

عنوان مقاله:

Evaluation Of The Effect Of Mindfulness-Based Training On Couple Burnout And Its Components (Fatigue And Emotional And Mental Exhaustion) In Maladjusted Couples

محل انتشار:

فصلنامه بین المللی تحقیقات پزشکی، دوره 9، شماره 2 (سال: 1399)

تعداد صفحات اصل مقاله: 15

نویسنده:

Solmaz Beigh Zali - Faculty of Humanities - General Psychology, Islamic Azad University, Tabriz Branch

خلاصه مقاله:

Background: This study was aimed to evaluate the effectiveness of mindfulness-based training in the treatment of couple burnout in maladjusted couples who referred to counseling centers in 2019. Method: The study was a quasi-experimental research with a pretest-posttest design and with a control group. The research population consisted of maladjusted couples who referred to counseling centers. The couples were randomly divided into experimental and control groups by using purposive sampling. Pinez couple burnout questionnaire and Bauer marital maladjustment questionnaire were used to collect the data. The validity of the questionnaires was confirmed by content validity and its reliability was confirmed by using the Cronbachchr('39)s alpha coefficient. The experimental group received eight sessions of 1.5 hours per session of mindfulness-based therapy. The data were analyzed by using covariance analysis with SPSS software. Result: The results of covariance analysis showed that mindfulness-based therapy significantly affected the couple burnout and marital maladjustment. Conclusion: Using mindfulness-based therapy techniques has significantly reduced marital maladjustment. The mean of this effect is approximately 33%. Using mindfulness-based therapy techniques has significantly reduced couple burnout. The mean of this effect is approximately 14% using mindfulness-based therapy techniques has significantly increased the mindfulness indicator. The mean of this effect is approximately 10%.

کلمات کلیدی:

Mindfulness, Couple Burnout, Marital Maladjustment

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1138375>

