



Original Article

The effect of group training based on Lazarus multimodal therapy the happiness of women in Islamshahr, Iran

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Abstract

Introduction: The emotions are necessary for shaping and keeping interpersonal relations and interaction to others and family relationships. Having management skills of emotions and such awareness of abilities and self can help to optimize emotions and cognitive schema. Present study aimed to determine the effectiveness of the group training with multiple Lazarus approach on happiness among women.

Materials and Methods: The statistical community of this clinical trial was all women referred to social working clinic of Aftab Shargh in Islamshahr (2013). 24 subjects who received low scores based on Oxford Happiness Questionnaire were selected through available sampling and randomly assigned in groups of experiment and control. Interventions based on Lazarus approach was done on the experimental group in 10 one hour sessions. All participants fulfilled the questionnaire. Data were collected by Oxford Happiness Questionnaire and analyzed by SPSS-19 software through analysis of covariance.

Results: There is no significant difference between the mean scores of happiness among experimental and control groups in pre-test phase ($P>0.05$) but this difference is significant in post-interventional phase ($P=0.001$).

Conclusion: Research results provide some evidence that the group training with multiple Lazarus approach is an appropriate skill for enhancing happiness in women. Therefore, in order to increase women's happiness, it may be useful that the cognitive, effective and behavioral dimensions.

Keywords: Group training, Happiness, Women

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Introduction

Happiness is an emotional state that contains three basic components: positive emotion, life satisfaction and absence of negative emotions. Psychologists believe that creative and positive relations with others, life goals, personality growth, like people and life are components of happiness (1).

The happiness theories show that happy people have helpful and adaptive taught and behaviors and clear viewpoint to problems. They try to solve problems directly and want help in correct time on the other hand unhappy people act pessimistically and avoid to solving problems. Overall scientists believe that happiness aims, principle needs, meaningfulness of

life and love is the way to achieve happiness (2). Hobbes, Desade and Bentham theories believe that aim of life is enjoy experience and maximize the level of enjoy. Based on these viewpoints, happiness is in all pleasurable moments of life. Hobbes believes that the happiness is successful following of one's goals. Also Desade believes that following of enjoy sense is the humans final goal (1).

Happiness has three components: cognitive component that means thought and process lead to optimism, emotional and affective component means positive and happy mood and social component that means progression of social relationships with others lead to happiness enhancement (3).

Also Argyle, Martin and Lu believe that happiness has two affective and cognitive components and based on situation one or two components play roles. Physiologic/cognitive mechanisms of happiness as mediator act in field affected by genetics in cognitive-physiological phases (4). Based on cognitive

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mechanisms, happiness induced by enjoy center in brain and left frontal lobe, endorphins and other natural opioids play roles (5).

Barkhordi et al. find that life skills training enhance people's happiness (6). Sullivan indicated that persons with high self image have higher happiness level than persons with low self-image. It means that persons with realistic attitudes experience more happiness but overly optimistic or overly pessimistic people experience less happiness (7).

It mentioned that people's happiness is affected by cognitive and emotional dimensions that experienced in different situations during life. Happiness has a major role in people's life and function; in addition, it is one of the components in formation and progression of social relationships. Emotions enhance interpersonal relationship and facilitate mutual understanding (8).

Emotions present continually during direct or indirect relations with others. These emotional presentations act as stimulants to form relations and elicit reactions but some of these emotions such as fear, anxiety, blue or shame are normal and necessary although if not dealt with properly may lead to behaviors that cause problems and complicate the existing issues (9). Ojaghi's findings of research on girl college students indicate that students with different emotions experienced different levels of happiness (10).

Most of interpersonal problems such as annoyance, worry, quarrels, and suicide occur because of the negative emotions are not controlled. On the other hand, emotions form the foundation of acts so people need skill to manage the unpleasant and negative self emotions (11).

Humans need the emotions and they involved with different emotions during life. Some of these emotions such as happiness and love are pleasant and energizing but some of the emotions such as fear, anger and sadness are unpleasant and humans avoid of them. These emotions are harmful in a longtime but it is clear that all people have pleasant and unpleasant emotions and both of them are necessary (12).

So, pleasant emotions are necessary for formation and continuation of interpersonal relationships with others and family members. These healthy social relationships lead to happiness and satisfaction in people.

Marriage is known as a mental health factor in all communities, but if marital life leads to unfavorable situations for couples' mental needs, it has negative and irremediable effect on mental health. When a marriage hits a dead-end, many of couples lose their happiness and health and they feel loneliness but

researches indicate that re-marriage can reduce these effects. In this base, mental, physical and emotional health of community depends on healthy marital relations and continuation of marriage (13).

The happiness theories emphasize that happiness is occur when tension (relieve of pain and suffer and cause of satisfaction of biological and psychological of needs) is reduced. Based on the Freud's theory, more enjoy and welfare is caused due to more adjustment and mental in home (14). Studies showed that marital adjustment help to global adjustment, it means that couples with high marital adjustment have high self-esteem and they are more adjustable in social relations (15).

For achievement to happiness, person must aware that negative emotions and behaviors are harmful and positive emotions and behaviors are beneficial, also he/she should know that these negative emotions are not harmful for for him/her but they are also harmful for community and world so this will lead people to try to overcome them. The beneficial aspects of positive emotions and behaviors are in second phase.

Most of psychotherapies techniques are three-dimensional and they assess the reciprocal effect of cognition, affect and behavior. These techniques supply comprehensive model for differentiate the senses from emotions and imaginations from cognitions with emphasize on impersonal interpersonal behaviors in biological background. A person achieves emotional and cognitional growth when he/she has this differential ability (17).

One of psychotherapy theories is Lazarus's Multimodal Therapy. The basic hypothesis of this eclectic viewpoint is that patients have special problem so it must be relive by use of several especial techniques. This treatment is a comprehensive and systematic approach about psychotherapy and it aims to cause permanent changes so it known as a humanistic and useful technique. The cognitive-behavioral therapies are used basically and other techniques are used proportionally in this treatment. Lazarus emphasizes that psychotherapy integration not depends on theory integration but clinical specialists can act eclectically through selection among different methods despite they not support the causative theories of these methods. Lazarus multimodal approach has different dimensions and it assesses the person's different aspects (18). According to the role of happiness level in different dimensions of marital relations among women, this study conducted to indicate the effect of group training based on Lazarus's Multimodal Therapy on happiness of them.

Materials and Methods

The statistical community of this clinical trial concluded all of married women (30-40 year) who referred to social working Aftab-e-Shargh Clinic in Islamshahr (July-August 2013). Their education levels were high school diploma and their marriage duration was 5 years at least. Twenty four women who received minimum scores (28-39.5) of Oxford Happiness Questionnaire selected via available sampling method then they divided in two equal control and experimental groups randomly (n=12).

At first, the researchers explained that questionnaires are filled out without name and participants' information will be kept confidential. The all participants' level of happiness evaluated in pre-test then interventions based on Lazarus multimodal approach conducted in 10 group sessions (about 1-1.5 hours) for experimental group. After intervention, the questionnaire fulfilled for all participants and the collected data analyzed by SPSS version 18 and covariance analysis method. The abstract of the Lazarus approach sessions are followed:

1st session: Welcome and getting to know other members and introduction of Lazarus life as work, 2nd session: Short introduction about Lazarus's Multimodal Therapy and 7 dimensions of personality and self profile by participants assisted by the counselor, 3rd session: Assessment of one of personality dimensions, emotional dimension with relaxation, positive imaging and exercise in treatment session, 4th session: imagination dimension that it means training of self positive imaging and focus on positive issues, 5th session: Training of cognitive dimension, 6th session: Training of cognitive-behavioral dimension, getting acquainted with types of cognitive errors and replacement of positive thoughts as work, 7th session: Training of affective dimension (emotional ventilation), 8th session: Training of interpersonal skills, 9th session: Training of biologic aspect of approach and programming for exercise, correct nutrition and sleep, 10th session: Assessment of prior session work and feedback, evaluation of sessions and fulfillment of happiness questionnaire.

This study is derived form from a master's dissertation and is approved by research committee of Islamic Azad University, Branch of Khomein.

Research instrument

a) *Oxford Happiness Questionnaire*: This 29 items questionnaire designed by Argyle and Hills (2002). Based on their belief, this questionnaire is the opposite of Beck Depression Inventory.

According to the high validity of Beck Depression Inventory for evaluation of depression, Argyle inverted its items. So, 21 items were designed and 11 items added and finally 32 items questionnaire was designed.

In later phase, this 32-items form fulfilled by 8 college students and 3 items excluded so final version designed with 29 items. The scoring of this questionnaire conduct in a range of 0-3 scores so every participant receives score in a range of 0-87. According to the its reliability and 3 hypothetical components of happiness, the correlation of Oxford Happiness Questionnaire with Bradburn Affect Scale reported 0.32 and its correlation with Argyle Satisfaction Scale and Beck Depression Inventory reported 0.57 and -0.052 respectively. The Cronbach's alpha was evaluated 0.97.

Also based on the results of inter-culture study in England, United States of America, Australia and Canada the Cronbach's alpha reported 0.89, 0.90, 0.89 and 0.89 respectively. After 3 weeks re-test reliability 0.83 indicated that its reliability was higher than General Health Questionnaire and Beck Depression Inventory (referred to 19). Alipour and Noorbala assessed its validity and reliability reported in Iran. They assessed 101 students of Allameh Tabatabaei and Shahed universities (62 women and 39 men) with mean age 22.5 years (19-39 years). The Cronbach's alpha, reliability and 3 weeks retest were reported 0.93, 0.92 and 0.79 (19).

b) *Demographic questionnaire*: This questionnaire included women's age, education level and socio-economic level.

Results

The married women's demographic characteristics are presented in Table 1.

Table 1. The demographic characteristics among women

Group	Mean of age (year)	Level of education			Socio-economic status		
		Under diploma	B.Sc.	M.Sc. and higher	Low	Medium	High
Experimental	37.6	2	9	1	3	7	2
Control	37.3	1	10	1	2	9	1

According to the Table 1 there are not significant differences between two groups in demographic characteristics. Data analyzed by descriptive indexes (mean and standard deviation) and covariance analysis method and they were presented in Table 2.

mean scores of happiness among experimental and control groups in pre-test phase ($P>0.05$) but this difference is significant in post-interventional phase ($P=0.001$). The abstract results of covariance analysis in comparison of happiness scores in post-

test phase among experimental and control groups are presented in Table 3.

According to the Table 3, there is a significant difference between experimental and control groups in mean scores of happiness $F(1,21) = 70.42$.

So, it seems that group interventions based on Lazarus's Multimodal Therapy can promote the

happiness among women.

Also, Eta is 0.77 that indicates the relation between group training based on Lazarus's Multimodal Therapy is 0.77.

It means that 77 percentages related to changes of women's happiness may be explained by Lazarus's Multimodal Therapy.

Table 2. The married women's happiness scores There is no significant difference between the

Variable	Group	Pre-test		Post-test	
		Mean	Standard Deviation	Mean	Standard Deviation
Happiness	Experimental	35.16	5.96	43.50	5.83
	Control	33.66	7.06	35.75	7.30

Table 3. Covariance analysis in comparison of happiness scores in post-test phase

Sources of changes	Sum of squares	Degree of freedom	Mean of squares	F	P	Eta
Post-test	840.46	1	840.46	70.42	0.001	0.874
Group	405.03	1	405.03		0.001	0.77
Error	120.78	21	5.75			
Total	22.45	23				

Discussion

Based on the results of present study, the group training of Lazarus's Multimodal Therapy may leads to positive effect on women's happiness. These findings are similar to studies conducted by Aghili et al. (20), Santrock (21), Peterson and Seligman (22), Hunter and Csikszentmihalyi (23) and Waterman et al. (24) that indicate there is a significant relation between women's cognitions, emotions and behaviors.

These results may be explained by effective role of emotions in life. Human's mental health is dependant to his/her emotional health.

Three components include cognition (thoughts), affects (emotions) and behavior (function) have important role in human's personality and the balance between all components leads to mental health. Self-knowledge skill can inform one about his/her cognitions, strong and weak aspects. Through knowledge about internal factors, person may act to change, modify and make new decisions in life components so process of thoughts and cognitions changes during multimodal therapy.

Also, another study designed with experimental and control groups aimed to assess the efficacy of group training based on Lazarus's Multimodal Therapy on women's marital satisfaction through Enrich marital satisfaction inventory in Robat Karim. The results indicated that this intervention promoted marital satisfaction in total and subscales that include conflict solving, sexual relations and inter personal relations, significantly (25). These findings are similar to the present study.

According to Lazarus's multimodal therapy, interpretations of events are the responsible for negative emotions such as anxiety, anger and

depression. In this method, participants achieved this belief that self -defeating thoughts is the base of maladaptive behavior.

The self-defeating thoughts are based on wrong and illogical viewpoints about self and others. This issue is specified by preoccupation with rules and invariable friendly behavior towards others. It may leads to physical and psychological burnout if it continues more than normal and for a long time.

So, this research followed two goals: first, participants doubt about these wrong basic beliefs, second, they replaced them with creative beliefs.

Focus of this therapy is behavioral or cognitive in different aspects. Researchers help the participants to understand their cognitive errors and learn new methods for handling of their outcomes.

This research conducted on 30-40 years married women who referred to clinic and they were in different levels of social and familial backgrounds so there are limitations in generalization of results, explains and etiologies of variables. Therefore, the researchers suggest that future researches be conducted on more socio-economically homogenous populations. Also, according to the results of present study the researchers suggest that different workshop and sessions based on Lazarus's Multimodal Therapy to enhance the women's happiness.

Conclusion

Research results provide evidence that group training based on Lazarus's Multimodal Therapy is a suitable method for enhancing happiness of women. Therefore, in order to increase women's happiness, it may be necessary to improve them in the cognitive, emotional and behavioral dimensions.

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