

Comparison of the effectiveness of group schema therapy and hypnotherapy on women's Couple burnout with more than 5 years of marriage history

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ABSTRACT

The aim of this study was to compare the effectiveness of group schema therapy and hypnotherapy on women's couple burnout with more than 5 years of marriage history. The purpose of this study was practical and in terms of research method was semi-experimental with pre-test and post-test design with control and comparison group. The statistical population includes married women with couple burnout who refer to Mehr Aria Clinic located in Karaj between August and November 2019. Among the members of the community, 21 were selected voluntarily and purposefully and were divided into three groups (7 patients with schema therapy, 7 people with hypnotherapy and 7 people with control). The schema group underwent 8 sessions of schema therapy and the hypnosis group underwent 8 sessions of hypnotherapy, but did not receive the control group therapy. To investigate couple burnout, Pines (1996) Couple Burnout Inventory (CBM) was used. The results showed that both schema therapy and hypnotherapy are effective in reducing couple burnout in women. Also, there was no significant difference between schema therapy and therapeutic hypnosis in reducing couple burnout. Due to the effectiveness of schema therapy and hypnotherapy, these treatments can be used as effective treatment methods in reducing couple burnout in clinics and counseling centers.

Keywords: *schema therapy, hypnotherapy, couple burnout*

I. INTRODUCTION

In marriage, couple burnout and satisfaction are important. Couple satisfaction is a situation in which a couple often feels happy and satisfied with each other [1]. They have a lot of agreement with each other, they are satisfied with the type and level of their relationships, they are satisfied with the type and quality of leisure time, and they manage their time and finances well [2]. Various studies have also shown that Couple adjustment affects many aspects of a person's individual and social life, is the cornerstone of good family functioning, and facilitates the role of parents [3]. Prolonging

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a couple's life [4] increases health (Demo, 1996), economic development (Douglass, 1995) and greater life satisfaction (Nock, 1995)[5].

Burnout is an experienced state of physical, emotional, and psychological fatigue [6], which results in a large difference between expectations and reality [7]. Couple burnout is caused by a set of unrealistic expectations and irrational thoughts and the ups and downs of life. Contrary to popular belief, most clinical approaches used in couple's therapy do not involve the burnout of couples due to problems in one or both individuals. Burnout of love is a gradual process and rarely occurs suddenly. In fact, intimacy and love gradually fade away, and with it comes general fatigue, the most severe of which is boredom with the breakdown of the relationship [8].

Since burnout is associated with feelings such as anger, hatred, frustration, and frustration with one's spouse, the accumulation of these painful feelings over time causes reluctance and dissatisfaction with one's spouse and makes living with him unbearable, so pay attention. It is very important for the destructive effects of this phenomenon and its timely treatment [9]. At present, many theoretical perspectives with different approaches seek to explain and resolve Couple conflicts and resolve burnout. One approach that has been proven to be effective in many areas is schema therapy. Schema therapy is an integrated and new treatment developed by Yang, Klosko, and Weishaar [10], which is mainly based on the development of traditional behavioral cognitive concepts and therapies. Although this model considers cognitive and behavioral components necessary for treatment, it also attaches importance to emotional change, experimental techniques, and therapeutic relationships. This treatment has a great effect on improving many psychological and personality problems of people [11]. Circumstances are related to a range of psychological problems [12]. Cognitive-behavioral therapy-based schema-based therapy, such as the validity test of schema and behavioral techniques such as role-playing and coping prevention, can help reduce psychological problems, especially fear of negative evaluation. Behavioral techniques help people replace healthier coping styles with behavioral patterns that result from early maladaptive schemas. They also help people distance themselves from early maladaptive schemas and, instead of seeing schemas as an indisputable fact about themselves, see them as a nuisance [13]. Many studies have proven the effectiveness of schema therapy. For example, Ghiasi, Abdi, & Aghaee [14] showed in a study that schema therapy on the cognitive triangle of women with effective couple burnout. But in addition to schema therapy, a treatment that has attracted a lot of attention in recent decades is hypnotherapy. Hypnosis and relaxation techniques in a scientific and developed style are among the special therapies that are used in a wider range than in the past. Hypnosis is a condition of advanced concentration in which a person focuses on a specific stimulus and does not pay attention to other stimuli such as environmental or bodily stimuli [15]. According to Kaplan and Sadok, hypnosis is a psychotherapeutic method that changes the state of consciousness (using the three components of concentration) to attract the audience's (separation and indoctrination) into situations where hypnotic therapy can be used. Captain [16]. In this particular state of consciousness, the therapist's sentences (insinuations) penetrate the subject's conscious and subconscious mind and are recorded in the depths of his mind. This feature has a tremendous effect on the stability of hypnotherapy (hypnotherapy). In hypnosis, people who are more hypnotized respond more to indoctrination [17]. Also, many researchers and clinical specialists have already observed that hypnosis creates a synergistic effect in combination with other treatments [18].

Based on the topics discussed and the background of schema therapy and hypnotherapy, which indicates the effectiveness of these two therapies, this article compares the effectiveness of schema therapy and hypnosis on Couple burnout in women with 5 years of marriage history.

II. Method

The present study was both applied in terms of practical purpose and in terms of research method semi-experimental with pre-test and post-test design with control and comparison group. The statistical population includes married women with couple burnout who refer to Mehr Aria Clinic located in Karaj between August and November 2019. Among the members of the community, 21 were selected voluntarily and purposefully and were divided into three groups (7 patients with schema therapy, 7 people with hypnotherapy and 7 people with control). The schema group underwent 8 sessions of schema therapy and the hypnosis group underwent 8 sessions of hypnotherapy, but did not receive the control group therapy. A Couple Burnout Inventory (CBM) was used to investigate couple burnout. Couple Burnout Scale (CBM): Couple Burnout Scale is a self-assessment tool designed to measure the degree of Couple burnout among couples. This scale is adapted from another self-assessment tool used to measure burnout. This scale was developed by Pines [6]. The questionnaire has 20 items, including the three main components of physical fatigue (eg, feeling tired, lethargic, and having sleep disorders), emotional exhaustion (feeling depressed, frustrated, trapped), and mental exhaustion (such as feelings of worthlessness, frustration, and Anger to the spouse) All of these are answered on a seven-point scale. Level 1 represents the inexperience of the phrase and level 7 represents the high experience. Its response range is Likert and is never (1 point) to ever (7 points). Evaluation of the couple burnout validity coefficient showed that it has an internal similarity between the variables in the range of 0.84 and 0.90. Conversation, a sense of security, self-esteem, a sense of purpose, attraction and emotional attraction to the spouse, and the quality of their sex. Translated versions of CBM have been used successfully in cross-cultural studies in Norway, Hungary, Mexico, Spain, Portugal, Finland and Israel. Test-reliability coefficient was 0.89 for a one-month period, 0.76 for a two-month period, and 0.66 for a four-month period. Internal continuity was measured for most subjects with a constant alpha coefficient, ranging from 0.91 to It was 0.93. In Iran, Navidi [7] Alpha Cronbach measured this questionnaire for 240 samples of 120 nurses and 120 teachers, which is 0.86.

Table 1. Group schema therapy protocol

| Meetings | containing the meeting |
|----------|---|
| 1 | Fill in the treatment contract sheet, run the pre-test and explain the research objectives |
| 2 | Familiarize exemplary individuals with schema mentalities and fill out the schema mentality questionnaire as a homework assignment. |
| 3 | Discuss the results of the questionnaire and draw a circle of the couple's modes |
| 4 | Familiarity and discussion about the couple's definite needs and formulating a table of needs and wants |
| 5 | Dealing with anger and working with the modes of angry, nervous and impulsive children using experimental techniques of working with chairs |

| | |
|---|--|
| 6 | Draw a cycle of couples' modes and break patterns using conflict card techniques and homework |
| 7 | Establishing a dialogue between the schema aspects and the healthy aspects and teaching the imaging technique to intervene, imaginary conversation |
| 8 | Review exercises, review previous sessions and perform post-test |

Table 2. Summary of therapeutic hypnosis sessions

| Meetings | containing the meeting |
|----------|--|
| First | Introduction, Evaluation, Expression of Treatment Logic and Techniques of Advanced Muscular Relaxation Technique |
| Second | progressive muscle relaxation to relax, change thoughts, and control emotions |
| Third | Chiasson technique, confrontation, strengthening the ego |
| Fourth | is the Chiasson technique, the use of age and future observation |
| Fifth | eye stabilization technique, use of power chair technique and induction of conditioning |
| Sixth | progressive muscle relaxation in order to relax, induce regression and forgiveness technique |
| Seventh | eye stabilization technique, ego reinforcement, exposure and condition key testing |
| Eighth | self-hypnosis training |

III. Findings

Table 3. Average, standard deviation for pre-test and post-test research variable scores

| group | variable | Pre-test | | post-test | |
|----------------------------|---------------------|----------|--------------------|-----------|--------------------|
| | | Average | standard deviation | Average | standard deviation |
| Therapeutic hypnosis group | Physical exhaustion | 25/85 | 2/26 | 16/85 | 1/57 |

| | | | | | |
|----------------------|--------------------------|-------|-------|-------|-------|
| | Emotional exhaustion | 33/28 | 4/15 | 17/42 | 1/51 |
| | Psychological exhaustion | 29/14 | 6/49 | 17/42 | 1/51 |
| | Total burnout | 88/28 | 11/54 | 51/71 | 3/54 |
| Schema Therapy Group | Physical exhaustion | 28/42 | 1/90 | 17/71 | 1/49 |
| | Emotional exhaustion | 25/28 | 8/32 | 19/85 | 2/54 |
| | Psychological exhaustion | 33/28 | 8/30 | 16/85 | 1/57 |
| | Total burnout | 87/00 | 16/20 | 54/42 | 2/82 |
| | Physical exhaustion | 26/14 | 1/21 | 27/00 | 1/91 |
| | Emotional exhaustion | 32/28 | 5/58 | 25/14 | 7/51 |
| control group | Psychological exhaustion | 32/57 | 7/25 | 29/28 | 7/73 |
| | Total burnout | 91/00 | 11/34 | 81/42 | 13/55 |

According to the table, couple burnout scores have decreased in both the treatment hypnosis group and the post-test schema therapy group compared to the pre-test

Table 4. Leven's Test results to examine the assumption of variance equality

| | Statistics F | degree of freedom 1 | degree of freedom 2 | significant levels |
|----------|--------------|------------------------|------------------------|--------------------|
| Pre-test | 1/694 | 2 | 18 | 0/212 |

| | | | | |
|-----------|-------|---|----|-------|
| post-test | 7/412 | 2 | 18 | 0/074 |
|-----------|-------|---|----|-------|

According to the table above, the F obtained is not significant. Therefore, the equivalence of variances is established and the implementation of covariance is possible.

Table 5. Summary of covariance analysis in control and therapeutic hypnosis groups

| | Total square footage | Degrees of freedom | Average square | F | Significance level |
|----------------|----------------------|--------------------|-----------------|---------------|--------------------|
| Modified model | 3095/262 | 2 | 1447/631 | 14/523 | 0/001 |
| Post-test | 989/140 | 1 | 989/140 | 9/282 | 0/011 |
| Variable | 4/976 | 1 | 4/976 | 0/047 | 0/833 |
| group | 3071/733 | 1 | 3071/733 | 28/826 | 0/000 |
| Error | 1172/167 | 11 | 106/561 | | |
| Total | 66312/0 | 14 | | | |

As can be seen in the table, there is a significant difference between post-test of hypnotherapy and control group. In other words, therapeutic hypnosis is effective in reducing couple burnout.

Table 6. Summary of covariance analysis in control and schema therapy groups

| | Total square footage | Degrees of freedom | Average square | F | Significance level |
|----------------|----------------------|--------------------|-----------------|---------------|--------------------|
| Modified model | 2551/543 | 2 | 1275/771 | 12/210 | 0/002 |
| Post-test | 1324/534 | 1 | 1324/534 | 12/676 | 0/004 |
| Variable | 0/043 | 1 | 0/043 | 0/000 | 0/984 |
| group | 2488/920 | 1 | 2488/92 | 23/820 | 0/000 |

| | | | |
|-------|-----------------|-----------|----------------|
| Error | 1149/386 | 11 | 104/490 |
| Total | 68301/0 | 14 | |

As can be seen in the table, there is a significant difference between post-test of schema therapy group and control. In other words, schema therapy is effective in reducing couple burnout.

Table 7. T-test comparing therapeutic hypnosis and schema therapy

| group | F | sig | t | Degrees of freedom | sig | Standard error of differences |
|-------------------|--------------|--------------|---------------|--------------------|--------------|-------------------------------|
| Equal variances | 0/823 | 0/382 | -1/585 | 12 | 0/139 | -2/714 |
| Unequal variances | | | -1/585 | 11/421 | 0/140 | -2/714 |

According to the results of the table, there is a significant difference in the effectiveness of the two groups of therapeutic hypnosis and schema therapy. As a result, it can be stated that schema therapy and hypnotherapy are both effective in reducing couple burnout and there is no significant difference in their effectiveness.

IV. Discussion

The results of this study showed that both schema therapy and hypnotherapy approaches are effective in reducing women's couple burnout. The results of a study by Jackson et al. [19] that inconsistent schemas lead to burnout in couples and Priest [20] agree that schema therapy reduces burnout and promotes positive emotional communication in couples. . In explaining the results, it can be said that the schema therapy approach has the ability to increase awareness and emotional symbolism, awareness of the factor in experience and change processes, to help the individual to have interpersonal relationships, the most important of which is the relationship with the spouse. , Change the data and have more control over it. In this approach, it is tried to identify emotions and schemas and turn them into understandable messages and constructive behaviors [21]. Schema therapy Emphasizes the couple's support for each other, opening up and expressing their emotions in a positive way, focusing on their emotions and identifying them, expressing new experiences in married life and the emotions associated with it, shaping new interactions in the relationship, emphasizing spouse care. Identifying negative interactive cycles and eliminating them in married life helps couples to rebuild their relationship with their spouse and reduce their marital boredom in the light of a healthy and effective relationship, so participating in schema therapy sessions with couples It helps them better control their emotions in their relationships and instead of using them Rope and rumination, as their strategies, acceptance, behavioral activation and support meaningful

relationships, to deal with their emotions [22] and ultimately burnout and physical, emotional, and psychological components. Decrease themselves, but in explaining the effect of therapeutic hypnosis, it can be said that since relaxation is one of the main techniques of hypnosis, it can control stress. It also coordinates physiological changes, including reduced oxygen consumption and increased carbon dioxide excretion, decreased heart rate and blood pressure, reduced energy consumption and reduced muscle contraction, and thus reduced mental stress. These changes are due to a general reduction in device activity. Sympathetic nerve is formed. In hypnosis, people who are more hypnotized respond more to indoctrination. In fact, in hypnosis, similar to the technique of turning attention in cognitive-behavioral therapy, the person's attention is shifted from the target position to other subjects, and this makes the feeling perceived in a weaker way. Hypnosis often creates a state that draws too much attention to internal perceptions and reduces environmental stimuli. For example, when people are hypnotized, they may feel a "positive illusion" and feel issues and events that did not really exist, or they may experience a "negative illusion" in which they have to do things properly. Feel normal, don't feel. Because hypnosis can divert attention, it can change a person from Couple burnout to satisfaction or numbness, or it can reduce Couple burnout by inducing forgiveness.

Given that there was no significant difference in the effectiveness of both schema therapy and hypnosis therapy in reducing Couple boredom, it is recommended that these two approaches be used in counseling and psychotherapy clinics as two effective and efficient approaches. . These two therapeutic approaches can also be used in pre-divorce counseling.

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