



The Effectiveness of Group Training Based on Hope Therapy on Promoting the Psychological Well-Being of Quitting Addicts

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ABSTRACT

The purpose of the current research is to investigate the effectiveness of group training based on hope therapy on promoting the psychological well-being of quitting addicts. The research was in experimental form and pretest-posttest plans along with a control group were employed as well. The subjects consisted of 30 quitting addicts that had started a rehab program. First, 65 addicts were asked to take Riff psychological well-being test; then, 30 addicts with lowest marks were selected. Taken from these 30 addicts, 15 addicts were randomly put in an experimental group, and the remaining 15 were put in a control group. The experimental group received 8 ninety-minute sessions, one session each week. The Riff psychological well-being test was again taken by both groups after the classes finished. Findings revealed that there was a significant difference between the posttest averages of experimental group and control group, i.e. group hope therapy had promoted the psychological well-being of experimental group. Group hope therapy promotes the hope level of addicts as well as their psychological well-being. Thus, it can be claimed that using hope therapy in the case of addicts can further motivate them to quit and, of course, promote their psychological well-being level.

Keywords Hope Therapy; Psychological Well-Being.

INTRODUCTION

Addiction has been one of the most significant social issues for ages in all countries. Addiction is considered a physical, mental, social, and spiritual disease, and the addicted person shows a kind of dysfunction in personal and social actions. Furthermore, quitting an addiction needs alterations in these aspects (Narrow, Clarke et. al, 2013). Some of the researches conducted in the field of drug addiction show that various factors lead people to use drugs. Some of these mental factors are the following: Low self-respect, inability in expressing emotions, lack of social abilities, low self-confidence, inferiority complex, depression, emotional and sentimental instability, and anxiety (Akbari, 2010).

Nowadays, the science of psychology tries not only to focus on mental problems but also emphasizes positive aspects of life. Previously, these aspects mostly were about stress and depression, but a lot of researches recently were conducted under the name of psycholog-

ical well-being (Farnham& Christofwer, 2007). Psychological well-being is a hierarchical and multidimensional term and consists of two aspects: cognitive and emotional. Satisfaction with life constituent is a part of cognitive aspect while positive emotions and lack of negative emotions constituents are a part of emotional aspect (Taghiloo, Salehi, and Shokri, 2009; Atadokht, Norouzi, and Ghaffari, 2013). Diener, Oishi, and Lucas (2003) believe that people call psychological well-being satisfaction.

One of the variables that is inextricably linked with psychological well-being and meaning of life is hope (GitiGhoreishi, 2009; Berjis, Hakim Javadi, Lavasani, and Khanzadeh, 2013). Various researches conducted in the field of positive psychology showed that people who have experienced more positive feelings and are more optimistic tend to have a longer life expectancy. Moreover, hopeful and happy people have a better social relationship with their friends, wives, neighbors, and relatives (Fredrickson, 2009). Hope gives flexibility and happiness and promotes satisfaction with life (Prichet, 2004). Hope is considered as personality base and is the source of human life. In addition, hope is a soothing force which promotes well-being and health.

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It was also made clear that hope has a direct connection with therapy efficacy and is generally considered as an essential element in treating patients (Werner, 2012).

Hope therapy helps treatment-seekers to formulate clear purposes, create various paths for these purposes, and get motivated to pursue these purposes, and finally, categorize barriers as challenges (Carr, 2011).

Studies show that hopefulness has connections with psychological well-being. Rodriguze(2006) showed, thorough a study, that expression style, satisfaction with life, happiness, and hopes are all interrelated. People who have positive expression style are generally happier, more hopeful, and more satisfied with life, so there's a positive connection between hope and satisfaction with life (Bronk, Hill, Lapsley, Talib, & Finch, 2009). The study of Ong, Edwards, and Bergman (2006) and Kato and Snyder (2005) confirmed the connection between hope and psychological well-being. A review paper issued in 2008 shoed eleven studies that experimented hope therapy as a predicting variable in mental health conditions (Schrack, Stanghellini, and Slade, 2008). Bailey and Snyder (2007) claimed that the level of hopefulness is connected with psychological well-being and happiness.

Degenhart, Louisa, and Wayne Hal (2015) studied the simultaneity of tobacco usage, drug usage disorders, and mental problems among adults in Australia. Their findings showed that hope, mental health, and other psychological variables are very influential in starting and continuing using drugs.

In a study called psychological therapy for treating drug use disorders, Khantzian(2015) analyzed psychological variables in drug use disorders and scrutinized mental health and personality and, finally, emphasized the importance of variables such as hope, mental health, and relationship patterns within families in the process of quitting addictions.

In a study called hope as a coordinator between common dangerous factors and drug use among Latin American youths, Fite, Gabrielli et.al (2014) found that a low level of hope can bring about tendency in people to exhibit felonious behaviors and get addicted to drugs.

In a study called the role of the meaning of life in smoking cigarettes, Konkoly, Bachner, Martos, and Kushnir (2009) found that those individuals who have less meaningful lives are more susceptible to smoking, and there is a conspicuous difference between smokers and non-smokers in this issue.

Ebtehaj-Fard (2011), in a study aimed at analyzing the effectiveness of group hope therapy on life quality and psychological well-being of families of schizophrenic patients in Sanandaj mental hospitals, found that practicing hope therapy significantly promotes the psychological well-being and life quality of those families.

Ghezelsefloo and Esbati (2011) conducted a research aimed at analyzing the effect of hope-oriented group therapy on improvement of men's lives with positive HIV. Their findings revealed that the average of life quality in experimental group was highly improved in all physical, mental, social, and environmental aspects when compared to control group, and hope-oriented group therapy improved the life quality of men with positive HIV.

Mathis, Ferrari, and Jason (2009), in an article called hope and improvement in drug usage, analyzed the effect institutes, drug rehabilitation clinics, and group therapies on reforming addicts and, of course, and put emphasis on the role of hope in all stages of quitting process. According to findings above, it can be deduced that hope therapy can increase positive excitements and decrease negative feelings. Hope is directly related to mental and physical health, which both are related to criteria such as positive reaction to medical attention, mental health, good mood, avoiding stressful events, happiness, joyfulness, and problem solving and predicts them.

Based on the results of the effectiveness of employing positive psychology and fruitful results of conducted studies in the field of hope therapy, the present study tries to answer the question that can group training based on hope therapy promote the meaning of life and psychological well-being in addicts?

METHOD

The purpose of the present study is to determine the effectiveness of the group training based on hope therapy approach on promoting the psychological well-being of addicts. In this research, pretest-posttest plans were used with a control group, and addicts were chosen randomly and, of course, were randomly put in experimental and control groups.

The age range of the participants was from 18 to 45 and was recognized through Riff psychological well-being questionnaire. One of the groups was exposed to group training based on hope therapy approach, and the other group was considered as a control group and there were no interferences with this group. Training based on hope therapy approach was applied to experimental group as an independent variable, and psychological well-being was considered as a dependent variable. Pretest plan was applied to both groups, and, ten days after the training, the posttest plan was applied as well.

RESEARCH INSTRUMENTS

Ryff Psychological Well-Being Inventory-Short Form: Ryff inventory (1989) consists of 18 questions. It contains a series of statements reflecting the six areas of psychological well-being: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Respondents rate statements on a scale of 1 to 6, with 1 indicating

'strong disagreement' and 6 indicating 'strong agreement'. Iranian studies representing Cronbach's α on a range of .043 to .060, have shown a relatively good reliability for the subscales of Ryff inventory (Joshani, et al., 2006).

RESULTS

In this section the data collected through the questionnaires would be analyzed to test the hypotheses which

Table 1. Descriptive statistics for the variable 'Psychological Well-Being'

Statistical indicator	Group	Test	Number	Mean	Standard deviation
Psychological Well-Being	Experimental	Pre-test	15	210.20	11.89
		Post-test	15	222.53	12.29
	Control	Pre-test	15	203.60	11.58
		Post-test	15	202.90	11.94

The descriptive statistics for 'Psychological Well-Being' is presented in Table 1 according to pre-test and post-test in two experimental and control groups. As it can

be seen, the average of experimental group in posttest, compared to that of the same group in pretest, has risen.

are of particular importance discussed in the conclusion. Covariance analysis was used for data analysis. Descriptive information of psychological well-being, with pretest and posttest pointed out clearly, for both experimental group and control group can be witnessed in table 1.

Table 4. Covariance test results for the determination of the effectiveness of Hope Therapy training on 'Psychological Well-Being'

Variable	Statistical indicator	SS	Df	F	Significance level	Effect size
Psychological Well-Being'	Pre-test	949.25	1	12.99	0.001	0.32
	Group	1994.78	1	27.3	0.001	0.47
	Error	1972.48	27			
	Total	6083.83	29			

The results of the table reveal that with removing the effect of pretest variable and according to quotient of the calculated F, a significant difference in posttest stage can be seen in the average of coordinated psychological well-being score of the participants in control group and experimental group ($P < 0.05$). Thus, according to revised averages in graph 4-2 and the results of the table, it can be said that hope therapy affected the participants of the experimental group more than the participants of the control group and the psychological well-being of the former was more promoted. The effectiveness of practical meaningfulness was 0.47, i.e. 47% of the total variance or personality traits in addicts' psychological well-being were related to hope therapy.

DISCUSSION AND CONCLUSION

The present study was conducted with the aim of analyzing the effectiveness of hope therapy on the meaning of life and psychological well-being. At the initial stages of quitting the drug addiction, which is a recurrent disease, it is highly possible the patient may start using drugs again and, for this reason, this period (initial stages) is considered as a critical period. The findings of this project showed that using hope therapy in these particular conditions can improve the mental

status of an individual and promote his/her psychological well-being.

Moreover, findings revealed that group training based on hope therapy approach can promote psychological well-being in quitting addicts, and this fact is compatible with findings of Edward and Bergman (2006), Snyder and TsuKasa (2005), Shraing et.al (2008), Baily and Snyder (2007), Fitte et.al (2014), Khantzian and Edward (2015), and Denhart et.al (2008). Furthermore, Airoing, Snyder (1997), and Masis et.al (2009) proposed that teaching hope and hope therapy has a lot of psychological advantages for people, and they emphasize the role of hope in all stages of quitting. Gezelfesloo et.al (2011) found that hope is a positive feeling that increases motivation, progress, and adjustment, the ability to maintain positive feelings in people's lives and further production of such energies is a part of hope constituent. Highly hopeful people are more motivated and more energetic in pursuing their goals this fact can be traced back to their active participation in problem solving and, of course, behaviors that bring about prosperity.

Moreover, Ebtehaj-Fard (2011), in a study aimed at analyzing the effectiveness of group hope therapy on life quality and psychological well-being of families of

schizophrenic patients in Sanandaj mental hospitals, found that practicing hope therapy significantly promotes the psychological well-being and life quality of those families. Illustrating the connection between hopefulness and psychological well-being is not a demanding task. Stans (1986) believes that hope has two constituents: cognitive (expecting the occurrence of some events in the future) and emotional (for instance, hoping that the aforementioned events will be positive ones and will have favorable effects), and he discusses that emotional constituent can predict the occurrence of favorable events in the future and, therefore, can promote the mental health of a person. Having a hopeful attitude, having sufficient sources to think in a meaningful way, and recognizing the necessary paths for achieving goals can promote a person's psychological well-being; in other words, there is an interaction between these two that increases hope and promotes the psychological well-being. Hopefulness is an exciting force that leads imagination toward positive thinking. Hope makes people energetic and helps them prepare themselves for work and activity. Hope gives flexibility and happiness to people and helps us get rid of pressures that life imposes on us and, of course, increases the satisfaction with life; it also creates a kind of positive thinking with considering clear goals for life. Hope has two sides: on one hand, it motivates you to move toward your goals while on the other hand, it makes you observe and select the best paths for achieving these goals. Thus, hope is a supportive mechanism in life and improves the quality of life.

According to finding of this study, experts can use group training based on hope therapy to help those addicts that are suffering from meaninglessness of life and low psychological well-being. Since it is believed that, in positive psychology, psychological constituents, especially hope, can protect people from stressful events of everyday life, it seems that making precautionary plans based on Snyder hope theory and using them can be useful in helping addicts quit drugs. Thus, rehabilitation programs can be used by those therapists working in the field of addiction.

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