The Effect’s of Logotherapy on Self-Concept Scale in Iranian Leukemia Patients: Seyed Alshohada Hospital in Isfahan Province

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Abstract

The purpose of this research is to increase the self-concept scale in Iranian leukemia patients by grouped logotherapy method. Leukemia is a type of cancer which usually initiates from the bone marrow and results in formation of too many immature white blood cells abnormally. Cancer brings about several various impacts, changes and pressures on the patients and their family’s lives. Reactions to cancer depends on several factors such as, the patient and his/her psychological structure, family, community, and the severity of resulted deformities for the patient; and it can affect all sorts of the patient’s activities. Theoretical principle of this research is V.Frankl’s logotherapy. Frankl with his humanism approach in logotherapy thought that “having mean” is the most important part of intact personality. Society statistic of this research includes all leukemia patients registered at the Seyed Alshohada hospital in Isfahan. Primary exam have been done for 130 person and 60 person with lowest score in self concept selected for our society statistic. This 60 person also divided randomly in two groups of test and control. Test group was passed a grouped logotherapy period but the control group didn’t. The amount of self concepts of all groups measured three times with Rogers Self Concept Questionnaire. Result of this research in addition of confirmation the theoretical concepts also shows the helpful aspects of grouped logotherapy in improving self concept scale of leukemia patients. Null hypothesis is rejected in this project and having meaning training caused improvement in self-concept of affected to leukemia. So its been offered to use it.

Ke words: Logotherapy, Self – Concept, leukemia, cancer.
Introduction and Objectives

Leukemia is a type of cancer which usually initiates from the bone marrow and results in formation of too many immature white blood cells abnormally (Faderl et al, 2010). These white blood cells, which are not formed completely, are called blasts or leukemia cells or blood cancer (Advani et al, 2013). The symptoms of this disease are unnatural bleeding or bruises, fatigue, fever and high risk of infections. These symptoms are the consequences of lacking normal blood cell (American Cancer Society, 2015).

Cancer brings about several various impacts, changes and pressures on the patients and their family’s lives (Feber, 2005). Reactions to cancer depends on several factors such as, the patient and his/her psychological structure, family, community, and the severity of resulted deformities for the patient; and it can affect all sorts of the patient’s activities (Kantarjian et al, 2013). This disorder makes many psychological problems for the infected patients. They try to stay far from social activities (Samarco, 2001). Thus, different dimensions of their psychological life such as social-psychological development, interpersonal relationship, personal identity, body image, dependence process independence and educational process are hurt so they face with different kinds of psychological disorders (Price, 1990).

Self-esteem defined as the ability of thinking in the self, trusting to self for being successful, happiness, self-value, and expressing the needs and wills. With a high self-esteem we are more likely to deal with the problems, but with a low self-esteem we are more likely to give up or at least not to all our best (Abolghasemi and Eshghi, 2006).

Loss of eyebrows and eyelashes, lightness, sever weight and hair loss, baldness and hanging the face, are resulted from Leukemia. As they are more explicit, they have more threatening experience and hurt the person feeling about his body (Murrin, 2014).

Self-esteem has a close relationship with the self-image of a person as well as the approach of everyone for adaptation. A positive image of one’s body leads to having a sense of self-value; however, if this self-image has been affected in some ways, the sense of self-value would be affected too. The illness itself, treatments and the side effects bring about some changes in the self-image and as a result in the sense of self-value in patients suffering from chronic diseases; as these diseases last for long and have an unpredictable nature, this self-image deformity is more common in them (Cheng et al, 2003).

Cancer is also a chronic disease; and despite the various advances in diagnosing and treating, it characterizes with pain, limitation, deformity and death. Therefore, according to the World Health Organization it is a universal issue (Jones and Bartlett, 2004).

The way of self-understanding is called self-concept (Purafkari,1995). If the person can evaluate his physical, personality, thinking and ability traits while comparing himself with the others can find himself in special position, he will be able to be more compatible in his social and emotional situation. Then, the patients who have higher self – concept, are more self-confident and more satisfied with their abilities and traits. These people are more efficient in their social activities with fewer psychological disorders. These deformities can result to social separation from their friends and other social relations and make misanthropy (Garfami et al, 2010). Freud’s works and his ideas was the beginning of psychotherapy in the first half of century. One of the psychotherapy methods is logotherapy (Gholami et al, 2012). The first logotherapy light was introduced by Victor Frankl in international personal psychology congress in 1926 (Mohamadpur, 2008).
Frankl was arrested by Nazis in 1942 then he was taken to the northeast by train. Auschwitz, this death organized camp was famous for killing of 6 million of Jewish including Frankl’s family members. There was a horrible experiments field and real labs for this Existentialist schist. Logos is a Latin word which means “meaning”. According to Frankl’s point of view, when human beings face with unpreventable situation or an unchangeable faith, he can take this situation as a chance to reach the highest and deepest meaning of life i.e. suffering and the meaning of suffering. What should be emphasized is the way and attitude of the person to the suffering and the way of sorting the pain out (Seif, 2004). He believes that man is always free to choose. He considers ‘having meaning’ as the main part of a tact personality (Alavinia and Tabrizi, 2008).

Logotherapy calls human to trying and activities instead of being pessimist and secluded. He states that what perish human being is not grief and their unfavorable faith but it the life which loses its true meaning for them (Salehian and Milani, 2007). Recognizing Leukemia disease has a bad effect on the psychic and mind of the infected patient and his family. Thus knowing psychiatrically results and knowing the way of true can help the families to reach a true balance. Nowadays, there are many problems on these patients’ life quality (Samarco, 2001).

Thus, this study was done in order to decrease the problems of these kinds of patients. Leukemia patients were included in this study.

The general aims of this study are using having meaning training as follow:

1- Raising self-concept level and self-importance in Leukemia patients
2- Lowering suffer and rising having more meaning in life of Leukemia patients
3- Improving life quality of these patients

Methods and Materials

This study was done at the Seyed Alshohada hospital in Isfahan province in Iran to evaluate the effect of logography training on raising the self-concept level of Leukemia patients. The revenue of this study was done on the chosen statistical society. To do this study, an experimental method was used in both pre-test and post-test with both control and experiment group. The subjects were placed in both groups randomly. Pre-test was done on 130. Sixty ones who had the most negative self-concepts were chosen as the statistical sample. Then by using simple randomly sampling method, the subjects were divided into two control and experimental groups each including 30. The pretest was done on both two groups. Then, the experimental group took part in the logotherapy training class for 75 to 90 minutes in a group while the control group was prevented from taking part in the group in the process of treatment. The post-test was done on both group sat the end of experiment. Finally, the following test was done on both groups. Rogers’s self-concept Questionnaire was used to get data.

Dr. Rogers, the well-known American psychologist (1902-1987) is one of the few world leaders in psychograph and psychological researches. He is the founder of humanistic treatment (Milani, 2004).

Results

While this study has used experimental research method using pre-test and post-test with control and following groups, t-test was used to analyzed the results and data. The results and comparative graphs have been given. As it was mentioned, the main hypothesis of this study is
having meaning therapy in-group has an effect on the level of self-concept of Leukemia patients. Having meaning training was studied as independent variable and the level of self-concept as dependent variable. Table 2 and Figures 2 shows that there is a meaningful difference between the levels of self-concept in both control experimental groups. Result of this research in addition of confirmation the theoretical concepts also shows the helpful aspects of grouped logotherapy in improving self concept scale of leukemia patients. Null hypothesis is rejected in this project and having meaning training caused improvement in self-concept in Leukemia patients.

Discussion
Self-concept is a dynamic system, which is related to the person’s beliefs, values, willing, talents and abilities. This evaluation is resulted from the person’s mental evaluations from self-traits, which is possibly negative or positive. Positive self-concept shows that the person accepts his weak and strong points and this matter makes self-confidence increase in his social relationship. Negative self-concept reflects disabilities in the person (Lundin Kvalem et al, 2006).
It can be said that what perishes human beings is not their unfavorable faith, but the meaningless life is a disaster for them. If we accept the pain bravely, the life will have meaning (Reed et al, 2011).
The meaning of life can have potential pain and suffer. Frankl says finding the true meaning of life talks (Seif,2004).

Conclusions
The results show that logotherapy in groups improve self-concept in Leukemia patients at the Seyed Alshohada hospital in Isfahan province in Iran. Thus the results are almost the same with Abedi et al (Abedi et al, 2013), Amanda et al (Amanda et al, 2008), Forughan et al (Forughan et al, 2010), Schulenberg (Schulenberg, 2003), Rezai and Shafiabadi (Rezai and Shafiabadi, 2009), Gholami et al (Gholami et al, 2012), Gerefmi et al (Gerefmi et al, 2010).
Thus, logotherapy training method in groups makes self-confidence and life quality improve in group.

Tables and Figures

Table 1. Comparing the score distribution in two groups in pre-test

<table>
<thead>
<tr>
<th>group</th>
<th>frequency</th>
<th>mean</th>
<th>Standard deviation</th>
<th>variance</th>
<th>median</th>
<th>Highest score</th>
<th>Lowest score</th>
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<tr>
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<td>0.41</td>
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</table>
Table 2. Comparing the score distribution in two groups in post-test

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<tr>
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<th>Standard deviation</th>
<th>variance</th>
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<th>Highest score</th>
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<td>11.57</td>
<td>12.52</td>
<td>10</td>
</tr>
</tbody>
</table>

Figures 1. Comparing the score distribution in two groups in pre-test

Figures 2. Comparing the score distribution in two groups in post-test
References

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