



The effectiveness of reality therapy on rational behavior and psychological well-being of married women aged 30 to 45 in Kerman

Fatemeh. Tadayon Tajabadi¹
Forough. Jafari^{2*}
Elham. Fariborzi³

1. Assistant Professor, Department of Psychology, Payame Noor University, Tehran. Iran
2. *Corresponding author: Assistant Professor, Department of psychology, Payame Noor University, Tehran. Iran
3. Assistant Professor, Department of Social Sciences, Payame Noor University, Tehran. Iran

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Abstract

Aim: The purpose of this research was to assess the effectiveness of reality therapy on rational behavior and psychological well-being in married women aged 30 to 45 years in the city of Kerman.

Method: This was a quasi-experimental study, utilizing a pre-test, post-test design with a control group. The population consisted of married women aged 30 to 45 years who attended the Damoon Counseling Center in Kerman. The sampling method was accessible, and the study sample included one control group and one experimental group, each consisting of 20 individuals. The tools used in the study included the Ryff Psychological Well-Being Questionnaire (1989), the Rational Behavior Questionnaire by Whitman (1997). Data analysis was conducted in two parts: descriptive and inferential statistics. In the descriptive part, the characteristics of the sample were described using central tendency and dispersion indices such as mean, variance, and standard deviation. In the inferential statistics section, considering the research design, parametric tests and the normal distribution of data, Shapiro's test, and univariate analysis of covariance were used for the main hypothesis and sub-hypotheses, respectively. SPSS software version 24 was utilized for data analysis.

Results: The findings indicated that reality therapy had a significant effect on the rational behavior of married women aged 30 to 45 years in Kerman at a level below 0.05, with an effect size of 0.46. Reality therapy also had a significant impact on both rational behavior and psychological well-being of these women, with an effect size of 0.43 on psychological well-being.

Conclusion: Therefore, reality therapy can be used to improve psychological well-being and enhance rational behavior in married women.

Keywords: Reality therapy, rational behavior, psychological well-being.

Introduction

Given the urgency and importance of the topic and the necessity to focus on factors influencing marital stability and family durability, it seems more essential than ever. The existence of lively, dynamic, and stable families is a requirement for a healthy society, and achieving a healthy family depends on healthy relationships among its members. Therefore, one of the most important determinants of a healthy family structure is intimacy between spouses. Considering that factors such as differentiation and attitudes towards love significantly impact life processes and interactions with others, affecting marital life and its quality and stability, addressing these issues and the stability of the marital relationship seems particularly important. Necessary awareness can be provided to families, family specialists, counselors, and officials for decision-making and required training in this plan to address potential future problems. Additionally, considering the research background and the fundamental role of the family in individual mental health, it is logical that family cohesion can effectively reduce the consequences of stressful events and incidents in family members. Friendly relations within a family can support individuals under stress and promote healthy physical and psychological growth. In a cohesive family, each member receives more support and help from others, strengthening the family foundation. Therefore, the present research aims to propose a model to determine whether differentiation and attitude towards love, considering the mediating variable of marital intimacy, can predict family cohesion in married women.

Method

This was a quasi-experimental study, utilizing a pre-test, post-test design with a control group. The population consisted of married women aged 30 to 45 years who attended the Damoon Counseling Center in Kerman. The sampling method was accessible, and the study sample included one control group and one experimental group, each consisting of 20 individuals. The tools used in the study included the Ryff Psychological Well-Being Questionnaire (1989), the Rational Behavior Questionnaire by Whitman (1997). Data analysis was conducted in two parts: descriptive and inferential statistics. In the descriptive part, the characteristics of the sample were described using central tendency and dispersion indices such as mean, variance, and standard deviation. In the inferential statistics section, considering the research design, parametric tests and the normal distribution of data, Shapiro's test, and univariate analysis of covariance were used for the main hypothesis and sub-hypotheses, respectively. SPSS software version 24 was utilized for data analysis.

Results

The findings indicated that reality therapy had a significant effect on the rational behavior of married women aged 30 to 45 years in Kerman at a level below 0.05, with an effect size of 0.46. Reality therapy also had a significant impact on both rational behavior and psychological well-being of these women, with an effect size of 0.43 on psychological well-being.

Conclusion

The aim of this research was to examine the effectiveness of reality therapy on rational behavior and psychological well-being of married women aged 30 to 45 years in Kerman. The data analysis results showed that reality therapy training affects the rational behavior of these women, leading to its enhancement. Therefore, this hypothesis is confirmed. In explaining this hypothesis, it can be said that the reality therapy approach was created to help individuals monitor their behavior and make appropriate and correct choices in life. Reality therapy is one of the common

interventions in the field of cognitive psychology for describing humans, defining behavioral rules, and understanding how to achieve satisfaction, happiness, and success. This method emphasizes facing reality, accepting responsibility, recognizing basic needs, making ethical judgments about the correctness or incorrectness of behavior, focusing on the here and now, internal control, and consequently achieving a successful identity. In fact, reality therapy is a system of internal control and explains the why and how of choosing options that determine the direction of our lives. Thus, it can be concluded that this approach leads to an increase in rational behavior. Group reality therapy primarily operates on the principle that we choose our behaviors and are responsible for our lives, actions, feelings, and thoughts, and it helps women to control their behaviors and make better choices in their lives. Changes in feelings can lead to a change in an individual's attitude towards life and their environment.

It is recommended that family and marriage counselors utilize this therapeutic approach to help their clients achieve their goals in rational behavior and psychological well-being in a shorter time. The development of educational programs about the signs of weak rational behavior, its consequences, and strategies to counter it, and broadcasting these programs in the media, can raise public awareness about this phenomenon. The results of this research can be applied in counseling centers, psychological services, and marriage and family counseling centers, as well as welfare centers, to reduce unrealistic relational expectations and irrational beliefs. By teaching healthy communication patterns, it can effectively increase the psychological well-being of women and play a significant role in reducing divorce rates. Reality therapy approach should be taught by counselors in pre-marriage counseling sessions so that individuals can approach married life with more logical thinking and better psychological well-being. School counselors should use the reality therapy approach to enhance logical thinking and psychological well-being in students, preparing them for adulthood and marriage with rational and reasonable behavior.

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