



Original Research Article

The Effect of Group Therapy Based on Logotherapy on Love Trauma Syndrome

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ABSTRACT

Objectives: This study has been conducted to investigate the efficacy of group therapy based on logotherapy on depression in Love Trauma Syndrome (LTS) of female students. LTS includes a constellation of intensive signs and symptoms which appear following the breakdown of a romantic relationship after a long time. It interrupts person's function in many areas (academic, social or professional) and leads to maladaptive reactions.

Methodology: The clinical sample is comprised of 40 female students which 20 were assigned to experimental group and 20 to control group. The instruments included the Love Trauma Inventory (LTI) and Beck Depression Inventory. To analyze the data, the paired sample t-test and the analysis of covariance was applied.

Result: All subjects who completed the treatment showed significant improvement in their symptoms including depression and general functioning. It appears that logotherapy is effective to treating depression in LTS.

Keywords: Depression, Love Trauma Syndrome, Group Therapy, Logotherapy.

INTRODUCTION

Love is the most amazing emotion that we can experience, but love can also be one of the most painful emotions that we experience. Emotional pain due to experience of lack of love can cause love trauma syndrome. These symptoms occur as a distinct clinical nature with a unified system of signs. Impact of love is now considered simply as part of routine psychiatric problems such as depression or adjustment disorder. ^[1]

Parkys (2006) in his study concluded that the loss of the love object is one of the biggest traumatic events that can happen to

people in the youth. All the plans, hopes and dreams will collapse and the whole world will pale with the fear of entering the new world and find yourself again. Often finding a new love again after a loss, is something unimaginable for the bereaved. With the passage of time, the possibility of loving again will obtain. Finding another love after a loss is not in any way mean the termination of grief. ^[2]

According to O'Neill people experience love and grief throughout their lives. It appears that an important loss is act out of the separation-individuation process. ^[3]

In record with Freud as a matter of fact, grief takes us to our core. Freud had once said: "finding an object is in fact re-finding of it". [4] Similarly, now a day we can rationally express that losing an object is actually re-losing of that. Harvey and Miller have this belief that loss and grief can happen even without death. [5]

One of the most frequent and chronic grief can seen in the collapse of a romantic relationship. A reality that is famous in literary books, whereas it is ambiguous and mysterious in the scientific literature of grief and loss. This is in spite of the fact that the loss and grief in romantic relationship is similar to other losses still it has been mostly ignored by the researchers in this subject. [5,6]

Although Harvey and Miller [5] stated that loss and grief are generally related to death, loss and grief in romantic relationship refers to the termination of a relationship by one or both of them. Horowitz [7] described how after the loss of a love the mourner's "schemas" of his or her important relationships come into conflict. The person wants to hold onto the old schemas in which the beloved object is present. He or she is also confronted with the fact that the beloved object is gone and is no longer available.

The essential feature of LTS is the development of symptoms after experiencing a love trauma. Patients initially experience the love trauma as a "shock". What contributes to the sense of shock is that the love trauma violates the person's desired expectations of the relationship, and assumptions of safety in the relationship. Love trauma is experienced as a severe stress and is traumatic in some way. Rosse [1] means that the person experiences a significant emotional, psychological, or physical distress by "traumatic". Four significant criteria Arousal is associated with symptoms of anxiety such as

depression, irritability and sleep disorders. Avoidance includes attempts to avoid exposure to any cues that remind the person of love trauma. Automatic remembering involves the intrusive thoughts and memories common in LTS. Emotional anesthesia refers to the decreased ability of some people with LTS to be able to experience love feelings in the future. Significance of someone's love trauma is also determined by considering its pervasive, persistent, and impairment effects on person's life. [1]

Post traumatic stress disorder

Love trauma syndrome is classified in post traumatic stress disorder category. It's difficult to clarify a traumatic situation, due to the fact that same event may be traumatic for one particular person but not for another one. Despite that, it's possible to recognize possibly traumatized condition. According to DSM-IV a traumatic event is an experience that causes physical, emotional, psychological distress, or harm. It is an event that is perceived and experienced as a threat to one's safety or to the stability of one's. Sometimes people have poor coping resources and they have problem with coping, in this case, post traumatic stress disorder (PTSD) is developed. Emotional regulation, emotional expression and emotional management is essential for processing the emotional information. [10]

Treatment

The treatment method use in this study is the Group therapy based on logotherapy. Logo-therapy is the powerful psycho spiritual wellness aspect of existential psychology that was developed by Dr. Viktor Frankl who was the successor to Sigmund Freud and Alfred Adler in the Third Viennese School of psychiatry. Logo-therapy stems from Existential Psychotherapy, which espouses that humans are driven by the need to create meaning and purpose in their lives. [11]

MATERIALS AND METHODS

Participants and procedure:

Statistical population include female client who come to counseling clinics and have experienced a serious collapse in the romantic relationship and based on inventory they suffer from depression. 40 persons who meet the inclusion criteria selected from this population based on purposeful sampling. Samples divided to two groups of 20 individuals of control and experiment group by random sampling.

Participants were given the questionnaire of Beck Depression Inventory and The Love Trauma Inventory before and after the treatment. The group was lead by a clinical psychology, masters' level training and supervised experience administering the logotherapy techniques for each ten sessions.

Measures

The BDI-II is a revised form of BDI which has been developed for assessing the intensity of depression. BDI-II included 21 items. The reliability and validity of the BDI-II have been well established, with a test-retest reliability coefficient of 0.93 and internal reliability of 0.86. Internal consistency for psychiatric outpatients and college students were 0.92 and 0.93 respectively. [8]

Rosse [1] established love trauma inventory in order that apprise the acuteness of love trauma. It is made up of 10 items and each item contains four choices. Love trauma inventory shows how emotionally

damaged you have been by past love trauma events. In a female samples, Cronbach's alpha was 0.81 and reliability by test, re-test with one week interval was reported to be 0.83. [9]

Statistical Analysis

Keeping in view the objectives of study was quasi-experimental with pre-test and post-test, inter-correlation analysis, multiple regression analysis and 2x2 ANOVA used. Besides descriptive statistics viz. Mean, Standard Deviation, t-test, was applied.

RESULT

In this study to analyze the data, the paired sample t-test was applied. The t-test demonstrated there is a statistically significant that supports the effectiveness of logotherapy on love trauma syndrome in females.

	Mean	N	Std. Deviation	Std. Error Mean
Pre-test	33.2000	20	6.04892	1.35258
Post-test	11.5000	20	5.45315	1.21936

Table 1 showed the Mean for pre-test is (33.2000) and Standard Deviation for pre-test is (Mean: 6.04829). The Mean and Standard Deviation for post-test in this table showed as (Mean: 11.5000) and (Std. Deviation: 5.45315). By this result of paired sample we can conclude there is a significant difference between the pre-test and post-test scores.

	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2tailed)
pre – post test	2.17000	8.37352	1.87238	11.590	19	.000

It concludes from Table2, that the Mean and Standard Deviation for pre-test and post-test are (Mean 2.17000, Std. Deviation, 1.72916). As a result of Paired samples statistics (t: 11.590 and Sig. (2tailed) .000)

there is a significant difference between the pretest and posttest scores.

DISCUSSION

The main objective of this study was to examine the efficacy of logotherapy method in treatment of love trauma

syndrome. The logo-therapy treatment was effective in assisting to decrease the depression in love trauma signs of females who suffer from love trauma syndrome. No previous study has researched the effectiveness of logo-therapy on love trauma syndrome patients. Luquet [6] states that collapse in the romantic relationships include series of stages, which are the same as the other grieves. Bowlby's [12] study of attachment and loss has also led to an extensive hypothetical view that stresses the importance of intimate attachments throughout the course of life. For the first time, Rosse [1] presented LTS as a clinical focus, which includes a constellation of intensive signs and symptoms. LTS appears after the breakdown of a romantic relationship after a long time. It interrupts person's functions in many areas and leads to maladaptive reactions.

CONCLUSION

This study was aimed to investigate the influence of Logo-therapy on depression in females who suffer from love trauma syndrome. Analyzes of data showed the treatment sessions of logo-therapy was effective in reducing depression in female love trauma syndrome patients.

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