Discussion of Utility of Group Consultation as Logo Therapy in Increasing Hope to Life and Decreasing Depression of Elders Women

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ABSTRACT
Elders face many crises since many reasons that could make them depressed and its outcome is hopelessness, decrease hope to life and irresponsibility. Logo therapy is a way to give meaning and hope to life and improve the quality of his own life by bringing motivation, goal and responsibility. Regard to increasing elders in societies, health cost will increase if depression happened; this research aim to define the benefit of logo therapy group counseling to decrease depression and increase hope to life of old depressed women. To do this, the researcher went to Jahandidegan club of Laleh park and between 38 elder ladies member, who were examined by Beck’s depression test and 70 questions of hope to life. 24 out of them were selected since their depression. Then they divided into 2 similar groups each one including 12 people, one group as control and the other group as case. 10 sessions of group logo therapy were performed for case group and finally both groups were examined again. Results have shown after attending group logo therapy sessions, mean points of depression decreased and hope to life increased. While mean points of control group was not changed significantly. This study showed group logo therapy is effective in decreasing depression and increasing hope to life in elder ladies. And also regard to result of 70 question of hope to life, this intervention is effective in decreasing hopelessness and increasing responsibility of old ladies.

INTRODUCTION

Elderly is an incredible destiny that occurs for all. With losing occupation, weak of powers and reduction of social and family functions in social identity, there are changes in family and social identity of the elders which is exposed to crisis [6]. The elders confront with problems and disorders in bodily, mental and social fields and the continuation of their life is so difficult. Increment of age and the said disorders expose man in the threshold of death. Depression is a reactions that the elders expose to death [24].

Desist from social interventions and losing social placement and convert to useless member caused to losing self-esteem between the elders. Thus, some of the theories believe that the best way for maintain mental health and avoidance from mental disorders like depression and hopelessee, is to be in activity from social point of view. Lacking acceptance by the others and social solicitation is important factors for mental diseases in this period that will be prevented by social participation [29].

The aging confronts humans with existence problems. They suffer from it in elders. It is possible to cause disease and mental disorder by confrontation with that subject. Elderly steps are related to personal maturity that the elder man comprehends meaning of life [47].

Existence treatment is as philosophical strategy and mental therapy which Logo Therapyis one of it as if Frankel started psychotherapy with directing on mental therapy as pupil of Freud, and then has been influenced by other philosophies and moved his approach [35]. Logo Therapy(Logo Therapy) is one of the well know treatments for existence therapy [32] logo therapy is derived from Greece word and means mind, reality, meaning and think which meaning is emphasized more by Frankel. Logo therapy is as Logo Therapyythat considers the existence of human and his need for finding meaning for life [35,15].

Logo therapy is Logo Therapy of the persons who suffer from anything in their life. Frankel believes that our tie disease is without meaning or existence vacuum and when it will be experienced people don’t busy with
their ordinary affairs. Logo Therapy is based on basics concepts like freedom, responsibility, values and searching meanings.

Based on Frankel idea, treatment performance is not the referred know the meaning of their life but we encourage discovering the meaning [35].

Logo Therapy is a suitable filed for existence difficulties and has operative capability by group consultation. Group Logo Therapy is a small world from real world of the participants who act and live in it. The members have three aims: obtain skill for be real with themselves, extension of insight than them and around world and clarify what help to their life and future [35].

This treatment suggests three methods for discovering meaning: firstly, perform valuable and suitable task, second, experience of high values in confrontation world and the ast variations in feedbacks [27] we don’t discover the meaning in our life but create it. The meaning of our existence will be appearing in what we decide to resist against it [20].

Miller defined hope to life as having motivation for health life, which is love and peace and friendship and accept all life aspects [26].

**Logo therapy Techniques:**

1. Change of insight: challenge think of the authorities
2. Paradoxical Intention: Arbitrary paging of disturbance factor and perform it
3. Hyper Reflection: neglect behavior or the symbol by the authorities
4. Logo Drama: suppose himself in situation of problem and express feeling and find the meaning for helping the others
5. The superior Meaning: help to the authorities for finding the suffer based on his belief

To reach a prestige is final aim of meaning therapy. The identity means to be honest and aware from self-existence and encounter with the limitations bond to meaning of life and the humankind [32]

As for social, economic and sanitary advances, scale of mortality is reduced and increases the life. Thus, average of age will be increased in different countries. For this, importance of destiny of the elders is necessary in society. It is predicated that elders population will be increased to up 10,000,000 people till 2021. [31]

In relation to it, Hassanzadeh [11] performed a research about relation between depression and meaningful life and showed negative relation between depression and meaningful life.

In another research by Fakar and Foroughan [29] in relation to effect of logo therapy on health level of the elder's women in Kahrizak elders hall upon 160 women, the results showed that based on findings, it was recognized that mental health of the elders has more than other women did not participate in these sessions and group consulting has influenced on restoration of mental health. Kamali [35], emphasized on elders health of women on group consulting and showed that this method is effective in increasing hope to life. Sheikh Pour 2006, consider discussing effectiveness of group consulting as logo therapy in increasing hope to life in disabled. The participants who were 16 people of disabled 25 to 30 years old selected between Bam earthquakes by randomly. Group session was lapsed as 8 sessions by duration 90 minutes at 2 months and after processing data, it was recognized that logo therapy was useful in increasing hope to life and responsibility but there was not difference between nihilism after group treatment. Rezaee [15], compared treatment group by intellectual-emotional- behavioral and reduced depression for persons who exposed to M.S Disease, and two methods are different.

Hezarvasei, tried to discuss increasing hope to life between women who exposed to chest cancer in Imam Khomeini Hospital with logo therapy. During two months, he holds group sessions with the patients and used existence treatment for increasing hope to life.

Lee 2006, considered logo therapy and overcome on daily affairs in elders. The elder's participants were divided in two groups 25 of witness and experiment. Logo therapy was performed for 5 weeks. Then, T test was performed and the results showed that experiment group had significant difference in self blossom and they had high skills in overcoming the problems. Briebart,G ibson, Poppitosr, Berg, considered discussing of mental interventions with emphasis on logo therapy and spirituality. In this research, low point was obtained from logo therapy and spirituality which is important method for confrontation to death. They believed that Treatment group caused to find logo therapy and spirituality between people. They applied existence concepts in education of logo therapy and encourage them to death [35].

Yalum and Vinorado, [17] performed mental therapy as group and increased their skill to confront with express the feeling and don’t overcome their feeling upon death, fears and their worry. Nagata, discussed effect of this method on bodily functions on the patients who had pains and the results showed the utility.

Baver and et al, discussed effect of psychoanalysis in the end of life with emphasis on spirituality. In this research, the people had low point in logo therapy, had lower skills than others. In this research, existence concepts were educated for awareness from death and blossom in life. The result is to suggest using Frankel logo therapy for persons who had mental problems and changed his life. Tojarvick performed a research named effect of treatment group in elder's women. The people were in ages between 65 to 81 years old who had
experimented with Beck depression test. Then, they were treated by group treatment during 10 sessions which the comparison of the results showed that they are in similar level and showed the effectiveness of treatment group on depressed women.

In current research, two hypotheses are discussed:
1- Group consulting is effective as logo therapy in reduce depression and nihilism between women
2- Group consulting is effective in the manner of logo therapy in increasing responsibility and hope to life between elders women

**Method:**
For reaching to the aims, the research used semi experiment method with use of pre test and post test with T1, T2 by sampling method.

In this research, with use of group logo therapy for elder's women of Jahandidegan health house of Laleh park in Tehran, dist.6, the situations were prepared that effect of reduction depression and hope to life increased.

Statistical society consisted of 90 of elder's women of ages 60 and up who lived lonely. After test, 24 were selected between 30 people who had the highest depression and divided in two groups named witness and experiment as randomly for experiment group, logo therapy sessions held for ten weeks and 60 minutes for every session and in the end of session, they were tested.

It is necessary to say during sessions, 2 people excluded from experiment group. Thus, 2 people were deleted from witness group by scale of depression at last; the results were analyzed on 20 people (two groups of witness and experiment).

**Research Tools:**
1. **Beck Depression Questionnaire**
   This questionnaire consisted of 21 depression symbols. The tests shall determine the emblem of 4 degree scales from zero to 3. The questions are pertaining to disability, feat, fault, motivation, insomnia and losing appetite.
   From the presenting the questionnaire since 1961, there performed measuring questionnaires and the results showed that the validity of these methods was 0.86%. Correlation coefficient was reported to M.M.P.E 0.76% personality, Hamilton depression test 0.71% and Zonk depression test 0.76%. The validity of data is distant from others [22].

2. **Hope to Life Questionnaire**
   This questionnaire consisted of 70 questions was prepared by Frankel logo therapy test. Every question has 4 scales which its minimum point is 70 and maximum is 280. This questionnaire was constructed by the researchers that its facial validity was confirmed by professors like Hashemian and Sanaee. This questionnaire was introduced on two groups of Master degrees students and teachers and was used in Bahra hezaro see of Khatam University. Coefficient was used by Kronbach alpha 0.89%. As for the contents, three points were considered:
   A- Points pertain to hope to life
   B- Point pertain to meaningful scale ( nihilism M16)
   C- Point pertain to scale of responsibility ( R17)

**Method for administration of logo therapy:**
Summary of logo therapy was performed on the elders:
First session: aim: mutual acquaintance each other and head and aware group and leader and their rights and identify the aims
   Homework: provide list of interests, ideas, values in which the people live
Second session: aims: acquaintance to interests and values of life and feelings and their emotions
   Third session: recognize emblems of depression and hopeless and question from logo
   Homework: write the story of his life and identify the most effective man in life
Fourth session: aim: receive main theme of sin in which hopeless lies
   Homework: identify his insight about elderly and provide list if life priority
Fifth session: aim: mean from life, acceptance freedom and responsibility
   Homework: recognize valuable factors in which lie in life
Sixth session: mean from valuable insights
   Homework: determine mental picture from death and mean of life in situations that you think about them.
Seventh session: aim: mean from discussion from death and life
   Homework: provide list of satisfactory memories and provide a lovely picture from self and his family who defines the good memories
Eighth session: mean from valuable experiences
   Homework: write endless sentences in expressing wishes, wants and trends
Ninth session: mean from dreams and hopes
Homework: think about his learning's in making group
Tenth session: aim: feedback and determine after test

Analysis data:
Since the hypothesis was different between two groups, for processing data, Covariance test was used which was calculated by SPSS software. Since data were located in the scale of distance were used average and deviation.

Findings:
In this section, firstly, descriptive information were divided in witness and experiment group and the hypothesizes were offered.

Table 1: Descriptive table for depression and meaningful points (nihilism) in two steps of pre and post test.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Groups</th>
<th>Numbers</th>
<th>Average</th>
<th>Deviation</th>
<th>Domain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nihilism</td>
<td>Pre test</td>
<td>Experiment</td>
<td>10</td>
<td>52/4</td>
<td>17/69</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>49/3</td>
<td>17/37</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Post test</td>
<td>Experiment</td>
<td>10</td>
<td>92/4</td>
<td>10/16</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>47/5</td>
<td>17/23</td>
<td>48</td>
</tr>
</tbody>
</table>

Beck depression
Pre test
Experiment | 10  | 27/3 | 10/01 | 31 |
Control      | 10  | 28/1 | 11/06 | 37 |
Post test    Experiment | 10  | 16/8 | 6/57 | 22 |
Control      | 10  | 28  | 10/25 | 35 |

As for the results, average of depression and meaningful points (nihilism) of women on experiment group was reduced and increased after logo sessions. In addition to, in average of depression and meaningful (nihilism) there was not significant difference point's related hope to life sessions

Table 2: Descriptive table for points hope to life and responsibility in pre and post test.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Groups</th>
<th>Numbers</th>
<th>Average</th>
<th>Deviation</th>
<th>Domain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nihilism</td>
<td>Responsibility</td>
<td>Experiment</td>
<td>10</td>
<td>40/3</td>
<td>12/26</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>40/9</td>
<td>11/66</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Post test</td>
<td>Experiment</td>
<td>10</td>
<td>60/4</td>
<td>3/97</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>39/9</td>
<td>11/15</td>
<td>27</td>
</tr>
<tr>
<td>Hope to life</td>
<td>Pre test</td>
<td>Experiment</td>
<td>10</td>
<td>143/9</td>
<td>38/3</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>143/1</td>
<td>37/33</td>
<td>93</td>
</tr>
<tr>
<td></td>
<td>Post test</td>
<td>Experiment</td>
<td>10</td>
<td>227/1</td>
<td>18/07</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>10</td>
<td>141/6</td>
<td>37/76</td>
<td>95</td>
</tr>
</tbody>
</table>

Table 2 shows that average of hope to responsibility and hope to life was increased between women. Also, average for said points was not different.

Before discussion analysis results and report of covariance, observance of Box and Lopen was discussed. Since in all variables the meaningful level was discussed, that is Box and Lopen test and meaningful level was calculated and value of F was greater than 0/05, thus it is confirmed that F is zero that is variables are equal.

In Box test with freedom degrees F= 7/97 and meaningful level 0/652, it is resulted that meaningful level is greater than 0.05, thus we conclude that model suggested is suitable.

Table 3: Summary of calculations of effects between tests.

<table>
<thead>
<tr>
<th>Source</th>
<th>Groups</th>
<th>Average</th>
<th>MEANINGFUL LEVEL</th>
<th>Effect</th>
<th>Statistical</th>
<th>Fault</th>
<th>Average</th>
<th>Freedom degree</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsibility</td>
<td>1</td>
<td>1849/3</td>
<td>53/15</td>
<td>0/001</td>
<td>0/79</td>
<td>1</td>
<td>14</td>
<td>34/79</td>
<td>20</td>
</tr>
<tr>
<td>Meaningful</td>
<td>1</td>
<td>7446/59</td>
<td>252/74</td>
<td>0/001</td>
<td>0/94</td>
<td>1</td>
<td>14</td>
<td>29/46</td>
<td>20</td>
</tr>
<tr>
<td>Hope to life</td>
<td>1</td>
<td>86 30551</td>
<td>154/2</td>
<td>0/001</td>
<td>0/91</td>
<td>1</td>
<td>14</td>
<td>198/13</td>
<td>20</td>
</tr>
<tr>
<td>Depression</td>
<td>1</td>
<td>462/45</td>
<td>76/36</td>
<td>0/001</td>
<td>0/84</td>
<td>1</td>
<td>14</td>
<td>6/15</td>
<td>20</td>
</tr>
</tbody>
</table>

Based on information derived from said table, the results are:
1- First hypothesis: logo therapy is effective on reduction depression of elder’s women. With considering scale of fault (personal faults) in depression and nihilism, meaningful level (0/001) was obtained and is smaller than 0/05. At last, we conclude that group logo therapy is effective in reduction depression of elder’s women and scale of this effect is 0/84 with statistical power of 100.
In addition to, group logo therapy is effective on reduction nihilism of elder women and scale of this effect is 0/94 with statistical power 100.
2. Second hypothesis: group logo therapy is effective in increasing responsibility and hope to life. With considering scale of fault, personal fault in hope to life and responsibility variables, meaningful level is 0/001 and is smaller than 0/05, at last, we conclude that group logo therapy is effective in increasing responsibility of elder women with statistical power 100 by 0/91.

Also logo therapy is effective in increasing responsibility of elder women and scale of this effect is 0/79 with statistical power 100.

Discussion and concluding:

As for the findings about first hypothesis, logo therapy is effective on reduction depression and nihilism on elder women which confronts to results.

Fakhar, Navavbinejhad and Forouhan [29], considered effect of group consulting in logo therapy on mental health of elders, Godvin and et al reported in their research the women who had depress after attendance in group treatment sessions had better status. Nabavi [38], considered effect of logo therapy on reduction depression, anxiety and anger between women who demanded divorce and concluded that logo therapy method was significant in reduction depression [38] also, group consulting was effective in reduction depression in research by Simontin, by narrative by Hezarosi, [42], and was effective in increasing hope to life, nihilism, between cancer patients. This hypothesis conforms to Tojarovick findings, which restore depression. What we can confer from these methods is that participation in group provides an opportunity for expressing feelings and emotions especially about death and discussion about life is so vital. During these steps, attendance in group treatment group with responsibility, encouragement and their potential. But this hypothesis did not conform to research by Hassan zadeh [11], Pourerbrahim and Rasouli [6] named effect of logo therapy on reduction depression and promotion of life of elders. They found that there is not relation between logo therapy and depression. One of the factors is so important is to use research tools and manner of holding sessions and leader them based on specifications which play role in this research.

In research by Hezars, Sheikh Pour [26] and Kamali [35], it was effective on nihilism of sample from cancer patients who exp is not exposed to cancer breast.

Based on second hypothesis, they showed that logo therapy is effective in increasing responsibility and hope to life between elder women.

In research by Hezars, Sheikh Pour [26] and Kamali [35] on responsibility of sample research (between the patients and the elders) was effective. Briart's research, Gibson, Popi and Brick who discussed mental interventions with emphasis on logo therapy and spirituality. They pointed that lower point was obtained between elders and reached to logo therapy and spirituality. They applied logo therapy for encouraging the patients in finding logo and aim of life and they suggested to doctors encourage to death.

In determination of the findings of reserach, we can cite that human selects reactions against suffers and difficulties and his environment. And no one helps. What stops human from this action is not suffer but it is logo of life and logo of life but finds in death and suffer.

The real result is that resulting and to be lapsing is from human's specifications and it is real factor with logo of life and mean of human is due to nature of human.

Elders women found that although don’t change the real facts of life but they learn to change methods confrontation to problems and react against suffer problems. In addition to it, they can discover logo between them with education of logo therapy and increase hope, motivation and health.

At last, when we find logo of life in our experiences, we can control anxiety emotions and gift logo and hope to life. Frankel's insight means to health of mental and in think system, there is a foundation insight and the nature due to logo is so strong that influence on human motivations and motivation due to logo is necessary in acute situations.

Applied Suggestions:
1. Offer educational courses as for elder's skills in regard to increasing and encouraging their responsibility
2. Hold educational sessions and courses for hope to life and reduce depression for staff
3. Apply group logo therapy in health house of country and its effect on quality of life

Research suggestions:
1. Discussion difference of use of group logo therapy in elders of men and women
2. Discussion utility if logo therapy in different ages

Limitations of Research:
1. Experiment group was selected between persons who had lower point for hope to life and cannot agency of all elders but they have persons who have hopeless and nihilism.
2. Experiment group are selected between people retired thus, it is not included for all.
3. Other limitation is that selection is depended on women elders and don’t respond to men group.
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