main goal is to study the constructive role of counseling in how to develop life skills and its optimal selection that can create a huge change in the structure of human life (Seif, 1992, quoted by Mohammadi and Ali Nejad, 2017: 36)

Life skills can increase psychological toughness by training the individual to respond properly to problems and thus improve living conditions and social well-being. Psychological toughness is a personality trait that acts as a source of resistance and protection in the face of stressful life events and is a combination of beliefs about oneself and the world that consists of three components: commitment, control and struggle. But at the same time, it is a single set that is composed of the coordinated action of

these three components (Kobasa, 1979, quoted by Mohammadi and Ali Nejad, 2017: 25)

Acquisition of social skills

social skills are skills that we use to communicate and interact with each other. These interactions can occur verbally and non-verbally, through body movements and gestures, body language, and our personal appearance. We humans are social beings who have created many ways to convey our messages, which include our thoughts and feelings. What is said is influenced by the verbal language and the way it is used; Like the pitch, the pitch and the words we choose. Other intangible messages, such as body language, gestures, and other nonverbal communication techniques, are also used in communication. The fact that some people engage in better social interactions than others has led to more detailed research into the nature and function of interpersonal interactions. Developing social skills means being aware of how to communicate with others, sending messages, and how to improve communication methods in order to create a more effective and efficient way to communicate. Having good social skills has several benefits:

1- More and better relationships

Knowing and understanding people will lead to better relationships and sometimes better friendships. By developing your social skills, you become a charismatic personality, which is a desirable trait. People are more interested in attractive people, because these people are also more interested in people, or at least it seems so. Most people know that without interpersonal relationships they can not progress in life. Focusing on your relationships will help you find a job, advertise

and make new friends. Good social skills can increase your happiness and satisfaction and give you a better view of life. More relationships also help reduce the negative effects of stress and improve your self-esteem.

2- Better communication

Communication with people and the ability to work in large groups naturally develops your communication skills. Finally, without good communication skills, you will not be able to have excellent social skills. The ability to convey thoughts and ideas alone can be the most important skill you can develop in your life.

3- More efficiency

If you have a good relationship with people, you can more easily avoid being with people you do not like as much as others. Some people are afraid of social interactions because they are reluctant to spend time with people whose interests and views are different from their own. It will be easier for you to attend a business meeting or a personal party if you know at least some of the people present. If you are in a social situation and do not want to spend time with a particular person, because you are not interested in him or that person does not help you in a particular subject, a series of good social skills will allow you to do so. Let him politely tell you that you need to spend time with someone else at meetings.

4- Developing career prospects

Most of the valuable jobs come from interacting with people, and often the most lucrative situations involve spending a lot of time interacting with employees, the media, and co-workers. It is rare for a person to be able to stand out in the workplace and remain

superior in his or her job. Most organizations are looking for people with special skills, including the ability to work well as a team and also to influence people and motivate them to do things. Increase overall satisfaction with having a friendly relationship and people understanding you in building relationships. More personal and professional will help. Having the confidence to start a conversation at a job conference can lead to a new job offer with a higher salary. Greeting and a smile in a social situation may also lead to the formation of a friendly relationship (Aghazadeh, 2010).

Characteristics of social skills

Social skills are goal-based. Behaviors based on social skills mean that a person may engage in more than one type of behavior at a time and for a specific purpose. Social skills must be appropriate for the communication situation. Different social skills are used for personal and professional communication. Social skills can be identified as specific types of behavior by which an individual can judge how his or her social skills are. Social skills can be taught, practiced and learned. Social skills must be under the individual's cognitive control, their learning includes learning about when to use certain behaviors, the type of behaviors used and how to use them. Use social skills features to think about the concept of "social skills". Acknowledging social skills in this way leads us to think that these skills can usually be learned and practiced through practice and experience. Because social skills include effective communication, it is helpful to explore further communication models and understand how Moer communication develops and fosters. It is generally acknowledged that with age, achieving social skills and personal development as well as making change will be much more difficult, so

the sooner you start, the better (Ansari Rad, 2009: 14).

The importance of teaching social studies

Social studies is the knowledge that discusses man, his relationship with social, cultural and natural environments (changes in human life in the past, present and future and its various aspects (political, economic, cultural and environmental). Such a definition of social studies, first, implies that social studies are related to the seven social sciences, namely history, geography, anthropology, sociology, political science, economics, and psychology. Second, it refers to the connection between the social sciences to achieve a broader understanding. Social studies in most countries are more or less intertwined and presented in simple language, commensurate with the level of perceptual development of children and adolescents. One of the dimensions of human education is the social dimension of education. The purpose of education is to educate people to have social, communication, economic and environmental skills. Education should educate students as people who are aware of the past, present and future of society, the living environment (both natural and social), committed to values, interested in participating in social and political activities, and having a critical and critical spirit. Slowly It is only through the teaching of social studies that individuals with the community environment, values 9 become familiar with their social and economic processes and responsibilities to others. None of the curricula, such as social studies, can help achieve these goals. In general, social studies is a program in which the following benefits can be seen: to create a broad understanding of the seven topics of social sciences to help the needs of the individual and society, as well as

content and methods derived from social science topics according to the characteristics. The audience is presented in simple language. Developing thinking process skills such as gathering information, observing, problem solving, generalizing, inferring, etc. is one of its main goals. In it, decision-making skills in the face of social problems are taught, communication skills are strengthened, experiences and knowledge are significantly combined, to help create harmony between the individual and society. Prepares people for socially and environmentally responsible treatment and pays attention to the training of economic skills (needless, becomes,. (25: 2015)

The purpose of teaching social

studies Social studies in school seeks to give children self-knowledge, understanding of the local community, the national land and the world community, the process of socialization, a better understanding of social, economic and political issues, past and present as A basis for decision-making, problem-solving ability, the acquisition of skills, and the creation of an active participatory role in society and adherence to values. In short, social studies helps the student to learn to have a successful life in today and tomorrow, to regulate his / her relationships with others, to know his / her community and culture, to use environmental facilities and resources, and to Establish a constructive interaction in natural social environments (Parsa, 2009: 16).

Relationship between social studies and other sciences

Social studies is a program that studies the performance of human societies in the past, present and future. Human function can be studied from a historical, economic, cultural

and social perspective. The various social sciences, such as history, geography, economics, politics, and sociology, although each have their own characteristics and in some way constitute a science of imitation, but when placed together to achieve specific goals. , Emerge from their scientific individuality and form an appropriate and effective part of a whole. At present, each of the social sciences maintains its place in the social studies curriculum and participates in the structure of the program (Hosseini Manesh, 2014: 14).

History and social studies History education is of particular importance and is directly related to the goals of citizen education. History lessons help students to recognize the historical background of their own people and to develop a sense of love for the country, appreciation and recognition of the efforts of personalities and people in building society. Geography and social studies Historical events take place in the context of place. Geography education emphasizes the knowledge of places, human relationship with place and spatial differences from other places. Through the study of geography, students, while recognizing places, the relationship of places with each other, human movement on earth, the characteristics of places and how they are formed and their personality, realize the effects and importance of geography knowledge in human life. (Naderi, 2012: 11)

9 He is involved in economic activities from childhood to the end of his life. Through the study of economics, students learn that man has a series of needs, including material needs. On the other hand, to meet these needs, it must use resources that these resources are sometimes scattered and sometimes humans are dependent on each other to meet their needs, and this dependence varies in intensity and extent. The reason for the prosperity of

trade and commerce is due to the dispersion of resources and the specialization of production. Anthropology and Social Studies Anthropology is a branch of the social sciences that comparatively studies culture, religion, art, professions, social symbols, and cultural differences in different societies. Every society has a system of beliefs, knowledge, values and skills that can be learned and acts as a guide for human behavior in a particular society. Political Science and Social Studies Political science is a field of social science that studies government, political processes, and decision-making.

Each country has its own political system and seeks to internalize the values and beliefs of the lands that are compatible with the political system of society. This is called political socialization. Students are more flexible in learning political education, which is why these courses are essential for political education. In political science education, ideas such as government and its structure, the duties of government to the people, the duties of the people to the government, laws and policies are studied. Through political science, children must develop their civic literacy and practice democracy. Sociology and Social Studies Sociology is a broad discipline of the social sciences that discusses the structure of society, groups, institutions, and cultures. In the social studies curriculum, ideas and concepts such as: family, social classes, values, norms, and how social control are derived from sociology are studied. Most of the topics of social studies are derived from sociology. One of the units that can be studied in children, the family and its structure, ie the first fundamental group and the first base of society, learn its functions and the roles of its members. Usually in elementary school, after family, neighbors, life in society, social

institutions and groups and how they are formed are studied (Daeizadeh, Daeizadeh and Rezaian, 16: 2015).

A) General Objectives of Teaching Social Studies

Cognitive domain

- needs, interests, talents and abilities of oneself and others;
- How to live in family, neighborhood and communities;
- Family needs and how to meet them
- The relationship between man and the environment;
- Natural environment and geographical phenomena;
- Dependence of people and places on each other;
- Movement and communication;
- Basic functions of mosque, school and some important institutions
- The concept of change in societies, the nature of its causes;
- Health and safety (social-environmental)
- How to spend leisure time;
- Resources, operation and sustainable development;
- Production, exchange and consumption
- Population, occupations, products and capabilities of the environment;
- Customs ;
- Important antiquities and historical monuments;
- Important religious, national and scientific personalities;
- Important historical events of Iran
- national commonalities (common land, common religion and customs, common language and script, common flag and national anthem);
- Comparison of geographical areas of Iran with some other areas;
- Neighboring countries and cultures of nations;
- The world of work and various professions;
- Human use and abuse of land;
- The system of government in countries and the understanding of bilateral relations between government and people (Majidian, 2003: 21).

B) The realm of attitude

- respect for Islamic values; - Respect for the family and appreciation of its members; - Feeling of appreciation for individuals and institutions that participate in meeting human needs; - Respect for neighbors; - Emphasizing social relationships with others; Respect for social laws and regulations; - Interest in religious, national and scientific personalities; - Interest in preserving cultural heritage; - Valuation of natural resources and types of energy; - Having a spirit of saving and avoiding extravagance; - Valuing the small family; - Paying attention to personal and social health; - Feeling responsible for environmental pollution; . Interest in the proper use of leisure time; To feel responsible for society and the fate of the country; - Appreciation of the martyrs and people who strive for the happiness of the people are interested in study, research and investigation (Majidian, (22: 2010)

C) Skills domain

- acquiring thinking process skills, such as gathering information, using resources, categorizing, comparing and drawing conclusions; - Ability to communicate with others; - Participate in group discussions and participate in the opinions and experiences of others; - Ability to write letters and prepare reports; - Visualization of life in other times and places; - Ability to draw simple maps, table and chart design; - Ability to make decisions and deal wisely when faced with danger (Majidian, 2010: 22)

A) General features of textbooks in the field of social studies

Physical dimension

1. The attractiveness and motivation of the physical appearance of the book for the

audience; 2. Proportion of dimensions and cut of the book with the age conditions of the audience; 3. Motivational type of page layout for the audience; 4. Use of attractive visual stimuli in the cover design; 5. Having a logical structure in terms of having a birth certificate, introduction, introduction of the work, stating the importance of the subject, stating the objectives, appropriate chaptering, sources and references and glossary (Crane, 2005: 16).

B) Written dimension

1. Use of words and sentences appropriate to the age of the audience; 2. Observance of the principle of simplicity and mentality in expressing topics; 3. Convey the message through fewer words; 4. Use the language specific to each topic; 5. Compliance with accepted education calligraphy.

C) Dimensions of visual stimulants

1. Proper use of various and required visual stimuli; 2. Observance of value considerations in the selection of stimuli; 3. Gender balance; 4. Indigenous images; 5. The connection of images with text; 6. Artistic diversity.

D) Content dimension:

1. Communication with the needs of the audience; 2. Scientific accuracy and validity; 3. Content coherence and avoidance of scattered data; 4. Relation to the goals of education in the field; 5. Attention to value issues; 6. Attention to social issues.

E) Method dimension

1. Variety in presentation methods; 2. Attention to various intellectual activities; 3. Facilitate and develop learning; 4. Using

Examples, Evidence, and Comparisons (Crane, 2005: 17)

Research Background

Mohammadi and Ali Nejad (2017) have conducted a study entitled *Analysis of Communication Skills as a Key Component for the Development of Peace and Friendship in Textbooks (Case Study: Social Education Textbooks for the Fourth, Fifth and Sixth Elementary Schools in the Civic Sector)*. The present study was conducted to investigate the components of communication skills in primary school social education textbooks in the academic year 2016-2017. One of the major problems facing people in today's society is the lack of proper communication and empathetic understanding. Education in the first years of life, as the basic period of personality formation, has an important and abundant role in learning and stabilizing behavior. Undoubtedly, children need skills to cope with the stresses of life and maintain their mental health. Communication skills training is a key component of the development of peace and friendship between people. It can always provide a good platform to prepare children to overcome the stresses of life. Now, considering that in the education system, the elementary course is one of the most important educational courses 9 people come to you. The research method is descriptive and content analysis. The statistical population of fourth, fifth and sixth grade social studies textbooks is the civil sector. The results of data analysis show that the highest frequency is related to the components of going to the group, the use of verbal and non-verbal skills, and the three components of self-introduction, how to choose a friend and the need to make friends have been considered. Finally, the components of letter writing, greeting and

visiting training are also considered. However, in the sixth elementary book, its introductory component has received less attention than the fourth and fifth books. Accordingly, due to the recent changes in the curriculum and the integration of this course with geography and history, the importance of this issue is multiplied and is proposed to the officials and trustees of the educational institution as the most effective institution in socializing people. While reviewing the expert, in this course to include more social concepts based on teaching life skills to the individual and taking into account cultural and social contexts, because the wrong performance of this institution will have a direct impact on other institutions of society.

If schools do not do the job of socializing people properly, they will hand over to society people who not only will not be a conscientious citizen for society, but are unaware of their future responsibilities as parents and cause social unrest.

Soltani and Moinabadi (2017) have conducted a case study from Shahid Bahonar University of Kerman on the relationship between social life skills and the components of students' political education. The main purpose of this study is to investigate the relationship between social life skills and components of political education in students. Based on this relationship, various components of social life skills including self-awareness, human relations, interpersonal relationships, decision making, participation and cooperation, critical thinking and global citizenship with the four components of political education namely political knowledge, political attitude, political skills and Political behavior measured. The statistical population of the study was all undergraduate and graduate students of Shahid Bahonar

University of Kerman in the academic year of 1993-94 and the sample was 375 people. The research instruments also included a social life skills questionnaire (reliability 0.93) and a researcher-made questionnaire measuring the components of students' political education (reliability 0.86). The results showed that all students' social life skills have a significant and moderate positive relationship with each of the components of students' political education. Also, critical thinking skills, global citizenship and self-awareness are the most important predictors of the components of political education and gender is not a significant predictor for students' political education.

Sharbatian and Samareh (2015) have conducted a study entitled The relationship between life skills and social health (case study: 15 to 29 years old youth in Hajiabad city). The aim of this study was to study the effect of life skills on the social health of young people. According to Keynes theory (social health and Bandura social learning theory), life skills have been studied. In this study, using the survey method, 15 young people The 29-year-old Haji Abad city located in South Khorasan has been studied. The sample size of the present study was 368 people who were evaluated through simple random sampling using a standardized questionnaire. T - test, Pearson correlation coefficient, regression and path analysis were used to analyze the relationships between the variables. The results showed that the level of social health of young people was moderate to high. Expresses a direct relationship between dimensions Socially healthy living skills have been studied in the community. Also, the social health of young people is significantly different according to their marital status, but the social health of young people is not different according to their gender. The regression

results also indicate that among the variables affecting health, the variable of communication skills with a beta value of 93 /. Has directly had the greatest impact on the social health of young people in the study community; Findings of path analysis indicate that the only variable of creative thinking-Critical had both direct and indirect effects, other variables had only a direct effect on the respondents of the study population. The results also indicate that the indicators of communication skills, self-awareness, decision-making, emotion and creative thinking can explain up to 90% of the dependent variable.

Hassanvand Amouzadeh (2015) has conducted a study entitled The effect of life skills training on social anxiety symptoms and coping strategies with stress in adolescents of families covered by the Welfare Organization. The purpose of this study was to investigate the effectiveness of life skills training on social anxiety and coping styles with adolescents with social anxiety under the auspices of the Welfare Organization. The present study was a quasi-experimental study with two groups of pretest and posttest. The subjects of the present study were socially anxious adolescents under the auspices of Darrehshahr Welfare Organization. After the initial implementation of the social phobia list on them, the 30 people who had the highest score in the social phobia list were randomly assigned to an experimental group (15 people) and a control group (15 people). Life skills training was taught to the experimental group twice a week in 13 two-hour sessions. During this time, the control group did not receive any intervention. The tools used in this study are scales Connor Social Anxiety (SPIN) and Parker and Andler (1991) Stress Management Scale were performed for both groups as

pretest and posttest. The results of analysis of covariance showed that life skills training significantly reduced the scores of social anxiety, emotion-oriented coping and avoidant-coping coping methods and also significantly increased the scores of problem-solving coping style in the experimental group compared to the control group (<0.0001).). This study showed that life skills training can be used as a useful intervention method for adolescents in centers affiliated with the Welfare Organization.

Suggestions for improving students' social studies education

- 1- Proportion of tests with different educational goals
- 2- Designing tests according to different levels of learning in the areas of cognition, skills and attitudes.
- 3- Diversity and innovation in designing tests.
- 4- Paying attention to students' individual abilities.
- 5 - Avoid providing direct answers to problems and exercises .
- 6 - Use open-ended and creative questions.
- 7- Using questions that require thinking, exploration and research.
- 8- In compiling social studies books, the observance of general and specific characteristics by the authors should help to produce desirable textbooks and make Recommendations for writing textbooks in the field of social studies.
- 9- Paying attention to the needs of the individual in the society in the field of historical, geographical, economic, political and cultural knowledge.
- 10- Paying attention to establishing a relationship between different subjects of social sciences, in order to have a more

comprehensive understanding of the subjects and unity in learning.

- 11- Paying attention to the objectives of teaching social studies.
- 12- Developing the skills of the thinking process, such as reasoning, classification, comparison, in relation to cause and effect and conclusion.
- 13- Paying attention to values and attitudes
- 14- Developing social and human skills.
- 15- Expressing issues in an argumentative and logical way.
- 16- Paying attention to the basic concepts in teaching social studies.

Conclusion

Considering that today social education and preparing people for social life has become one of the most important needs of education, the social studies curriculum due to its features and nature, a special and important place among the curricula, The perspective of social education and training has the skills and competencies required by society. It's worth learning this area through; Transfer and cultivate the required knowledge, skills and attitudes, train people to be able to play an efficient and appropriate role in society. The education of a society in the course of public education should lead people to acquire verbal, physical, scientific and social skills and prepare the person to enter the community. Socialization is a process in which a person's skills, motivations, values, norms and behaviors are formed so that the person has a proper and effective role in the current or future society. The process of socialization begins from the beginning of the birth of a child and The two-way communication between the individual and those around him continues until the end of the individual's life. The institution of education, as the most

effective institution in the socialization of people in society, plays an important role that the wrong performance of this institution will have a direct impact on other institutions of society. If schools do not do the job of socializing people properly, people will be handed over to society who will not only not be a conscientious citizen to society, but will not be aware of their future responsibilities as parents and cause social unrest. . It is important to pay special attention to this important need and the need for socialization and take special measures. Teaching social studies in different levels of elementary, middle and high school is an important part of the basic and purposeful activity that can be summarized and summarized under the title of socialization of children and adolescents. A socially developed person who can easily communicate with others using social skills that mean , to live and adapt to others. Social development is the most important aspect of individuals' personality. The more adaptable a person is and the stronger his social relations are, the more successful he can be in terms of personality in society. One of the dimensions of human education is the social dimension of education. Social studies in school seeks to provide children with self-knowledge, understanding of local society, national territory and the global community, the process of socialization, a better understanding of social, economic and political issues, past and present as a basis for decision Help with problem-solving, problem-solving, skills acquisition, and an active participatory role in society and adherence to values. In short, social studies help the student to learn to live a successful life in today and tomorrow, adjust their relationships with others, get to know their community and culture, use environmental facilities and resources, and

interact with the environment. Establish natural and social interaction constructively. Social Studies Curriculum that:

- Takes its goals from the nature of society and relates them to other communities.
- Get your content from other social sciences.
- Teaches in ways that reflect students' personal, social and cultural experiences.
- Helps students less to transfer their learning to social life outside of school.

Since today, social education and preparing people for social life has become one of the most important needs of education, the social studies curriculum, due to its features and nature, has a special and important place among the programs. Curriculum, from the perspective of social education and training of skills and competencies required by society, and tries to train people in this area of learning by transferring and developing the required knowledge, skills and attitudes in such a way that Be able to play an efficient and appropriate role in society. Among the curricula, social studies is a major area of learning that draws its main concepts from a coalition of different disciplines, especially geography, history, and social sciences. Examining the history of social studies, it can be seen that experts do not have the same understanding about the concept of social studies, its definitions and purposes, and especially about the separate education of disciplines by combining related fields, and in the above fields a long variety of opinions and ideas in There have been planners in the thirties that continue to this day.

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