

## Effectiveness of Reality Therapy on Loneliness of Retired Teachers

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### Abstract:

*The purpose of this study was to examine the effectiveness of reality therapy on loneliness, a retired schoolteacher. Method: This study used a quasi-experimental design with pre-test - post-test control group. This questionnaire was used Russell's loneliness. Results: Analysis of covariance showed that the effect of group therapy on the fact that loneliness is affecting retired teachers ( $P < 0.05$ ). Conclusion: Using Reality Therapy education can help reduce the feeling of isolation, retired.*

**Key words:** reality therapy, loneliness, retired

### Introduction

One of the most important events in life is retirement. Retirement is certain stage of human life. Retirement phenomenon is current era of industrial society is more

important. In the last century, the development of social, economic, health, and reduced the mortality rate and the life expectancy has increased, thus increasing elderly in different countries and participation in estuary. Sometimes reduced income after retirement from professional identity he changes, his social status is another form routines and in some cases, life changes. Also, pensions in many ways self-esteem and self-respect are a threat. The normal retirement opportunities for social contact with colleagues and affiliation and membership of professional groups and trade unions and professional or reduce it (Sodani et al. 2012). Statistics show that the rate of suicide among men in Western Europe after entering retirement increases. The analysis indicates that factors such as suicidal elderly living alone, loneliness and emptiness of not engaging in a relationship (Alikhani, 2002). Work as an incentive for people to work there and is considered part of human nature. In fact, the act of working and non-working man with a sense of lost identity, so the loss of work and looking for retirement can be a kind of emptiness, feeling alone in retiree (Mirsharifa, 2006). Loneliness is a phenomenon that, it's more or less human in their life experience. In other words, in many cultures, races, ages and social classes and at different times each in a single experience (Berguno et al., 2004). Loneliness is an unpleasant condition that the difference between the person that people want and relationships with others come in real terms. It feels this is important because people are emotional and social poverty, and health behavior in adults, adolescents and children is correlated (Qualte et al., 2013). Despite the extensive experience of loneliness among people of all ages, according to a brief history of the psychology of loneliness. In contrast, in philosophy, literature and religion can be found in many works that deal with loneliness (Cross, Parlo, 2008). For example, scientists believe that humans are oriented in terms of originality and nature alone (Gifford, Smith & Brownell, 2003). Asher and envelopes (2003) alone as individual cognitive

aware of weaknesses in their personal and social relationships are described as feelings of sadness, emptiness or sorrow and regret ending. Horst and Meyer (1999) also defined itself as a feeling of isolation. Alone in children, indicating failure and poor interpersonal relationships with peers that will lead to dissatisfaction with social relationships with other children (Dunn, Dunn and & Bayduza, 2007). Reality Therapy describes set a system of internal controls and why and how we choose to live (Wubbolding, 2006). Glaser (1985) used this theory to explain addiction. Reality-based healing is done. The therapist and the client program and has achieved positive steps that will make her first in order to satisfy the requirement puts (Sansone, 2005). Glaser argues that all problems are located in the greater. This means search early experiences can be discussed but little current issues. Glaser insists that the core communications are all current issues (Marshall, 2004). He has been called a lot of (bad connection) using destructive and dysfunctional behavior in which a person chooses to deal with mental illness called and when human behavior is efficient and useful for satisfying the requirements of your chosen symptoms quickly disappear (Glaser, 2004). Reality therapy is based on learning and learning takes place throughout life of our identity and integrity of all our learned behavior (Shafiabadi and Naser, 2009). Glaser's choice theory teaches us that the only person who cannot control our own behavior. The only way by which we can control the environmental consequences of our actions is our choice and behavior (Corey, 2000).

Prenzlau's study (2006) also demonstrated the effectiveness of reality therapy approach to obsessive rumination on loss and body building is post-traumatic stress disorder. Study of Islami, Hashemian and Modares Gharavi (2012) was reality of group therapy in improving quality of life, increase life satisfaction and happiness teens. Respectful environment for expressing emotions empathic understanding and treatment groups gain happiness and improve the quality

of life. Langarui, Mirzaeean & Hassan Zadeh (2012) in a study showed that the effects of reality therapy are affected and lead to increased happiness. Yabande, Bolhari & Naziri (2012) showed that in reality therapy in reducing depression, anxiety and stress testing of affected individuals. Mashayekhi (2009) in a study examined ways to reduce loneliness martyrs' wives by Reality Therapy in Ahwaz, which the conclusions are that the method is effective in reducing loneliness.

Mousavi Asl (2009) in study to evaluate effectiveness of reality therapy group on student responsibility and self-esteem Teacher Training Center of Fatima (SA) Iran payment. The results showed that therapeutic realities of responsibility and self-esteem will increase. Ahmadi & Rezvan Nejad (2008) also found that training using reality therapy has positive effects on student's identity crisis. Shafee et al (2005), in a study to evaluate the effectiveness of reality therapy on reducing anxiety in adolescent girl students, began. The results showed that 99% of the way reality therapy reduced anxiety in secondary school students. Due to the fact of medical life and undeniably important role in improving mental health and improve quality of life and coping effectively with life events. On the other hand, owing to the fact that retirees are at a stage in last life and themselves unable to offset future; they are mentally confused, according to what was said is that the present study does the fact that a group therapy can decrease loneliness teachers retire?

## **Method**

Method of study was semi-empirical and pre-test - post-test control group. The population of retired teachers who live in the city of Zahedan in 2014 that convenience sampling of 20 patients into two groups (n = 10) and control group (n = 10) groups. Instruments include: Revised Loneliness Scale (UCLA): this scale by Russell et al., (1980) was built which consists of 20

questions and the sum of the individual scores of the 20 questions, 10 questions to be obtained question negatively and 10 positively associated with loneliness The grade 1 and grade 4 to select the options most of the time never awarded. The scale issue 1,4,5,6,9,10,15,16,19,20 sentences, are scored in reverse. The method of scoring higher score on this scale is a sign of higher levels of loneliness in testing. The minimum score on the test subjects could achieve a maximum score of 80 is 20.

### **Revised Loneliness Scale (UCLA)**

This scale was designed by Russell et al., (1980) was built which consists of 20 questions and the score obtained from the sum score of 20 items. The revised scale, according to the UCLA scale was constructed on the original scale of the response bias was likely to UCLA and to this end experts decided that new scale with a series of reforms provide evidence indicates and concurrent validity of the instrument is measuring ( $r=0.53$ ). Test-retest reliability of method has been reported by Russell reported 0.89 in 1998, test-retest reliability of the test in this 0.78 reported.

In study by Mirdrikond (1999) was correlation between the new scale and original scale of 0.91 were reported to show the validity of this new scale. In this study, the Cronbach's alpha was used to determine the reliability of the scale was equal to 0.81. The test for the validity of the Belcher and Ortega correlate with depression scores alone mode ( $r=0.41$ ) and anxiety ( $r=0.35$ ) coefficients were significant (Sudanei et al., 2012).

Group therapy sessions reality: Reality therapy is an effective treatment that has proven its effectiveness in population groups.

Establish a relationship therapist with a warm, friendly and receptive, the wants and needs of customers with targeted questions, identifies and measures them to achieve their

aspirations review of them will want to evaluate their behavior and to what extent these measures have been effective problem. The group therapy, clients learn to choose responsibly and plan for a better and more effective treatment to 10 sessions is that are as following; **First session:** Introduction of a treatment plan, its underlying logic; **second session:** why and how the introduction of export behavior, we introduce the basic demands, **Third session:** Members familiar with the difference between needs and wants; **Fourth Session:** Introducing the behavior of its constituent components and orientation of 4 people think, act, feel and Physiology, **Fifth Session:** Introduction to the theory of control, destroying seven habits, seven habits of kindness, **Sixth Session:** Introduction to the four conflicts, **Seventh Session:** world of quality education; **Eighth Session:** Introduction to the four conflicts, **Ninth Session:** Introduction WDEP training and problem solving (identifying W: What do you want? D is doing what you asked for? E Is what you give, you give what you want will? P helping participants to identify specific practices failed to change the choices, the choices of successful); **Tenth Session:** termination of group therapy sessions.

## Results

In the present study in the experimental group average age of retired teachers in the experimental group (52.30) in the control group (52.40) and in variable degree of control and experimental groups, each of 6 subjects (60%) were at the undergraduate level, 4 subjects (40%) were associate degree. Descriptive characteristics of life in loneliness scale and control groups at pre-test and post-test are shown in Table 1.

As you can see loneliness are scores in the experimental group compared to the control group significantly increased after the ( $P < 0.05$ ). According to the test, loneliness, the loneliness scores were higher in subjects feel more alone.

**Table 1. Descriptive indicators Loneliness Scale retired teachers in experimental and control groups in pretest and posttest**

Scale	Groups	Pre-test		Post-test		Posttest after adjusting of Pre-test's effect	
		mean	SD	mean	SD	mean	SD
Loneliness	Experimental	62.20	5.92	41.20	8.05	21	7.37
	control	63.20	5.20	62.80	5.45	0.40	1.35

Also check for normality of data feels alone in experimental and control groups at pre-test and Kolmogorov-Smirnov test was used. Table 2 shows the results of that data collected are normal according to the Kolmogorov-Smirnov test at a significance level greater than 0.05 you feel alone variable. So we can say with confidence 0.95 to ensure the distribution of the variable under study is normal.

**Table 2. Results of Kolmogorov-Smirnov test to check the normality of the variable distribution**

variable	Pre-test	
	Experimental group	Control group
Loneliness	Sig. 0.32	Sig. <b>0.90</b>

Table 3 is F-test for homogeneity of variances assumption Lewin test and control groups at pre-test. If the observed F Levine for these variables would not be significant. As a result of the assumption of homogeneity of variance test and control groups was also observed. The difference between loneliness scale variance in the test and control groups tested there. This assumption implies the consistency of the variance in the experimental group achieved confirmed. Examiners can confidently reality therapy on loneliness in a group of retired teachers in their experiments.

**Table 3 Analysis of independent group t test and evaluate the significant differences between the scores of the experimental and control groups in the pretest lonely retired teachers**

Scales	groups	Mean	SD	Number	F	T	df	Sig.
Loneliness	Experimental	62.20	5.92	10	0.96	-0.40	18	0.69
	Control	63.20	5.20	10				
	Control	87.10	12.26	10				

Table 4. ANCOVA for the effect of education on health reality of feeling lonely retired teacher is in control and experimental groups and as can be deduced from Table F value was a result of analysis of covariance after adjusting for pretest  $P < 0.05$ . After treatment with 95% effect on reducing loneliness fact retired teacher training has been effective.

Table 4. Analysis of covariance effectiveness of reality therapy on loneliness retired teachers

Index	Sum of squares	df	Mean of squares	F	Sig.	Effect size	Statistical power
Loneliness	2141.95	1	2141.95	75.19	0.001	0.82	1.00

## Discussion and conclusions

The purpose of this study was to examine the effectiveness of reality therapy on reducing loneliness retired teachers. The result revealed the fact that the therapy reduced loneliness retired teachers that result of this investigation is consistent Mashayekhi (2009). Reality therapy is based on the view that all people with different cultures, from birth to death have a psychological need to identify the unit. Reality therapy helps the man to dominate and control their behavior and choices have. Reality therapy is based on control theory assumes that people in charge of their lives and actions, feelings and behavior. Reality Therapy developed by Glaser was partly due to the weakness of psychoanalysis (Sharf, translated by Firoz Bakht, 2005). The goal of treatment is the fact that a person is behaving responsibly. Means that person is acting responsibly

to satisfy your needs and acting in a way that does not deprive others of the ability to satisfy their needs and to satisfy their needs and achieve their targets also responsible to prepare and run programs (Saatchi, 2006).

In this method, face reality, accountability and evaluation of right and wrong behavior are emphasized. Not only their own actions, but also are thoughts and feelings of self-responsibility. Person is a victim of your past and present, unless they ask. The therapeutic approach is in the treatment of both normal and abnormal behaviors but also on the development of appropriate training methods used. One of the theories of counseling known in recent decades, mainly by William Glaser reality therapy theory has been developed. Glaser's approach is relatively straightforward approach is the ability to address client needs through process of logical or realistic confidence. Only one type of education or training advice is Reality therapy from a health perspective, particularly the fact that a person trying to learn what to look for during normal growth in a relatively short time learn. Reality therapy is field of social work, education, rehabilitation, and management development institutes and communications applications. Relying on the findings of this study could be a step toward improving the health of people with mental health problems and decrease their retired status and improve their psychological impression.

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