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Orginal Article

Comparison of the Effectiveness of Self-determination Skills Group Training and Islamic Quality of Life Group Training on Perceived Social Support and Psychological Well-being

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Abstract

In recent years, psychologists have emphasized the significance of spirituality in psychological treatment, arguing that neglecting this dimension can reduce therapeutic effectiveness. For individuals with a strong religious background, spirituality is often best achieved through their religious beliefs. Divine religions, particularly Islam, offer practical guidance for connecting with the infinite being. This study aimed to compare the effectiveness of self-determination skills training and Islamic quality of life training on perceived social support and psychological well-being among primary caregivers of chronic mental patients in Borujen city. The research was applied in nature and utilized a semi-experimental design that included pre-tests, post-tests, follow-ups, and a control group.The statistical population consisted of 550 primary caregivers of chronic mental patients covered by welfare and rehabilitation centers in Borujen. From this population, 60 caregivers were selected using convenience sampling and randomly assigned to two experimental groups—one receiving self-determination skills training and the other receiving Islamic quality of life training—along with a control group.The research instruments included the Multidimensional Scale of Perceived Social Support and the Psychological Well-Being Scales. Interventions were conducted over three months, consisting of 19 sessions, each lasting 90 minutes. One group received training on self-determination skills (Field & Hoffman, 2012), while the other underwent Islamic quality of life training (Seifi et al., 2015). After the intervention, all participants completed the questionnaires again (post-test), and the same procedure was repeated two months later for follow-up.Data were analyzed using repeated measures ANOVA with SPSS-22 software. The findings

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indicated that both self-determination skills training and Islamic quality of life training significantly improved perceived social support ($\eta^2 = 0.66$, $P < 0.05$), with Islamic quality of life training showing greater effectiveness. Similarly, both interventions significantly enhanced psychological well-being ($\eta^2 = 0.12$, $P < 0.05$), with Islamic quality of life training demonstrating higher effectiveness compared to self-determination skills training.

Keywords: Islamic quality of life, perceived social support, psychological well-being, self-determination skills

Extended Abstract

Introduction

Today, psychologists have come to the conclusion that treatment without considering spirituality will not be effective. But it should be noted that for people who have understood religion and its position, acquiring spirituality is achieved more reliably through religion. Divine religions, especially Islam, provide practical recommendations for human connection with the infinite being in every way. The purpose of this research was to compare the effectiveness of self-determination skills training and Islamic quality of life training on perceived social support and psychological well-being of primary caregivers of chronic mental patients in Borujen city.

Method

This research was applied research, and in terms of method, it was semi-experimental with a pre-test-post-test-follow-up plan and a control group. The statistical population included all the main caregivers of chronic mental patients in Borujen city, under the supervision of welfare and rehabilitation centers of Borujen city, whose number is 550 people. In this research, 60 primary caregivers of chronic mental patients were selected using the available sampling method and then randomly assigned to two experimental groups (self-determination skills training and Islamic quality of life training) and a control group. In order to carry out the research in the first stage, the necessary coordination was made with the General Welfare Department of Chaharmahal and Bakhtiari Province. The necessary permission to implement the program, i.e. the self-determination skills training program and the Islamic quality training program and the implementation of two questionnaires including perceived social support and psychological well-being, was received; Then, in the pre-test phase, questionnaires of perceived social support and psychological well-being were administered to all three

groups, then in a three-month intervention for 19 90-minute sessions of an experimental group, a training package of self-determination skills (Field & Hoffman, 2012) and training Islamic quality of life (Seifi et al., 2015), and after the interventions, the participants of all three groups answered questionnaires of perceived social support and psychological well-being (post-test). Finally, after two months, the aforementioned questionnaires were collected from the research participants. Research tools included the multidimensional scale of perceived social support and psychological well-being scales. Data analysis was done with the method of analysis of variance with repeated measurements using SPSS-22 software.

Results

The results showed that the effectiveness of self-determination skills training and Islamic quality of life group training on increasing perceived social support was significant ($P<0.05$) and the effect size was 0.66, respectively, and the effectiveness of Islamic quality of life group training was more than training was self-determination skills. Also, the effectiveness of self-determination skills training and Islamic quality training on increasing psychological well-being was significant ($P<0.05$) and the effect size was 0.12, respectively, and the effectiveness of Islamic life quality training was more than self-determination skills training.

Discussion

The group methods of teaching self-determination skills and the quality of Islamic life have a significant effect on the level of perceived social support and psychological well-being. Teaching self-determination skills and Islamic quality of life increased perceived social support and psychological well-being of caregivers of chronic neurological and mental patients. Also, the effectiveness of Islamic quality of life training on perceived social support and psychological well-being has been higher than the effectiveness of self-determination skills training.

Keywords: Islamic quality of life, perceived social support, psychological well-being, self-determination skills

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