



The effectiveness of reality therapy on rational behavior and psychological well-being of married women aged 30 to 45 in Kerman

Fatemeh. Tadayon Tajabadi¹
Forough. Jafari^{2*}
Elham. Fariborzi³

1. Assistant Professor, Department of Psychology, Payame Noor University, Tehran. Iran
2. *Corresponding author: Assistant Professor, Department of psychology, Payame Noor University, Tehran. Iran
3. Assistant Professor, Department of Social Sciences, Payame Noor University, Tehran. Iran

Email: fjafari646@gmail.com | Received: 06.01.2023 | Acceptance: 29.12.2023

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 4, No. 5, Pp: 308-320
Winter 2023

Original research article

How to Cite This Article:

Tadayon Tajabadi, F., Jafari, F., & Fariborzi, E. (2023). Prediction of attitude towards infidelity based on the role of dark dimensions of personality, self-differentiation and sexual attitude in women divorce applicants. *aftj*. 4(5), 308-320.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The purpose of this research was to assess the effectiveness of reality therapy on rational behavior and psychological well-being in married women aged 30 to 45 years in the city of Kerman.

Method: This was a quasi-experimental study, utilizing a pre-test, post-test design with a control group. The population consisted of married women aged 30 to 45 years who attended the Damoon Counseling Center in Kerman. The sampling method was accessible, and the study sample included one control group and one experimental group, each consisting of 20 individuals. The tools used in the study included the Ryff Psychological Well-Being Questionnaire (1989), the Rational Behavior Questionnaire by Whitman (1997). Data analysis was conducted in two parts: descriptive and inferential statistics. In the descriptive part, the characteristics of the sample were described using central tendency and dispersion indices such as mean, variance, and standard deviation. In the inferential statistics section, considering the research design, parametric tests and the normal distribution of data, Shapiro's test, and univariate analysis of covariance were used for the main hypothesis and sub-hypotheses, respectively. SPSS software version 24 was utilized for data analysis.

Results: The findings indicated that reality therapy had a significant effect on the rational behavior of married women aged 30 to 45 years in Kerman at a level below 0.05, with an effect size of 0.46. Reality therapy also had a significant impact on both rational behavior and psychological well-being of these women, with an effect size of 0.43 on psychological well-being.

Conclusion: Therefore, reality therapy can be used to improve psychological well-being and enhance rational behavior in married women.

Keywords: Reality therapy, rational behavior, psychological well-being.

Introduction

Given the urgency and importance of the topic and the necessity to focus on factors influencing marital stability and family durability, it seems more essential than ever. The existence of lively, dynamic, and stable families is a requirement for a healthy society, and achieving a healthy family depends on healthy relationships among its members. Therefore, one of the most important determinants of a healthy family structure is intimacy between spouses. Considering that factors such as differentiation and attitudes towards love significantly impact life processes and interactions with others, affecting marital life and its quality and stability, addressing these issues and the stability of the marital relationship seems particularly important. Necessary awareness can be provided to families, family specialists, counselors, and officials for decision-making and required training in this plan to address potential future problems. Additionally, considering the research background and the fundamental role of the family in individual mental health, it is logical that family cohesion can effectively reduce the consequences of stressful events and incidents in family members. Friendly relations within a family can support individuals under stress and promote healthy physical and psychological growth. In a cohesive family, each member receives more support and help from others, strengthening the family foundation. Therefore, the present research aims to propose a model to determine whether differentiation and attitude towards love, considering the mediating variable of marital intimacy, can predict family cohesion in married women.

Method

This was a quasi-experimental study, utilizing a pre-test, post-test design with a control group. The population consisted of married women aged 30 to 45 years who attended the Damoon Counseling Center in Kerman. The sampling method was accessible, and the study sample included one control group and one experimental group, each consisting of 20 individuals. The tools used in the study included the Ryff Psychological Well-Being Questionnaire (1989), the Rational Behavior Questionnaire by Whitman (1997). Data analysis was conducted in two parts: descriptive and inferential statistics. In the descriptive part, the characteristics of the sample were described using central tendency and dispersion indices such as mean, variance, and standard deviation. In the inferential statistics section, considering the research design, parametric tests and the normal distribution of data, Shapiro's test, and univariate analysis of covariance were used for the main hypothesis and sub-hypotheses, respectively. SPSS software version 24 was utilized for data analysis.

Results

The findings indicated that reality therapy had a significant effect on the rational behavior of married women aged 30 to 45 years in Kerman at a level below 0.05, with an effect size of 0.46. Reality therapy also had a significant impact on both rational behavior and psychological well-being of these women, with an effect size of 0.43 on psychological well-being.

Conclusion

The aim of this research was to examine the effectiveness of reality therapy on rational behavior and psychological well-being of married women aged 30 to 45 years in Kerman. The data analysis results showed that reality therapy training affects the rational behavior of these women, leading to its enhancement. Therefore, this hypothesis is confirmed. In explaining this hypothesis, it can be said that the reality therapy approach was created to help individuals monitor their behavior and make appropriate and correct choices in life. Reality therapy is one of the common

interventions in the field of cognitive psychology for describing humans, defining behavioral rules, and understanding how to achieve satisfaction, happiness, and success. This method emphasizes facing reality, accepting responsibility, recognizing basic needs, making ethical judgments about the correctness or incorrectness of behavior, focusing on the here and now, internal control, and consequently achieving a successful identity. In fact, reality therapy is a system of internal control and explains the why and how of choosing options that determine the direction of our lives. Thus, it can be concluded that this approach leads to an increase in rational behavior. Group reality therapy primarily operates on the principle that we choose our behaviors and are responsible for our lives, actions, feelings, and thoughts, and it helps women to control their behaviors and make better choices in their lives. Changes in feelings can lead to a change in an individual's attitude towards life and their environment.

It is recommended that family and marriage counselors utilize this therapeutic approach to help their clients achieve their goals in rational behavior and psychological well-being in a shorter time. The development of educational programs about the signs of weak rational behavior, its consequences, and strategies to counter it, and broadcasting these programs in the media, can raise public awareness about this phenomenon. The results of this research can be applied in counseling centers, psychological services, and marriage and family counseling centers, as well as welfare centers, to reduce unrealistic relational expectations and irrational beliefs. By teaching healthy communication patterns, it can effectively increase the psychological well-being of women and play a significant role in reducing divorce rates. Reality therapy approach should be taught by counselors in pre-marriage counseling sessions so that individuals can approach married life with more logical thinking and better psychological well-being. School counselors should use the reality therapy approach to enhance logical thinking and psychological well-being in students, preparing them for adulthood and marriage with rational and reasonable behavior.

References

- Arefi Mozghan, G., & Ganjvari Marziyeh, M. (2017). The Effect of Reality Therapy-Based Education on the Psychological Well-being of Deaf Students. *Journal of Social Work*, 6(1), 21-28. (In Persian)
- Asadzadeh, N., Makundi, B., Askari, P., Pasha, R., & Nadri, F. (2019). The Efficacy of Reality Therapy on Social Adaptation, Psychological Well-being, and Self-criticism in Individuals with Generalized Anxiety Disorder. *Journal of Psychological Achievements*, 26(2), 159-178. (In Persian)
- Bhargava, R. (2013). The use of reality therapy with a depressed deaf adult. *Clinical Case Studies*, 12(5), 388-396.
- Boolding, R. (2009). The effectiveness of reality therapy on resiliency of divorced women. *International Research Journal of Applied and Basic Sciences*, 6(2): 160-164.
- Bozorg-Pourniazi, N., Emami, F., & Salehi Omran, E. (2019). The Effectiveness of Group Reality Therapy on Psychological Well-being in Elderly People in Babol City. *The First Iranian Congress of Positive Psychology*, Tehran. (In Persian)
- Cory A (2013), The Relationship between Domestic violence against women and irrational beliefs in nursing staff. *Journal of nursing Research*, 39(6):497-505
- Emmelkamp, P. M., & Meyerbröker, K. (2021). Virtual reality therapy in mental health. *Annual review of clinical psychology*, 17, 495-519.

- Feldman, R.S.(1987). *Understanding Psychology*.New York: Mc Graze Hill.
- Firouzbakht, M. (2020). *Eric Berne, the Founder of Transactional Analysis*. Tehran: Dayereh Publication. (In Persian)
- Frost, S., Kannis-Dymand, L., Schaffer, V., Milllear, P., Allen, A., Stallman, H.,... & Atkinson-Nolte, J. (2022). Virtual immersion in nature and psychological well-being: A systematic literature review. *Journal of Environmental Psychology*, 80, 101765.
- Glasser, W & Buolding, R. E (2003). *Reality Therapy*. www.thomsonedu.com.
- Goulding, M., & Goulding, R. (1979). *Changing lives through redescision therapy*. New York. Grove press.
- Hosseinzadeh, Z., Ghorban Shiroodi, S., Khal'atbari, J., & Rahmani, M. A. (2021). Comparing the Effectiveness of Emotionally Focused Couples Therapy and Reality Therapy on Relationship Beliefs and Marital Expectations of Couples. *Assessment and Counseling in Psychology*, 3(2), 1-13. (In Persian)
- Kazan, K., & Dargahi, S. (2016). Effectiveness of reality therapy on emotional, psychological and social well-being of elderly men residing in nursing homes. *Aging Psychology*, 2(3), 187-194.
- Loyd, B.D. (2005). The effectiveness of reality therapy/choice theory principles on high school students` perception of needs satisfaction and behavioral change. *International Journal of Reality Therapy*, 25(1), 5-9.
- Matovichuk, W. (2021). *Rational Emotive Behavior Therapy*. (S. Lamiee, Trans.). Tehran: Azarfar Publication. (In Persian)
- Monemian, G., Mardani Rad, M., Ghanbari Panah, A., & Omidy, A. (2021). Comparing the Effectiveness of Cognitive-Existential Therapy and Compassion-Focused Therapy in Group Format on the Psychological Well-being of Single-Mother Head of Households. *Journal of Psychological Sciences*, 20(99), 439-452. (In Persian)
- Moradi, O., Mohammadi, S., Shafiee Abadi, A., & Ahmadian, H. (2021). Comparing the Effectiveness of Structural Couples Therapy and Couple Decision-Making Therapy on the Psychological Well-being of Infertile Couples. *Women and Society*, 12(45). (In Persian)
- Osipov, G. S., & Panov, A. I. (2021). Planning rational behavior of cognitive semiotic agents in a dynamic environment. *Scientific and Technical Information Processing*, 48(6), 502-516.
- Outar, L., Turner, M. J., Wood, A. G., & Lowry, R. (2018). "I need to go to the gym": Exploring the use of rational emotive behaviour therapy upon exercise addiction, irrational and rational beliefs. *Performance Enhancement & Health*, 6(2), 82-93.
- Predatu, R., David, D. O., & Maffei, A. (2020). The effects of irrational, rational, and acceptance beliefs about emotions on the emotional response and perceived control of emotions. *Personality and Individual Differences*, 155, 109712.
- Prochaska, F., Noorcras, J.R., (2007). Rational emotive therapy with children and adolescents: a metaanalysis.*Journal of Emotional & Behavioral Disorders*, 12(4), 222-235.
- Rahimian, H. B. (2020). *Theory and Methods of Counseling and Psychotherapy*. Tehran: Mehredad Publication. (In Persian)
- Shiling, K.J.(2004). May. Undergraduate medical education First year medical students stress and coping in a problem-based Learning medical Curriculum. *Med Edu.*; 38(5):482-495.
- Taqipour, A., Mashki, M., & Mirzaei, N. (2016). Predicting Self-care Behaviors Using the Theory of Planned Behavior in Women with Type 2 Diabetes Referring to Government Health Centers in Mashhad. *Health Education and Health Promotion*, 4(2), 120-129. (In Persian)

Zanjani Tabasi, R. (2014). Construction and Preliminary Standardization of the Psychological Well-being Test. Master's thesis, University of Tehran. (In Persian)