

The Effect of Group Counseling Based on Spirituality on the Development of Positive Relations with Others and Self-acceptance in Girls of Divorced Families: An Experimental Study

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Article Info

Received: Oct 15, 2018

Received in revised form:
Nov 24, 2018

Accepted: Dec 31, 2018

Available Online: Jun 21, 2020

Keywords:


Divorce

Group Counseling

Interpersonal Relationships

Spirituality



 <https://doi.org/10.22037/jrrh.v6i2.23051>

Abstract

Background and Objective: Parents getting divorced is a stressful situation for the children that may expose them to many psychological problems. However, spiritual intervention can lead to adaptability, improved interpersonal relationships and, finally, empowerment of female children of divorce. The purpose of this study was to examine the effectiveness of group counseling model based on spirituality on the development of positive relations with others and self-acceptance in girls of divorce.

Methods: This was a quasi-experimental study involving two groups. The sample population included all girls whose parents had got divorced and were school students in Karaj, Iran, in the educational year 2017-2018. Out of the sample population, a total 20 girls were selected via accessible sampling method. Ten girls were assigned to the experimental and 10 to the control group. The experimental group received the treatment in eight (two-hour) sessions while the control group received no treatment. Immediately after the last treatment session, posttests were administered to the participants. Ryff's Psychological Wellbeing Questionnaire was applied for collecting data. The collected data were analyzed using descriptive statistics and MANCOVA. In this study, all the ethical considerations have been observed and the authors reported no conflict of interest.

Results: The results showed that group counseling model based on spirituality had a significant effect on the development of positive relationships with others and self-acceptance in girls of divorce ($P < 0.05$).

Conclusion: According to the findings, it seems that spiritual intervention is effective in increased positive relations with others and self-acceptance in girls after their parents' divorce. Therefore, practical measures can be taken through group counseling based on spirituality to improve and promote their psychological wellbeing.

Please cite this article as: Safara M, Khanbabaee M, Khanbabaee M. The Effect of Group Counseling Based on Spirituality on the Development of Positive Relations with Others and Self-acceptance in Girls of Divorced Families: An Experimental Study. Journal of Pizhūhish dar dīn va salāmat. 2020;6(2):49-61. <https://doi.org/10.22037/jrrh.v6i2.23051>

Summary

Background and Objective

Divorce is one of the serious causes of damage to a family. It is a social disaster with great consequences for the current societies. Divorce incurs great human, social and economic costs and

is correlated with lack of health, emotional disorders, addiction and poverty (1). In any community, the occurrence of divorce can have clearly adverse effects on the family, the couples, and the children (2).

Parental divorce can lead to emotional and behavioral disorders. In some cases, the power of thought and will is taken away from him and, in

general, it upsets him so much that its effects are lifelong for the child (3). Among the consequences of divorce for children are frequent behavioral problems and poor educational performance, which continue for a long time (4) and it can cause or exacerbate mental disorders (5). Therefore, given the adverse effects of divorce on children, it is necessary to adopt a therapeutic approach to improving positive relationships with others and promoting the feeling of self-acceptance in themselves.

Spirituality is associated with the promotion of psychological and personality traits, so that people with high perceived spirituality can be expected to have higher levels of emotional and psychological well-being and lower levels of neuroticism (6). Spirituality can help a person to evaluate negative events in different ways; therefore, spirituality creates a stronger sense of control and, thus, contributes to psychological adjustment (7). Spiritual intervention increases people's access to spiritual resources and spirituality in general (8). The spiritual therapy approach, by increasing the meaning of life, helps not only to solve emotional problems but to achieve the ultimate level of ability and talent (9).

Spiritual therapy is effective in treating and preventing many mental disorders by creating a spiritual lifestyle, increasing coping skills, providing emotional support and creating meaning and purpose in life. Considering the increased rate of divorce in the country and considering the fact that studies have confirmed a decline in the educational performance, mental health, and feeling of responsibility (10), the present study is an attempt to examine the effect of group counseling based on spirituality on the development of positive relations with others and self-acceptance in girls of divorce.

Methods

Compliance with ethical guidelines: The ethical considerations taken into account in the present study include: Informing the participants about the research and obtaining their consent to enter the study, leaving them free to quit and confidentiality of their individual information.

The present study was quasi-experimental and involved two groups. The sample population included all girls whose parents had got divorced and were school students in Karaj, Iran, in the educational year 2017-2018. Out of the sample population, 20 girls who met the required criteria (i.e., being aged 12-16, being a divorce child, and being female) were selected via accessible

sampling method. Ten girls were assigned to the experimental and 10 to the control group. Ryff's Psychological Wellbeing Questionnaire was applied for collecting data, which was administered to the participants before (as pretest) and after the treatment sessions (as posttest). The experimental group received the treatment in eight (two-hour) sessions while the control group received no treatment. The collected data were analyzed using MANCOVA.

Results

The results showed a significant difference between the pretest and posttest mean scores and standard deviations related to the research variables in the experimental group. In other words, the mean score related to positive relationships with others significantly increased from 57.70 ± 7.73 before the treatment to 72.50 ± 6.50 following the treatment and the mean score related to self-acceptance significantly increased from 51.70 ± 11.60 before the treatment to 67.90 ± 8.50 after the treatment sessions. Covariance was used for better analysis of the results. For this purpose, first the normal distribution and homogeneity of variance-covariance was examined. The results of the Kolmogorov-Smirnov test indicated that all the variables enjoyed normal distribution ($P < 0.05$). Therefore, the assumptions of the statistical test were established and this statistical test was used for analyzing the data. The results of covariance analysis suggested that group counseling based on spirituality had a significantly positive effect on increased development of positive relationships with others and self-acceptance in the girls of divorce ($P < 0.05$).

Conclusion

The findings showed that group counseling based on spirituality significantly increased the positive relations with others and self-acceptance in the girls after their parents got divorced and proved effective in this regard. This finding is consistent with the results of Ottaway (11), Goeke-Morey et al. (12), Barzegarbafrrooei (13), and Revheim and Greenberg (14). In explaining this finding, it can be stated that effective relationships with others lead to the development of individuals and improvement of their quality of life while ineffective relationships are an obstacle to development and even the cause of disturbance of mental peace (15).

The lack of any changes in the positive relationships with others and self-acceptance in the control group further confirms the

effectiveness of group counseling based on spirituality. Therefore, given the nature of spiritual intervention, which is based on the existential and divine structure of human and the direct effect of these teachings on human beings, it can be stated that developed certain plans for empowering girls of divorce is of particular importance. The results of the present study can be used for promoting the psychological wellbeing of these groups of girls for policy making, developing plans and execution.

Acknowledgements

We hereby thank all those who assisted us in this research project.

Ethical considerations

This article has been obtained from a study approved by University of Al-Zahra under the code 999/3/96D. The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

Funding

According to the authors, Vice Chancellor for Research in Al-Zahra University funded this research project.

Conflict of interest

The authors of the article did not report any conflicts of interest in this study.

Authors' contributions

Supervision over the project and planning the treatment: first author; planning and implementing the treatment, data collection and writing the article: second and third authors.

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مدى تأثير الإرشاد الجمعي القائم على المعنوية على العلاقات الايجابية مع الآخرين وقبول الذات لدى الفتيات بعد طلاق الوالدين: دراسة تجريبية

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معلومات المادة

الوصول: ٥ صفر ١٤٤٠

وصول النص النهائي: ١٦ ربيع الاول ١٤٤٠

القبول: ٢٣ ربيع الثاني ١٤٤٠

النشر الإلكتروني: ٢٩ شوال ١٤٤١

الكلمات الرئيسية:

الإرشاد الجمعي

الطلاق

العلاقات الشخصية

المعنوية

الملخص

خلفية البحث وأهدافه: إن طلاق الوالدين يعتبر من أكثر الأحداث المرهقة والمجهدّة لأولادهم مما يجعلهم عرضة لشتى المشاكل النفسية. ومن هذا المنطلق فإن بإمكان التدخل المعنوي أن يؤدي إلى التكيف وتحسين العلاقات الشخصية وبالتالي تمكين هذه الفئة من الفتيات. فالغرض من الدراسة هذه، تحديد مدى فعالية الارشاد الجمعي القائم على المعنوية في العلاقة الايجابية مع الآخرين وقبول الذات لدى الفتيات مابعد طلاق الوالدين.

منهجية البحث: أجريت الدراسة الحالية بطريقة شبه تجريبية ذات مجموعتين. اشتمل المجتمع الاحصائي كافة الفتيات التي تتراوح اعمارهن ١٢ الى ١٦ سنة من والدين منفصلين وكنّ يدرسن في مدارس مدينة كرج عام ١٨-٢٠١٧ الدراسي؛ تم اختيار ٢٠ طالبة بطريقة أخذ العينة المتاحة وتم تعيينهن عشوائياً إلى مجموعتي التجريبية والضابطة (في كل مجموعة ١٠ طالبة). تلقت المجموعة التجريبية تدخلاً بصورة جماعية ولمدة ثمان جلسات (لكل جلسة ساعتان) بينما لم تتلق المجموعة الضابطة أي تدخل. وبعد انتهاء جلسات العلاج، تم إجراء الاختبار البعدي من العينات. ولغرض جمع البيانات تم استخدام استبيان "ريف" للرفاه النفسي. تم تحليل المعطيات مستخدماً مناهج الاحصاء الوصفي وتحليل التباين متعدد المتغيرات (MANCOVA). تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

الكشوفات: وفقاً للنتائج، إن الارشاد الجمعي القائم على المعنوية له تأثير دال احصائياً على تعزيز العلاقة الإيجابية مع الآخرين وقبول الذات لدى الفتيات بعد طلاق الوالدين ($P < 0.05$).

الاستنتاج: بالنظر إلى النتائج، يبدو أن التدخل المعنوي يؤثر على تصعيد العلاقات الإيجابية مع الآخرين وقبول الذات لدى الفتيات بعد الطلاق. ولهذا يمكن اتخاذ الخطوات العملية من أجل تحسين وتعزيز الرفاه النفسي من خلال الارشاد الجمعي القائم على المعنوية.

يتم استناد المقالة على الترتيب التالي:

Safara M, Khanbabaee M, Khanbabaee M. The Effect of Group Counseling Based on Spirituality on the Development of Positive Relations with Others and Self-acceptance in Girls of Divorced Families: An Experimental Study. Journal of Pizhūhish dar dīn va salāmat. 2020;6(2):49-61. <https://doi.org/10.22037/jrrh.v6i2.23051>

اثربخشی مشاوره گروهی مبتنی بر معنویت بر روابط مثبت با دیگران و پذیرش خود در دختران بعد از طلاق والدین: مطالعه آزمایشی

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اطلاعات مقاله

دریافت: ۲۳ مهر ۱۳۹۷

دریافت متن نهایی: ۳ آذر ۱۳۹۷

پذیرش: ۱۰ دی ۱۳۹۷

نشر الکترونیکی: ۱ تیر ۱۳۹۹

چکیده

سابقه و هدف: طلاق والدین یکی از رویدادهای تنش‌زا و استرس‌آور برای فرزندان است و آنان را در معرض مشکلات روان‌شناختی متعددی قرار می‌دهد و در این میان مداخله معنوی می‌تواند به سازگاری، بهبود روابط میان‌فردی و در نهایت توانمندسازی این قشر از دختران منجر گردد. از این رو پژوهش حاضر با هدف تعیین اثربخشی مشاوره گروهی مبتنی بر معنویت بر روابط مثبت با دیگران و پذیرش خود در دختران، بعد از طلاق والدین انجام شده است.

روش کار: پژوهش حاضر از نوع نیمه‌تجربی دو گروهی بود. جامعه آماری همه دختران ۱۲ تا ۱۶ ساله‌ای بودند که والدینشان از هم جدا شدند و در سال تحصیلی ۹۷-۱۳۹۶ در مدارس شهر کرج مشغول به تحصیل بودند؛ از میان این افراد، تعداد ۲۰ نفر به شیوه نمونه‌گیری در دسترس انتخاب شدند و در دو گروه آزمایش و کنترل (هر کدام ۱۰ نفر) به‌طور تصادفی جایگزین شدند. آزمودنی‌های گروه آزمایش در هشت جلسه دو ساعته به‌صورت گروهی مداخلات را دریافت کردند، در صورتی که گروه کنترل مداخله‌ای دریافت نکرد. بلافاصله بعد از اتمام جلسات درمانی، پس‌آزمون از نمونه‌ها گرفته شد. برای گردآوری داده‌ها از پرسش‌نامه بهزیستی روان‌شناختی ریف استفاده شد. اطلاعات به‌دست‌آمده نیز با روش‌های آمار توصیفی و تحلیل کوواریانس چندمتغیری (MANCOVA) تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس نتایج به‌دست‌آمده، مشاوره گروهی مبتنی بر معنویت در افزایش روابط مثبت با دیگران و پذیرش خود دختران، بعد از طلاق والدین تأثیر معناداری داشت ($P < 0.05$).

نتیجه‌گیری: با توجه به یافته‌های موجود، به نظر می‌رسد که مداخله معنوی بر افزایش روابط مثبت با دیگران و پذیرش خود دختران بعد از طلاق تأثیر دارد. از این رو، می‌توان با برنامه مشاوره گروهی مبتنی بر معنویت برای بهبود و ارتقای بهزیستی روان‌شناختی آنان اقدام عملی نمود.

واژگان کلیدی:

روابط میان‌فردی

طلاق

مشاوره گروهی

معنویت

استناد مقاله به این صورت است:

Safara M, Khanbabaee M, Khanbabaee M. The Effect of Group Counseling Based on Spirituality on the Development of Positive Relations with Others and Self-acceptance in Girls of Divorced Families: An Experimental Study. Journal of Pizhūhish dar dīn va salāmat. 2020;6(2):49-61. <https://doi.org/10.22037/jrrh.v6i2.23051>