

Effect of group counseling with logotherapy approach on life Expectation and Life quality in the divorced women aging 20-30 years old in yasouj city

Paria Pezeshkpoor^a, Khosro Ramazani (Ph.D)^b

^a *M.A student in General Psychology; Islamic Azad University, Yasooj Branch; Iran*

^b *Corresponding Author; Member of the Department of Psychology; Islamic Azad University, Yasooj Branch; Iran.*

Abstract

This study aims to investigate effect of group counseling with logotherapy approach on life expectation and life quality in the young divorced women aging 20-30 years old in yasouj city. Due to the relationship between expectancy, life quality, and life style, investigation of the effectiveness of such method of therapy on decreasing depression was considered as the second purpose of this study. This is an applied study from the semi-experimental type (unequal control group design). By using purposive or available sampling method, among those who came to yasouj courts, 60 people were chosen according to considered criteria. They were divided into two control and experimental groups (30 people for each group). Then, Miller's Life Expectancy tests and the World Health Organization Quality of Life Questionnaire (WHOQOL- BREF) were administered to both groups. The results of Covariation analysis from pre-test and post-test revealed a significant difference for the effect of group counseling on physical and psychic healthiness, and also on the social dimension of women's life quality. Finding indicated that group counseling was not effective for the environment health and life expectancy of the divorced women aging 20 to 30 years old.

Keywords: Group Therapy, logotherapy, life expectancy, life quality

Introduction

One of the big concerns of the human mind is human itself. Creation and mankind are guided and directional or indistinct and random. If there is a meaning for the existence of man, what is that meaning or those meanings and what? How should they be received and accomplished (gholami, Pasha, Sudan, 2009).

The meaning of group therapy and counseling has different approaches depending on the goals. One of the common approaches in the cognitive-behavioral therapy group is that it has been used for a wide range of human problems.

Studies have shown that among psychological interventions, cognitive-behavioral approach is one of the most effective approaches that plays an important role in reducing relapse by reducing anxiety and depression, improving relationships with others, increasing self-esteem and, Overall, it has a quality of life. There is a great deal of evidence that there is a higher quality of life relationship and more successful treatment in (young divorced women). Quality of life seems to be improved after the onset of treatment and during maintenance treatment. Its level after counseling and psychological interventions increases in many areas; for example, one experiences better feelings or spends more time with family members. This can have a great impact on other aspects of one's life (momeni, mishtaq, mourshahbaz, 2014).

The meaning of medication is a psychological philosophical system that helps patients to not focus on lost thoughts and frustration, but to seek meaning. Life is meaningful in terms of the meaning of therapy under any circumstances, individuals are prompted by means of voluntary means, and humans have free will. Human beings have a sense of being immersed in difficult times. The way we deal with suffering, where we are faced with an unchangeable fate. An incurable illness, the death of a dear and a disappointing situation is where life can be meaningful. Here man asks himself why therapeutic meaning does not increase the life expectancy of young divorced women against the unchangeable and unavoidable fate (shojaeen, sudan, moradi, 2015).

There are many factors with post-divorce adjustment that can be related to having social support, divorce attachment style, mental health, personality traits, religious attitudes of people, gender, age, number and age of children, duration of separation Duration of marriage, initiation for divorce, social relations and forgiveness. One of the strategies that seems to be effective in increasing the compatibility of divorced women is their group education based on an integrated approach. Based on this, the main issue of this study was to determine the effectiveness of group training of young women in divorce with a combined approach in yasuj city on their compatibility and their compatibility subscales.

It has been proven in the research that quality of life is particularly vulnerable to anxiety and depression syndrome. Not only does depression diagnosis have a determinant effect on all aspects of quality of life, but even the underlying symptoms of this disorder, that is, negative symptoms can also affect quality of life. For this reason, divorced women are on the one hand at risk of depression and anxiety, and on the other hand are at risk of falling quality of life (mohammadi, 2012). Disturbances in marriage and lack of satisfaction in marital life are significantly associated with the prevalence of emotional-emotional disorders in the general population. If satisfactory marriages promote the health of spouses and prevent negative events of life and psychological problems in them. The bad consequences of divorce in society and its subsequent disorder are important for couples in different aspects of psychological, behavioral, economic and social aspects and the importance and importance of investigating effective therapies on satisfaction yousefi, etemadi, bahrami, ahmadi , Fatehizadeh (2010) compared the early maladaptive

schemas of divorced and normal spouses as predictors of divorce. The subjects of the study were 150 couples seeking divorce and 155 normal couples. The results showed that mistrust, abuse, strict criteria and emotional deterrence schemes had the highest potential for prediction of divorce.

ganbarzadeh et al. (2009) investigated the relationship between the sense of life and quality of life in the population of women with breast cancer. The sample group included 60 patients with breast cancer and 60 non-infected patients. The results of this study showed that there is a significant positive correlation between meaningfulness of life and quality of life. In addition, in the research by sotoudeh asl, neshat Dost and Kalantari (2009), they examined the relationship between power of hope and quality of life. In this study, 30 people with high blood pressure as control group and 30 non-affected individuals as control group participated. The results showed that quality of life and hope are important determinants of life.

Hosseini Abadi (2011) in his research showed that the humanistic existential therapy group has the ability to improve mental health, self-esteem and reduce the sense of shyness of prisoners. And in another study fakhar et al. (2008) studied the effect of group counseling with a therapeutic meaning approach on the mental health of elderly women. Eighty-nine elderly people were randomly assigned to control and experimental groups (each group was 9). A group of semantic counseling sessions were conducted for the experimental group. The comparison of mean scores of pre-test and post-test of the experimental group showed that the mental health level of the elderly women in the experimental group was significantly higher than the pretest in the post-test. Also, comparison of mean scores of pretest and posttest of two groups showed that the amount of physical complaints, anxiety, psychological stress and social impaired social status of elderly women in experimental group was significantly decreased.

Tehrani (2005) also studied the effect of communication skills training with interpersonal analysis approach on marital satisfaction of women residing in Isfahan city. It was concluded that communication skills training with an interactive behavior analysis approach increased the relationship of women with the family and Friends, increase the communication and dialogue of spouses, and increase the satisfaction of sexual relations. In another study, Hadianfard (2005) examined the mental sensibility of welfare and religious activities in 50 visitors to a cultural art center in one of the gardens in the city of Shiraz. A questionnaire was used to collect information about the extent of the operation of religious beliefs and the level of satisfaction with religious life. The findings of this study showed that religion is one of the factors of mental well-being

Gilliam, norberg and marison (2011) found that the use of cognitive-behavioral approach to reduce the symptoms of this disorder was effective in evaluating group cognitive-behavioral efficacy on hoarding disorders. In another study, Lew and Chan (2010) used group cognitive behavioral counseling for treating anxiety. The results showed that the subjects in the experimental group had a significant and significant improvement in the level of anxiety in comparison with the control group, and this result was maintained for three to six months after treatment. also, lustra, browar, and tomic (2009) in a research conducted on teachers showed that existential treatment significantly reduced the feeling of failure and lack of progress and burnout, and improved performance and internal control. and kallowich and valtbayano (2008) examined the effects of participation in a group intervention program to adapt to the divorce of divorced couples. The sample included 44 participants of 20 men and 20 women. The instruments used include Rosenberg Self-Esteem Scale (2), Fisher's Divorce Adjustment Scale. The results showed differences in the compatibility of men and women with divorce, but in general, studies showed that participants in the program had a meaningful adaptation in all aspects of adaptation seeking to participate in the program.

In this study, the main issue is clarified, namely, the effect of divorce on life expectancy and its impact on the quality of life of young women in divorce, and the effectiveness of group counseling and therapeutic meaning in improving these women's lives.

Research method

In this research, the experimental design of the pre-test and post-test design with the control and follow-up group will be used. The experimental and control groups are randomly equated and pre-test for experimental and control groups will be performed before the experimental intervention, and post-test will be performed at the end of the intervention. In the next step, after one month, a follow-up test is carried out to measure the durability of the training.

Statistical population and sample size: In this research, experimental and field experiment was conducted through group counseling as meaning therapy on young women from 20 to 30 Yasouj cities, which were pre-test and control stages. In this research, simple random sampling method was used. So, by consulting the counseling centers and the family court, they were randomly selected.

The statistical population of this study included all young women between the ages of 20-30 years old in yasuj, which was studied in 1394. The sample of this study consisted of 60 subjects (30 controls, 30 controls) who were selected by sampling method. Simple randomization was used.

Data collection tool: According to the research objectives, two questionnaires were used for collecting data. The questionnaire was started by asking two questions to collect some demographic information of the subjects such as age, education level. Three questionnaires of the World Health Organization Quality of Life Scale (WHOQOL - BREF) and Miller Life Expectancy were used to collect data and measure two variables of quality of life and life expectancy.

Data analysis method: Data collected using SPSS software are used in statistical tests. In descriptive statistics test, for measuring the mean and standard deviation, as well as the inferential statistics of the test, using covariance analysis to evaluate the effect of the factor Intervention was used.

Research results

describe the demographic characteristics of the experimental group:

Based on the information about the age of the respondents in the pre-test group, one person (6.67%) between 20 and 25 years old, 4 (26.66%) between 25 and 30 years old and 10 (66.67%) Between the ages of 30 and 35; the posttest control group, 2 (13.33%), between 20 and 25 years, 3 (20.0%), between 25 and 30 years, and 10 (66.67%) Between the ages of 30 and 35; for the age of respondents in the pre-test group, 10 (66.67%) were between 20 and 25 years old and 5 (33.33%) were between 25 and 30 years old; the group After the test, 4 (26.66%) were between 20 and 25 years old, 6 (40.0%), 25-30 years old, 4 (26.66%), 30-35 years old, and 1 person (67 / 6%) more than 35 years old They have not had (Table 1).

Table 1. Frequency and percentage of age of subjects in experimental and control groups

examination Group				control group				age
Post-test		pre-exam		Post-test		pre-exam		
Abundanc e	Frequency	Abundanc e	Frequency	Abundanc e	Frequency	Abundanc e	Frequency	
4	26/67	10	66/67	2	13/33	1	6/67	20-25
6	40/00	5	33/33	3	20/00	4	26/67	25-30
4	26/67	0	0	10	66/67	10	66/67	30-35
1	6/67	0	0	0	0/00	0	0	More than 35 years old

Based on the information about the education of the respondents in the pre-test group, 3 (20.0%) were less than diploma, 3 (20.0%) were apprentices and 9 (60.0%) had a degree of knowledge; Control test, 2 (13.33%) less than diploma, 5 (33.33%) and 8 (53.33%) had a degree of knowledge; in the case of the pre-test group, 4 subjects (67 / 26%) had less than diploma, 4 (26.66%) and 7 (46.67%) had a degree of cognition; the post-test group tested 5 (33.33%) less than diploma, 1 (67.6%), 7 (46.67%) and 2 (13.33%) had graduate degrees (ancestor Vol2).

Table 2. Frequency and Percent of Frequency of Students' Education in Testing and Control Groups

examination Group				control group				education
Post-test		pre-exam		Post-test		pre-exam		
Abundance	Frequency	Abundance	Frequency	Abundance	Frequency	Abundance	Frequency	
5	33/33	4	26/67	2	13/33	3	20/0	Or high school diploma
1	6/67	4	26/67	5	33/33	3	20/0	Assistant
7	46/67	7	46/67	8	53/33	9	60/0	Masters
2	13/33	0	0/0	0	0/0	0	0/0	Graduate

Descriptive analysis of variables. Control and testing group

In Table 3, the results of descriptive analysis of the variables of this research were examined. The results of the description of the variables in the control group showed that the physical health had a mean of 47.23 and a standard deviation of 5.48. The mental health had a mean of 19.33 and a standard deviation of 5.53, social relationships with a mean of 83.9 and a standard deviation of 42.4, 2 and environmental health has a mean of 77.23 and a standard deviation of 12.6.

Finally, the results of describing the quality of life showed that the quality of life has an average of 70/83 and a standard deviation of 18/40. Therefore, social relationships have the lowest mean among the dimensions of the quality of life of the control group (Table 3.)

The results of describing the variables of this study indicate that life expectancy in the control group has an average of 30.125 and a standard deviation of 25.29. (Table 3.)

The results of the description of the variables in the experimental group showed that the physical health had a mean of 47.77 and a standard deviation of 4.54, mental health had a mean of 47.22 and a standard deviation of 4.26, a social relation with a mean of 11.30 and a standard deviation of 88.8 1 and environmental health has a mean of 93.98 and a standard deviation of 4.87.

Finally, the results of the description of quality of life showed that the quality of life had an average of 83.88 and a standard deviation of 14.43. Therefore, social relationships have the lowest mean among the dimensions of the quality of life of the experimental group (Table 3.)

The results of describing the variables of this study indicate that life expectancy in the experimental group has a mean of 11.39 and a standard deviation of 16.11. (Table 3).

Table 3. variables of the research group of the experimental group

examination Group				control group				Item
Standard deviation	average	Maximum	minimum	Standard deviation	average	Maximum	minimum	
4/45	27/47	34	16	5/48	23/47	34	10	Physical health
4/26	22/47	28	8	5/53	19/33	29	6	mental health
1/88	11/30	15	6	2/42	9/83	14	5	Community Relations
4/87	28/93	39	15	6/12	23/77	34	12	Environmental health
14/43	98/83	118	52	18/40	83/70	118	40	Quality of Life
16/11	119/03	152	89	25/29	125/30	206	93	Life expectancy

Inferential statistics of the experimental group

Covariance analysis (ANCOVA) is a statistical method that can examine the effect of an independent variable on the dependent variable. while controlling or deleting another variable's effect. A variable that the researcher intends to control or eliminate is an auxiliary variable or termination or change. Auxiliary variable is a variable that the researcher guesses affects the dependent variable. Covariance analysis can be considered as an extension of the analysis of variance. Covariance analysis is usually used in pre-test and post-test designs. Also applicable in cases where the random selection of different groups is not applicable. The auxiliary variables must be interconnected, and correlated with the dependent variable (Ramezani, 1394, p. 185)

Assumptions of covariance analysis:

1- Normality: To prevent data from circumventing the assumption of normalization, the data must first be discarded, then the Kolmogorov-Smirnov or Shapiro-Wilk test is performed.

The Kolmogorov-Smirnov test was used to test the distribution of data. The results of the review of the normalization of data are shown in the following tables.

Table 4. The results of the Kolmogorov-Smirnov test normalization test group

sig	Kolmogorov-Smolyan	Item
0/169	0/135	Physical health
0/048	0/175	mental health
0/137	0/182	Community Relations
0/004	0/203	Environmental health
0/00	0/144	Quality of Life
0/108	0/230	Life expectancy

2- Linearity: In order to examine the assumption of linear variables, a simple linear regression test is used. As can be seen in the table, Anov's significance level is 0.000 which is less than 0.05 and shows that there is linear relationship between the variables of research. The Adjust R Square value is also 0.92 which indicates that 09% of the dependent variable changes are performed by the independent variable. Also, the correlation coefficient (R) of 324/0 indicates the role of the independent variable in predicting the dependent variable. Given the fact that the sign of the coefficients is positive, it can be said that the relationship between these two variables is positive. Increasing one leads to another increase. According to the results of the analysis, the linearization assumption is proved.

3-Equivalence of variance-covariance matrix was investigated by the U Box M box test.

This test tests the assumption of zero, which shows that the matrices of covariance observed are dependent variables among different groups. In the table below, the value of F (886/0) is not significant at the given error level (0.447), so the observed covariance matrices are equal between the experimental group and the control.

3.Homogeneity of variances: This assumption is investigated by the Loon test.

Table 5. Levine test results for the same comparison of variances

Levene's Test for Equality of Variances			
		F	Sig
pre-exam	Equal variances assumed	245/0	622/0
	Equal variances not assumed		
Post-test	Equal variances assumed	353/0	555/0
	Equal variances not assumed		

Considering the larger level of armon levin's significance level of 0.05, we can say that the homogeneity condition of variances is also established.

5. Homogeneity of regression slopes: To achieve this assumption, the relationship between the dependent variable for each of the groups in the research should be approximately the same. This work is also understood by regression slope lines and by covariance test that determines the interaction between the desired factors at a significant level of 0.05. If the meaningful level in this assumption is less than 0.05, then the assumption is violated. It should be noted that the regression lines should be approximately the same.

Table 6. The results of covariance test for homogeneity of regression slopes

Source	Type III Sum of Squares	df	Mean Square	F	Sig
Corrected Model	19082/961 ^a	3	6360/987	35/829	/000
Intercept	6576/702	1	6576/702	37/044	/000
group	43/303	1	43/303	/244	/623
pre-exam	18114/451	1	18114/451	102/033	/000
Group * Pre-	13/484	1	13/484	/076	/784

test					
Error	9941/973	56	177/535		
Total	2737550/000	60			
Corrected Total	29024/933	59			
a/ R Squared = /657 (Adjusted R Squared = /639)					

Considering that the significance level is 784/0. Therefore, it is greater than 0.05 and does not violate the assumption of homogeneity of regression slope.

Hypothesis 1: Group counseling with the group's meaning-based approach is effective on the physical health aspect of women's quality of life in divorce ages 20-30 years.

Table 7. Descriptive data of covariance test for physical health component

group	Mean	Std/ Deviation	N
Witness	23/6000	5/93412	30
Trial	26/1333	4/79751	30
Total	24/8667	5/50028	60

Table 8. Loon test for homogeneity analysis of components of physical health

Levene's Test of Equality of Error Variances ^a			
Dependent Variable:	Physical health		
F	df1	df2	Sig
2/015	1	58	0/161

regarding the significance level of 161/0, the results show that homogeneity assumptions of variances are also established.

Table 9. Covariance Testing The Effect of Counseling on Physical Health

Tests of Between-Subjects Effects						
Dependent Variable:	Physical health post-test					
Source	Type III Sum of Squares	df	Mean Square	F	Sig/	Partial Eta Squared
Corrected Model	1541/317 ^a	2	770/658	180/314	0/000	0/864
Intercept	167/315	1	167/315	39/147	0/000	0/407
Healthy Pretest	1445/050	1	1445/050	338/104	0/000	0/856
group	25/243	1	25/243	5/906	0/018	0/094
Error	243/617	57	4/274			
Total	38886/000	60				
Corrected Total	1784/933	59				

Considering the significant level in the covariance test, the effect of group counseling on physical health is less than 0.05. The results show that holding a group training course for divorced women will affect their physical health after an effective period.

Hypothesis 3: Group counseling with a group approach to group therapy is effective on the social relationships dimension. Women's quality of life affects divorces of 20-30 years.

Table 10. Descriptive Data, Covariance Test, Component of Social Relations

group	Mean	Std/ Deviation	N
Witness	9/7333	2/93532	30
Trial	10/8000	1/84578	30
Total	10/2667	2/48975	60

Table 11. Lone test for homogeneity analysis of variance components of social relationships

Levene's Test of Equality of Error Variances ^a			
Dependent Variable:	Community Relations		
F	df1	df2	Sig
0/539	1	58	0/466

According to the significance level of 466/0, the results show that the homogeneous assumption of variances is also established.

Tables 12. of Covarios on the effect of group counseling on social relationships

Tests of Between-Subjects Effects						
Dependent Variable:	Post-test social relationships					
Source	Type III Sum of Squares	df	Mean Square	F	Sig/	Partial Eta Squared
Corrected Model	279/615 ^a	2	139/807	92/535	0/000	0/765
Intercept	31/506	1	31/506	20/853	0/000	0/268
Pre-test social relationships	262/548	1	262/548	173/774	0/000	0/753
group	8/677	1	8/677	5/743	0/020	0/092
Error	86/119	57	1/511			
Total	6690/000	60				
Corrected Total	365/733	59				

Considering the significant level in the covariance test, the effect of group counseling on social relationships is less than 0.05. The results show that holding a group training course for divorcing women on their social relationships after an effective period.

Hypothesis 5: Group counseling is effective in group mediation in terms of life expectancy for women between 20 and 20 years of divorce.

Table 13. Descriptive Data, Covariance Test for Life expectancy component

group	Mean	Std/ Deviation	N
Witness	123/2333	22/55672	30
Trial	121/1000	20/21155	30
Total	122/1667	21/26122	60

Table 14. Loon test for homogeneity analysis of variance components of life expectancy

Levene's Test of Equality of Error Variances ^a			
Dependent Variable:	Life expectancy		
F	df1	df2	Sig
1/140	1	58	0/290

Regarding the significant level of 0/0 29, the results show that homogeneity assumptions of variances are also established.

Table 15. Covariance Test Effects of Counseling on Life Expectancy

Tests of Between-Subjects Effects						
Dependent Variable:	Life expectancy test					
Source	Type III Sum of Squares	df	Mean Square	F	Sig	Partial Eta Squared
Corrected Model	16306/405 ^a	2	8153/202	44/841	0/000	0/611
Intercept	5820/607	1	5820/607	32/012	0/000	0/360
Life expectancy test	16238/138	1	16238/138	89/307	0/000	0/610
group	17/537	1	17/537	/096	0/757	0/002
Error	10363/929	57	181/823			
Total	922152/000	60				

Corrected Total	26670/333	59				
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Considering the significant level in the covariance test, the effect of group counseling on life expectancy is greater than 0.05. The results show that holding a group training course for divorced women on their life expectancy after having had an impact period Has not been a transition.

Conclusion

As mentioned in the previous chapters, the overall aim of this study was to examine the effectiveness of a group counselor with a meaningful therapeutic approach to life expectancy and quality of life in 20-30 year-old women in Yasuj who, in this chapter, according to the results of the fourth chapter, For the main hypotheses raised in this research, we can provide subroutine responses. The results of the tests are summarized in the table below.

Hypothesis 1: Group counseling with the group's meaning-based approach is effective on the physical health aspect of women's quality of life in divorce ages 20-30 years.

The results of this study showed that group counselor with meaningful therapeutic approach has a significant effect on the physical health of women in quality of life in divorce women aged 20-30 years old in Yasuj, which has increased the physical health of the subjects. Therefore, this research is confirmed. The result of this hypothesis is consistent with the results of Fakhar et al. (2008). He showed that group counseling with meaningful therapeutic approach in elderly women has a significant effect on physical health and reduces physical health. Individuals with high physical health have high socioeconomic performance and are psychologically, mentally and familyly in peace.

Hypothesis 3: Group counseling with a group approach to group therapy is effective on the social relationships dimension. Women's quality of life affects divorces of 20-30 years.

The result of this hypothesis showed that the mean of social relationships from the dimensions of quality of life in women with 20-20 years old divorce in Yasuj before group counseling with a therapeutic meaning approach is greater than the score and mean of social relationships after group counseling. Therefore, this hypothesis is confirmed. The result of this hypothesis is consistent with the results of Tehrani (2005). In a research study, he examined the effect of communication skills training with an interactive behavior analysis approach on marital satisfaction of women living in Isfahan and concluded that communication skills training with an interactive behavior analysis approach increased the relationship of women with family and friends, Increased communication and dialogue among spouses.

Fifth hypothesis: Group counseling is effective with the group's semantic approach to life expectancy of 20-30 years.

The results of this study in the fourth chapter showed that group counseling has a significant effect on the life expectancy of a meaningful therapeutic approach; therefore, the holding of these counseling courses has not increased life expectancy. The result of this hypothesis is inconsistent with the results of Yousefi et al. (2010).

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