Medical Implications of Reality Therapy on Patient Outcome Improvement

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Abstract

Reality therapy seeks to help individuals experiencing unmet. The main objective is to enable the individuals to create meaningful connections with other individuals, solve problems, and set goals. This technique acknowledges the criticality of five basic human needs that allow for life satisfaction and healthy functioning. These needs include power (self-esteem, self-confidence, and a sense of accomplishment), love and belonging (through community, friends, and family), survival (shelter, water, and food), fun (enjoyment, pleasure and satisfaction), and freedom (in terms of autonomy, sufficient personal space, and independence). Based on these scholarly observations, it can be inferred that reality therapy seeks to help clients in identifying any or all the unmet needs and guiding them through setting goals and making plans that seek to fulfill the perceived needs. This paper examines reality therapy in relation to its origin, the key concepts, and principles with which the framework is associated, and the evaluation of evidence base in relation to scholar or research evidence that supports the theory.

Keywords: Medical Implications, Reality, Therapy, Improvement etc.

1   Introduction

Reality therapist's originator was William Glasser. He established the theory and applied it to psychotherapy and counseling in the contexts of a psychiatric hospital and a correctional institution. Initially, Glasser was attached to a traditional method of psychiatry in which clients would be helped to gain insight to ensure that upon transference, they (clients) would achieve higher-degree sanity (Law & Guo, 2014). However, Glasser's experience suggested that even after achieving the goals of the analytic approach, similar changes did not occur in clients automatically; especially in terms of behavior. In 1965, reality therapy's watershed emerged. The therapist's emphasis was that individuals remain responsible for their behavior. According to Mahaffey and Wubbolding (2015), this stance implies that Glasser advocated for the need to shun from blaming outside forces or the past, upon which high-degree mental health would be achieved. Hence, Glasser indicated that, to most people, options are open, but behavior involves choices. The eventuality is that the role of psychotherapy and counseling lies in the realization of measurable change; rather than the understanding of and insight into any past events, as well as any current subconscious drives.

2   Methodology

Imperative to note is that Los Angeles' Veterans Administration hospital was the setting from which reality therapy was developed; often associated with Glasser and G. L. Harrington; his mentor. To live a more rewarding and fulfilling life, Glasser affirmed that individuals should not dwell on the past. Instead, they need to resolve and move past those situations. Whereas the approach was referred to as control theory in the 1970s, it was called the choice theory in the mid-1990s. choice theory, as avowed by Wubbolding (2015), holds that individuals are self-fulfilling beings and that they can choose their future behaviors while

ensuring that they hold themselves consciously responsible for the manner in which they feel, think, and act (Beeson and Field, 2017).

3 Results and Discussion

As mentioned earlier, reality therapy suggests that the survival of human beings depends on psychological needs and that whether or not people are aware of the essential human needs or not, they are in a continuous struggle to meet them (Jahromi & Mosallanejad, 2014). For one to achieve the most effective functioning, the needs are worth balancing (Law & Guo, 2014). However, Mahaffey and Wubbolding (2015) cautioned that humans do not necessarily act effectively to achieve the goals. Hence, socialization marks one of the effective ways through which individuals might meet the needs; including the need for love and belonging. Also, Wubbolding (2015) observed that reality therapy emphasizes that in what they do currently, people are in control; regardless of whether or not it works in their favor ─ in relation to the fulfillment of their psychological needs for freedom, fun, belonging, and power.

The theory also assumes that in the society, survival needs are met and that as individuals struggle to meet the remainder of the four psychological needs, they end up running into trouble. Also, reality therapy suggests that for one's behavior, the key is to gain awareness of one essentially wants, ensuring further that they make the choices they make a promise to fulfill the perceived goal. According to Beeson and Field (2017), reality therapy also maintains for human beings, what drives them entails the need to be loved, as well as the need to belong. Also, Jahromi and Mosallanejad (2014) documented that reality therapy assumes that the humans' yearning to be free drives them and, as freedom is acquired, great responsibility comes in such a way that one or an individual is unlikely to exist without the other.

Based on the assumptions above, it is evident that reality therapy is an attribute of choice or decision and change whereby powerful influences of the past dictate human persons but these influences do not necessarily need to be held forever. Instead, the earlier influences are worth addressing by ensuring that patients facing difficulties are helped in working out relationships with others (Law & Guo, 2014).

From the current literature, several insights have been gained, and scholarly studies documented the efficacy of reality therapy; with the contributory role

of interventions involving reality therapy reported. For example, Mahaffey and Wubbolding (2015) sought to determine the relationship between reality therapy and the ability to improve bonds among families. The study targeted couples experiencing ideological differences in relation to one another's approach to life. In the findings, the study established that reality therapy restores an otherwise weak relationship among couples but a moderating factor was noted. Particularly, the study contended that the manner in which the patient and the therapist form a connection determines the effectiveness of reality therapy. Thus, reality therapy was recommended as an effective therapeutic approach, but the study cautioned that the therapist needs to ensure that a trusting relationship is established with clients, upon which the theory would prove effective.

In another study, Wubbolding (2015) sought to find out the extent to which reality therapy aids in steering connectedness in nuclear and extended families, especially those marred by dysfunctional operations due to the incidence and prevalence of adversities such as divorce, domestic violence, and child abuse. The study was conducted in a multicultural setting. In the findings, the study established that through reality therapy, through reality therapy, clients or patients learn different ways through which they can strengthen relationships with one another; especially family members. These findings concurred with those established in the study by Beeson and Field (2017). In the latter study, it was acknowledged that reality therapy ensures that even in the absence of a therapist's safe relationship, reality therapy helps clients to resume positive and supportive relationships. As avowed by Jahromi and Mosallanejad (2014), the latter positive outcome arises because the technique teaches patients how they can face difficulty and ensure that they work out relationships with others.

4 Conclusion

In summary, the scholarly studies identified above highlight that reality therapy enables patients to strengthen relationships suitably ─ both in the presence and absence of the safe relationship of the therapist. Coined by William Glasser and his mentor (Harrington), this therapeutic technique advocates for the need to solve current problems and satisfy the perceived psychological needs, rather than emphasize past experiences and

influences. In summary, it is worth inferring that reality therapy teaches patients some of the methods, actions, behaviors, and skills that could be applied to work out external relationships successfully. In so doing, satisfaction is realized; hence a more fulfilling life.

References

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