

EFFECTIVENESS OF ART THERAPY BASED ON UNITY ORIENTED APPROACH ON FAMILY RESILIENCY OF ADOLESCENT HAVING UNSUITABLE PARENTING

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ABSTRACT

The purpose of this study was to investigate the efficacy of art therapy based on unity oriented approach on family resiliency of adolescent having unsuitable parenting. This study consisted of pretest, posttest and a control group. 24 adolescent girls were randomly selected from two families' hostels under the auspices of social for welfare organization and randomly were implementing in experiment and control groups. All participants completed the Family Resiliency Scale. The experimental group received 12 art therapy sessions (each session lasting, 90 minutes), and the control group followed their daily ordinary activities. Analysis data showed that art therapy based on unity oriented approach increased resilience.

KEYWORDS: Art therapy based on Unity Oriented approach, family resiliency, Adolescent having unsuitable parenting

INTRODUCTION

Adolescents with unsuitable parenting are one of the damaged groups of society who face serious problems in their individual and social lives due to a wide range of personal and behavioral disorders, underdeveloped identity, sense of rejection, low self-esteem and low self-reflection (Wolf, 2005). Irresponsible parents lack the social, behavioral and moral qualifications and are ineligible to keep their child because of different reasons such as addiction, physical or mental harassment and damage to children. Parents' and family support is an effective factor on health and improvement of the quality of children's life. When children lack parents' affection, and their needs at different development periods such as sense of belonging, and the need to encouragement and affection are not met, more crisis and mental damages, behavioral disorders, aggression, anxiety and depression, and tendency to drug abuse are reported among such adolescents who are deprived of parents or live with irresponsible ones (Driscoll et al., 2008).

The problems of adolescents with unsuitable parenting are more distinct and severe than normal adolescents. Due to the economic situation, poverty, living location, method of parenting and discipline, and low levels of parents' education, these adolescents are more vulnerable to the negative atmosphere and stressful events in the family (Papalia et al., 2006). Transition to adulthood is a challenging, risky, and stressful process (Montgomery et al., 2008). Resilience is the product of individual and environmental interaction, plus what is formed within a person during his childhood and adolescence. Resilience can develop by strengthening protective factors in youth's living environment, along with promoting life skills and personal abilities (Bohner and Wanke, 2002). With regard to social protection created for educating and promoting the concept of resilience, promoting mental health in this group of adolescents is important and specific. In this regard, art therapy is one of the effective approaches. Researches indicate the particular place of art therapy in adolescents' psychotherapy due to its collection of special mechanisms, such as Flesman and Fryrear (1981) which showed that art can be used as an alternative approach for expressing repressed emotions and painful family secrets which can play a vital role for rebellious teenagers and troubled families. An objective of art therapy intervention is to find creative solutions in daily lives of people. Thorough drawing, participants find more opportunity and time to listen to their inner suffering and pain, tensions, and doubts. In addition, they can better focus their mental and emotional abilities on finding alternative solutions for their problems (Ouster and Crone, 2004). Art therapy is used with various approaches; in this study, it is combined with unity oriented approach i.e. the unity as a philosophical concept, which is rooted in mysticism and philosophy. Unity oriented approach is a primordial concept rooted in the monotheistic religions and philosophies. In unity art oriented approach, by creating a feeling of solidarity through the art activities with the world and accepting the unique creation of human and the reality of one's life experiences, the individual can better adjust with the problems, especially if these are based on art. The union oriented psychology

approach, written by Zadeh Mohammadi (2010) based on the philosophy of the east. In this psychology thinking human has a unity process and essentially more toward self-actualization and his life in all conditions goes toward grow. The target is discovering this meaning through patient's history. The clients to be help to observe their event as a single reality story that in essence has ultimate goal. In this paper, using art therapy based on union approach to be express solidarity and unity. Unity oriented approach helps people to use different artistic methods to create unity, internal consistency, solidarity, and connectedness to life's experience, free their mind from unrest and disparities, and feel integrated and united with them by accepting their life (Zadeh Mohammadi, 2012). In this way, self-acceptance, uniqueness, being connect to the world, feeling valuable, and a sense of trust to life are experience through the creation of art; thus, the individual can achieve different attitudes and solutions. Understanding the capabilities and competencies, and the ability to create a positive relationship with others and fighting problems are among the factors that increase resiliency (Isaacson, 2007). Hence, studying resilience in terms of problems that are more serious and damages in adolescents with irresponsible parents can be effective in developing programs and interventions aimed at promotion of individual and social capabilities and preventing or alleviating the problems of these adolescents.

MATERIALS AND METHODS

Participants

This study consisted of pretest, posttest and a control group. 24 adolescent girls were randomly selected from two families' hostels under the auspices of social for welfare organization and randomly were implementing in experiment and control groups. All participants completed the Family Resiliency Scale. The experimental group received 12 art therapy sessions (each session lasting, 90 minutes), and the control group followed their daily ordinary activity.

Materials and procedure

Resiliency measure in this study is FRAS¹ by Sixbey (2005), The FRAS is a self-report scale comprised of 66 items intended to measure resilience. All of the items On the FRAS were initially scored as Strongly Disagree (1), Disagree (2), Agree (3), and Strongly Agree (4).

subscales consisting of family communication and problem solving, utilizing social and economic resource, maintaining the positive outlook, family connectedness, family spirituality, ability to make meaning of adversity. The total reliability for the 66 items with the six items reversed was calculated to be $\alpha = 0.96$. While this is high, reliability is a factor of the number of items (N=66) and the method used to calculate reliability. The instruments chosen for validation purposes (FAD²1, FAD2, and PMI) were correlated to appropriate factors within the new six factor FRAS. However, reliability was found for all validation instruments: Family Assessment Device 1(FAD1), $\alpha = 0.91$, Family Assessment Device 2(FAD2), $\alpha=0.85$, and Personal Meaning Index, $\alpha = 0.85$.

Procedure

First: express their own experiences, describes a personal situation they form an abstract or concrete building with clay

Second: Understanding the unity and multiplicity with music instrument

Third: practice self-connection with using collage and images

Fourth: making peace signs, identify the capacities and talents to painting

Fifth: seeds and plant performance in the world of self-actualization sense of unity

Sixth: painting a secure environment and connection-based unity with the universe

Seventh: attitude to life experience and self-assessment with clay

Eighth: fine material and spiritual connection to the world and make their symbol with clay

Ninth: express and understand the feelings of self with music

Tenth: the attitude towards life by means of performance

Twelfth: review the results and current sentiment group, expression solutions in facing the future with problems.

RESULTS

By comparing the difference between the pre-test and post-test scores of family resilience test conducted on both control and experiment groups based on independent t-test method (table1), the average difference between the two groups (-4.583) at the control group and (13.974) in the experimental group and the t (3.617) obtained at significant

¹Family Resilience Assessment Scale

²Family Assessment Devise

level of 0.95 with 22 degrees of freedom it can be concluded that the difference between the two groups was significant and art therapy unity oriented approach increased family resilience.

Table 1: analysis of t test for equality of mean of the experimental and control group scores resiliency

	Equality Of mean	t	Degree of freedom	Mean difference	Std deviation	Std Error mean	Significant
total resiliency	experiment	3.617	22	13.974	15.974	4.611	0.022
	control			4.583	8.784	2.535	

Table 2: analysis of t test for subscale of control group scores resiliency

subscale		Mean difference	Std deviation	Std Error mean	Significant	t
family communication and problem solving	Pre test	77.416	3.389	11.743	0.017	2.816
	Post test	87.500	6.116	21.189		
utilizing social and economic resource	Pre test	19.416	0.908	3.146	1	0
	Post test	19.416	0.995	3.449		
maintaining the positive outlook	Pre test	17.083	1.543	3/987	0.001	4.674
	Post test	16.416	1.151	5.348		
family connectedness	Pre test	15.333	0.668	2.015	0.071	1.995
	Post test	16.416	0.581	2.314		
family spirituality	Pre test	11.083	0.633	2.193	0.001	4.570
	Post test	13.250	0.552	1.912		
ability to make meaning of adversity	Pre test	8.333	0.689	2.386	0.082	1.915
	Post test	8.333	0.432	1.497		

According to the results list to the table 2, in the experimental group t was obtained in subscales of family communication and problem solving (2.816), maintaining the positive outlook, (4.674) and family spirituality (4.570), which is significant at the level of 0.95 with 11 degrees of freedom.

DISCUSSION

The finding of this study showed that unity oriented approach is meaningful based on three subscales: 1) family communication and problem solving, 2) maintaining the positive outlook, 3) and family spirituality. Communicative processes and problem solving can have an important role in family resilience. Problem solving helps to brainstorming and solving family conflicts constructively and might lead to more adaptive behaviors (Walsh, 2006). The effect of unity oriented art therapy is due to communicating and adopting a positive attitude toward life problems among youth with unsuitable parents, by which they deal better with their bitter experiences and infer a more positive meaning from them thorough different forms of art. In fact, unity oriented approach helped them to interact with their difficult situation better and accept them, as a result their attitude toward family and their resilience to problems and family condition was perceived better and simpler. Creative artistic atmosphere increased their flexibility when encountered by life issues. Change of attitude helped them to pay attention to life difficulties in a more resilient way. Unity oriented art therapy helped adolescents to accept the realities of their family condition, even though they cannot change it. This change became a percept of adaption and sympathy toward family among them. Adolescents reflected their problems using painting and clay and experienced using their talent and ability to face problems in a symbolic atmosphere. This experience was effective in increasing their resilience. Many studies showed that adolescents with more resilience have better mental health (Prance-Embury, 2008; Hart et al., 2007). The findings of this study showed that unity oriented art therapy helped perception of adolescents with unsuitable parents to find innovative solutions. Awareness of resources and supporting forces helps the individuals to exploit effective communication at stressful situations and feel supported (Fergus and Zimmerman, 2005). When people believe their resources will help them in dealing with the problems, their resiliency improves (Lazarus and Folkman, 1984). Discovering material and moral properties in the exercises of this research made the adolescents to see the minimum resources and availabilities of their life and value them. This feeling contributes to self-esteem and resilience of adolescents. Unity oriented art therapy approach could generally transfer a new feeling and look at the hardships of life to adolescents, as well as the feeling of support, accepting that they are not alone in life and world, feeling secure by the attachment to the outer world, and the feeling of communication, support, and solidarity obtained from the nature of unity, which create a more resilient perception of family situation and their problems.

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