



Research paper

The Effectiveness of Logo Therapy on Corona Anxiety and Psychological Hardiness in Students with Emotional Disturbance

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Abstract

The research aimed to determine the effectiveness of logotherapy on corona anxiety and psychological hardiness in students with emotional disturbance. The research method was quasi-experimental, with a pretest-posttest and follow-up with the control group. The statistical population included all students of Islamic Azad University, Ardabil branch in 2021. The sample size included 30 students, which replaced allocated in two groups of control and experimental, with the criterion using purposeful sampling the criterion of obtaining the highest score from the research questionnaires. The research tools included the DASS-21 Scale corona Anxiety Scale and the Psychological Hardiness Scale. To analyze the data, analysis of repeated measure ANOVA and Bonferroni tests used. The results showed that logo therapy has a significant effect on reducing the corona anxiety and increasing psychological hardiness.

Keywords: Corona anxiety, emotional disturbance, logo therapy, psychological hardiness.

Introduction

One of the challenges and difficulties during student life is emotional disturbance (Taşören et al., 2022). Emotional disturbance as unpleasant and unconstructive internal states cause an increase in psychiatric disorders (Kulip et al., 2022). One of the constructs related to emotional disturbance is corona anxiety. Corona anxiety is often known as the immediate transmission of the virus, relatively high mortality, and worry about the future (Gramaglia et al., 2022), among other variables related to emotional disturbance, is the structure of psychological hardiness. Psychological hardiness is a personality trait that positively affects people's performance and health in stressful situations (Oral et al., 2022). Considering that the COVID-19 anxiety and psychological hardiness can make students face many problems, therefore, using therapeutic approaches is an inevitable necessity. One of the effective treatment methods on this ground is logotherapy. Logotherapy is a treatment based on meaning and values, which was founded by Viktor Frankl; He based the logic of the therapy on the principle that the main motivational force of human is to find a purpose or meaning in life (Riethof et al., 2019). Based on this, the following hypotheses were investigated:

- Logotherapy is effective in reducing the Corona anxiety of students with emotional disturbances
- Logotherapy is effective in increasing the psychological hardiness of students with emotional disturbances

Method

The research method was quasi-experimental with a pretest-posttest and follow-up design with the control group. The statistical population of the present study was all students of Islamic Azad University of Ardabil in the academic year 2021. Among the participants, by purposive sampling method, 30 individuals who obtained the highest scores in emotional disturbance, COVID-19 anxiety, and low score on psychological hardiness questionnaires, were selected as a statistical sample and randomly assigned in to two, logotherapy and control groups (15 people in each). Therapy sessions were performed on the experimental group, one/week, 75 minutes for 8 sessions. All participants completed questionnaires, after therapy and follow-up, two months later. Besides during this period, the control group did not receive any intervention. In order to analyze the data, ANOVA test with repeated measure were used SPSS-24.

Tools

DASS-21 Scale: This 21-item scale was designed by Lovibond & Lovibond in 1995 with three subscales of anxiety, depression, and stress. The Cronbach's alpha reliabilities of the for subscales were 0.84, 0.79, and 0.82, respectively (Lovibond & Lovibond, 1995). In this study, the reliabilities of this scale by Cronbach's alpha method were 0.76, 0.69, and 0.71 for subscales respectively.

COVID-19 anxiety scale: This 18-item scale was designed by Alipour et al. in 2019 with two subscales of psychological symptoms, physical symptoms. The Cronbach's alpha reliabilities of for subscales and total score were 0.91, 0.87, 0.86, respectively (Alipour et al., 2019). In this study, the reliabilities of this scale by Cronbach's alpha method were 0.75, 0.87, and 0.86 for subscales total score respectively.

Lang and Goulet Psychological Hardiness: This 18-item scale was designed by Lang & et al in 2003 with three subscales of control, commitment, challenge. The Cronbach's alpha reliabilities of for subscales and total score were 0.67, 0.65, 0.72, 0.84, respectively (Lang et al., 2003). In this study, the reliabilities of this scale by Cronbach's alpha method were 0.83, 0.77, 0.78, 0.79 for subscales and whole scale respectively.

Results

Confirmation of ANOVA test presuppositions in Table 1 (results of Descriptive indicators) and Table 2 (results of repeated measure ANOVA for internal and intergroup effects) it has been shown.

Table 1 - Descriptive indicators in the two groups

variable	Groups	Pre-test		Post-test		Follow-up	
		M	SD	M	SD	M	SD
Corona anxiety	Experimental	20.93	1.90	25.40	2.13	25.80	2.33
	Control	31.06	1.32	31.26	1.53	30.92	1.48
	Experimental	58.40	5.46	77.33	5.63	77.67	4.96

Psychological Hardiness	Control	59.00	5.25	58.53	4.27	51.53	4.06
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The results of Table 1 show that the F-level of the interaction between stages and groups is significant for corona anxiety (F=28.16) and psychological hardiness (F=39.35).

Table 2 - Results of ANOVA test with repeated measure in the two groups

variable		Ss	Df	Ms	F	P	Eta
Corona anxiety	Interaction of stages and group	90.15	2	45.08	21.85	0.001	0.40
	Stages	112.30	2	56.15	28.16	0.001	0.49
Psychological Hardiness	Interaction of Stages and group	580.8	2	290.4	25.14	0.001	0.47
	Stage	618.65	2	314.33	39.35	0.001	0.54

Discussion and Conclusion

The results of the study showed that logotherapy reduces COVID-19 anxiety and increases psychological hardiness in students with emotional disturbance. In explaining these findings, one might say that when we cannot change an unpleasant situation like COVID-19 exposure, we should try to change ourselves. Logotherapy might open the patient's eyes to his abilities by boosting the sense of meaning in the patient. Logotherapy helps people to accept the fact that although they cannot change some events in their life, they can acquire skills to accept painful experiences. It is emphasized that all problems and obstacles in life are temporary. It is also emphasized that there is no permanent failure and difficulty in life, and therefore, on this basis, students learn that if they fail in any field, they should not lose hope, but with all their efforts and abilities, they will face obstacles and to engage in challenges and in this way show their tenacity in removing obstacles and achieve more successes. This study was accompanied by limitations such as the use of my purposeful sampling method, so it is suggested that another study be conducted in this regard, but by random sampling. It is recommended to use this therapeutic method in psychological and therapeutic centers to reduce corona virus anxiety and increase psychological hardiness.

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Conflicts of interest

Authors found no conflict of interests



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