



The effectiveness of logotherapy training on mental health and quality of work and life in the University of Medical Sciences

Fereshteh. Nouri Deh Chenashek¹, Hamza. Akbari*², Abdullah. Shafiabadi³

1. Ph. D student in counseling, counseling department, Bojnord branch, Islamic Azad University, Bojnord, Iran

2. Assistant Professor, Department of Psychology, Azadshahr Branch, Islamic Azad University, Azadshahr, Iran

3. Professor of Counseling Department, Allameh Tabatabai University, Tehran, Iran

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Corresponding Author's Info
Email:

akbarihamze@ymail.com

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ABSTRACT

Background and Aim: The present study investigated the effect of logotherapy training on the mental health and quality of work and life of employees of Golestan University of Medical Sciences. **Method:** This study is an intervention type with a pre-test and post-test with a control group. The sample of the research is 30 of these working employees who were selected as available sampling and randomly placed in two experimental groups and one control group. To collect data, Walton's occupational quality questionnaire (QWL) and the World Health Organization's quality of life questionnaire (WHOQOL-BRE) were used. **Results:** The results showed that logotherapy training, compared to the control group, reduced physical symptoms, anxiety, social behavior and depression, and in the result is the improvement in the mental health of the employees of Golestan University of Medical Sciences. These interventions also increase the quality of work and the quality of life of employees. **Conclusion:** The results showed that logotherapy training is effective on the mental health and quality of work and life of university employees



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Introduction

In the current conditions of the society and based on the psychological pressures that arise due to crisis and different conditions, it affects the mental health and quality of work and life of people. Considering that the human resources providing health and medical services have a significant contribution to the health of the society, therefore maintaining and improving their health can play a role in contributing to the health and progress of the society. Therefore, taking into account the job status and the heavy responsibilities and duties of these people, especially in the corona situation of the society, it is necessary to try so that the mental health and quality of work and life of these people are not disturbed. The World Health Organization (2004) defines mental health as a state of well-being in which a person knows his abilities and uses them effectively and productively and is useful for his community. Mental health is a basic need to improve the quality of work and human life and is vital (World Health Organization, quoted by Rahimian Bogar et al., 2008).

Job quality expresses employees' reaction to work, especially its necessary consequences in satisfying job needs and mental health (Walton, 1973). The quality of life is a person's ideas about his life situation according to the culture and value system in which he lives (Andrides, 2007). Quality of life includes all aspects of life and is not limited to health (Mansourian, 2007). Nowadays, the quality of life and its importance has become one of the important psychological issues and the quality of life determines the future of a person (Shafi Abadi, 2001). Quality of life can be considered as an operational tool for measuring overall health and well-being. Currently, it is mentioned as a key indicator that should be considered routinely in health research. Also, currently, the issue of quality of life is one of the major concerns of politicians and public health experts and is known and used as an indicator to measure health status in public health and medical research (Gil Feinstein, 2003).

One of the factors affecting the mental health and the quality of work and life of people is logotherapy, which was invented by Frankel, so that by researching the meaning of life, life can be seen as original and everything, even pain and suffering, can be accepted and tolerated in its light. (Schultz, 2004). Logotherapy can be

considered as a new way and method to enter purposefully and search for meaning in life and work. Logotherapy is a method of existential approach that can prepare a conceptual structure to help people to find meaning in their lives. Therefore, the problem of this research is whether logotherapy training has an effect on the mental health and quality of work and life of the employees of Golestan University of Medical Sciences.

Method

This research is a quasi-experimental type with a pre-test-post-test with a control group. The sample of the research is 30 employees working in medical sciences of Golestan province, who were selected as available sampling and randomly placed in two experimental groups and one control group. To collect data, the World Health Organization's WHOQOL-BRE quality of life questionnaire and Walton QW occupational quality questionnaire were used. The test of mental health and quality of work and life was carried out based on standardized tools on each person of the two groups; Then the intervention in the experimental group was done separately, in the meantime logotherapy training was done in ten two-hour sessions and separately in ten weeks on the experimental group. The sessions of the experimental group were held as educational workshops and they were taught. The working method in each meeting is discussion and participation of all members in the discussions and carrying out workshop activities. After the training sessions of the experimental group, the post-test was taken from both groups. Then the results were analyzed using multivariate analysis of variance with repeated measurement and the effectiveness of two logotherapy groups were compared.

Results

In the meaning therapy training group, from pre-test to post-test and pre-test to follow-up, the averages of mental health symptoms decreased and there is a significant difference in the averages of occupational quality dimensions ($P < 0.01$). From the post-test to the follow-up, except for the symptoms of depression in other dimensions, significant changes are observed ($P < 0.05$). In the control group, except for physical symptoms from pre-test to post-test, there was no significant change in other dimensions according to the stages of the test

($P < 0.05$). Based on this, the hypothesis of the current research was confirmed.

Conclusion

The results showed that in the meaning therapy training group, from pre-test to post-test and pre-test to follow-up, the averages decreased and there is a significant difference. From post-test to follow-up, significant changes were observed, except for depression symptoms in other dimensions. In the control group, except for physical symptoms from pre-test to post-test, there was no significant change in other dimensions according to the stages of the test. Also, the results show that in the therapeutic meaning training group, the averages increased from pre-test to post-test and pre-test to follow-up and there is a significant difference. From post-test to follow-up, no significant difference is observed only in social relations and general health. In other dimensions, the increase from post-test to follow-up is significant. In the control group, there was no significant change in the test steps.

Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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