

# Investigating the Effect of Rational Emotional Behavioral Therapy Training on Sensitivity in Women's & Mutual Relationships

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## Abstract

*The topic of Haaz's research is to investigate the effect of rational-emotional behavioral therapy training on sensitivity in women's mutual relationships. The purpose of this research is to prepare and compile a program in which the concepts of the rational-emotional behavioral therapy approach are used in order to investigate sensitivity in women's mutual relationships after the implementation of its training to women. The statistical population includes 120 women with risky sexual behaviors and a history of substance abuse. Among 120 people according to Morgan's table, 92 people were selected for the sample size, and out of these 92 people, 30 people who got the lowest score in the test were randomly selected and were selected in the experimental and control group. During 10 sessions, the experimental group was given trainings not related to the topic of research on safe sex. The exams were retaken on both groups in the same position following the sessions in order to assess the impact of the independent and dependent variables. The data was analyzed using the covariance statistical model (MANCOVA) and its results and a significant relationship ( $P < 0.01$ ) showed that the training of rational-emotional behavioral therapy on sensitivity in the mutual relationships of women with high-risk sexual behavior and a history of abuse of the material is effective. This research highlights the effectiveness of targeted behavioral therapy in enhancing interpersonal sensitivity and fostering healthier relationships within this vulnerable group.*

**Keywords:** Behavior training, drug abuse history, mutual relations of women, substance abuse, sensitivity

## INTRODUCTION

The concept of addiction has undergone a significant transformation throughout recent history. What is important in the evolution of this concept is the role of the addict's free will and personal responsibility. On the other hand, every abnormal and deviant behavior is a product of the person's inner soul. Perverts and perverts are people who are considered mentally ill. Culture and social facts do not

play much role in this process and are the only areas where deviant behavior occurs. Since 1920, the studies of doctors and researchers on dependent people and people with excessive productive consumption have discussed about the pathological personality patterns of these people and have proposed different classifications to explain the range of personality disorders. This field of theoretical realization made great progress with the publication of Psychology, which was based on a large sample of people addicted to drugs at the Golzington drug rehabilitation center. A person's chance of developing a drug addiction increases if they are exposed to certain psychoactive substances because of their abnormal and unhealthy

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personalities. The likelihood of not contracting an infection varies throughout samples of individuals exposed to identical situations and stimuli; yet certain observable personality traits are consistently linked to drug-using behaviors that result in addiction. Traditionally, this obvious phenomenon is called (readiness for addiction). The issue of public health has been discussed for a long time, but whenever it is mentioned, its physical aspect is generally taken into consideration and less attention is paid to other aspects of health, especially its psychological aspect. The World Health Organization (1990) while paying attention to the physical and social health of the people in the country, they always emphasize that none of these is superior to the other. According to the estimate of this organization, the prevalence of mental disorders in developing countries is increasing, while an important part of what a person learns is in the context of the family. Addiction of parents, their divorce and separation, poverty and unemployment, death of parents, violence, abuse and other issues are among the issues that have not been ignored in any dynamic and vibrant society. In such societies, the rate of crime and mental illness is increasing.

### **STATEMENT OF THE PROBLEM**

Drug addiction and abuse has more consequences and risks for women than for men. One of the main harms that threaten women drug users is the transmission of the AIDS virus. Due to their physical and psychological vulnerabilities, women develop drug addictions more quickly than males. Studies have shown that about 11% of women prostitutes are also addicted to drugs, and the rate of these people's confrontation with violence is also very high. In this way, the use of illegal drugs in women affects their roles in society as mothers and wives. It challenges. Stigmatizing women drug users, which leads to their absence from society and keeping drug use hidden from others, makes it difficult for them to access services. Also, most of the addicted women depend on their husbands to obtain and consume drugs, and since many women stay away from society, it is difficult for them to get services. The heavy stigma of women's addiction and having an addicted spouse or family member is one of the most important obstacles to addiction treatment in women, and women are more likely to have a spouse with a drug use problem. Overuse or poisoning, suicide, and accidents caused by use are the main causes of death in addicted women. The death rate of women in case of injection is more than that of men. Women's addiction, in addition to malnutrition, high blood pressure, and cancer, also exposes them to dangerous sexually transmitted diseases (sexually transmitted diseases, sexually transmitted diseases). The use of injecting drugs, especially in joint form, as well as high-risk sex in these women increases their risk of contracting hepatitis B and C and sexually transmitted diseases such as gonorrhea, trichomonas, chancroid, syphilis, and AIDS. For example. According to reports in 2012, there were 7.7 cases of syphilis in the general US population for every 100,000 men. Psychiatric illnesses, especially anxiety and mood disorders, are more common in men. Most drugs, psychotropic substances, and alcohol are easily transferred from the placenta and can have a negative effect on the development of the fetus. In fact, the main problem is drug use during pregnancy, is the potential negative consequences that threaten the fetus. The exposure of the uterus to drugs and substances such as alcohol, cocaine, amphetamine, heroin, and nicotine also increases the rate of spontaneous abortion and death of the fetus. It is related to childbirth, premature birth, low birth weight and behavioral and developmental problems in children. Drug usage also affects a mother's ability to love and care for her child. Since many of the women who use drugs are of reproductive age, the effects of these drugs on the developing fetus is also a serious issue. Research has shown that the children of addicted mothers get addicted to the same substance as the addicted mother before birth and are born with withdrawal symptoms. Pregnancy-related drug usage can result in low birth weight, early delivery, and malnourishment for both the mother and the child. Some of these effects may not be the result of drug use itself, but the result of the lifestyle associated with it. In this research, given that rational-emotional behavior therapy is a comprehensive treatment approach that considers the intellectual component of human disorders in addition to the emotional and behavioral aspects. Rational-emotional behavioral therapy has philosophical roots. The philosophical foundations of rational-emotional behavior therapy are responsible hedonism, fundamental humanist beliefs and the wisdom of humans. The meaning of responsible hedonism is that people forgo the short-term pleasures of suffering, such as drug and alcohol abuse, in favor of their long-term and longer pleasures. In the opinion of rational-emotional behavior therapists, humans have the status of holistic

and purposeful organisms that are important simply because they are alive. Rational-emotional therapy includes multiple cognitive, emotional and behavioral methods. Like other therapists' knowledge, rational-emotional therapy combines techniques to change the client's thinking, feeling and behavior patterns. This treatment method is a combination and selective method of various behaviors that are used in the school of existentialism, humanism and other treatment approaches. Despite being a hybrid, this approach emphasizes the behavioral and cognitive aspects. Rational-emotional therapy emphasizes on certain techniques to change the self-belief of thoughts in social situations. In addition to recognizing beliefs, rational-emotional therapy helps group members understand how their beliefs make their feelings and behaviors ineffective thoughts. Rational-emotional therapy helps to reduce symptoms by changing the underlying philosophy. Identifying and educating patients at risk of infection, evaluation, treatment, consultation with the patient and his sexual partner, and prescribing vaccines to people at risk of contracting preventable diseases through vaccines are among these main measures, and since women from It is the vulnerable sections of the society, and this is especially evident in women addicts, and considering the increasing prevalence of addiction and sexually transmitted infections in the world, including our country, with the knowledge of the effects of addiction and infections transmitted from The sexual way affects human health (especially women) and the fact that research on addiction is one of the country's health priorities. In order to answer this important question, the present study raised the following question and put it to the test: Is the training of rational-emotional behavioral therapy effective on sensitivity in mutual relationships of women with risky sexual behaviors and a history of substance abuse?

### **THE IMPORTANCE AND NECESSITY OF RESEARCH**

A healthy person is a person who has mental health in addition to physical health. Mental health pertains to an individual's thought, feeling, and behavior in various life circumstances. Mental health is the state in which individuals perceive themselves, their lives, and the lives of others, assess the difficulties they face, and make decisions. Mental health also includes stress control, people's communication with each other and decisions" (Savari, 2007). Experts and experts believe that the drug crisis has become an issue of the world, along with three other crises: environment, nuclear threat, and poverty, and they are trying to contain and control it in every possible way. If we accept that in a society with the coordinates of the Iranian society after the revolution, ontological and existential security (identity, value and normative security) precedes national security, naturally we must accept that drugs are the most urgent and serious threat. It is the nationality of this society. Having a common border of 2000 kilometers with two countries, Afghanistan and Pakistan, and the speed of the spread of this problem in our country and our society, having a young demographic structure, has been alarmingly attacked by drugs. Criminal gangs are on the way. The expansion of drug consumption market and their attention to schools and teenagers, women and even children are one of the necessity of this research. Also, the desire of women to use drugs has various reasons and in every period of history, people have tended to use different drugs.

### **RESEARCH HYPOTHESIS**

The current research was conducted to investigate the effect of rational-emotional behavioral therapy training on sensitivity in women's mutual relationships. This research was done to answer the following hypothesis:

Rational-emotional behavioral therapy training is effective on sensitivity in mutual relationships of women with risky sexual behavior and a history of substance abuse.

### **RESEARCH BACKGROUND**

In Khalil Abad city, Ullah S, Sarfraz B (2019) looked into the connection between organizational trust, organizational memory, and resilience among elementary school instructors [1]. The results showed that organizational memory has an effect on teachers' resilience and organizational trust. Also, organizational memory is able to predict changes in organizational trust and resilience of teachers.

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Additionally, a strong correlation was found between instructors' resilience and the organizational memory and trust characteristics.

Qadami Amraei Z et al. (2014) examined, from the perspective of employees in the paper and wood industries of the Mazandaran province, the relationship between transformational leadership and organizational resilience with the innovative behavior of managers [2]. The study's findings demonstrated that, from the viewpoint of workers in the province of Mazandaran's wood and paper industries, both organizational resilience and transformational leadership factors are connected to the manager's innovative conduct. Also, there is a direct relationship between organizational resilience and transformational leadership. Variables of organizational resilience and transformational leadership are able to predict the manager's innovative behavior, in which the variable of transformational leadership has a greater contribution in predicting the manager's innovative behavior due to the larger beta value.

In a study, Nasiri Valik et al. (2023) examined the influence of the connection between organizational conflicts and resilience [3]. According to this study, a number of factors, including resilience, are involved in conflict. Being resilient enables one to go through life's challenges, even in the face of difficult and trying situations. It's like having an elastic rope tied around one's troubles to help one pull themselves back when things get tough. Observe the gaze of others. The review's findings demonstrated that organizational conflict is influenced by resilience.

In a study, Karime R et al. (2018) examined the connection between Bam education department employees' personality qualities, resilience, and stress [4]. The findings of the examination of the correlations between the variables indicated a strong correlation between the resilience, personality traits, and stress levels of the Education Department staff members.

In a paper titled "Predicting Academic Resilience Based on Personality Traits Through the Mediation of Emotional Intelligence, Tarverdizadeh H et al. (2017) [5]. The research results showed that neuroticism, conscientiousness and emotional intelligence predict academic resilience. Also, emotional intelligence mediates the relationship between the characteristics of agreeableness, extroversion, openness and conscientiousness with academic resilience. It is suggested to increase the academic resilience of students by training and strengthening emotional intelligence.

The study conducted by Khanmohammadi S. et al (2020) examined the connection between occupational engagement and resilience [6]. The data was analyzed using structural equation modeling, and the findings showed a significant relationship between resilience and dimensions of work engagement.

The study "Predicting job performance and resilience based on personality traits" was carried out by Qadri et al. (2024) [7]. The results showed that the exogenous variables of adaptability and extroversion with regression coefficients of 0.15 and 0.19, respectively, directly have a significant effect on job performance. Also, there was a significant positive correlation between resilience and job performance of employees, and there was no significant difference between job performance of male and female employees.

The work "Structural modeling of personality traits" was carried out by Rajabi F. et al. (2022) [8]. Personality traits influence job performance in two ways: first, individuals typically select occupations that align with their psychological attributes; second, personality traits influence the position and environment in which tasks are carried out.

Rothmann and Coetzer in 2003 replicated previous study and extended it to a Swedish setting in order to examine the connection between personality and work performance in sales [9]. The study's findings demonstrated that a greater focus on the part played by personality traits in human resource equations is necessary to enhance the effectiveness of human resources.

Daliri E. et al. (2022) examined how conflict in the teacher-student relationship affected how much students enjoyed their classes [10]. In addition to the case study, the research aims to quantify the effect of conflict in the teacher-student relationship on the satisfaction of lessons. In this study, the distribution of the sample showed an equal ratio of subjects. PLS and SPSS were used to evaluate the gathered data. Based on the analysis, the results demonstrated that both hypotheses were confirmed.

In an effort to create a child-friendly city model, Shahmiri N. et al. (2023) assessed preschool growth prevention programs [11]. The purpose of the present study is to analyze and plan a child-friendly city from the children's point of view. The findings of the research show that the indicators of a child-friendly city such as security, quality of roads, public health, recreation and entertainment, access to services, creativity and participation, and green space with an average of 2.43 have a significant average difference with the ideal situation and the index Creativity and participation with a factor load of 0.86 have the most influence in creating a child-friendly city, and after that, the indicators of access to services and communication with a factor load of 0.84 and green space with a factor load of 0.80 are ranked second and third in importance.

Harouni et al. (2020) conducted a study to determine the efficacy of the male juvenile delinquents' correction and rehabilitation center's self-control and aggression reduction skill training (including case study) [12]. The effect of color psychology on environmental graphics in pediatric wards at medical centers was investigated in a study Jeddi et al. (2016) [13]. Nazari and Taghipour (2022) looked at the role that emotion regulation strategies and self-compassion play in predicting test anxiety [14].

## RESEARCH METHODOLOGY

The current research is part of applied research and of experimental or experimental types due to random selection, random sampling, random replacement, temporal causality, spatial causality, and the ability to manipulate the independent variable by the researcher and having a control group. One of the most popular designs in behavioral science research is this one. In this plan, factors that can reduce internal validity are controlled. In this type of design, the researcher can randomly assign subjects to experimental groups and examine the effect of the independent variable on the dependent variable. The simple model of the above design is shown in Table 1:

**Table 1.** Independent variable, dependent variable, control variable

	After the test	independent variable	pre-exam	Random selection
Experimental group	T2	×	T1	R
control group	T2		T1	R

Independent variable: rational-emotional education.

- *Dependent variable:* resilience, mental health.
- *Control variable:* age, gender, income, education.

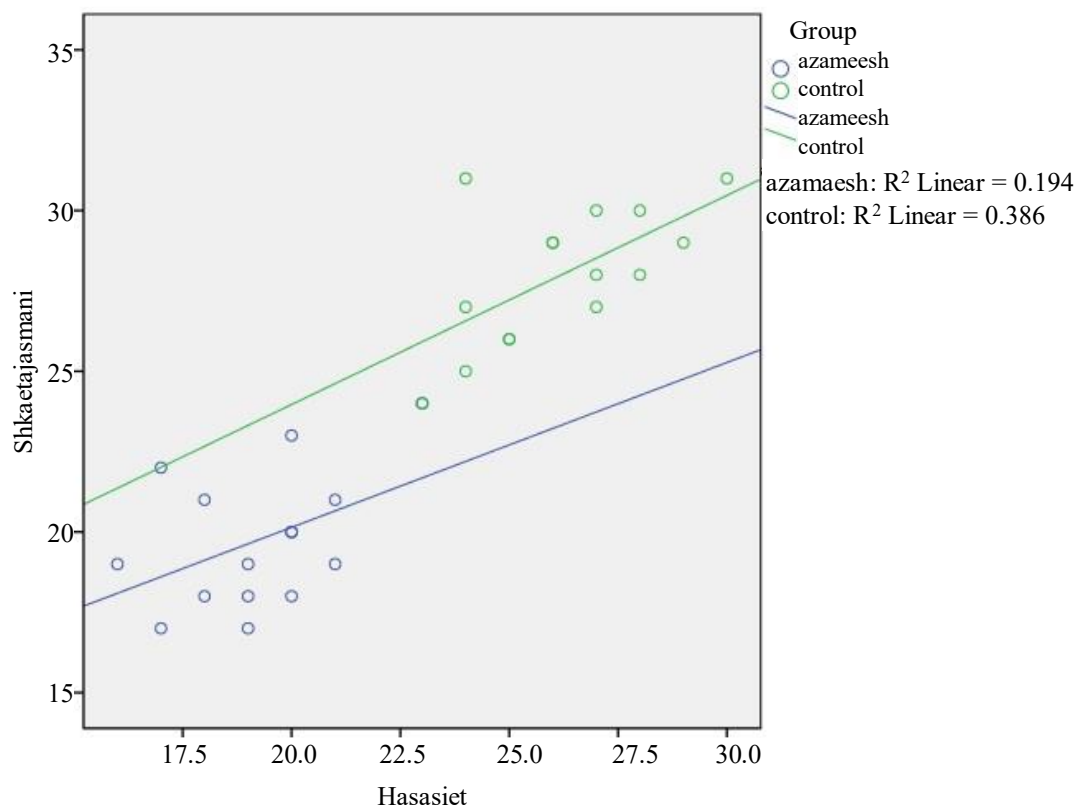
## POPULATION AND STATISTICAL SAMPLE

In this research, the statistical population includes 120 women with high-risk sexual behaviors and a history of substance abuse, who referred to TC and addiction treatment centers, and among 120 people, according to Morgan's table, 92 people were randomly selected for the sample size. 92 questionnaires were carried out and 60 people had low scores, 30 people were selected completely randomly, and again, they were placed completely randomly in an experimental group of 15 people and a control group of 15 people.

## STATISTICAL ANALYSIS

Descriptive and inferential statistics are employed in this part to analyze the data. The SPSS19 program was used to assist with the statistical analysis.

*Research hypothesis:* rational-emotional behavioral therapy training is effective on sensitivity in mutual relationships of women with risky sexual behavior and a history of substance abuse. The aforementioned hypothesis was examined using multivariate covariance analysis as shown in figure 1.



**Figure 1.** Homogeneity of the regression line of physical complaints and sensitivity in mutual relationships based on rational-emotional behavioral therapy training and the control group.

According to the research hypothesis, rational-emotional behavioral therapy training is effective on sensitivity in mutual relationships of women with risky sexual behavior and a history of substance abuse, so it is calculated with F, because the significance level is  $p < 0.01$ , so F is calculated in terms of Statistically significant. Therefore, it can be said that there is a significant difference in the post-test scores of sensitivity in mutual relationships in the rational-emotional behavioral therapy training group and the control group, and it can be concluded that this difference is statistically significant at the 0.01 level, and by comparing the mean differences It is found that there is a difference between the average sensitivity in mutual relations in the rational-emotional behavior therapy group and the control group by (-6.23), which is statistically significant at the 0.01 level.

Considering the significance of the mean difference, it is stated with 0.99 confidence that the hypothesis of the research is that rational-emotional behavioral therapy training is effective on sensitivity in mutual relationships of women with risky sexual behavior and a history of substance abuse.

Based on the results obtained from Table 2: after adjusting the pre-test average of the sensitivity level in mutual relations to (26.63), the effect of the subjects (0.88=2 partial  $P < 0.001$ ,  $F = 140.03$ ) group exists. The average scores of sensitivity in mutual relations suggest that the rational-emotional therapy group has less sensitivity in mutual relations, so the calculated sensitivity variable is statistically significant. It can be said that there is a significant difference in the post-test scores of sensitivity in mutual relations in the rational-emotional behavior therapy training group and the control group. The average sensitivity

in mutual relations between the training group and the control group differs by (-6.23), as can be seen by comparing the two groups' averages. This difference is in terms of Statistics are significant at the 0.01 level. Due to the significance of the mean difference with 0.99, it can be stated that the hypothesis of the research is that the training of rational-emotional behavior therapy on sensitivity in interpersonal relationships of women with risky sexual behavior and a history of substance abuse is effective.

**Table 2.** Covariance analysis of sensitivity in relationships between the rational-emotional behavior therapy group and control group, including Benferoni's adjusted alpha

Diffraction source	df	SS	MS	F	Sig	$\eta^2$	D.M
between groups (sensitivity in mutual relations)	1	139/89	139/89	140/03	0/001	0/88	-6/23
error	18	17/98	0/999				

## CONCLUSION

The purpose of this research was to prepare and develop a program in which the concepts of rational-emotional behavioral therapy approach were used to investigate sensitivity in women's mutual relationships after the implementation of its training to women. In explaining this, it seems that the training of rational-emotional behavior therapy is a comprehensive and effective method, which in this method includes identifying and challenging irrational beliefs. Training was given, for example, teaching the skills of saying no, using sentences in which the first person pronoun I is used, and repeating sentences decisively, and identifying their illogical beliefs through a three-column table, for example, believing in relying on others, which can be due to the lack of independence, individuality, and self-expression, and explaining to them that a rational person tries to gain independence and responsibility for himself, if he fails, he does not consider it a terrible thing, but to re-evaluate the issue and equip his forces and direction The use of the behavioral technique of modeling and role-playing led to an increase in sensitivity in the interpersonal relationships of women with risky sexual behavior and a history of substance abuse, and the result of the research showed that the training of rational-emotional behavior therapy on sensitivity in the interpersonal relationships of women with Risky sexual behavior and history of substance abuse are effective.

## SUGGESTIONS

Each research offers suggestions in different aspects according to the study topic. This research is not an exception to this rule will be

1. It is suggested to check the effectiveness of the method on other disorders.
2. It is suggested to implement this method individually and compare it with other counseling approaches.
3. Due to the fact that the effect of Reftler's logical-emotional approach is gradual, it is hoped that in future research, a longer treatment period will be considered by following up and conducting effective studies.
4. It is suggested that this method be used for psychologists, psychiatrists, assistants in medical centers. Clinics, hospitals and counseling centers should be used as valid and stable methods, and the use of such methods is expected in the future direction.

## Author Contributions

Conceptualization, MT and NG; methodology, MT and NG; software, NG and MT; validation, MT and NG; formal analysis, NG and MT; investigation, NG and MT; resources, MT and NG; data curation, NG and MT; writing—original draft preparation, MT and NG; writing—review and editing, MT and NG; visualization, MT and NG; supervision, NG and MT; project administration, MT and NG. All authors have read and agreed to the published version of the manuscript.

## Conflict of Interest

The authors declare no conflict of interest.

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