THE EFFECTIVENESS OF COGNITIVE-BEHAVIORAL BASED GROUP TRAININGS ON MARITAL ADJUSTMENT AND SATISFACTION OF MARRIED WOMEN

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ABSTRACT
Improve the quality of the marital relationship is one of the most important issues in family counseling. The aim of current research was the effectiveness of cognitive-behavioral based group trainings on marital adjustment and satisfaction of married women in Bushehr city. The research method is Quasi-experimental research and pre-test and post-test design with control group was used. Thus, 30 married women of Bushehr city were selected by available sampling method and were placement in two groups of experimental and control. After pre-test in both groups, the experimental group participated in 8 sessions, within a month of group counseling based on cognitive-behavioral based group trainings and control group received no intervention. In order to measure marital satisfaction, the marital satisfaction questionnaire and for measuring the marital adjustment, the revised marital adjustment dimensions which both of them have a reliable reliability and validity, were used. Finally the gathered data were analyzed using covariance analysis. Results showed that cognitive-behavioral based group trainings is effective on improving the marital satisfaction of experimental group at the level of 0.01. In contrast, no significant effect on marital adjustment. It can be concluded that cognitive-behavioral based group trainings is effective on improving the marital satisfaction. Thus, the implementation of these programs can be effective in preventing family injuries.

Keywords: Cognitive-Behavioral Trainings, Marital Satisfaction, Marital Adjustment, Women

INTRODUCTION
Family is the most fundamental institution of society. It can be said in the definition of family: family is a relative group that is responsible in socialization of children and meeting some of the fundamental needs of the society. Family is composed of a group of people who have relationships through blood, marital or parenting and live together during an uncertain period of time (Cohen, 2007). Marriage is the cause of family and from one perspective; family is seen as a social symbol and is the reflective of the whole community. In a corrupt society, the family spontaneously will be corrupted. In contrast, in a healthy society, the institutions like family would be healthy. Family like any other social organization would affect their social context (Saroukhani, 2009). The first buds of the relationship between human beings, emerges in the privacy of family and Home and family is the best source of healthy relationships. The pleasant and relaxing relationships of couples bring growth and prosperity to them and also these relationships are necessary for their children and have an effective role for their development and growth (Monjazi, 2012).

According to the transition from a traditional society to industrial and modern society, family problems are one of the main problems in the area of family mental health. Many go to family therapy and crisis intervention centers and will request specialized assistance from psychologists and family counselors, Represents of the serious problems in the mental health of family. Divorce is the most problem of the families and the rate of the divorce is very high in Iran. Studies have shown that the most common family problems of families referring to the family therapy counseling centers in Isfahan include: Wives communication problems (36.4%), psychiatric problems (26/7%), social problems and delinquency (11.2%) (Abrahimi, 2011).

Marital adjustment and marital satisfaction are the important things in marriage. Ellis believes: Marital adjustment is the feeling of satisfaction and joy experienced by the partner, with regard to all aspects of
marital life (Abrahimi, 2011). According to Hallt (1969) Marital adjustment is the complex factor such as the level of conflict and contribute to the activity that is associated with happiness and success in marital life or is considered as the capacity of adaptation and problem solving ability in marital relationships (Lee, 2004). Marital satisfaction has a significant impact on the family and the family member’s physical and mental health. Marital satisfaction is defined as the Subjective evaluation of the nature of marriage (Gelles, 1995), which reflects the rate of meeting of the expectations of individuals from their marriages (Baher, 1989). Marital satisfaction is a condition that the couple agree whit each other, are satisfied with their communication styles, and are satisfied the type and quality of leisure time, and also manage the time and finance issues very well (Greef et al., 2001). The marriage satisfaction in the underlying and core of life satisfaction. On the other hand it can be said that the Public and family health depends on the satisfaction of individual from their marriages. By increasing the marital satisfaction it can be expected that the community member’s situations should be better in terms of different psychological, emotional and social aspects (Olson, 2000).

Among the therapeutic approaches, the approach of cognitive - behavioral therapy is an effective method that According to the subjective interpretations, beliefs, thinking, expectations, and beliefs of each person and their impact on everyday behaviors, the relationships of couple can be understood. Then, after examining the effective factors, by Guidance and correction of cognitive problems, And to apply problem-solving techniques, their marital problems should be reduced (Bernstein & Bernstein, 2001). The cognitive - behavioral approach is uniquely focused on restructuring the core beliefs. Mental corms are usually in the context of conflict couples (Tehrani, 2005). Mental corms specially are the models that penetrate in the reality or in people’s experiences in order to help people justify that reality or experience, or direct the perceived moderation and their responses (Young et al., 2003). The original building of cognitive-behavioral approach, focusing on the thoughts and perceptions and their effects on emotions and behavior. In most cases, these irrational beliefs which prevent the positive changes in couples (Dattilio, 2005). The cognitive- behavioral therapists beyond focusing solely on thoughts consider the observable actions. They pay attention to the words that people say to themselves and to the others, and also have designed special methods and techniques for couples facing with irrational thoughts of the partner and the other members of the family. Cognitive-behavioral approaches are linear and longitudinal. This approach is related to the thoughts and behaviors of people who follow goals with a logical attitude. Family features are not seen as a separate system with its own special feature (Toomas, 1992; quoting from Navabinejad, 1998).

Several studies have been done in the area of the effectiveness of cognitive-behavioral approach on satisfaction and marital adjustment. For example Saemi (2005) in a study to determine the effectiveness of cognitive-behavioral family therapy on marital satisfaction, showed a significant effect of the intervention on marital satisfaction. The research by Tabrizi (2004) conducted In order to investigate and compare the effectiveness of the combination group therapy of couples, beck cognitive therapy and Bibliotherapy in reducing marital satisfaction. The results showed that the cognitive therapy model is effective in reducing the marital dissatisfaction of couples. The research of Tylor (2002) showed that by using cognitive-behavioral therapy and with the help of family, the important therapeutic, sustainable and repeatable advances are expected. Amani et al., (2003), conducted a research aimed to investigate the effectiveness of cognitive-behavioral group therapy on marital satisfaction of women referring to one of the counseling centers. The results of research showed that, cognitive-behavioral group therapy Increased marital satisfaction and reduced the depression in women with family problems and created realistic attitudes to resolve conflicts and improved the quality of sexual and emotional quality of life. Chang (2008) concluded that the Cognitive-behavioral family therapy model is very effective in improving the marital satisfaction. CBT therapists will help people to see their cognitions and take a more active evaluation. Also they help people to work on the correction of negative behavioral interactions in order to foster the positive cognitions and emotions about others and learn how to express and mention their feeling and needs appropriately. In conclusion they would experience a pleasant and lovely marital life (Epstein and Bacom, 2002). In fact, CBT is a Qualitative and regular treatment, where the interaction of
cognition, behavior and emotions of couples are checked, and in order to improve the quality of relationship, the problems must be solved (Bacom et al., 2010). According to what was said, the aim of current research was the effectiveness of cognitive-behavioral based group trainings on marital adjustment and satisfaction of married women

MATERIALS AND METHODS
This study is a quasi-experimental research with pretest-posttest design with control group. 30 women of Bushehr city in 2014 were selected by available sampling method through calling. After pre-test and surveying the homogeneity means of scores of each of the scales, they were placement in two groups of experimental and control (15 ones per group). The experimental group participated in 8 sessions of 90 minutes, within a month of group counseling based on cognitive-behavioral based group trainings. The group training was held by one family counselor and one clinical psychologist. The control group received no intervention. After the implementation of the group training, post-test was performed again for both groups. The results of each experimental group were compared with the control group.

Inclusion criteria of entry to this study include: age range of 20-50 years, Informed consent to participate in this study, having at least the Ability to read and write, Individual commitment in order not to leave the training sessions in the process. The content of the training sessions have been developed based on cognitive behavioral perspective And the content of the course has been used in previous research. In order to re-examine the validity of the trainings content, the view point of Experts and researchers in this field were used and Finally, this content was taught: first session: introduction and Introducing members, second session: Coping strategies training, Third session: problem-solving skills trainings, Fourth session: Marriage skills training, Fifth Session: expressing intimacy skills trainings and expressing verbal and nonverbal affection trainings, Sixth Session: Assertiveness trainings, Seventh session: Decision-making skills and consultation in family trainings, Eighth Session: conclusion and overall analysis of the sessions from participants’ perspectives.

Enrich Marital Satisfaction Questionnaire
In order to measure the marital satisfaction, this questionnaire was used. At first, the Enrich scale was designed to describe the dynamics of marriage and then it was used as a diagnostic tool for couples who were looking for marriage counseling and marriage enrichment. The basic form of this questionnaire was prepared by Olson et al., in 1989 and as a valid tool was used in several studies. Enrich test in Many studies have a high validity and reliability. For example used the Swedish version of Enrich test in order to determine the validity and reliability involving 176 patients who were divided into four groups. This questionnaire is comprised of 47 statements and respondents are asked to rate each item on a five-point Likert-type rating scale ranging. The calculated reliability was reported reliable.

Revised Dyadic Adjustment Scale (RDAS):
This questionnaire was designed by Spanier in 1976 to assess the relationship between couples and was revised in 1995 by Busby et al., Currently questionnaire is comprised of 14 statements and respondents are asked to rate each item on a six-point Likert-type rating scale ranging and measures tree aspects of Consensus, Satisfaction and Cohesion in couples. The overall score for this test shows the compatibility of couples. This questionnaire measures the Couples agreement in decisions, satisfaction with marriage and marital attraction. The minimum and maximum score on this scale is from 0 to 69. Busby et al., (1995) reported the internal consistency by Cronbach's alpha of this questionnaire between 0.70 to 0.90. Crane et al., (2000) reported the internal consistency by Cronbach's alpha of this questionnaire 0.90 for couples. Aleviyan et al., (2006) reported the reliability of this questionnaire 0.90. Busby et al., (1995) in order to determine the construct validity of this test the concurrent execution of Locke-Wallace Marital Adjustment Test was used and reported the correlation coefficient of 0.68. Also the rate of correlation of this test with the original Spanir test is reported 0.97.
In order to use data analysis the SPSS-22 was used and the results in the form of descriptive and inferential statistics were reported. In order to surveying the normality of data, the parametric test Kolmogorov-Smirnov was used. In order to compare the means of pretest and posttests of experimental
and control groups the depended Test was used and finally to compare the significant differences in the experimental and control groups the covariance analysis test was used.

RESULTS AND DISCUSSION

Results
The age range of the experimental group was $32.85 \pm 3.35$ and the control group was $34.72 \pm 2.89$. Maximum age of the participants was 52 and the minimum age of 22. To verify the data normality, the Kolmogorov-Smirnov was used. The results showed that the distribution of the research variables are normal and parametric tests can be implemented. Levene test results in Table 1 also show that the Research groups are comparable with each other.

Table 1: The results of Levin test to evaluate the equality of the variances of the two groups

<table>
<thead>
<tr>
<th>Variables</th>
<th>F</th>
<th>df1</th>
<th>df2</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital satisfaction</td>
<td>0.081</td>
<td>1</td>
<td>28</td>
<td>0.778</td>
</tr>
<tr>
<td>Marital adjustment</td>
<td>0.094</td>
<td>1</td>
<td>28</td>
<td>0.762</td>
</tr>
</tbody>
</table>

Table 2 shows that there is no significant difference between the pre-test scores of experimental and control groups in satisfaction and marital adjustment And both groups are homogeneous in average and the changes in the variables mean in the experimental group compared to the control, We can say that this change is due to the implementation of the independent variable (training course).

Table 2: Statistical Properties for Variables in the Pretest on the Studied Groups

<table>
<thead>
<tr>
<th>Variables</th>
<th>Groups</th>
<th>Mean ± SD</th>
<th>SD</th>
<th>t</th>
<th>D.f</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital satisfaction</td>
<td>Control</td>
<td>127.06 ± 5.33</td>
<td>5.08</td>
<td>-0.520</td>
<td>14</td>
<td>0.520</td>
</tr>
<tr>
<td></td>
<td>Test</td>
<td>127.80 ± 6.10</td>
<td>6.10</td>
<td>0.094</td>
<td>28</td>
<td>0.762</td>
</tr>
<tr>
<td>Marital adjustment</td>
<td>Control</td>
<td>45.88 ± 4.56</td>
<td>4.56</td>
<td>0.774</td>
<td>14</td>
<td>0.452</td>
</tr>
<tr>
<td></td>
<td>Test</td>
<td>45.33 ± 5.05</td>
<td>5.05</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In order to compare the means between the experimental and control groups the t-test was used and the results is reported in table 3. Results showed that there exist a significant difference between the pre-test and post-test scores of experimental group in marital satisfaction and marital adjustment. But there is no significant difference between the pre-test and post-test scores of control group. The results of t-test showed that the Research groups are comparable with each other. Accordingly, in order to survey the effectiveness of cognitive-behavioral based group trainings on marital and adjustment satisfaction of married women the covariance analysis test was used.

Table 3: Statistical Properties for Variables in the Pretest, Posttest on the Studied Groups

<table>
<thead>
<tr>
<th>Variables</th>
<th>Groups</th>
<th>Number</th>
<th>Pre-test, Mean ± SD</th>
<th>Post-test, Mean ± SD</th>
<th>t</th>
<th>D.f</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital satisfaction</td>
<td>Control</td>
<td>15</td>
<td>128.80 ± 6.10</td>
<td>128.53 ± 10.60</td>
<td>0.116</td>
<td>14</td>
<td>0.909</td>
</tr>
<tr>
<td></td>
<td>Test</td>
<td>15</td>
<td>127.80 ± 6.10</td>
<td>139.40 ± 5.93</td>
<td>-18.50</td>
<td>14</td>
<td>0.000</td>
</tr>
<tr>
<td>Marital adjustment</td>
<td>Control</td>
<td>15</td>
<td>45.33 ± 5.05</td>
<td>43.86 ± 5.91</td>
<td>1.895</td>
<td>14</td>
<td>0.079</td>
</tr>
<tr>
<td></td>
<td>Test</td>
<td>15</td>
<td>45.86 ± 4.56</td>
<td>54.60 ± 7.49</td>
<td>-5.513</td>
<td>14</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Table 4: The results of multivariate covariance analysis to examine the effectiveness of the trainings on variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Square</th>
<th>DF</th>
<th>Mean square</th>
<th>F</th>
<th>P</th>
<th>Eta-squared</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital satisfaction</td>
<td>65733.107</td>
<td>1</td>
<td>65733.107</td>
<td>2517.215</td>
<td>0.000</td>
<td>0.989</td>
</tr>
<tr>
<td>Marital adjustment</td>
<td>106.856</td>
<td>1</td>
<td>106.856</td>
<td>2.306</td>
<td>0.141</td>
<td>0.079</td>
</tr>
</tbody>
</table>
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The results of covariance analysis showed that there exist significant difference between the experimental and control groups in scale of marital satisfaction. Versus, in the scale of marital adjustment, no significant difference was seen and cognitive-behavioral based group trainings did not effect on marital adjustment. Thus, according to the significant difference of experimental and control groups in the scores of marital satisfaction and also according to the lack of significant difference of experimental and control groups in the scores of marital adjustment, it can be concluded that this change is due to the implementation of the independent variable (training course). Also the Chi Eta shows the impact factor of cognitive behavioral training on each of the variables in the experimental group.

Discussion

The aim of current research was the effectiveness of cognitive-behavioral based group trainings on marital and adjustment satisfaction of married women in Bushehr city. The results showed that cognitive-behavioral based group trainings are effective on improving the marital satisfaction of women. Many studies have found that cognitive-behavioral based trainings plays a significant role in increasing of marital satisfaction. For example Saemi (2005) in a study to determine the effectiveness of cognitive-behavioral family therapy on marital satisfaction, showed that these interventions have a significant role on marital satisfaction of couples. Tabrizi (2004) found that group cognitive therapy is effective in reducing marital dissatisfaction. The research of Taylor (2002) showed that, Using cognitive and behavioral therapy have important therapeutic, stable and repeatable advances. Amani et al., (2003) found that cognitive and behavioral therapy increase marital satisfaction and reduce the depression of women with familial problems. Also cognitive and behavioral therapy Create realistic attitudes in order to resolve the conflicts and increasing the sexual and emotional quality of life among women. Chang (2008) in a research showed that cognitive-behavioral family therapy model is effective for improving the marital satisfaction. The research of Khaledian (2013) with the title of The effectiveness of cognitive-behavioral therapy in reducing depression and increasing life expectancy, concluded that this treatment has a significant impact on reducing depression and increasing a couple's desire to live. Nazari et al., (2011) also showed that, Cognitive behavioral therapy is effective in improving marital satisfaction. Chang and Furncham (2007) believe that: Learning how to think along with cognitive techniques are the most important and effective factors in determining of satisfaction, marital conflict and mental health of couples.

The research of Alizadeh et al., (2012) with the title of the effectiveness of cognitive-behavioral strategies, with an emphasis on the spirituality on intimacy and satisfaction of couples, concluded that by teaching these strategies the intimacy and satisfaction of couples would be enhanced. Rahmani (2011) found that the couple Cognitive behavioral therapy Increase marital satisfaction and reduce depression of couples. Rotunda et al., (2008) showed that Cognitive behavioral therapy improves the sexual satisfaction and reduce male violence against women. Khaledian et al., (2013) in a research concluded that group Cognitive behavioral therapy has a significant role in reducing depression and increasing life expectancy. In defining it can be said that Cognitive behavioral approach helps couple to be more aware of their cognitive errors, irrational and destructive beliefs in marital life. Also by practicing in training sessions and the Assignments out of sessions, they learn how to correct the irrational beliefs which bring dissatisfaction for their marital life. Finally By reducing the unnecessary dissatisfaction and increasing the understanding of the positive aspects of each other's behavior, the marital satisfaction will appear. It can also be stated that in cognitive behavioral therapy by influencing the patient conscious thought patterns, her thoughts and actions will be modified (Goldenberg & Goldenberg, 2004). Thus by CBT techniques can reevaluate of the persons logical thoughts and they must be modified. In this way the quality of relationship and marital satisfaction of couples will improve. On the other hand, it seems that by changing dysfunctional thinking patterns and Attention to religious teachings that would give meaning to life, the sense of satisfaction will appear (Aghapour et al., 2011).

Several studies have been done in the area of the effectiveness of cognitive-behavioral approach on satisfaction and marital adjustment. For example the research that is done by Soltani et al., (2013) with the title of the effects of emotion-focused couples therapy in increasing of marital adjustment of infertile
couples indicated that The use of emotion-focused couples therapy program can increase levels of marital adjustment in infertile couples. Sehhat et al., (2013) in a research with the title of the impact of short-term solution focused couple therapy approach on marital adjustment concluded that Solution-focused theory has a significant effect on marital adjustment, leading to increase it. Danesh (2005) in a research with the title of effectiveness of transactional analysis on marital adjustment of incompatible couples found that this treatment by reducing conflicts between the couple led to an increase in marital adjustment. Thomas et al., (1999) concluded that solution focused couple therapy has a significant effect on reducing conflicts and increasing marital adjustment between couple after intervention. Mudd (2000) found that solution focused couple therapy Helps couples achieve positive changes, as a result increasing in marital couples will appear. In the current research the effectiveness of cognitive behavioral therapy on marital adjustment has not been confirmed that this finding is not consistent with previous findings. In defining, Given that the emphasis of the content of the training sessions in the current study was on marital satisfaction and the related issues, And less attention has been done to the contents that is related to marital adjustment, It can be stated that there is no significant difference between the experimental group and the control group.

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