

The effectiveness of reality therapy on resiliency of divorced Women in Neyshabour City of Iran

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ABSTRACT: Many researchers have investigated the methods which can help the people consistency level facing with problems, injuries and life threats. This research also, was conducted with aim to investigate the effectiveness of reality therapy on resiliency of divorced women. The research plan is a pretest - posttest semi-experimental plan with control group and follow-up period. The statistical population of the research includes all divorced women covered by the Welfare Department in 2012 who had been divorced at least one year ago. In this regard, 34 divorced women of Welfare Department were chosen and randomly divided into experiment and control group. Both groups were pretested by resiliency questionnaire. Then, the experiment group was exposed to independent variable (reality therapy training) as a group within eight sessions (weekly two-hour sessions). But, the control group received no intervention. Then, the test was performed and both groups were followed after two months. Data analysis has been done using descriptive statistical method consisting of mean calculation and standard deviation; also, at the level of inferential statics, ANCOVA was used and for statistical operations, SPSS=16.5 software was used. The results showed that, training the reality therapy approach increase significantly ($\alpha=0.05$) the resiliency of divorced women in experiment group compared with control group and these effects have been continued until two months after the treatment. The overall results indicate that, reality therapy can be used as an effective treatment on the increase of resiliency of divorced women.

Keywords: reality therapy, resiliency, divorced women

INTRODUCTION

No marriage is intended todivorce and separation, all couples think to a stable relationship leading to happiness. But, in many cases, this expectation is not consistent with the reality. The factors which are experienced by the couples when and after divorce, create a cycle of problems and issues which inadvertently need numerous changes and adapting to them. Consequences of these changes affect all the life aspects including daily tasks, economic, social, psychological and identity situation and even the goals of men and women. Stressful situations like a divorce can affect the amount of ability of the people to cope with various conditions, and continuity of difficult conditions causes onset or exacerbation of mental and physical disorders. Women are the people whose mental health is very important. Having a spirit of hope, vitality and happiness can affect significantly their activities and cause happiness of the next generation. Divorced women marry less than the men, and in addition to carrying the burden of responsibility of men and the cost of living, they have to encounter the bitter look of the society and most of them catch despair, hopelessness and helplessness. In such space, they are forced to search for more effective strategies to fight consequences resulted by life pressure.

Resiliency is described as the ability to return to the original state after a difficulty or “the factors or processes which cuts the pathway of the risk toward problem behavior with pathology and causes to create adaptive consequences even under challenging and threatening conditions”. Therefore, resiliency is the important

ability of human which leads to effective adaption with risk factors and is a very important characteristic that can have an important role in enhancing the mental health of people.

Hence, it seems that, training of reality therapy is an effective plans in enhancing the resiliency of divorced women which has been considered in the current study.

Issue

Existence of healthy people is a fundamental and important condition for a society development and growth. A society that is concerned with the physical and mental health of its members, in addition to prevention of health care costs, raise healthy humans that causes individual and social growth of the society. Supplying the mental health of family as a loving and peaceful society for the growth and development of talent but, several pests threaten this critical and fundamental base of the society, and divorce is one of the most major of them.

In our society, separation of couples is increasing (AfshariMonfared, 2000) and numerous researches indicate a relationship between divorce and its physical, mental, moral, social and economic effects like addiction, crime and delinquency, psychosis, personality imbalance, education and training, suicide, anti-social (Piran, 1990) and women's vulnerability and economic problems (Akhavan Tafti, 2003) and so on, especially in today's Iranian society that has some cultural, emotional, social and economic crisis an important part of which is related to the women as half the population in the public arena. Therefore, the necessity of options that can be considered in adaptation after divorce is more highlighted and the need of reviewing it is more intuitive.

Sternberg and Thompson in 1999 found that, most of the women who experience detachment of their family, have reported increase of distress, depression, loneliness, anger, regret, helplessness and lack of control in their reports (Qomizadeh, 2004). Wickrama, Conger and Elder (2006) (according to AhmadiDizchi, 2010) in their study on divorced women found that: A) divorce causes to increase mental problems and has negative and longtime consequences on psychological health of the people. B) Divorce indirectly leads to increase problems in midlife age. Tabs (1997) considers divorce as a horrible experience of the life particularly for women. He states that, women are faced with financial problems more than men and they marry again less than men. Terner (2006) (according to Dizchi, 2010) in his studies indicated that, divorced women are more stressed and vulnerable in this field, also, they are less supported by their family compared with te women who have not married at all. Divorced women's vulnerability and reduction of their social participation cause to decrease of their competence feeling; and social isolation is a threat for psychological well-being of a women (Kazak, 1980; Everett, 1992; Kastin, 1994, Ericsson and siarlo 2000; quoted from AhmadiDizchi, 2010).

Researches show that, many of these problems are preventable by training and development of psychological health. Having some individual characteristics like self-confidence, family and social supports, ability in resolving the problems, ability to communicate with relatives and talking about problems high self-efficiency, resiliency and etc. are the feature if the people have them, they are able to be successful in stressful situations and even obtain useful achievements from these hard conditions. A question is proposed that, what measures are useful for resiliency of these people to take a new direction in their life? Since the theory of reality therapy and its application have been based on their desires, needs and perceptions, this theory application is very wide. Many researchers have used reality therapy that has been useful in the life and happiness, and they have achieved interesting results. This treatment approach has been applied in many aspects including depression and life quality (Lee,c&Gramtnev, 2007), self-concept (Peterson; Chang; Collins, 1918), misuse of materials (Motern, 2006) positive changes in internal control components, self-esteem and coping with stress (Kim, 2009).Wulbolding believes that, conducted researches about the effects and techniques of reality therapy focus more on group meetings and have the highest effects on self-concept, social adjustment and academic achievement. Glasser also believes that, reality therapy is applicable for everybody and in all their life stages and causes responsibility and self-empowerment. Also, reality therapy and choice theory can simultaneously be very effective. Poor satisfying relations in reality therapy is resulted from psychological problems and not its reason (Ebrahimi, 2012). Glasser mentions conflicting relationships as a result of conflicting needs or conflicting demands (Glasser, 2008). Patients should be aware about their unconscious roles and plays. The therapist helps them to meet their needs by these roles, and learn better ways to meet their needs (Fulkerson, 2003). By understanding the human requirements, the people motivation for different activities such as reading, exercising, quit, dieting and etc. can be increased because, one of the major benefits of human motivation is his/her needs.

It seems that, by training reality therapy program, these people can make a new identity for themselves by accepting the reality of the end of common life and breaking up of the previous relationship, also they can make rational goals by responsibility and identifying the priorities of their life.

Research objective

Determination of reality therapy effectiveness on the divorced women’s resiliency in Neyshabour city.

METHODOLOGY

Current study has investigated the reality therapy effectiveness on the increase of divorced women’s resiliency. Statistical population of the research includes all divorced women covered by the Welfare Department in 2012 who had been divorced at least one year ago. For sampling, 34 divorced women were chosen and randomly divided into two 17-member groups. Conner-Davidson Resiliency Scale (2003) was performed on both groups (pretest). This test is a 25-question instrument which evaluates resiliency construct as five-point Likert scales from zero to four. Resiliency minimum score is zero and a maximum score in this scale is 100. Preliminary results of the psychometric properties of this scale have approved its validity and reliability (Conner & Davidson, 2003). Internal consistency, retest reliability and convergent and divergent validity of the scale have been reported adequate. Although the results of exploratory factor analysis have confirmed the existence of five factors (competence/ personal strengths/reliance on personal instincts / negative emotions tolerance, accepting positive emotions / safe relations, control, spirituality) for resiliency scale, only the total score is valid resiliency for research purposes since, reliability and validity of the scale have not yet definitively confirmed (Conner & Davidson, 2003). Reliability and validity of the Persian form of the resiliency scale also has been evaluated and confirmed in preliminary studies in normal and patient subjects (Besharat, 2007). In this scale, each question has five options that indicates the type of subject on its own terms. For grading of each option, a score from 0 to 4 is given. By summing the scores for each item, the resiliency score is determined. In this study, Cronbach’s alpha resiliency was calculated by 0.85%.

After testing the resiliency of the two groups, a treatment period of 8 sessions were conducted in groups on the group’s members according to Glasser. Each of these therapy sessions were developed with an aim including:

Session 1: getting familiar with other members of the group and the leader, the benefits of group counseling and the group rules, providing a brief description of the theory of reality therapy; carrying the pretest out.

Session 2: Understanding the needs and their types. Emphasis on the abilities and strengths points of the members and creativity and thinking.

Session 3: Explaining the concepts of behavior control and qualitative world.

Session 4: Introduction to Glasser Choice Theory.

Session 5: Glasser’s theory in relation to parenting.

Session 6: Emphasis on the members’ activities instead of their feelings.

Session 7: Focus on planning (wdep) and talking about it.

Session 8: An overview of issues discussed in the previous sessions and getting feedback from the members and a summary of the training sessions. Preparing for the Group.

After completion of the treatment period on the group, the resiliency test was performed on both control and experiment groups (posttest). The, the resiliency test was implemented with a two-month interval on the group members for the third time (following). Then, achieved data from the stages of pretest, posttest and following, were assessed.

RESULTS

In order to analyze the data, descriptive statistical method was used consisting of mean calculation and standard deviation; also, at the level of inferential statistics, ANCOVA was used and for statistical operations, SPSS=16.5 software was used.

Table 1. Mean standard deviation of resiliency scores of two experiment and control groups in pretest

Standard deviation	Mean	Group	Variability
19.31	55.36	Experiment	Resiliency
25.38	66.48	Control	

As it is seen in the table above, the mean and standard deviation of resiliency scores in the experiment and control group groups are $\bar{X} = 55.36$ (SD=19.31) and $\bar{X} = 66.48$ (SD=25.38) respectively which show no significant difference between the mean scores of the two groups.

Table 2. Mean standard deviation of resiliency scores of two experiment and control groups in posttest

Standard deviation	Mean	Group	Variability
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16.91	0.89	Experiment	Resiliency
20.77	74.10	Control	

As it is seen in the table above, the mean and standard deviation of resiliency scores in the experiment and control group groups are $\bar{X} = 0.89$ (SD=16.91) and $\bar{X} = 74.10$ (SD=20.77) respectively which show a significant difference between the mean scores of the two groups that represents increase of resiliency variable in experiment group.

Table 3. Mean standard deviation of resiliency scores of two experiment and control groups in follow-up test

Standard deviation	Mean	Group	Variability
17.34	88.05	Experiment	Resiliency
22.06	75.64	Control	

As it is seen in the table above, the mean and standard deviation of resiliency scores in the experiment and control group groups in are $\bar{X} = 88.05$ (SD=17.34) and $\bar{X} = 75.64$ (SD=22.06) respectively which show a significant difference between the mean scores of the two groups and represents that, the groups have not had considerable change in their resiliency scores over the time and the scores have remained stable.

Table 4. Findings of the test of time effect in resiliency scale in experiment and control groups

Amount of time effect	P	DFerror	DFhypothesis	F	Group
0.779	0.001	9	2	15.83	Experiment
0.290	0.152	11	2	2.24	Control

The table showed that, there is a significant difference in resiliency score in experiment group over the time and this difference exists in pretest, posttest and follow-up test but, the difference was not significant in the control group over the time.

DISCUSSION AND CONCLUSION

Results of this study showed the increase of resiliency in divorced women. This result can be considered coordinated with the researches in which training the reality therapy as has been applied on different groups to increase mental health, self-esteem, happiness, negative thoughts reduction, stress, marital satisfaction, life expectancy, etc.

Stressful and critical factors which are experienced by the couples when and after divorce, create a cycle of problems and issues for them and their children. Resiliency is retrieved from people's response to adversities and traumatic situations and needs using of strategies that cause to improve adaption diverse effects in various conditions (Cherny, 2004). Therefore, it is concluded that, reality therapy can be applied to increase resiliency of divorced women as a strategy. In this specific conditions, by increase of resiliency and responsibility and appropriate judgment about their abilities and accepting the reality of the end of common life, divorced women can make a new identity for themselves, cope with their feeling of dependence and anger, and be able to draw the view of their future life, they also can understand their priorities and consider rational goals and improve their beliefs system to improve behavior, health and quality of life for finding satisfactory life style against challenges, stress and traumatic life situations, particularly to control and management of their children (clapp, 1992). In experiment group, the members can think about themselves and share their comments to each other as spoken word, discuss about existing problems and make more efficient decisions and unlock or realize their capabilities, and also, improve more effective relations and facilitate practices to satisfy their socio-psychological needs.

In this research, reality therapy could increase resiliency and ability and capacity against challenges and traumatic situations. Results of some researchers have shown that, high resiliency causes to decrease the level of drug susceptibility, vulnerability, psychological distress and psychological health and psychological health.

Therefore, reality therapy can increase resiliency of different people facing with difficult conditions. Divorced women may feel distressed due to society view, change in social relationships and reduction of social and family support, social and economic pressures and other factors; and they have a terrible and limited life, lack of happiness, feelings of depression and inferiority. With regard to the results of this study, reality therapy can help to increase resiliency. Also, reality therapy can be utilized for prevention and improvement of the people who are faced with such problems; and considering the stability of its effect in follow-up studies, it will be helpful for divorced people.

Use of reality therapy in order to treat many psychological, moral, socialinjuries and mental health especially in the case of divorced people (women, men, divorce children) using professionals who have mastered these skills in other centers, organizations and clinics is suggested.

Due to the increasing rate of divorce in the country and according to Bastani (2011) who has mentioned that, "perhaps twice the legal divorce statistics can be allocated to emotional divorce"and the results of this research, it is suggested that, researches about the effect of reality therapy training program for the prevention of the development of emotional couple's divorce and its treatment with aim to prevent legal divorce which sometimes results in some injuries for the divorced person; particularly the children and other relatives.

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