

## LOGO THERAPY GROUP EFFICACY AND PERCEIVED STRESS ON PSYCHOLOGICAL WELL-BEING OF PATIENTS WITH MS

MAHVASH MOAZINEZHAD<sup>1</sup>, MOKHTAR AREFI<sup>2</sup> & KOBRAVEISI<sup>3</sup>

<sup>1</sup>Research Scholar, Graduate Student Counseling, Group Counseling Psychology, Islamic Azad University,  
Kermanshah Branch, Kermanshah, Iran

<sup>2</sup>Professor, Department of Psychology and Counseling, Department of Psychology and Counseling,  
Islamic Azad University, Kermanshah Branch, Iran

<sup>3</sup>Research Scholar, Department of Commerce and Business Management, Osmania University, India

### ABSTRACT

The study aimed to investigate the efficacy of group logo therapy in the perceived stress and psychological well-being in MS patients. Methods, semi-experimental pretest-posttest design study with a control group. Research community, all members of the "MS Society Kermanshah" Bvd.bh that MS had to select a sample size of 24 patients voluntary sampling method chosen, then matched the experimental and control groups (each group, 12) were replaced. The experimental group participated in 8 sessions of two hours of group counseling Logo therapy while the control group received none. Assessment, psychological scale riffs and Cohen's Perceived Stress Scale. Results showed increased levels of psychological well-being and perceived stress was reduced. The results of this study suggest that to improve the psychological status of patients with MS Logo therapy more attention be paid to the group meetings.

**KEYWORDS:** Multiple Sclerosis, Psychological Well-Being, Perceived Stress

### INTRODUCTION

It has a diverse clinical protests in several studies significant differences between the prevalence and symptoms have been reported in various parts of the world. This confirms the role of environmental factors and individual differences and tragic of the disease [1]. The exact number of people with MS are not in Iran, but Iran is approximately between thirty to forty thousand people affected by the disease. The prevalence of this disease in the world, and the world is on the rise. The disease usually occurs between the ages of 20 to 40 years and a half to three times more common in women than men [2]. Given the close relationship of body and mind are cognitive and psychological factors in the emergence and growth -Mstqym or Ghymstqym- many physical illnesses, making their involvement [3]. Especially for drugs that are commonly used to control diseases are making significant changes in the mood of the people. Therefore, to improve the general health and psychosocial support to patients consider important [4].treat others.

What makes this disease is important in the field of psychiatry -Rvanpzshky wide range of neurological disorder. In surveys conducted in approximately 5% of patients with acute psychiatric disorders develop when the amount of the check Soltanzadeh [6] has been about 1%. Most studies in patients with MS Brmsayl and problems associated with physical and mental focus and cognitive aspects ignored [7].

Given the prevalence of the disease at a young age, the disease can reduce the performance of the individual and the social and emotional problems and mental illness and the lack of proper control of the cell and Bapysrft worry, anxiety and depression has doubled.

"Subjective well-being" an important construct in the study of personality and is interpreted as a positive assessment of the balance between "positive" and "negative affect" is defined in [9]. Continuous negative emotions such as anger, anxiety, low sense of subjective well-being [10].

In recent years, a group of researchers in the field of mental health, inspired by the positive psychology perspective, a different approach to defining and studying the chosen concept. Positive psychological functioning of their mental health, and consider it in the context of the term 'psychological well-being' has been conceptualized. This group believes that health is a multidimensional concept that in addition to being sick and helpless, happiness and well-being also encompasses Larson [11] During the past decade, the pattern of psychological well-being presented. According to this model, the psychological well-being consists of 6 factors: self-acceptance, positive relations with others, autonomy, purpose in life, personal growth and mastery of the environment [12].

One of the structures that have developed in recent years and was considered as an indicator of well-being "meaning of life". The meaning of life is defined differently in different areas. [13] Vyktrfrankl on Mnajvyy people believed in life. He stated that human behavior is not based on hedonism Freud and Adler's power is not based on theory. Humans have sought meaning in life for their life [14]. If you can not find meaning in his life, he loses the feeling of emptiness and despair of life is Vmlamt and fatigue life is all around them. This sense does not necessarily lead to mental illness and prognosis is bad for the disorder. bring suffering and the nature of the exposure, but no sense of life is miserable. If we suffer bravely until the last second, the meaning of life and the meaning of life can have a significant potential to also include pain and suffering. [15]

On the other hand, according to Snyder's theory [16] described the shocking state of affairs with a sense of impossibility, powerlessness and lack of interest in life is revealed. The hopelessness of severely disabled and unable to assess different situations and make decisions. Louis] quoted from [17 believes that patients being alone can be stressful. MS in accordance with the general stress and disease are increasing. It is a great stress imposed on the patient and his family treatment and so on. Since the stress in the pathogenesis of this disease affects Vtshdyd attacks, including Bvlzhvyk et al.'s [20 during a study of the relationship between stressful life events Vtshdyd MS symptoms began. Statistical analysis showed that the incidence of stress with increased twice Khttrshdyd symptoms associated with MS. Human life is so diverse that it is Jz'laynfky stress, so you can rely on the sensitivity of individual psychotherapy methods to reduce perceived stress.

Lvgvtrapy recommended that: a prime motive in human Vnakhvdagahy there is Mnajvyy. B-depression, hopelessness, and other psychiatric disorders are often due to a lack of ability to recognize and realize the meaning of life, there are valuable [21]. The group is an attempt to apply Logotherapy and Existential issues explored in a process [22]. So it seems Mnadr group therapy hope for MS sufferers to reduce perceived stress and psychological well-being is increased, as quoted in [20]. Blair [23] In a study of Logotherapy used to help adolescent patients with depression. Logotherapy help to treat her students helped to start finding meaning and maintain over time and the results are promising and Hutchinson and Chapman [24] rational-emotional-behavioral therapy Logotherapy been developed by Ellis. In this study,

hybridization, one of his progress and happiness through the discovery of meaning and logic increases. Thus the contribution of the positive experiences of life and accepts responsibility for change more] quoted from [25].

## METHODS

This semi-experimental study was made of the research project, the pretest - posttest control group by performing a preliminary interview, 24 were selected. The sample in the test and control groups (each group, n = 12) groups. The experimental group participated in 9 sessions of group counseling Logotherapy.

## TOOL

Psychological Well-Being Scale: This scale was created in 1989 by Carol Reef. The test has 84 questions and takes 6 factors, The participants in the 6-degree scale (strongly disagree to strongly agree) to answer questions. Forty-seven direct question Vessey and seven items are reverse scored. To assess the validity and assess its relationship with measures that have examined personality traits and psychological well-being index were also considered, such as scale Bradbrvn emotional balance, life satisfaction and self-esteem Rosenberg was Nyvgartn. The results of these tests riff with each scale were acceptable. Therefore be considered as a valid tool for the structure [12].

Cronbach's alpha obtained in the study of self-acceptance Reef (0.93), Positive relationships with others (0.91), Autonomy (0.86), Dominate the environment (0.90), Purpose in life (0.90) and personal development (0.87) has been reported ([12]. In Iran, the research that has been done by the student sample, internal consistency with Cronbach's alpha was measured exploit. The results for the mastery of the environment 0.69, Personal Growth 0.74, positive relationships with others 0.65, purpose in life, 0.73, his acceptance 0.65 autonomists 0.60, and an overall score of 0.90. It was quoted in [26].

Stress, control, dominance, cope with stress and stress experienced Mvrdsnjsh place. The scale, Akhtalalat behavioral risk factors studied and show the process of stress. Higher scores indicating greater perceived stress [27]. During et al (2006) have calculated Cronbach's alpha coefficient for this scale 74/0] quoted from [28 .kvhn et al (1983) to calculate the criterion validity of the scale, the correlation between the size of the semiotic 52 / 0 to 76/0 have been calculated [27].

## METHODS

After the participants were divided into experimental and control group, the experimental group was administered to a group of Logo therapy. The program received eight sessions was conducted for two hours. Objectives and content of treatment sessions the following table:

- Meet our team members as well as members Shnakrdn with meaning and sense of self-destruction and laughing 5. Ayjadtvanayy transcending distance from the problems
- Finding meaning in life are going the opposite way of love 6. Training techniques to deal with frustration
- Finding meaning in life through finding meaning in the suffering of the past events and increased sense of personal responsibility to find meaning in the present

- Find the values of creativity and the joy of finding meaning through work 8.A review of the implementation of its meaning to the lives of the members.

## FINDINGS

The present study was descriptive statistics (mean and standard deviation) are shown in Table 1.

**Table 1: Descriptive Measures of Psychological Well-Being Scores of Perceived Stress in Experimental and Control Groups**

Standard Deviation	Mean	Stage	Group	Variable
19.77	242.83	Pretest	The experimental group	Psychological well-being
22.58	161.50	Post test		
15.53	248.33	Pre-test	Control group	
15.39	240.08	Post test		
2.64	24.41	Pre test	The experimental group	Perceived Stress
1.61	22.66	Post test		
3.43	25.16	Pre test	Control group	
3.74	28.66	post test		

**Table2: Effect of Logo Therapy in a Covariance Analysis on Enhancing Psychological Well-Being in Patients with MS**

Level of Significance	F Value	Mean Square	Degrees of Freedom	Sum of Squares	Source Changes
0.04	4.57	1570.22	1	1570.22	Pre test
0.001	76.77	26356.5	1	26356.5	Procedure effect
		28.343	21	2.7209	error
			<b>24</b>	<b>963485</b>	<b>Total</b>

**Table 3: Effect of Logo Therapy in a Covariance Analysis on Reducing Perceived Stress in Patients with MS**

Level of Significance	F Value	Mean Square	Degrees of Freedom	Sum of Squares	Source Changes
0.001	15.88	85.9	1	85.94	Post test
0.001	28.37	153.5	1	253.5	procedure Effect
		5.41	21	113.6	error
			<b>24</b>	<b>16455</b>	<b>Total</b>

According to the data in Table 1, the mean scores of subjective well-being in a group of 242.83 (pretest) to 161.50 (post-test) decreased, whereas in the control group increased. It can be seen that the mean scores of perceived stress in the 24.41 test (pretest) to 22.66 (post-test) decreased, whereas in the control group increased.

The first study to investigate the hypothesis as "Logotherapy group on enhancing psychological well-being of patients with MS is effective." Using analysis of covariance to compare the experimental and control groups, grades, test scores placed them under statistical control.

Table 2 shows that the psychological basis of scores obtained, the difference between the two groups at post-test is significant at the 1% level. ( $0.01 > P$  and  $76.77 = F$ ) So can increase Logotherapy psychological therapy on patients with multiple sclerosis is effective.

Table 3 shows that perceived stress scores obtained on the basis of the difference between the post-test scores of the two groups is significant ( $0.01 > P$  and  $37.28 = F$ ) So can a group Logotherapy reducing perceived stress is effective in patients with MS

## CONCLUSIONS

The results showed that the performance of both experimental and control groups at posttest on psychological variables, there was no significant difference. Lavassani] quoted from [16 research concluded that the meaning of life and optimize its impact on mental health, mental Vbhzysty. The findings of this study with the results of [19, 16, 13, 3, 2] is coordinated and aligned. Mastery of the environment are at a higher level.

Shvlay [30] as a means of treatment that helps people with four messages: 1. Humans are spiritual (this after fighting power savings enable the human spirit, has overcome the Brmvqyt and a change of current The healing and life is good, creates). 2. Individuals are unique (ie, there are always situations and opportunities in interpersonal relationships, creativity and so his unique experience) 3 people excellence of their practice (through exalt previous limitations, Tqlayy to the target and interaction with other human beings and of the meaning of their lives begin to reality) and 4 people can change their attitude (when faced with the inevitable pain and be able to change the position of not being able to change their point of view). Human stance in relation to the position of the fixed-free, the brave attitude and deal with the situation, the situation is imposed.

Another hypothesis of this study was to evaluate the effectiveness of Logotherapy group of patients with multiple sclerosis has been perceived stress reduction. The results showed that the performance of both experimental and control groups in perceived stress test variables, there was no significant difference. This means that a group of Logotherapy in perceived stress reduction is effective in patients with multiple sclerosis. These findings are consistent with the results of the study [31] showed that the treatment group based on group interaction, feelings of anxiety and depression in patients with MS, is effective, the results of this study indirectly with the results of [33.32] coordination. Because each patient's emotional and social environment is affected, it can be said that any illness is psychosomatic aspects. Emotional factors due to the neural and hormonal Asrmy all powerful influence of physiological processes of the body [34].

Therapy can mean a conceptual framework to help clients prepare for the challenge of finding meaning in their lives.

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