



Investigating the effectiveness of solution-oriented narrative therapy on boredom, engagement and hope of women applying for divorce in Shahrekord city

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Abstract

Aim: The present study was conducted with the aim of investigating the effectiveness of solution-oriented narrative therapy on boredom, passion and hope of women seeking divorce. **Methods:** This study was conducted with a quasi-experimental design with a pre-test-post-test design with a control group along with a follow-up test in Shahrekord city. The statistical population of this research included women seeking divorce in Shahrekord city. The research sample includes 24 people who were selected by purposive sampling method and were randomly divided into two experimental groups (12 people) and control (12 people) and according to Pines' marital despondency questionnaire (1996), Singer and Labanko's marital desire questionnaire Messer, Bodley (2015) and the hope scale of Snyder, Harris, Anderson, Holleran, Ironic and Simon (1991), answered in the pre-test, post-test and follow-up test. The participants in the experiment underwent eight ninety-minute sessions of solution-oriented narrative therapy according to the treatment protocol of Linda Matt Calf (2016), and the control group did not receive any intervention. **Results:** The results showed that solution-oriented narrative therapy can reduce boredom ($F=65.93$, $P<0.001$) and increase enthusiasm ($F=22.41$, $P<0.001$) and hope ($F=1540.40$, $P<0.001$) women applying for divorce. **Conclusion:** According to the obtained results, it can be concluded that solution-oriented narrative therapy can be used as an intervention to reduce boredom and increase enthusiasm and hope in women seeking divorce.

Keywords: marital engagement, marital boredom, hope, divorce.

Introduction

The presence of a strong, warm, intimate, and mutually respectful family is one of the consequences of a successful marriage (Panahi-Far et al., 2014) that can lead to physical and mental health, comfort, peace, and safety for spouses and family members (Parsakia, Rostami, & Saadati, 2023). However, if couples cannot continue their lives together peacefully for various reasons after marriage and separate from each other and get divorced, they will face many undesirable consequences and challenges that will affect their physical and mental health, sense of security, trust, and quality of life in the future (Amato, 2010).

Therefore, considering the lack of studies on divorce in Chaharmahal and Bakhtiari province (Shahrekord city) and the fact that women suffer more than men after divorce, it is doubly important to address this issue. Another necessity of the present study is that divorced women in our society, especially in Shahrekord city, due to the dominance of traditional culture, bitter and narrow-minded views of people, and negative attitudes towards themselves, endure a lot of pressure. Therefore, this issue can create a kind of distrust in interpersonal relationships among women seeking divorce and lead to a decrease in the quality of life and adaptation after divorce, which in turn can lead to marital dissatisfaction and a decrease in enthusiasm and hope in them. Therefore, given the importance of this issue, the present study sought to answer the following questions:

- 1- Is solution-focused narrative therapy effective in reducing marital dissatisfaction and improving enthusiasm and hope in women seeking divorce in the post-test phase?
- 2- Is solution-focused narrative therapy effective in reducing marital dissatisfaction and improving enthusiasm and hope in women seeking divorce in the stable follow-up phase?

Method

This study was conducted with a quasi-experimental design with a pre-test-post-test design with a control group along with a follow-up test in Shahrekord city. The statistical population of this research included women seeking divorce in Shahrekord city. The research sample includes 24 people who were selected by purposive sampling method and were randomly divided into two experimental groups (12 people) and control (12 people) and according to Pines' marital despondency questionnaire (1996), Singer and Labanko's marital desire questionnaire Messer, Bodley (2015) and the hope scale of Snyder, Harris, Anderson, Holleran, Ironic and Simon (1991), answered in the pre-test, post-test and follow-up test. The participants in the experiment underwent eight ninety-minute sessions of solution-oriented narrative therapy according to the treatment protocol of Linda Matt Calf (2016), and the control group did not receive any intervention.

Results

The results showed that solution-oriented narrative therapy can reduce boredom ($F=65.93$, $P<0.001$) and increase enthusiasm ($F=22.41$, $P<0.001$) and hope ($F=1540.40$, $P<0.001$) women applying for divorce.

Conclusion

The aim of the present study was to investigate the effectiveness of solution-focused narrative therapy on depression, motivation, and hope in women seeking divorce. The results of the study showed that solution-focused narrative therapy had a significant impact on reducing the level of depression and improving motivation and hope in women seeking divorce. Additionally, the results of the Bonferroni test indicated that the effect of solution-focused narrative therapy was maintained after four months.

An attempt was made to externalize and name the clients' problems, to prepare and write down a map of the impact of boredom on the clients' lives to represent the current situation. Also, clients can create a separation between themselves and their problems. In the group, the members were asked to write down a preview of the ideal future and stories of times when clients overcame conflicts with their spouses and had the best behavior in relation to their spouses. In the following, the therapist helped the clients to represent the preferred future along with rich descriptions, in which the clients imagine their new personality responding, acting and interacting with important people in life, and moving towards the desired future (Mani & Hosseini, 2019).

It should be noted that one of the limitations of this study is the issue of generalizing the results to similar communities based on the available sampling, which should be done with caution. Given the novelty of solution-focused narrative therapy, it is essential to pay more attention to this issue in future research, as there are few studies in this area. Therefore, it is recommended that in future research, solution-focused narrative therapy be compared with other treatments to determine its effectiveness and potential in relation to other therapeutic approaches. Furthermore, based on the positive results of the effectiveness of solution-focused narrative therapy, it is suggested that other researchers examine and compare the present study using both modern and postmodern approaches. Another suggestion is to investigate the impact of this innovative therapeutic approach on other marital and psychological variables and on other groups such as men seeking divorce, women and men with family conflicts.

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