

Title :

The effectiveness of group Logotherapy group teaching on Reducing mental health, loneliness and increasing the meaning of life in elderly women

Abstract :

The present study aimed to evaluate the effectiveness of Logo therapy group teaching on Reducing mental health, loneliness and increasing the meaning of life in elderly women, women living in a nursing home day care center Hasheminejad Kahrizak was in 2016. The sample included 40 women who live in nursing homes selected sampling is dumped Then they were randomly divided into two groups, experimental (20 people) and control group (20 people). After determining the control and experimental groups at the pre-test step, mental health, loneliness and meaning of life were given to all patients in both groups. Then experimental group was then grouped into 90-minute sessions for 10 sessions, and the intervention group did not perform. At the end of all the training sessions both experimental and control group took the post-test. For data analysis MANCOVA were used. The results showed that the Logotherapy group teaching on Reducing mental health, loneliness and increasing the meaning of life in elderly women, supportive psychotherapy group training had significantly increased life expectancy up to 99% and reduced the anxiety of patients in the experimental group compared with the elderly women, day care center in the experimental group compared with the control group

Keywords :

Key words: Logotherapy, mental health, loneliness, meaning of life