



The Efficacy of Positive Thinking Training on Iranian Family Process and Mental Well-Being in Female Heads of Households

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Abstract

The research was intended to examine The efficacy of positive thinking training on Iranian family process and mental well-being in female heads of households in Khoramshahr. The research population embraced all the female heads of households in Khoramshahr on 1401. The sample encased 30 of female heads of households whom were selected via purposive sampling procedure and randomly assigned in two experimental and control groups, 15 participants each. The research was designed as pretest posttest experimental one with two experimental and control groups. To collect data Family Process for the Iranian Families Scale (Samani, 2008) and The Well-being Scale (Ryff, 1989) were implemented. The experimental group exposed to positive thinking training intervention for 8 sessions with 90 minutes' duration each. The control group received none. Then both groups were post tested. The data were analyzed by applying multivariate analysis of covariance (MANCOVA) and univariate analysis of covariance (ANCOVA). The results revealed that both groups differed significantly in family process ($p < 0.05$, $F = 11.90$). The results also indicated that there was a significant difference between experimental and control groups in mental well-being ($p < 0.05$, $F = 13.85$). It could be concluded that positive thinking training was effective on Iranian family process and mental well-being in female heads of households in Khoramshahr and it should be utilized to promote Iranian family process and mental well-being and consequently for cultural, social and economic development of the family and the society.



Extended abstract

Introduction: The family is the most influential factor in the transfer of culture and the fundamental pillars of the society, which has been in a mutual influence and impression with culture and social factors in all situations. The family is considered with a complex emotional structure, the most important feature of which is love, loyalty, commitment and permanence in the relationship. The most important function of the family is to create security and peace for the members, therefore, on the one hand, it is considered the first starting point for the growth and development of individuals and protecting them from hardships and dangers, on the other hand, due to family tensions and disputes, it could be a factor for it is also the beginning of mental disorders. On the other hand, the existence of a woman as the head of the family is a fact that could be seen in all societies, and the female head of the household is an increasing social reality. At the same time, these women are forced to play multiple roles that sometimes conflict with each other. On the other hand, the existence of a woman as the head of the family is a fact that can be seen in all societies, and the female head of the household is an increasing social reality. At the same time, these women are forced to play multiple roles that sometimes conflict with each other. Various reasons such as: poverty and unfavorable economic situation, socio-cultural problems, discrimination, etc. make women heads of households among the vulnerable sections of the society, and the implementation of women's empowerment programs helps them to overcome their talents and limitations. Therefore the current research was intended to examine The efficacy of positive thinking training on Iranian family process and mental well-being in female heads of households in Khoramshahr.

Method: The research population embraced all the female heads of households in Khoramshahr on 1401. The sample encased 30 of female heads of households whom were selected via purposive sampling procedure and randomly assigned in two experimental and control groups, 15 participants each. The research was designed as pretest posttest experimental one with two experimental and control groups. To collect data Family Process for the Iranian Families Scale (Samani, 2008) and The Well-being Scale (Ryff, 1989) were implemented. The experimental group exposed to positive thinking training intervention for 8 sessions with 90 minutes' duration each. The control group received none. Then both groups were post tested. The data were analyzed by applying multivariate analysis of covariance (MANCOVA) and univariate analysis of covariance (ANCOVA).

Results: The results revealed that both groups differed significantly in family process ($p < 0.05$, $F = 11.90$). The results also indicated that there was a significant difference between experimental and control groups in mental well-being ($p < 0.05$, $F = 13.85$).

Conclusion: Positive thinking through creating a positive mental atmosphere in the family improved the family process and its performance in the field of interpersonal relationships. A person's way of thinking had obvious effects on how she or he responded to life. It could be concluded that positive thinking training was effective on Iranian family process and mental well-being in female heads of households in Khoramshahr and it should be utilized to promote Iranian family process and mental well-being and consequently for cultural, social and economic development of the family and the society.

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analyzing the content and editing the article and corresponding author. Nazanin Jabarzadeh: General design of the article and editing of the article. All authors reviewed and approved the final manuscript.

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