

Research paper

The Effectiveness of Cognitive Self-Compassion Training on Social Attitudes Towards the Singlehood and Belief in a Just world in Single Girls

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Abstract

The aim of this study was to evaluate the effectiveness of self-compassion education on Social Attitudes towards the Singlehood and belief in a just world in single girls. The research design was quasi-experimental with pretest-posttest with a control group. From the statistical community 34 people were selected voluntarily as a sample and randomly assigned to experimental and control groups (17 people in each group). Questionnaires of Social Attitudes towards the Singlehood of Ghanee ezabadi et al. and Belief in a just world of Sutton and Douglas were administered. Findings showed that self-compassion training is effective on Social Attitudes towards the Singlehood and belief in a just world in single girls.

Keywords: Belief in a just world, girls, self-compassion, mental health, social attitudes towards the singlehood.

Introduction

One of the undeniable manifestations in the heart of society marriage and family formation (Isanejad & Alizade, 2020). In Iran, 85 percent of girls get married between the ages of 15-29 and unmarried girls experience deviations from their family and social norms (Modarresi Yazdi, et al., 2017). Singleness often inadvertently imposes many problems on families and society (Sharafoddin, 2018). In the meantime, a group of human beliefs that have a multidimensional nature is the belief in a just world (Alvandi & Sedigh, 2020). Having this belief empowers people to deal with injustices in the social environment (Hofer & Spengler, 2020). One of the most important factors in understanding personal problems and mental disorders is self-compassion (Mackintosh, et al., 2018). Self-compassion entails perceiving one's experiences as part of the larger human experience rather than seeing them as isolating; and holding painful thoughts and feelings in mindful awareness rather than over-identifying with them (Neff, 2003). A review of the research literature in this regard shows a research gap in relation to the variables of this research. Therefore, the present study was to evaluate the effectiveness of self-compassion education on Social Attitudes towards the Singlehood and belief in a just world in single girls. Therefore, the hypotheses of this study were:

- compassion- focused therapy is effective on the on social attitudes towards the singlehood in single girls,
- compassion- focused therapy is effective on the on and belief in a just world in single girls.

Method

The research design was quasi-experimental with pretest-posttest with a control group. The statistical population included all single girls 30 years old and above in the Faculty of Literature and Humanities of Shahid Bahonar University of Kerman. 34 people were selected voluntarily as a sample and randomly assigned to experimental and control groups (17 people in each group). For the experimental group, 8 sessions of 90 minutes were performed for two months, but the group did not receive a training certificate. Data were analyzed by multivariate and univariate analysis of covariance.

Materials

Abstraction Social Perception Questionnaire: This questionnaire was developed by Ghaneezabadi, et al., (2015). This 18-item questionnaire is based on a 5-point Likert from strongly disagree to strongly agree. Appropriate structural, sample and face validity is reported and has acceptable reliability ($\alpha = .70$).

Belief in a Just World to Self-Questionnaire: This questionnaire has 8 items presented by Sutton and Douglas (2005). The response scale of this questionnaire is 5 degrees in Likert-type. This questionnaire has been translated, prepared and validated for the first time in Iran by Golparvar and Orizi (2008). It has also been reported in terms of good reliability ($\alpha = .78$).

Results

Demographic data showed that the mean age of the experimental and control groups was 35 ± 1 and 36 ± 1.5 years, respectively. According to Table 1, in the experimental group in the post-test compared to the pre-test, the average social perception of celibacy and belief in a just world has decreased.

Table 1: Descriptive indicators of Abstraction Social Perception Belief in a Just World to Self of experimental and control groups

The level		Pre-test		Post-test	
Group membership		M	SD	M	SD
Examination Group	Abstraction Social Perception	66.54	7.23	48.19	7.55
	Belief in a just world to self	20.80	9.66	13.9	8.51
Control Group	Abstraction Social Perception	67.77	7.13	69.47	8.07
	Belief in a just world to self	21.02	9.12	19.87	9.9

Also Table 2 shows that there is a significant difference between the adjusted means Abstraction Social Perception and Belief in a just world to self in terms of group membership in the post-test phase ($p < 0.001$).

Table 2: Results of univariate analysis of Abstraction Social Perception and Belief in a just world to self

Variables	Total squares	DF	Average squares	F	p	Impact rate	Statistical power
Abstraction Social Perception	224.56	1	224.56	25.41	0.001	0.42	0.99

Belief in a just world to self	210.96	1	210.96	25.03	0.001	0.39	0.89
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Discussion

The aim of this study was to evaluate the effectiveness of self-compassion education on social attitudes towards the singlehood and belief in a just world in single girls. The results showed that self-compassion training reduces abstraction social perception and improves belief in a just world to self. To explain this finding, we can say, providing self-compassion training as an effective way to solve personal problems and psychological trauma, helps people to identify self-critical and negative thoughts that are going through their minds. They need to substitute self-criticism for kindness and compassion to reduce the negative emotions that come from rumination. Also, the practice of mindfulness leads to the correction of people's thoughts and feelings about the world around them, and provides the ground for adapting to the status quo and replacing new beliefs. One of the limitations of this research is the lack of control over all annoying variables such as intelligence. Therefore, caution should be exercised in generalizing the results. Also, due to the scarcity of research backgrounds, more research is suggested in this field.

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Conflicts of interest

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