

عنوان مقاله:

The effect of positive thinking skills on managing couples' psychological conflicts during coronavirus outbreak

محل انتشار:

هشتمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1400)

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خلاصه مقاله:

Covid - 19 is a pandemic disease that was seen in Wang, China in late December 2019 and soon spread around the world. Following this disease, individuals, especially couples, began a new life in quarantine to be safe from the disease, which exposed them to various emotional and psychological challenges. On the other hand, positive thinking is a skill that reduces stressors and overcomes many psychological problems by modulating and diminishing factors such as anxiety and worry. Therefore, due to the importance of the subject, the present study aimed to identify the effect of positive thinking skills on psychological and marital conflicts of couples during the social distance of the coronavirus outbreak. The population of the present study is couples during the period of social distance of the outbreak of coronavirus in 2020. According to the type of research, the statistical sample size of 200 people (100 females and 100 males) was determined and using continuous and random sampling method from Was selected from the statistical population. The research instruments were two questionnaires: positive standard, Ingram-Wisnicki thinking, and Sanaei marital conflict questionnaire. The collected data were analyzed using multivariate analysis of variance (MANOVA) in spss20 software. The results showed that positive thinking and self-evaluation of others and positive future expectations with marital conflicts, marital conflicts are less and as a result in the age of social distance, the outbreak of coronavirus is more flexible with the spouse, less likely to fall into the trap of marital conflict. The results of the study also showed that positive thinking is positively associated with psychological consequences while negative thinking is associated with negative psychological consequences.

کلمات کلیدی:

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