



determine the effectiveness of Imago therapy on Ego strenght and Mental Toughness in the Divorce Applicant Couples

Soodeh Toozandehjani

M.A of psychology

Iman Quth

Assistant Professor Shandiz University

Abstract

The purpose of recent study is to determine the effectiveness of Imago therapy on Ego strenght and Mental Toughness in the Divorce Applicant Couples. The population includes all divorce applicant couples who referred to family court in region two of Mashhad in the year 2019. Among them 30 people were selected as a sample by convenient sampling method and were placed in two 15-people groups (control and experimental groups). Then the experimental group received ten 90-min Imago group therapy while the control group received none. All the participants were evaluated by The Igo strength Psychological Questionnaire by MarkStrom, Sabino, Turner, and Berman (1997), Kola, Erle and Seville Mental toughness Questionnaire (2002) in two pre and posttest level. The collected data were analyzed through covariate analysis by using the 23th version of SPSS software. The findings have shown that the Imago group therapy had significant effect on Ego strength and Mental Toughness in the Divorce Applicant Couples ($P < 0/05$) and it according to the results, it is suggested to use this approach to increase the stability of the couple relationship and couple therapy in the divorce applicant couples.

Key words: Imago therapy, Ego strength, Mental Toughness, Divorce Applicant Couples