

## The Effectiveness of Reality Therapy Training on Self-Care and Self-Regulation of Men with Physical and Mental Disabilities

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### Introduction

Physical and mental disability as a noisome in health limits one or more than one vital activities of life. The main aim of this research is investigating the effectiveness of reality therapy training on self-care and self-regulation of men with physical and mental disabilities.

### Method

This research aims practical purposes, using semi-experimental method that contains pre-test, post-test control group. The statistical population of this research consists of 20 to 35 year-old men with physical disabilities that have attended Shadegan Sanatorium in 2018. Due to the results of pre-test 30 cases satisfied the conditions of research. 15 of these cases were assigned to control group.

### Instruments

Scale of Self-Care Behaviors: This questionnaire is designed by Toobert and Glasgow (1994), cited in Skarbek (2006) to measure dedication of self-care behavior. This questionnaire contains 12 questions that should be answered in a Likert spectrum in 5 degrees (always to never). Reliability coefficient was calculated, using Cronbach's alpha method that equals 0.78.

Self-Regulation Questionnaire: Self-Regulation Questionnaire of Hofmann and Kahdan (2010) contains 20 questions that should be answered in Likert spectrum with 5 degrees (completely true to completely wrong). The reliability coefficient of Cronbach's alpha was 0.79.

### Kind of intervention

In order to run the research, first of all the Sanatorium's authorities and disable men were informed about the process of the research in pre-test, Self-Care Scale of Toobert and Glasgow (1994) and Self-Regulation Questionnaire of Hofmann and Kahdan. Secondly, cases were informed and

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prepared for the research. After that, cases were assigned to research groups. The experimental group attended 8 sessions (each 90 minutes) of reality therapy. This therapy was built on the basis of Glasers' treatment.

### Results

Average results of self-care pre-test in experimental group was 30.22 and in control group was 28.84, and post-test results showed 48.17 in experimental group and 40.16 in control group. Self-regulation variable measured in pre-test showed 42.41 in experimental group and 16.40 in control group' and results in post-test were 69.87 in experimental group and 41.09 in control group.

Testing the assumption of same regression slopes showed ( $F = 0.62, p < 0.44$ ) in self-care and ( $F = 0.09, p < 0.87$ ) in self-regulation. Hence, the assumption is admitted. Results of Levine test in self-care variable was ( $F = 1.3, p < 0.14$ ) and in self-regulation variable was ( $F = 2.9, p < 0.09$ ). On the basis of these results the assumption of equal variances is admitted.

MANCOVA analysis that was performed on groups' data distinguished that experimental group and control group were not equal at least in one of dependent variables ( $F = 68.133, p < 0.001$ ). Also one-way co-variance analysis determined that both self-care and self-regulation variables were significantly different in the two groups. Therefore, reality therapy was effective on self-care and self-regulation of men with physical disabilities.

### Conclusion

Results showed that there is a significant difference in self-care and self-regulation of experimental and control groups. In the other words, self-care and self-regulation was significantly increased in experimental group in comparison to control group. Therefore, reality therapy was effective on self-care and self-regulation of men with physical disabilities. Results of this research could be useful for welfare organization and education organization.

**Keywords:** Reality therapy training, self-care, self- regulation, men with physical and mental disabilities

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