

# The Effectiveness of Theater Therapy on Students' Quality of Life

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## ABSTRACT

Student life, while offering new opportunities for the individual, also has its own challenges and tensions. The purpose of this study was to determine the effectiveness of theater therapy on the quality of life of students. **Method:** This research is a pretest-posttest design with experimental and control groups. The statistical population included all students of Mashhad University of Medical Sciences during the second semester of academic year 2016-2015 who were selected through simple random sampling among 30 applicants. They were randomly divided into two experimental and control groups. In this research, the quality of life of the students was used from the short form of health surveillance SF6 three times before the beginning of the treatment after the end of the sessions and follow up one month after the completion of the treatment, which was completed by the two groups. For the experimental group, 8 sessions of theater therapy were performed and the control group did not receive any therapeutic intervention. **Results:** The findings of multivariate covariance analysis showed that the theater therapy is a suitable method for improving the quality of life of students ( $p < 0.05$ ). **Conclusion:** The therapeutic effect on the quality of life of students includes general health physical activity limitation for physical reasons physical pain limitation for the emotional causes of social action have affected fatigue and vitality and emotional problems.

## 1. Introduction

Student life, while offering new opportunities for the individual, also has its own challenges and tensions. Stein and Green (2005) argue that students experience many stresses due to changes in the environment, such as coping with new environments and friends, lack of emotional and social support, educational problems, and excitement Cited.

These stresses in most students cause weakness in social interactions and quality of life, and ultimately their mental health (Samadi, 2015). Kenny & Donaldson (2005) identified the causes of mental disorders in Shahrastanian students as far from the family as the economic problems and concerns about housing. The lack of medical facilities and treatment treatments are among the factors that reduce the health and quality of life of students.

Mental health, which is characterized by a combination of physical, social and cognitive factors, reflects the balanced and coherent behavior of the community, the recognition and acceptance of social realities, and the degree of compromise with them and the flourishing of innate talents, so that its promotion in Society improves the quality of life (Samadi, 2015).

Quality of Life is one of the most important components of the overall concept of mental health (1995). According to Henschle, Brachin and Brocken, quality of life needs to be assessed in order to determine the health needs and health needs of individuals. Life is defined as the assessment and perception of individuals from their own living conditions, which are influenced by the cultural and value system of the situation in which they live, and who believe that the goals, expectations, criteria and desires of the individual extensively affect the physical condition, Psychological, independence, social relationships and beliefs. (Samadi, 2015).

One of the ways that can be used to treat dilemmas and psychological problems is "art therapy".

In the definition of therapeutic therapy as a therapeutic process, it can be said to be: A method of treatment that helps participants in this process to recreate their social and psychological issues in the actual context, not just talk about them. (Karataz, 2009). The way a person responds to a particular situation focuses on his behavioral responses, his belief system about himself, others and the world in which he lives, the feelings and consequences that result from him (Jeferies, 2005).

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The emergence of theater therapy has begun as a special system and as a career since the 1930s (Jones, 2008). Aristotle is the first philosopher who attempted to root out the theater. In a book titled *Fan Poetry*, he has dealt with this. In this book, Aristotle sees the existence of the imitation of man as the origin of all arts, and states that some of the manifestations of mankind that emulate in imitation come from the curiosity of nature and his desire for knowing. Man is one of the most motivated creatures in the world and learns his first thoughts through imitation.

People enjoy imitations. Therefore, art, in particular, and theater in particular, is imitation; imitation of nature and deeds of man (Malek Mohammadi, 2009). Aristotle searches for the effect of the game on the spectator's mind, and believes that viewing the show will restrain the spectator and diminish the burden of his grief and psychological complexities, and that the theater is refining and soothe the soul (marsick, 2010).

When this field was at an early stage, Anna Freud and Melanie Kane, pioneers in analyzing children, began with a different theoretical and theoretical approach to using theater therapy as a way of understanding children and treating them. Erickson was also one of those who believed that Bai was a road to understanding and understanding the composition of Ego. Vinnikat also believes that playing a role in a treatment center with patients of all ages (Weber, 2005).

The therapeutic theater was founded by Jacob Moreno (1929-1987) (Blatner, 2007). Moreno defines the therapeutic theater as an approach to studying the existence of human beings and different realities of life through the use of demonstrative methods. Therapeutic theater gives people the chance to solve them by showing them, rather than talking about their problems (Ansori, 2009), according to Moreno in the therapy theater events, future fears and aspirations to the time Now it's transmitted and resolved (Dogan, 2010).

The researches of Dahiqli (2005) entitled "Effectiveness of value-based intervention (psycho-demonstration) and emotion-based strategies (laughter therapy) on the level of happiness of first-year girls in the first district high school in Eslamshahr District 1" showed that this method can be applied to happiness People have a meaningful effect (18). Zare et al. (2007) also showed that therapeutic therapy is more effective than general counseling in rational behavior in general health promotion and emotional expression (Shafiebad, 2009).

Research by Fong (2007) and Molavi et al (2009) also showed that therapeutic therapy can affect social skills and self-esteem of individuals. The research findings of Solomon Nejad (2011), entitled "Psycho effect on the increasing individual differentiation of the family in nursing students", suggests that therapeutic theater with its unique characteristics can be an effective therapeutic approach to increasing differentiation. Also, by performing scenes of family exposure and behavioral exercises, one can reduce individual anxiety to re-encounter with the original family. The results of Hadian Mobareh et al. (2010) showed that psychological role (psychodrama) is effective in controlling the shift of control and preventing the return of addiction. Considering the theoretical and research background, it also shows that the psychological role of the psychological role The reason for the deepening of the diversity and practicality of looking at various aspects of human life has played a significant and important role in various types of prevention, including prevention of smoking, alcohol, drugs, aggressive behaviors and others in various countries (Somove, 2008). Dugen (2010) conducted a research entitled "The Effectiveness of Theater Therapy on Adolescent Attachment Styles", which showed that participation in theater therapy programs is effective on anxiety attachment style. Therefore, according to the above, the main question of the present research is whether therapeutic therapy is effective on the quality of life of students.

## 2. Research Method

The research design in this research is experimental with pre-test and post-test design with control group. The quality of life questionnaire was distributed among all students. After collecting questionnaires and scoring them, 30 students whose quality of life score was lower than the average, and were satisfied with the participation in the second stage of the research, the participation in theater therapy sessions, They were randomly selected and replaced in two experimental and control groups (15). Therapeutic Therapeutic Therapy course was held in the form of 8 sessions for the experimental group and no intervention was taken for the control group. The first meeting of the group was familiar with each other, with a therapist and a general plan of treatment and sessions. Facts of the second and third acquaintance with the therapeutic concepts of therapeutic therapy and related treatment. Subsequent sessions first focused on increasing mental awareness, then the subjects were taught how to respond and appropriate exposure to their mental experiences, and to create goals and gain social life. In the last three sessions, the focus was on practical training, feedback provided by the group and the therapist.

### 2.1. Research tool

In this research, a short health briefing form was used three times before the onset of the treatment, after the completion of the sessions and one month after the completion of the treatment. A short form of health tracking (Montazeri, 2005). The questionnaire has 36 articles that assess two aspects of physical and mental health through eight sub-scales. The following subscales of physical health include: general health (5 items), physical activity (10 items), role limitation for physical reasons (5 items) and physical pain (2 items), and mental health sub-scales include: limitation Role playing for emotional reasons (3 items), social action (2 items), fatigue (4 items) and emotional problems (5 items). The score for each subkey is from zero to 100 in change, which shows zero of the worst and 100 best positions on the scale. Dehdari (2003) validated this questionnaire in patients with open heart surgery (82%) and Green Place, Hazavi, Rabiei, Jahan Hashemi and Mir Mohammad Sadeghi (2014). Cronbach's alpha coefficient was 70%. In this research, the Cronbach's alpha coefficients for the whole questionnaire were 87%, the dimension of physical health was 86%, and mental health was 88%.

### 3. Findings

**Table 1. Mean and standard deviation scores of different dimensions of quality of life in the population under study**

Scales	Average pre test		Pre-test standard deviation		Average post-test		Post-test standard deviation	
	the experiment	Evidence	the experiment	Evidence	the experiment	Evidence	the experiment	Evidence
general health	53/1	56/81	15/1	18/21	58/6	51/4	21/4	42/7
Physical action	74	73/1	23/1	20/2	82/85	70	14/10	19/40
Limitation for physical reasons	51/4	51/6	42/7	33/36	69/64	50/6	20/4	18/7
Physical pain	73/1	79/33	20/2	17/09	76/33	73/1	15/97	20/02
Limit for emotional reasons	53/20	53/60	19/47	19/29	58/66	54/20	21/14	37/52
Social action	47/26	42/53	10/76	13/89	51/14	42/53	11/59	13/89
Fatigue / vitality	50/06	51/93	18/07	19/03	56/81	51/14	18/21	11/59
Emotional problems	55/07	55/26	18/04	20/61	64/07	53/20	17/02	19/47

**Table 2. The results of multivariate co-variance analysis (MANCOVA) in two groups of testing and control in terms of the difference between pre-test and post-test scores of the variables of research**

exams	the amount of	F	Degree of freedom of hypothesis	Degree of Freedom of Error	Significance level	Quotient share
Pilot effect	0/851	35/572	4	25	0/000	0/851
Lambda wicks	0/149	35/572	4	25	0/000	0/851
Hatling effect	0/692	35/572	4	25	0/000	0/851
The biggest root on	0/692	35/572	4	25	0/000	0/851

In order to analyze the research hypotheses and the effectiveness of therapeutic therapy on people with lower quality of life (experimental group) and comparison with those who did not receive treatment during the treatment period (control group), multiple analysis of variance Variable variables were used with repeated measurements. The results of pre-test, post-test and follow-up scores are presented in Table 2. The multivariate analysis of variance analysis in Table 2 with the mean and standard deviation of student quality of life in Table 1 indicates that At the end of the treatment, the quality of the students' tastes compared to the control group significantly increased He has found.

### 4. Discussion and conclusion

The purpose of this study was to determine the effectiveness of theater therapy on the quality of life of students in Mashhad University of Medical Sciences. Findings of the total score of the quality of life questionnaire indicate that the total score of the subjects in the post test of the experimental group is significantly more than their pre-test. This result is consistent with the results of Zare and Shafiabadi (2006) and Dririan et al. (2009), which determined the efficacy of the therapeutic method for improving general health and emotional expression, which concluded that this method is effective on both variables. Also, according to Quang's (2003) research, the research showed that theater therapy as a group psychotherapy approach in solving individual problems, especially emotional drainage, anger control, and emotional conflict solving have yielded useful results.

Art has historically been used consciously and unknowingly for therapeutic purposes. Today, art can be healer, sedative, educator and coordinator (Safarzadeh, 2009). According to the results of these studies, therapeutic exercises can reduce the symptoms of physical activity and pain on the function of the subjects, reduce the need for the use of drugs, and in general improve their effectiveness and symptoms of the disease To control.

Aramiki has classified leisure as six types of socialization, participation in forums, play, art, vibrant activities and sedentary activities. Therefore, the lack of such leisure spaces that will make the students' leisure time efficient and effective will cause students to be dissatisfied with the academic environment and will lead to academic failure and a decline in their quality of life. Student's unfavorable work capacity can also be due to existing stresses that lead to impairment in judgment, reduced concentration and self-esteem, increased anxiety, and consequently depression and sometimes suicide. (Samadi, 2016).

The results of this research indicate that the function of tragedy and display is necessary for emotional and emotional stimulation for mental evacuation (Sozan, 2009). The method by which emotions, fears and emotions that are stimulated are mimicked. A subject can be recognized as a theater that has a direct and unique relationship with human emotions and can be able to change people's lives (Landy, 2006). Art makes it possible with a kind of artistic and artistic work to bring hardened inner experiences to the paper page and to see and express themselves in the mirror of the colors of the lines and other artistic tools (Ahmadi, 2011). The show can create distracting packages for observers and prepare a way to excite emotions (Nazeri, 2009). Moreno believed that it would have allowed the authorities to free themselves from the role of hidden motives and emotional states.

According to the present study, therapeutic therapy has been effective in impaired social function, which is consistent with the results of studies by Molavi et al. (2012); Aslani (2013); Sulaymannejad (2014); Dugan (2010). According to the results of these studies, theater therapy exercises are the treatment of communications that a person can reveal to them and tries to adapt himself to various parts of his life in the past, present, future (Apter, 2009). Varied theater therapy programs, while strengthening hearing and motor skills in various movements, are socially and emotionally effective and create a sense of safety and relaxation in a person.

According to research findings, since dormitory students reported quality of life and low levels of health, it can be stated that according to the social support mechanism, the positive effects of support

due to family presence and the consequences of lack of protection. The result of social isolation or distance from the family affects people's health directly. Social support also has a moderating effect, which actually has a direct health effect, but helps to alleviate the effects of acute and chronic nervous pressure on people's health. (Samadi, 2015).

The show makes the spectator calm down and diminishes the burden of her grief and psychological complexities, and relieves the drama theater and the soul (Marsick, 2010). Theater therapy is a group therapy approach in which prominent personality characteristics, interpersonal communication, conflicts, and psychological conflicts, as well as emotional and emotional disturbances, are monitored by special methods of presentation. Considering that in this study the effect of theater therapy on the quality of life of students has been shown, they should provide the ground for using these methods. Therefore, the findings of this research can be used to improve the quality of life of individuals and especially students.

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