

The Impact of Reality Therapy on Hope Level of Divorced Women: Zanjan (A Case Study)

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Abstract

The reduced hope level is a common consequence of divorce. It is necessary to take treatment measures which will increase hope level. However, this study aimed to investigate the impact of reality therapy on hope level of divorced women in Zanjan. Using convenience sampling method, therefore, 30 divorced women were selected as sample. These participants were divided into two groups: 15 participants in treatment group and 15 participants in control group. They were investigated before and after the reality therapy. The Schneider's Hope Questionnaire was used as research tool. The univariate analysis of covariance was used for analyzing the data. The findings showed that the reality therapy impacted on increase of hope among divorced women. According to existing research literature and the findings of this study, it was concluded that the reality therapy may impact on increase of hope among divorced women.

Keywords: Reality Therapy, Hope, Divorced Women, Zanjan.

1. Introduction

The divorce is a process which starts with experiencing emotional crisis and ends with trying to solve the conflict through entry into new situation and new lifestyle and role (Gottman, 1993; quoted by Narimani, Abbasi, Begyan & Bakhti, 2014). In Iran, there is 20 divorceper one thousand marriage (Ghorbanalipour, 2014: 45).Most experts consider divorce as the most important and most serious social problem which may have adverse consequences such as mood disorders, anxiety disorders, addiction, changed lifestyles and self-concept, weak job performance, changed social relationships, and reduced social support (Garner, 2008). In addition to family system, it also impacts on social system (Gottman, 1993).The decreased hope is another consequence of divorce. The hope is very close to optimism. According to Schneider (2002), the hope is the perceived capacity to create routes towards optimal goals and the perceived motivation to move in these routes (Schneider, 2000).Schneider states that the hope is consisted of two components:ability to design routes toward the desired goals despite obstacles and motivation to use these routes.According to this, the hope is strong when it includes valuable goals and despite the challenging obstacles, there will be the possibility of achieving them in medium term. However, the hope is considered to be a cognitive set which is based on accomplishment sense achieved from various sources (energy toward the target) and routes (planning to achieve the objectives) (Yaghoubi, Mohagheghi, Monazemi Tabar, 2013).

Since the hopeful divorced women consider others as sources of support on whom they may rely on and get compatible with the challenges they may face in their lives, they experience greater happiness and are more satisfied with their life (Kling, 2006).They always have this internal speech: (I can finish it, I should not fail and be disappointed). They see their success rather than their failure(Schneider, 2000).Therefore, the hopeful people are problem-oriented and expect more success in future. The hope can be described as a healer, multidimensional, dynamic, and powerful factor which plays an important role in coping with loss. However, this study aims to answer this question: Is effective the teaching of reality therapy in increasing hope level among divorced women?

2. Methodology

This was semi-experimental study; the pretest-posttest was conducted with a control group. Using convenience sampling method, therefore, 30 divorced women were selected as sample. These participants were divided into two groups: 15 participants in treatment group and 15 participants in control group. They were investigated before and after the reality therapy. The Schneider's Hope Questionnaire was used as research tool. The data were then analyzed using descriptive statistics (frequency, frequency percentage, mean, SD) and ANCOVA test.

3. Findings

3.1 Descriptive statistics of variables:

Demographic Statistics:

The demographic characteristics included education level, employment status, have children, and the time of divorce. The frequency and frequency percentage of these variables was calculated and displayed as bar and pie graphs.

Age:

The answers for age which were obtained from the questionnaires are provided in table 1:

Table 1: Frequency, frequency percentage, and cumulative frequency percentage of age of participants

Cumulative frequency percentage	frequency	Frequency percentage	Frequency	
6/7	6/7	2	Less than 20 years	
26/7	20	6	21 to 25 years	
66/7	40	12	26 to 30 years	
80/7	20	6	31 to 35 years	
100	13/3	4	35 and older	
	100	30	Total	

According to table 1, 2 (6.7 percent) respondents aged less than 20 years old, 6 (20%) participants aged between 21 and 25 years old, 12 (40%) participants aged between 26 and 30 years old, 6 (20%) participants aged between 31 to 35 years old, and 4 (13.3 percent)

participants aged 35 years and older. As it can be seen, the most frequency is for 26 to 30 years old.

Education:

The answers for education which were obtained from the questionnaires are provided in table 2:

Table 2: Frequency, frequency percentage, and cumulative frequency percentage of education of participants

Cumulative frequency percentage	frequency	Frequency percentage	Frequency	
26/7		26/7	8	Diploma and lower
46/7		20	6	Associate
80		33/3	10	Bachelor
100		20	6	Master's degree or higher
---		100	30	Total

According to table 2, 8 (26.7 percent) respondents had diploma and lower degrees, 6 (20%) participants had associate degree, 10 (33.3%) participants had bachelor degree, and 6 (20%) participants had master's degree or higher. As it can be seen, the most frequency is for bachelor degree.

Employment status:

The answers for employment status which were obtained from the questionnaires are provided in table 3:

Table 3: Frequency, frequency percentage, and cumulative frequency percentage of employment status of participants

Cumulative frequency percentage	frequency	Frequency percentage	Frequency	
60		60	18	Employed
100		40	12	Unemployed
		100	30	Total

According to table 3, 18 (60 percent) respondents were employed and 12 (40%) participants were unemployed.

Having children status:

The answers for having children status which were obtained from the questionnaires are provided in table 4:

Table 4: Frequency, frequency percentage, and cumulative frequency percentage of having children status of participants

Cumulative frequency percentage	frequency	Frequency percentage	Frequency	
46/7		46/7	14	Do not have child
100		53/3	16	Have child
		100	30	Total

According to table 4, 14 (46.7 percent) respondents had no child and 16 (53.3%) participants had children.

Time of divorce:

The answers for time of divorce which were obtained from the questionnaires are provided in table 5:

Table 5: Frequency, frequency percentage, and cumulative frequency percentage of time of divorce of participants

Cumulative frequency percentage	frequency	Frequency percentage	Frequency	
26/7		26/7	8	Less than 2 years
80		53/3	16	2 to 4 years
100		20	6	4 years and more
		100	30	Total

According to table 5, the divorce time of 8 (26.7 percent) respondents was less than 2 years, for 16 (53.3%) participants was 2-4 years, and for 6 (20%) participants was more than 4 years.

3.2 Descriptive statistics of variables:

A total of 30 subjects were assigned into two experimental and control groups. These two groups participated in pre-and post-test.

Hope variable:

Table 6: Mean, standard deviation, minimum score, and maximum score of hope scores in pretest and posttest

Number	Maximum	Minimum	Standard deviation	Mean	Statistical index	Stage	
					Group		
15	35	26	2/263	30/133	Treatment	Pre-test	Hope
15	32	26	1/764	28/6	Control		
15	45	34	3/070	40	Treatment	Post-test	
15	32	26	1/922	28/866	Control		

The table 6 shows the descriptive indicators of hope in pre-test and post-test in both the experimental and control groups. In pre-test, the mean and standard deviation of hope in treatment group were 30.133 and 2.263 and in control group, they were 28.6 and 1.764, respectively. In post-test, the mean and standard deviation of hope in treatment group were 40 and 3.070 and in control group, they were 28.866 and 1.922, respectively.

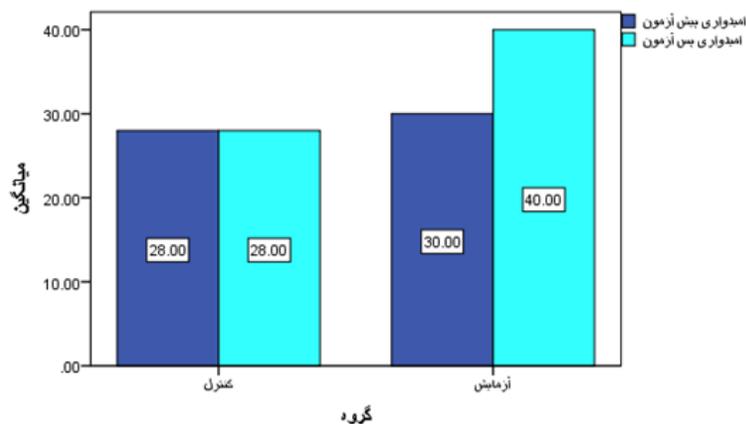


Figure 1: Mean of hope in treatment and control groups in pre-test and post-test

The figure 1 shows the mean of hope scores in treatment and control groups in pre-test and post-test. According to this figure, the mean of hopes increased in treatment group after reality therapy. In control group, however, there is no change in mean of hope. Comparing the adjusted mean of hope in both groups in post-test, the 40 and 28.866 are obtained for treatment group and control group, respectively. It can be seen that the mean of treatment group is more than the mean of control group.

4. Inferential Findings

The homogeneity (equality) of variance and normal distribution of data should first be investigated in order to use ANCOVA. The normality of data are analyzed using skewness and kurtosis. If skewness and kurtosis will be in the range of +2 and -2, it will be concluded that the two (pre-test and post-test) scores distribution is normal.

Table 7: Skewness and kurtosis of hope scores in pre-test and post-test

Kurtosis	Skewness	Standard deviation	Mean	Maximum	Minimum	Number	
<u>0/762</u>	<u>0/682</u>	2/141	29/366	35	26	30	Hope in pre-test
<u>-1/43</u>	<u>0/219</u>	6/196	34/433	45	26	30	Hope in post-test

According to table 7, since the skewness and kurtosis of variables are in the range of (+2, -2), their distribution is normal. To be ensured, the Shapiro-Wilk test was also used.

Table 8: Shapiro-Wilk test

Sig. level	Degree of freedom	Test statistics	Group	Variable
<u>0/205</u>	15	0/922	Control	Hope in pre-test
<u>0/198</u>	15	0/921	Treatment	
<u>0/051</u>	15	0/876	Control	Hope in post-test
<u>0/532</u>	15	0/951	Treatment	

According to table 8, the significance level in above test is greater than 0.05. The null hypothesis in Shapiro-Wilk test is following normal distribution. The alternative hypothesis is failure to follow the normal distribution considering the significance level. At this stage, the Levene test is used to investigate the homogeneity of variances.

Table 9: Levene's test results

Sig. level	Second degree of freedom	First degree of freedom	Levenestatics	Variable
<u>0/776</u>	28	1	0/083	Hope in pre-test
<u>0/150</u>	28	1	2/187	Hope in post-test

According to Table 9, since the significance levels are greater than 0.05, the hypothesis of homogeneity of variances is confirmed. Considering the normality of distribution and homogeneity of variances, the univariate analysis of covariance is performed.

Table 10: Univariate analysis of covariance to evaluate the impact of reality therapy on hope level of divorced women

Sig. level	F value	Mean of Square	Degree of freedom	Sum of squares	Changes source
<u>0/000</u>	<u>114/94</u>	762/291	1	762/291	Group
0/409	0/704	4/667	1	4/667	Pre-test
		6/632	27	179/067	Error
			29	1113/367	Total

According to table 10, since the $F(1, 27) = 114.94$ in significance level of (0.000) is smaller than 0.05, the research hypothesis is confirmed; it is concluded that the reality therapy impacts on hope of divorced women and the mean of hope among divorced women substantially increased after reality therapy.

5. Conclusion

In the present study, the hypothesis was that the reality therapy impacts on hope of divorced women. According to the results and ($P < 0.05$; $F = 114.94$), it can be concluded that the

difference between groups is significant at 95% confidence level. Therefore, the null hypothesis is rejected and the research hypothesis is confirmed; the divorced women who were under the reality therapy showed more hope than the divorced women in control group. This is consistent with findings of Maghsoudzade and Abedi (2015), Ghorbanalipour and colleagues (2014), Barry et al. (2011), Ebadi and Faghihi (2009), and Amini and Pasha.

In explaining the findings of this study, it can be said that the despair is a shocking state which is associated with a sense of inability and disinterest. The disappointed people are severely inactive, cannot measure their life situations, and do not have the power to adapt to life changes. Since the divorce is considered to be a weakness and a negative point in the life of every individual, the possible consequences of divorce on divorced women should be considered. The divorce disrupts the psycho-emotional balance of family members, especially women. It is also associated with very severe stress. Therefore, it is possible that psychiatric disorders occur in women (Ghodousi, 2000). Since the reality therapy approach aims to create a sense of responsibility in people to help them to achieve hope, this study used Glasser's Reality Therapy. The findings showed that this approach impacted on increasing of hope in participants.

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