The effectiveness of Spirituality to enhance the quality of life of a group of married women

Fatemeh Izadbkhsh
"M.A. Department of Educational Sciences and Counseling, Roudehen Branch, Islamic Azad university, Tehran, Iran"
Fatemeh_izadbakhsh@yahoo.com

Abdollah Shafiabady
"Full Professor, Department of Educational Sciences and Counseling, Roudehen Branch, Islamic Azad university, Tehran, Iran"
Ashafiabady@yahoo.com

Abstract

This study aimed to determine the effect of group therapy on quality of life and spirituality of married women referred to the health center in Tehran. This quasi-experimental research, including research with experimental and control groups that sampling and replacement subjects were randomly assigned to two groups. A total of 30 patients were selected and randomly assigned into two groups as experimental and control groups. The experimental group participated in the sixth meeting of spirituality and training workshops for 120 minutes a week after the last session, so the test was administered to both groups. In this study, the World Health Organization Quality of Life Questionnaire (short form) was used as a measurement tool. Data analysis using descriptive statistics and inferential statistics using analysis of covariance was performed through SPSS tools. The research showed that the difference between experimental group and the control of quality of life (with a significance level of p <0.05) was significant. The teaching spirituality enhances the quality of life of married women. Spiritual interventions such as self-awareness, treatment Quran, trust, patience, forgiveness, gratitude for the quality of life for these groups, respectively.

Keywords: spirituality, group practices, quality of life.
1.1 Introduction

Marriage as the most important social custom has been to achieve the emotional needs of people should be considered. Marriage human relationship, sophisticated, elegant and dynamic special features (Navabinejad et al., 2006). Marriage can be considered as one of the stages of human growth. If successful marriage, the couple contributed greatly to psycho-social growth. Success of a marriage depends on the readiness of people to marry and realistic understanding of the relationship between married couples. This preparation can be improved by training. Its unique feature is that awareness and acceptance test these features by successful marriage can help couples (Nazari, 2012).

Family is undoubtedly the most important institutional pillars of social determinants of health or impairment of health or disease society (Nazari and Soleimanian, 2007). Understanding the factors that caused the consistency and strength of this social institution could be a useful step towards improving the cultural level of society. (Taniguchi et al, 2006)

Spirituality from the beginning of creation had formed a major part of their lives, and Asma’khvd to teach people, you are Adam (Father of mankind) and consequently he starts spirituality are all human beings (Ghobari, 2009). The importance of human spirituality and spiritual growth in the past few decades, psychologists and mental health professionals increasingly attracted to. To the extent that some health organizations like the World Health Organization to revise the definitions in humans and human nature have, for example, the World Health Organization in defining aspects of human existence, in physical, mental, social and spiritual points and the fourth dimension, the spiritual dimension in human growth and development raises (West, 1950, quoted the Shahidi, Shirafkan, 2008). Experimental studies showed a significant relationship between health and spirituality are. However the reasons for this association are unclear. (Hill and Pargament, 2003)

The fundamental idea is that a person's quality of life and higher standards of living space, attention and thinking health is defined according to the scope and purpose of it, the years of life that comes with satisfaction, happiness, pleasure and success in fact, the subjective sense of their lives and understand each person based on his individual expectations is included. (Andrews and Withey, 1976)

Undoubtedly one of the most important and influential segments of society are young married women, because they are in working age working age are in their wives and wives in this segment of the labor force ages every society on the other hand this time (Mohammad Zadeh, 2011).

bring happiness to others his own love and marriage on the end of the day. This hardware requires a set of knowledge, information and insights in order to identify male and female and the other is married (Navabinejad, 2004).
Researchers predict that the close relationship between the two. This orientation leads to the expression of such phrases that spirituality can enhance and strengthen marital relationships (James, 2007, translation: M. Azerbaijanis, 2011).

Attitudes about family, spirituality, continuity and transfer of values and spiritual practices to other generations form on the other hand the importance of quality of life and people want to improve their quality of life and governments around the world are trying, day by day more attention to the quality of life of their people and seek health and welfare services, physical, mental and social are more appropriate to the people. (Kanam, 1999)

According to the World Health Organization, quality of life, including people's perception of their position in life, Lack of attention to the spiritual and self-realization in life, according to theorists and research, is growth and self-actualization and to prevent the creation of such a case is no doubt that health and mental health, particularly women's health destroyed And the breakdown of family bonds and the decline of spiritual values. So it is necessary at the present time to revisit the issue of spirituality and has done extensive research in the field of spirituality important in human life today be identified. The researcher plans to study not answer the main question, “Is the teaching spirituality group therapy has an effect on the quality of life of married women?” (Rafeie, 1388).

In Srdansh and the explosion of information, which by some scholars and thinkers of the era called back to spirituality. Life and health of the family depends on many factors. These effects range from reducing the feeling mutual consent from each other, and generally live to a serious disturbance of family and divorce is widespread. As we know, divorce underlie a lot of damage and irreparable damage to the family and the community (moeen, 2001).

Finally, the religious issues in psychotherapy to help the process of maintaining and promoting mental health. Psychologists have traditionally focused on the negative aspects of religion, but religion and religious institutions have several preventive action. Psychotherapists with the integration of a religious coping strategies can help people give up his life to effectively build, maintain and rebuild (Johansen, 2010, translated by Farid Yarani Sadeh, 2012).

Experience shows that Iran is also a lot of mental and emotional disorders and even inter-personal interaction with spiritual and religious issues are And regardless of the sensitivity to the interaction, diagnosis and treatment will not be successful. It can be spiritual strategy as a complementary tool alongside other approaches used with precision and sensitivity (Etemad, 2005).

The aim of this study was to achieve a series of internal changes with spiritual intervention. So that susceptibility to self-realization and self-knowledge and self-knowledge will be upgraded to self-development and self-actualization finally Khdayaby and Khdagvy, which is the perfect man, will be realized. Despite the importance of spirituality and religion in Iran are very few mental health research in the field of women's health in particular. Therefore, this study is essential in the present age.
Bvlhry Naseer and Zamanian (2011), was to assess the effectiveness of spiritual healing and spiritual quality of life in women with breast cancer did. This study was conducted on 24 patients with histologically confirmed breast cancer. The results showed that the quality of life and spiritual well-being in the group that spiritual intervention had been significantly increased.

Azhdarifard and Nurani Pur (2010) study on teaching spirituality on mental health of students. The results showed that spirituality in mental health education and improved social functioning and reduce anxiety and depression of students affected.

In a study that Frederick (2006), the relationship between sexual satisfaction, quality of life and the transience of marriage investigated. The results showed that sexual satisfaction leads to increased quality of life (quoted from Gholamalian, 2007).

Hanlr and Gchnvz (2005), in a study of couples Turkey did after controlling for variables such as education level and how long the life of their common past to the conclusion that being religious and having spiritual roots major impact on marital quality. But being religious, married couples can not solve the problem of the spouses increase.

Grlash (2002), suggests that spirituality is a key factor in personal happiness, remarrying and shared parenting. Spirituality involves a system of beliefs of love, compassion and respect for life covers. Spirituality and religion are very sensitive people may privately (for internal) or through social interaction with people and organizations outside the lines of experience. There, on subjects such as their spirituality, relationships with self, others and the world, and what that person is experiencing and abstract thinking and willpower is required. Spiritual growth, insight and understanding of one's own ethnic backgrounds.

Beach (2002), has shown that people who are at a higher level of religiosity religious than those with lower levels of marital stability to seem more and more satisfied with their marriage.

Jacoby, Paydar, Abdullah Zadeh, Mohagheghi (2008), was to determine the relationship between religion and mental health Bu Ali Sina University in Hamedan have done in 87-86 years the results have shown a significant relationship between religion and life quality. This means that religious stability by increasing the quality of life increases..

Research has shown that religious beliefs, rituals and obligations, with positive results such as better quality of life, well-being, physical and mental health and sustainable living and performances positively linked to the study Silva and partners, in relation to spirituality in quality life in patients with chronic lung disease, the role of spirituality in the quality of life in women with breast cancer, the results indicate the role of spirituality in patients' quality of life. (Rippenttrop et al, 2005).

Spirituality cause of peace, of spirituality, getting rid of the feeling of emptiness and loneliness, find meaning in life, optimism, hope, life satisfaction and social support. In this way, the psychological capacity and increased ability to cope with stress and problems, improve mental health, physical and life becomes longer. Hence, in order to maintain and improve their
mental health, family, society pay more attention to different aspects of spirituality and strengthen them in ourselves is necessary (Abdullah Zadeh et al., 2009).

So it seems that if the couple are believed to have deep spiritual self disputes can permanently lose the psychological fear of the Lord and have feelings of guilt and hence try to protect their common life. And thus affecting the quality of life in a close relationship to each other that can be seriously considered in the field of women's health. Due to the impact of the study on teaching spirituality may be noted that spiritual and mystical experience how people looked on. (Beach et al, 1986).

Accordingly, Newberg and D Acheville (quoted from Aymvnz, 2000) believe that the experience of deep religious modes of unity orientation or sense of oneness with the universe or the origin of and experiences such as ecstasy, joy, fear and hope can be seen. Quality of life, adverse effects on people's personal and social life and in many personal and social functions interfere couples and affect the mental health of each of the couples, especially women, and the health of the family. today, people increasingly tend to the spiritual and moral issues, that's why spirituality scientific study is one of the major issues is common in physical and mental health.

1.2 Research Methodology

This research is a quasi-experimental study with pretest-posttest control group and random arrangement. Pretest-posttest control group design, the two groups will be formed that both groups are measured twice. The first measurement second measurement by performing a pre-test and post-test is done by implementing a. Using random sampling half of the subjects in the first group and the other half in the second group will be replaced.(Delaware, 2001). This practical research, which is to achieve practical outcomes, find solutions to real problems and developing practical knowledge in a particular field is used.

The study sample included all married women referred to health centers in Tehran between April and May was formed 94 years.

Simple random sampling was used in this study. The quality of life questionnaire was conducted on 120 people and according to research, among them 30 women with low quality of life were selected and placed randomly in two groups (15 people) and control group (15 people) were replaced. In the pilot study of at least 15 people for each group is desirable (Delaware, 2001). For the most part research project financial constraints, time and manpower that is required sample size limits to be studied. And finally subjects to cooperate with researchers conducted the sessions. Mean age of participants was 35 years and the economic and social middle class, and the criteria for the training course was that participants have not participated in any class teaching spirituality.

The World Health Organization Quality of Life Questionnaire is a self administered questionnaire designed by the World Health Organization to assess people's lives And includes aspects of life that are scientifically associated with overall satisfaction with life. As mentioned,
this is a self-report questionnaire, and participants should be a tool in a 5-point Likert scale to answer every question. This test must be completed by Khvdazmdny, but in the case of illiterate or handicapped of subjects, we can help someone else to complete it. The questionnaire, short form quality of life questionnaire World Health Organization (WHOQOL-100) the scale of 100 questions is one and in 2010 by Joseph, Ghasemi, Sarrafzadegan, the owner, Rabie and survival in the center of Cardiovascular Research University of Medical Sciences standard and the short form of 26 questions accordingly. This 26-item questionnaire, the quality of life in four areas, namely a) physical health domain, b) psychological dimension, c) of social relations, d) environment examines the (Joseph et al., 2010).

1.3 Findings

Table 1. Descriptive indicators related to pre-test and post-test experimental group and the control group in quality of life

<table>
<thead>
<tr>
<th>Maximum</th>
<th>At least</th>
<th>Elongation</th>
<th>Tilt</th>
<th>Standard deviation</th>
<th>View</th>
<th>Middle</th>
<th>Average</th>
<th>Quality of Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>57/90</td>
<td>41/23</td>
<td>0/862</td>
<td>0/587</td>
<td>4/34412</td>
<td>41/23</td>
<td>47/76</td>
<td>47/5967</td>
<td>Experiment</td>
</tr>
<tr>
<td>70/17</td>
<td>37/17</td>
<td>-0/557</td>
<td>0/582</td>
<td>4/57266</td>
<td>55/17</td>
<td>61</td>
<td>61/5420</td>
<td>Witness</td>
</tr>
<tr>
<td>70/17</td>
<td>55/17</td>
<td>-0/557</td>
<td>0/582</td>
<td>4/57266</td>
<td>55/17</td>
<td>61</td>
<td>61/5420</td>
<td>Experiment</td>
</tr>
<tr>
<td>50/75</td>
<td>37/17</td>
<td>-0/468</td>
<td>0/653</td>
<td>3/96963</td>
<td>37/17</td>
<td>42</td>
<td>42/6740</td>
<td>Witness</td>
</tr>
</tbody>
</table>

Table 1 shows the mean scores of pre-test levels of quality of life in the experimental group and deviation 4/34412 is 47/59. Show that the average values of the two groups closer together and more in the experimental group and the control group scores are above average grades on average, are down. The mean post-test group tests the quality of life 61/5420 and standard deviation is 4/57266. Average pretest score of quality of life is evidence of 42/6740 and 3/96963 deviation. Show values lower than the average scores in the experimental and control groups is more. The experimental group was significantly higher than the average for the control group and the experimental group showed greater quality of life.
Teaching spirituality group therapy on quality of life is affected married women referred to the health center in Tehran.

Table 2: Test linear relationship between pretest and post test

<table>
<thead>
<tr>
<th>Significance level</th>
<th>Mean Square</th>
<th>F</th>
<th>Degrees of freedom</th>
<th>Sum of squares</th>
</tr>
</thead>
<tbody>
<tr>
<td>0/001</td>
<td>999/685</td>
<td>12/818</td>
<td>1</td>
<td>999/685</td>
</tr>
</tbody>
</table>

According to the results set out in Schedule 2 and smaller than 0/05 show a significant level of assumption of linearity relationship is established. In Figure 1, the linearity of the pre-test and post-test is shown.

![Figure 1: Test linear relationship between pretest and post test](image)

Table 3: Test to verify the homogeneity of the slope of the regression coefficients

<table>
<thead>
<tr>
<th>Significance level</th>
<th>Mean Square</th>
<th>F</th>
<th>Degrees of freedom</th>
<th>Sum of squares</th>
</tr>
</thead>
<tbody>
<tr>
<td>0/576</td>
<td>5/004</td>
<td>0/320</td>
<td>1</td>
<td>5/004</td>
</tr>
</tbody>
</table>

According to the results set out in Schedule 3 and a significance level of greater than 0 /05 indicates the slope of the regression coefficients assumption of homogeneity is achieved. So, we can make use of analysis of covariance
Table 4: Levine test to verify the homogeneity of variances

<table>
<thead>
<tr>
<th>Significance level</th>
<th>Degrees of freedom 2</th>
<th>Degrees of freedom 1</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>0/937</td>
<td>28</td>
<td>1</td>
<td>0/006</td>
</tr>
</tbody>
</table>

Due to the homogeneity of variances provided in Table 4 in greater levels of 0/05 is not significant, so the default is to establish the homogeneity of variances.

Table 5: Summary analysis of covariance calculations to evaluate the effect of spiritual training group therapy on quality of life in women

<table>
<thead>
<tr>
<th>Significance level</th>
<th>F</th>
<th>average of squares</th>
<th>Degrees of freedom</th>
<th>sum of squares</th>
<th>Covariate (scores of quality of life before and Training)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/699</td>
<td>102/050</td>
<td>1</td>
<td>102/050</td>
<td></td>
<td>Covariate (scores of quality of life before and Training)</td>
</tr>
<tr>
<td>000</td>
<td>116/351</td>
<td>1772/375</td>
<td>1</td>
<td>1772/375</td>
<td>The main effect (intervention-training)</td>
</tr>
<tr>
<td></td>
<td>15/233</td>
<td>27</td>
<td>411/291</td>
<td></td>
<td>The remaining error</td>
</tr>
</tbody>
</table>

Chi Eta share = 0/812

Table 5 Summary of covariance is that the ratio of 116/351 and value (significance level) and Chi Eta equal share…, 0/812 is provided as Mqdarkvchkr of 0/01, the difference is significant. In the analysis of covariance is much smaller than 0/01 it has been shown that a significant amount and it means that the null hypothesis is rejected, the difference between groups was not statistically significant. This means that the spiritual training methods increase the average quality of life in women with experimental groups compared to the control group average and supporting research hypothesis about the effect of group therapy on quality of life and spirituality of married women referred to the health center in Tehran.

Hypothesis: teaching spirituality group therapy on quality of life of married women effectively. Table 5 Summary of covariance is that the value of F is equal to 116/ 351 and the P-value (significance level) and Chi Eta …, 0/812 equal share is presented because the P-value is
less than 0/01, F from is statistically significant. The covariance analysis, the amount of P-value less than 0/01, it has been shown that a significant amount and it means that the null hypothesis is rejected, the difference between groups was not statistically significant. This means that teaching spirituality enhances women's quality of life in experimental groups compared to the control group average and this confirms the hypothesis that the effect of spirituality much of global quality of life of married women referred to the health center in Tehran.

1.4 Discussion and conclusion

In this study, the effect of spirituality on the quality of life of married women were studied. According to the statistical results of the study hypothesis was confirmed. Researchers effect of spirituality on increasing the quality of life for various reasons is because of this that spirituality by strengthening the capabilities of self-therapy candles, appreciate the patience of problems, ask forgiveness from God and others, all require trust to communicate with better quality with themselves and others and God. Disruptions in a person's strengths and compensate functions and causes a person's subjective assessment of self-empowerment and has new features and richer feel and also to monitor the actions and behavior always know God and try to not infringe the right path of truth and justice and resulting in a more effective relationship with himself and with his wife and others.

The results also show that the correlation between spirituality and quality of life for participants is direct and significant. The result is Asarudi research (2011), Baljany (2011), Dalmeida (2011), Kvtvn (2009), Silva (2009) is consistent with the results Balbvny et al (2007) is not consistent.

Due to the teaching spirituality recommended group therapy on the quality of women's lives the training sessions through mass media to enhance the quality of life of the population held as well as spirituality workshops in schools and universities and health centers and welfare centers and mosques and educational centers as a therapeutic strategy to be held and because of the presence of spiritual culture / religion in Iranian society, spirituality as an important issue, more attention experts, relevant authorities and centers of Psychology treated.
References


Abdullah Zadeh, Hassan and others (2009), spiritual intelligence (concepts, measure and its applications), psychometric, Tehran, no less.


Canam A(1999).Quality of life from nursing and patient perspective thory a research.


Moin, d. (2001) age of knowledge and return to spirituality, prayer journal, 7, 8, 25-34.


