

Compare Effectiveness Logo Therapy And cognitive reconstruction On psychological hardiness, loneliness And Cognitive Emotion Regulation in Girl students with symptom of love trauma.

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Love Trauma refers to a state of frustration and humiliation felt by the person who is rejected by his/her beloved. The purpose of this research Compare Effectiveness Logo Therapy And cognitive reconstruction On psychological hardiness, loneliness And Cognitive Emotion Regulation in Girl with symptom of love trauma. The semi-experimental design: pre-post test with control group and Follow up stage was used in this study that It was made up of three groups and All three groups were tested thrice. The statistical population included all female students of Islamic Azad University, Rasht Branch who had experienced Love Trauma. The sampling method was available with random replacement. 45 people were ed and randomly assigned to three groups: two experimental and one control group. The first experimental group included a cognitive rehabilitation group, The second experimental group includes the group of semantics, and The third group included the control group. Also the Rosse Love Trauma questionnaire (1999), Gross emotion regulation questionnaire (2003), Ahwaz hardiness (1998), And Russell's loneliness questionnaire (1980) was completed by both groups. The treatment sessions were held in 10 sessions of 90 minutes. All subjects completed questionnaires before and after intervention and in follow-up period after 3 month. Result analyzed with SPSS 21 software. Statistical methods included descriptive statistics (mean, standard deviation, minimum and maximum scores) and inferential statistics (Analysis of Multivariable Analyze of Covariance and Univariate Analysis of Variance). Comparison of the effectiveness of LogoTherapy and cognitive reconstruction showed that significant difference between

the two therapeutic methods in psychological hardness that illustrates the effectiveness of further cognitive reconstruction. Comparison of the effectiveness of LogoTherapy and cognitive reconstruction showed that significant difference between the two therapeutic methods in reappraisal that illustrates the effectiveness of further LogoTherapy. Also Comparison of the effectiveness of LogoTherapy and cognitive reconstruction showed that no significant difference between the two therapeutic methods on loneliness and Emotional subsidence. A follow up study that took place three months after show that these treatments are stable over the mentioned components. Hence, the application of each Logo Therapy And cognitive reconstruction can have an important effect on psychological hardness, sense of loneliness and the Cognitive Emotion Regulation of Girl students suffer a symptom of love blow and they can improve their Mental Health. Keywords: LogoTherapy, cognitive reconstruction, psychological hardness, loneliness, Cognitive Emotion Regulation, symptom of love trauma, Girl students.

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