

Effectiveness of Hope Therapy on Resilience of Adolescents in Group

Atefe Movaghar¹., Hossein Akbari Amarghan^{2*}

^{1,2}Department of Rehabilitation Counseling, Quchan Branch, Islamic Azad University, Quchan, Iran

Received: January 25, 2015

Accepted: April 16, 2015

ABSTRACT

The aim of this research is effectiveness of hope therapy on resilience of adolescents in group way. this research is semi-test. Population of this research is the total female students of high school in Quchan in years 2013-2014. Hope therapy hold in 8 sessions, each week one session for 60 min. Connor-Davidson (2003) resiliency questionnaire was used in this study. Data of this research analyzed in SPSS software in two levels of inferential and descriptive statistics. The result showed that hope therapy in group impact resiliency of adolescence.

KEY WORD: Hope Therapy, Resilience, Adolescents

INTRODUCTION

Hope is an exciting power direct imagination toward positive things. Hope gives energy to humans and makes them ready for work and activities. Hope gives us flexibility, exhilaration, and the ability to relieve from burdens that life imposes us, therefore increase life satisfaction. Biele&snaider (2007) believed that considering clear goals for life hope is positive state of motivation. On one hand in hope exist the motivation of moving toward goal and on the other hand exist the motivation of investigating suitable ways to catch the goal. Thus, hope function as a supporting mechanism in life and causes improvement of quality of human life. (Bahadori Khosroshahi and Hashemi Nosrat Abadi, 2011).

Resiliency as a popular field in recent years, study and investigate personal and interpersonal abilities and causing improvement and strength in difficult conditions. Resiliency is not spending passive resistance against threats and damages of conditions. Resiliency is the ability of person in making bio-psycho-spiritual balance against precarious conditions and in recovering that have positive emotional and cognitive consequences. Resiliency is the successful conformity that reveal in arena of disasters and debilitating stress. This definition of resiliency expresses a construct that require complex balance between dangerous and protective factors. (Broderick and Savvier, 2007) Researches show that resilience individuals do not have self-shattering behavior, are calm emotionally, and have the ability to deal with unfortunate conditions. Arce, Simmons, Winkielman, and Hitchcock (2008) in a research presented that individuals with high resiliency tend to show positive emotions in facing neutral and unclear emotional events. They believed this might be due to the ability of these individuals in getting along with difficult conditions especially conditions with interpersonal nature. Rio (2005) showed that, resiliency has a positive correlation with positive emotions and negative correlation with negative emotions such as anger and sadness. In addition, Pazhouheshkar (2004) revealed that higher levels of resiliency helps individual to leave unpleasant experiences behind and back to desired position using positive emotions. It seems that hope and resiliency as variables of positive psychology have high relationship with each other. Materials and methods (methodology): this research is semi-test. Population of this research is the total female students of high school in Quchan in years 2013-2014. Hope therapy hold in 8 sessions, each week one session for 60 min. Connor-Davidson (2003) resiliency questionnaire was used in this study. Data of this research analyzed in SPSS software in two levels of inferential and descriptive statistics. The result showed that hope therapy in group impact resiliency of adolescence. Result of this research match those of Ghahremani and Naderi (2012) and Snyder and et al. (2006).

Statement of the problem

Adolescence is the transitional period between childhood and adulthood that adolescents face various evolutionary challenges and problems through it. Firstly, there are many typical tasks of evolutionary identity, which include gaining liberty from family and positioning in the homological group. Secondly, transition from childhood to adulthood is the requirement of this period and recognized by cognitive evolution and physiologic changes in body. On the other hand, at the end of this period adolescent should be able to play his social roles, finish his propaedeutic and decide about his careers. (Rasouliet and al., 2010)

Hope is one of characteristics of human help him to leave disappointment behind, follow his goals and reduce the feeling that tells him future is intolerable. According to Erikson, development of hope or disappointment occur in early childhood. If emotional needs of child be provided well, the feeling of being good

*Corresponding Author: Hossein Akbari Amarghan, Department of Rehabilitation Counseling, Quchan Branch, Islamic Azad University, Quchan, Iran

form in him and lead to hope. (Rasouli and et al. 2010) The effects of positive constructs (optimism and hope) on mental and physical health have been confirmed in many researches. Hope construct have attracted many attention (Snyder, 200. As quoted by Alaedini and et al., 2008) Hope-therapy aim to help therapy seekers, makes them able to determine and classify significant goals, provide different directions for these goals and stimulate them, follow the goals and again framing the obstacles as challenges for dominance. (Reesiyan and et al., 2011)

According to above we can say that this research aim to answer whether hope-therapy impacts resiliency of adolescents?

Purpose of the study

1. Evaluation of effectiveness of hope therapy on resiliency of adolescents in group mode.

The importance of study

Every human being intentionally or unintentionally exposes disasters, diseases, events, and psychic-physical pressures from the birth. This is an inevitable truth as Quran says, "truly we create man in pain." Hope is an important component in all dimensions of human life keep individual strong. Hope is the ability to believe in a better feeling in future. It stimulates activity system in order to gain new experiences and create new power in individual. Generally, hope is not conscious experience, but when he face difficulties and crisis of life, hope shows itself. Hope takes back calmness to him. Hope is the main part of evolution of human. According to psychological theory of Erikson, in first stage of human evolution hope proposes as trust against trust. Forming hope and expectation begins during infancy. Trust form based on first experiences. Quality of initial experiences leads to next experiences of hope or disappointment. (Bijari, 2007) Resiliency is one of proposed issues in positive psychology. Resiliency has an especial place in areas of developmental psychology, family psychology, and mental-health. (Campbell-Sills, Cohan & Stein, 2006. Garmezy & Masten, 1991. Quoted from Taghaviyan Hakak, 2013)

Resiliency has been defined as kind of process, the ability, or consequence of successful adaptation with threatening position. That is to say resiliency is an agent help individual in facing and adapting hard and stressful situations and decrease depression. (White, Driver & Warren, 2010).

LITERATURE REVIEW

The research by Mohebi Nouradini Vand, Shahni Yeylaghi and Pasha Sharifi (2014) titled relationship between cognitive capitals (hope, optimism, resiliency and efficacy) with the aim of educational development and performance of first year students. Result of this research showed that capital of psycho-cognition and its 4 components have significant positive relationship with skill-oriented, performance-oriented and academic performance goals and significant negative relationship with performance-digression goal. Developmental goals had a significant relationship with educational development. In addition, combination of four variables of hope, optimism, resiliency, and efficacy can predict better the orientation of skill-oriented and performance-oriented goals.

According to a research by Bahadori Khosroshahi and Hashemi Nosratabadi (2011) there was a significant positive relationship between hope and resiliency with psychological well-being. Based on these data individuals who have high levels of hope and resiliency enjoy high psychological well-being. Bahadori Kosroshahi and Hashemi Nosratabadi (2011) revealed that there is a significant positive relationship between hope and resiliency with psychological well-being of students. Predicting variables are able to predict psychological well-being changes of students. According to this result, we can say there is a direct relationship between hope and resiliency with psychological well-being.

Arce, Simmons, Winkielman, and Hitchcock (2008) in a research represented that high resilient individuals tend to show positive energies in facing emotional events, which have unclear and neutral nature. They believed this might be due to the ability of these individuals in getting along with difficult conditions especially conditions with interpersonal nature.

Result of the research of Snyder and et al. (2006) showed that showed that short-term intervention of hope-therapy can increase some psychological abilities and decrease symptoms of psychopathology.

Theoretical foundation

Compensatory model

Compensatory agent is a variable that neutralize the effect of facing with danger (Garmezy & others, 1984. Masten and others, 1988. Quoted from Zimmerman and Aronkoma, 1994). This agent does not interact with dangerous agent, but has a direct effect on considered consequence. Both compensatory and dangerous agents have role in predicting role (Masten, 1998. Garmezy, Tellegen and Pelligrini. Quoted in Taghaviyan Hakak, 2013)

Challenging model

According to challenging model of resiliency, pressing act as increasing potential agent of successful adaptation. In this model, low stress does not create enough challenge, and high stress conveys feeling of

inability, which can cause inadaptability. Average levels of stress face individual with challenge and if individual dominates this stress he will enforce this ability. If challenge ends successfully, individual will be ready for next problem. Rater (1987) called this process "strengthening" or "hedging." If attempts of facing challenge does not end successfully, individual will be increasingly vulnerable to risks. Therefore, optimization level occurs when accordance is strengthened as individual faces challenge. This model requires longitudinal data and measures analytically by direction (Lisrel) or structural equation modeling. (Taghaviyan Hakak, 2013)

Snyder's theory of hope

Hope is a process during which individual first determine his goals, then create strategies in reaching that goal, and next create and keep required motivation for implementation of these strategies. Raised combined point of view based goal, which is expansion of one-dimensional traditional model. An area established for the first time to measure validity and reliability of hope. Snyder's theory of hope is based on 3 components: goals, pathway, and agent (Snyder, 2002).

METHODOLOGY

This research done by semi-test (pre-test and post-test with two experimental groups and one control group). This plan measure by three testing group, each measures two times. First measurement is with pre-test and the second with post-test (Delavar, 2014).

Data collection

Data collected through library studies, reviewing essays, and questionnaire.

Statistical population

Total female students of high school in Quchan in 2013-2014 are the population of this research.

Statistic sample and sampling method

Among 21 high schools, only one randomly selected. Volunteers invited to register in this research plan. Finally 45 individual placed in three groups of 15 (two experimental and 1 control group).

Implementation method

Hope-therapy holds in 8 sessions, every week for 60 min. First session: include introducing, making confidence, linking between group members and taking pre-test. Second session: include talking about generals of theory of hope, and its requirement and impact on depression. Third session: speaking about life story of each member of the group and the impact of thought, false believes in selection, deeds, and emotions (story of life determine and reframe based on three main components of Snyder theory such as goal, agent, and pathway). Fourth session: include positive thought and its effect, emphatic sentences, and hopeful stories. Fifth session: include the aim of every member's life according to their story and changing it to detail goals. Sixth session: determining goals, examining achieving ways and selecting the best. Seventh session: teaching relaxation, reaching goal and correcting false believes that causes obstacles. Eighth session include detecting hopeful matters among participants, teaching experiences of the present time, detecting annoying thoughts, and making participants familiar with individuals who live with hope and motivation. Ninth session: conclusion and taking post test. (It should be mentioned that positive, emphatic sentences and soliloquy used in every session of hopeful stories).

Data collection tool

For collecting data, one questionnaire used:

1- Davidson-Connor questionnaire of resiliency:

It is Davidson-Connor questionnaire of resiliency (2003). It prepared for measuring the ability to face pressure and threat and Mohammadi (1384) adopted it for using in Iran.

This questionnaire includes 25 questions and 5 points likert scale frequency. Its choices score from 0 up to 4 such as very false (0), rarely true (1), sometimes true (2), often true (3) and always true (4) Total scores of 25 questions, form the total score of scale.

Reliability and validity of the collecting tool

Scale its reliability and validity confirmed by result of related propaedeutic of psychometrics features of this (Connor-Davidson, 2003). Internal consistency, test-retest reliability, and convergent and divergent validity are reported enough. This scale had good reliability and validity in previous researches of Persian formats (Besharat, 2007).

Reliability of this scale equal 87 by Cronbach Alpha, in a research by Samani, Jokar and Sahragard (2007). In addition to initial normalization, reliability of the questionnaires equaled 90% by Karimza Nikouzadeh (2008).

Data analysis

Spss software applied in two levels of inferential and descriptive statistics. Covariance used for inferential statistics.

Findings

In this part evaluate and examine hypothesizes of the research:

Research hypothesize

1. Hope therapy impact resiliency of adolescents.

Covariance uses for examining this hypothesis. Firstly, null-hypothesizes should be evaluated to determine whether performing covariance analysis is suitable or not. Colmogrov-Smirnove used for normal distribution of scores of variables, Lowin test for evaluating equality of variances and homogenous suppose test of gradients (opposition of group and pre-test).

Table 1: Evaluation of normal distribution of resiliency in pre-test and post-test distribution.

P	(z) Colmogrov-Smirnove	Stage	variable
0/823	0/434	pre-test	resiliency
0/813	0/442	post-test	

Table 1 shows that distribution of resiliency score in pre-test equal 0/434 which is more than 0/05. This shows that test is normal in this stage and distribution of resiliency score in post-test equals 0/442, which is more than 0/05. It reveals that test in this stage is normal (0/05p>) and can perform covariance analysis.

Table 2: Lowin test for evaluation of variance equality.

Significance level	df 2	df 1	Calculated F
0/09	28	1	2/9

As seen in table above, F equals (2/9) and considering that (=0/09>0/05p) the difference in variance of two groups was not significant. Thus, we can use covariance analysis.

Table 3. Table of homogenous supposition evaluation of gradients.

Significance level	F	Average of squares	Df	Total squares	Source
0/067	3/6	7/2	1	7/2	Group pre-test against group Error Total
0/00	1733	3417/1	1	3417/1	
0/884	0/022	0/043	1	0/043	
		1/9	26	51/2	
			30	117574	

As seen in above table, F relates to opposition of group against pre-test (0/22) which is not significant: (>0/05p). therefore covariance is suitable for evaluation of this hypothesize.

Table 4. Table of evaluating significance of effect size of independent variable

Size of impact	Significance level	F	Average of squares	Degree of freedom	Total squares	Source
0/98	0/00	1884	3579/6	1	3579/6	pre-test
0/78	0/00	100/4	190/9	1	190/9	Group
			1/9	27	51/3	Error
				30	117574	Total

As seen above, F in group equal (100/4) and its effect size (0/78). Considering that (p<0/05) so concluded that difference between averages of resiliency in two groups of post-test is significance.

Table 5. Table of adopted averages of two groups

Standard error	Average	Group
0/36	64/02	Test
0/36	58/9	Control

Above table relates to adopted averages of two groups. As seen average of resiliency score of experimental group is more than resiliency score of control group. So null hypothesize rejects and opposed hypothesize confirms. It concluded that hope therapy increased resiliency in group mode.

DISCUSSION AND RESULT

Result plays an important role in every research. Result of research is a base for solving the problems and improving the condition. This part allocate to findings, theoretical aspects of the findings and applicable

suggestions for future researches. In this part findings reveal and suggestions represent according to evaluation of hypothesized and statistical analysis.

Considering that the aim of this research is the evaluation of effectiveness of hope therapy on resiliency of adolescents in group mode, thus a hypothesis formulated along with the aim of research and then tested. Based on research result, findings confirmed both hypothesized. In follow hypothesis will be interpreted completely.

Hypothesis test using covariance analysis: in this hypothesis revealed that the difference between averages of resiliency scores is significant in two groups of control and experiment. According to adopted average in two groups, it was seen that the average score of resiliency in experimental group is more than control group. Concluded that hope therapy in group mode could increase resiliency of tests. So first hypothesis confirmed, that is to say hope therapy in group mode impact resiliency of adolescents. The result of testing this hypothesis examines and compare in follow. Mohebi and et al. (2014) examined the relationship between cognitive capitals (hope, resiliency, and efficacy) with the aim of development and performance of first year students. The result showed that capital of psycho-cognition and its 4 components have significant positive relationship with skill-oriented, performance-oriented and academic performance goals and significant negative relationship with performance-digression goal. Developmental goals had a significant relationship with educational development. In addition, combination of four variables of hope, optimism, resiliency, and efficacy can predict better the orientation of skill-oriented and performance-oriented goals.

Taghaviyan (2013) examined effectiveness of positive thought with Islamic approach on resiliency of women and conclude that teaching positive thought has a significant on enhancing resiliency and positive thinking of women. According to a research by Bahadori Khosroshahi and Hashemi Nosratabadi (2011) there was a significant positive relationship between hope and resiliency with psychological well-being. Based on these data individuals who have high levels of hope and resiliency enjoy high psychological well-being. Bahadori Kosroshahi and et al. (2011) revealed that there is a significant positive relationship between hope and resiliency with psychological well-being of students. Triza (2010) showed in his research that there is a significant relationship between optimism and resiliency. Arce, Simmons, Winkielman, and Hitchcock (2008) in a research presented that individuals with high resiliency tend to show positive emotions in facing neutral and unclear emotional events.

Acknowledgement

I am thankful of Dr. Hossein Akbari Marghan and Dr. Hossein Kadkhoda who helped me in this essay.

REFERENCES

- Alaedini, Zohre; Kjbaf, Madbagher; Moulavi, Hossein. (2008). Examination of effectiveness of hope therapy on mental-health. 1th period. Number 4. Page 67-76.
- Arce, E. Simmons M. B., Winkielman, P., Hitchcock, C., & Paulus, M. P. (2008). Association between individual differences in self – reported emotional resilience and the affective perception of neutral faces. *Journal of Affective Disorders*, 2(4), 120-131.
- Bahadori Kosroshahi, Jafar; Nosrat Abadi, Touraj. (2011). Relationship between hope and resiliency with psychological well-being in students. *Journal Thought and behavior*, 2 period, number 22, page 41-50.
- Baily, T.c & Snyder, C.R. (2007). Satisfaction with life and hope: a look at age and marital status. *Psychological Record*, 57, 2, 233-240.
- Bijari, Haniye. (2007). Examination of effectiveness of group therapy based on hope therapy approach on enhancement of hope toward life in womens who have beast cancer. M.A Thesis. Mashhad: Ferdowsi University.
- Brodrick, D. A., & Sawyer, S. M. (2003). Adolescent resilience: a conceptual analysis. *Journal of Adolescent*, 26, 1-11.
- Kardmirza Nikoozade, Ezatolla. (2008). Bio-psycho-spiritual patterni cities in drug addicted individuals and designing a plan for enhancement of resiliency based on positive cognition and psychology. M.A thesis, educational science and psychological faculty, Allame Tabatabaee University.
- Mohebi Nouradin Vand, Mohammad Hossein, Shahni Yeylgh, Manixhe; Pasha Sharifi Hassan. (2014). Relationship between capital cognition (hope, optimism, resiliency and efficacy). With the aim of development of performance in first year students. *Journal of research in curriculum*, 11th year, period 2, number 13. Page 61-79.
- Rasouli, Maryam; Yghmayi, Faride; Alavi, Majid. (2010). *Payesh journal*. Ninth year. Number 2. Page 197-204.

- Raeesiyani, Akram Sadat; Golzari, Mahmoud; Borjali, Ahmad. (2010). Effectiveness of hope therapy on decreasing depression and preventing relapse in addicted women who seeks therapy. *Journal of addiction studies of substance abuse*. Fifth year. Spring 2010. Page 21-40.
- Snyder, C.R., et al. (2006). Hope for Rehabilitation and vice versa. *Rehabilitation psychology*.
- Snyder, C.R. (2002). Hope theory: Rainbows in the mind. *psychological Inquiry*, 13(4), 249-275.
- Taghaviyan Hakak, Marziye. (2013). Examination of effectiveness of positive thought with Islamic approach on resiliency of women. M.A thesis. Quchan: Azad University.