

## EFFECTIVENESS OF LIFE STYLES TRAINING ON THE REDUCTION OF TEST ANXIETY

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**Introduction and aim:** To improve health entails training how to achieve a normal life and to help individuals at risk avoid high risk behaviors.

**Instrumentation:** The research had an experimental method with pre- and post- test design. Statistical population of the research comprised all Payam-e-noor university students enrolling at academic year 2012-213 in Bobol branch. The studied sample of the research included 40 students dividing into two control and experimental groups, each with 20 students. Test Anxiety Inventory (TAI) was used to collect data. Inferential and descriptive statistics were used as criteria for analyzing data, and finally data were transferred to SPSS spreadsheet.

**Findings:** Results from research indicated that a significant difference amongst mean, test anxiety variables, experimental groups before and after implementing lifestyle training program was found. As a result, it could be stated that life style training would result in decreasing test anxiety in university students.

**Conclusion:** All individuals demonstrate some regular patterns of behaviors and habits when they are facing tasks and events in their own life. That pattern represents their life style. There are ample evidence that support the belief that students are affecting by many stressful factors such as worrying, depression, loneliness, failure, anxiety and conflict. Consequently, they should be provided with mental health. Similarly, they should have an opportunity to live a condition where they can be brave enough to encounter the reality of their life in order to adapt themselves to the changes and develop their maximum capacities.