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The effectiveness of training based on emotion-oriented therapy on flexibility and self-control of women in Isfahan city

Marziyeh Amirian¹ & Kazem Ghajavandi^{2*}

Abstract

The main goal of this research was to determine the effectiveness of education based on emotion-oriented therapy on the flexibility and self-control of women in Isfahan city. The research method was semi-experimental; The target population in this research was all the women of Isfahan city, 30 of them were selected by the available sampling method; Tangney's self-control questionnaires (2004) and Asad Beigi's flexibility questionnaire (2013) were used to collecting information. Also, the experimental group implemented emotion-oriented treatment behavior in eight sessions; the results showed that emotional therapy behavior analysis training affects psychological flexibility. Based on research findings, emotion-oriented therapy training is effective in self-control.

Keywords: *Emotion-oriented therapy, flexibility, self-control.*

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1. Master of Counseling Department, Khomeini Shahr Branch, Islamic Azad University, Isfahan, Iran
2. **Corresponding author:** Assistant Professor of Psychology Department, Khomeini Shahr Branch, Islamic Azad University, Isfahan, Iran

Introduction

Flexibility has a special place in the fields of developmental psychology, family psychology and mental health. Flexibility has been defined as a person's assessment of the controllability of the situation, which changes in different situations (Taghizadeh & Farmani, 2013). Flexibility enables a person to deal appropriately and efficiently with pressures, challenges, and other emotional and social issues (Rostami, Jahangirlou, Sohrabi, and Ahmadian, 2016). Psychological flexibility refers to a person's ability to experience internal and external experiences. This personality trait exists in different people to different degrees and determines the type of reaction of people in front of new experiences. Psychological flexibility states that flexibility requires the ability to communicate with the present moment and the power to differentiate oneself from inner thoughts and experiences. Flexible people are curious about the inner and outer worlds, and their lives are rich in experience because they like new experiences and want more experience. They avoid facing internal and external experiences, and sometimes they even seek new experiences (Wallace, McCracken, Weiss, Harbeck-Weber, 2015).

One of the important issues that humans have been involved with for a long time and have been strongly influenced by is self-control. Self-control is the ability to follow a reasonable request, adjust behavior according to the situation, and delay the satisfaction of a desire within a socially accepted framework, without another person's direct intervention and guidance. The basis of self-control is a person's ability to control internal processes and behavioral outputs voluntarily. (Cameron et al., 2016). In other words, self-control is internal care

based on which assigned tasks are performed, and abnormal and illegal behaviors are abandoned. (Zare, 2005, quoted by Fakhte, 2017).

Emotion-focused therapy is one of the few therapy models that include a combination of client-centered therapeutic approaches, Gestalt therapy, and cognitive principles and considers emotion as the basis of experience in relation to adaptive and non-adaptive functions. Emotion-focused therapy is effective both individually and in groups for depressive disorders, quality of life and flexibility and adaptive functions, and includes methods based on activating strong primary emotions that are established in a context of empathic communication. This type of treatment is also basically a psychological structure and a key determinant for the organization of self-control (Nameni et al., 2017).

Therefore, by describing the above, the main problem of the research is whether education based on emotion-oriented therapy has an effect on flexibility and increasing self-control of women in Isfahan city.

Method

The current research is applied in terms of purpose and semi-experimental in terms of method. The semi-experimental design used in the research is a two-group design (one experimental group and one control group) with pre-test-post-test. The target population in this research was all the women of Isfahan city. A sampling method was available. Thirty people were selected as a sample and randomly assigned 15 people in the experimental group and 15 in the control group.

Materials

1. Self-control questionnaire. This questionnaire was designed by Tangney colleagues (2004); The questionnaire has 36

questions; Answers to 36 statements are taken on a 5-point Likert scale, which has three subscales: self-reinforcement, self-evaluation, and self-monitoring. In this study, Cronbach's alpha was 0.88.

2. Flexibility questionnaire. This questionnaire has 12 questions on the Likert scale. The minimum possible score will be 12, and the maximum score will be 60, the score between 12 and 20: the level of cognitive flexibility is low. A score between 20 and 40: the level of cognitive flexibility is moderate. A score higher than 40: the level of cognitive flexibility is high. In the present study, Cronbach's alpha was 0.79.

3. Emotion-based treatment. In this research, emotion-oriented therapy is based on Johnson's protocol (2004) and was implemented in the experimental group in 9 sessions of 90 minutes.

Findings

The normality assumption was confirmed for both variables in two groups with a significance level greater than 0.05 ($p < 0.05$). Also, the result of Levin's test is given to check the assumption of homogeneity of error variances. This assumption is with a significance level greater than 0.05, and the null hypothesis of Levin's test based on homogeneity between homozygous and dependent groups was confirmed.

This assumption is also confirmed because the significance level of the regression line in the pre-test is more than 0.05. The covariance analysis test shows that training based on emotional therapy significantly affects flexibility and self-control variables.

Discussion

The main goal of this research was to determine the effectiveness of education based on emotion-oriented therapy on the flexibility and self-control of women in Isfahan city.

The results of the statistical analysis of the data showed that emotional therapy affects psychological flexibility. Also, the results of the effectiveness index show that 75% of the variance of the dependent variable (flexibility) is explained by the independent variable (emotional therapy).

In explaining these results, excitement is the key to organizing attachment-oriented behaviors. It plays a vital role in regulating how people experience themselves and others in intimate relationships. Attachment and experiential theories insist on "experiencing and expressing emotions." Emotion directs perception and gives meaning to it, motivates behavior, and communicates with people through being transferred to others and invoking reactive emotions.

The framework, presented in nine steps and three stages, is not for couples determined to divorce but for spouses who are still attached to each other and whose main problem is getting stuck in vicious interactional cycles. This model can also be very useful for couples who, despite being interested in the relationship, suffer from a lack of intimacy and need changes in their communication style, and it can solve their problems in a short period of time.

Also, the results showed that emotional therapy is effective on self-control. Also, the results of the effectiveness index show that 73% of the variance of the dependent variable (self-control) is explained by the independent variable (emotional therapy).

The therapist finds emotion, affective emotion, focuses it, and then reflects it. The therapist conveys his understanding of the client's experience to him and draws his attention to this issue. Reflection is an important intervening speech that requires intense concentration and empathic

absorption in the world of clients' experiences. The therapist follows the client's experience and processes it alongside the person; In fact, he wants to know how this particular reference perceives and processes his experience moment by moment. Empathetic reflection and validation encourage spouses to be more involved with their experiences, which causes expansion and clarification of experiences.

Ethics

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

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Conflict of Interest

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

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