

The effectiveness of group training of choice theory on quality of life and hope in blind people

- Koolaee, A.K.^a,
- Mosalanejad, L.^bEmail Author,
- Mamaghanirad, B.^c

Abstract

Objectives: Choice theory is rooted in psychological concepts like self-concept, successful identity, and quality of the world. This theory could be useful for people seeking for hope and a better life. The purpose of this research was to investigate the effectiveness of group training of choice theory on life quality and hope in blind people. Methods: The statistical population of this research includes all the blind members of the Asaye Sefid Charity of Tehran in 2015. The research sample included 30 blind people from the Asaye Sefid Charity, selected via simple random sampling. The data in this study have been collected using the Life Quality questionnaire of the World Health Organization (the brief 26-question form) and the Snyder Hope questionnaire. Data analysis was performed by covariance analysis. Results: The results indicate that the training of choice theory concepts affected the quality of life ($F=22.5$, $P<0.001$) and on hope ($F=35.17$, $P<0.001$). Therefore, it seems that the training of choice theory concepts could improve the quality of life and hope for blind people. Discussion: The choice theory concepts have positive effects on people with visual impairments. In addition, the findings of this research suggest that mental health professionals can use this psychological intervention for improving the life satisfaction and hope in those blind people.

Author keywords

Blindness , Hope , Quality of life , Reality therapy