



Effectiveness of Group Counseling based on Reality Therapy on Improving the Quality of Life in Women

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ABSTRACT: The purpose of this study was to determine the effectiveness of group counseling based on reality therapy on improving the quality of women's life. This study was conducted based on quasi-experimental design, pre-test and post-test control group. The population of the study is the women clients of Mehre Jonoob Counseling and Psychological Services Center who were dissatisfied with their lives. 30 women in to two groups of experimental and control by available samples method formed the sample. Experimental group was given group counseling based on reality therapy and control group was given individual counseling. Data collection tool was The WHO Quality of Life questionnaire. The results of this study indicated that, group counseling based on reality therapy ($p = 0.0001$) impacts on the quality improvement of couples life and group counseling based on reality therapy is an appropriate model to improve the quality of couples life.

Keywords: Group counseling - Reality Therapy - Quality of Life

INTRODUCTION

The new branch of psychology science and its new viewpoint entitled "A Holistic Approach to Positive Psychology" seeks to investigate the psychological capacities and powers rather than psychopathology. The fundamental belief in the new approach is that the measureable positive features can be as a shield to protect people against the risk of adverse events¹. This approach aims to identify and define the concepts that ensure the health and happiness of individuals and can help them enjoy a healthy lifestyle. Quality of life is one of these concepts. Quality of life ensures the health and happiness of individuals and can help them enjoy a healthy lifestyle. Quality of life is a concept that many efforts have been made to define and measure it objectively in the past three decades².

Marital life quality is one of the most widespread implications for determining and showing happiness and stability of the relationship. It is a situation in which the husband and wife often have feelings of happiness and satisfaction from each other³.

According to Glasser, couples begin their life together with love, but they see that the initial intimacy is diminished gradually. As Glasser stated, the cause of failure for most couples in addition to the use of external control character, is the intensity difference between the basic needs of the spouses. Glasser believes that all human beings are born with five genetic needs and all human behaviors are to meet these requirements which include: the need for love and belonging, freedom, power, recreation and need for survival. If married people understand that they are affected by their five basic needs and operate choice theory and attempt to satisfy from the beginning of their marital life, there will be a significant improvement in their marital relations. The principal key to provide a strong and permanent affective relation between spouses is the recognition of these requirements⁴.

Hamamci examined the impact of group therapy on marital satisfaction. The results showed the significant affect of this training, in the experimental group relative to the control group⁵.

Fincham et al. found that when couples assess their relationship (in terms of cognitive) positivity, this way of thinking and method can help solve problems associated with everyday interaction. But, when couples consider their partner as responsible for the identified negative events, as time passes, their overall assessment of the relationship becomes weak⁶.

MATERIALS AND METHODS

The present study was conducted based on quasi-experimental design, pre-test and post-test control group. As this study was conducted through quasi-experimental method, determination of the sample size according to the majority of research books is at least 15 people per group. In order to determine the research sample size 30 couples were selected. Among these, 15 couples were considered as control group and 15 couples were considered as experimental group. These couples, among the clients of professional and psychological services counseling center of Hormozgan province academic jihad, were replaced randomly into two groups of experimental and control by available samples method.

Consultation process based on reality therapy was according to the following table.

Table 1. Group counseling program based on Choice Theory

Session No.	Topic
First	Introducing choice theory and the concepts of internal and external control
Second	Introducing ideal world and its components
Third	Introducing basic needs and the needs intensity acquaintance, and drawing needs profile
Forth	Training how to discuss the needs with variant intensity

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Fifth	Getting accustomed to the concept of general behavior and develop a sense of responsibility to satisfy needs
Sixth	Introducing external control destructive habits and replacing essential skills

To assemble the sessions, topic of each session is explained in about 30 minutes first, and then in the group counseling frame the topic is discussed, experiences are articulated, and the solution as well as the evaluation of solutions are dealt with.

After 6 weeks of group counseling marital conflict questionnaire was carried out between control and experimental groups. The results are discussed below.

In this study the World Health Organization Quality of Life Questionnaire was used to collect the research required data. Reliability and validity of Persian translation of the questionnaire have been evaluated by Nejat in the general population and patients with multiple sclerosis in Iran. The questionnaire consisted of 26 items and 4 dimensions of physical, psychological, social and physical environment that can be used as a comprehensive measure and in total it is consisted of overall QOL and levels of general health.

RESULTS

To test the effectiveness of group counseling based on reality therapy on improving the quality of women's lives, the life quality status of the study sample before the consultation is indicated, then through covariance analysis the effectiveness of group counseling based on reality therapy has been test.

Table 2. Results of the t test of the quality of life of the study sample before the consultation group

QOL and its Dimensions	Group	Mean	Standard Deviation	t	p
QOL	Experimental	103	6.979	-1.151	.2
	Control	105.73	5.993		
Physical Health	Experimental	26.53	3.09	-1.826	0.07
	Control	28.47	2.695		
Psychological Health	Experimental	17.4	1.404	1.677	0.1
	Control	16.33	2.023		
Social Interactions	Experimental	9.06	2.604	0.483	0.6
	Control	8.66	1.877		
Life Situation and Environment	Experimental	23.13	3.907	0.105	0.9
	Control	23	3		

The results showed that the quality of life average and its dimensions in the control and experimental groups according to the mean values and $t < 1.96$ and $p > 0.05$, there is no significant difference between the quality of life of the control group and the experimental group couple's before group counseling based on reality therapy.

Table 3. ANCOVA of emotional control training on enhancing the quality of life of couples in the control group and the experimental group

QOL and its Dimensions	Group	Mean	SD	SS	DF	F	p	Eta
QOL	Control	106.333	5.851	741	1	33.127	0.001	0.675
	Experimental	117.800	5.280					
Physical Health	Control	27.53	4.172	47.632	1	40.842	0.003	0.728
	Experimental	31.93	2.250					
Psychological Health	Control	19.4	2.354	245.170	1	56.422	0.0001	0.677
	Experimental	24.8	2.177					
Social Interactions	Control	9.53	2.065	84.449	1	34.153	0.0001	0.606
	Experimental	12.73	1.533					
Life Situation and Environment	Control	24.33	3.221	445.425	1	46.493	0.001	0.647
	Experimental	32	3.229					

ANCOVA results on the effectiveness of group counseling based on reality therapy on improving quality of life between experimental group and control group according to the above table show that the mean of control group quality of life is equal to 106.333 and the mean of experimental group quality of life is equal to 117.8. With regard to the F value and significance level ($p = 0.001$) this situation indicates that group counseling based on reality therapy can be effective in improving quality of life in the 99% confidence level. Statistical results also show that group counseling based on reality therapy will explain 67.5% of women quality of life improvement.

Efficacy results of group counseling based on reality therapy on improving the quality of life dimensions of the study sample also indicated that according to the state of means in each of the dimensions, including health and physical health dimension (control group 27.53 and experimental group 31.93), psychological health (control group 19.4 and experimental group 24.8), social relationships dimension (control group 9.53 and experimental group mean 12.73) and the environment and living conditions dimension (control group 24.33 and experimental group 32), and the F value that is greater than 1.96 and p-value that is less than 0.05 in each of dimensions, group counseling based on reality therapy has a significant effect on improving the quality of life of women.

DISCUSSION

The results of this study showed that group counseling based on reality therapy has a significant effect on improving the quality of life of women. In other words, group counseling based on reality therapy is effective in improving the women’s quality of life. Group counseling based on reality therapy is derived from Choice Theory of William Glasser⁷. This theory focuses on acting based on the facts,

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so it can be said that realism is effective on improving women's quality of life. The results obtained in this study are consistent with the research findings of^{8, 9, 10, 11}. As women typically act based on feelings to make decisions, perception, and action and ..., group counseling based on reality therapy has been able to improve their quality of life.

As mentioned, group counseling based on reality therapy can be effective on reasonable action of individuals and individuals would act wisely in accordance with the reality.⁴ argues that whenever the individual selects more efficient and useful behaviors to satisfy his/her needs, the symptoms are resolved quickly. Since the focus on the responsibilities is the main core of psychotherapy in reality therapy, reality therapy can be effective in improving the quality of life of individuals and thus preventing inappropriate behaviors and actions. In fact the individual make correct decision based on facts.

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