THE EFFECTIVENESS OF POSITIVE PSYCHOTHERAPY ON RESILIENCE AND ANGER CONTROL OF ADDICTS IN TEHRAN CITY

Sara Tahmouresi,

Master of Clinical Psychology,
Islamic Azad University, Roodehen, Iran

Bita Nasrolahi,

PhD in General Psychology,
Islamic Azad University,
Science and Research Branch, Iran.

ABSTRACT

The aim of this study was to the relationship between positive psychotherapy on resiliency and anger among addicts in Tehran city in an integrated model and empirical study of its theoretical basis. This research is based on the goal of the research is applied. In this study, questionnaires were used to collect the information and the reliability of the questionnaire through Cronbach's alpha was calculated and used questionnaires are Connor and Davidson questionnaire (2003) to measure the resiliency, Spielberger questionnaire (1999) to measure the state-trait anger"the population used in this study consisted of 30 addicts in Tehran city, which is placed in Two groups of 15 people each. According to the results of research positive psychotherapy is effective on physical resilience. Positive psychotherapy is effective in reducing the tendency of anger and increase the size of anger control

Keywords: Positive psychotherapy, resilience, anger control, substance abuse, addictions.

INTRODUCTION:

One of the most important social problems of today's world, the problem of drug addiction and its growing influence among the younger generation. Although Iran has a long history of drug use and drug plants (such as opium and hashish originate) have been derived from plants native to Iran, According to the reports from institutions and international organizations such as the World Health Organization (WHO), as well as the progress of societies, needs, attitudes and behavioral patterns of young people experiencing the transformation and pattern of drug abuse among all adolescents and young people all over the world, including Iran and its capital at Tehran quickly from the traditional to the industry is changing. (Khaledian and Mohammadifar, 2015). Addiction is one of the major public health problems in the community accompanied with many issues of different areas of life. Addiction not only affects the person's life but also many defects and sadness for the family and the community, and many times imposes on society. (Kianipour, Pourzad, 2012).

Overall, this study seeks to answer the question:

Is there a relationship between positive psychotherapy among addicts in city of Tehran on resiliency and anger?

QUESTIONS AND RESEARCH HYPOTHESES:

Research question:

1. Is it positive psychotherapy is effective on resiliency addicts?
2. Is it positive psychotherapy is effective on controlling anger addicts?

Research hypotheses:

1. Positive psychotherapy is effective on resiliency addicts.
2. Positive psychotherapy is effective on controlling anger addicts.

THEORETICAL FOUNDATIONS AND LITERATURE:

Literature:

Nowadays drug is a major social problem and health in many countries around the world, including in Iran has become. (Ghanbari Zarandy, Mohamadkhani and Hasheminasab, 2016) In Iran, drug consumption causes side effects including behavioral problems, restlessness, impatience, paranoid ideation, depression, increased aggression, changing social behavior and social isolation of the consumer. (Khoramabadi, Asadi Farhadi, 2016) In Iran, drug abuse is in the increasing trend. The number of people suffering is increasing every day In Iran and according to statistics, more than two million dependent on drugs in Iran. In addition, 11 million people in the Iran with a substance abuse problem themselves or those around them have been facing. (Galilian, Mirzaei Alavijeh, Amuei, Motabegh, Hatamzadeh and Verdipour, 2013).

Positive Psychotherapy: Infrastructure optimism rooted in the work of Seligman (2002) there. Optimism to enjoy the happiness of life interested, committed and pointed sense as well as positive emotions experience that are often better able to use the capabilities and adaptations to deal with life's problems is to create positive thinking said. (Fredrickson, 2009)

A total of 14 psychotherapy sessions that the group tested positive on positive psychotherapy protocol adapted from Rashid (2008) learn.

Resiliency: Resiliency Back to the capacity of the challenges of social, financial or emotional balance and the ability to re-apply for a re-adjustment in the face of grief, shock, adverse conditions and stress factors of life. Resilience and ability to balance a person's life, psychological and spiritual consider the precarious condition. (Connor Davidson, 2003)

The purpose of the point resiliency is that score is based on the Connor-Davidson resilience scale (2003) questionnaire the gain people addicted.

Control of anger: Anger is an emotional and psychological response in which an individual is unconscious pressures and frustrations of your withdrawal reactions, assault, rape, and violent behavior shows a vindictive. (Khorshidi, Keykhani and Moradi, 2010)

The purpose of the point control of anger is that score is based on the Spielberger state-trait anger expression questionnaire (1999) the gain people addicted.

RESEARCH BACKGROUND:

Farnam and Hamidi (2016) in their study of the effectiveness of optimism in expectancy increase with an emphasis on the Quran and Islamic teachings results of analysis of covariance multivariate and univariate showed a significant difference between the two groups expectancy increase in step there is a after the test. And

in the follow-up, is stable. The results show that optimism training with an emphasis on the Quran and Islamic teachings in the experimental group than the control group increased variable and its subscales is hope. This results in the stable follow-up period and was approved.

In the khodabakhsh, Khosravi, Shahangiyan study in (2015) as under the influence of positive psychology based on symptoms of depression and capabilities of character in cancer patients, the results showed that the use of positive in reducing depression, capacity, character, increase life meaningful, enjoyable life and the lives of committed people with cancer were effective.

Jalali, Khaloei, Mirmehdi (2015) in study aimed to determine the effectiveness of positive psychology based on psychological well-being and quality of life of Psychiatry, showed that psychotherapy training positive enhances psychological well-being and quality of life in experimental group compared with the control group in after the test.

Fredrickson and Losada (2005) based on the positive note that positive emotions protection against adverse consequences of stress by reducing the arousal autonomous arising from negative emotions and increase the flexibility of thinking and problem solving create.

Seligman, Ernest, Gylham, Poic and Lynkinz (2009) in a study found that positive psychology individual symptoms of depression reduced and in many cases, compared with the current treatments with drugs Antidepressants make a full recovery, and in addition to reducing symptoms of depression, psychotherapy positive signs of increased the happiness.

The development of hypotheses and conceptual model:

The above information is provided based on the concept that the design and sequencing of such a model should be considered causal order, and this inference and deduction based on research of the subject developed. (Mohammad Heydari & Et. Al, 2016)

The design of such a model is important for three reasons:

1. In the past, most studies indicate separate and uncoordinated efforts to research, and tests on some small-scale models are general while at the same time study the factors associated with analyze this information.
2. Past research efforts at distinctive times in different contexts and for different population. In this study, we have tried to research efforts at the same time and in relation to society and the sample the unit and determines study.
3. Research design for this study was in the past, sometimes conflicting terms and definitions. Sometime in the study and application variables are incompatible with each other.
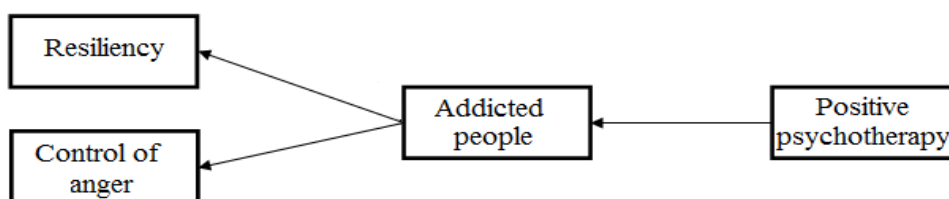

Figure 1: Conceptual Model of Research

METHODOLOGY:

The research will be based on the purpose of the research is applied because with the use of behavioral science and management theories and some statistic on the population of the conclusions is that for those organizations and institutions that are usable in the field of population and are applicable. In terms of methodology in research and after-event correlation, and the library is a place in the class and field trials. To collect the data from the questionnaires' Connor and Davidson (2003) to measure the resiliency, Spielberger questionnaire (1999) to measure the State-Trait Anger Expression "is used. After determining the sample size for statistical analysis hypotheses using descriptive statistics, including "frequency, percentage, mean and standard deviation and distribution charts and indicators, statistics and correlations to the questionnaire" inferential analysis "Univariate and multivariate analysis of covariance" describes the assumptions described in the analysis of descriptive and inferential statistical software «SPSS» is used.

The population consisted of all substance abusers that are men's in Tehran city in 2016 in the age range 20 to 40 years formed. This means that due to the lack of size of population to visit one of the centers of Tehran Municipality's emergency social services (integrated addiction treatment and rehabilitation at Baharan of Tehran Municipality District 9) and the sample is non-random sampling targeted the addicts who were willing to participate in research questionnaires were administered on them and of those who score lower than others in

their achieved resiliency and anger control, 30 addicts in Tehran city, which is placed in Two groups of 15 people each. Non-random sampling method in the control group together to form been targeted.

Inclusion criteria addicted people to Research:
- The masculine gender
- The age range of 20 to 40 years
- Education Diploma to Bachelor
- Non-drug treatments for addiction (such as methadone)

Exclusion criteria addicted people from Research:
- Not present at training sessions optimism
- There are some severe psychiatric disorders
- The use of treatments (counseling and medication)

DATA ANALYSIS:

In this research field method used to collect the data. A questionnaire used " Connor-Davidson resilience scale (2003) questionnaire" contains 25 questions in relation to the (individual merits (Questions 25, 24, 23, 17, 16, 12, 11, 10), bearing negative affect (Questions 20, 19, 15, 14, 8, 7, 6), positive acceptance of change (question 9, 5, 4, 2, 1), control (questions 22, 21, 13) and spiritual influence (question 9, 3)) with a Cronbach's alpha of this scale in the range between 0/76 to 0/90." " Spielberger state-trait anger expression questionnaire (1999)" consists of 57 questions in relation to (the Questionnaire has three parts: the first part of this section as "rage mode" includes 15 questions that three subscales "feeling angry", "desire the verbal anger "and" desire for physical expression of anger "is the four-point Likert method to don't (1 point), low (score 2), moderately (3 points) and high (4) is scored. The second part of this section as "trait anger" contains 10 questions that the two subscales "mood angry" and "angry reaction" is the way four-point Likert is never (1 point), low (2 points); most (3 points) and almost always (4) is scored. Third section: this section as an "expression of Control of anger" Questionnaire contains 32 questions that the four subscales "of anger", "anger within", "anger control" and "anger control" is." and this section also describes how to collect data survey is.

CONCLUSION:

THE DESCRIPTIVE FINDINGS:

Table 1: Mean and standard deviation of resilience and its components in separate groups before and after the test

Variable	Examination group				Control group			
	Pre-exam		After the test		Pre-exam		After the test	
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation
The notion of individual merit	19/53	2/825	22/40	2/165	19/40	2/823	20/67	2/059
Tolerate negative emotions	18/20	0/775	20/60	1/352	17/67	1/113	18/47	1/846
Positive acceptance of change	13/00	1/363	17/47	1/995	13/33	1/676	15/13	2/100
Control	7/13	1/246	9/67	1/496	7/33	1/291	8/40	1/183
Spiritual influence	3/80	1/014	5/47	1/356	3/73	1/100	4/40	1/454
Total score of resilience	61/67	4/082	75/60	2/772	61/47	4/673	67/07	4/166

Table 2: Mean and standard deviation of rage modes, and its components in separate groups before and after the test

Variable	Examination group				Control group			
	Pre-exam		After the test		Pre-exam		After the test	
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation
Angry feeling	8/87	0/990	6/87	1/642	9/07	1/163	8/67	1/496
Tend to be verbal anger	7/87	0/743	6/93	0/961	8/00	0/26	7/73	1/100
Physical tendency to anger	6/47	1/125	5/60	1/404	6/80	0/941	6/53	1/125
Angry mood	8/87	1/506	7/87	1/506	9/20	0/862	9/07	0/884

Variable	Examination group				Control group			
	Pre-exam		After the test		Pre-exam		After the test	
	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation	Average	Standard deviation
Angry reaction	9/67	1/175	7/60	1/242	9/67	0/900	9/13	1/246
External anger Show	15/80	0/941	13/93	1/100	16/67	0/976	19/33	1/718
Internal anger Show	19/67	1/345	18/20	1/656	18/67	1/113	18/40	1/404
Control of external anger	16/87	1/846	19/00	1/558	16/07	1/335	16/40	1/549
Control of internal anger	15/73	1/534	17/67	1/799	16/05	1/907	16/07	2/374
State-Trait Anger scores	109/80	3/448	103/67	3/638	110/20	2/957	108/33	3/976

First hypothesis: Positive psychotherapy is effective on resiliency addicts.

Table 3: Results of a multivariate analysis of covariance test scores Pre-exam and After the test scores of resiliencies

Source changes	Sum of squares	Degrees of freedom	Average of squares	F test	Significant	squares
Pre-exam	18/010	1	18/010	1/462[**]	0/237	0/051
Group effects	541/163	1	541/163	43/941[**]	0/001	0/619
Error	332/523	27	12/316	-	-	-
Total	**153550/000**	**30**	-	-	-	-

[**]P<0/001

Table (3) Results of a multivariate analysis of covariance test scores of experimental and control groups shows resiliency with regard to pre-test scores as a covariate (adjuvant) psychotherapy positive on the total score resiliency makes a significant difference between the control and experimental groups (0/001> P). The impact was 9/61. So positive psychotherapy on the total score of resilience people addicted have had significant effect.

Table 4: summarizes the multiple aspects tests of resilience

Effect	Tests	Amounts	F	Given the degree of freedom	Degrees of freedom error	Significant	squares
Group	Pillay effect	0/683	8/189	5	19	0/001	0/683
	Wilks lambda	0/317	8/189	5	19	0/001	0/683
	Hotelling effect	2/155	8/189	5	19	0/001	0/683
	The largest root	2/155	8/189	5	19	0/001	0/683

Due to the multiple tests in Table (4) in particular Wilkes lambda (0/317) and F calculated (8/189) at 5 and 19 degrees of freedom, we can reject the null hypothesis (0/05>p). In other words, different means of resiliency in both experimental and control groups is significant and based on the dimensions of resilience can be separated into experimental and control groups. Thus, the evidence is sufficient to accept the hypothesis. Given the amount of effect size difference square (0/683) is desirable.

Table 5: summarizes the effects of test participants' dimensions of resilience

Sources	Dependent variables	Sum of squares	Degrees of freedom	Mean Square	F	Significant	Square
Group	The notion of individual merit	17/273	1	17/273	*7/956	0/010	0/257
	Tolerate negative emotions	25/404	1	25/404	*11/792	0/002	0/339
	Positive acceptance of change	24/691	1	24/691	*6/632	0/017	0/224
	Control	13/492	1	13/492	*7/936	0/010	0/257
	Spiritual influence	8/503	1	8/503	*5/063	0/034	0/180

* Significantly in the 0/05

Results Table (5) Multivariate analysis of covariance with respect to pre-test scores as a covariate (adjuvant), psychotherapy positive result in significant differences between the experimental and control groups (0/001> p). The positive aspects of resilience psychotherapy is effective. So, reject the null hypothesis and the hypothesis is

confirmed by 0/99 to ensure we conclude that psychotherapy is effective resiliency positive aspects.

Second hypothesis: Positive psychotherapy is effective on controlling anger addicts.

Table 6: Results of a multivariate analysis of covariance test scores
Pre-exam and After the test scores of control of anger

Source changes	Sum of squares	Degrees of freedom	Average of squares	F test	Significant	squares
Pre-exam	169/117	1	169/117	19/222**	0/001	0/416
Group effects	142/019	1	142/019	16/142**	0/001	0/374
Error	237/550	27	8/798	-	-	-
Total	**337650/000**	**30**	-	-	-	-

**P<0/001

Table (6) Results of a multivariate analysis of covariance test scores of experimental and control groups shows control of anger with regard to pre-test scores as a covariate (adjuvant) psychotherapy positive on the total score resiliency makes a significant difference between the control and experimental groups (0/01> P). The impact was 0/47. So positive psychotherapy on the total score of control of anger people addicted have had significant effect.

Table 7: summarizes the multiple aspects tests of control of anger

Effect	Tests	Amounts	F	Given the degree of freedom	Degrees of freedom error	Significant	squares
Group	Pillay effect	0/835	6/166	9	11	0/003	0/835
	Wilks lambda	0/165	6/166	9	11	0/003	0/835
	Hotelling effect	5/045	6/166	9	11	0/003	0/835
	The largest root	5/045	6/166	9	11	0/003	0/835

Due to the multiple tests in Table (7) in particular Wilkes lambda (0/165) and F calculated (6/166) at 9 and 11 degrees of freedom, we can reject the null hypothesis (0/05>p). In other words, different means of control of anger in both experimental and control groups is significant and based on the dimensions of control of anger can be separated into experimental and control groups. Thus, the evidence is sufficient to accept the hypothesis. Given the amount of effect size difference square (0/607) is desirable.

Table 8: Summarizes the effects of test participants' dimensions of control of anger

Sources	Dependent variables	Sum of squares	Degrees of freedom	Mean Square	F	Significant	Square
Group	Angry feeling	9/572	1	9/572	∗7/428	0/013	0/281
	Tend to be verbal anger	5/996	1	5/996	∗12/944	0/002	0/405
	Physical tendency to anger	1/482	1	1/482	∗5/875	0/026	0/236
	Angry mood	3/513	1	3/513	∗11/532	0/003	0/378
	Angry reaction	7/110	1	7/110	∗8/929	0/008	0/320
	External anger Show	5/588	1	5/588	∗8/012	0/011	0/297
	Internal anger Show	9/645	1	9/645	∗17/173	0/001	0/475
	Control of external anger	16/935	1	16/935	∗18/985	0/001	0/500
	Control of internal anger	14/481	1	14/481	∗8/881	0/008	0/319

∗ Significantly in the 0/05

Results Table (8) Multivariate analysis of covariance with respect to pre-test scores as a covariate (adjuvant), psychotherapy positive result in significant differences between the experimental and control groups (0/001> p). The positive aspects of control of anger psychotherapy is effective. So, reject the null hypothesis and the hypothesis is confirmed by 0/99 to ensure we conclude that psychotherapy is effective on increase the dimensions of control of anger and rage and reducing the tendency to positive aspects.

OFFERS:

- Due to the impact of positive psychology perspective on resiliency and Control of anger people addicted and Although people addicted in terms of physical, psychological, social and intellectual crisis and need help is offered addiction treatment centers and counseling centers, addiction of this as a nonpharmacological method for the rehabilitation of people addicted use.

- Regarding the effectiveness of psychotherapy positive on resiliency and Control of anger people addicted recommended by psychotherapy positive in outpatient clinics and in addition to drug therapy can also be used and the results of this treatment to help solve problems psychological and behavioral people addicted used.

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