



Positive Psychological Therapies on Happiness and Responsibility of Household Supervisor Women

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A B S T R A C T

The purpose of this study was to investigate the positive psychotherapy for the happiness and accountability of female headed households under the Imam Khomeini Relief Foundation support. Research was a type of pre-test and post-test design with control group. The statistical population in this research was the head of household, under coverage of the Imam Khomeini Relief Committee was administered by a Mashhad in the second half of 2016, with 30 people, the experimental group (15 people) and the control group (15 persons) selected through targeted sampling and the experimental group was exposed to 14 sessions of 60 minutes Positive Psychology intervention. The Oxford Happiness Questionnaire (1982) and the California Satisfaction Questionnaire were used to collecting data. The results showed that Positive psychotherapy leads to increased happiness and empowerment.

Keywords: Positive Psychotherapy, Accountability, Happiness, Female Head of Household.

INTRODUCTION

Over the past decade, social and medical sciences have received increasing attention to accountability and happiness. Initially, these issues were studied through objective indicators such as income, physical health, housing status and social stigma (Chen & Davey, 2008; Helliwell, Huang, & Wang, 2017; Taghinezhad, Pendar, Rahimi, Jamalzadeh, & Azadikhah, 2017). However, many studies have shown that such indicators cannot alone provide a complete indicator of well-being and people's satisfaction with life (Power, 2015; Trompetter, Bohlmeijer, Lamers, & Schreurs, 2016). The emphasis on studies on personal experiences of such indicators led to the consideration of individuals' mental interpretations of these indicators and the importance of subjective well-being of individuals (Arcidiacono & Di Martino, 2016; Dean & Gibbs, 2015; Verhofstadt, Bleys, & Van Ootegem, 2015). In psychology, the study of mental well-being led to the establishment of a positive psychological movement (Johnson & Wood, 2017). Positive psychology emphasizes the vital role of resources and capabilities of individuals (Jung & Yoon, 2015; Van Cappellen, Toth-Gauthier, Saroglou, & Fredrickson, 2016). Positive psychology is a branch of psychology that emphasizes valuable mental experiences. Such experiences as psychological well-being, commitment and satisfaction, hope and optimism, and flow and happiness are the same. Positive psychology is concerned not only with individual growth and promotion, but also with the optimization of similar characteristics and

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group characteristics. The goal is focused on three stages of life: past, present and future (Bryant & Veroff, 2017; McVeigh et al., 2017; Pawelski, 2016).

Positive negligence can be seen to be the use of all positive, vivacious, and hopeful in life capacities for not surrendering to the negative factors created by the mind and the joyous feelings of the difficulty of communicating with humans and confronting nature. In other words, positive thinking is the constant hope of finding a solution and, generally speaking, of optimism about the world, of man and of himself (Poursardar, Poursardar, Panahandeh, Sangari, & ABDI, 2013). Scientists' studies of positive psychotherapy have so far been responsive to many of the questions and ambiguities in this issue. This research attempts to evaluate the efficacy of positive psychotherapy for the happiness and accountability of female headed women under the auspices of the Mashhad Relief Committee.

Importance and necessity of research

The viewpoint of positive psychology emphasizes one's abilities and capabilities, and believes that the goal of psychology should be to promote the level of one's life and actualize his latent talents (Jung & Yoon, 2015; Seligman, 2004). Today, a new perspective in health sciences is developing in general and in psychology in particular, with the aim of focusing on the health of well-being and explaining and clarifying the nature of psychological well-being. Positive people are healthier and happier and their safety devices work better (Baumeister, Campbell, Krueger, & Vohs, 2003; Carr, 2013). They are better suited to psychological stress by using more effective coping strategies such as reassessment and self-regulation. It also actively avoids stressful life events and builds better social protection networks. They have healthier styles that keep them from getting infected, and if they are sick, they can better practice medical advice. They follow the recommendations with behavioral patterns that speed up recovery. From the early optimism of adulthood, you can predict the health level from the late adulthood to 35 years (Peterson & Seligman, 2006).

An important objective of positive psychology is studying and researching how to create and sustain positive effects such as happiness, hope and trust, and, on the other hand, benefit from organizations, institutions and institutions that can take positive thoughts in Grow and sustain people. One of the basic steps that practitioners have been working on in this regard is the attempt to formulate a sorting system for describing human abilities and skills. The first draft of this classification was published by Peterson and Seligman (2004), following the well-known diagnostic and statistical guidebook that has been used by psychologists and psychiatrists for many years to classify mental illnesses. In the classification of forces and abilities, six groups of human abilities are identified and characterized as follows: wisdom and knowledge, which includes features such as creativity, curiosity, tolerance to new experiences, love of learning, and comprehension. To be Courage, including self-esteem, perseverance, vitality and perfection, and altruism, which include such attributes as love, kindness, and social intelligence. The other three groups are justice, moderation and excellence. Justice encompasses phenomena such as respect for citizenship, leadership, and impartiality and advocacy of right, and moderation includes forgiveness, humility and self-discipline. Exaltation includes a wide range of human characteristics and activities, including humor, appreciation, hope and knowledge of the value of the beauty and the wonders of life (Manzenreiter & Holthus, 2017).

According to what is stated, necessity is essential research on the Effectiveness of Positive Psychotherapy on the Happiness and Responsibility of Female Headed Households Covered by Imam Khomeini's relief Committee in Mashhad, Iran.

METHODOLOGY

The present study is semi-experimental. The research design is a pre-test post-test design with a control group. In this project, an independent variable is presented to the experimental group and is not presented to the control group.

Table 1. Pre-test-post-test design with control group

RE	T1	X	T2
RC	T3	-	T4

Research population:

The statistical population of this study is all female headed households under the auspices of the Mashhad Relief Committee, which was admitted for the last 6 months of the year due to the death of the supervisor. The number of the population was 250.

Statistical sample and sampling method:

The sample size is 30 people who were selected using purposeful sampling method and with inclusion criteria. They were divided into two experimental groups (15 subjects) and control (n = 15).

Entry criterion for group:

The wife of the head of household is covered by the relief committee due to divorce or death of the guardian

- 1- Cycle to diploma
2. Failure to participate in similar treatment programs
- 3- Age 35 to 45 years
4. No criminal record
5. Lack of history of psychiatric illnesses and related hospitalization

Research tool:

Oxford Happiness Inventory (1989):

This questionnaire contains 29 questions and its validity and validity are equal to 0.93. This questionnaire was compiled by Oxford University and translated by Alipour and Noorbala (1999) in Persian. The subject reads each group of sentences and then selects the verse in front of the sentence that best describes how it is felt. Scores 0, 1, 2, and 3 are considered for alternatives A, B, C, and D, respectively, and the scores that the subject chooses as the answer is collected, so the final score will be between 0 and 87 (Bagheri, Akbarizadeh, & Hatami, 2011).

In order to verify the validity and reliability of the Oxford Happiness Questionnaire, Michael Argyle (2013) reported, a sample of 142 men and 227 Iranian women, 18 to 35 years old, completed the average of the 25 Oxford Happiness Index, Eysenck Personality Questionnaire, and Beck Depression Scheme. An examination of the inner consistency of the Oxford Happiness Index showed that all of the 29 statements in this list had a high correlation with the overall score.

Cronbach's alpha for the entire index was 0.91. Pearson correlation between the Oxford Happiness Index with the Beck Depression Index and EPQ's Extroversion and Neuroticism sub-scales were -0.48, -0.45 and -0.36 respectively, confirming the convergent and divergent convergence of Oxford Happiness Index. The results of factor analysis by extracting five factors such as life satisfaction, self-esteem, subject's well-being, satisfaction and positive mood were able to determine a total of 49.7 percent of the total variance with a Eigen value larger than 1 in total. The average score of Iranian subjects in the Oxford Happiness Index (42.07) was different from M Argyle et al. (1989) findings ($m = 35.6$). The findings of the study showed that the Oxford Happiness List has an appropriate validity and validity for measuring happiness in Iranian society. The validity of this scale has been confirmed in various studies such as Talepasand, Haddadi, and Taghinezhad (2016).

California Personality Inventory:

To measure the level of accountability, the California Personality Questionnaire (CPI-R) has been used to answer the questionnaire. The total questionnaire has 462 questions, 42 of which relate to sense of responsibility. The questionnaire was first published by Gough (1957) with 648 questions and 15 personality traits, and in 1957 its scales increased to 18, until it was re-examined in 2008 and the number of questions 462 questions and its subscales increased to 20 (Aghaei-Jeshvaghani, Jalalvand, & Zavari, 2006). Also, based on the results of this research, for assessing the coefficients of reliability of the subscale of accountability, a simultaneous criterion method has been used and its value was obtained 0.61, which is significant at 0.001, indicating the satisfactory and acceptable validity of the scale.

In addition, in this research, the validity of the subscale has been obtained using a credit criterion method of 0.61, which has an acceptable credit rating. The collected data were analyzed using SPSS 17 software. To analyze the results of this research, in addition to descriptive statistics, stepwise regression analysis was also used to test the hypotheses.

Procedure:

The method of data collection was used to review the history of the research, from available Persian and Latin books as well as articles and the Internet. Other information was collected using research tools.

The therapeutic program is as follows:

A Review of Fourteen Positive Psychotherapy Sessions

First session: Referrals, discussion of group rules, lack of or absence of positive resources (positive excitement, personal strengths, and meaning) can create and sustain depression and create an absurd life. Task: References on one page (about 300 words). In a positive manner, in

which he writes a tangible story that illustrates the best personality points and how best to use them. In the case of a relief worker, given a low level of education, he was asked to give a story of points positively present their life as a sound file and a prototype of the procedure was performed at the treatment session.

Second session: References determine their personal strengths from the positive introduction that they write, and discuss the circumstances in which these strengths have helped him in the past. Task: References have active strengths in action. This is at their disposal to identify its personal strengths.

Third session: Focus on certain circumstances in which personality strengths can foster growth, enjoyment, participation, and meaning. Work (from now on and continue throughout the course of the therapy): References for the preparation of a daily pamphlet and start the favors, and each night there are three pleasant occasions that happened that day (small or large).

Fourth Session: Teachers: References are about the feelings of anger and bitterness and how they can help reinforce his depression.

Fifth meeting: We will introduce forgiveness as a powerful tool that can turn feelings of anger and bitterness into neutral feelings, or even for some people, into a positive emotion. Task: The authorities write a forgiveness letter, in which a case of breaking or infringement and describes the emotions associated with it, and swears that he will forgive the offender (only if he knows), but he keeps the letter with him.

Sixth Session: Acknowledgments are described as continuous thanks and appreciation. Task: The authorities write a letter of appreciation to someone who has not properly thanked him for any reason, and he will be asked to be sure to hand it personally to the intended person. To give.

Seventh Session: Review the importance of developing positive emotions by writing in the daily office of grace and using personal strengths.

Eighth Session: We discuss that convinced people (who say they are good enough) have a better welfare of addicts (who say: I have to have the best spouse, dishwasher or traveler). In this section, being convinced is always preferred to be the best. Task: Authorities will review ways to increase the sense of satisfaction and satisfaction and plan for their personal satisfaction.

Ninth meeting: Using a descriptive style about optimism and hope, we have to discuss and argue: the optimistic style is to make negative and undesirable events temporary, modifiable, and limited. Task: References to the three doors that are closed, Thinking; then, he asks which of them has been opened?

Tenth Meeting: Institutions are invited to recognize the strengths of the personality of other important people. Task: Teachers will be trained to actively and constructively respond to positive events that are quoted by others. It determines the timing of the appointment. Celebrate your strengths and other important people.

Eleventh Session: Discussions on how to identify the strengths of family members and

where the strengths of the authorities originate from. Task: The authorities ask their family members to respond online to the questionnaire of values in practice, and then draw a graph. This reflects the strengths of all members of his family.

Twelfth Meeting: The art of enjoyment is introduced as a technique for increasing the intensity and duration of positive excitement.

Responsibilities: Design and implement activities for fun on the basis of the program. A list of special techniques of enjoyment is provided to the references.

Thirteenth session: References have the power to give the best gift-time-to-people. Task: References give others valuable time to others by doing something for others, giving their valuable personal strengths he will.

Fourteenth session: Talk about the pleasures of the coherence of the whole part of life, and the attractiveness and meaning and the implementation of the post-test.

Data analysis:

In the descriptive part of the data, the mean and standard deviation and in the inferential part, the covariance analysis were used.

RESULTS

In this chapter, descriptive and inferential findings from the analysis of the obtained information are presented. Multivariate analysis of variance analysis has been presented to examine and compare the effect of positive psychotherapy on the happiness and accountability of women under the head of household.

To analyze and compare the effect of positive psychotherapy on happiness and accountability, covariance analysis was used.

Hypothesis 1) Positive psychotherapy affects the happiness of female headed households.

Table 2. Kolmogorov-Smirnov Test (Normality of Data)

Index	Pretest	Post test
N	15	15
Kolmogorov-Smirnov Test	0.895	0.772
Sig.	0.395	0.591

Since the significance level of all tests is higher than 0.05, then the data has a normal distribution and therefore parametric statistics are used.

Table 3. Levin test (homogeneity of variances)

F	df1	df 2	Sig.
1.603	1	28	0.216

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The results of the table 2 show that since the significance level (0.21) is larger than 0.05, we conclude that the variances of the groups are equal.

Table 4. Average results and standard deviation of happiness scores in the experimental group and the control group in the pre-test and post-test

Group	Test	N	Mean	SD
Experimental	Pretest	15	42.93	5.73
	Post test	15	63.20	15.93
Control	Pretest	15	47.80	3.41
	Post test	15	55.20	10.69

The results of Table 3 show that the average of happiness scores in the pretest of the test group (42.93) was smaller than their post-test (63.20), but there is no significant difference between the mean pre-test (47.80) and post-test (55.20) in the control group which indicates the effect of positive psychotherapy on the happiness of female headed households covered by relief.

Table 5. The results of covariance analysis on the mean scores of post-test happiness test and control groups

Variable	SS	DF	MS	F	Sig.	Effect size	Power
Pretest	426.533	1	426.533	2.43	0.13	0.08	0.32
Group	844.403	1	844.403	4.82	0.037	0.152	0.56
Error	4726.267	27	172.47				
Total	5632.800	29					

The results of Table 4 show that there is no significant difference in the pre-test of happiness among the subjects in the two experimental and control groups. ($F = 27,1 = 2.43$, $p > 0.05$). However, the difference between the level of happiness of the subjects in the experimental and control groups in the post-test: $F_{27,1} = 4.2$, $p < 0.05$) is significant with 95% confidence, we conclude that positive psychotherapy affects the happiness of female headed women.

Hypothesis 2) Positive treatment therapy is effective on women's family responsibilities.

Table 6. Kolmogorov-Smirnov Test (Normality of Data)

Index	Pretest	Post test
N	15	15
Kolmogorov-Smirnov Test	0.63	0.80
Sig.	0.80	0.54

Since the significance level of all tests is higher than 0.05, then the data has a normal distribution and therefore parametric statistics are used.

Table 7. Levin test (homogeneity of variances)

F	df 1	df 2	Sig.
0.54	1	28	0.46

The results of the table 6 show that since the significance level (0.46) is larger than 0.05, we conclude that the variances of the groups are equal.

Table 8. Average results and standard deviation of responsibility scores in the experimental group and the control group in the pre-test and post-test

Group	Test	N	Mean	SD
Experimental	Pretest	15	189.33	28.77
	Post test	15	213.40	28.15
Control	Pretest	15	188.67	18.69
	Post test	15	183.73	22.75

The results of Table 3 show that the average of responsibility scores in the pretest of the test group (189.33) was smaller than their post-test (213.40), but there is no significant difference between the mean pre-test (188.67) and post-test (183.73) in the control group which indicates the effect of positive psychotherapy on the responsibility of female headed households covered by relief.

Table 9. The results of covariance analysis on the mean scores of post-test responsibility test and control groups

Variable	SS	df	MS	F	Sig.	Effect size	Power
Pretest	374.796	1	374.796	0.56	0.45	0.02	0.11
Group	6644.30	1	6644.30	9.98	0.004	0.27	0.86
Error	17963.73	27	665.32				
Total	24939.36	29					

The results of Table 8 show that there is no significant difference in the pre-test of happiness among the subjects in the two experimental and control groups. ($F = 27,1 = 0.56, p > 0.05$). However, the difference between the level of happiness of the subjects in the experimental and control groups in the post-test: $F_{27,1} = 9.98, p < 0.05$) is significant with 95% confidence, we conclude that positive psychotherapy affects the responsibility of female headed households covered by the Relief Committee of Mashhad.

CONCLUSION

The purpose of this study was to evaluate the positive psychotherapy of the subject of happiness and psychological well-being. The research was a type of pre-test and post-test research with the control group. The statistical population in this study was all women headed households covered by the Imam Khomeini Relief Committee due to divorce or death of the guardian In the summer of 2016 and the spring of 2017, 30 subjects, the experimental group (15) and the control group (15) were selected through targeted sampling and the experimental group was exposed to positive psychology for 14 sessions of 60 minutes. The research tool was a Happiness Questionnaire Oxford (1989) and the California Accountability Inventory were used. Results showed that:

Hypothesis 1: Positive psychotherapy affects the households covered by the relief committee.

As the results of Table 4 showed, positive psychotherapy led to an increase in the happiness of female head of households, which is consistent with the following research:

Taylor and Brown (1994) also concluded in their study that the tendency to address the positive aspects of their being is more consistent with mental health and health. Sin and Lyubomirsky (2009) performed a meta-analysis on 51 positive interventions involving 4266 subjects. The results showed that positive psychological interventions significantly improved mental well-being, increased happiness, and decreased symptoms of depression. The components of a positive approach have been effective in reducing anxiety and depression, and increasing satisfaction with life, mental health, hope, and happiness in individuals (Dockray & Steptoe, 2010).

Hypothesis 2: Positive psychotherapy affects the responsibility of female headed households

As the results of Table 8 show, positive psychotherapy increases the responsibility of female supervisors, which is consistent with the following research:

Bolier et al. (2013), in a meta-analysis that examined the results of 40 studies on the effectiveness of positive psychology, showed that positive interventions increased psychological well-being and decreased symptoms of depression. Diener, Oishi, and Lucas (2003), showed that people with a high sense of well-being experience positive emotions and positively evaluate events and events; while people with a low level of well-being assessed their incidents and events unfavorably, Most often experience negative feelings such as anxiety, depression and anger. Veenhoven (2008), showed in his research that psychological factors affect physical functioning, and those with a higher psychological well-being have a higher physical health.

In positivist psychology, knowing the inner abilities and potentials of a person and the application of positive features of individuals and families can increase the effectiveness of psychological techniques and therapies, and in addition to the treatment of psychological problems and behavioral abnormalities it will increase the happiness and well-being of individuals and societies.

Considering the results of previous researches and the results obtained from this study, it can be said that positive thinking and optimistic thinking can be considered as an effective approach to psychological characteristics of individuals by mental health professionals. In human life, almost anything inherently labeled as "good" or "bad" can have some negative aspects. Based on a positive approach, if one can concentrate on the ability, virtues, and positive points of one thing, it can make life easier and more worry-free. In a world where life is rapidly expanding, enjoying life and boosting your abilities is better than envying problems and difficulties.

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