The Effectiveness of Logo Therapy on the Rise of Hopefulness in Empty-Nest Syndrome

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Abstract

The rise of life-span affects the quality of life and the individual’s ability for an independent life and underlines the need of others’ attention and support for the individual. Therefore a suitable plan for encountering with the situation in the empty nest seems indispensable. This research is carried out with the aim of evaluating the effectiveness of Logo therapy on the rise of life expectancy in empty-nest syndrome in the town of Ghorveh. Statistical universe is constituted of all the men and women of the town whom their children have left and separated from them. The sample volume is constituted of 24 individuals who are selected by employing the accessible method of random sampling. In order to collect data snyder’s questionnaire of life expectancy is applied. This research is a half-experiment from the sort of pre-test and post-test with the control group. To analyze data we have also applied inferential and descriptive statistics (test of co-variance analysis). Findings: the findings show that the Logo therapy is effective on increasing life expectancy in empty-nest syndrome.

Keywords: Logo therapy, Life expectancy, Empty-nest syndrome.

Introduction

Primary duty of family is to build a relationship and the performance of the family leads to the satisfaction of individual and social needs. This result provides growth, evolution, self-confidence and the socialization of the family members. Clear and effective relationship among the family members brings about the growth of emotions and values. When the members of a family use efficient patterns of communication, they will meet the psychological needs of family members and they will strengthen their communication and contribution in society. The type of family system and its communicative patterns has an important effect on the members of family, because personality, learning, self-confidence, the power of choice and logical decision-making are all dependable to the type of information and its way of transmission among the family members (Gholamzadeh, 2009). In fact, family plays the most important and fundamental role in every society. Therefore many psychologists are determined to secure the mental health of the society by the access to the effective factors on family performance. The performance of family is associated with its capability to be in harmony with changes, to have correlation among the members, it concerned to system of family. And every kind change in this performance can affect the well-being of family members (Kajbaf, 2010). When children leave home, panic can break out for the parents who have filled the gap in their relationships with the presence of children. As the children leave home, the parents who are wife and husband to one other, attempt to give meaning to their life and relationships. In this period, some uneasiness and even negative stress can appear which are named as “empty-nest syndrome” (Kheirkhah, 2010). In staged pattern of Duvall (1977), family life cycles, happens in eight states that begins with marriage and ends with the death of both parents, the sixth stage is the empty nest period. It is of possibility that the absence of children at home would cause the marital quarrel to increase or to have loneliness and depression as a result of feeling absurdity and meaninglessness in their lives (Goldenberg& Goldenberg, 2008). The Carter and Mc Goldrick (1988), disappointment in parents rises when the children leave home. The Haley (1973) the duty of therapist is to help the family to overcome the crisis (empty nest) by help of each other, to find a new balance in this way and to conform to their new family structure. If it happens, the family will once more carry on its series of change.

Hope is the collection of the individual's ability for making passages toward the desirable goals and is to have enough motivation for using these passages. Hope is firm when it incorporates valuable goals and when in spite of challenging but removable barriers, there to be the possibilities of reaching to those goals. The goal that you hope becomes a property when becomes true (Navabinejad, 1997). The theory of hope that was set forth to discussion by Snyder (1991), was a combined theory
based on aim that was the expanded form of the traditional one-dimensional pattern and for first time opened the door for the possibility of reliable and variable assessment of hope in individuals. In the theory, it is believed that the hope is not an affective feeling to appear only in dark moments of our life but is a cognitive process by which the individuals follow their own goals (Kheirkhah, 2010). Hopes are raised when an individual goal is accessible in a medium level and goals can be defined in every matter that the individual has the desire of reaching, achieving, being, experiencing and creating something. Goals are the sequence of psychological activities that are supporting purposive behavior. From this aspect, goals are widely different and practically every goal is a part of a period of life (Snyder, 2002). It seems that hopefulness is necessary in all aspects of life. Hope also means to have belief in having a better sensation in future. Hope with its penetrating forces is the stimulator of the individual’s action to make him able to acquire new experiences and to create new forces (Darrodi, 2010).

Hope is considered as the source of human resistance in adjustment with the problems and even refractory diseases and also hope can be described as a curable, multi-dimensional, active and strong factor, and can play an important role in adjustment with loss (Harper, 2004). One of the common therapeutic strategies to decrease disappointment in the individuals’ life is to approach Logo therapy. Logo therapy is a method of existential approach that provides perfect philosophical and theoretic context for group work. The group work of semantic therapy can prepare conceptual structure to help the people who consult to challenge the meaning in their lives. The existential attitude is a dynamic approach that emphasizes on four interests which are rooted in human being or human existence. Those are death, freedom, solitude and meaninglessness (Corey, 1995). The principles and therapeutic method of Frankel incorporate Logo therapy. Logo therapy is a method that the individual is conducted in a way to find the meaning of his life. Therefore, the principles of Logo therapy are to attempt to find the meaning of life which is the fundamental motive for every individual in different periods of life (ShoaaKazemi and Saadati, 2010). Based on Frankel’s theory, there are two levels of meaning: present meaning and Meta meaning.

Frankel (1963) believes that the second meaning is the result of a particular circumstance and not the entire life, because meta-meaning is hidden in our superhuman dimension. Every person should discover the particular present meaning and only the individual himself knows the particular present meaning. The therapist alleviates the will of the applicants by guiding them to reach the meaningful domains (Wong, 2000). Encountering an unchangeable destiny, (like a person whose children have left him), human being active the highest values and deepest meaning of life, that is suffering. Pain and misery best display the existential value of a human being and what is prominent is the attitude of an individual toward the pain and the ways in which he undertakes the pain. One of the fundamental principles of Logo therapy seek meaning, the meaning of life savings (ShoaaKazemi and Saadati, 2010). Considering the transitory state of life and human existence Logo therapy invites the human being, instead of pessimism and isolation, to efforts and activity and suggests that what destroys a human being is the disastrous meaninglessness of life. If endure the pain courageously until the last breath, the life will be meaningful and its meaning can potentially incorporates pain and misery. Frankel says that there is nothing on earth to help the human being more than existential meaning of self (Frankel, 1963). The results of the survey by Gholami (2009), with the subject matter of the efficiency of instruction of communal Logo therapy upon life expectancy and the general health of the female patients who are suffering from thalassemia show that semantic therapy is so efficient in raising life expectancy. Hosseynian (2007) conducted a survey with the title of evaluating the efficiency of communal Logo therapy upon the rise of life expectancy in cancer patients of Shafa hospital in Ahwaz. The results generated from the survey reflect the fact that the instruction of Logo therapy increases life expectancy in cancer patients. The results of the research by ShoaaKazemi and Saadati (2010), with the subject matter of evaluating the effect of instruction of dimensions of semantic therapy (Liberty, responsibility, values, etc.) on decrease of hopelessness in the women suffering from cancer displayed that the instruction of Logo therapy made possible to decrease the rate of hopelessness in the women suffering from cancer. The results of the survey by Sheikh poor (2006), with the subject matter of communal counseling by adopting the method of Logo therapy on the increase of the hope in the lives of the spinal-handicapped caused by Bam earthquake showed that the semantic therapy has provoked the increase of life expectancy in these individuals. The results of research by Golkarian (2008), with the subject of the efficiency of communal counseling by means of Logo therapy upon decreasing hopelessness in the individuals affected by sexual identity disorder present to us that the communal counseling with the method of Frankel was efficient upon reducing the hopelessness in the individuals affected by the mentioned disorder. Mascaro and Rosen (2005), by doing a survey on university students, manifested that the existential meaning plays a major role for the hopefuleness to rise.

Considering the fact that most of the children after marriage leave their parent’s home and this separation can cause hopelessness in parents. Therefore, to plan suitable measures, promote mental health services, and develop related policies in society, it is needed to be familiar with appropriate therapies such as communal Logo therapy. To have information about this method of therapy can be useful to go through a psychological process for needy patients in order to, by taking these measures, be able to improve life expectancy and hopefulness and to raise life quality in them. Considering the lack of many surveys on the empty-nest syndrome which is one of the eight stages of family life cycles, we have aimed in this present survey to evaluate the efficiency of communal Logo therapy on the rise of life expectancy in empty-nest syndrome (Duvall, 1977). The Study is also done to respond to this question: is communal Logo therapy effective on the rise of life expectancy in empty nest syndrome?

Methodology

This Study is a half - experiment from the sort of pre-test and post - test with the control group. In the Study the statistical universe is constituted of women and men whom their children left home in the town of Ghvorveh. The sample volume is 24 individuals both men and women who are selected according to scientific principles by employing the method of random sampling. The individuals are divided in two groups of experiment and control. The group of experiment took 10 sessions of communal
semantic therapy but the group of control didn’t. To analyze the data, we have used descriptive and inferential statistics (test of co-

**Device**

Hopefulness inventory that was made by snyder (1991), for assessing hopefulness has 12 expressions which are responded self-reportedly. From these expressions, 4 of them are specialized for assessment of factorial thought, 4 of them for the assessment of strategic thought and the last four assessments contrived to be deviant ones. Therefore, this inventory measures two subscales of factor and strategy. The average of admissibility and reliability coefficient of the device reported as 91%. The internal consistency of the whole test is from 74% to 84% and the reliability of the test-retest is 80%. But this percentage in the periods between 8 to 10 weeks is still higher than mentioned rate (Snyder, 2007). In addition, there are lots of data about the simultaneous credit of the hopefulness inventory and the cases that it can predict. For example this inventory has a correlation of 50% to 60% with inventories of optimism, expectation of achieving your goal, and self-esteem (Snyder, 2002).

**The method of practice**

The communal sessions were adjusted for ten sessions and each in 90 minutes which were held once a week. The summary of the sessions are commented below:

- **First session:** setting out the aim and the rules of the group, the acquaintance of the members with each other, counseling and discussion about empty-nest syndrome, the presentation of the group’s patent and the contract of therapy.
- **Second session:** the expression of problem, the discussion about empty-nest syndrome and the effects of empty-nest syndrome on formation of mental disorders.
- **Third session:** finding and taking meaning from the life’s historical context and taking responsibility.
- **Fourth session:** change of attitudes and acquiring meaning by means of detection.
- **Fifth session:** acquiring meaning from the creation of values and responsibility.
- **Sixth session:** acquiring meaning out of the experience of values and of hopes and aspirations.
- **Seventh session:** the meaning of death, life, freedom and responsibility.
- **Eighth session:** responsibility, self-supporting, social interest, overcoming with disillusion and increasing life expectancy.
- **Ninth session:** affective support of the members from each other, finishing the incomplete-like sentences for the interaction among the members and encouraging the members to demand affective support from each other.
- **Tenth session:** Summary, the summation of session and conclusion, discussion on the matters learned in the group.

**Results**

Table 1. The descriptive information of life expectancy grades in pre-test and post-test in experimented and controlled groups.

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Control</th>
<th>Experiment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>M</td>
<td></td>
</tr>
<tr>
<td>Pre test</td>
<td>12</td>
<td>15.33</td>
<td>1.65</td>
</tr>
<tr>
<td>Post test</td>
<td>12</td>
<td>15.33</td>
<td>1.92</td>
</tr>
</tbody>
</table>

The contents of the table 1 shows the descriptive information in pre-test and post-test of life expectancy in both groups of experiment and control. The average life expectancy of the individuals in experimented group is 14.58 in pre-test and 24.25 in post-test; and the average life expectancy in controlled group is 15/33 in pre-test and 15.33 in post-test.

Table 2. The results of the test report based on the assumption of homogeneity of gradients.

<table>
<thead>
<tr>
<th>Variables</th>
<th>SS</th>
<th>df</th>
<th>Average of squares</th>
<th>F</th>
<th>Sig</th>
<th>Eta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>0.749</td>
<td>1</td>
<td>0.749</td>
<td>0.284</td>
<td>0.60</td>
<td>0.014</td>
</tr>
<tr>
<td>Pre test</td>
<td>40.678</td>
<td>1</td>
<td>40.678</td>
<td>15.444</td>
<td>0.001</td>
<td>0.436</td>
</tr>
<tr>
<td>Group of pre test</td>
<td>3.61</td>
<td>1</td>
<td>3.61</td>
<td>1.371</td>
<td>0.255</td>
<td>0.064</td>
</tr>
<tr>
<td>Error</td>
<td>52.678</td>
<td>20</td>
<td></td>
<td>2.634</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The homogeneity of gradients with the amount of F (1, 20) = 0.255 has not been meaningful for life expectancy. But the assumption of homogeneity of the gradients of regression has been ascertained for the variable of life expectancy. Considering the findings above, to survey the mentioned assumption, we have used the covariance analysis in which its results are presented in the table 3.

Table 3. The test results of covariance analysis on the averages of the grades of the pre-test and post-test.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Source of variations</th>
<th>SS</th>
<th>df</th>
<th>Average of squares</th>
<th>F</th>
<th>Sig</th>
<th>Eta square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life expectancy</td>
<td>Pretest</td>
<td>46.628</td>
<td>1</td>
<td>46.628</td>
<td>17.396</td>
<td>0.001</td>
<td>0.453</td>
</tr>
<tr>
<td></td>
<td>Group</td>
<td>518.459</td>
<td>1</td>
<td>518.459</td>
<td>1.934</td>
<td>0.001</td>
<td>0.902</td>
</tr>
<tr>
<td></td>
<td>Error</td>
<td>56.288</td>
<td>21</td>
<td></td>
<td>2.68</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The content of the table 3 displays that the amount of F (F=1.934) and the significance level (0.001) in group variable are the explanations of difference between two groups of control and experiment in the post. Therefore the obtained results are the indicators of the efficiency of semantic therapy on the rise life expectancy rate of the participants. In other words, the therapeutic method of cognitive-behavioral was able to reduce depression in the participants of the experimented group. Therefore I can state that semantic therapy was able to increase life expectancy in the participants of the experimented group.

**Discussion and Conclusion**

Regarding the above information and the findings of the present study, it can be concluded that the application of Logo therapy for rising life expectancy in empty-nest syndrome was efficient. This obtained result is in continuum with the results of the researches of Sheik Poor (2006), Hosseynian (2007), Golkarian (2008), Gholami (2009), ShoaaKazemi and Saadati (2010) and Mascaro (2005). The important point in application of this method is that the communal method has lots of benefits that lead to facilitation and acceleration of the therapeutic process. By the explanation of the result, it can be said that the human being chooses himself his reactions against the unwanted but faced pains and difficulties and no one but he himself can deny this universal right. What destroys a man is not his pains or grim fate but is the disastrous meaninglessness of his life (Frankel, 1963).

The result of the study explains that not only is finality and transition important features of human life, but the real factors of life’s being meaningful. It can be said that the meaning of human existence is based on the quality of not being able to come back. Life gives us worthwhile experiences as a gift. For example the existence of beauties like sunset, sunrise, mountains, seas, flowers and trees are all the gifts we get from the environment and our lives without any payment or expense. The sample individuals of this study perceived that loneliness and separation from the children is not the end of life, but perhaps they can enjoy from the possibilities around them and from the independence of their children. Contemplating the instructions given to them, they became aware that although they cannot change the certain events of their lives, they can learn the ways to confront with the difficulties and react to the painful instances of their lives. As a result, finding the meaning of life in our daily experiences, we can control our excitement and paint our life on the canvas of hope with the colors of meaning.

Finally, one can infer this total result that the sample individuals, instructed by the method of semantic therapy, were able to discover meaning and optimism in them. Their hope, mental health and motivation improved and they became successful to confront with the challenges by shouldering the responsibility. The results obtained from the presented study can be applied for psychologists, consultants and the managers of health system in order to pay more attention to the non-pharmacological therapies by employing experienced forces. By this measure, the administration of drug for each person will reduce and the patients will be exposed to fewer side effects of the drugs and by spending lesser amount of time and money, more and more people will employ this method of therapy.

The basic limitations of the study were the lack of similar study on the subject matter of empty nest syndrome, on any related subject and the novelty and peculiarity of the subject in Iran. By conducting a study in the scientific-investigative databases and various internet sites and by the search of accredited foreign and national magazines, we found that no study is conducted on the subject of the efficiency of semantic therapy in the empty-nest syndrome whether in Iran or in a foreign country. This matter had caused not to have enough precedent and the present study to be the one of the foremost ones. One of the other limitations of the study is the absence of follow-up stage owing to the inaccessibility to the subjects although the post-test stage was entered 2 weeks after the instruction. It is also suggested for the researchers to survey this period of life cycle in various issues.

**Acknowledgment**

Researchers are conscious of the responsibility to thank and gratify all the women and men who cooperated and responded to the inventories for the sake of collaboration and scientific trusteeship.

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