

Integrating Constructive Play Therapy and Cognitive Art Therapy in Improving the Symptoms of Psychological Separation of the Families Who Have Been Beaten

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Abstract— Symbolic functions can be applied to help the child show his/her unconscious mind and relieve stress related to it. Art therapy and games are among these functions. It is obvious that the child with excitation and conflict use out of art and game as a way to escape from the resulting stress. Levy construction has a special emphasis on technical play therapy that is mainly applied in the treatment of children's emotional problems. Family violation restricts women and children's freedom of expression and makes them deprived of enjoying human experiences. Beaten family members, especially women, often suffer from feelings like anger, loneliness, sadness, depression and physical and mental depression. To break up the vicious circle of violence, destruction of relationships and violence, art therapy can be made use. Art therapy is based on the fact that creative process of art creating is healing and life giving. Art therapy has some advantages as follows: 1- Family will re-gain its strengths. 2- Maternal skills will be strengthened. 3- Ability of family members to interact with each other is increased. 4- Peoples' angry will be relieved. 5- Beaten members are become able in dealing with experiences reality. 6- Family members identify current facilities and resources to rebuild their lives.

Index Terms— Play Therapy, Art Therapy, Psychological.

1 INTRODUCTION

BY creating group interaction, art therapy builds a context for supporting and understanding people who are beaten and makes them help contribute their thoughts and feelings through creating images and drawing paintings with others and move towards becoming power in the final step. Therefore, constructive art and game therapy have significant effects in healing and rebuilding beaten families.

To investigate the effects of cognitive art therapy and constructive play therapy on the improvement of complications resulted from psychological separation in this study, 250 women and children beaten by their father were selected and applied with random sampling amongst those referred to consulting center and Hoffman's Psychological Separation Inventory and Wisconsin's Mental Health Inventory were implemented on them and 100 beaten women who scored lower the cut-off point based on the cut-off point (1.2 mean standard deviation) resulted from the scores obtained in Mental Health Inventory and then were divided into two 50 groups, i.e. two test and control groups which art therapy sessions and play therapy for the test group was implemented and finally applied in the art therapy process and constructive play therapy on beaten women and children. Techniques of catharsis, coping and adaptation reduced stress in these people.

Art therapy process was first emphasized on beaten families and then on women and children. Treatment process lasted 30 hours and 15 minutes. Treatment was performed in A-B pattern. To compare these results with the situation before the independent variable, the subjects were observed before inter-

ference during 4 sessions. After each session of intervention therapy, the subjects were observed once and the frequency of three partite behaviors was recorded. At the end, complete treatment diagram plan before and after the intervention was drawn.

This treatment technique contains three steps. This first step focuses on the crisis and deals with supporting family members usually in a habitat or home. The second step deals with correcting the attitudes and beliefs and also gender roles in the first relationship and help people to be promoted in the society. Family's achievement to its genuine values and being adopted with life is the first step of art therapy process. Art therapy enables the victims facing with the reality of violence to achieve solace and relaxation in the first step of treatment.

Increasing the awareness of out of its relationship and aggression factor, the person is achieved social skills and redefinition of gender roles. In the final step, the individual goes back to the society and the relationships is resumed and new conditions of life such as home and new job will be adopted and the victims refuse to express their painful experiences for the lack of confidence.

2 RESEARCH METHOD

Subjects: in the present study, to study the relationship between psychological separation and mental health and the impact of cognitive art therapy and constructive play therapy on the improvement of the complications resulted from psychological separation, 250 women and children beaten father and referred to the consulting centers were selected at random. Hoffman's Psychological Separation Inventory and Wisconsin's Mental Health Inventory was implemented upon them and 100 women who scored lower than the cut-off point

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were selected based on the cut-off point (1.2 mean standard deviation) resulted from the scores obtained in Mental Health Inventory and then were divided into two fifty groups cognitive art therapy and constructive play therapy were applied on them during fifteen sessions on the test group.

3 RESEARCH TOOL

To collect research data, two inventories are used: 1- Psychological Separation Inventory (Hoffman, 1984) and 2- Mental Health Inventory of Wisconsin Medical Sciences Center (Ryff, 1989).

1- Psychological Separation Inventory: It is a self-report scale that assesses parent's psychological separation according to four dimensions including Functional Autonomy, Conflictual Autonomy and Feedback Autonomy.

The above-mentioned inventory contains 138 self-description predicates that are evaluated in a five scale Likert rate from (completely correct for me) to (completely incorrect for me).

The internal consistency in all current research questions for Hoffman's Psychological Separation Inventory is 0.95 and the value of this consistency in the scale of emotional autonomy assessment is 0.89 of Cronbach's alpha and in Conflictual Autonomy is 0.86 and in Attitudinal Autonomy Scale is 0.87 and Action Scale is 0.84 of Cronbach's alpha.

B. Scale of Psychological Well-being of Wisconsin's Medical Sciences Center:

To evaluate mental health, Scale of Psychological Well-being of Wisconsin's Medical Sciences Center made in 1989 and was studied and completed in 2000 was used. This inventory is a six axis scale that contains Autonomy predicates, Environmental Mastery, Personal Growth, Positive Relations with others, Purpose in Life and Self-Acceptance that is comprised of 16 part 6 scale related to mental health.

There are 84 self-description predicates measured by a six scale rated in (1) completely disagree, (2) moderately disagree, (3) slightly disagree, (4) slightly agree, (5) moderately agree and (6) totally agree.

In the present study, internal consistency of all questions is 0.88, but the internal consistency of sub-scales based on Cronbach's alpha was separately determined as follows:

Autonomy (0.35), Environmental Mastery (0.67), Personal Growth (0.51), Positive Relations with Others (0.67), Purpose in Life (0.61) and Self-Acceptance (0.62)

Application Method

Since the number of members in group counseling should be usually 6 to 12 people (Shafiabadi, 1994), and the study on the cut-off points obtained in Mental Health Inventory of 80 people scored lower than cut-off point which was randomly divided into two 50 test and experiment groups and then test group was divided into 5 groups of 10 people and participated in 15-fold cognitive art therapy and constructive play therapy each lasted almost 2 hours. In these art therapy sessions, a context is provided to support and understand these people through to create group interaction and help them contribute their thoughts, feelings and conceptions with others by creating images and drawing paintings which is led to move towards from being victimized to being empowered. Therefore, cognitive art therapy has a significant impact on treating and

re-building the beaten families. The bothersome variables are to some extent controlled and after ending up 10 sessions of group cognitive therapy, mental health test in two test and control groups was re-implemented which control group was received no program or education during this period and the obtained results were analyzed in two test and control groups and also before and after applying independent variable (group art therapy sessions).

Pearson Correlation Coefficient was used in this study to investigate the relationship between components of psychological separation and rate of mental health and multivariate analysis of variance (MANOVA) was used to study the effect of independent variables on mental health levels and analysis of variance (ANOVA) was used for each dependent variable to evaluate differences among groups with different levels of mental health component to each other in terms of psychological separation components and then student test to investigate the effects of group cognitive therapy on women's mental health components.

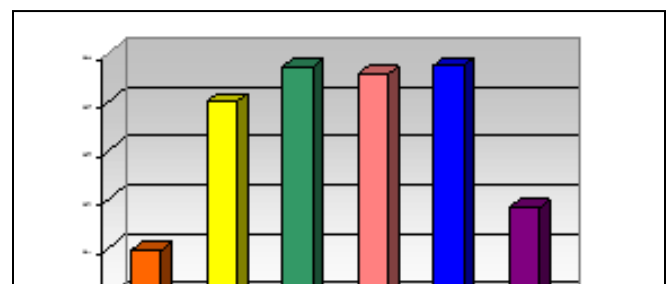
4 RESULTS

Descriptive statistics of components of Psychological Separation Inventory is given in Table 1.

TABLE 1
 Mean and Standard Deviation of Components of Psychological Separation Inventory

Psychological Separation Components	Minimum score	Maximum score	Mean	Standard deviation
Emotional Autonomy	51	162	97	22.5
Conflictual Autonomy	64	189	108	23.22
Feedback Autonomy	42	129	66	16.2
Action Autonomy	28	115	65	16.2

Table 1 shows that mean component of conflictual autonomy is higher compared to other three components and the highest score is related to components of emotional autonomy, action autonomy and finally feedback autonomy, respectively. Psychological Separation Components are shown in table 1.



Descriptive statistics related to mental health components are given in Table 3.

TABLE 2
Mean and Standard deviation of components of Mental Health Inventory

Mental health components	minimum score	Maximum score	Mean	Standard deviation
Autonomy	28	64	47.9	7.3
Environmental mastery	24	72	52	7.6
Personality growth	31	69	55.3	8.4
Amicable relationship	21	69	55.3	8.4
Purpose in life	45	68	55.4	7.9
Self-acceptance	28	72	49.6	8.18
Total score of mental health	235	443	31.5	38.76

As can be seen in Table 2, the highest mean is purpose in life component and the lowest mean is self-acceptance component. After purpose in life component, personal growth component, environmental mastery and autonomy are the next ones, respectively. Mental health components are shown in Table 2.

To investigate the effect of psychological separation components on rates of mental health, Pearson Correlation Coefficient between the total score of mental health and psychological separation components of the couples (spouses) was calculated separately which its results have been shown in Tables 3 and 4.

TABLE 3
Correlation Coefficient between psychological separation components of the spouse (woman) with mental health

Mental health	Emotional autonomy	Conflictual autonomy	Feedback autonomy	Action autonomy
	**15	**-.28	**32	**29

*=P<0.05 **=P<0.01

Results obtained in the above table show that there is a positive and significant correlation between mental health and emotional autonomy components, feedback autonomy and action autonomy towards spouse (woman), however, there is a significant negative correlation between mental health and conflictual autonomy component towards spouse (woman).

TABLE 4
Correlation Coefficient between psychological separation components from spouse (woman) with mental health

Mental health	Emotional autonomy	Conflictual autonomy	Feedback autonomy	Action autonomy
	**13	12	**18	0.05

*=P<0.05 **=P<0.01

Results obtained in the above table show that there is a positive and significant correlation between mental health and emotional autonomy components, feedback autonomy and action autonomy towards spouse (woman), however, there is a significant negative correlation between mental health and conflictual autonomy component towards spouse (woman).

TABLE 5
Hierarchical Regression of Mental Health in terms of spouse's psychological separation components

Prediction variable	R	R2	F	D	Sig- f f	Signif- canc e level of f	b	t	Signif- icance level of t
Step 1	0.23	0.1	3.48	1	0.001		189.19	48.03	0.001
Women feedback autonomy							1.09	6.08	0.001
Step 2	0.47	0.22	68.18	2	0.001		341.55	39.22	0.001
Women feedback autonomy							2.17	7.05	0.001
Women conflictual autonomy							-0.93	60.73	0.001
Step 3	0.58	0.21	45.6	3	0.001		331.78	35.8	0.001
Women feedback autonomy							-0.96	-8.05	0.001
Women conflictual autonomy							-0.96	-8.05	0.001
Woman action autonomy							0.70	3.42	0.001

Prediction variables of feedback autonomy are -8.05 and action autonomy is 3.42 which is significant at 0.001 level, i.e. variables of feedback autonomy, conflictual autonomy and action autonomy are predictors of mental health and positive coefficient of feedback and action autonomy variables indicate their positive relationship with mental health and negative coefficient of conflictual autonomy shows its negative relationship with mental health (see tables 4-5 and 4-6). Since calculated correlation coefficient is positive, there is therefore a direct relationship between mental health, feedback autonomy and action autonomy, while this relationship is different regarding conflictual autonomy; that is there is a reverse relationship between mental health and conflictual autonomy.

5 DISCUSSION

To answer this question whether there is a significant relationship between psychological separation components and rate of mental health, correlation coefficient was calculated. The results obtained showed that there is a significant relationship between four psychological separation components and rate of mental health. When rate of emotional autonomy, feedback autonomy and action autonomy is increased, rate of mental health will be increased; that is there is a reverse relationship between them, while the other studies indicate that mental confidence and composure, i.e. mental stimulus in one hand and doubt, i.e. mental stimulus to various purposes which this correlation is tried to be achieved based on the effects if cognitive art therapy during 15 sessions.

In another part of the current study, to determine whether groups with different levels of mental health are significantly different from each other in terms of conflictual, feedback and action mental autonomy which multivariate analysis of variance (MANOVA) was used.

To confirm the results achieved in this study, for example in study conducted by Koback et.al (1991) depressive symptoms were measured twice with an interval time and found that in women who have insecure attachment in which there is no psychological separation in a complete and grown form, there are more signs of depressive signs (Keny et.al, 1998).

Also, to confirm the relationship between action and feedback autonomy in individuals, various levels of mental health indicate that social learning approach have emphasized in the importance of effective behavior of problem solving for an effective compromise. Problem-solving ability contains behavioral and cognitive solution of problems in the situations in which adults and adolescents are faced with in daily life. These situations can be related to home, workplace, friends and families (Mosen and Scoufer, 1993).

To investigate the last question that indicates the effects of art therapy and cognitive constructive play therapy on mental health components of beaten families, t test was used in which there was a significant difference between means of test and control groups in components of environmental mastery, personality growth and amicable relationship which shows the effect of constructive art and play therapy in increasing the rate of these components in test group of this study.

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