

## The Effectiveness of the Native Package Based on the Ancient Persian Literature of Forgiveness on Self-Differentiation and Emotional Safety of Adolescents Attempting Suicide

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### Introduction

The aim of the present study was to determine the effectiveness of the indigenous package based on ancient Persian literature on forgiveness on the differentiation and emotional safety of adolescents attempting suicide. One of the social problems of today's societies is suicide, which worries the family, society, and statesmen. Based on this, much research has been conducted by researchers in the fields of psychology, social sciences, and mental health because the statistics published by the World Health Organization and the health organizations of the countries are very worrying and show an increase in suicide among young people.

### Method

The research method was quasi-experimental, with a pre-test, post-test and follow-up with the control group. The statistical population included all adolescents in the age group of 16 to 18 years who attempted suicide in Isfahan, and the sample size included 30 people, 15 of whom were randomly selected in the experimental group and 15 in the control group and selected by the available sampling method. An indigenous package based on ancient Persian literature of forgiveness (based on poems by Ferdowsi, Nezami, Khayyam, Molavi, Saadi and Roudaki) was implemented for adolescents who attempted suicide in the experimental group (in 8 sessions). Measurement tools included the 13-item Emotional Safety Questionnaire of Casey Family Service Center (2007) and the 46-item Differentiation Questionnaire of Skowron (2000). For data analysis, a covariance analysis test with repeated measures was used.

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## Results

The results showed that there was a significant difference between the mean scores of differentiation post-test and emotional safety of adolescents attempting suicide in the experimental and control groups. In explaining the findings of the research, it can be said that in the poem there are emotions and emotions such as sadness, happiness, anxiety, hope, despair, nostalgia, and surprise, which arise from the mental and mental states of the poet, and the poet tries to convey them to the audience as they are and based on the theory of the emotional-emotional life of the Eastern man, which defines the emotional-emotional states of each person as a result of his emotional-emotional education and considers it necessary to know his own emotions and emotions. In the noble Persian poetry and ancient literature, these emotional-emotional aspects are well taken into consideration and easily affect the emotional-emotional characteristics of the audience. The attention of poets of ancient Persian literature, such as Ferdowsi, Nizami, Khayyam, Molavi, Saadi and Rudaki, to the emotional-emotional components of human beings has caused them to choose a specific model for the emotional aesthetics of their poems.

## Discussion

In the therapeutic atmosphere of a non-threatening atmosphere, along with unconditional positive attention to express the feelings of anger and resentment of others, the researcher has provided an opportunity for the teenager to complete the incomplete gestalts. Unhealed emotions were released, and the adolescent's psychological defenses were broken. Therefore, the adolescents of the experimental group were able to find out that revenge and malice are useless, and this was the beginning of their cognitive processing of the incident. During this cognitive processing, they were able to review their role in the loss of this relationship, to be guided from only paying attention to the mistakes and weaknesses of others, and to face the essence of their existence. Become the main ones who make mistakes and, at the same time, are valuable with a feeling of shame and guilt, thus they can live more calmly, and by maintaining their mental health, they have a greater sense of emotional safety.

**Keywords:** Adolescents, differentiation, Emotional safety, forgiveness, indigenous package, Persian literature, suicide

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