

Effectiveness of Reality Group Therapy on Attitudes to the Opposite Sex in Female Students with Love Trauma Syndrome

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Abstract

This research was aimed to investigating the effectiveness of reality group therapy on attitudes to the opposite sex in female students with love trauma syndrome. The research was a semi-experimental one with pretest-posttest design and control groups. The research population included all the female students with love trauma syndrome who referred to student advisory center. 30 people selected in the form of voluntary purposive method and randomly assigned to experimental and control groups. The participants of the experimental group received the reality group therapy program eight ,120-min sessions, twice a week. Glick & Fiske Ambivalent Sexism Inventory Questionnaire was used. The data were analyzed by One-way covariance analysis. The results showed significant differences between the post-test scores of the experimental and control groups of attitudes to the opposite sex (attitudes hostile & benevolent). The study reveals that reality group therapy is effective on reducing the attitudes to the opposite sex in females.

Keywords: Love trauma syndrome, opposite sex, reality therapy, students

Introduction

Love is one of the most wonderful emotions that human may experience, but however, it can be one of the most painful emotions he/she may experience. Losing love relationship in youth is one of the biggest impacts which may occur for individuals, (Moita & Wieser, 2018) have introduced Love Trauma Syndrome for the first time. These symptoms have four key features including arousal, avoidance, automatic reminiscence and emotional numbness (Austin, 2019). Arousal is accompanied with emotional and affective symptoms such as: anxiety, restiveness and waiting for the worst events and even in hyperarousal cases sleep disorders may happen. Avoidance means an attempt to escape from encountering with every sign which reverberates love failure. Spontaneous reminiscence includes thoughts and memories which may lead to unpleasant feelings and agitations. Emotional numbness

refers to reduction of ability in some individuals in future experience of love after love failure symptoms occurrence (Rajabi, et al.,2018). Some studies (Waddell, 2018) have considered the attitude of an individual towards the opposite sex as one of the influential factors in this field.

Sexism refers to organizational, institutional and cultural attitudes, beliefs, behaviors and acts of individuals which reflects individuals' negative evaluations based on sexes or supports from women and men unequal condition and it is mostly biased towards women (Ramak, et al., 2017). Sexism has been conceptualized as hostile reaction to women. This view has ignored one important aspect: positive mental feelings to women which are always accompanied with a sexist's disgust. Sexism is considered as a multidimensional construct which includes two hostile and benevolent sexism (Ahmadian Harris & Kiani, 2017). In this respect, reality therapy has revealed acceptable results in love trauma syndrome improvement (Tavassoli, et al., 2018). Different studies results have shown that reality therapy is an effective intervention for individuals which may not resolve love sorrow (Harvey & Miller, 2016).

Considering that reality therapy main concepts are one of the effective factors in restoring mental health and improving attitude towards opposite sex in individuals suffering from love trauma syndrome, the researchers in the present study aim at investigating group reality therapy effectiveness on two attitude bias towards opposite sex in girl university students with love trauma syndrome.

Method

Research method was quasi-experimental with pre-test and post-test and control group as well. Research statistical population consists of all girl university students with love trauma syndrome referred to university student counseling center of Islamic Azad University of Shahrekord in first six months of 2018 which 56 of them were estimated. In order to select research sample after coordination with center supervisor, first Ross Love Trauma Inventory (LTI) (1991) distributed among them and 39 of them who gained higher scores in this questionnaire than others invited to counseling session in order to evaluate being qualified to participate in research by means of inclusion and exclusion criteria. Then through purposeful sampling method 30 of them selected as research sample and assigned in two experiment (15) and control (15) groups randomly. Research instruments were: Love Trauma Inventory (LTI) and Ambivalent Sexism Inventory (ASI). In order to analyze data one-way covariance analysis test in MANCOVA by means of SPSS v22 was used.

Findings

Table 1 presents mean and SD of control and experiment groups participants' scores in attitude ambivalence variable towards opposite sex in pre-test and post-test separation.

Table 1. Mean and SD of attitude ambivalence parameters scores to opposite sex in two groups and variables normalization

Parameters	Group	Experiment		Control		Kolmogorov Smirnov	Significance	Levene	Significance
		Mean	SD	Mean	SD				
Hostile attitude	Pre-test	25.33	4.82	25.05	3.70	0.20	0.04	0.82	0.20
	Post-test	19.80	3.70	25.36	4.55	0.20	0.01	0.91	0.20
Benevolent attitude	Pre-test	24.21	3.07	25.40	3.01	0.18	1.79	0.18	0.18
	Post-test	20.33	3.04	26.22	4.00	0.20	1.90	0.17	0.20
Ambivalent attitude towards opposite sex	Pre-test	49.54	6.77	50.45	6.99	0.17	0.18	0.67	0.17
	Post-test	40.13	5.33	51.58	7.39	0.20	1.52	0.22	0.20

Regression slope convergence hypothesis test results showed that data supports from regression slope convergence hypothesis in $P > 0.05$. Also no possibility for type II error

Table 2 results show that there is meaningful difference between two groups in hostile attitude parameters, benevolent attitude and ambivalent attitude towards opposite sex in post-test stage ($P < 0.001$).

Table 2. One-way covariance analysis in MANCOVA on ambivalence post-test scores to opposite sex with control of pre-test effect

Variable	Sum of squares	DF	F	Sig	Power	Effect size
Hostile attitude	348.99	1	79.49	0.001	1.00	0.75
Benevolent attitude	1372.76	1	83.74	0.001	1.00	0.82
Ambivalent attitude towards opposite sex	9856.77	1	106.83	0.001	1.00	0.83

Discussion and Conclusion

Study results revealed that group reality therapy has significant effect on hostile and benevolent attitude reduction towards opposite sex in girl university students with love trauma syndrome.

In explanation of this finding it is possible to say that as in reality therapy interpersonal relationships is one of the most fundamental concepts, it teaches individuals that those who are important to individuals create a loss by their absence in individual's life and they have to accept this reality to come to terms with it. Therefore, teaching it to love failed individuals makes them control their thoughts and help them be free of definite beliefs which make them valueless. Reality therapy enables these individuals to pay attention to their thoughts and feelings and to see and accept them without suppression and avoidance. Also believing that failure is an inseparable part of life and human nature; protects them against damages resultant from love failure (Tavassoli, et al., 2018).

one of the important items in cognitional incompatible reactions resultant from love failure is cognitive distortion. In this study, some participants start distorting cognitions while concluding their experiences which using such principles make them give negative meaning to past and present events and have boring predictions about future. Clients in group reality therapy learned that they are able to represent cognitions through controlling thought, act and feeling and consider past, present and future events as events that they come and go continuously and only through accepting these events and having a clear picture of their purposes they can achieve a successful identity who loses self-worth and efficiency feeling less against unpleasant events, thus, through changing thoughts and behavior, the clients consider love failure as a part of these events that they have to stand against it by accepting reality, using internal control, efficiency and self-worth feeling, don't give up, don't look for guilty in their surroundings and be responsible.

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