

EFFECTIVENESS OF HOPE THERAPY TRAINING ON MARITAL BOREDOM IN WOMEN REFERRED TO COUNSELING CENTERS

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Abstract

The aim of this study was to determine effectiveness of hope therapy training on marital boredom in women referred to counseling centers. Married women with marital disputes referred to counseling centers of well-being in City of Rey -Iran in winter 2014-2015 are considered as the statistical population. Method of sampling included 40 married women, which contain 20 married women in the experimental group, and 20 married women in the control group were assigned randomly. Standard questionnaire of marital boredom of Pines (1996) were used to collect data. Its validity was confirmed and its reliability was calculated through Cronbach's alpha coefficient 0.86. Multivariate analysis of covariance was used for the analysis of Data. Research results show that hope therapy training affects marital boredom. In addition, the findings indicate that hope therapy training affects reducing Psych asthenia, emotional exhaustion and physical fatigue in women who referred to well-being Counseling centers in Rey -Iran.

Keywords: Hope Therapy, Marital Boredom, Well-Being

1. Statement of Problem

Hope therapy is derived Snyder hope theory and ideas derived from cognitive behavioral therapy, solution-focused therapy and therapy of a story or narrative (Snyder, 2000). Hope objective of therapy is that to help treatment-seekers to formulate clear goals. They make several passes to get them, Incite them to pursue goals and re-framing obstacles as challenges to overcome them (Sansei, 2006).

On the other hand, the hope therapy leads to life satisfaction in people. Quality of life feels when met individual basic needs and he has the opportunity to pursue and achieving to goals and challenges. Life satisfaction could promote through allowed to choose people and encouraging them to make decisions that affect their life. Feeling being among the people will enhance life satisfaction. In belief of Snyder (2002), hope therapy causes valves in the life of couples and can make new angles in people's lives.

Marital boredom is a gradual process. When a person is in response to long-term stress and pain and physical pressure, mental, emotional, apart from work and other meaningful relationships, thereby is created reducing the power of productivity in her/him (Schumacher, 2015). Marital boredom occurs due to unrealistic expectations of spouse and marriage, continuing to stress, facts and the ups and downs of life (Lingern, 2013).

A sense of satisfaction of the marriage in marital relationship plays an important role in normal function of family (Sprechers, Wenzel & Harvex, 2008). On the other hand, hope therapy can lead to the loss marital boredom. Dunham (2008) believes that hopefully of couples can prevent the monotony and routine in their lives and this helps to reduce their marital boredom. Lin (2004) believes that hoping the

couple can increase their quality of life and satisfaction and reduce the incidence of marital boredom. When couples are suffering from boredom, the following items are observed in their relationships: Away from each other, or "rupture" distancing, coldness, hatred, reduction in contributions of two people, loss of interest and relationship with spouse, arguments, failure in communication (Kayser, 2013).

The results show that there is a significant relationship between the feeling of boredom and general life satisfaction, boredom and physical and mental health (Vimz et al., 2010), a positive attitude and marital boredom (Mousavi, 2009), intimate relationship with spouse and marital boredom (Yousefi and Bagherian, 2011). Pines (2003) concluded in their study that women significantly compared to their husbands, are more likely to boredom. Lingern (2003) boredom creates due to of the failure to love and answers to exist issues and sign of desperation in individual. Accumulation of psychological pressure is weakening love, gradually increasing of boredom and monotony and accumulation of small annoyances that helps to arise boredom (Pines, 2003).

In recent years in Rey, the number of referrals to counseling centers of well-being has increased due to increasing levels of marital discord and marital dissatisfaction noticeably. In most cases, the women in counseling centers admit about the increase their marital boredom. It seems already that less hope therapy has been used methods to increase life satisfaction and to reduce marital boredom and these shows gaps available. Due to this problem in present study responds to the question that does hope therapy training affects marital boredom in women referred to counseling centers of well-being in Rey?

Thus, research hypotheses are as follows:

Main hypotheses:

Hope therapy training affects marital boredom in women who referred to counseling centers.

Sub-hypotheses

1. Hope therapy training affects reducing Psychasthenia in women who referred to counseling centers.
2. Hope therapy training affects reducing emotional exhaustion in women who referred to counseling centers.
3. Hope therapy training affects reducing physical fatigue in women who referred to counseling centers

2. Research Methodology

According to the nature of the subject and objectives, this study is quasi-experimental because in this study, there is no the ability to control and manipulate of variables completely. Thus, it was used preliminary and final test design with control group.

2.1. Statistical Population

Married women with marital disputes referred to counseling centers of well-being in City Ray -Iran in winter 2014-2015 are considered as the statistical population.

2.2. Samples and Sampling

The sample of this research included 40 married women, which contain 20 married women in the experimental group, and 20 married women in the control group were assigned randomly. Sampling are targeted and voluntary and was selected from married women with marital disputes referred to counseling centers of well-being in City Ray-Iran (Shahid Fayazbakhsh) and voluntarily ready to participate in the study.

2.3. Methods and Tools for Data Collection

Method of data collection in this research is field. In this study, after random assignment of sample to experimental and control groups, pre-test was administered to two groups and then by intervention of hope therapy was conducted 8 sessions during 90 minutes for experimental group. Finally, both groups were measured after test. In order to observe ethical principles after the end of sessions on experimental group is began running therapy sessions for samples in the control group.

Questionnaire of marital boredom was considered as measuring tool. Scale of marital boredom is a self-report tool that has been designed to measure the degree of marital boredom in couples. This tool was created of another self-report questionnaire developed to measure boredom by Pines (1996) (Pines & Nunes, 2003; Laes & Laes, 2001). This questionnaire consisting of 21 articles which contains three main components of physical fatigue (eg, feeling tired, lethargy and sleep disorders), emotional fatigue (feeling of depression, despair, and entrapment) and Psychasthenia management studies(Dizgah,et al 2011) (e.g., feelings of worthlessness, frustration and anger on the spouse). All of these items are answered on a

seven-point scale. Level 1 represents the lack of experience of item desired and level 7 represents the much experience of item desired. It takes 20 minutes to complete. In this study, the reliability is equal to 0.88.

2.4. Analysis of Statistical Information

In this study, data obtained were analyzed using software in two level of descriptive and analytical. In level descriptive were used indicators such as mean and standard deviation and in inferential statistics was used multivariate analysis of covariance. also we should be to contingency situation in work(Gilaninia,2017)

3. Findings

In examining research hypotheses, analysis of covariance is used to assess the effectiveness of hope therapy training on marital boredom in women. Before providing information since statistical method used has been analysis of covariance and size of two experimental and control groups in this study is equal to (n=15), failure to comply assumptions of equality of variance and covariance in two groups of society (box test and Levene) doesn't create limit to the validity of the survey results (Molavi,2000). So these assumptions does not evaluate in reviewing the results.

Statistical characteristic of variables in both experimental and control groups is displayed in Table 1.

Table 1- Statistical characteristics of the dependent variable component of marital boredom in both experimental and control groups (n=50)

Variables	examination group				control group			
	Pre-test		After Test		Pre-test		After Test	
	mean	Standard Deviation	mean	Standard Deviation	mean	Standard Deviation	mean	Standard Deviation
Psychasthenia	16.63	3.15	12.27	4.72	16.15	2.59	16.67	1.26
Emotional exhaustion	17.50	3.18	11.73	6.70	18.60	2.62	17.60	1.24
Physical fatigue	18.30	3.43	14.87	3.66	10.97	2.99	11.20	2.81

From the results shown in the above table it is clear that there is significant difference between mean of the control group and the experimental group's mean in dependent variables. These differences in both variables are interest for experimental groups.

Results multivariable analyzes of variance to measure each of variables are displayed in Table 2.

Table 2: multivariate analysis of covariance of F ratio for variable of combination

reference	value	F(3*26)	sig	Eta
Variable of combination (Group)	0.060	75.508	0.000	0.570

Note: ratio of multivariate F has obtained approximation of Wilks' Lambda.

Eta squared values in the above table is the share of variance that is related to the variable of new combination. The general rule is that if this amount is larger than 0.14, the effect is significant, in the above table; this value for variable of new combination is 0.570. It represents much effect. Also results of Wilks' Lambda test about combination variable is the significant and significant of new combination variable indicates that participants in the two groups are different and the mean of the groups affected by the independent variable is significant.

Covariance analysis results to assess each of the variables are displayed in Table 3.

Table 3: result of Covariance analysis of dependent variable components

Variable	SS	DF	MS	F _(1,28)	sig	ETA
Psychasthenia	465/607	1	465.607	77.453	0.000	0.576

Emotional exhaustion	284/651	1	284.651	50.834	0.000	0.471
Physical fatigue	190/191	1	190.191	19.312	0.000	0.253

Also in the table of ANCOVA is shown that since it has 3 dependent variable, thus Bonferroni correction has been implemented by dividing 0.05 on 3. Therefore, a significant level is less than 0.016. This is true about each of 3 variable. Value of Eta shows that almost 58% of the variance psychasthenia, almost 47% of the variance in emotional exhaustion and nearly 25% of the variance in physical fatigue are obtained for the variable of group.

According to the data in Tables 2 and 3 the following results have been achieved.

Hypothesis 1: Hope therapy training affects marital boredom in women.

"Results of table 4-4 shows that there is a significant difference between experimental group influenced by hope therapy training and control group without training ($\eta^2=0.570$, $P=0.000$, $F_{(3,26)}=75.508$) and this difference according to the mean adjusted is beneficial to group trained.

Hypothesis 2: Hope therapy training affects reducing Psychasthenia in women.

As you can see from the results of covariance in table 3, there is significant difference between mean adjusted of two groups in reducing the psychasthenia ($\eta^2=0.576$, $P=0.000$, $F_{(1,28)}=77.453$) and this difference according to the mean adjusted is beneficial to group trained.

Hypothesis 3: Hope therapy training affects reducing emotional exhaustion of women.

The results of covariance show that there is significant difference between two groups in emotional exhaustion ($\eta^2=0.471$, $P=0.000$, $F_{(1,28)}=50.834$) and this difference according to mean adjusted is beneficial to group trained.

Hypothesis 4: Hope therapy training affects reducing physical fatigue in women.

The results of covariance table shows that there is a significant difference between the two groups in variable of physical fatigue ($\eta^2=0.253$, $P=0.000$, $F_{(1,28)}=19.312$) and this difference according to the mean adjusted beneficial to group trained.

4. Conclusion

According to the results of research, hope therapy training had significant effect marital boredom in women referred to counseling centers of well-being in Rey and all of its components ($p<0.01$). These results are consistent with findings of Sanderson (2011) and Rosen-Grandon (2014) Azad (2014). In this regard, it can say that there is relationship between the high hopes of the people and their success in better physical and mental health and the effectiveness of methods of psychotherapy used to treat disorders (Snyder & McCullough, 2000). Hope creates spiritual beliefs in person and research suggests that spirituality plays an important role in coping with stress, increase happiness and marital satisfaction. Spirituality can be effective to resolve the conflict and reduce marital boredom and increase function and marital quality. Couples with marital boredom do not have a meaning for lives and spiritual beliefs can be used as an indicator in spousal relationship, which may directly or indirectly be involved marital boredom (Pines, 2003).

Hope therapy training leads to happy and patience of women. They feel valuable, lose the feeling of frustration and anger toward their spouses, and become an energetic and optimistic person and hopeful to life and love of family and spouse. In the work we need to more accuracy (Gilaninia, et, al ,2013) About effect of hope therapy on women's psychasthenia the research findings concluded that hope therapy training affects psychasthenia of women who referred to well-being counseling centers in Rey -Iran. This means that hope therapy training reduces psychasthenia in women tested ($p<0.01$).

In this regard, we can say that women, because most times to handle the child in the family, are under the greatest stress. Alone a woman as a mother and stress tolerance due to different responsibilities will lead to create a problem in interaction and good communication with family members. There should be good

skills in communication, mutual respect of family members and previous experiences dealing with stress factors to achieve a successful adaptation of family; so hope therapy training to women makes better able to manage their own emotions and create a better relationship with people and other family members. The result of it has been to promote harmony in the family and reducing psychasthenia in women of the experimental group.

About effect of hope therapy on reducing women's emotional exhaustion the research findings concluded that hope therapy training affects reducing emotional exhaustion of women who referred to well-being counseling centers in Rey -Iran. This means that hope therapy training reduces emotional exhaustion in women tested ($p<0.01$).

This study is consistent with the results of researches of Ahmadi (2003) and Taniguchi (2016) Ghadir (2015). According to their results, hope could create additional power in people.

In this regard, we can say that women who learn the correct pattern of life and have life expectancy, will be more successful in dividing the time to connect with their family and friends and her husband and communicate to the extent that they avoid any disruption in the flow of life. It seems that women by changing in their thought patterns can interpreted better behaviors and words of parents and their friends, or their husband and look at them with a positive attitude.

About effect of hope therapy on reducing women's physical fatigue the research findings concluded that hope therapy training affects reducing physical fatigue of women who referred to well-being counseling centers in Rey -Iran. This means that hope therapy training reduces physical fatigue in women tested ($p<0.01$).

In this regard, we can say that women with hope therapy training learn a series of abilities and are used these abilities in their marital life and this will reduce their physical fatigue and will increase their marital adjustment. When women learn how to communicate properly and effectively, pay attention to verbal and nonverbal messages in communication and learn active listening, will improve their connections, as a result will increase compatibility in life and women will feel less physical fatigue. When communication is established to the appropriate mode, couples become closer together and their thoughts and will shared feelings together largely and prevent the incidence of possible misunderstanding that leads to many disputes and marital conflicts. These skills are an excellent way to build trust and prevent interpersonal conflicts in the roles related to equality of women and men.

Therefore, it is recommended that women and men participate in public classes and private sessions set up in counseling centers to this purpose and learn essential skill for important process of life. It reveals special attention of planners to health issues, psychologists and psychiatrist to family problems and marital satisfaction; because the family is the most fundamental social institution that their health or disease can have effect of a profound and all-encompassing on various aspects of social life. This institution by ensuring their health follows peace, stability and health of the society.

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