The effectiveness of therapy based on acceptance and commitment social anxiety and general self-efficacy on divorced women under welfare organization in Yazd

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A R T I C L E   I N F O

A B S T R A C T

Objective: This research is carried out targeting the assessment of effectiveness of group therapy based on acceptance and commitment on social avoidance and general self-efficiency among the divorced women from Yazd City who are supported by Welfare Organization. **Methodology:** At first, two centers were selected among the clinics and communities associated with Welfare using availability method, the women were asked to complete the questionnaires on social pressure, and avoidance and general self-efficiency.in the next stage, 60 people who scored the least from the questionnaires were randomly divided into two test and control groups. Then 8 therapy sessions were held for the test group. In the meantime, the control group received no therapy. After these sessions, both groups were post-tested again. **Results:** The result of covariance analysis showed that in the post-test of the test group, the social avoidance score decreased. **Conclusion:** Therefore, we could conclude that group training of this therapy is effective on decreasing the social avoidance of general self-efficiency of divorced women.

1. Introduction

Family has a important and effective role amongst the social organizations and institutions. In other words, family is the foundation of society. Moreover, this institute provides its members with the feeling of comfort and safety. It is among the most lasting institute within a thousand years, which preserve the cultural characteristics, and is the agent of transferring them to the next generation (Hayes et al.,2012). When the desired functions of family are faced with serious difficulties and continuing of marriage will gain more troubles than the consequences of divorce, Islam has given the order to proximity and preponderance and even the necessity to divorce (Hoaly et al., 2014). Divorce is one of the most important phenomena of humankind's life, which interfere with both mental balance of couple and their kids and close relatives.

Effects of divorce are not just on family members but also the social effects should not be ignored. No doubt some young offenders are from families with mental and emotional disorders are a family conflict. The criminal psychology of social deviance and socially disadvantaged groups or community rejection and emotional injuries sometimes result in children in families of divorce is detected (Hofmann et al., 2007).

Among the problems after the divorce, economic hardship and psychological problems of anxiety and depression (each with 41 percent) the most problems is people, especially women after divorce and healthy (Leary, 1982). Almost certainly we can say that some of the abnormal gene underlying pathological anxiety states, and on the other hand evidence suggests that traumatic life events and stress also are important in the etiology of anxiety disorders (Moran and Daniel , 2011) Believe those who are anxious more negative statements about themselves to people who are not distressed. Some adults with anxiety, avoiding social situations 4 and with a few friends and are more likely to have lower unemployment and social information Persons of their abilities are less anxious waiting for them at the moment of anxiety focused on cognitive processes that makes these people have low self-efficacy perception and people who are self- 6 to easily helplessness poor are (Pankey et al., 2003), .

Schlenker and Leary (1982) in his research entitled Self-efficacy, stress and academic positions at the University came to the conclusion, students who feel they have less stress and more compatible with higher self-efficacy the tasks are related to the University.

Since when families break apart, women and children experienced the biggest drop in living standards And Divorced women after divorce, loneliness and lack of confidence (Schlenker and Leary, 1982). It makes them bitter and painful in public and avoid its functionality and performance at a low level due to the mentioned factors and evaluate the important role of women in society, necessity It is felt that these women can take automatically because your up automatically lead to better management issues in the family. And also makes the inevitable fear in the community, to appropriate interactions with community members make sense of their lives once again. findings, Schwarzer and Luszczynska (2008) suggests that treatment based on acceptance and commitment as integrated model for behavior modification that focuses on six main processes (reception, faulting 10 itself, Time, values and practice Committed) acts and these processes have only a single goal and that mental flexibility , And stated that this treatment can positively change people's behavior and personal development and provide developmental fields.

This study attempts to Examine whether a group based on acceptance and commitment therapy can reduce social anxiety and general self-efficacy in increasing divorced women The?

2. Materials and methods

2.1 Research hypotheses

2.2 The main hypothesis

Is Group Based on acceptance and commitment therapy to reduce social anxiety and Increase the efficacy of divorced women under welfare organization Yazd City?

2.3 Lateral hypothesis

1. Is Group Acceptance and commitment therapy based on reducing social avoidance under welfare organization becomes divorced women?

2.4 Research background

Tarkhan et al., (2013) examined the relationship between social anxiety and social self-efficacy and body image among female students of Islamic Azad University Branch have conducted research on 240 students The results of their study showed a significant negative correlation between social anxiety and body image, but there is a positive relationship between social self-efficacy and body image. Stated that people who have body image dissatisfaction, fear of negative evaluation more.

Schwarzer and Mueller (1998) examined Relation Style of Parenting Mothers with Anxiety Social the children's and results sign The That Light Son Fact with Anxiety Social and Components of Axiety operational, Avoidance operational, Anxiety Social, and Avoidance Social Relation Meaningful Are.

Tork Laudan and Fatima (2010) to evaluate the effectiveness of acceptance and commitment therapy on pain and pain-related anxiety and pain acceptance of male patients with chronic pain have a sample consisted of 30 male patients with chronic pain, and Isfahan University of Medical Sciences were referred Sheltered 8 sessions of group therapy were based on acceptance and commitment and the results showed that treatment with increased acceptance of pain and anxiety associated with pain and severity of pain.

Bahram Abadi and Nazari (2014) to evaluate the effectiveness of acceptance and commitment therapy based on reducing anxiety and dysfunctional attitudes in patients with multiple sclerosis and at the 24 people to hospital Khomeini referred Tehran were divided into two groups based on acceptance and commitment therapy experimental group for 8 sessions. the results showed that the treatment is effective in reducing dysfunctional attitudes and depression patients.

Zajacova et al., (2005) examined the effectiveness of forgiveness and marital adjustment based on acceptance and commitment on payment of marital infidelity damaged. The population in this study, 30 women betrayed referred to counseling centers in Shiraz who were randomly divided into experimental group in 10 sessions and each session for 90 minutes as based on acceptance and commitment treatment groups was the results showed that the treatment is effective on forgiveness and marital adjustment.

examined the role of self-efficacy in romantic relationships and its direct and indirect effects on the conservation and satisfaction in their relationships. Expressed satisfaction with the relationship between self-efficacy and are associated with each other.

Research that as communication between self-efficacy and motivation in nursing students on 716 nurses in West China did their research findings suggest that there is a positive relationship between self-efficacy and achievement motivation. They were told that measures should be taken of nurse managers of self-efficacy do in order to by increasing self-motivation increases. As well as their results showed that self-efficacy is associated with age and education related to gender. When self-development and development will also find motivation.

In his study based on acceptance and commitment therapy for psychological adjustment, social adults with stuttering, on 20 adults who stutter have worked Oct 8 consecutive weeks, the results showed that an integrated program treatment as an effective intervention in mental function, prepare for change and treatment is effective. It also improves mental health and reduce the negative impact on the course of their lives is stuttering.

In his study of treatment based on acceptance and commitment for adult survivors of childhood abuse, post-traumatic stress disorder showed that the treatment for this group of people has a positive effect.

In his dissertation examines the epidemiology of social anxiety in adolescence, to study issues related to the diagnosis, prevalence, and its development has been its victim.

Research method

The aim of the present study is an applied research component. The purpose of this research is to find principles that are applied in real situations and practical product improvement and efficiency and help procedures And in terms of data collection of quasi-experimental research is. Once this plan is that the main purpose of research, experiment and the reaction is Asrkhasy. In this study, the independent variable period based on acceptance and commitment therapy and social variables and general self-efficacy is avoided.

In this study, the subjects were randomly selected and divided into two groups: experimental and control as much as possible with both groups and the results of the test of both groups are in order to assess dependent variable comparison.

3. Discussion and results

3.1 The population and sample

The population in this study consisted of all divorced women under welfare organization in the city of Yazd is that, in order to determine the minimum sample size required, firstly to approach from those clinics and centers affiliated to the center of the women's well-being 2 asked social avoidance and general self-efficacy questionnaire and the pressure was complete. And then 60 people who received the lowest score from the questionnaires were randomly assigned to two groups of 30-person experimental and control groups.

3.2 Procedure

In this study, a sample size of 60 patients was determined randomly in two groups of 30 people (a test group and a control group) were divided and inventory pressure, and social avoidance Watson and Friend and general self efficacy questionnaire Schwartz and Jerusalem were distributed among them . The course of treatment based on acceptance and commitment in 8 sessions on the experimental group was only 90 minutes. During this period, the control group did not receive anything. After the course is based on acceptance and commitment therapy on experimental group and avoid social pressure and general self-efficacy questionnaire of both groups were (Table 3).

Statistical analysis methods

In this study, statistical methods, descriptive and inferential statistics using SPSS software. Used. In this study, the descriptive statistics of the maximum and minimum mean, standard deviation data, frequency tables and charts have been used as well as inferential statistics is because of the type of intervention that includes analysis of covariance is used. Information collected in two descriptive and inferential statistics using SPSS software and analyzed.

Table1:Methods in this study were designed in eight – 60 minutes as follows

First session	Pre- test scores and avoid social pressure : 18.31 General self – efficacy pre – test scores : 21.86 Relationship therapy Education on family management after divorce How divorce in family interacts and has become a problem in their life Education and acceptance and commitment therapy and its goals Metaphor two mountains
Second session	Frustration is not the solution, it's the problem Survey the specific control strategies that a person has already been used Survey the costs and damages that this strategies have in life Survey the effects of this control strategies Introduce control strategies as a problem Metaphor a person in the well
Third session	Introduce and promote its adoption Focusing on control as a useless strategy in dealing with anxiety Outside control against internal Metaphor of two scales Metaphor tug monsters Guest metaphor and pauper
Fourth & fifth session	Not admixture cognitive Fiber himself Introduce kinds of itself Metaphor bus Metaphor chess surface
Sixth session	Teach aware mind strategy to promote life in every moment Teach aware mind for daily Do aware mind exercises of breath, mind and ignition

Seventh session	Clarify values (prior to be valuable) The primary measurement values Exercises to clarify values
Eighth session	Create larger patterns act responsibly Setting goals Identify internal and external obstacles Generalizing skills to act responsibly The scores after pressure and social avoidance : 8.23 General self – test scores : 32.33

3.4 Descriptive findings

Table 2 shows the age breakdown of the sample group membership control and experimental groups show. As is evident in the experimental group members form samples were distributed almost evenly between age groups, but in the control group, most members are aged between 32 and 38 years.

Table2:.The age distribution of the sample group

Group	Age	Number	Percentage
test	18 – 24	6	20
	25 – 31	8	26.7
	32 – 38	8	26.7
	39 – 45	8	26.7
	total	30	100
Control	18 -24	5	16.7
	25 – 31	9	36.7
	32 – 38	11	30
	39 – 45	5	16.7
	Total	30	100

In addition, Table 3 educational status of members of the sample to show the breakdown of membership in the experimental and control groups. As is evident, in both experimental and control groups, mostly members of the sample group of people have formed a high school diploma.

Table3:Education distributed sample

Group	Education	Number	Percentage
Test	High school diploma	21	70
	Diploma	8	26.7
	Associate degree & B.A.	0	0
	M.A.	1	3.3
	total	30	100
Control	Lower school diploma	15	50
	Diploma	9	30
	Associate degree & B.A.	6	20
	M.A.	0	0
	Total	30	100

The following Table 4 shows the mean and standard deviation variables to separate membership in the experimental and control groups, respectively.

Table4:.The mean and standard deviation of variables

Group	Variable	Group	average	Standard deviation	min	max
Test	Social avoidanc	Pre test	18.13	6.62	1	27
		Posttest	8.23	6.62	1	26
	General self – efficacy	Pre test	21.86	7.26	11	36
		Posttest	32.33	5.56	17	40
Control	Social avoidance	Pre test	16.63	7.27	4	27
		Posttest	15.33	4.53	4	21
	General self - efficacy	Pre test	22.13	7.75	11	36
		Posttest	21.96	6.91	11	37

3.5 The inferential results

In this section to test the research, hypotheses will be discussed. To evaluate the effectiveness of therapy based on acceptance and commitment on the dependent variables of the study used analysis of covariance. For this purpose, the assumptions were studied.

In this regard, the Kolmogorov-Smirnov test normal distribution of variables was investigated. Table 4 shows the results of this test.

Based on Table 5, the distribution of all the variables are not significantly different from the normal distribution. So the research hypotheses can be used parametric tests.

Linearity of the relationship between pre-test and post-test followed by dispersion charts were reviewed and approved. 6 show scatter plots related to social anxiety and self-efficacy.

Table5:Normality test results

Variable			
	Circumstantial evidence	Free degree	significant
Social avoidance	0.104	60	0.16
General self – efficacy	0.10	60	0.20

Based on Table 6, the distribution of all the variables are not significantly different from the normal distribution. So the research hypotheses can be used parametric tests.

Next, the homogeneity of the pre-test and post-test slope of the regression dependent variables in experimental and control groups were analyzed by analysis of variance. Table 6 shows the results.

Table6:.Survey the homogeneity of the slop of the regression in the experimental and control groups

Variable	Source variance	ss	df	ms	f	p
Social avoidance	Pre test	450.37	11	40.94	1.29	0.28
General self – efficacy	Pre test	532.12	12	4.343	2.18	0.06

As Table 7 shows, the interaction was not significant, the slope of the regression dependent variable of the pre-test in both groups are homogeneous. In addition, Table 7 Levin to study the homogeneity of variance test results in two experimental and control groups, respectively.

Table7:.Levine test to check the homogeneity of variance

Variable	F	DF1	DF2	P
Social avoidance	3.15	1	58	0.08
General self - efficacy	4.21	1	58	0.04

The results show that the variance is homogeneous in the variable social avoidance, but in the case of self-efficacy variable was a significant difference between the experimental and control groups variance there. But since the number of members of both groups is the same, we can not ignore the violation of assumptions. Therefore, in accordance with the basic assumptions of analysis of covariance, continuing research hypotheses are tested.

hypothesis based on acceptance and commitment therapy, reduces social anxiety.

To investigate this hypothesis of covariance was used. So social avoidance test between the experimental and control groups were compared with control pilot. Table 8 shows the results of analysis of covariance.

The results in Table 8 show that the two experimental groups and one control with pilot control are significant differences in terms of social avoidance and membership in the experimental group, 36% of the variance is explained by social anxiety. Table 9 shows the mean adjusted.

Table8: Covariance analysis of social avoidance

Source	SS	DF	MS	F	P	Eta Square
Pre test	258.49	1	258.49	10.15	0.002	0.15
group	846.05	1	846.05	33.22	0.001	0.36
error	1451.53	57	25.46			
total	2466.18	59				

The results show that membership in the group has been able to avoid testing and treatment community to substantially reduce than the control group.

Table 9.Adjusted average social avoidance

Group	average	Standard error
Test	8	0.92
Control	15.56	0.92

4. Conclusion

4.1 The theoretical explanation of findings

The first about the effectiveness of group therapy based on acceptance and commitment on the reduction of divorced women had social anxiety, social avoidance average 23/8 X = experimental group and the control group was 33/15 X =. By comparing these scores determine which treatment is effective in reducing social anxiety. Given the low scores on scales measuring social avoidance symptoms less inevitable decrease reflects the scores after the intervention treatment success.

Second hypothesis, on the effectiveness of group therapy based on acceptance and commitment to increasing the efficacy of divorced women. Results obtained in the second hypothesis suggests that education based on acceptance and commitment group therapy, efficacy in this group of people has increased. Mean efficacy in the treatment group 33/32 X = In the control group 13/2 2 X = respectively. By comparing the average can be concluded that the training group therapy based on acceptance and commitment in the experimental group had an impact.

4.2 Suggestions
4.2.1 Research limitations

This study has limitations such as a lack of suitable locations, funding, lack of cooperation by some authorities, and the inability researcher has faced in controlling unwanted variables.

Due to time constraints, follow the continuity of results obtained in this study was not possible.

4.2.2 Research proposals

In this section, according to the results of applied research proposals being presented to the authorities. In addition to practical proposals, suggestions and recommendations for future research are presented to researchers in this field to new research opens the door steps enrichment research and theoretical literature are in the field.

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