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## EFFECTIVENESS OF GROUP COUNSELING WITH LOGOTHERAPY ON

### INCREASING-HOPE-IN-LIFE AND SELF-ESTEEM

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#### ABSTRACT

Counseling method of Logotherapy is known as one of the most important methods in methodology. In fact, Logotherapy seeks to gain a better understanding of life and its effect on mental disorders. In this study, we seek to explore the effect of Logotherapy on self-esteem and hope-in-life and for this purpose several counseling center were considered as research statistical population and with the use of cluster sampling, 30 individuals were selected as research sample and Logotherapy method was implemented on the selected group and its effect was measured on hope-in-life and self-esteem. The research method used in this study is semi-empirical method and was conducted by first implementing the research instruments on the target study group and then, Logotherapy method is implemented on the experimental group and then after applying the Logotherapy method, again both the groups complete the research instruments. Data collection instruments used in this study are Miller's Hope Scale and Coopersmith's Self-esteem Inventory. Results of this study indicated that group Logotherapy affect increase in hope-in-life and overall self-esteem and its dimensions that is, educational, family and social self-esteem and results obtained from research data before test and after test indicate that there is a significant difference and in this regard, the use of Logotherapy is recommended as an effective method in Counseling and treatment centers.

**Keywords: Logotherapy method, hope-in-life, self-esteem**

#### INTRODUCTION



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Logotherapy method is one of the most important methods mentioned in methodology and it is a very effective treatment for mental disorders and increases the level of psychological indicators such as hope-in-life and self-esteem, which are two of the factors which can serve very well as controlling variables in mental disorders. Specialists believe that a number of factors affect human's hope-in-life, and one of the ways to increase hope-in-life is equipping them with basic life skills and increasing their awareness of importance of mental health. On the other hand, self-esteem refers to an inner belief resulting from Knowing the judgment of others' about our efficiencies and hence, about our independent, mental and low anxiety behavior in social interactions. Also it seems that low self-esteem can distort one's feelings of worthiness and it manifests anxiety states in a person (Mohammadpour, 2007).

Since using Logotherapy is one of the methods to increase self-esteem and hope-in-life, in the present study, we seek to explore

the effectiveness of Logotherapy on the variables of self-esteem and hope-in-life.

In Constitution of the World Health Organization, health is not defined as "the absence of illness or disability" but it is defined as "a state of optimal physical, mental and social well-being"(The World Health Organization's report, 2001). Also according to this organization, the definition of mental health is beyond the absence of mental disorders and it refers to: 1) mind's well-being; 2) perceived self-efficacy; 3) independence and autonomy; 4) adequacy and competency; 5) dependency between generations; and 6) self-actualization of potential intellectual and emotional abilities (Ibid). Behavioral-mental disorders refer to a significant clinical case which is accompanied with changes in thinking, mood, emotion, and certain behaviors together with sadness, anxiety or disorders in life. These changes are not according to society's norms and are clearly unusual, sick and they can be persistent or recrudescence (Sadock 2; Sadock & Rulz3, 2009).

Although, since 1946 The World Health Organization has defined health with three dimensions of biological, psychological and social, however, in most of the countries the other two dimensions of psychological and social are being ignored to a great extent by health system administrators and countries' rulers and of course our country is no exception to this rule. About two decades ago, The World Health Organization gave serious warning to this detrimental neglect and has also mentioned the role of more than 85% of psychosocial factors, affecting health. Following that, developed countries developed and carried out a number of solutions to improve their psychosocial health. It is time that our country also deals with this crucial issue (Mohammadpour, 2007).

Based on The World Health Organization's comment (2001) in 1990, out of top ten diseases that have caused the highest rate of disability in the world, five of them have been related to cases of mental diseases (major depression, alcohol and drug abuse disorder, bipolar mood disorder, schizophrenia and obsessive-compulsive disorder). Based on the forecasts of international researchers, the burden of depression, accidents, effects of war, violence and self-harm from 1990 to 2020,

respectively, will change from fourth to second, ninth to third, (It is worth mentioning that our country is currently in the worst situation) sixteenth to eighth (The possibility of an increase in the ranks after September 11, 2001 and subsequent reactions after that, is higher), nineteenth to twelfth and seventeenth to fourteenth rank (Christopher, Alan, Lopez, 1996).

In Iran, burden of mental illnesses and mental-behavioral disorders after intentional and unintentional accidents, has allocated the second rank in 2003 to itself (Naghavi, 2007). All these predictions speak of the importance of global attention to mental health in the next two decades.

Based on the comments of the Commission of the World Health Organization determining psychosocial factors, about 85 percent of the factors affecting health system are other than biological and genetic factors and it seems that this has been neglected in all countries, including Iran.

People with poor self-esteem are constantly reviewing their thoughts, while with replacing negative thoughts with positive thoughts we can gain more confidence and a lot more success in life. Perhaps you have sometimes found yourself in the same situation, that talking in a social situation has made you anxious. While, when you speak in

a group or in a professional manner about a field which you actually have knowledge about, this problem does not occur at all. In other words, when you get in front of a crowd or group you feel the need to influence others or prove yourself to them socially; that is the reason you feel a surge of anxiety. Have you ever thought that this problem may be related to your childhood, and how your parents treated you? Were you criticized by one or both of your parents on a daily basis? Psychoanalysts that believe that childhood has a profound influence in shaping the personality, say in this regard that this problem definitely stems from issues that have occurred during childhood and its repetition creates stability in the person's thinking and mental situation. So we must accept that criticism of the child by parents will have a significant impact in an adult's life, although this effect may not be clear to us and may need more studies, however, undoubtedly, the first step to treat any psychological problem is to understand the issues that have caused them. In the next step, we can consider findings ways to change our attitudes and behavior. Is it possible to gain the necessary confidence for making these changes by means of a positive review, positive words and positive emphasis? The answer is yes, this method

will help us to achieve a safe and stable state of mind, in fact it is considered the foundation of these changes (BioukTajeri, 2013).

According to the above arguments, in the present study, we sought to examine the effectiveness of group counseling with using Logotherapy method on hope-in-life and self-esteem, in fact we sought to examine, whether Logotherapy has an impact on hope-in-life and self-esteem?

Therefore, the method of this study is a semi-experimental method, and it is conducted in the following way: first the research instrument is administered on target study group. Next, Logotherapy is used on the experimental group, when the Logotherapy is completed, both groups have completed the research instrument again. The original data in both stages of the study are analyzed. First, questionnaire's data is encoded and then entered into computer, by using SPSS software in the descriptive statistics tables and diagrams and in the inferential statistics using correlation analysis and regression. Data is analyzed and then the final report is prepared. The populations of the present study are patients referred to a counseling center in the first three months of the year 2015 in the city of Tehran. In this study, the sampling method is convenience sampling

method. The total statistical population in a given week area number of 30 individuals referred to the above mentioned center.

**RESEARCH DESIGN**

Experimental Group E	T <sub>1</sub>	X	T <sub>2</sub>
Control Group L	T <sub>1</sub>	-	T <sub>2</sub>

**Data collection instruments**

Miller's Hope Scale (1988) is one of the diagnostic tests and includes 48 aspects of Hope and frustration conditions that the mentioned items in them are selected based on Overt or covert manifestations of behavior in hopeful or hopeless individuals. In front of each aspect which represent one behavioral cue, there are five options (strongly disagree, disagree, neutral, agree and strongly agree). A sample of questions in this scale are: I am hopeful about the future and ....And each participant with selecting one of the five options above in each question which applies to him/her, obtains a score.

The sum of the obtained score, indicate to hopefulness or hopelessness. In this test, the range of the obtained scores are between a minimum of 41 and a maximum of 205 scores. In this way, if an individual's obtains a score of 41, he/she is considered to be completely hopeless and obtaining a score of 205 indicated to maximum hopefulness. 12 items in this questionnaire 13,16 and 18, are consisted of negative items which are 11, 38 and 39 and in scoring these items,

25,27,28,31,33 and 34 are scored reversely (Hosseinian, 2007). For testing the validity of this scale, the score of criterion item is used. In this way that the total score of the questionnaire was correlated with the score of criterion item and it was revealed that there is a positive and significant relationship between them.

**Coppersmith's Self-esteem Inventory**

This questionnaire includes 58 items which measure the level of self-esteem in respondents. Coopersmith's Self-esteem Inventory (SEI), is one of the most commonly used and popular instruments for measuring self-esteem. Coopersmith's Self-esteem Inventory (SEI) was developed in 1967 by Coopersmith. This questionnaire has 58 items with Yes or No answer. 8 items in this inventory measures lying and the other 50 items measure the four following sub-scales. Sub-scales of Coopersmith's Self-esteem inventory (SEI) are: overall self-esteem, family self-esteem, educational self-esteem and social self-esteem. It is necessary to remind that the more an individual score in this inventory, his/her self-esteem level is higher.

First, two questionnaires of self-esteem and hope-in-life were administered among the research sample. Next, Logotherapy method was implemented. After implementing

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Logotherapy in research sample, again, self-esteem and hope-in-life scales were completed by participants and in this process, the effect of the method of Logotherapy on the level of hope-in-life and self-esteem of participants were measured. Below, the content of Logotherapy method is described briefly.

### **FINDINGS**

Considering the conducted studies, the majority of participants are between 31 to 40 years old. From these, 63% are male and 37% are female. Majority of the participants have high school diploma (43%) and after that, below high school diploma (approximately 40.5%). Majority of participants are self-employed (40%) and after that the majority are Laborer (20%). 60% of the participants are married and 36% are single.

For studying the normality test of variables which are presented in table 1, it is seen that results of Kolmogorov-Smirnov test for all the cases have a significance level larger than 0.05. Therefore, there is no reason for rejecting the normality assumption of data.

For testing research hypotheses, first variance analysis with repeated measurement was used for testing significance of average

difference of group scores in pre-test and post-test.

In table 2, results of variance analysis test with repeated measurement for testing the average difference in participants scores of experimental group in pre-test and post-test in hope-in-life scale, indicated that there is a significant difference in the average group scores in pre-test and post-test. In a way that based on variance analysis with repeated measurement, Logo therapy method in post-test stage has caused a change in experimental groups and a significant improvement in hope-in-life is observed in experimental group, which indicates that Logo therapy can have a positive effect on hope-in-life in individuals. It should be noted that for gaining assurance regarding the effectiveness of the independent variables and eliminating the effect of pre-test, covariance analysis was used as well and all the results were confirmed.

In table 4-a, results of variance analysis test with repeated measurement for testing the difference between the average scores of participants in experimental group in pre-test and post-test in overall self-esteem scale indicate that the average score of this group in pre-test and post-test have a significant different. In a way that based on variance analysis with repeated measurement, Logo

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therapy method in post-test has caused a change in experimental group and an improvement is seen in overall self-esteem in experimental group. This means that Logo therapy can have a positive effect on overall self-esteem of individuals. It should be noted that for gaining assurance about the effectiveness of the independent variable and eliminating the effect of pre-test, covariance analysis test was used as well and all the results were confirmed.

In table 4- a, results of variance analysis test with repeated measurement for testing the difference between average scores of participants in experimental group in pre-test and post-test in family self-esteem scale indicate that, there is a significant difference between the average scores of the experimental group in pre-test and post-test. In a way that based on variance analysis with repeated measurement, Logotherapy in post-test stage has caused a change in the experimental group and a significant improvement was observed in family self-esteem in experimental group, which means that Logotherapy can have a positive effect on family self-esteem in individual. It should be noted that for assuring the effectiveness of independent variable and eliminating the effect of pre-test, covariance analysis test

was used as well and all the results were confirmed.

In table 3, results of variance analysis test with repeated measurement for testing difference of the average scores of participants in experimental group in pre-test and post-test in educational self-esteem scale indicate that average score of the group in pre-test and post-test have a significance difference. In a way that based on variance analysis with repeated measurement, Logotherapy method in post-test has caused a changed in experimental group and a significant improvement was observed in educational self-esteem in experimental group, which means that Logotherapy can have a positive effect on educational self-esteem of subjects. It should be noted that for assuming the effectiveness of the independent variable and eliminating the pre-test effect, covariance analysis was used as well and all the results were confirmed.

In table 4, results of variance analysis test with repeated measurement for testing difference between average scores of participants in experimental group in pre-test and post-test in social self-esteem scale indicate that average scores of this group in pre-test and post-test have a significant difference, in a way that based on variance analysis with repeated measurement,

Logotherapy method in post-test stage has caused a changed in experimental group and a significant improvement was observed in social self-esteem in experimental group. This means that Logotherapy can have a positive effect on social self-esteem of people. It should be noted that for assuming the effectiveness of the independent variable and eliminating the effect of pre-test, covariance analysis was used as well and all the results were confirmed. Here, results indicated that the level of F in social self-esteem is higher than the level of F in social and educational self-esteem and its change is so much large comparing to pre-test. Here also, results indicated that the effect of Logotherapy is larger on social self-esteem

comparing to other types of self-esteem. Also, results of covariance analysis for controlling the effect of hope-in-life and self-esteem scores indicated that, there is a significant difference between participants scores in pre-test and post-test of Logotherapy and the results are presented in table 4-b.

As data in the above table 6 shows, results of covariance analysis also indicate that there is a difference between participants in pre-test and post-test of Logotherapy. Eta squared correlation coefficient also, which measures the correlation level between two variables and mainly is used between two ordinal, interval and ratio variables.

Table 1 - Results of Kolmogorov-Smirnov test

Statistics						
Average	3.66	3.63	3.93	3.70	3.73	3.67
Standard deviation	0.80	0.82	0.82	0.86	0.83	0.79
Kolmogorov statistic	1.34	1.21	1.02	1.26	0.96	1.19
Sig. Level	0.05	0.10	0.23	0.08	0.31	0.11

Table 2 - Variance analysis test with repeated measurement for testing the significance of the average difference in group scores for hope-in-life

Index	Stage	Average	Standard deviation	Source	F	Freedom degree	Sig. Level
hope-in-life	Pre-test	26.7	0.87	Intragroup	5.5	30	0.002
	Post-test	32.1	2.03	Intergroup	190.9	30	0.0001

Table 3 - Variance analysis test with repeated measurement for testing the significance of the difference in average scores of the experimental group for overall self-esteem

Index	Stage	Average	Standard deviation	Source	F	Freedom degree	Sig. Level
Overall self-esteem	Pre-test	2.21	0.35	Intragroup	16.5	30	0.001
	Post-test	3.13	0.68	Intergroup	16.9	30	0.0001

Table 4 a - Variance analysis test with repeated measurement for testing the significance of the difference between average scores of the experimental group for family self-esteem

Index	Stage	M	SD	Sources	F	Freedom	Sig. Level
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						degree	
Family self-esteem	Pre-test	2.34	0.46	Intragroup	16.3	30	0.001
	Post-test	3.19	0.72	Intergroup	16.9	30	0.0001

Table 4-b- Variance analysis test with repeated measurement for testing significance difference of average scores of excremental group for educational self-esteem

Index	Stage	M	SD	Sources	F	Freedom degree	Sig. Level
Educational self-esteem	Pre-test	2.54	0.17	Intragroup	53.5	30	0.001
	Post-test	3.40	0.31	Intergroup	63.5	30	0.0001

Table 5 - Variance analysis test with repeated measurement for testing the significance in difference between average scores of experimental group for social self-esteem

Index	Stage	M	SD	Source	F	Freedom degree	Sig. level
Social self-esteem	Pre-test	2.57	0.36	Intragroup	5.5	30	0.002
	Post-test	3.38	0.25	Intergroup	115.5	30	0.0001

Table 6 - Results of covariance analysis for the effect of Logotherapy on participants

Source	SS	Freedom degree	MS	F	Freedom degree	Eta squared	Statistical power
Pre-test	1279.81	1	1279.81	31.7	0.001	0.64	1
Group	4166.33	1	4166.33	103.15	0.001	0.85	1

**DISCUSSION AND RESULTS**

To test the main hypothesis we must pay attention to the results:

1. The first hypothesis- group Logotherapy has an impact on increasing hope-in-life.

Results for the first hypothesis show that, before and after the implementation of Logotherapy the scores of hope-in-life test, indicate to a significant difference. The difference between average scores is significant at 0.001 levels. This means that, Logotherapy increases the level of hope-in-life. The education based on the theory of Logotherapy, affected the attitude of Islamic Azad university of Tabriz’s students toward the choice of spouse and hope-in-life and in other studies, such as Abolghasemi Shahnamet al. (2011) results indicate that Logotherapy is effective in reducing depression, anxiety and increasing hope for women suffering from cancer and that

Logotherapy method is more effective on the dependent variables. Since hope-in-life is at odds with anxiety and depression, it is evident that Logotherapy not only increases hope-in-life but also reduces despair, depression and anxiety and hence, it is more effective for those who suffer from serious illness. Kazemi and Sa’adati(2011), have studied the effect of teaching logotherapy dimensions and have found that in addition to drug therapy, psychological counseling can be used for curing and increasing hope-in-life in patients.

Rasouli and Borjali (2012), have also found that group logotherapy is effective in reducing anxiety and increasing self-esteem in patients suffering from Multiple Sclerosis which is why the use of this therapy in other patients is recommended. In Pour Ebrahim Taghi et al. (2007), results indicate that although depression in experimental groups

after group logotherapy and individual logotherapy together with individual and group counseling has reduced but this reduction was not significant at 95% level, so this means the above methods are not effective and also, there was no significant difference between the effectiveness of these methods. Results have shown that use of the above method does not work with nursing home for the elderly and therefore other counseling and ways of treatment are recommended. This result is consistent with the results of Fakhar Farshad et al. (2008), who have that Logotherapy method is not effective in depression and somatization, however, it is effective in reducing anxiety, stress and disorder and they have concluded that the use of Logotherapy in group can be effective on improving the mental health of elderly women in nursing homes.

2. Logotherapy in group is effective in increasing self-esteem.

Results for the second hypothesis show that, before and after the implementation of Logotherapy the scores of self-esteem test, show a significant difference. The difference between average scores is significant at 0.001 levels. This means that, Logotherapy increase the overall self-esteem. These results show that Logotherapy is an effective way to increase hope in life and self-esteem. This

finding is consistent with the findings of GolNejhad et al. (2012), Ghara' Zibae et al. (2012), HasanZade et al. (2012), RobatMeili et al. (2010). The results in these studies also show that Logotherapy increases hope-in-life which is consistent with the findings in GolNejhad et al. (2012).

Results of the first secondary hypothesis show that, before and after the implementation of Logotherapy the scores of the family self-esteem test, show a significant difference. As table 11-4 shows the difference between average scores is significant at 0.001 levels. This means that, Logotherapy increases family self-esteem.

Results for the second secondary hypothesis show that, before and after the implementation of Logotherapy the scores of the educational self-esteem test, show a significant difference. The difference between average scores is significant at 0.001 levels. This means that, Logotherapy increases educational self-esteem.

Results for the third secondary hypothesis show that, before and after the implementation of Logotherapy the scores of the social self-esteem test, show a significant difference. The difference between average scores is significant at 0.001 levels. This means that, Logotherapy increases social self-esteem.

As mentioned earlier, Logotherapy is a separate category in Existential-Humanistic therapy; Logotherapy is separated from existential psychotherapist such as Rollo and Irvin Yalom (2000), because it analyses the underlying reasons of human existence. In other words, Frankel stresses on unconditional importance of meaning in life, but existential psychotherapy believe it is only one of the last concerns, and that is what distinguishing them from each other. Logotherapy teaches us that it is not us who asks why from life, but it is life who responds through deep listening of a moment. Our choices are based on values and driven by conscience. Logotherapy approach would improve the living conditions of humans and will help them have a better understanding of the meaning of life. In this study we tried to examine the extent to which Logotherapy affect hope-in-life and self-esteem. The aim of this study was to determine the effectiveness of Logotherapy on improving hope-in-life and self-esteem. The results showed that Logotherapy is effective on hope-in-life and self-esteem.

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