

The Effect of Psychodrama on Responds to Stress, Loneliness, and Social Interaction in Satellite Employees' Wives

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Abstract

The aim of present study was to investigate the effect of psychodrama on respond to stress, loneliness and social interaction in satellite employeemes' wives. The research design of this study was Quasi-experimental by pretest-post test with control group. Porticipants were selected by available sampling method and appointed in two control and experimental group randomly. Instruments included the stress respond (SRI), loneliness (SELSA) and social skills (SSI) questionnaires. Data were analysed using MANCOVA. Results showed significant difference between experimental and control groups. Psychodrama training reduced stress and loneliness and increased social interaction in experimental group. According to the results we can say that psychodrama is effective in reduction of responds to stress and loneliness, and improve social interaction.

Keywords: psychodrama, responds to stress, loneliness, social interaction