

The Effects of Life Skills Psychoeducation Program on Divorced Women's Self-actualization Levels

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KEYWORDS Divorce. Life Skills. Personal Orientation. Program. Psychoeducation. Self-actualization

ABSTRACT Society's smallest unit and a social institution of the family in this age every day for various reasons loses its functions and as a result of this, in the world, in Turkey as well as in TRNC, the divorce rate has been influenced. Divorce is a severe life event in human life causing a concussion. The fundamental aim of this research is to examine the effects of Life Skills Psychoeducation Program on divorced women's self-actualization levels. Research results show that life skills were not effective on the psychoeducation program's participants using their time well but their self-actualization and taking support from lower scales of self-actualization from within (inner directed support) have increased significantly. The researchers have not come across any similar work to this one on the divorce process and post-divorce process directed at adults in TRNC and Turkey.