

Investigating the Effect of Solution-Focused Therapy on Psychological Capital In Families (Mothers) of Children with Intellectual Disability

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ABSTRACT— The aim of this study was to evaluate the effect of solution-focused therapy on psychological capital in mothers of children with intellectual disability. Research method is a quasi-experimental with pre-posttest design with a control group. The population consisted of all mothers with mentally retarded children in Isfahan city. To select sample convenience sampling method was used that as a result 40 people randomly targeted and randomly assigned into two groups: experimental and control. The experimental group in 8 sessions, 90-minute sessions in circuit solutions were comfortable and the control group received no intervention. The instrument used in this study is psychological capital questionnaire. To analyze the data from the analysis of covariance was used to control pre-test. The results showed that solution-focused therapy effects on psychological capital ($p < 0.0001$, $F=31.68$).

KEYWORDS: Psychological capital, resilience, hope, self-efficacy, optimism, solution-focused therapy

Introduction

At the present time the problem of diseases and disabilities such as mental retardation of the most acute problems of society. Many families because of such children bear a heavy emotional burden. High cost of medical, educational, education, marital discord intensified the fear of having a baby again, guilt and isolation of the issues that parents face with them. Reducing the burden of these families to solve their problems and emotional pressures they need help and advice. Children's physical and mental disorders, affect the mental health of parents. Mentally retarded children and parents interact not only feeding into each other, but also affects other members of the family system. Mentally retarded children sometimes disrupt mental health of the family. One of the new fields in psychology emerged in the late twentieth century and new horizons opened before psychologists, is called positive psychology. In this type of psychology, mental deficiencies and shortcomings instead of focusing on the identification and study its behavioral and repair or treatment, to recognize and promote the positive aspects and strengths of humans emphasis (Haghighi, Khoshkonesh, Shokrkon, Shahani Yeelagh and Nissi, 1006). In fact psychology at the beginning of the study, patients will pay the study human mental health, and the potential for growth and perfection noted. This approach, your ultimate goal is to identify structures and practices know that human well-being and happiness followed. The factors that make a person more compatible with the needs and threats to their lives are the most fundamental structures of this approach. One of the variables that have been highlighted by positive psychology is the psychological capital. According to Luthans (1999) psychological capital, and interconnected structure combines the four elements of perception - cognitive means hope, optimism, self-efficacy and resilience in practice. These components, in an interactive process and evaluative, meaning to one's life (Wood and Wood, 1996; quoted Panahi and Fatehizadeh, 2014), continued efforts for change stressful situations, he will have to enter prepare the ground (Bono, 2001) and resistance and tenacity in achieving the goals guarantees him (Parker et al., 2003). So Creed, Machin & Hicks (2008; quoted Panahi and Fatehizadeh, 2014) acknowledged that the four interconnected in a system, to strengthen each other and forming a shield resistant to pressure of work well done. Therefore, the effects of bumpers (Robbins et al., 1994; quoted by Panahi and Fatehizadeh, 2014) this resource is emphasized in stressful situations. Luthans have been defined in order to introduce positive psychological characteristics payments. Self-efficacy, hope, optimism and resilience were the main positive factors that raised him. He and other researchers done larger studies to define these four variables together and led the formation of the concept of psychological capital (Avey & Nimnicht & Graber, 2010; Luthans and Joseph, 2004; Luthans & Youssef & Avolio, 2007). The first component of psychological capital is self-efficacy (Luthans, 2008). Bandura's self-efficacy for judgment or personal beliefs about how we can manage the necessary measures to achieve the expected position, has defined (Bandura, 1997). The second component of psychological capital is optimism. Optimists pleasant events attributed to personal abilities and these events are considered persistent and repeated, while unpleasant events attributed to external factors. Luthans, Lebsak & Lebsak (2008) in a study examined the relationship between optimism and proved performance. This in study of Avey, Hughes, Norman & Luthans (2009) was confirmed. The third dimension of psychological capital is hope. Snyder (2002) hopes a positive motivational state of the sense of accomplishment that comes from having a purpose and a plan to achieve it raised and defined. The last component of psychological capital, called resilience defined as follows: "A mode of development in

which the person is capable of in the face of setbacks, tragedies and conflicts of life and even positive events, progress and responsibility to further increased efforts continue to achieve greater success, sit down (Simar Asl and Fayazi, 2008). Along with the emergence of positive psychology, as well as changes in orientation therapy has emerged. One of the approaches to counseling and psychotherapy is postmodern perspective. Solution therapy of Milton Erickson's work been affected. Effective treatment should focus on finding capabilities and abilities authorities (Freidman, 1992). This therapy believes that clients deserve and need for change within their own creations (Chang, 2005). For this reason, solution-focused counseling advice known hope (Nunnally, 1993). In this view because of the focus on the positive "what should increase" instead of defects, is resistance disappears (Conoly et al., 2003). Therapists through assignments and questions about their specific behavioral information orientated. That all questions and assignments based on the assumption and the solutions to the problems clients have already been established in their lives (Sommers & Sommers, 2004). This therapy method involves the exception question that includes past question, new question, recurrent question, future question to develop positive behaviors and strengthen effective coping strategies used (Nunnally, 1993).

Population and sample

The study population consisted of mothers of children with special needs in Isfahan city. The sample size consisted of 30 mothers who targeted sampling available were selected by random assignment and randomly divided into two groups (n = 15) and control (n = 15) were assigned.

Tool and Methods

Psychological Capital Questionnaire

Initial psychological capital questionnaire by Luthans et al (2007) is designed with field use in professional environments and the four subscales of hope, optimism, and resilience and self-composed. The number of questions asked 24 questions (each dimension of 6 questions). The questionnaire consisted of Likert is a whole; it totally disagrees 1, a little disagree 2, neutral 3, slightly agree 4, strongly agree 5 scored. Questions 1 to 6 hope, 7 to 12 resilience, 8 to 13 resilience and 19 to 24 optimism. Resilience measures the optimism. This questionnaire is a minimum score of 24 and a maximum of 100. Nasr Esfahani and Najafabad (2014) the questionnaire Cronbach's alpha coefficient was calculated 0.82 and reliability of self-efficacy, hope, resilience and self-efficacy, respectively, 0.75, 0.72, 0.79 and 0.80 that confirms questionnaire reliability. Luthans and Avolio (2007) reported questionnaire ratio chi-square 24.6 and statistics CFI, RMSEA 0.97 and 0.80. Nureddin Vannd, Shahni Yeylagh and Pasha Sharifi (2014) to study the convergent validity of the correlation coefficients between 4 factors with each other and with the total score used. The results indicated that factors significantly associated with each other and the total score, which could indicate that convergent validity is top of the questionnaire. Capital psychological construct validity was assessed using confirmatory factor analysis. Based on the results, all matter related to subscales of psychological capital on its own operating time significantly (at 0.001 > P) and none of the four components of psychological capital were removed.

The results of covariance analysis of psychological capital and its dimensions

Variable	Source changes	Sum of squares	Degrees of freedom	Average of Squares	F	Significance level P	Chi Eta	Statistical power
Psychological capital	Pre-test	71.1809	1	71.1809	82.85	000.0	76.0	1
	Group	57.994	1	57.994	19.47	000.0	63.0	1
Hope	Pre-test	91.443	1	91.443	63.141	000.0	84.0	1
	Group	59.52	1	59.52	78.16	000.0	38.0	97.0
Optimism	Pre-test	76.162	1	76.162	05.22	000.0	45.0	99.0
	Group	75.53	1	75.53	28.7	01.0	21.0	74.0
Resiliency	Pre-test	59.341	1	59.341	60.197	000.0	88.0	1
	Group	25.48	1	25.48	91.27	000.0	50.0	99.0
Self-efficacy	Pre-test	08.152	1	08.152	77.48	000.0	64.0	1
	Group	78.98	1	78.98	68.31	000.0	54.0	1

As shown in the table, solution-focused therapy on psychological capital and its dimensions have been effective.

Conclusion:

Solution-focused therapy goal is to change people's creativity inside them (Cheung, 2005). In this type of therapy focuses on issues that are not likely to change in the areas of hardware and unchangeable. Aimed at increasing psychological capital in a more twists and hopeful mothers of these children and in this view because of the focus on the positive "what should increase" instead of defects, the resistance goes away (Conoly et al., 2003). Many families with mentally retarded children have problems sometimes due to their lack of knowledge of how to solve it and deal with it the rise. For example, these families are not familiar

with the most correct way of dealing with your children or sometimes parents are also a conflict that reduces their psychological capital. Solution-focused therapy can help families to identify their barriers and then therapist to help to solve the problems such as problem-solving methods and parenting education to see that this can improve psychological capital. Attending therapy sessions provide an opportunity for people to meet the same people who have problems similar to their own from experience and change their methods to solve problems. At these meetings, members with other members and the success that they seek changes began trying to solve the problem and tried according to the experiences of other members, your performance attending therapy sessions provides an opportunity for mothers the same time to get acquainted with people who have problems similar to their own, from experience and change their methods to solve problems. At these meetings, members with other members and the success that they seek changes began trying to solve the problem and tried. According to the experiences of other members, are to improve their performance.

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