

# Investigating the Efficacy of Group Semantic Therapy on Anxiety, Self-esteem and Resiliency of Women who suffer from Cancer in Golestan Province

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## Abstract:

*Although these days people live longer time with cancer, but anxiety about the problems of cancerous people and their family are increasing. In this field consequences of different researchers indicate that accessibility to Social Protection for those people affects their compatibility and resistance against this disease. Accordingly, present research is a quasi-experimental method with pretest-posttest and control group and is done using questionnaire in which teaching group semantic therapy on anxiety, self-esteem and resiliency of women's striking from cancer in experimental group. Population of this research is women stricken by cancer and is referred to Golestan province health center among which 30 women are selected as the sample of the research through available random sampling method. Analyzing the data through using questionnaire in SPSS software version 22, all data collected in this research are analyzed by descriptive statistics (mean, standard deviation, skewness, and kurtosis) and inferential (Kolmogrove-Smirnove test, paired sample t-test) have been used. Findings have indicated that teaching group semantic therapy is affected on reducing anxiety, increasing self-esteem and resiliency in women who are a stricken by cancer. Hence it can be said that also suffered people face, physical condition difficulties, suitable Social Protection increase their self-esteem and resiliency and decrease anxiety in them and finally expect to increase compatibility to cancer in those who suffer from that.*

**Keywords:** Teaching Semantics Therapy (Concept Therapy), Anxiety, Self-Esteem, Resiliency, Cancer.

## 1. INTRODUCTION

Cancer is one of the most serious medical disease. Unfortunately suffering from disease is increasing in all ages and has great impact on different dimensions of patients and even caregivers and their associates. These patients face many challenges in psychological matters in addition to physical ones [1]. Cancer is a disease which is identified with unusual reforming of the cells and missing cells distinction. Nowadays people leave a longer time with cancer and this medical disease is not synonym with death anymore, [2]. But patients` life from recognition of this disease and their relation with family and social network changes and faces many social and psychological problems. Disease such as cancer brings an imbalance in patient and his family and

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provides a collection of new challenges for both. At least their daily life changes since they try to adapt the disease and response the demands of this threat [3].

In patients who suffer from breast cancer who have a greater level of resiliency, less severe symptoms ( exhaustion, breathing problems, financial problems, diarrhea and vomiting, anorexia) are reported and the severity of these symptoms have high negative coordination with resiliency. Suffered patient from breast cancer who have lower levels of resiliency, have more negative body gesture and have pessimistic view to life [4].

A disease which makes a great anxiety about death is cancer and in spite of the considerable development of Medical Science, is still one of the most important diseases of current century. Cancer is considered as a paralyzing and difficult to treat disease and after distinguishing it person will be anxious and depressed as a result of unreal fear of death and reducing social energy [5]. Informing from the disease can be psychologically and physically stressful for the patient as it can be described as a rock rolling in the calm sea [6]. Experience and report of the anxiety of death can be different in different sexes. One Common psychological symptom is anxiety and specially anxiety of death. This type of stress can be one of the most important psychological recognition in cancerous people [7]. Anxious of death is considered as an important concept in different field (cancer screening in healthy people in society, psychological care, care in trauma and critical condition, taking care of chronic patients, children and those who are diagnosed with dangerous disease [8]. This type of anxiety and continuous fear is unusual and a disease from death. This concept refers to (death panic) fear of death and (dead body fear) fear of dead body or death [9].

Semantics therapy as a group rehabilitation advising method helps people have a newer and deeper understanding of life and its condition to continue it hopefully and do not easily give up against life events. when a person believes his existence tied up to an endless resource and find himself rely on extended frameworks such as religion and philosophy which has selected for life, find and feel the meaning of life [10] then accepts problems more easily and adjust them. First step in life travel is that people take responsibility [11] have said that when people distinguish and accept their function in making life undesirable condition, accept that only they can change the condition [12]. Real Challenges of people is to live a life in which they are alone and have to finally face death. Semantics therapy helps people know themselves responsible of their life through making them aware of their freedom but on the other hand has responsibility and choices. A disappointed man is one who doesn't have meaning and purpose in life, since he doesn't want to take responsibility of his choices in life or isn't brave to accept them. Familiarity with religious beliefs can help them to find meaning for themselves. Religious beliefs say that no human being is created aimless and God had a purpose of his creation. He can look for a purpose and change his life. Meaning is found when the person can think beyond himself and find ways to [13].

## **2. STATEMENT OF THE PROBLEM**

Cancer as a disabled and increasing disease is one of the most reason of death in developing and underdeveloped countries [14] and among chronic disease of adulthood is really important. Since in addition to its high rate of epidemic, has important effects on patient and his family's life [15]. Based on world presented statistics, cancer is the second prominent death reason in developing countries and is responsible for one fifth

of death. Cancer is a disease in which body cells are unusually multiplied in a malignant tumor and damage healthy textures. Cancerous cells are separated from usual task and growth of cells [14].

Based on performed researches fear of cancer and uncertainty about future are the most important anxieties among cancerous people [16]. By the time this uncertainty increases negative emotions such as depression, anxiety and stress in cancerous people [17]. Overall researches have indicated that suffering from chronic disease especially cancer put patients in more danger of emerging depression and anxiety symptoms and so on. Dwindling patient's mood and reducing hope to life are common phenomenon reported in cancerous people. This psychological factors cause patients pay no attention to their treatment and don't take medical orders serious. Consequently an unusual cycle is made through which patients don't try hard to improve their physical condition and indeed make their physical health condition worse [18].

Moreover; resiliency is a necessary case of opposing cancer. Resiliency means ability of opposing difficult situation and flexible response to everyday life pressure. In other word, resiliency doesn't limit tension, doesn't remove life problem, but give power to the person to healthily oppose following problems, overcome difficulties and move with life stream. Resiliency is a capacity to resist against tension. Psychologists have always tried to increase this ability for adjusting and overcoming danger and difficulties. People can reconstruct their live even after destroying disasters. Resilient person is active contributor and constructive of its environment. Generally this ability is capability of the person in creating psychological, biological, mental balance against disastrous conditions.

On the other hand nowadays different treatments have been used for cancer, some of which are surgery, radiotherapy, chemotherapy, immunotherapy and bone marrow transplant which are separately or together used [19]. Chemotherapy is counted as a tenacious method in treatment of disease. In chemotherapy, patients consume medicines or inject it which move around body and remove cells which are rapidly multiplied. One problem of chemotherapy is that available medications, kills specific types of natural cells which are rapidly multiplied. One problem of chemotherapy is that available medications, kill specific types of natural cells which are rapidly divided and a provides extensive range of problems related to health for this group of patients [20]. Thus high levels of depression and anxiety in cancerous patients results in interference in physical treatment cycle such as the degree of response to chemotherapy in addition to reduce life quality.

An effective variable in intensifying this disease is its psychological consequences considering negative effect of depression and anxiety symptoms, and as well reducing function of immunity cells in body in treatment cycle of cancerous patients, designing and applying pedagogical packages of psychotherapy in order to oppose these symptoms in cancerous people is recent years have been considered by researchers. One treatment method in this domain its efficiency on improving psychological symptom in cancerous people is confirmed in some studies, is concept [21]. Concept therapy is an existential approach which provides perfect philosophical and theoretical field for group work. Some important topics in concept therapy are freedom, responsibility, death and its symptoms for life and continuous search for concept in treatment process. In concept therapy patient is encouraged to take the responsibility of being in his world, does an affair and decides how to be differently [20]. This approach

believes that if life is purposeful and meaningful every overwhelming happening such as severe disease cannot disappoint and asocial the person [21].

Accordingly in recent years researchers have considered the effect of religious and spiritual attitudes on psychological disease such as finding negative meaningful correlation between internal religious tendency with depression and anxiety [21]. Considering religious construction of our Society, combination of religious doctrine with common concepts therapy can increase the efficacy of this method. However; only one have studied and confirmed concept therapy based on reading Quran and prayer in improving depression symptoms in women. Hence present study with the purpose of investigating the efficacy of group concept therapy and anxiety, self-esteem and resiliency in cancerous people is going to be done. Main question in this research is that weather group concept therapy is effective on reducing symptoms of anxiety and increasing self-esteem and intensifying resiliency in cancerous people?

### 3. METHODOLOGY

It is a quasi-experimental pretest-posttest research with control group on which teaching group concept therapy on anxiety, self-esteem and resiliency of cancerous women in experimental groups applied and control group didn't take any treatment. Population of this research consists of cancerous patients under treatment who referred to Golestan province between June and March (2020). 30 women of population in this research were selected through available random sampling in two 15 members of control and experimental groups. In this research following tools are going to be used in order to collect data in pretest-posttest step. Questionnaire Beck's anxiety inquiry BAI(Dabson, 1985), Questionnaire Cooper-Smith self-esteem inquiry (SEI) (1967) and Questionnaire Cooper-Smith self-esteem inquiry (SEI) (Dabson, 1985). James. C. Chronbach (1973) has innovated concept analysis to step to step practical application of Frankel's concept therapy principles in which people are asked to find their purpose and concept in life through objective activities. Chronbach has selected analysis instead of treatment since he wanted to indicate that contributors in concept analysis shouldn't necessarily be psychopath.

### 4. FINDINGS

This part deals with analyzing data through using paired sample t-test analysis. **First hypothesis:** Teaching Group Concepts Therapy Has an Effect on Anxiety of Cancerous Women.

Paired Sample Statistics				
Std. Error Mean	Std. Deviation	N	Mean	
.107	.587	30	2.65	Anxiety experimental group- pre test
.111	.608	30	2.34	Anxiety- Experimental groups post-test

Pair 1

Paired Sample Test									
	Mean	Std. Deviation	Std. Error Mean	95%Confidence Interval of the Difference		t	df		Sig. (2-tailed)
				Lower	Upper				
				Pair 1	Anxiety-Experimental groups-pretest Anxiety-Experimental groups-posttest				

A paired-samples t-test was conducted to evaluate the impact of group meaning therapy training on anxiety in female cancer patients. There was a significant difference in the pre-test scores for anxiety of female cancer patients (M = 2.65, SD =.587) and Post test scores for anxiety of female cancer patients (M = 2.34, SD =.608) conditions;  $t(29) = 3.43$ ,  $p < .005$ . Therefore, group semantics training has an effect on the anxiety of female cancer patients.

**Second hypothesis:** Teaching Group Concepts Therapy Has an Effect on Self-Esteem of Cancerous Women.

Paired Sample Statistics					
Pair 1	Pre-test Self-esteem Experimental group	Std. Mean	Std. Deviation	N	Mean
		Post-test Self-esteem Experimental group	.24	.130	30

Paired Sample Test										
	Mean	Std. Deviation	Std. Error Mean	95%Confidence Interval of the Difference		t	df		Sig. (2-tailed)	
				Lower	Upper					
				Pair 1	Self-esteem-Experimental groups-pre-test Self-esteem-Experimental groups-post-test					.71

A paired-samples t-test was conducted to evaluate the impact of group concept therapy training on self-esteem of female cancerous patients. There was not a significant difference in the pre-test scores for self-esteem of female cancerous patients (M = 3.47, SD =.152) and Post test scores for self-esteem of female cancerous patients (M =3.39, SD =.130) conditions;  $t(29) = 1.60$ ,  $p > .050$ . Therefore, group semantics training has not an effect on the self-esteem of female cancerous patients.

**Third hypotheses:** Teaching Group Concept Therapy Has an Effect on Resiliency of Cancerous Women.

Paired Sample Statistics					
		Std. Error Mean	Std. Deviation	N	Mean
Pair 1	Pre-test resiliency Experimental group	.130	.715	30	4.10
	post-test resiliency Experimental group	109	.598	30	3.70

Paired Sample Test										
		Paired differences					t	df		Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 1	Pre-test-resiliency Experimental groups-post-test-resiliency Experimental groups	.018	.393	.860	.157	.072	.714	2.505	29	.018

A paired-samples t-test was conducted to evaluate the impact of group concept therapy training on resiliency of female cancerous patients. There was a significant difference in the pre-test scores for resiliency of female cancerous patients ( $M = 4, 10, SD = .715$ ) and Post test scores for resiliency of female cancerous patients ( $M = 3.70, SD = .598$ ) conditions;  $t(29) = 2,505, p < 0.05$  Therefore, group semantics training has an effect on the resiliency of female cancerous patients.

## 8. DISCUSSION AND CONCLUSION

The purpose of doing this research is investigating the efficacy of group concept therapy on anxiety, self-esteem and resiliency of cancerous women in Golestan province which has been done through semi experimental method. Hence; this research is based on two groups (experimental and control) pretest-posttest design. Population of this research consists of all cancerous patients who are under the treatment and referred to Treatment Centre in Gliston province between July and March 2020.

Results of first hypothesis indicate that teaching group Concepts therapy is effective on anxiety of cancerous women. In fact teaching group Concepts therapy reduces anxiety in cancerous women. These findings are in line with Nezami, Dashti, Alilou, Heidari [22], Dehghani, Najvani et al [23]. In explaining first hypothesis it can be said that anxiety in women is revealed after distinguishing cancer which causes severe panic and great rumination about health and fear of developing disease. Hence; interferences in reducing anxiety and applying efficient strategies are really necessary. The research[24] believe that it is better after recognizing, psychological advice begins to prevent from cancerous women's disturbance in long term.

In fact education and also practice and repetition of Concepts therapy techniques causes not only subjects Conqueror their fear and anxiety of developing disease resulting from cancer; but also experience positive effects of these education in other dimensions of their life, as well as controlling understanding in protecting constructive connection with family, reducing sensitivity to negative reaction of accompanies to cancer and finally making ability in following valuable purposes in life

in a spite of disease and limitations resulting from that and consequently overcoming fear of improving disease.

Second hypothesis: Teaching group concepts has an effect on cancerous women's self-esteem. The results of second hypothesis indicate that teaching group concept therapy is effective on cancerous women's self-esteem. In fact teaching group concept therapy increases self-esteem in cancerous women. These findings are parallel with results of Ghanbari Hashemabadi, B., Maleki, M., KHazaei [24], Akbari, Lotfi Kashani, Vaziri [25],

In explaining this finding it can be said that central core of Concepts therapy is that "if life is suffer, there should inevitably found the meaning in suffer for being alive". But nobody can find this concept for another one's life. Everybody has to find the concept of life himself and takes its responsibility [26]. From Concepts therapy approach, one of the main purposes of helping others is finding a concept for life; since if there is not a concept for life the person is unable and exhausted and his self-esteem reduces; hence, the reason of inability and lack of self-esteem is that the person doesn't believe that life is meaningful. When human being doesn't have a purpose feels nonsense and emptiness and is trapped in a vacuum. In fact it means that concept gives the person the courage of being and turning when he's asked. Hence it seems that concept in life can have deep effect on reducing psychological problems of different clinical groups. Concepts therapy with reviewing in definition of people's irritation makes them looking for an existential concept while facing life challenges and reviews his attitude to world around them [26].

Third hypotheses: Teaching group Concepts therapy has an effect on resiliency of cancerous women. Results of third hypotheses indicates that teaching group concept therapy is effective on resiliency of cancerous women. In fact teaching group concept therapy increases resiliency of cancerous women. These findings are in line with results of Abbas pour, Zarani, Mazaherinejad [27] Blair [28] researches.

Undoubtedly concept therapy as a therapeutic action has a positive effect on reaction to stress and ability of the person in tolerating disasters and creating resiliency and developing as a result of stressful and vulnerable experiences [29]. Moreover; it is identified that there is a negative meaningful relation between alexithymia and resiliency [28]. Since cancerous disease make patient have less relation with others and also unable to analyze conditions, they cannot tolerate difficult situations and are rapidly affected by stress. These factors reduce people's flexibility and resiliency. While the person can successfully find a concept for disappointing events in life is able to tolerate unfortunates. Hence it seems that try to discover a concept is effective on intensifying resiliency and persistency of people [31]. Frankl [32] and serious advocates of Concept therapy believe that those who feel Concepts in their life and are eligible to have meaningful relations with others, are relaxed and calm against vulnerable events of life because of incompatible attitudes, hence; throw looking at their problem from different angles and without losing emotional and behavioral control try to logically solve their problems. Since these people have strong and stable motivation to change critical conditions, always feel satisfied and happiness and this important case in turn provides their self-esteem. But those who couldn't feel concept in their life or have low levels of concept, don't have necessary resiliency and consistency while difficult condition in life and because of their existential deprivation give up while critical conditions or avoid facing it through abnormal behavior. Frankl knows human's concept seeking as the key factor of their health and knows it as human's struggle to

obtain the best possible concept for life. Human`s struggle to obtain the concept of life is an original power in his life and has a completely identified condition and every human being has to personally look for a meaning in his life and it is only himself who can make it come true [33].

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