

عنوان مقاله:

Effectiveness of Group Training of Reliance Therapy Components on Quality of Life and Resilience of Mothers of Children with Learning Disabilities

محل انتشار:

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نویسندگان:

حسین جنابادی - Department of Educational Sciences, Faculty of Educational Sciences and Psychology, University of Sistan and Baluchestan, Zahedan, Iran

نادیا عباسی - Department of Educational Sciences, Faculty of Educational Sciences and Psychology, University of Sistan and Baluchestan, Zahedan, Iran

خلاصه مقاله:

**Background and Objectives:** Reliance on almighty God in all situations makes people's hearts peaceful and this inner peace gives hope and improves their quality of life (QOL). The present study aimed to determine the effectiveness of group training of reliance therapy components (Tawakkul) on QOL and resilience of mothers of children with learning disabilities in Zahedan, Iran. **Methods:** The current research was a semi-experimental study with pre- and post-test and a control group. The sample population constituted of mothers of all the students with learning disabilities in Zahedan, Iran, who were selected through simple random sampling. A total of 30 mothers were assigned into two groups of experimental (n=15) and control (n=15). The used tools were the Conner-Davidson Resilience Scale (2003) and the World Health Organization questionnaire of QOL (2002). The collected data were analyzed using a univariate analysis of covariance. **Results:** The results of the present study showed that the mean of resilience and QOL of mothers who were trained were higher than those who were not. Group training of reliance therapy components had a significant impact on resiliency ( $F=18.83, P<0.01$ ) and on the QOL enhancement ( $F=15.12, P<0.01$ ) of mothers of children with learning disabilities. **Conclusion:** Based on the obtained results, the educational program of group training of reliance therapy components had a positive impact on improving the resilience and QOL of mothers of children with learning disabilities; therefore, it is recommended to provide this program for mothers of children with learning disabilities.

کلمات کلیدی:

Spiritual Therapies, Resilience, Quality of Life, معنویت درمانی, تاب آوری, کیفیت زندگی

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