

The Impact of Logotherapy on the Resilience and Self-Worth of Elderly Ladies Residing in a Nursing Home in Ilam City

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ABSTRACT: The research aims to examine the efficacy of Logotherapy in enhancing the Self-worth and resilience among elderly women residing in a nursing home in Ilam city. This study employed a semi-experimental design, incorporating a pre-test, post-test, and control group. In order to accomplish the research goals, a total of 40 elderly ladies residing in a nursing home in Ilam city were chosen using convenience sampling. Subsequently, they were randomly divided into two groups, namely the experimental group and the control group, with 20 individuals in each group. The experimental group underwent a 10-session Logotherapy procedure, with each session lasting 90 minutes and occurring once per week. A survey was employed to assess the levels of resilience and self-worth. The data was analyzed using analysis of covariance. The results indicated that Logotherapy has a notable impact on the resilience of older women. Additional studies further demonstrated the substantial influence of the Logotherapy protocol on the self-worth of elderly women. The current research findings indicate that Logotherapy is efficacious in enhancing the Self-worth and resilience among older women residing in nursing homes, therefore suggesting its potential as an effective treatment modality.

Keywords: Logotherapy, self-worth, resilience, elderly population, psychological harm

INTRODUCTION

Senescence is an inherent progression of the human lifespan that occurs universally. Advancing into old age is linked to several psychological, physiological, and social transformations, encompassing cognitive and functional decline, the experience of social disadvantages, and particularly the loss of autonomy and the deterioration of an individual's mental well-being (1-4). Old age is a crucial phase in the psychological development of humans, characterized by specific alterations in physical, cognitive, and social aspects (5, 6). Currently, the focus of research on the elderly has shifted from studying diseases to studying the process of healthy aging. A significant topic within this discipline is the well-being of older individuals. Old age presents individuals with a multitude of stressors, particularly in the realm of mental health, where resilience and self-worth play a crucial role.

According to Connor and Davidson, a person's capacity to withstand and recover from risky situations is a form of resilience that includes emotional, affective, and cognitive effects (9). Resilience, although closely

connected to coping, extends beyond it by encompassing the individual's aspirations. Resilience encompasses various variables that can provide protection against diseases and difficulties, including self-awareness. It also involves genetics, neurobiology, developmental factors, interpersonal relationships, spirituality, and cognitive characteristics that are not influenced by psychological stress. Additionally, it encompasses a total of 10 items. Resilience does not refer to mere stability against injuries and frightening conditions, nor does it imply a state of passivity while facing harmful situations. Instead, it denotes an active and positive approach by the organization within its surrounding environment. Resilience can be defined as an individual's capacity to achieve a state of biological-psychological equilibrium in challenging circumstances (11). Furthermore, scholars suggest that resilience is a mechanism for self-restoration that yields favorable emotional, affective, and cognitive outcomes (12). Prior research on resilience has demonstrated that enhancing resilience is associated with an increased capacity to effectively address a greater number of challenges. Based on Belski's findings (13), individuals with high resilience tend to view stressful situations as less menacing. Rather than concealing their emotions, they are more inclined to seek assistance. Hence, recognizing the influential aspects in enhancing resilience is consistently prioritized, given its significant impact on individuals' mental well-being (14).

Self-worth is a crucial aspect of adaptation throughout all stages of life, influencing emotional, social, and psychological adjustment. This becomes particularly significant in old age, as self-worth is closely linked to mental well-being and life satisfaction. A decline in self-worth can lead to various mental and psychological issues, such as apathy and isolation. According to Erikson's theory, the primary developmental objective during old age is to achieve a sense of self-coherence in the face of despair. Self-coherence refers to the acceptance of one's way of living and the recognition that an individual has agency and value in shaping their own existence (15). The physiological and psychological challenges associated with old age result in a decline in the self-worth of older individuals, leading to maladaptive and harmful behaviors (16). In a separate study conducted in this particular area, McWilliam and colleagues (17) demonstrated that individuals residing in nursing homes typically exhibit a high level of dependency when it comes to carrying out everyday tasks. Consequently, it is likely that they have diminished self-worth.

Based on the provided materials, it is feasible to mitigate the rate of aging through interventions and enhance functional and cognitive attributes for individuals in the senior age group (18-20). Logotherapy is a psychotherapeutic approach that specifically addresses the concerns and challenges faced by older individuals. Existential therapy can assist individuals in discovering the fundamental purpose and significance of their existence. According to this perspective, the majority of psychiatric issues stem from a deficiency of purpose and meaning in one's life (21). Viktor Frankl developed Logotherapy, a form of treatment focused on finding purpose and significance (22). The fundamental principle of Logotherapy posits that life encompasses an infinite array of meanings, and each individual possesses the capacity to actively select a purpose or significance for their own existence. The quest for significance is pursued in the realms of love, adversity, anguish, and constructing one's existence (23). The efficacy of Logotherapy in contemporary treatments is evident and unambiguous. Logotherapy has proven highly efficacious in fostering a profound sense of purpose and diminishing individuals' negative affect (24). Hence, Logotherapy can serve as a potent intervention for individuals experiencing a lack of motivation in their lives (25). Based on these factors, researchers have raised the topic of whether Logotherapy enhances the sense of self-worth and resilience in old women residing in the nursing home of Ilam city.

METHODS

Subjects

This study employed a semi-experimental design, incorporating a pre-test, post-test, and control group. The study population consisted of all elderly ladies residing in the nursing home in Ilam city. From this population, a sample of 40 individuals was selected using the available sampling method. These individuals were then randomly divided into two groups: the experimental group and the control group, with 20 individuals in each group. A questionnaire was used to measure the level of resilience and self-worth both before the intervention began and after all intervention processes were completed. To implement the intervention in the experimental group, a total of 10 sessions were conducted. Each session lasted 90 minutes and took place once a week. The intervention used group Logotherapy, which was based on Frankel's theory. The therapy was carried out progressively, with participants engaging in various tasks during the sessions. The ethical considerations of the research encompassed maintaining complete confidentiality of personal information, obtaining written consent from all participants, and ensuring that participants in the control group were informed that they would receive the same treatment program as the experimental group if desired and deemed necessary.

RESEARCH INSTRUMENT

The Connor-Davidson Resilience Scale. This quiz was designed to assess one's aptitude in managing stress and handling potential dangers. The response scale consists of a 5-point Likert scale. In order to derive the overall score of the questionnaire, the individual scores of all the questions are summed together. The score will span from zero to 100. The greater the score, the greater the respondent's resilience, and vice versa. A score beyond 50 signifies individuals with resilience, and the greater the score, the greater the intensity of a person's resilience, and vice versa. The questionnaire consists of 25 items. The exploratory factor analysis revealed the existence of seven factors for the Resilience scale: feeling of individual ability, resistance to negative influences, positive acceptance of change, trust in individual instincts, feeling of social support, faith, and pragmatic approach to problem-solving methods. However, the reliability and validity of the subscales have not been definitively established yet. Therefore, for research purposes, only the overall score of resilience (11) is currently considered valid.

The Contingencies of Self-Worth Scale (CSWS) consists of 35 items that assess seven subscales: familial support, superiority and competition, attractiveness and physically, love of God, scientific competence, piety, and approval from others. The questionnaire utilizes a seven-point Likert scale. The questionnaire has a score range spanning from 35 to 245. There is a direct correlation between the score of this questionnaire and the level of self-worth. A higher score indicates better self-worth, while a lower score indicates lower self-worth. Crocker et al. (26) documented the Cronbach's alpha coefficient of the self-worth questionnaire to be 0.87. The retest procedure yielded a reliability coefficient of 0.79 over a 6-week period.

The section provides a detailed description of the implementation technique and the manner in which group Logotherapy sessions are conducted, as outlined in Table 1. Hypotheses were tested using descriptive statistics, including mean and standard deviation, as well as covariance analysis.

Table 1.

Session	Steps	Content
	Pretest	
1	getting to know	Acquaintance of the leader with the group members and the group members with each other, explaining what is the purpose of forming the group? Explaining and clarifying the rules of the group, creating organization for the meetings, then a brief explanation about the meaning and finding meaning and old age and its accompanying problems.
2	Familiarity with meaning	Examining the task of the previous meeting, getting to know more about the group members and starting group work, asking group members, presenting meaning and finding meaning, explaining about Frankl's life.
3	Meaning sources	Examining the task of the meeting, before de-injuring feelings, the absurdity of getting to know more about the meaning and sources of meaning and discussing opinions
4	Finding meaning	Examining the task of the meeting, before continuing the conversation and finding meaning through suffering, finding meaning through value creation, finding meaning through enjoying work.
5	the freedom	Reviewing the previous meeting and talking about that discussion about what for? What to live for? Discussion about freedom and will and responsibility
6	Discussion about death	The technique of calling and explaining, making sense of examining the practice of the session, before discussing death
7	Creating a new attitude	Examining the task of the meeting, before examining the goals and plans of the old age, creating a new attitude, talking about depression
8	Contradictory intention	Examining the practice of the previous training session of the opposite intention technique of creating a new attitude
9	Overcome disappointment	Review the previous meeting and review the meetings, before using the freedom to overcome disappointment
10	Conclusion	Reviewing the practice of the meeting, before reviewing the previous meetings by the leader, encouraging the members to continue even when the group ends
	Post test	

FINDINGS

Table 1 presents the descriptive statistics of the study variables and the summary of the covariance analysis results, which are used to analyze the impact of the independent variable on the dependent variables. The assumptions required for conducting inter-group comparisons using covariance analysis were assessed, including the normality of data distribution, homogeneity of variances, linearity of the connection of the dependent variable, and homogeneity of regression slopes. The Shapiro-Wilk test revealed that the data pertaining to resilience and self-worth follows a normal distribution. Levin's test results indicate that the variance of the data about resilience and self-worth across the two groups in the pre-test and post-test is homogeneous. Additionally, creating distribution diagrams for the covariance variables of the dependent variable for each group revealed a linear link between the covariance and dependent variables. The homogeneity of the regression slopes was assessed by conducting a variance analysis to examine the interaction between the independent variable (group) and the covariate variable (pre-test levels). The results indicated that there was no statistically significant interactive effect of the group and the covariate variable on resilience and self-values. The study employed covariance analysis to compare different groups. The independent variable was the group variable (experimental/control), while the dependent variables were levels of resilience and self-worth. The pre-test values of the variable were used as a control variable (covariate). The findings of these analyses are displayed in Table 2.

The research findings on resilience indicate that, after accounting for the influence of the pre-test, the impact of the group on resilience is statistically significant ($P < 0.001$, $F = 5.35$). This implies that there is a significant disparity in resilience between the experimental and control groups in the post-test. Based on the mean values of the groups in the post-test (Table 2), it can be inferred that the level of resilience in the experimental group is significantly greater than that of the control group. Put simply, the therapy aimed at finding meaning has had a substantial impact on the ability of older individuals to bounce back from adversity. The Eta square analysis revealed that 32% of variations in resilience can be attributed to the effects of meaning treatment.

The research findings on self-worth indicate that, after accounting for the influence of the pre-test, the impact of the group on self-worth is statistically significant ($P < 0.001$, $F = 61.745$). This implies that there is a noticeable difference in self-worth between the experimental and control groups in the post-test. There was a notable amount. Based on the mean values of the groups in the post-test (Table 2), it can be inferred that the level of self-worth in the experimental group is considerably greater than that of the control group. To clarify, the therapy aimed at finding meaning in life has had a substantial impact on the older individuals' self-worth. The Eta square analysis revealed that 41% of variations in self-worth can be attributed to the effects of Logotherapy.

Table 2. the descriptive indices of resilience and self-worth variables throughout the pre-test and post-test stages. The data is divided into two experimental groups, each consisting of 20 participants, and a control group also consisting of 20 participants.

variables	Step	Experimental	control	F	P	η^2
		Mean \pm SD	Mean \pm SD			
Resilience	pretest	8/5 \pm 70/63	65/6 \pm 50/64	35/5	001/0	32/0
	posttest	7/4 \pm 6/72	4/5 \pm 5/65			
Self-worth	pretest	8/19 \pm 70/125	6/20 \pm 80/123	745/61	001/0	41/0
	posttest	7/22 \pm 6/178	4/21 \pm 30/126			

DISCUSSION AND CONCLUSION

The research aimed to examine the efficacy of Logotherapy in enhancing the Self-worth and resilience among elderly women residing in a nursing home in Ilam city. The results demonstrated that Logotherapy had a substantial impact on the resilience of older women. The results suggest that the Logotherapy regimen has a beneficial impact on the resilience of older women. The findings derived from this investigation can be regarded as congruent with the findings derived from the research conducted by Bassiniki (27) and Steinhart and Dolbier (28). Tavakkoli and Pourabrahim (29) conducted a study to examine the impact of group Logotherapy on obsessive beliefs and women's resilience. Their findings revealed that Logotherapy effectively reduces obsessive beliefs and enhances the sense of purpose in life. Consequently, this treatment proves to be beneficial for women experiencing obsessions. The findings of Pustchian et al.'s dermatological investigation (30) further demonstrated the efficacy of this particular intervention in enhancing the resilience of this specific population.

The experimental group subjects exhibited greater endurance ratings throughout the post-test phase. These data suggest that the capacity of individuals to manage adverse experiences has been delineated. Resilience is the capacity of humans to uphold a consistent state of psychological well-being, physical functioning, and productivity, while also generating good feelings and experiences (31). Researchers characterize resilience as the ability of individuals to confront and adapt to changes. In crucial situations, rats possess the capacity to recover and regain their equilibrium repeatedly following a crisis. The aging process is characterized by the emergence of physical ailments, a decline in social connections, and an escalation in losses, resulting in feelings of despair and a reduction in resilience. Logotherapy offers a viewpoint that focuses on discovering significance in life's hardships, with the aim of enhancing individuals' resilience in difficult circumstances. An essential objective of this perspective is to assist individuals in discovering significance in challenging circumstances. The objective established in the quest of purposelessness thus leads to the need for Logotherapy, wherein the therapist modifies individuals' interpretations of their own distress, equipping them to confront life's obstacles and fostering a shift in their worldview (32).

The findings indicated that group Logotherapy led to a significant improvement in the self-worth of the experimental group during the post-test phase, as compared to the control group. Consistent with this discovery, the findings of Alaviani et al. (33), Elsherbiny and Al Maamari (21), Faramarzi and Bavali (34) demonstrate the efficacy of several procedures in enhancing the self-worth of older individuals. To elucidate this discovery, it can be asserted that the initial pursuit of the human quest to find the purpose of being engenders internal conflict rather than tranquility. Engaging in existential contemplation, which involves reflecting on mortality and the existence of a hereafter, guides individuals towards meaningful objectives and provides structure to the overall meaning of life (35). This demonstrates the extensive utilization of Logotherapy in circumstances where an individual may experience a sense of despair and insignificance in their quest for life's ultimate purpose. Existential therapy is highly efficacious in addressing clients who experience a sense of futility in their roles and individuals burdened with debilitating illnesses and lives lacking significance and purpose (34). Logotherapy refers to the conscious endeavor of individuals to attain their desired goals and values, as well as to discover the purpose and significance of their existence. Regarding the impact of Logotherapy on alleviating the sense of worthlessness among the elderly, one can draw upon Lazarus and Lazarus's (200) theory. They posited that the domain of old age exhibits notable distinctions from other age domains, which consequently affects the expectations and requirements associated with old age. The elderly engage in a process of reflecting on and assessing their past endeavors, aiming to attain a feeling of fulfillment. If they are unable to achieve this, they may encounter feelings of disappointment and dissatisfaction (36). Logotherapy can assist in harmonizing the aspirations and capabilities of older individuals in managing the challenges and disruptions of this period, enabling them to embrace their physical problems and avoid feelings of insignificance due to their inability to engage in activities beyond their capacities. Enhance individuals' intrinsic motivation to cultivate a sense of satisfaction and self-worth in their lives. Existential therapists claim that a dearth of purpose results in the subjective perception of worthlessness. Thus, clients are instructed to utilize innovative principles, experiential principles, and attitudinal principles in order to discover meaningful purpose in their life (37). This treatment aims to broaden individuals' perspective and perceive the significance and principles within challenges, disasters, and solitude. By adopting this standpoint, individuals are encouraged to confront issues with courage and embrace them. The objective of this therapy is to empower individuals to transcend the distressing cycle of existence encompassing sorrow, shame, and suffering, thereby enabling them to uncover the distinctive purpose of their lives. Logotherapy focuses on the individual's unique experiences and highlights the ability of human beings to transform a tragedy into a personal triumph by handling situations optimally. Transform the unfavorable circumstances into a more compassionate and considerate environment. When individuals find themselves unable to alter a certain circumstance, it is imperative to instruct them on the need of adapting their own behavior. Caution should be exercised when generalizing the findings of this study to other statistical populations, as it specifically focused on older women from Ilam city.

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