

The Effectiveness of Spiritual-Religious Interventions in Emotions, Resentment and Forgiveness in Women with Experience of Emotional Abuse by the Spouse

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Abstract

Background and Objective: Emotional abuse by the husband can cause emotional distress and wife hatred of the husband. Therefore, this study attempted to evaluate the effectiveness of spiritual-religious interventions on emotions, resentment and forgiveness in women with experience of emotional abuse by the spouse.

Methods: This is a cuasi experimental study with a pretest-posttest control group design. The statistical population consisted of all women with experience of emotional abuse in Bandar Abbas in 2019. The sample studied included 28 women selected through convenience sampling method, who were divided randomly into two groups-training and control. The experimental group received spiritual-religious interventions. For collection data Positive and Negative Affect Scale (PANAS), The Aggression Questionnaire (AQ) and Positive Psychological States Questionnaire (PPSQ) were used. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that spiritual-religious interventions have a significant effect on the improvement of positive emotions ($F=29.43$, $P<0.05$), negative emotions ($F=4.84$, $P<0.05$), resentment ($F=12.57$, $P<0.05$) and forgiveness ($F=51.66$, $P<0.05$) in women with the experience of emotional abuse by the spouse.

Conclusion: According to the findings, spiritual-religious interventions can be used as an effective therapeutic and educational method to improve emotions, resentment and forgiveness in women with experience of emotional abuse by the spouse.



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Summary

Background and Objective

Domestic violence is one of the major public health concerns. It is defined as any type of physical, psychological and sexual abuse by a partner (1). Emotional abuse is a type of psychological violence that includes constant monitoring of behavior, preventing family and

friends from seeing, humiliating others, and threatening to hurt or harm oneself or others (2). Regarding the causes of emotional abuse, research shows that men and women engage in emotional abuse for similar reasons, including anger, poor communication skills, control, and so on (3, 4). Emotional abuse can affect the marital relationship by reducing positive emotions and feelings and thus increasing negative emotions (5). According to Gottman, when marital abuse is

high, negative emotions flow into the relationship and the couple becomes trapped. Such situations cause the couple to experience negative emotions such as resentment and try to take revenge in some way (4). To deal with such situations, it is necessary to have a high sense of forgiveness between the couple in order to be able to forgive the abuse of the spouse (6). In order to use interventions to deal with the effects of emotional abuse, according to the existing literature, it seems that spiritual-religious interventions in this field are helpful (7). Studies have also emphasized the effectiveness of spiritual-religious interventions in various dimensions (8). Due to the destructive effects of emotional abuse, it is necessary to intervene. Since spiritual-religious interventions are appropriate to the context of the country, the present study was conducted to investigate the effect of spiritual-religious interventions on emotions, resentment and forgiveness in women who have experienced emotional abuse.

Methods

Compliance with ethical guidelines: In order to preserve the ethical aspects, first, after explaining the terms and benefits of group counseling, all individuals consciously and voluntarily sought group counseling; The control group also received group counseling after the completion of the first experimental period; Also, since the samples did not experience physical violence, they were given explanations on how to deal with the possible physical violence and how to maintain security.

The present study was semi-experimental involving a pretest-posttest control group design. The statistical population consisted of all women with experience of emotional abuse in Bandar Abbas, Iran, in 2019. The sample studied included 28 women, who were selected through convenience sampling method and were divided randomly into two groups, training and control. The experimental group received spiritual-religious interventions. For data collection, Positive and Negative Affect Scale (PANAS), The Aggression Questionnaire (AQ) and Positive Psychological States Questionnaire (PPSQ) were used. The collected data was analyzed using MANCOVA.

Results

The results showed that spiritual-religious interventions have a significant effect on the improvement of positive emotions ($F=29.43$, $P<0.05$), negative emotions ($F=4.84$, $P<0.05$), resentment ($F=12.57$, $P<0.05$) and forgiveness

($F=51.66$, $P<0.05$) in women with the experience of emotional abuse by the spouse.

Conclusion

The results of data analysis showed that spiritual-religious interventions can reduce negative emotions and increase positive emotions. The positive outlook gained by the women through spiritual-religious interventions made them feel better about life reducing their negative emotions or feelings. Also, actions and behaviors such as participating in prayer, supplication and chanting can reduce negative emotions and give the person peace of mind (9). Consistent with this finding, researchers have shown that spiritual-religious interventions can be effective for women with experiences of domestic violence and improve their mental states (7, 8). Another finding of this study showed that spiritual-religious interventions can be effective in reducing resentment. Various studies support this finding (9, 10). Women had a bad feeling toward their husbands because they were emotionally abused and sought revenge for their mistreatment (7); But spiritual-religious interventions can hinder this feeling of resentment. It seems that accepting the emotional abuse of the spouse can reduce resentment. It can also be stated that women with experience of emotional abuse were able to find meaning in the experienced emotional abuse through spiritual-religious interventions. They found meaning in the suffering they had, which led them to accept the abuse and thus reduce their resentment. As another result of this study, spiritual-religious interventions caused women with experiences of emotional abuse to try to forgive their husbands and their negative behavior despite the abuse they had seen. It seems that spiritual-religious interventions make a person realize the values of his/her life and try to maintain these values. In general, the results of this study showed that spiritual-religious interventions can improve the emotions by providing insight and also due to strengthening spiritual-religious beliefs and behaviors and help women to forgive the emotional abuse of the husband and cause them not to resent the emotional abuse of their husbands. Due to the spiritual-religious context of the country and also the high prevalence of emotional abuse of the spouse, it is recommended that therapists and specialists use spiritual-religious interventions in their individual and marital interventions.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Presenting the idea and design of the study: first author; Explanation of data: second author; data collection: third author; and statistical analysis of data: fourth author.

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فاعلية المداخلات الروحية والدينية على العواطف والحقد والتسامح لدى النساء اللواتي تعرضن لسوء المعاملة العاطفية من أزواجهن

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الملخص

خلفية البحث وأهدافه: بما أن سوء التعامل العاطفية للزوج يمكن أن يسبب الاضطراب العاطفي ونفور المرأة من زوجها، قام هذا البحث بدراسة مدى تأثير المداخلات الروحية والدينية على العواطف والحقد والتسامح لدى النساء اللواتي تعرضن لسوء المعاملة العاطفية من قبل الزوج.

منهجية البحث: الدراسة الحالية هي دراسة شبه تجريبية من نوع الاختبار القبلي والبُعدي مع المجموعة الضابطة. اشتمل المجتمع الاحصائي جميع النساء اللواتي قد تعرضن للإساءة العاطفية في مدينة بندرعباس عام ٢٠١٩ حيث تم اختيار ٢٨ امرأة منهن بطريقة أخذ العينة المتاحة ومن ثم تم إدراجهن بشكل عشوائي في مجموعتي التجريبية والضابطة و خضع أعضاء المجموعة التجريبية لمداخلات روحية ودينية. من أجل جمع البيانات، تم استخدام مقياس العاطفة الإيجابية والسلبية (PANAS)، استبيان العنف (AQ) واستبيان الحالات النفسية الإيجابية (PPSQ). تم تحليل البيانات وتجزئتها بطريقة التحليل متعدد المتغيرات للتحليل MANCOVA. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: أثبتت النتائج أن للمداخلة المعنوية والدينية أثراً كبيراً على تحسين العاطفة الإيجابية ($F=29/43$ و $P<0/05$)، والعاطفة السلبية ($F=84$ و $P<0/05$)، والحقد ($F=12/57$) و ($P<0/05$) والتسامح ($F=51/66$ و $P<0/05$) لدى النساء اللواتي قد تعرضن للإساءة العاطفية من قبل أزواجهن.

الاستنتاج: نظراً لمعطيات هذه الدراسة، يمكن استخدام المداخلات الروحية والدينية بصفتهما طريقة لعلاج مؤثر وتعليمي، لتحسين العواطف والتسامح والتخلص من الحقد لدى النساء اللواتي تعرضن لسوء المعاملة العاطفية من قبل أزواجهن.

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اثربخشی مداخلات معنوی-مذهبی بر عواطف، کینه‌توزی و بخشش در زنان دارای تجربه بدرفتاری هیجانی همسر

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چکیده

سابقه و هدف: از آنجایی که بدرفتاری هیجانی شوهر می‌تواند موجب آشفتگی عاطفی و تنفر زن از او شود؛ این پژوهش با هدف بررسی اثربخشی مداخلات معنوی-مذهبی بر عواطف، کینه‌توزی و بخشش در زنان دارای تجربه بدرفتاری هیجانی همسر انجام شده است.

روش کار: پژوهش حاضر از نوع نیمه‌آزمایشی و به‌صورت پیش‌آزمون-پس‌آزمون با گروه کنترل است. جامعه آماری پژوهش تمامی زنان دارای تجربه بدرفتاری هیجانی شهر بندرعباس در سال ۱۳۹۸ بود که ۲۸ نفر از آنان به‌صورت نمونه‌گیری دردسترس انتخاب و به‌صورت تصادفی در دو گروه آزمایش و کنترل جایگزین شدند و اعضای گروه آزمایش تحت مداخلات معنوی-مذهبی قرار گرفتند. برای جمع‌آوری داده‌ها از مقیاس عاطفه مثبت و منفی (PANAS)، پرسش‌نامه پرخاشگری (AQ) و پرسش‌نامه حالت‌های روان‌شناختی مثبت (PPSQ) استفاده شد و داده‌ها نیز از طریق تحلیل کوواریانس چندمتغیری (مانکوا) تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج نشان می‌دهد که مداخلات معنوی-مذهبی اثر معناداری بر بهبود عاطفه مثبت ($F=29/43$ و $P<0/05$)، عاطفه منفی ($F=8/4$ و $P<0/05$)، کینه‌توزی ($F=12/57$ و $P<0/05$) و بخشش ($F=51/66$ و $P<0/05$) در زنان دارای تجربه بدرفتاری همسر داشت.

نتیجه‌گیری: با توجه به یافته‌های این پژوهش، مداخلات معنوی-مذهبی می‌تواند به‌عنوان روش مؤثر درمانی و آموزشی موجب بهبود عواطف، کینه‌توزی و بخشش در زنان دارای تجربه بدرفتاری هیجانی همسر شود.

واژگان کلیدی:

بخشش

بدرفتاری هیجانی

پرخاشگری

زنان

مذهب

نفرت

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