



The University of Tehran Press

Effectiveness of Quality-of-Life Therapy on the Quality of Parent-Adolescent Interaction and Adolescent Adjustment

Fariba Hoseini¹ , Mohammad Reza Abedi^{2*} , Yousef Gorgi³ 

1. Department of Counseling, Faculty of Humanities, Khomeinishahr Branch, Islamic Azad University, Isfahan, Iran. Email: faribahosseini688@yahoo.com
2. Corresponding Author, Department of Counseling, Faculty of Education and Psychology, University of Isfahan, Isfahan, Iran. Email: m.r.abedi@edu.ui.ac.ir
3. Department of Psychology, Faculty of Humanities, Khomeinishahr Branch, Islamic Azad University, Isfahan, Iran. Email: gorji@iaukhsh.ac.ir

Extended Abstract

Aim

Family is a cornerstone of human social life, forming one of society's fundamental institutions. One common challenge family encounter in child-rearing is managing their children's disobedience and opposition to parental authority, particularly during adolescence. These conflicts often stem from children's desire for parental behavior changes as they mature, juxtaposed with parents' ideals of an ideal child, leading to constant comparisons (Xu et al., 2021). Parenting styles and the nature of parent-child interactions significantly influence children's psychological, social, and emotional development (Xie, Chen, Zhu, He, 2019). Families fostering intimacy in their interactions with children tend to achieve positive outcomes and report satisfying relationships (Wang et al., 2020). However, negative and controlling parental behavior can create gaps in parent-child interactions, contributing to behavioral and emotional issues like anxiety and depression in children (Kwok et al., 2020).

The quality of parent-child interaction significantly impacts adolescents' social adjustment, which in turn influences various aspects of life, including learning and academic progress (Olivier, Archambault, & Dupéré, 2018). Consequently, this study aimed to investigate the efficacy of quality-of-life therapy on enhancing parent-adolescent interaction quality and adolescent adjustment.

Methodology

The research utilized a quasi-experimental design with pretest, posttest, control group, and a two-month follow-up period. The statistical population comprised adolescents in Isfahan during the academic year 2020-2021, studying in the second year of high school. Thirty-five adolescents were selected through purposive sampling and randomly assigned to experimental and control groups (18 in the experimental group and 17 in the control group). Mothers of adolescents in the experimental group participated in eight seventy-five-minute sessions of quality of life therapy over two months. Pre-tests were conducted before the intervention, post-tests after the intervention, and a follow-up phase was conducted two months later. The applied questionnaires included the Parent-Child Relationship Questionnaire (PCRQ) (Fine, Moreland & Schwebel, 1983) and the California Individual-Social Adjustment Questionnaire (CISAQ) (Clark et al., 1953, cited in Idrissi, 2020). Data analysis was performed using mixed ANOVA in SPSS23 software.

Findings

The results indicated that quality of life therapy had a significant impact on the quality of parent-adolescent interaction ($F=56.26$; $\eta^2=0.63$; $P<0001$), as well as the personal ($F=57.62$; $\eta^2=0.64$; $P<0001$) and social ($F=30.10$; $\eta^2=0.48$; $P<0001$) adjustment of adolescents. Consequently, this intervention led to an increase in the average scores of parent-adolescent interaction quality, personal

adjustment, and social adjustment among adolescents. Furthermore, these results remained stable during the follow-up phase.

Conclusion

Based on the findings of the present study, it can be concluded that quality of life therapy serves as an effective approach to enhance parent-adolescent interaction quality and adolescent adjustment. This is achieved through several means, including coaching adolescents in communication with family members, fostering support and acceptance within the family, and guiding them to replace irrational thoughts with logical ones. Moreover, quality of life therapy assists teenagers in recognizing and replacing destructive and irrational automatic thoughts with rational ones, particularly when faced with communication challenges with their parents. As a result, they learn to employ adaptive strategies such as dialogue, thereby enhancing the quality of their parent-child relationships.

Furthermore, quality of life therapy involves teaching teenagers to broaden their social interactions and acquire more efficient social skills. This expansion of social interactions and the acquisition of social skills contribute to adolescents demonstrating improved personal and social adaptation.

Keywords: Adjustment, Adolescent, Quality of Life Therapy, Quality of Parent-Adolescent Interaction.

Ethical Considerations

Ethical Considerations: To ensure adherence to ethical standards in the research, consent was obtained from both teenagers and their mothers to participate in the quality-of-life therapy intervention sessions, with full disclosure of all intervention procedures. Additionally, adolescents and their mothers in the control group were assured that they would have the opportunity to receive these interventions upon completion of the research process, should they wish to do so. Furthermore, all participants, regardless of their group assignment, were assured that their information would be kept confidential.

This article is derived from the doctoral thesis of the lead author at Islamic Azad University, Khomeini branch of Shahr. We extend our gratitude to all the students and their mothers who participated in the research, as well as the education officials of Isfahan, for their cooperation throughout the study. It is important to note that no financial support was provided by any government or private organization for this research. Additionally, the authors declare that there are no conflicts of interest associated with this study

Acknowledgment

The present article is derived from the doctoral thesis of the first author at Islamic Azad University, Khomeini branch of Shahr. We extend our gratitude to all the students involved in the research, their mothers, and the education officials of Isfahan who provided full cooperation for the implementation of the study.

Financial Support

No governmental or private organization has provided financial support for this research.

Conflict of Interest

No conflicts of interest have been reported by the authors in this study.

References

- Fine, M. A., Moreland, J. R., & Schwebel, A. I. (1983). Long-term effects of divorce on parent-child relationships. *Developmental Psychology, 19*(3), 703-713. <https://doi.org/10.1037/0012-1649.19.5.703>
- Idrissi, H. (2020). The effectiveness of acceptance and commitment therapy on personal-social adjustment and mental health of dissatisfied couples referred to counseling centers in Tehran. *Journal of Psychology New Ideas, 4*(8), 1-13. <http://jnip.ir/article-1-243-fa.html> (In Persian)
- Kwok, S.Y.C.L., Gu, M., Sychaisuksawat, P., & Wong, W. W. K. (2020). The relationship between

parent-child triangulation and early adolescent depression in Hong Kong: The mediating roles of self-acceptance, positive relations and personal growth. *Children and Youth Services Review, 109*, 104676. <https://doi.org/10.1016/j.childyouth.2019.104676>

Olivier, E., Archambault, I., & Dupéré, V. (2018). Boys' and girls' latent profiles of behavior and social adjustment in school: Longitudinal links with later student behavioral engagement and academic achievement? *Journal of School Psychology, 69*, 28-44. <https://doi.org/10.1016/j.jsp.2018.05.006>

Wang, Y., Tian, L., Guo, L., & Huebner, E. S. (2020). Family dysfunction and Adolescents' anxiety and depression: A multiple mediation model *Journal of Applied Developmental Psychology, 66*, 101-110. <https://doi.org/10.1016/j.appdev.2019.101090>

Xie, X., Chen, W., Zhu, X., & He, D. (2019). Parents' phubbing increases Adolescents' Mobile phone addiction: Roles of parent-child attachment, deviant peers, and gender. *Children and Youth Services Review, 105*, 104426. <https://doi.org/10.1016/j.childyouth.2019.104426>

Xu, Y., Zhou, Y., Zhao, J., Xuan' Z., Li, W., Han, L., & Liu, H. (2021). The relationship between shyness and aggression in late childhood: The multiple mediation effects of parent-child conflict and self-control. *Personality and Individual Differences, 182*, 111058. <https://doi.org/10.1016/j.paid.2021.111058>

Cite this article: Hoseini, F., Abedi, M. R., & Gorgi, Y. (2024). Effectiveness of Quality-of-Life Therapy on the Quality of Parent-Adolescent Interaction and Adolescent Adjustment. *Journal of Applied Psychological Research, 15*(1), 73-89. doi: 10.22059/japr.2024.338701.644189.



Publisher: University of Tehran Press

© The Author(s).

DOI: <https://doi.org/10.22059/japr.2024.338701.644189>
