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The Effectiveness of Group Logo Therapy on the Increase of Social Vitality and Life Satisfaction

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A B S T R A C T

The effectiveness of group logo therapy on the increase of social vitality and life satisfaction of the wives of the martyrs in Shiraz was studied in this research. The statistical population of the study consisted of all martyrs' widows in the city of Shiraz. The sample consisted of 40 patients who were selected by simple random sampling among the participants whose scores were one standard deviation below the mean and were assigned to two test and control groups. Tools used are the Psychological Well-being Questionnaire of Ryff and Oxford Happiness Scale. The design of the research is experimental field with pretest and posttest and control group, and the trial intervention (group logo therapy) was conducted on the test group for 10 sessions of 90 minutes once a week after the random selection of the test and control groups. After completing the training program, both groups were assessed by the posttest and the covariance (ANCOVA) was used in order to analyze the data. The results showed that the group logo therapy has caused the increase of psychological well-being and happiness of the test group compared to the control group.

Keywords: Group Logo Therapy, Social Vitality, Life Satisfaction.

INTRODUCTION

War and military violence have caused communicative malfunctions and disorders in the family's mental health and dynamics¹. After World Wars I and II, Vietnam War, Korea and the Arab-Israeli wars, vast and extensive researches have been done in different countries on the soldiers and army officers and their families, all of which indicate the effects of war in the behavioral and psychological reactions of people. Studies have also shown that the psychological effects of war are sometimes viable even 40 years after the war².

On the other hand, the loss or damage to the father in the family will face the mother with many problems, and endangers her mental health. Studies have shown that mental health, life satisfaction and physical health of people are affected by stress. Mental pressures are present almost in the lives of all people to

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different extents³. It is obvious that this is doubled for women who have lost their husband or their husband suffers from serious injury, whether physical or mental. In this regard, it should be noted that war has left destructive effects on families especially the spouses of martyrs and has made their compatibility with their living environment difficult⁴.

Evidence shows that high levels of life satisfaction are in line with positive outcomes in the areas of intrapersonal, interpersonal, occupational and educational⁵. Increased stresses and behavioral problems, frustration, anxiety and depression are of the negative effects of dissatisfaction with life and cause the consequences such as reduced spirit of social association, cooperation, trust and social vitality⁶.

Many psychologists believe that social vitality is a positive emotion that contains three basic elements of joy, happiness and life satisfaction. To put it more precisely, a joyful and happy person is the one who first enjoys almost all his activities, and secondly, seems to be happy in most cases. Thirdly, he is happy with the process of his life. In addition, a fourth element is been added to the emotion and exhilaration recently. And that element is the lack of anxiety and depression. It can be concluded from this definition that a lively man is usually smiling, his inside world is calm and rarely caught in the maelstrom of negative emotion (chagrin, fear, despair and crisis)⁷.

In fact, logo therapy is one of the most important approaches of existential or humanistic psychotherapy which insists on the spiritual aspect of human and the existence meaning of human⁸. To achieve public health, Franckel emphasizes majorly on the will focused to meaning. He believed that finding the meaning is a basic human motivation and a stretching consistency. According to Franckel, purpose and hope are of the strengthening factors of public health in the life. So if life is purposeful and meaningful, it is natural that any event makes sense even if demanding conditions such as intense pressures and chronic diseases. In general, the logo therapy is a philosophical approach about the people and their existence and pays attention to the important issues and themes of life such as: life and death, freedom and responsibility for self and others, seeking meaning and coping with meaninglessness, and so on. This approach makes people see beyond the problems and everyday events. The main core of this approach is the belief that the ability of people is adequate and appropriate for being healthy and can move them toward self-awareness and self-reflection⁸.

Therefore, logo therapy is a therapeutic process that seeks the ability to achieve the real self, expand the view of the self and the world around and clarify things that gives meaning to the present life and future of the individual. Group therapy provides an opportunity for the person to review his attitudes and behaviors while interacting with other people who are having problems and disorders like his own⁹. Events such as leaving the house by children, the death of a spouse, disability, retirement, loss of social relationships and adapting to the new

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life that are not easy issues can cause feelings of loneliness and reduce the satisfaction with life¹⁰.

The logo therapy as a philosophical-psychological system that helps patients to be in search of the meaning rather than focusing on the grief and despair over those who are lost¹¹. Life is meaningful under any circumstance from the viewpoint of logo therapy. People will be motivated with a will focused on the meaning and human has free will. Accordingly, the researcher seeks to answer this question that whether the group logo therapy is effective on the increase of satisfaction with life and social vitality of martyrs' wives?

METHODOLOGY

The design of the research is experimental field study with pretest and posttest and two groups of test and control were used in this study.

The statistical population of this research was the wives of the martyrs of Shiraz who answered the call of researcher for an increase of life satisfaction and happiness achieved through logo therapy positively. The number of people enrolled was 95 patients which a pre-test was administered on them. Then, those whose scores in the pre-test were one standard deviation below the mean were selected and at the end, 40 people were selected by simple random sampling and were divided randomly in two groups of test and control (each of them with 20 people). Research tools was as follows.

Happiness questionnaire: this questionnaire has been prepared by Zare and Aminpoor¹² and includes 37 items. It includes five dimensions of: helping others, individual performance, social interaction, appearance and satisfaction. Minimum score on the test is 37 and maximum score is 74. The high score reflects the high vitality characteristic of the respondent. The reliability of this test was obtained 0.77 using Cronbach alpha by its creators. The questionnaire consists of five subscales of satisfaction, appearance, social interaction, individual performance and help to others. In the present study, the total reliability of this test was obtained 0.83 using Cronbach alpha.

Satisfaction with Life Scale: Diener, Emmons, Larsen and Griffin¹³ have developed the five-point version of the Satisfaction with Life Scale (SWLS). In this scale, participants in each matter responded on a 5-degree Likert scale (from 1 strongly disagree to 5 strongly agree). The results of the study of Diener et al.¹³ supported the single-factor structure of Satisfaction with Life Scale. In this study, Cronbach alpha and split-half methods were used to evaluate the reliability of the Satisfaction with Life Scale. The reliability of the scale was obtained 0.84 using Cronbach alpha 0.81 using split-half method respectively.

RESULTS

Descriptive data (mean and standard deviation) of the research variables are presented in table 1.

Table1. Mean and standard deviation of the variables of the research

Variable	Index	Control group		Test group	
		pretest	posttest	pretest	posttest
Satisfaction with life	Mean	20.8	21.46	18	27.40
	Standard deviation	4.13	3.99	5.49	7.86
Social vitality	Mean	62.73	64.53	60.06	70.80
	Standard deviation	4.46	3.85	7.43	6.81
Satisfaction	Mean	12.53	13.86	11.46	17.15
	Standard deviation	2.74	2.03	2.82	2.32
Appearance	Mean	15.33	15.60	15.13	17.46
	Standard deviation	2.05	1.84	2.55	1.50
Social interaction	Mean	8.60	8.66	8.53	9.20
	Standard deviation	0.985	0.617	1.18	0.941
Individual performance	Mean	12.66	12.73	11.20	13.66
	Standard deviation	1.29	1.43	1.97	2.09
Helping others	Mean	13.60	13.66	13.73	13.46
	Standard deviation	1.29	1.04	0.593	1.80

As it can be seen, in the control group in the pre-test and post-test the highest average dedicates to the variable of social vitality. In addition, the appearance among the dimensions of social vitality has the highest mean in the pre-test and post-test.

To realize the point of difference, the univariate analysis of covariance (ANCOVA) was used. Table 2 shows the analysis of covariance to examine the effect of group variable on social vitality and life satisfaction.

Table2. The results of covariance analysis for the effect of group variable on social vitality and life satisfaction

Index	Variable	Sum of squares	df	Mean square	F	Sig.	Effect Size
Pretest	Satisfaction with life	822.90	1	822.90	83.39	0.067	0.427
Group	Satisfaction with life	180.56	1	180.56	18.29	0.000	
Error	Satisfaction with life	266.425	28	9.86			
Total	Satisfaction with life	162.50	30				

According to the test results and the level of significance, it can be seen that there is a significant difference in the posttest between the two groups of control and test in the variable of satisfaction with life. Therefore, it can be concluded that this difference is significant to the side of the test group due to the higher average of the scores of the test group in the posttest compared to the control group.

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Table3. Results of MANCOVA covariance analysis to examine the dimensions of social vitality

index	Variable	Sum of squares	df	Mean square	F	Sig.	Effect size
Pretest	Satisfaction with life	8.28	1	8.28	1.91	0.180	
	Appearance	4.91	1	4.91	73.34	0.056	
	Social interaction	0.187	1	0.187	0.539	0.470	
	Individual performance	5.20	1	5.20	3.24	0.085	
	Helping others	7.22	1	7.22	4.34	0.049	
Group	Satisfaction with life	1.26	1	1.26	0.291	0.045	0.342
	Appearance	4.89	1	4.89	7.99	0.010	0.842
	Social interaction	0.527	1	0.527	1.52	0.230	0.112
	Individual performance	20.14	1	20.14	12.55	0.002	0.547
	Helping others	0.551	1	0.551	0.331	0.571	0.297
Error	Satisfaction with life	99.67	23	99.67			
	Appearance	14.08	23	14.08			
	Social interaction	7.97	23	7.97			
	Individual performance	36.90	23	36.90			
	Helping others	38.27	23	38.27			
Total	Satisfaction with life	5958	30				
	Appearance	7797	30				
	Social interaction	2414	30				
	Individual performance	5324	30				
	Helping others	5583	30				

According to the test results and the level of significance, it can be seen that there is a significant difference in the posttest between the two groups of control and test in the variables of satisfaction with life, appearance and individual performance. Therefore, it can be concluded that this difference is significant to the side of the test group due to the higher average of the scores of the test group in all the three variables in the posttest compared to the control group.

CONCLUSION

This study aimed to investigate the effectiveness of group logo therapy on the increase of social vitality and life satisfaction among the wives of the martyrs in the city of Shiraz. In the present study, the results of covariance analysis showed that the effectiveness of group logo therapy was significant on the life satisfaction of martyr wives in Shiraz.

In line with the proposal of Diener and Sue¹⁴, the effect of group logo therapy on increasing life satisfaction among women can be explained by focusing on behaviors related to life satisfaction such as cognitive processing, motivation, self-worth and choice of activities. Content people are more self-regulating, strategic and interested compared to less satisfied ones. Rashid et al¹⁵ showed that the attitudes and values of individuals towards other aspects of life such as, religion, leisure time and the overall quality of life can affect the assessment of life satisfaction. Also, Diener and Sue¹⁴ stated that the current mood of the person can

influence the assessment of life satisfaction. However, there is a temporary basic stability in judgments of life satisfaction in the lives of people. In fact, there is evidence that shows when a person judges life satisfaction, is able to recognize what type of information to use. Diener, Oishi and Lucas¹⁶ showed that the areas that are considered important in the judgments of life satisfaction have a strong relationship with life satisfaction. In many cases, people use different and fixed information that leads to the significant judgment of satisfaction. By the education of logo therapy, martyrs' wives quite realized that the suffering of losing husband, sorrow, shortages, diseases and health problems are inevitable and there is only one chance remained to change their way of tolerance and attitude to the problems and Passions. Actually, they should not focus on the losses by giving meaning to their sufferings and pains, and due to the transient of life, they should allocate their time, life and resources to improve the quality of their life and not its quantity. They should have an optimistic look to the future, determine goals and values and plan new programs in their lives in order to be courageous enough to face life honestly and really. It can be stated that the newer and deeper knowledge and understanding is been created for them which urge them to be more hopeful and motivated¹⁷.

The importance of addressing the life satisfaction has been shown in several studies. So that people who are more satisfied have more positive emotions and less stress, and have more positive assessments of the events around them and experience more life satisfaction.

In this study, in line with the proposal of Seligman¹⁸ in his theory of optimism, the explanation of the effectiveness of group logo therapy on the social vitality will be considered with emphasis on the central role of positive emotions' experience. Joy is a process that leaves a lot of physical and mental effects and is considered as a characteristic with a lot of energy building the capabilities of humans. Therefore, proficiency in the use of appropriate and joyful facilities and to avoid obstacles ahead is a serious global recommendation. Since joy creates a talent that brings other positive results as well as being a result itself. In a survey¹⁹ found that emotion expression affect the experience of positive emotions. The quality of emotional family relationships in childhood and subsequent periods is effective in the expression of competencies related to positive emotions and happiness. Based on the theory of hedonism, joy and happiness are just feelings. Vitality increases well-being and decreases negative emotions¹⁸. Based on the theory of achieving values, vitality is not a personal sense, but is an independent reality of personal feelings and is to achieve the things that are truly valuable in the view of public. For example, if street children feel joy, happiness and satisfaction, they may seem

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happy based on the theory of hedonism or the theory of wishes. However, according to this theory, people are not considered as happy²⁰.

So, in explaining the findings of the research, it can be said that having meaning in life has an undeniable and important role in promoting social vitality of spouses and improving lives and effective coping with life events. On the other hand, martyrs' spouses suffer a mental breakdown since they review their past life and see themselves unable to compensate it for the future. So, group logo therapy provides a chance to martyr wives to check their attitudes and behaviors while interacting with other people who have similar problems and disorders¹¹. Therefore, the meaningfulness permits the spouses to interpret events and provide values for them about the way of life and the demands in life²¹.

Although the results of this study have provided valuable information about the effectiveness of group logo therapy on social vitality and life satisfaction among wives of martyrs, the present study is limited, like many other studies, due to the use of self-report instruments instead of studying actual behavior and the lack of use of behavioral observation and other clinical indicators. In conclusion, results of this study emphasize the effectiveness of group logo therapy has an important role in explaining the meaning of life satisfaction and social vitality to the wives of martyrs. Therefore, the results of this study emphasize the unavoidable importance of training program plans based on logo therapy on the life satisfaction and the increase of social vitality more than ever.

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