

Treatment of Mental Health Issues through Positive Psychology Interventions

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ABSTRACT

The present study aimed to see the predictive effect of positive psychology interventions on mental health of parents having children with intellectual disability. Purposive sampling techniques was used based on experimental study design. Data was collected through measuring scales, Depression Anxiety and Stress Scale (DASS), Ryff's Scale of Psychological Well-Being, Anxiety Symptoms Questionnaire, and WHO Quality of Life Scale. Positivity Scale, Rationality Scale and Interpersonal Skills Questionnaire were used to see the strengths. Study was divided into three parts, pre-testing and analysis, individual treatment sessions of positive psychological techniques and post-testing analysis. Three interventional techniques of positive psychology i.e. optimism, rationality and interpersonal skills were applied on the 30 participants. Results indicates that therapeutic techniques (optimism, rationality, interpersonal skills) were able to improve the mental health of participants. Results shows 22% variance in lowering stress level and 22% variance in improving wellbeing and 69% variance in improving the quality of life of participants. This Study would be helpful for mental health care of the care takers of the children with intellectual disability in psychological rehabilitation field.

KEY WORDS: Mental health issues: Stress, Wellbeing, Quality of life, Positive Psychology: Optimism, Rationality, Interpersonal Skills.

1. INTRODUCTION

Major focus in clinical psychology over the last one hundred years has been on the understanding and the treatment of mental health problems and diseases but few psychologists are interested in working in new field of positive psychology. A study [1] revealed that positive emotions, traits, and institution are the strengths of individuals which need to be improved to lessen the mental stress and it is important that using of one's own potential can help to live meaningful as well as satisfying life. Another study [2] concluded that positive psychological intervention helps to increase optimistic thoughts, feelings and actions which ultimately enhance the well-being of groups or individuals. Findings of the study [3] predicted that optimism is indicator of well-being and quality of life. In many studies of positive psychological treatment on breast cancer patients reflected that long-term continuity of sessions resulted in high well-being and low level of stress [4]. A post-test treatment study [5] found that the daily rehearsal of positive statements for 2 weeks led to significantly greater levels of happiness and less depression. Some researches found that cognitive exercise of counting one's blessings and optimistic approach is strongly linked with life satisfaction, well-being [6]. A study [7] explore that interpersonal relationships have an influential effect on cheerfulness and other aspects of well-being. Good intimacy of relationships between couples has more positive effect on mental health of their children and it helps for developing children's well-being [8]. Another meta-analysis study explored the effect of positive psychological treatment for psychological issues through recent randomize control researches [9] and revealed encouraging results. So, this study explored the effect of positive psychological interventions on mental health of care takers of children with intellectual disability.

2 OBJECTIVE

- To explore the prediction effect of positive psychological interventions (optimism, rationality, interpersonal skills) on stress, well-being and quality of life among parents having children with intellectual disability.

2.1 Hypothesis

- The positive psychological interventions negatively predict stress but positively predict well-being and quality of life of parents having children with intellectual disability.

2.2 Sample

30 parents having diagnosed children with intellectual disability were taken from national institute of rehabilitation medicine Islamabad, Pakistan. Purposive convenient sampling technique was used.

2.3 Instruments

Eleven items Personal Optimism subscale of Positivity Scale [10], Rationality/Emotional Defensiveness (R/ED) Scale [11], Interpersonal Skills Questionnaire [12], Depression Anxiety and Stress Scale [13], Ryff Psychological Well-Being Inventory [14], WHO Quality of Life Scale [15].

2.4 procedure and data analysis

Written informed consent was taken from participants. Pretesting and its analysis was done and after that in nine sessions (three sessions of each technique) to each parent in individual sittings were given. Post interventions testing analysis was also done. Data was analyzed by the statistical package for social sciences (SPSS) 23.0 version.

3. RESULTS

Table 3.1 Descriptive statistics and Alpha reliability coefficient of Study Major Variables

Measures	- No. of items	A	Range		M	SD	Skew.	Kurt.
			Min	Max				
Pre-test								
DASS (stress)	7	.82	16	35	26.10	4.99	-.159	-.738
WB	18	.86	37	66	50.60	7.48	.523	-.323
QOL	26	.93	63	111	82.33	13.32	.793	-.088
Optimism	11	.91	29	40	35.57	3.81	-1.29	2.65
Rationality	12	.91	26	60	39.93	8.89	.310	-6.31
IPS	15	.79	38	65	52.53	7.43	-.323	-.925

Table 3.1 showed all scales were reliable measuring the study construct.

Table 3.2 Standard Multiple Regression Predicting low level of Stress from Positive Psychological Interventions

Variables	B	SE B	B
Optimism	-0.38	0.14	-0.63*
Rationality	-0.33	0.16	-0.50*
Interpersonal Skills	-0.12	0.10	-0.22
Adjusted R ²	0.22		
F	3.68*		

*p<.05;

Table 1, shows that optimism, rationality & interpersonal skills were able to account for 22 % of the variance in lowering stress level, F (3, 26) = 3.68, p<.05. Optimism and rationality except interpersonal skills, made a significant contribution to the prediction of lowering stress level. Optimism, (Beta = .63, p<.05) and rationality (Beta = .50, p<.05) made a greater contribution than interpersonal skills (Beta = .22, p>.05).

Table 3.3 Standard Multiple Regression Predicting Well-Being from Positive Psychological Interventions

Variables	B	SE B	B
Optimism	0.23	0.23	0.24
Rationality	0.33	0.25	0.30
Interpersonal Skills	0.42	0.17	0.48*
Adjusted R ²	0.22		
F	3.73*		

*p<.05;

Table 2 shows that optimism, rationality & interpersonal skills were able to account for 22 % of the variance in well-being, F (3, 26) = 3.73, p<.05. Interpersonal skills except optimism and rationality, made a significant contribution to the prediction of well-being. Interpersonal skills (Beta = .48, p<.05) made a greater contribution than rationality (Beta = .30, p>.05) and optimism (Beta = .24, p>.05).

Table 3.4 *Standard Multiple Regression Predicting Quality of Life from Positive Psychological Interventions*

Variables	B	SE B	B
Optimism	0.07	0.04	0.29
Rationality	0.08	0.04	0.30*
Interpersonal Skills	0.10	0.03	0.43**
Adjusted R ²		0.69	
F		23.27***	

*p<.05; **p<.01; ***p<.001

Table 3 shows that optimism, rationality & interpersonal skills were able to account for 69 % of the variance in quality of life, $F(3, 26) = 23.27, p < .001$. Interpersonal skills and rationality except optimism, made a significant contribution to the prediction of quality of life. Interpersonal skills (Beta = .43, $p < .01$) made a greater contribution than rationality (Beta = .30, $p < .05$) and optimism (Beta = .29, $p > .05$).

4. DISCUSSION

The hypothesis of this research was supposed that each intervention may predict effects on the participants of the study and the results show that optimism, rationality & interpersonal skills were able to account for 22 % of the variance in lowering stress level and made significant prediction effect of interventions. Optimism, (Beta = .63, $p < .05$) and rationality (Beta = .50, $p < .05$). Interpersonal skills made a significant contribution to the prediction of well-being, and Interpersonal skills (Beta = .48, $p < .05$). Overall optimism, rationality & interpersonal skills were able to account for 69 % of the variance in quality of life. Literature related to the management of mental health of the parents of intellectually challenged children through positive psychological interventions is insufficient.

Researches focused on improving the wellbeing [16]. Management of stress also gained a lot of attention in positive psychology [17]. Constructive and helping relationships among parents of disabilities can improve their mental health [18]. [19] Explained that behavior of individual can be changed through already flourished good examples. [20] studies found that positive reframing of thoughts, optimism, hope, and approach toward situation may be vital for coping of parents having children with disability. Previous researches supported to this hypothesis and the results of hypothesis of current study are significant.

5. LIMITATIONS AND RECOMMENDATIONS

This study was conducted on only parents of children with intellectual disabilities and data was collected from one medical rehabilitation set up, so it would not be generalized. Study may be extended on mental health care of the parents of all type of disabilities and it can be useful for psychological rehabilitation plans working clinical psychologists.

6. CONCLUSION

The statistically findings of study showed, positive psychological interventions have significant effect for improving the mental of the parents of children with intellectual disability. Practicing psychologists can include this treatment approach along with other rehab plans which can be helpful for improving the mental health of the care takers of ID children. This study has theoretical and clinical significance.

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