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# **Effectiveness of acceptance and commitment therapy in increasing psychological well-being and reducing marital conflicts and burnout among elementary school teachers**

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**The purpose of this study was to determine the effectiveness of admission and commitment therapy in increasing psychological well-being and reducing marital conflicts and burnout among elementary school teachers. This research is a part of applied research in the field of semi-experimental and target-oriented research. The population of the study consisted of all elementary teachers in Rasht city. Their number was 438 and among them, by drawing lots of schools, 30 individuals were randomly ed and divided into two groups (15 in treatment based on commitment and 15 People in the control group). During the treatment of acceptance and commitment therapy in the pre-test and post-test, Rahim's conflict resolution styles questionnaire, Rif's psychological well-being questionnaire, and the questionnaire of Maslach's burnout questionnaires completed. Data analysis was performed using Spss20 software and multivariate analysis of covariance analysis. In examining the main hypothesis that the treatment based on acceptance and commitment on marital conflicts, psychological well-being and burnout of elementary school teachers showed that there was a significant difference between the test and control group in the post-test of conflict styles, psychological well-being and burnout. The results of the first hypothesis of the research on the effect of acceptance and commitment therapy on marital conflicts of elementary school teachers showed that the difference between the subjects in the experimental and control groups in the post-test of integration style, avoidance style, dominant style, compulsory style and style Significance has been observed. In the second hypothesis about the effect of acceptance and**

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commitment therapy on the psychological well-being of primary school teachers, the results showed that among the subjects in the experimental and control groups in the post-test, the component of environmental mastery, positive relationship with others, personal growth, self-acceptance, purposefulness of life. There was a significant difference in autonomy. The results of the third hypothesis showed that acceptance and commitment therapy was effective on the burnout of elementary school teachers, meaning that there was a significant difference between the subjects in the experimental and control groups in the post-test of emotional exhaustion, depersonalization and individual performance.

**Keywords :** Keyword: Adequacy treatment and commitment - Psychological well-being - Marital conflicts - Burnout

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