

Efficiency of Psychological Empowerment Training on Self-Worth and Psychological Capitals in Family-Headed Women

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Extended Abstract

Aim

In recent years, as a result of societal transformations, we have witnessed a change in the structure of the family, which has resulted in increased responsibility and tension for family-headed women. In addition, death or divorce are among the situations in which women must adapt once more. When family-headed women lose their husbands for any reason, they are designated multiple roles that often conflict or interfere with one another. The majority of these women struggle with issues such as poverty, disability, or lack of ability, particularly in economic matters, thereby diminishing their self-respect and mental health. Family-headed women experience a variety of psychological issues. One of these concerns is a sense of self-worth. The existence of many problems throughout these women's life spans and inability to effectively address them may contribute to their low self-worth. Accordingly, the purpose of the present study was to investigate the efficacy of psychological empowerment training on the self-worth and psychological capitals of family-headed women.

Methodology

It was a quasi-experimental study consisting of a pre-test, a post-test, a control group, and a two-month follow-up period. In 2019-2020, the statistical population of this survey comprised all family-headed women (those whose husbands passed away or divorced) under the protection of the Imam Khomeini Relief Foundation in the city of Marvdasht. Thirty head-of-household women were selected using a practical sampling method and randomly assigned to experimental and control groups of 15 women each. Over the course of two months, the experimental group received fourteen ninety-minute sessions of researcher-designed psychological empowerment training. This research employed the Self-Worth Questionnaire (SWQ) and the Psychological Capital Questionnaire (PCQ). The study's data were analyzed using mixed variance with the SPSS23 statistical software.

Findings

The results showed that psychological empowerment training has a significant impact on the self-worth and psychological capitals of family-headed women ($p < 0.001$). This intervention increased the average self-worth scores of family-headed women during the post-test and follow-up phases. This intervention did not lose its effectiveness during the phase of follow-up.

Conclusion

Based on the findings of the present study, it can be concluded that psychological empowerment training is an effective method for enhancing the self-worth and psychological capitals of family-headed women through techniques such as life purpose, responsibility, courage, and a healthy lifestyle. In addition, the psychological empowerment bundle teaches family-headed women the two crucial factors of competence and sense of efficacy. Acquiring competence and a sense of efficacy enables family-headed women to gain fortitude in the face of adversity, and by utilizing greater mental resilience, they attempt to successfully emerge from upcoming situations and experience greater psychological, social, and personal development.

Keywords: Family-Headed Women, Psychological Empowerment Training, Psychological Capitals, Self-Worth.