

Effectiveness of Iranian Islamic positive treatment on psychological wellbeing and psychological distress of secondary high school female students

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Introduction

Enjoying mental health can improve the students' educational performance as one of the basic factors in their success. Therefore, the present study was conducted to investigate the effectiveness of Iranian Islamic positive treatment on the psychological wellbeing and psychological distress of secondary high school female students.

Method

This is a quasi-experimental study with pretest, posttest and control group and two-month follow-up. The statistical population of the present study included secondary high school female students in academic year 2018-19. 30 secondary high school female students were selected through non-random purposive sampling method and assigned to experimental and control groups (15 students in the experimental group and 15 students in the control group). The experimental group received Iranian Islamic positive treatment in eleven seventy-five-minute sessions during three months. However, the control group was waiting to receive the intervention and did not receive this treatment during the research process. The applied questionnaires in this study included the Scale of Self-Examination of Practical Obligation to Islamic Beliefs (Navidi, 1997), Psychological Wellbeing Questionnaire (Ryff, 1989), and Psychological

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Distress Questionnaire (Kesler, 2003). In this research, two levels of descriptive and inferential statistics have been used to analyze the data. At the level of descriptive statistics, mean and standard deviation and at the level of inferential statistics, analyses of variance with repeated measures were used to test the research hypothesis. The data from the study were analyzed through repeated measurement ANOVA via SPSS23 software.

Results

The results showed that Iranian Islamic positive treatment has significantly influenced the psychological wellbeing and psychological distress of secondary high school female students ($p < 0.001$) in a way that this psychological package was able to lead to the improvement of psychological wellbeing and decrease of psychological distress in secondary high school female students. The effects of this treatment on psychological wellbeing and psychological distress of female students were 0.38 and 0.54, respectively. As the result, the mean of the experimental group in these two stages is significantly different from the mean of the control group.

Conclusion

It is clear that psychological interventions can show their effectiveness if they can respond to the basic needs of the psychological problems of the people of our country in the cultural and indigenous context. The interventions based on positive psychology are among the interventions that can be localized. They refer to the cultural needs of our country. They have the indigenous potentials to increase the effectiveness of treatment which can lead to greater effectiveness and sustainability of therapeutic achievements.

Keywords: Iranian Islamic positive treatment, psychological wellbeing, psychological distress, female student

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