



Effectiveness of Group Therapy Based on Choice Theory in happiness of Male Addicts Treated with Methadone Maintenance in Yazd, Iran

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Abstract

This study aimed to investigate the effectiveness of group therapy based on choice theory in the happiness of male addicts treated with methadone maintenance in Yazd, Iran. The statistical population included all 80 Male addicts treated with methadone maintenance at Clinic of Yazd in 2015. A group of 30 addicted males was selected as sample through convenience sampling method. They were placed randomly in two groups of test (N=15) and control (N=15). The independent variable was group therapy based on the choice theory, which was performed through training the experimental group in eight sessions. The dependent variable was happiness over addict males evaluated using Oxford Happiness Questionnaire (OHQ). The results suggested that group therapy based on the Choice Theory improved happiness over male addicts treated with methadone maintenance ($P>0.01$).

Keywords: Happiness; Choice theory; Group therapy; Male addicts

Introduction

Addiction, Or Dependence on narcotic substances, is a chronic relapsing disorder which Has Deep Social, Psychological, Somatic and Economic Effects. It not only does ruin the personality, but also imposes heavy costs on individuals, family and the society. In Iran, substance abuse is recognized as the most important and widespread preventable Sanitary threat [1]. Addiction To substances is conceptualized as follows: the end point; the lack of Progressive Control On behavior, Obsessive Consumption of substances And the Continuation of such behavior despite their unfavorable consequences. Addiction might be accompanied with a failure of control over maladaptive incentive habits [2].

Happiness is one of human needs, occupying human mind as a result of its major impact on people's lives. Happiness is considered among essential natural primary needs of human being and can be imagined among the most important factors of social and family health. The spirit of hope, triumph and progress exists in the light of a happy life [3].

"Being happy" in English might be applied in two senses: One is

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the "jubilation" Where positive emotions at present are considered; however, its second meaning is happiness and felicity. In the latter sense, happiness is synonymous with contentment and life satisfaction. What is mentioned in the positivist psychology seems to be the very second one [4].

Cited from Aristotle, Khatib regarded happiness to be brought about by being nice, doing good deeds and living under its shadow [5].

Happiness

Happiness is being at a happy state, elation or other positive emotions. In other words, it is being satisfied with one's own life. It is believed that there is a third component of lack of depression, anxiety or other negative emotions besides the other two components of positive emotions and satisfaction [6].

Happiness is an independent structure composed of three main components of feeling happy, life satisfaction and lack of negative emotions such as anxiety and depression [7].

Choice Theory

According to the Choice Theory, proposed by Glasser, whatever we do is our behavior all of which arising from our inside and have a certain purpose. Each behavior wants to fulfill one of the five basic needs (i.e. survival, love & Belonging, power, freedom, fun). According to this theory, when people cannot meet their needs, they do something; that is, they choose a certain behavior or action so that they might just be able to do so. This theory also explains how we, as human beings, choose to achieve what we want [8].

There is a Relationship between The Effectiveness of Group Therapy Based on Choice Theory and the happiness of Male Addicts Treated with Methadone Maintenance.

Methodology

This research is an applied and descriptive-correlative one in the purpose and conduct or data collection, respectively. The statistical population included all 80 Male addicts treated with methadone maintenance at Addiction clinic of Yazd. A group of 30 addicted males was selected as sample through convenience sampling method. They were placed randomly in two groups of test (n=15) and control (N=15). All participants completed the Oxford Happiness Questionnaire (OHQ).

Measurement Tools

The Oxford Happiness Questionnaire (OHQ), the new form of OHI, was applied for this research. According to most theories of emotion, happiness is one of big emotions including fear, rage, happiness, hate and anxiety. Two main schools of thought exist to explain about happiness.

Hedonism is a psychological theory according to which the organism is excited to seek pleasure and avoid pain [9]. In general, hedonism includes feelings resulted from inner five senses. Hence, according to hedonism, happiness is maximizing the positive effects of different sensory systems. Happiness, however, has a very complex meaning.

Cognitive theories have presented another viewpoint. Lazarus, the emotion-cognitive theorist has defined happiness as an emotion resulting from the creation of a reasonable process to understand a goal. In other words, in cognitive theories, happiness is viewed as whatever experience on the way to achieve our goal. Therefore, happiness is goal-driven whereas the hedonism theory regards happiness as the last state or the very goal.

From the very first research, efforts have been made to make tests to evaluate psychological well-being including happiness. About 4 decades have passed since OHI was made for the first time. Different instruments have already been compiled from which the Oxford Happiness Inventory (OHI) is the most prevalent one. Its first version was devised in 1989 by Argyle, Martin and Crosland as an instrument for measuring personal happiness. This scale was enhanced in some of its aspects in 1995 by Argyle and Loo. Different studies have been performed in different countries including the UK, The USA, Canada, Spain, China, Japan, Australia, Iran etc. using this inventory to measure happiness and finding its norms during the 20 years from its publish. All these studies resulted in introducing this tool as a reputable powerful one to measure happiness. The Oxford Happiness Questionnaire, a 29-item one with 4-point multiple-choice items, was made based on the framework of Beck Depression Inventory. Consulting Iron Beck, Argyle decided to reverse the statements of Beck Depression Inventory; therefore, 21 statements were prepared. He then added 11 more statements to that list to include other happiness aspects. After a primary running of the questionnaire and removing three statements, the final inventory form was reduced to 29 statements [10]. In 2002, an improved alternative version was developed and presented as OHQ. It contains 29 items (20 from the previous scale and 9 revised items) where the OHQ is answered with the 6-point Lickert scale. According to its makers, changing the options reduces the possibility for grounded and imperative answers and makes it performable for the public not clinical population. The OHQ evaluates some psychological constructs such as the rewarding life, mental preparedness, self-satisfaction, aestheticism, life satisfaction, time organization, seeking for attraction and happy memories [11].

Validity and Reliability

Hills and Argyle (2002) have reported a 0.91 reliability index and an internal correlation of 0.04 to 0.65 for the statements of this questionnaire. They have found a significant correlation between OHQ and other scales: extroversion (0.61, $p < 0.001$), neurotics (0.59, $p < 0.001$) Psychotics (0.17, $p < 0.005$). There are also positive correlations between this questionnaire and some other ones: Life Orientation Test (LOT), Life Attention Index, the Test of Self-Respect and the Life Satisfaction Scale. These indicate a high construction validity of this questionnaire [12].

Scoring the New form of OHQ

Each question is scored 1-6 as follows (Table 1).

Each question is scored directly. The individual obtains a score, indicating his happiness level, for each component and the whole questionnaire. The highest and lowest obtainable scores are 174

Table 1: OHQ Scoring.

Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6

and 29, respectively. Note that the higher the score is, the more the happiness is.

Results

Both the descriptive and inferential statistics were applied to analyze the data using SPSS. The data related to the sample group were summarized in the descriptive statistics section. According to the measurement scales, some parameters such as central tendency of monthly mean, change range, and standard deviation were applied in this regard. The analysis test of covariance (regression analysis) was also applied in the inferential statistics section.

Descriptive Findings

According to Table 2, 6 (20%) were less than 25, 13 (43%) were 25-35, 7 (23%) were 35-45 and the rest of the 30 people were above 45.

According to Table 3, 21 (70%) held high school diploma or lower, 4 (13%) held associate degrees and 5 (17%) held Bachelor degrees or higher in the 30-member sample.

According to Table 4, 16 (53%) members were married and the rest of the 30 were single.

According to Table 5, no significant differences were found between the pre-test and post-test scores for both variables.

Table 2: Frequency Distribution and Percentage Frequency of the age of the Sample.

Age	N	F%
<25	6	20
25-35	13	43
35-45	7	23
>45	4	14
Sum	30	100

Table 3: Frequency Distribution and Percentage Frequency of the Academic Level of the Sample.

	N	F%
High school diploma and lower	21	70
Associate degree	4	13
Bachelor degree and above	5	17
Total	30	100

Table 4: Frequency Distribution and Percentage Frequency of the Marital Status of the Sample.

	N	F%
Single	14	46.7
Married	16	53.3

Table 5: Descriptive Indexes of Research Variables.

Variable	Test		Control		
	SD	Mean	SD	Mean	
Happiness	Pre-Test	3.67	39.23	4.7	42.7
	Post-Test	6.71	75.27	4.67	43.71

Table 6: Summary of Covariance Analysis of Effectiveness of Group Therapy Based on Choice Theory in Happiness of Male Addicts Treated with Methadone Maintenance.

Dependent variable	Sum of chi ²	Freedom degree	Mean of chi ²	F test	Significance level	Effect level
Happiness	425.27	1	425.27	50.676	P<0.001	0.58

Inferential Analysis of Research Hypotheses

Main Hypothesis: Group Therapy Based on Choice Theory is Effective in Happiness of Male Addicts Treated with Methadone Maintenance.

The recorded results in Table 6 indicate that the difference between the test and control groups was significant for the dependent variable of happiness $F=50.676$ ($P<0.001$). It can therefore be said that Group Therapy Based on Choice Theory is Effective in happiness of Male Addicts Treated with Methadone Maintenance.

Discussion

There is a Relationship between The Effectiveness of Group Therapy Based on Choice Theory and the Happiness of Male Addicts Treated with Methadone Maintenance

It was indicated that the group training of the Choice Theory has led to a significant increase in the happiness over the addicts to narcotic substances. These findings were in line with Kazem Mojarad [13].

Regarding the importance of happiness and the life quality level during drug stop, the treatment clinics might enhance the happiness level in those treated addicts by offering the Choice Theory Training. This finding is also in line with Islami [14].

The group Reality Therapy was also effective in enhancing happiness and the quality of life over teens with irresponsible parents. A respectful environment, expressing emotions and a sympathetic understanding in the group therapy is effective to improve both the happiness and the quality of life.

Conclusion

In general, it was found in this research that applying the Choice Theory points for those stopping the narcotics will enhance their happiness; therefore, training this theory seems necessary as they need a higher happiness level, satisfaction and love towards themselves and others, and their happiness is decreased due to their addiction.

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