



The effectiveness of resiliency training on rehabilitating addicts' social compatibility and marital satisfaction

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ABSTRACT

The present study aimed at studying the effectiveness of resiliency training on social compatibility and marital satisfaction of rehabilitating addicts. The population of the study included 120 rehabilitating marital addicts who have come to addiction- leaving center of Astaneh city in months of Mordad, shahrivar and mehr in 1391. Among 85 addicts who have filled the questionnaire form, forty nine of them had low social compatibility and marital satisfaction scores. Among these addicts 30 people have been selected randomly and placed in experimental and control group in a simple random state (fifteen in and group). Resiliency has been trained to experimental group during ten seventy-Five- minute sessions and both groups refilled out the questionnaire. By using covariance test the hypothesis of the study have been tested and the results of study showed that resiliency training influences on social compatibility and marital satisfaction of rehabilitating addicts. The present study reflects the fact that resiliency training can provide useful and new strategies in increasing the social and familial compatibility of rehabilitating addicts.

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Introduction

The scientific study of addictive behavior began around 1930 AM. Before this, scientists had studied the nature of addiction with great sufferance and under the shadow of powerful fictions and wrong beliefs. Moreover, it was supposed that people using drugs had faulty conscience and lacked will power.

The primary efforts for preventing and curing drug dependency focused on avoidance or overcoming negatives behaviors and conditions. According to this attitude and by consideration of all risk factors, it can be predicted that people less subject to risk factors encounter with positive outcomes and those more subject to risk factors will face with negative outcomes. Although experimental evidence supports the preceding pattern, some studies have shown that a number people who are subject to risk factors faced with negative outcomes less than others, even in some of these areas they have shown impressive progress, this is called resiliency. Resiliency is exactly against vulnerability. Garnezy and Master (1999) has defined resiliency as a process, capability or outcome of successful compatibility with stressful and challenging conditions. On the other hand, resiliency is capability of a person in making a psycho- biological balance in difficult conditions (Conner and Davidson 2003). Moreover: Mc cubbin (1996) has delivered a similar definition of resiliency which means successful coping of a person with stressful and harsh situations. According to Tiet (2002) resiliency focuses on some groups of people subject to risk factors but they encounter less negative outcomes and even they may gain some positive outcomes. Also, vulnerability can be used for people affected by negative outcomes or prevented to gain positive outcomes; although, they may not subject to risk factors.

Resiliency can adjust stress levels and disability in stressful conditions and lead to increase in life satisfaction. psychological

resiliency is defined as a dynamic adjustment and compatibility with bitter and horrible experiences in life. (Benard, 1995).

Rutter (1990) defined resiliency as individual differences in reaction to and confronting with different situations. By training of the resiliency features, prevention and cure take second dimension which reinforce positive characteristics of people to increase power decision making and compatibility of them with environment.

Factors cause person despite of difficult conditions and dangerous factors use available capabilities to grow and success in his life. Moreover; these challenges and tests can be used as an opportunity for empowering himself and overcoming challenges successfully (mohtasham, 2008 quotedby moharramazadeh, 2009). Resilient individuals are more adjustable to tough situations.

Compfer (1999) believed that resiliency is returning to initial balance or achieving to higher level balances in threatening conditions, thus it leads to successful adjustment in life.

Compatibility is a connected process in which social learning experiences of a person leads to some psychological needs and it provides some conditions for enabling him to gain some skills which through them he can satisfy his needs (Goodstein and Lanyon, 1995).

Compatibility of human has two dimensions: Compatibility with himself and his inner environment and Compatibility of human with others and outer environment. Within these two inner and outer environments human must adapt himself like two sides of a coin which have very close and complicated relations. Unfortunately many of human's needs and demands cannot be met easily and it sometimes needs a lot of efforts and activities which may be fruitless in some cases. Even it may leads to fiasco and deprivation.

The main issue is how human can adjust himself with consequences of fiasco and failure to satisfy the requirements.

Definition of resiliency is the capacity of returning from continuous and consistent difficulties and ability of self-restoration which can help human passes horrible events victoriously. And also, despite of subjecting to severe tension, he can improve his social, educational and occupational competence

Ghasem Nezhad,(2008) (quotedby moharrmazadeh,2009). explained the definition of compatibility and marital satisfaction and declared that compatible couples are those who have high degree of agreement, satisfy with type and level of relationships, satisfy with type and quality of spending leisure time and can manage their time and financial issues. For many people, satisfaction from marital relations is the most important source of satisfaction even more impotent than other resources such as Job, friends and even children.

(Glan & Viover 1981 quoted by Rasoli, 2001) and Shufer and Shooben (1972 quoted by khodayari fard at. El , 2002) believe that compatibility is organism in tension for changing his own activity in line with adaption to environment which in deed is a reaction to changes of environment.

This property provides interaction and compatibility of the person with other people and value structures. It is a kind of social skill which provides links and relations with others and value aspects of society that he lives in that society.

Brown (1965, quoted by dubra, toner and Rumano, 1993) Social compatibility is a flow that through which relations among people, groups and cultural elements has been established in a satisfactory status. On the other hand relations between people and groups should be in a way that provides mutual satisfaction. The smallest society in which people has mutual interaction is the family.

Family is the foundation of a humanitarian community and plays an important role in strengthening social relation, growth and excellence of each of the member of society. Family is the main focus of norms, traditions and social values and the firm foundation of social links and family relations. Marriage is important element of the common life.

If marital relations are healthy, the family structure will be healthy too, and the function of family members will get its idealistic level. Marital relations based on equality of a couple is a kind of efflorescence.

Many researches have indicated that the couples who have lived together for a long time, are able to regulate their emotions and excitements against problems and difficulties, they also experience a better satisfaction. Marital satisfaction means adjustment between expectation of an individual and what he experiences in his life.

Madanes, (1981 quoted by Ghorbanalipour at el. 2012) declared that satisfaction is an attitude element. So, it is an individualistic feature of the couple. According to fore mentioned definition marital satisfactions is, indeed, a positive and enjoyable attitude which the couples have about different aspects of their marital relations (Ameri, 2002).

The research about communities skills and marital satisfaction done by Ibrahim and Janbozorgy (2008) showed that extant that communicative skills increases marital satisfaction will increase, too.

Antonovsky (1987) and Lazarus (2004) have concluded that reducing the individual resiliency against life events is accompanied by a kind of stress, anxiety, or depression. This finding is in line with findings of Basso (2004) and harmrat at el. (2001) which have reported dissatisfaction about life after these feelings. (samany, 2007).

In terms of aforementioned statements, this study is going to answer the following questions.

Main question:

Does teaching resiliency affect on social compatibility and marital satisfaction of rehabilitating addicts?

1. Does teaching resiliency affect on social compatibility of rehabilitating addicts.

2. Does teaching resiliency affect on social marital satisfaction of rehabilitating addicts?

Hypothesis:

Main hypothesis:

Teaching resiliency affect on social compatibility and marital satisfaction of rehabilitating addicts.

Method:

The method of present study is experimental and the design of it is pre-test post-test and control group shown in the following diagram is also included.

ER	T1	x	T2
CR	T1	---	T2

Population and sample of study:

The population of study included 120 married addicts who were quitting their addiction by methadone-therapy method in addiction-quitting center of Astaheh city in the months of mordad, shahrivar and mehr.

Sample of the study included 30 married addicts who were quitting their addiction by methadone-therapy method in addiction-quitting center of Astaheh city in the months of mordad, shahrivar and mehr. Fifteen of them were in control group and the same number in experimental group. Experimental group received resiliency training once a week for ten weeks and each session lasted 75 minutes, and the control group received no training. After this training period, questionnaires of the study were filled out by both groups.

Instrument

The questionnaires of social compatibility and marital satisfaction used as instruments of the present study.

Social compatibility scale:

The social compatibility scale is designed as a scale for evaluation of chemotherapy and psychotherapy of depressed patients. Nowadays, this scale is used for evaluation of compatibility of patients and healthy people widely.

Theoretical basis and contents of used expressions in this test extracted from structured interview scored by Gerland used for non- compatibility evaluation and the primary experimental study done by pike and visa (1999).

This questionnaire includes 54 questions which testes can answer 42 questions in terms of their own conditions.

For obtaining the general score of a testee, the score of all questions added and divided by the number of questions he replies. The higher score shows that testee is not socially compatible.

The scores of self- evaluation and the social compatibility interview scale version for 76 depressed patients have 72 percent correlation. Correlation was ranked from 40 percent to 76 percent for different parts.

Anrich's questionnaire of marital satisfaction:

This questionnaire has been used as valid research instrument in many studies.

Alson et al. (1998) have used this questionnaire for investigating the marital satisfaction. He believes that this scale relates to changes happen during human life, more over; it is sensitive to changes that happen in family in this regard.Each

issue of the questionnaire is a bout one important theme of common life.

This questionnaire included five choices (liker scale) which are; completely agree, agree, not agree not disagree, disagree and completely disagree. Each of alternatives is graded from one to five. The original version of questionnaire includes 115 questions but in this study a version included 47 questions is used.

The validity of this form was 92 percent by using Alfa coefficient method done by Alson et al. (1998)

Resiliency trading program presented to experimental group:

Resiliency training package includes emotional social and cognitive components which each of them involves different instructional sub- sets.

Emotional component consists of exciting management and recognition which are instructed to testees in order to discover appropriate situations for expressing their excitement.

In sum, the purposes of these sessions include:

First session: getting familiar with concepts, structure, process, method of execution and homework.

Second session: Recognition and control of the emotions.

Third session: The methods of training and increasing the levels of sympathy, humanistic behavior, participation, support, acceptance, regarding and consolation were instructed.

Forth session: Two expressions of autonomy and self-resiliency were introduced. Autonomy is a component which a person can postpone instant pleasure for gaining subsequent goals. Self- resiliency refers to parsons' abilities in compatibility, flexibility, adaptation of needs in different conditions.

Fifth session: the ability of forming a positive relation and its retention and the capability of establishing verbal or nonverbal influential relations are discussed.

Sixth session: sense of humor and effective collaboration has been instructed.

Seventh session: sense of self perception and self-effectiveness were taught.

Eighth session: meta-cognitive, problem solving, investigation of negative thought cycles and instruction of effort for growth of positive attitude were instructed.

Ninth session: searching about tradition preservation, religious or spiritual expectation and future goals were talked about.

Tenth session: it was the last session of establishing the acquired abilities during sessions and involved integrating of emotional, social and cognitive resiliency with in the participants.

Statistical data analysis method:

For data analysis and testing related statistical hypothesis the following statistical method were used.

Statistical characteristics of all questionnaires are determined by descriptive statistical methods (mean, standard Deviation and diagram). In order to study the effects of components of resiliency on a social compatibility and marital satisfaction covariance formula is used. Since the design of study was pre-test and post-test and involved control group, the best method for analyzing data was multivariate covariance. (Khalatbari, 2006).

Findings: in this study, for testing hypothesis multivariate co- variance (man ova) is used.

Main hypothesis:

Resiliency training affects on social compatibility and marital satisfaction of rehabilitating addicts:

Before applying multi- variant covariance analysis, it needs to investigate the hypotheses.

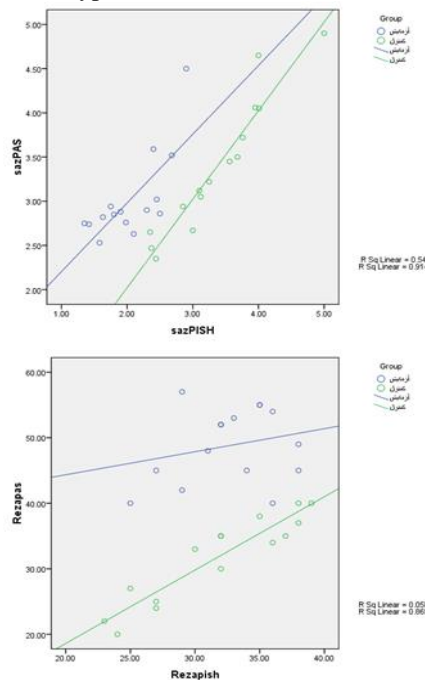


Diagram 1. Linear relationship between dependent variables

As the above diagram shows the condition for linear relationship between dependent variables exists. On the other hand, the slope of regression lines is almost parallel and also the condition of homogeneous regression exists, so the application of Mancova test is not inevitable.

Table 1: Box' Test for checking homogeneity of matrix.

s MBox	5/21
F	1/61
Df ₁	3
Df ₂	1411/5
Sig	0/19

As the Box's test indicates, the condition for homogeneity of matrix variance and covariance exists since $\text{sing} = 0/20$ and $f(3, 1411/5) = 1/61$ is not meaningful.

Table 2: luen test for checking the homogeneity of variance

Variable	df2	df1	F	Significant of study
Social compatibility	28	1	3/32	0/08
Marital satisfaction	28	1	2/33	0/14

Loon' test is used for checking homogeneity of variances.

As the preceding table shows the significant level of all calculated F is more than $P > 0/05$, so differences of variances are not statistically meaningful and homogeneity of variances exist. Therefore, according to obtained results, multi- variant co - variance analysis can be used.

Table 3: The statistical characteristics of dependent variable

Dependent variable	Group	Mean (pre-test)	Mean (post-test)	S.D
social compatibility	experimental	2/97	3/02	0/52
	Control	01/3	3/39	0/77
Marital satisfaction	experimental	30/45	32/67	3/91
	Control	31/23	31/66	5/46

Table 4. The statistical characteristics of dependent variables

Dependent variable	Group	Mean	S.D	Sample mean 95% certainty	
				high	Low
social compatibility	experimental	2/74	0/118	2/5	2/98
	Control	67/3	0/118	3/42	3/91
Marital satisfaction	experimental	35/82	1/41	32/92	38/73
	Control	28/51	1/41	25/61	31/42

As it is shown in 4-4 table, after adjustment of control and experiment post- test scores in social compatibility and marital satisfaction, the differences between them were revealed. For checking whether these differences are statistically meaningful or not and to see these differences are because of instruction or not Benfroni corrective Moncova analysis were applied .

Table 5. The test of effect size based on wilk's Lambda.

Sig	Effect size	DF of error	DF	F	Value	Effect
0/492	0/001	25	2	12/09	0/508	Wilk's Lambda

As it is observable from preceding table, the effect of resiliency training on social compatibility and marital satisfaction of rehabilitating addicts in one combined variable is statistically significant.

It means that resiliency training has been effective on social compatibility and marital satisfaction of rehabilitating addicts and shared squares of 49 indicates a very high degree effect intensity. Effect size which is more than (0/14) is a high effect size.

First sub- hypothesis:

Resiliency training affects on social compatibility rehabilitating addicts.

Table 6. The result of resiliency training effect on social compatibility test

Effect size	Sig	F	MS	D.F	SS	Source of changes
0/43	0/001	19/81	1/85	1	2/85	Social compatibility
			0/093	26	2/42	Error

According to results shown in preceding table, resiliency training influence on social compatibility of rehabilitating addicts with $f(1, 29) = 19/81$ and $P < 0/001$, Therefore, we can conclude that the hypothesis of study which is effect of resiliency training on social compatibility is confirmed. Share square which is 0/43 indicates a high degree of intensity.

Second sub-Hypothesis: Resiliency training on marital satisfaction of rehabilitating addicts.

Table 7: the results of Resiliency training effects on marital satisfaction

Effect size	Sig.	F	MS	D.F	SS	Source of changes
0/25	0/007	8/63	115	1	115/83	Marital Satisfaction
			13/43	26	349/06	Error

According to the results shown in above table, Resiliency training affects on marital satisfaction of rehabilitating addicts at $P < 0/1001$ and $f(1, 26) = 8/63$. Therefore, it can be concluded that the hypothesis which indicates the resiliency training effects on marital satisfaction is confirmed. Share square is 0/25 which indicates a high degree of intensity.

Discussion and Results:

The present study aimed at studding the effectiveness of resiliency training on social compatibility and marital satisfaction of rehabilitating addicts. The result of the study indicates that resiliency training effects on social compatibility and marital satisfaction of rehabilitating addicts. The result, of this study is in line with researches done by lobomersky et. Al (2008).

More overs it is determined that resiliency training affects on social compatibility of rehabilitating addicts. The result of the study is in line with finding of researches done by kumpfer (1999), Lasting , Rozntal , Atras and Herz (2000), kalantar hormozi (2009), Koroly et. Al, (2003), kurdieh, hall and pearson (2005), Hogan (2005), Atorez and rutter (1990) and verner and smith (1992).

In addition; the results of study shows that resiliency training influences on marital satisfaction of rehabilitating addicts. The findings of this study is consistent with results of studies done by Pour Sardar(2012), Khalatbary and Bahery (2010), Hamat et al.(2001), Friborg et al. (2006) and Momeni and Majzobi (2011).

According to psychosocial theory of Ericson introduced as an emerging theory, Human capacity in association with surrounding is constantly changing and human's character is in evolution and formation till oldness. Conflict is ever-present in human life and people encounter with it in various forms.

Ericson (1975) believes that if a person doesn't know himself clearly and certainly, it will be impossible for him to interact intimately with others. If a person wants to have a favorable compatibility in the society and to preserve the relationship with others at an acceptable level, he should have an appropriate performance in his own family which is the smallest social environment. the most important relation in the family is marital relation of couples, because at first it helps to have inner- family peace and to gain compatibility and serenity in social environment, moreover; according to Bandora's observational learning theory , it causes their children to be trained in way that they feel secure and calm. They will have a good compatibility in the society and with their forthcoming family.

In addiction disease both family and social factors are interfered since fragility of family base is one of the most important factors of addiction. When family disputes and marital crisis deteriorate the sense of security addiction turns up; moreover, there is direct relationship between unfavorable social conditions and narcotic drug consumption. And whenever a parson cannot put in the existing conditions, he may turn to narcotic drugs(Asadi, 2003).

Therefore; if social and family status of an in habilitating addict does not change , efforts will turn to nothing, so it can be concluded that for increasing social compatibility and marital satisfaction of a person the autonomy, self- competency, social competency, optimism , empathy or indeed the his resiliency must be improved.

Letzring and block (2005) have defined the resilient person as one who is sentimentally calm and can challenge against Horrible and uncomfortable conditions.

Garmezy and matsen (1999) had defined resiliency as a process, capability or as a consequence of successful compatibility with stressful or challenging conditions.

According to conner and Davidson (2003), resiliency means ability of a person in making psycho-physiological balancing in

difficult conditions. Also resiliency is the successful overcoming of stressful factors and harsh conditions.

As we know a person, who has just quit addiction and is passing the primary steps of improvement, challenges with many physical, physiological and mental problems, and in this time personal capabilities of a person help him to retrieve his social and familial lost situations.

The addict who has lost his abilities, social and familial authorities, as a result of narcotic drug use, instruction of some abilities within some regular and purposeful session can be useful.

As the results of this study shows increasing resiliency can affect on social capability and marital satisfaction of rehabilitating addicts.

Iyubomirsky et. al (2008) have done a research based on instruction, practice of improving components of resiliency and welfare discovered that happiness interventions influences on positive emotions, positive thought and positive events can help the person to gain resiliency when he encounters with disasters and returning to negative experiences.

This procedure can occur because of three mechanisms. First, emotions such as enjoyment, satisfaction and interest which lead by positive intervention can cause mental break for people encountering with stress and help them to perceive a magnitude image of their situations. Thus negative or even abusive conditions can be less onerous and less effective on the whole area of life (Iyubomirsky et. Al, 2008). Moreover, Kordich-hall and Pearson (2005) believe that resiliency will cause improvement in relation with others and will lead to happier relations which both factors will lead to improvement in social relations, better compatibility in the society and improvement in marital relations. Moreover; Kalil (2003) based on his research concluded that resiliency of people will reduce by decreasing dangerous factors, reducing people's exposure to these factors and increasing compatibility, and putting in with stress; in addition, it reinforces supportive family affairs, reinforcing self-esteem, and self-sufficiency.

As studies have shown increasing resiliency can improve social relationship and inter-relationship with others and can increase self-respect and self-esteem, so Tugade and Fredrickson (2004) and Carle and Chassin (2004) have found in their researches high levels of compatibility can help a person to use the positive emotions and affection to overcome unfavorable experiences and return to favorable condition.

As the studies show increasing the level of resiliency has direct positive relationship with increasing satisfaction from life, mental health and welfare which these variables can lead to satisfaction in marital relationship. Samani (2006) has found that since resiliency cause decrease in emotional difficulties, it can lead to life satisfaction. The effect of resiliency on satisfaction from life is indirect. Moreover; Iyubomirsky et al. (2000) have done a research based on instruction and practice of improving resiliency components and welfare. He discovered that happiness intervention and resiliency that influence on positive emotions, positive thought and positive events can help the person to gain resiliency when he encounters with disasters and returning of negative experiences. It can also contribute persons to be more consistent and to have more satisfaction of marital life.

Seligman et al. (2005) and Sheldon and Iyubomirsky (2006) have shown that positive psychological intervention and some practices during intervention have an important effect on psychological improvement and welfare. So by using such

strategies life satisfaction and positive behavior of these people improved.

Therefore; according to findings of present study it can be suggested that as many addicts prefer to quit addiction by participating in group sessions then other method, participating in structured meetings can be very helpful in better social and marital relationship. It will also be more helpful, if it is held in addiction treatment clinics.

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