

The group psychodrama consultation effect on resiliency and spiritual intelligence of Eight grade female students

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Abstract

This study aimed to evaluate the effectiveness of group counseling Psychodrama on spiritual intelligence and resilience of students. For this purpose, 60 secondary school female students in Tehran were selected based on multi-stage cluster sampling. Then, the patients were selected randomly as 30 in the experimental group and 30 in the control group. In order to analyze data, ANOVA was used as the statistical method of analysis. The results showed that group Psychodrama counseling is effective for resiliency of students, and it has a significant impact on students' spiritual intelligence.

Keywords: spiritual intelligence, resiliency, Psychodrama group counseling.

Introduction

The youth is one of the most critical steps of our life, this step is the sensational season of life and the symbol of vitality. If joy and vitality are equipped with Deep sense of religion and the God's mighty weapons faith, then happiness of young people and public health will be guaranteed and since, the most student class of society are the youth and part of role-playing and future makers of our society, Physical, spiritual, psychological and social health are the guarantee of the health of present and future.

In all countries, the universities and Higher education institutions attempt to achieve the Moral valuable, spiritual and religious goals, on the other hand, Higher education systems cannot emphasis on their moral obligations and responsibilities besides Scientific and technical activities. This important issue has been manifested, especially in that class of educational systems which have concerns and Religious orientations (Kia nejad et al, 2011).

The concept of spiritual intelligence contains the sort of adaptability and behavior of problem-solving that includes the highest levels of development in various areas of cognitive, moral, emotional, interpersonal etc. and help the person to coordinate with phenomena around of him and achieve the internal and external consistency. By using this intelligence, they should solve the problem in terms of their meaning and value and, will be able to give the meaning to their works and activities and inform about the meaning of activities and find out which actions and behaviors has the more credibility and which path is the more higher and excellent in their life so they can make it the pattern and osveh in their life (Shahidi, 2010).

Since, the spiritual intelligence is the base of all things that we believe in them and undertake the role of believes and norms and values, thus, it seems to related to self-esteem and Increase resiliency, because by using spiritual intelligence, the person can increase, decrease or change the believes and ideas and it is known as cognitive tools.

Gurmzy and Musten (1991) have defined the resiliency as a process capability or the outcome of successful adaptation with threatening conditions. Otherwise, the resiliency is the positive adaptation in response to adverse conditions (Waller, 2001).

Of course, the resiliency is not only resistance against damages or threatening conditions and passive mode in deal with dangerous conditions, but it is active and constructive conditions in surrounding.

Meanwhile, we should state that the type of relationship and their interactions in family is one of the factors that has been caused to shape the resiliency. Family studies, now further lead to this subject on how the individuals in dealing with stressor have capability of Coping and resistance and how family has impact on this capability of individuals (Koener & Fitzpatrick, 2004).

The resiliency is the individual ability to make bio-psycho balance in dangerous conditions (Connor and Davidson, 2003). The researchers believe that the resiliency is the type of restoration himself with positive consequence of emotional and cognitive (Garmry, 1999; Garmezy & Rutter, 1999 & Luthar & Cicchetti & Becker, 2000). Kumpfer believes that the resiliency is back to balance in higher level in threatening conditions and thus, it provides successful adaptation in the life.

Thus, we can state that resiliency is for people who are at risk but they are not impaired. Resiliency factors caused the person in difficult situation and risk factors from its existing capacities uses to achieve the success and growth in the his life and he can use these challenge and exams as an opportunity to empower himself and succeed.

In this connection, School group counseling through information about closely related to academic problems with psychological – social areas help to choose the appropriate solution or solutions and plan for their implementation through Reviews of all aspects of the problem and finally the student performance is improved in various aspects, in fact this research is necessary because, it opens the door in the area of measurement of school counselor performance for eliminating discomfort and Psycho-social problems of students through equipped them with tools like resiliency and spiritual intelligence can be considered as the light of way for students and future makers of the country (Shahidi, 2010)

We feel the discussion about religious and spiritual subject especially, spiritual intelligence from various aspects of modern age. One of these requirements in anthropology is paying attention to spiritual dimension of human in aspect of scientists especially experts of WHO that recently, they define human as a biological, psychological, social and spiritual existence.

Other requirement is to discuss the reappearance of subject on Spiritual tension and also finding a clearer understanding of spirituality and their application in every day of life (West, 1999, as translated by Shahidi & Shirafkan, 2004).

Human history indicates that religious man has a long history. This evidence indicates that through study of Human societies and the history of civilizations, we are always face with Traces of religion and religious beliefs. Despite the antiquity of religious beliefs, pundits in the field of Psychology of Religion in theoretical level have been discussed about the impacts of religious believes on mental health, Contradictory views (Bayani et al, 2008).

Mianbandi et al. in review of effectiveness the self-expression of group counseling in reducing the depression and Improving Academic Achievement of high school students in Mashhad, claims that their research is aim to review the self-expression of group counseling in reducing the depression and improving academic achievement of high school students in Mashhad. In an experimental study, among 398 First and second grade students in high school by the beck depression inventory from each grade, 24 subjects have been selected and they have been placed in random in control and experimental groups. Then, effectiveness of Group counseling program for self-expression within 8 sessions of 90 minutes about experimental group has been carried out that contains first and second grade students and control groups didn't receive training. 4 groups after end of intervention period answered the research inventory of BDI. The data obtained from research inventory has been analyzed by SPSS software. The findings indicated that statistical analysis in

step after test in three groups in terms of the variables of depression and improving academic ($p < 0.05$) indicates the significant difference. In other words, the depression in experimental groups has been decreased and in improving academic of second grade of student, there was a significant improvement. In other words, self-expression of group counselling is effective on reducing the depression of first and second grade students in high school and academic achievement of second grade students.

Rollo (2013) in his research known as the impact of group counseling on self-esteem of students, he states the aim of study is to review the relationship between group counseling and self-esteem of students. Therefore, it has been reviewed the sample size includes 14 subjects within 12 weeks group counseling and the results from this research indicate that the Group counseling program has been important role in increase of student's self-esteem.

Townsend (2013) in his research known as the effectiveness of group counseling in school and increase of student's self-esteem, hypothesis of his study in effectiveness of group counseling considered to be effective on self-esteem in girl students. Thus, group counseling programs has been performed on 5 girl students within 35 minutes. The results show that the girls were satisfied with sessions of group counseling and they have noted that they have more ability and their self-esteem also has been increased.

Danohio (2013) in his study known as the impact of group counseling on the stress of students who are not sure about his their program life, he has been reviewed the relationship between group counseling and decrease of stress. The researches show that students who are in the last year of study, they are concern about Education and work opportunities in the future, they suffer from stress and high psychological stress, thus, the group counseling program within 5 weeks in between triables has been performed and the results indicate that the triable relates to stress and psychological stress has decreased the stress 29% based on the report

Due to the above-mentioned issues, we can state that the group counseling has great impact on increasing the teenager's resiliency and this in turn to help them to solve some problems, on the other hand the teenagers who enjoy the higher religious believe and spiritual intelligence, they will be more able to solve their problems in their life and meanwhile their beliefs also will not be ineffective. According to the subjects, the present research seeks to find the answer to the question, whether the group counseling has significance impact on resiliency and spiritual intelligence of female students of third grade in high school, level 2 in Tehran or not.

Research hypotheses

H1: Psychodrama group counseling has a significant impact on resiliency.

H2: Psychodrama group counseling has a significant impact on spiritual intelligence.

Methodology

This research due to nature and purpose is a applied research that has been used the semi-experimental to carry out this research. The statistical population includes all female students of second grade in high school, region 1 in Tehran in 2014-2015. 60 subjects (30 subjects in experimental group and 30 subjects in control group) were selected by multi-stage cluster sampling with random-sampling. In order to collect the data from the resiliency and intelligence questioners with the reliability of 89%, 91%, respectively, the data were analyzed by Analysis of covariance.

Findings of the study

Hypothesis 1: psychodrama group counseling has significant impact on student's resiliency.

In order to review this hypothesis, we have been used the analysis of Covariance (ANCOVA) which has been displayed by tables (1) to (5).

Table 1: Levine test to determine the equality of the variance for resiliency

test	Component	Levine test (equality of variance)	
		F	Sig
Assuming equal variances		0.2	0.66
Assuming unequal variances			

Table 1 indicates that F equals to 0.2 which is not significant in level of $p < 0.05$, thus we can conclude that the variances in two groups of experimental and control are not equal.

Table 2: Review of the homogeneity of regression slopes of resiliency

sig	F	MS	Df	Total sum of squares	index
0/41	0/69	0/02	1	0/02	Pre-test group

Table 2 indicates that F obtained from the interaction between independent variable and covariate equals to 0.69 and level of significant equals to 0.41 which is greater than 0.05, thus the interaction between group and pre-test is not significant and hence, we have been used the analysis of covariance to validate the assumption of Homogeneity of regression slopes.

Table 3: Results obtained from analysis of covariance on behavioral training in psychodrama group counseling on student's resiliency

Partial Eta squared	sig	f	MS	df	Total sum of squares	Source of changes
0/56	0/0001	35/03	1/07	1	1/07	Pre-test
0/94	0/0001	435/49	13/35	1	13/35	Difference within groups
----	-----	-----	0/03	27	0/82	Error
----	-----	-----	-----	30	80/99	total

As can be seen in Table 3 , F obtained for difference between two groups of experimental and control equals to 435/49, since there is significant level between variables equals to 0.0001 and this level smaller than $P < 0.01$, we can state that the psychodrama group counseling on resiliency has been effective.

Hypothesis 2: Psychodrama has a significant impact on spiritual intelligence.

Analysis of covariance was used to review this hypothesis which has been displayed through tables (4) to (6).

Table 4: Levine test to determine the equality of variance on spiritual intelligence

Levine test (equality of variances)			test	Component
Sig	F			
0/21	1/68		Assuming equal variances	
			Assuming unequal variances	

Table 4 shows that F equals to 1.68 which is not significant in level of $p < 0.05$, thus we conclude that variances in the variances in two groups of experimental and control are equal.

Table 5: Review of the Homogeneity of regression slopes of spiritual intelligence

sig	F	MS	Df	Total sum of squares	index
0/12	2/49	10/77	1	10/77	Pre-test group

Table 2 indicates that F value obtained from the interaction between independent variable and covariate equals to 2.49 and level of significant equals to 0.12 which is greater than 0.05, thus

the interaction between group and pre-test is not significant and hence, the analysis of covariance was used to validate the assumption of Homogeneity of regression slopes.

Table 6: Results of analysis of covariance in training of psychodrama group counseling on students' spiritual intelligence

Partial Eta squared	sig	f	MS	df	Total sum of squares	Sources of changes
0/20	0/0001	9/70	31/14	1	31/14	Pre-test
0/54	0/0001	68/22	154/87	1	154/87	Differences between groups
----	-----	-----	2/38	27	67/27	error
----	-----	-----	-----	30	253/28	total

As can be seen in Table 6 , F value obtained for difference between two groups of experimental and control equals to 68/22, since there is significant level between variables equals to 0.001 and this level smaller than $P < 0.01$, with 99% confidence we can state that the psychodrama group counseling on spiritual intelligence has been effective.

Discussion and conclusion

Hypothesis 1: psychodrama group counseling has significant impact on students' resiliency.

As can be seen table 1, we can state that psychodrama group counseling on students' resiliency.

Psychodrama approach uses imagination, Physical exercise and Group dynamics which is combination of play, art, emotional sensitivity and correct thinking that is help to individuals to achieve more modern and effective behaviors and open the undiscovered paths, Conflict Resolution and Understanding the form of self.

Group therapy or group psychotherapy means that use of psychotherapy methods on a group in order to benefit from Mutual influence on each other's members. Between methods of group counseling, psychodrama considered as a rich approach which has been used imagination, physical exercise and group dynamics and it is the combination of art, play, emotional sensitivity and correct thinking. Psychodrama is the form of plat the role which individuals in meetings group by helping from therapist (director) and cooperate with actors and the presence of some people play different roles.

Use of group counseling leads to more deal with reality and they will be able to imagine himself in reality, this imagination in reality along with discussion in group and enthusiasm of other people lead to make decision more appropriately and he will be able to use the decision to a greater extent in order to increase the resiliency.

Letzring, Block and Funder in their researches reviewed the characteristics of resilient people and suggested that resilient people have not self-defeating behaviors, in term of emotion they are calm and they can deal with adverse and bad condition. Also, Inzlicht, Aronson, Good, & McKay in their research concluded that resiliency can caused to decrease the Anxiety and Stress in people. They believe that the resilient people can overcome various adverse effects and Physical and emotional exhaustion due to work and keep the mental health. The people who were under training of psychodrama group counseling, they have been familiar with reality in their life and they can deal with problems and difficulties, this kind of people know there are a lot of ups and downs in their life which will be lead to increase the resiliency.

Hypothesis 2: Psychodrama group counseling has significant impact on spiritual intelligence.

As can be seen in table 3, we can state that the training of psychodrama group counseling on spiritual, intelligence is effective.

Psychodrama is the process of group therapy which uses the Intrapersonal and interpersonal issues through displaying previous and predict the life situations and relate the roles in order to enhance the better understanding, emotional discharge and role reversal. The logic of psychodrama is to change the personal learning in for interaction of the psychological, interpersonal and culture and the role of imagination.

The use of psychodrama group counseling technique leads to deal with reality and they can imagine the reality to a greater extent, this imagination in reality with discussion in group and enthusiasm of other people will be lead to make decision appropriately and they can use to a greater extent from his decisions in order to reduce burnout.

In explanation of the results maybe state that one of the reducing agents of life stressors and increase of resiliency is the religious believes, the person who knows the holy Quran as a guidance and life guide, he considered the Quran is like supervisor the all aspects of life, he can deal with difficulties and hardships and expects the event; also the God says: the human has been created in pain (Surah Balad verse 4). He considered the difficulties and hardships as an exam, God's will and discretion and when he deals with stressor factors, hopes to open and solve in him and he observed the future clearly, some difficulties has been considered the result of his sins and he tries to prevent them with his amendment (Shora verse 20). The holy Quran through encouragement, praise with presenting pattern for practice like Ibrahim, Ayoub, Muhammad and other Prophets and saints, the Quran wants the Muslims to follow them and in difficulties they follow them (Prophets, verses 83 and 85). Furthermore, the holy Quran recommends the Constructive strategies and practical advice when the Muslims face with Psychological stress which include: prayer (Baqarah verses 7 and 45), trust (Naml verse 4), prayer and praise (Sura al-Furqan verse 153), repentance and mention (surah al raad, verses 28 and 70 and 71). The Quran calls the human to calm. (Ibrahim Verse 45, Repentance verse 103 and al fath, verse 4). Taking part in religious ceremony and generally, Practical adherence to religious laws and orders caused to provide basic security and safety which help to save the individual.

We can state that the people who have spiritual perspectives, they accept the change easily and pursuing the goal and meaning for his organization, they understand the importance of connecting to greater whole, perceptions and the individual expression from spirituality. They have abundance mentality i.e. they believe that there are enough resources for all human and there is no need to compete. As result, the people rely on each other easily, they share their information and work and coordinate with Colleagues and members of the group in order to reach the ultimate goal.

Spiritual people, while dealing with situations, instead of interfering in the affairs, they create insights, instead of control, they rely, instead of raising himself, they show humility and instead of guidance by position, they guide and create the position. Thus, Spirituality in work is an Experience of trust and reciprocity between people who contribute in the work process which has been created by Optimism and previous goodwill and leads to create the Motivational culture and Increase overall performance. Spiritual people who emphasis on moral values like truth and honesty, correctness, freedom and justice, they improve their moral identity and create deep commitment in himself.

According to the above-mentioned issues, we can express that psychodrama group counselling can help individuals to deal with reality closely and leads to increase their understanding and information which due to the training of spiritual problems can be effective to increase their spiritualities.

Suggestions

1. Holding training sessions for skills to enhance mental health for students
- 2 .Holding training sessions about transferring concept of resiliency for students.

It is offered to consider further the psychodrama group counseling in order to solve the problems of students by school counselors.

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