



Comparing the effectiveness of Zekr therapy in Islam with mindfulness therapy on anxiety and life expectancy of mothers with mentally disabled children in Meybod city

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Abstract

Aim: The purpose of this research was to compare the effectiveness of Zekr therapy in Islam with mindfulness therapy on anxiety and life expectancy of mothers with mentally disabled children in Meybod city. **Method:** The design of the present research was applied in terms of its purpose and the method of conducting it was quasi-experimental with a pre-test and post-test design with two experimental groups and one control group. The statistical population of the research is all mothers with mentally disabled children in Meybod city. Among the statistical population, 45 mothers with intellectually disabled children were selected in a targeted and available manner and randomly divided into three groups in the form of two groups of 15 experimental people (30 people) and control group (15 people). Beck's anxiety questionnaire was used to collect and measure mothers' anxiety, and mothers' life expectancy was measured with Snyder et al.'s questionnaire. Then exercise protocols (remembering therapy and mindfulness) were implemented. To answer the research hypotheses, the covariance tests were performed at the five percent error level using SPSS software version 26. **Results:** The results of covariance analysis for mindfulness treatment showed that 62.2% of life expectancy scores of mothers with intellectually disabled children are explained. Also, 55.6% of the anxiety scores of mothers with mentally retarded children are explained based on the mindfulness model. Also, 59.9% of Zekr therapy protocol scores are explained on the variable of life expectancy of mothers with mentally retarded children. Finally, according to the eta squared value (0.746), 74.6% of the scores of the Zekr therapy protocol are explained on the variable of anxiety of mothers with mentally retarded children. From the analysis of Shefe's follow-up test, it can be concluded that the mean of anxiety in the dhikr therapy and mindfulness group has decreased significantly compared to the control group, but the two experimental groups have no significant difference from each other ($\alpha=0.05$). It can also be concluded that the average life expectancy in the Zekr therapy and mindfulness group has decreased significantly compared to the control group, but the two experimental groups have no significant difference from each other ($\alpha=0.05$). **Conclusion:** The obtained results indicated that both the mentioned treatment courses were equally effective in reducing anxiety and increasing the life expectancy of mothers with mentally disabled children.

Keywords: Zekr therapy, mindfulness, anxiety, life expectancy, mothers, mentally disabled child.

Introduction

According to the divine worldview, all factors influencing the world of existence are subject to both material and non-material (spiritual) factors, despite the advances and achievements of science and industry in all fields and sciences, especially medicine and psychology; humans are unaware of the existence of many of them and have not been able to treat their internal and psychological problems such as: psychological and nervous pressures, meaninglessness in life, anxiety, stress, depression, hopelessness, and so on to achieve their true identity (Nasrati et al., 2021).

For this reason, it can be said that one of the important issues that psychologists and sociologists are engaged in is the prevention of mental and behavioral crises in human society, to the extent that some contemporary psychologists and psychoanalysts have called this era the "anxiety age", an anxiety that is considered the central core of many mental illnesses and every day increases the statistics of mental illnesses and madness, drug use, and nerve pills (Habibi et al., 2016; Nasrati et al., 2021). In the meantime, hope for life is the ability to believe in a better emotional sense in the future, which requires a motivational process that the individual expects to reach his/her desired goal to overcome the obstacles and challenges on this path (Hellmann et al., 2018).

By examining the existing background, it becomes clear that mentioning at its proper position has degrees and ranks that until these steps and ranks are not passed, the person cannot realize his/her position in relation to his/her presence in the world of existence and pass through the paths and material and mental problems victoriously to fulfill his/her creation mission. Accordingly, the researcher, taking into account the existing background, sought to determine whether the mindful awareness pattern and the ranks of mentioning can affect anxiety and hope for life of mothers with mentally disabled children with different degrees of difficulty.

Method

A quasi-experimental method was used to investigate the effect of mindfulness and mantra meditation protocol on mothers with intellectually disabled children. Initially, participants were invited to the Ziaei Counselling Center in Meybod, and the research method was explained to them. Then, participants who were willing to take part in the research signed an informed consent form. In the next step, participating mothers were invited to the center, and they were given necessary explanations about the procedure. Mothers who gave their verbal consent to participate in the research were enrolled as subjects. The target tests (anxiety test and hope test) were administered to the mothers at the beginning of the experiment, under ethical considerations. Then the meditation protocols (mantra meditation and mindfulness) were implemented, and necessary incentives were provided during the training period. After the meditation protocols were completed, all tests were administered again to the mothers under similar conditions, as post-tests. Finally, descriptive and inferential statistical analyses were used to examine and compare the effectiveness of the mindfulness and mantra meditation protocols on mothers with intellectually disabled children. Descriptive statistical indicators such as mean, standard deviation, and statistical graphs were used, as well as inferential

statistics such as the covariance analysis test to answer the research hypotheses at a 5% error level, using the SPSS version 26 software.

Results

The results of covariance analysis for mindfulness treatment showed that 62.2% of life expectancy scores of mothers with intellectually disabled children are explained. Also, 55.6% of the anxiety scores of mothers with mentally retarded children are explained based on the mindfulness model. Also, 59.9% of Zekr therapy protocol scores are explained on the variable of life expectancy of mothers with mentally retarded children. Finally, according to the eta squared value (0.746), 74.6% of the scores of the Zekr therapy protocol are explained on the variable of anxiety of mothers with mentally retarded children. From the analysis of Shefe's follow-up test, it can be concluded that the mean of anxiety in the dhikr therapy and mindfulness group has decreased significantly compared to the control group, but the two experimental groups have no significant difference from each other ($\alpha=0.05$). It can also be concluded that the average life expectancy in the Zekr therapy and mindfulness group has decreased significantly compared to the control group, but the two experimental groups have no significant difference from each other ($\alpha=0.05$).

Conclusion

The obtained results indicated that both the mentioned treatment courses were equally effective in reducing anxiety and increasing the life expectancy of mothers with mentally disabled children.

It is suggested that similar research be conducted on other variables such as psychological and social problems. Given the effectiveness of the therapeutic reminiscence protocol designed in this study, it is recommended that the findings of this study be made known to other mothers by arranging periodic sessions. Given the impact of managers' awareness on useful and appropriate planning, it is recommended that the findings of this study be communicated to officials and staff of the Welfare Organization, exceptional schools, and other relevant organizations. Considering the cost-effectiveness of reminiscence therapy and mindfulness techniques, it is suggested that these strategies be implemented alongside rehabilitation treatment.

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