Effectiveness of Positive Thinking on Marital Intimacy and Life Quality of Mothers with Retarded Child

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Abstract: Present research aims at studying the impact by positive thinking on marital intimacy and life quality of housekeeping mothers with retarded children in Ardabil retarded Schools. It is a semi – test study with pretest – posttest plan and a control group for which 30 housekeeping mothers were randomly selected in two 15 – member experimental and control groups. Eight training courses (90 minutes each) were conducted by 1 session per week interval. In present study, two instruments were used: marital intimacy scale (MIS) and life quality (WHOQO). To test research hypothesis, covariance analysis is used while Levin test is utilized for variance convergence. Relevant data was analyzed by SPSS software package and covariance analysis technique. Research findings indicate that there is a significant difference between control group and experimental group. Therefore, one can conclude that positive thinking impacts on marital intimacy and life quality of mothers with retarded children ardabil.

Key words: Positive thinking effectiveness • Marital quality • Housekeeping mothers • Retarded children

INTRODUCTION

Any human is constantly thinking. In fact, thinking is the main and only action we do. As a result, the quality of thinking is the main factor which determines our life. In any role or position in life, skillful thinking is profitable and, vice versa. Poor thinking without contemplation will be problematic inevitably, it would waste time and energy and would bring disappointment and pain. One important factor is how to think which can enable us to remove internal barriers if it is positive and, in contrary, when we think negatively, there are such internal barriers that control and finally overcome us [1]. To the same reason, psychologists always recommend people to release negative and pessimistic thoughts and have a hopeful glance at them and surrounding world [2]. Also, they believe that optimism can lead into internal happiness, educational progress, self-esteem, health and internal control source [3]. Winer (1985) believed that people attribute their successes and fails to internal (effort and ability) and external (chance and hardness) factors [4].

Some psychologists believe that psychology is excessively focused on negative aspects of behavior and it has not addressed positive aspects sufficiently. Seligman (2000) assert that 99% of psychologists’ time is spent on returning people with difficulties to normal situation and one can say that there is not effort or expense to help normal people to exploit all their potentialities and to enjoy supra-normal life [5].

Recently, psychology has studied new phenomena and provides fresh words in this regard so that it no longer investigates human behavior dysfunctional symbols. The emergence of new tendencies such as health psychology and positivity as well as studying such issues as happiness, optimism, courage and wisdom are witnesses for such claim [6]. Intimacy in marriage is valuable since couples’ commitments would strengthen the stability of the relationship and would accompanied marital satisfaction compatibility positively. Often, intimacy is described as a dynamic process. According to Hotfild (1988), intimacy includes a process by which people try to get closer to each other and to explore their commonalities and difference in their feelings, thoughts and behaviors. According to Sternberg (1987) intimacy is a feeling which creates proximity, attachment and contact. Studies indicate that couple’s sexual dissatisfaction closely relates to increase in such social problems as crimes, couple’s sexual rapes, disloyalty to partner, mental
illnesses, the feeling of futility and incompatibility [7]. In their study, Low et al (2009) found that people who suffered head and neck cancer reported sexual and intimacy disorders. To confirm this, Gianotten (2008) writes that cancer and its treatment can interfere in sexual performance directly by decreasing the potentiality of sexual response and indirectly through interference in desired physical condition to enjoy intercourse. Based on this study, cancer can seriously destroy intimacy of couples [8].

A broad and integrated volume of social and psychological researches have recognized social networks and supportive relations as important predictors of welfare and life quality. To this end, Kafetsion 2006 cited by Rahimi, 2007) studied the relations between structural and functional indicators of supportive relations and welfare in Greece. Structural indicators of social support and life satisfaction and happiness were associated in medium [9]. Positive psychology is a new emerging movement in contemporary psychology which emphasizes on the need to understand positive aspects of human experiences. Positive psychology is an emerging discipline in contemporary psychology which looks for understanding how one can facilitate welfare, can promote health and can create positive capabilities rather than how to say to mitigate stress, how to treat diseases and how to repair weaknesses. To the same reason, it is believes that question on welfare and mental health should be considered as the aim of all public policymaking [10].

Positive psychology is not something more than studying human virtues and abilities scientifically. It looks for full comprehension of human experiences from shortage, pain and illness to splendor, health and welfare. Positive psychology has grown and developed in past ten years and is owned to Carol Rogers and Abraham Maslow especially in the field of treatment [2]. Positive psychologists believe that we can today create condition in which people can move toward a happy and healthy life by supporting them to blossom their abilities by integrating the ideas of Carol Rogers and positive psychology studies [5]. The most importance principle in positive psychology is prevention, that is, to discover human capabilities and the fact that there are series of traits in contrary to mental pathology as human positive traits which constitute the locus of positive prevention [11].

Getting marriage is as old as human history appraised in different religions and ceremonies and is seen as a holy event in human life [10].

The main reasons of marriage and couples’ expectations are changed remarkable. Need to love and intimacy and to create intimate relations with wife and satisfying mental – affective needs are the main reasons of couples for today marriages. Clinical researches and experiments indicate that one of the problems confronted by marriage consultants is difficulty in intimacy and helping to improve it [12].

One of the important and vulnerable families who face with many problems in our society is families with retarded children. In such families, parents are usually facing with more complicated difficulties than families with normal children. On this basis, the main aim of the present study is to answer this question: ‘Does positive thinking impact on marital intimacy and life quality of mothers with retarded children in Ardabil?’

MATERIALS AND METHODS

Present research mainly aims at studying the impact by positive thinking on marital intimacy and life quality of housekeeping mothers with retarded children in Ardabil retarded Schools. It is a semi – test study with pretest – posttest plan and a control group for which 30 housekeeping mothers were randomly selected in two 15 – member experimental and control groups. In present study, two instruments were used i.e. marital intimacy scale (MIS) and life quality (WHOQOL).

Marital Intimacy Scale (MIS): it is devised by Thompson and Walker in 17 questions to measure couples’ intimacy. The range of scores is between 1 (never) and 7 (always): higher score shows more intimacy. By alpha values as 0.91 – 0.97, this scale enjoys proper consistency [13]. The total score is 17.

Life Quality Questionnaire (WHOQOL-26): WHO Life Quality Questionnaire (WHOQOL-26, 2004) consists of 26 items and four aspects as below:

- Physical health that its total score is achieved (in a 1 – 5 scale) by questions 15, 10, 4, 3, 16, 18 and 17.
- Life quality psychological scope that its total score is achieved (in a 1 – 5 scale) by questions 5, 6, 7, 11, 19 and 16.
- Social networks that its total score is achieved (in a 1 – 5 scale) by questions 21, 30 and 22.
- Life situation and environment that its total score is achieved (in a 1 – 5 scale) by questions 8, 9, 12, 13, 23, 24 and 25 [14].
Table 1: Descriptive data on marital intimacy and life quality (n=30)

<table>
<thead>
<tr>
<th>Group</th>
<th>Average</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experimental</td>
<td>50.47</td>
<td>9.31</td>
</tr>
<tr>
<td>Control</td>
<td>50.07</td>
<td>7.5</td>
</tr>
</tbody>
</table>

Table 5: One-way covariance analysis on the impact by positive thinking on marital intimacy and life quality (n=30)

<table>
<thead>
<tr>
<th>Test Potency</th>
<th>Eta ratio</th>
<th>Sig</th>
<th>F</th>
<th>Average squares</th>
<th>df</th>
<th>Total squares</th>
<th>Source of changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/000</td>
<td>0/949</td>
<td>0/001</td>
<td>684/43</td>
<td>194341/75</td>
<td>1</td>
<td>194341/75</td>
<td>group</td>
</tr>
</tbody>
</table>

Methodology: Research population consists of all working and housekeeping mothers (n = 54) with retarded children in Ardabil Preliminary School in educational year of 2015 – 2016. Objective sampling technique is used in present study. It means that only accessible individuals were used. To select research sample size, 30 housekeeping mothers were selected by simple random sampling method and divided randomly in two 15-member (experimental and control) groups. Upon executing MIS and WHOQOL questionnaires and selecting and dividing people into two control and experimental groups, they were exposed by independent variable for 8 session and 1.5 hours per week. In each session, members received training and material and at the end of each meeting, homework was determined for next session. This homework aimed at strengthening granted materials and more familiarity with them in daily life. Control group received no training material. At the end of 8th session, both groups were retested.

A Brief Explanation on Training Sessions

Session 1: Welcoming and introducing members of experimental group along with structure and aims of the program and explaining the meaning of positive thinking.

Session 2: Creating therapeutically relationship: reviewing homework of past session; explaining the necessity of positive thinking, confrontation styles and brief review of confronting style theories, familiarity with the way of thought making, expressing Adler’s theory on life style and press button.

Session 3: Familiarity with negative thoughts and the ways to mitigate it, positive thoughts and its impact on people’s health and lifetime based on behavioral – psychological theory to show that before negative thoughts, a series of annoyances and mental pressures create negative thoughts in human mind and it will be established in the mind through repetition.

Session 4: Being positive through challenging negative thoughts, changing mental images, using constructive language and revising the beliefs to achieve above goals through Ellis’ theory (A-BC).

Session 5: Being positive training through institutionalizing positive thinking strategy in life, continuance in exercising positive thoughts, the opportunities of positive thinking and adaptability with problems we cannot resolve.

Session 6: Social and communicational skills training.

Session 7: Training how to stop thinking and changing attitudes by obligation, curbing and fighting techniques.

Session 8: Training how to enter laughing to life, creating self – esteem, creating physical exercise habits, repeating the tests.

Findings: According to Table 1, the average score of experimental group on marital intimacy and life quality is greater than control group.

To use covariance analysis, it is initially necessary to study equality variances default. Levin test is used in this regard. Based on Levin test results, both experimental and control groups were confirmed, that is, equality default variance of scores was confirmed in both groups (P>0.05). Therefore, using covariance analysis is free and the analysis was kept on.

According to Table 2, F value is 648.43 and significance level is 0.001. One can say that observed difference is significant and positive thinking impacts on marital intimacy. Observed Eta ratio is 0.949 which indicates that therapy has impacted (94%) on marital intimacy increase. Observed statistical potency shows that the preciseness of the analysis in exploring observed differences is 1.
CONCLUSION AND DISCUSSION

Present research aims at studying the impact by positive thinking on marital intimacy and life quality of housekeeping mothers with retarded children in Ardabil Retarded Schools. The findings indicate that positive thinking impacts in increasing marital intimacy and life quality of mother with retarded children. In terms of positive thinking, it is consistent with a study by [15, 16].

In clarifying these findings one can point out the nature of positive thinking interventions since it improves marital intimacy and life quality of mothers with retarded children. In his study, Nasir (2011) concluded that collective training improves sexual attitudes and expectations toward cognitive – behavioral style have significant impacts on couples’ commitment and intimacy. Thus, training and improving sexual attitudes and expectations would improve couples’ commitment and intimacy. In his research, Batlani (2010) concluded that couple therapy based on attachment theory would modify couples’ relations by improving their sexual satisfaction and intimacy [17]. In their study, Beck et al (2009) found that while prostate cancer is accompanied by serious physical side effects and social and mental stressors, it can also intervene in couples’ sexual intimacy. In this study and in addition to consider many challenges confronted by men, strategies are set and used by couples after treatment to keep their sexual intimacy. Finally, it indicates that prostate cancer impacts on keeping couples’ sexual intimacy. In his study, Gianten (2008) concluded that cancer and its treatment can intervene in sexual performance directly by decreasing sexual response potentiality and indirectly by intervention in desired physical conditions to enjoy intercourse. According to the same research, cancer can seriously destroy couples’ intimacy in which other factors are also involved. In some couples, fear and affective disorders can mitigate intimacy while in others, it can improve affective intimacy [18]. People’s differences in facing with fear, disappointment and failure can lead into separation or other reasons to reduce physical intimacy. Despite of all negative outcomes of cancer, one should not forget that diagnosing and healing cancer would improve intimacy of some couples. On this basis, it seems that positive thinking training has been able to improve intimacy and life quality of mother with retarded children.

REFERENCES


