

# Group Hope Therapy Effectiveness on Feeling of Loneliness in Elderly Women

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**ABSTRACT:** The present research was performed with the purpose of determination of group hope therapy effectiveness on feeling of loneliness in elderly women. The research method was semi-experimental with pretest-posttest design with control group and the study population included 100 people of the elderly women over 60 years old referring to Geriatric Center of Parsayan in Tonkabon. 45 people of the study population in the questionnaire of feeling of loneliness of Youkla of one standard deviation were more than the mean score and the questionnaire of Hope to life of Snyder, their score was one standard deviation lower than the mean. Of these, 30 people were selected randomly as the statistical sample and replaced simple randomly in the two groups of 15 people (experiment and control). The experimental group received 8 sessions of 90 minutes of the intervention of hope therapy and the control group received no training. Finally, the members of both groups were tested in the method of post-test by the above questionnaires. The analysis of data was performed using the test of covariance analysis and with the help of SPSS. The findings showed that the group hope therapy on the feeling of loneliness of the elderly women had a significant impact to 0.537 and training of group hope therapy was effective on reducing the feeling of loneliness of the elderly women.

**Keywords:** Elderly Women, Hope Therapy, Feeling of Loneliness.

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## INTRODUCTION

Aging is a period of life that usually begins at the age of 60 and changes occurs in the shape and function of internal and external organs of the body. These changes cause functional disorders and impair his consistency (Pampel, 2008; quoted by Jamalzadeh and Golzari, 2014). With the aging of the population, the elderly people with chronic diseases and need long-term supports and deposit to elderly care institutions are increasing (Onder et al., 2012). The feeling of loneliness is isolation and frustration among the most important complaints of the elderly women. The problems and lack of aging and approaching the reality of death may also lead them to the meaning of life (Shearer and davidhizar, 1999; quoted by Heravi Karimvi et al., 2007). The problem which creates with the rapid growth in the number of elderly women is that most people face with reaching old age with multiple disabilities. Getting to this phase may expose them to various diseases, isolation, lack of social support, reduction of the ability to perform activities of daily living, reduction of the ability to communicate with others and participate in the community (Mirzaei et al., 2012).

The feeling of loneliness is a pervasive phenomenon and 25 to 50% of total population over 65 years old analyzes it based on age and gender (Kouchaki et al, 2012). Loneliness is associated with increasing the age and the reason for it is to shrink social networks which is due to lose relatives and friends (Samsaei et al., 2014). In the

elderly, the feeling will be evident and this can affect the life of the elderly person. Therefore, it is required that the elderly people be helped with proper planning to reduce these feelings. Hope is an internal quality which can give energy to the person. That is why hopeful people feel more responsibility for their care and they give a proper response to their efforts to care them. Hope indicates not only the ability of the person for creating a purpose, but also this includes creativity for development of strategies and sustained motivation to reach the goal (Umpheary & Sherblom, 2014). According to Snyder, hope therapy has derived from behavioral-cognitive therapy, solution-focused therapy and fiction or narrative treatment (Garcia & Sisin, 2012). Anger, violence, disappointment and failure are the final results of loneliness (Pamukew & Mydan, 2010; quoted by Taii et al., 2015). Hope therapy is one of new therapeutic approaches which is established based on the idea of Snyder et al and provide focusing on problem and cognitive-behavioral solving, a semi-structured, new and small therapeutic system by combining the principles of therapeutic interventions based on the biography (Qasemi et al., 2009). Various studies confirm the effectiveness of hope therapy. Hassannejad (2015) studied and confirmed in a research the impact of hope therapy on reducing hopelessness and dysfunctional attitude and increasing resiliency. Also, the studies of Farhadi et al (2014) and Abedini et al (2013) confirmed the effectiveness of group psychotherapy of hope focused on improving the quality of life of the patients.

Along with the aging population, the elderly people who have a chronic disease need long-term supports and deposit to elderly care institutions are increasing (Onder et al., 2012). The prevalence of mental disorders in the elderly is increasing so that some consider it a crisis. Therefore, it is essential that it be considered further so that suitable applications for the course of the assessment can be considered and that the elderly people experience better circumstances. In this regard, the present research was performed with the purpose of determination of group hope therapy effectiveness on the feeling of loneliness in the elderly women.

## MATERIALS AND METHODS

The research method was semi-experimental with pretest-posttest design with control group and the study population included 100 people of the elderly women over 60 years old referring to Geriatric Center of Parsayan in Tonkabon. Among 100 people of the elderly women over 60 years old, Geriatric Center of Parsayan in Tonkabon where they were selected in the method of sample available, the study population include 30 people of them who simple randomly they were selected among 45 people of the elderly who obtained higher score in the test of the feeling of loneliness and these 30 people placed randomly in the two groups of experimental and control group. The tool used in the study was:

**The feeling of loneliness scale:** this tool was made by .Russell, Peplau & Curtona (1980) and constituted from 10 positive items and 10 negative items. Individual score from the test is obtained by calculating the sum of the numbers representing options on all items. The minimum possible score is 20, and the maximum is 80 and more score represents the severity of the feeling of loneliness of the person. The scores which is more than one standard deviation from the average greater standardization groups are considered an indicator of the feeling of intense loneliness and the scores which are less as much as the size of a standard deviation from the mean standardization groups are considered low levels or absence of loneliness. The producers of the test in each twice in the student sample group obtained alpha factor with 0.94 for the scale. In the validation of this scale by Davarpanah for the entire scale, the alpha factor was obtained 0.78.

## RESULTS

The results of analysis of data in the following Tables are presented.

**Table 1.** Mean and standard deviation of variables.

Variables	Mean		Standard deviation		Number	
	Pretest	Posttest	Pretest	Posttest	Pretest	Posttest
Experimental	55.33	42.46	6.15	5.78	15	15
Control	52.60	54.13	6.58	6.68	15	15

As it can be shown in Table 1, the difference of pretest - posttest of the mean of the feeling of loneliness of the experimental group is 12.87 and also the difference of pretest - posttest of the mean of the feeling of loneliness of the control group is 1.53. It is observed that the difference in the experimental group is more than the control group. Now, to see that it is observed that this difference is meaningful, Mancova is used. To use Mancova, first, its assumptions were examined.

**Table 2.** The results of the analysis of covariance for the variable of the feeling of loneliness.

Variable	Impact size	SS	df	MS	F	sig
Intergroup feeling of loneliness	917.73	1	917.73	30.11	0.001	0.537
Intragroup feeling of loneliness	792.34	26	30.47			

The above Table shows that the significance level of the variable of the feeling of loneliness is 0.001 which is smaller than alpha level 0.005. Therefore, F calculated is significant statistically and with the probability 0.99, we state that group hope therapy is effective on reducing the feeling of loneliness of the elderly women and the hypothesis is confirmed.

$$F(1, 26) = 30.11, P < 0.01, \text{Partial}^2 = 0.537$$

## CONCLUSION

The hypothesis of this research on that hope therapy results in reducing the feeling of loneliness of the elderly women was confirmed in this research. In other words, the analysis of one-way covariance has shown that F calculated is significant and the interventions of hope therapy have resulted in reducing the feeling of loneliness of the elderly women.

In explaining this hypothesis, it must be said that the interventions of hope therapy modify ways of unproductive and habits and approaching the previous problem goals. Personal and individual goals are made clear and finally the achievement of objectives by providing solutions which are made possible are made easy and as a result, they result in increasing attempt in order to achieve the important goals of the life. These states not only make people come out of their shell of loneliness and sadness and continue their efforts, but also with situations that they get, their happiness and optimism will increase to life. On the one hand, this issue will result in thought and belief promising to life and its goals and causes people look at the world with an optimistic attitude, and on the other hand, this is the behavioral result of this attitude which results in effort and resistance to different conditions of life particularly stressful life situations. Such states, beliefs and efforts result in reducing the loneliness of interpersonal and social communication.

## Conflict of Interest

The authors declare no conflict of interest.

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