



## The Effect of Training Hope Therapy on Increase the Happiness of Married Women

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### **ABSTRACT**

*Happiness enable people evaluate themselves and their action. This evaluation can be cognitive aspects such judgments made regarding life satisfaction and emotional aspects including the excitement that appear in response to life events. Overall life satisfaction, positive emotions and good mood, lack of mood and negative emotions and other factors such as optimism, self-esteem, hope and a sense of prosperity, happiness components make up that can keep a great impact on the durability and the effectiveness of their married life. For this reason, the effect of therapeutic hope increase the happiness of married women examined. The population of the research, married women with marital discord referred to counseling centers in the city of Isfahan in 2014. Of these, 30 subjects divided into two experimental and control groups. The results of analysis of covariance showed that the observed difference of grades on reducing mental fatigue married women is significant. In other words, education, health hope to increase the happiness of married women had an impact.*

### **Keyword:**

Hope therapy, women, marriage, happiness

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## INTRODUCTION

Marriage as the most important and most basic interaction between the couple described the relationship between husband and wife relationship described as the longest. Married life is an important part of every human life form. Many people spent many years of his life at this stage, and in which it may be difficulties such as marital satisfaction, marital dissatisfaction and divorce face emotional. Because of various parameters including the happiness of couples, especially women create life satisfaction and sustainability shared. In general happiness of its people and their lives assessment that their action. This evaluation can be cognitive aspects such judgments made about life satisfaction and emotional aspects including the excitement that appear in response to life events. Therefore, happiness consists of four components, namely: life satisfaction, positive emotions and good mood, lack of mood and negative emotions and other factors such as optimism, self-esteem, hope and a feeling of prosperity (Argyle, 2003). Accordingly, effective strategies to increase the happiness of couples shared an important role in the survival and the quality of it. Among these solutions is the therapeutic hope. In general, one of the most important human psychological needs is hope.

Hope means that the wheel of life to circulate and the engine is accelerated effort and motivation. Despite the importance of hope in the physical and mental health in the past paid little attention to it yet, but the new movement of positive psychology, special attention has been the subject of hope. According to Seligman, professor of psychology at the University of Pennsylvania (2004), psychology in the twentieth century, mainly to psychological disorders such as anxiety, depression, frustration and focus attention on positive human emotions like hope neglected. In his opinion, the positive and negative half is half-man and now it is an addition to vulnerabilities, capabilities and positive aspects of human existence considered. The centerpiece of this semi-positive is according to hope (Seligman, 2004). Health expectancy based on this goal is to help clients formulate clear goals. Several pathways to achieve them build their follow-up goals to stimulate and obstacles to overcome their challenge new framework for the classification (Pasha Sharifi et al., 2006). Hope therapy enhance thinking and pursuit of enrichment related activities designed. Accordingly, the impact on health expectancy is increasing happiness of married women, as a basic question of this research discussed.

### Importance of research

Family as the most important social institution responsible for training the next generation and society has a direct impact on the development of any society. The factors affecting the viability, vitality and effectiveness of these institutions has great importance. Among these factors are not only permanent happiness and strength to insure the family, but also a tremendous amount of increased efficiency, ultimately increase the social vitality, and increase the efficiency. Happiness feeling we all aspire to but few obtain. The typical symptom of this is feeling, appreciation, feeling of satisfaction and interest in self and others. The most common state of mind is the state of happiness and joy. It should be emphasized that the joy and

happiness in the superficial manifestations of a deep sense of happiness. Also, attribute Joy and happiness in slang to feel the change to feel stable overall satisfaction with life. More scientific view of happiness based on the generally positive assessment of the individual quality of life in her current collection is defined (Abedi, 2004). Based on the recognition solutions increase happiness has much impact on happiness and life satisfaction shared by couples. Health expectancy is one of the solutions that can improve their attitude to life and enhance the vitality and happiness them. Hope thinking helps people to focus on the present moment and to achieve important goals in life now and in the future act. This is a process leads to a re-orientation of the self-assessment and this has improved the relationships and happiness.

### The purpose of the study

The effect of training hope therapy on increase the happiness of married women

### Hypothesis

It seems that hope therapy is effective to increase the happiness of married women.

### Background research

Given the importance of the issue and its impact on people's lives and social vitality has been many studies done in this regard. Including, Azim Zadeh et al (2011) in a study investigating the relationship between the components of the five-factor model of personality and happiness among students, conclude that happiness positively correlated with a significant responsibility, and significant negative correlation with neuroticism. Farzad Far et al (2006) in order to determine the effect of education on depression in women without administrator Isfahan happiness Foordays conclude that happiness training Fordyce orphaned depression in women is dramatically reduced. In another study Neshatdoust et al (2009) also compared two methods of medication and therapy on quality of life in patients with blood pressure of hope, conclude that hope therapy over drug therapy improves the quality of life of patients. In addition, Versing ton and colleagues (1997) showed that hope interventions might be effective in enriching marriage. These interventions focus on common goals Couples and relationships through the development, communication and mutual commitment to enriching the specified target. Snyder (2002) investigates the effects of a therapeutic intervention based on Snyder's hope theory on reducing frustration of patients with major depression. Results showed that the experimental group than the control group increased significantly and the frustration they have shown a significant decline.

### Population

The population of the research, married women with marital discord referred to counseling centers in the city of Isfahan in 2014.

### Sample and sampling

The sample was 50 married women between that 30 selected and 15 in the experimental group and 15 in the control group assigned randomly. Sampling is voluntary and differences among the 50 couples who were referred to counseling centers in Isfahan and prepared voluntarily participate in the study were selected.

**Research tools**

To collect data Oxford happiness questionnaire was used.

**Validity and reliability of research**

Oxford happiness questionnaire is a standardized test and consisted of 29 questions, each question has 4 options. Validity repeated investigations by Seligman (2008), Vienna

Hoeven (2007), Argyle (2007) and Ahmad Poor done through content validity confirmed. The questionnaire has 5 subscales of the reliability of the whole questionnaire was 0.91.

**Research findings**

Table 2: Mean and standard deviation scores of happiness

Group	Steps	Number of persons	Average	Standard deviation	Minimum	Maximum
Experiment	Pretest	15	71.13	2.69	44	87
	Posttest	15	78.93	2.05	63	95
Control	Pretest	15	70.33	3.53	47	96
	Posttest	15	70.80	3.13	54	96

In Table 2, the average Standard deviation, minimum and maximum pre-test and post-test experimental and control groups in happiness scores provided. As can be seen in the test both control and experimental groups there. In the control group there was no difference between the pre-test

and post-test, but this is a significant difference in the groups for inferential analysis of covariance used, but the use of ANCOVA default normality of the data and the equality of Check variance that results in Tables (3) and (4) is provided.

Table 3: summarizes the Kolmogorov – Smirnov test

Index Variable	mean	s	K-S-Z	Significant
Happines	70.73	11.97	0.507	0.959

As shown in the table (3) approximate two-sided p-value calculated, happiness variables are 0.959 is more 0.05.

Therefore, the null hypothesis not rejected, the data are normal.

Table 4: summarizes the results of Levin test

Index Variable	F	Df1	Df2	Significant
Happiness	1.26	1	28	0.27

Table 4 summarizes the results Levin test used for equality of variance. As seen that a significant level of happiness more than 0.05 is variable so the null hypothesis is not

rejected and variance in this variable. Therefore, in this study, the data was normal and groups have equal variance. Covariance analysis between experimental and control groups (Table 5) is examined.

Table 5: Analysis of covariance between experimental and control groups in happiness scores

Index Variable	Total squares	Degrees of freedom	Mean square	F coefficient	Significant	Eta square
Pretest	2775	1	2775	427	0.00	0.94
Group	419	1	419	64	0.00	0.70
Error	175	27	6.6			
Total corrected	34	29				

As shown in the table (5) to eliminate the effects of happiness test scores between the control and experimental groups there was joy in the post-test ( $F = 419.08$  and  $0.01 > p$ ). Therefore, health education hopes to increase the

happiness of married women who have had a significant impact on the counseling centers of Isfahan. So the hypothesis confirmed. Table 6 also mean happiness variable after adjusting for the effect it has provided pre-test.

Table 6: Average adjusted after controlling for pre-test

Variables	Group	Mean	standard deviation
Happiness	Pretest	79	0.66
	Posttest	71	0.66

Table 6 shows the average happiness score in the test should be noted that after the elimination of the pre-test is prepared using the ANCOVA In other words, the net effect of the elimination of the independent variable before the test.

**Conclusion**

Education, hope therapy increase the happiness of married women admitted to affect the counseling centers of Isfahan. The results of analysis of covariance showed that the observed difference of grades on reducing mental fatigue

married women is significant. In other words, education, health hope to increase the happiness of married women had an impact. The hypothesis that, it seems that hope therapy is effective to increase the happiness of married women confirmed.

This research is consistent with Moradi (2005) study. Moradi in their study that concluded that:

The universe and its phenomena in a manner designed to create human happiness. A bridge to the future in hope that

the creation of individual happiness and since happiness, frustration, fear and concern from people around them, in the light of happiness, people can create their own and achieve the peaks of progress and excellence. Hope, happiness is the most important factor. There is no worries, anxiety, depression, and heart to ensure the basis for any kind of joy. Empirical research and scientific progress have shown people are optimistic to control their behavior and therefore believe their experiences. The people, who have a lot of power to control the internal sense, are less susceptible to the influence of negative factors, depression, and self-regulation, more positive coping skills showed that compared with people who feel beyond their control, the level of happiness, and self-esteem is more confident. The elements of hope, optimism, positive thinking and positive thinking are studies showing that people who are more optimistic than pessimistic and realistic people more happiness (Abedi, 2004). Friedman (1987) found that the main objective of the component is hope. If people have hope that their lives are meaningful and directional, and the values that give life to ensure they are happy.

**Suggestions:**

-In order to ensure the results suggested a larger samples examined.

-Recommended that future research will be to follow up to ensure that the effectiveness.

-It is recommended to confirm the results of this study will be done in other cities.

-With respect to the hopes of increasing happiness between couples therapy is recommended that the educational approach in improving the marital relationship and the couple closer ties that will lead them to the continuity and quality of sex life, should be used.

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