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## The Effect of Logo Therapy on Life Orientation of Cancer Patient

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### ABSTRACT

The aim of the present research is to determine the effect of logo therapy on life orientation of cancer patients. The research method was quasi-experimental with control group and testing. Statistical population includes all cancer patients about 220 persons under support of Yas association of Kerman in 2013. The sample of research consisted of 15 persons in control group and 15 persons in experimental group. Randomly sampling is used for sampling method. Scheier and Carver's 1985 Life Orientation questionnaire was used for collecting data. Data analysis was done by Spss20 software and covariance analysis. The findings showed that group logo therapy has a positive and significant impact on optimistic orientation in life and control of cancer patient's emotions. Persons in charge of health, medical and welfare of country must try to explain the importance of give meaning to life of patients through broadcasting for citizens by counselors and top psychologists in order to reduce psychological disorders and subsequently to recover the cancer patients.

**Key words:** Logo therapy, life orientation, cancer patients

### INTRODUCTION

Logo therapy is one of the most important approaches of existential psychotherapy or human-oriented that emphasizes on the spiritual dimension of man and the meaning of human existence. To reach to public health there must be emphasizes the will to meaning. Frankl believed that find meaning is a primary human motivation and a kind of adaptation action. According to Frankl, meaningfulness, objectiveness and hopefulness in life are components of stabilization of public health. If life be purposeful and meaningful, then it is natural that every event though tiring like intense pressure and deadly diseases, will be taken meaning in this way (Jamali, 2002). Logo therapy will help people in an unchangeable conditions of fate to manifest their humanity potential in a unique form and turn tragedy to a personal victory and causes a person to be successful in a difficulty where a person is caught. Logo therapy as a medical priest, obtains its highest form in such situation. When we accept that man is responsible, we are forced to understand the moment before us in order to make maximum use of ahead opportunities of this pathway. In this situation our potentials will be achieved. Values will be understood by us either in creative and experimental form or in attitudinal form and meaning will be realized by us (Muhammad pour, 2006). Life Orientation is associated with mental health of people. The mental health of people was predicted in a longitudinal study of life orientation from optimistic aspect after ten years. Natural optimism predicts both mental health (obsessive syndrome, incontinence, hostile depression) and physical health (sleep disorders and stress) (Sadeqee, 2005). Life orientation is in two forms, either optimism or its opposite dimension pessimism. Optimism means having positive expectations for the results and consequences. In contrast to optimism is pessimism that means emphasizing on the most disaster cause of any failure. Generally, pessimism means having negative expectations for the results and consequences. Optimism tends to take the most hopeful view and refers to an

emotional and cognitive preparation about the good things in life are more important than bad things (Sadeqee, 2009). Optimism as a part of positive psychology, includes comprehensive and wide concept (Noori, 2009). Most of people considering optimism as the half-filled glass or habit to expect happy ending for any real trouble. Researches show dealing with difficult events such as cancer is an important factor to life orientation. Logo therapy is one of the new methods has been suggested to create optimism in life and keeping away from pessimism against incurable diseases like cancer (Shakerian, 2012). Accordingly to create optimism in the life of people and controlling the emotions of cancer patients many remedial approaches are used which one of the most important of them is logo therapy. Logo therapy is a branch of existential psychotherapy or human-oriented because it emphasizes on the spiritual dimension of man and the meaning of human existence. Life has meaning under all circumstances from the view of logo therapy, the human person is motivated by a will to meaning, and human has freedom will (Lucas & Hirsch, 2002). Based on the mentioned definitions the duty of logo therapist is that to help patient to discover the meaning of life and he does not satisfy with this duty but rather the specific treatment methods are applied by him or her for neurotic patients (Muhammad pour, 2006).

Existential psychotherapy, is a philosophical approach that deals with man and his world. This approach is a kind of attitude to a number of concepts like life and death, hope and despair, relationship and isolation, being and not being, free selection, awareness and become responsible to oneself and others, elevation of oneself and search meaning in a course of life encountered with near death, therefore; it can be used for advancement of intervention goals in the best form. (Brit Barth et al., 2004). According to Frankl, meanings as the reasons and motivations of behavior attract human and give pleasure to life. 'Will to meaning' is a characteristics of human in life that guarantees the mental health and optimisms in one's life (Rahimian, 2009). Logo therapy is a psychology - philosophical system which help patients, despite the grief or despair, do not focus on lost but rather to seek meaning. Logo therapy is a kind of existential psychotherapy that focuses on human freedom for sublime suffering and meaning in his life and believes that man can take step far from suffering and find meaning in his life. (Wikipedia, 2007). Transforming and changing in human life depended on adaptation with situations, whether it is pleasant or unpleasant, meanwhile; the way of confronting with life changes and its outcome complexity is very different, and considering the way of person' confrontation, the mental health of him or her will be affected. Life orientation is an important psychological characteristics in every qualified healthy people. Life orientation includes sense of coherence and continuity in life, emotional balance and total satisfaction of life. Life Orientation particularly optimistic mood refers to a generalized expectation that based on it one feels, there will be good results when faced with problems. This expectation covers more the important areas of person's life. Optimism is related to several psychological features each of them can plays role in satisfaction of life. Individual assessment from stress and the way of confronting and dealing with it, is very important (Noori & Saqa 2007).

Many studies show the role of positive orientation in reducing depression. So that, among victims of natural disasters the pessimists people suffering more from depression than optimistic people. Relapse of depression disease in people who are pessimist during college time is more than optimistic people. There is a significant difference between optimistic and pessimistic people regarding the prevalence of symptoms of depression (Sadeqee, 2009). Pessimism in individual is related to depression, more anxiety, decreasing the expected progress, and inappropriate physical condition. Positive life orientation is related to greater physical and psychological adjustment with life stressful events and a higher level of performance and satisfaction of life (Raqibi & Rabani, 2012). Beller (2004) reached to the conclusion that persons who were placed in logo therapy groups they were tempted from negative orientation of life to positive orientation, at the end of 6 months treatment period the pessimistic people turn to optimism in life.

Given to studies by researcher in the country the effect of logo therapy on life orientation of cancer patients has not seriously been considered scientifically and based on a scientific research yet. Accordingly, we are trying in this study to analyze the effect of logo therapy on life orientation of cancer patients.

## MATERIALS AND METHODS

The present research is a kind of quasi-experimental and has been done by control group and testing. Statistical population of the research includes all cancer patients about 220 persons under support of Yas association of Kerman in 2013. The sample of research consisted of 15 persons in control group and 15 persons in experimental group. Randomly sampling is used for sampling method. Scheier and Carver's 1985 Life orientation questionnaire

being used, having 8 items with the validity (0/7) and reliability 0/74. Collected data was analyzed by Spss20 software with covariance analysis.

## RESULTS

**Table 1: Descriptive statistics of pretest and posttest scores of patients' life orientation in control and experiment groups**

Time of group	pretest		posttest	
	Average	standard deviation	Average	standard deviation
control	10/53	4/67	11	4/34
Experiment	12/53	3/40	15/20	4/07

In 15 patients of control group, the average score of life orientation was 10/53 in pretest and 11 in posttest, and in 15 patients of experiment group the average score of life orientation was 12/53 in pretest and 15/20 in posttest (table 1).

### Group logo therapy has an effect on life orientation of cancer patients.

**Table 2: analyzing the homogeneity of regression coefficients (slope)**

Source of changes	Sum of squares	Degrees of freedom	Mean Square	F	P	ITA square	Statistical power
Group* life orientation	9/47	5	1/89	1/76	0/202	0/445	0/403

For analyzing the homogeneity of regression coefficients (slope) the two-factor analysis of variance GLM test was used, as shown in table 2 the value of  $-p$  being calculated 0/202 is greater than significance level 0/05, subsequently one can say that data follow the homogeneity of regression slope assumption, in this case the ANCOVA test can be used.

**Table 3: Covariance analysis of the effect of group logo therapy on optimistic orientation in cancer patients' life**

Source of changes	Sum of squares	Degrees of freedom	Mean Square	F	P	ITA square	Statistical power
pretest	475/09	12	39/59	29/73	0/004	0/957	0/888
group	15/28	1	15/28	11/47	0/000	0/418	0/999
error	21/30	16	1/33	-	-	-	-

In covariance analysis table given to  $-p$  calculated value (0/000) is less than significance level of 0/05 ( $\alpha = 0/05$ ), therefore it can be rejected in the level of  $H_0$  ( $H_1$  is confirmed), it means that the average scores of life optimistic orientation in experiment group are significantly more than control group, subsequently group logo therapy has significance impact on optimistic orientation in life of cancer patients and given to ITA coefficient square the effect value of group logo therapy on optimistic orientation in life of cancer patients is 41/8 percent (table 3).

## CONCLUSION

Logo therapy is one of the most important approaches of existential psychotherapy or human-oriented that emphasizes on the spiritual dimension of man and the meaning of human existence. To reach to public health there must be emphasizes the will to meaning. Frankl believed that find meaning is a primary human motivation and a kind of adaptation action. According to Frankl, meaningfulness, objectiveness and hopefulness in life are components of stabilization of public health. If life be purposeful and meaningful, then it is natural that every event though tiring like intense pressure and deadly diseases, will be taken meaning in this way (Jamali, 2002).

Data analysis through covariance analysis indicate that group logo therapy has significance impact on optimistic orientation in life of cancer patients and given to ITA coefficient square the effect value of group logo therapy on optimistic orientation in life of cancer patients is equal to 41/8 percent. These results are in consistence with the Beller's findings (2004) that reached to the conclusion that the people who were placed in logo therapy groups they were tempted from negative orientation of life to positive orientation, at the end of 6 months treatment period the pessimistic people turn to optimism in life. Therefore, we can say that logo therapy method is a consultative and useful method for changing attitude of cancer patients toward life and create optimism to live among them. Based on this, one can say that logo therapy is a way of existential approach that provides high theoretical and philosophical situation for team work. Existential psychotherapy, is a philosophical approach that deals with man and his world. This approach is a kind of attitude to a number of concepts like life and death, hope and despair, relationship and

isolation, being and not being, free selection, awareness and become responsible to oneself and others, elevation of oneself and search meaning in a course of life encountered with near death, therefore; it can be used for advancement of intervention goals in the best form.

Given to the results of study that indicate group logo therapy causes to optimistic orientation in life of cancer patients, based on this fact the following suggestions being offered to apply this treatment method by psychologists and psychiatrists to help cancer patients to optimistic orientation of life:

- Yas association must try to suggest doctors to consider group logo therapy as one of the treatment methods of psychological problems of cancer patients.
- Families with cancer people within them must try to take the basic steps for treatment and support of patient by give meaning to patient life.
- Psychiatrists and psychologists must try to promote their information about effective and useful method of group logo therapy.
- Persons in charge of health, medical and welfare of country must try to explain the importance of give meaning to life of patients through broadcasting for citizens by counselors and top psychologists in order to reduce psychological disorders and subsequently to recover the cancer patients.

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