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THE EFFECTIVENESS OF PROBLEM SOLVING SKILLS TRAINING ON HAPPINESS AND MARITAL SATISFACTION OF MARRIED WOMEN OF ISLAMIC AZAD UNIVERSITY STUDENTS IN SARI

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ABSTRACT

The purpose of the effectiveness of problem solving skills training on happiness and marital satisfaction of married women of Islamic Azad University students in Sari. The population of the study, all students was sari married women in Islamic Azad University, Method, the semi-experimental type, designed pretest-posttest control group, respectively. The sample size of the correct scientifically sound basis, and given the sample size of the study, 30 patients were considered in two groups of 15 test and control were studied. According to the study, a multi-stage random sampling method is. Dataonthe questionnaire, marital satisfaction, happiness Oxford as complementary tools to be used and the sample was run. A pre-test for both groups Grdyd.grvhtestrun for 10 sessions of 90 minutes of training now and then a post-test was performed on each group. For data analysis, descriptive statistics (frequency, percentage, mean, charts, etc.) and to test questions, inferential statistics" Analysis of covariance" use. Results showed that problem-solving skills to enhance marital satisfaction and happiness affect female students.

Keywords: Problem-solving Skills, Happiness, Marital Satisfaction

INTRODUCTION

Stability and strength of the family, marriage and stable marital relationship and fundamentally depends. This means that any decline in marital satisfaction or absence of a successful marriage, in addition to disrupt the internal peace of couples, Survival and his family are threatened. Unsatisfactory relationships between couples of mutual interest, mutual understanding of each other and care for each other are measured. Various factors such as marital satisfaction, attachment style, couples, and the happy couple can affect family health (Azizi, 2010). Everyone in individual and social life with numerous problems encountered. Life is nothing but a continuous process of dealing with the problems and is working to resolve them. So there is a problem in life is natural, and couples inevitably encountered with various problems in their lives. So rather than being a passive act and dreams I did not have any problems in our lives before, It is better to learn how to solve their problems. If life's important issues remain unresolved, stress, fear and concern that ultimately leads to physical stress. Problem solving and decision making enables couples to be more effective to solve life's problems (Mazaheri, 2007). Research has shown that couples who are experiencing consistently high levels of happiness, in a variety of high marital satisfaction. Happiness is positively correlated with the consequences of success in most aspects of life. Willson *et al.,* (1999) A review of the empirical evidence about the correlates of happiness that a person Shadkam healthy, educated, extroverted, religious, optimistic and smart (Reader and Melvyn, 2006). Therefore, the present study aims to answer the general question that does problem solving course influence on happiness and marital satisfaction of married female students of Islamic Azad University of Sari?

MATERIALS AND METHODS

The population is all students surveyed were married female students at Islamic university of Sari, Method was-designed quasi-experimental, pretest-posttest control group. Because the sample size based on correct principles and scientific research with respect to the number 30 is considered that in both test and control groups of 15 cases examined. On the other hand, according to the study, a multi-stage random sampling is. Data collection tools included a questionnaire that will include:

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A) Teaching solve skills
B) Enrich Marital Satisfaction Questionnaire
C) Oxford happy feeling questionnaire

A pre-test was administered to both groups. The experimental group participated in 10 sessions of 90 minutes of training and then post-test was performed on both groups. To analyze the data, descriptive statistics (frequency, percentage, mean and…) And to examine questions of inferential statistics "Covariance Analysis test" was used.

RESULTS AND DISCUSSION
Results
Main Hypothesis
Problem solving course impacts on happiness and marital satisfaction for married students in Sari.

Table 1: Comparing the two groups in the pre-test and post-test

Statistical Indicators	Groups	Count	Average	Standard deviation
Marital satisfaction	Control	15	3.28	0.470
	Test	15	2.98	0.332
Happiness		15	1.51	0.389
	Control			
	Test	15	1.42	0.274
Problem-solving skills training	Control	15	3.24	0.395
		15	3.09	0.311
	Test			

Table 2: Analysis of variance to assess the students' problem solving course on marriage satisfaction of married female students in Sari

Exam Name	Amount	DF hypothesis	DF wrong	F amount	Level of significance
Pilai test	0.998	2	27	11.26	0.000
WilksLamboda test	0.012	2	27	11.26	0.000
Howlting test	83.40	2	27	11.26	0.000
Largest root test	83.40	2	27	11.26	0.000

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Table 3: Analysis of variance to assess the students' problem solving course on happiness of married female students in Sari

Exam Name	Amount	DF hypothesis	DF wrong	F amount	Level of significance
Pilai test	0.989	2	25	11.33	0.000
WilksLamboda test	0.011	2	25	11.33	0.000
Howlting test	90.61	2	25	11.33	0.000
Largest root test	90.61	2	25	11.33	0.000

As can be seen in the table of results of multivariate analysis of variance showed that the value of F at P <0/001 is statistically significant. So we can say that the problem solving course, happiness and marital satisfaction of married female students there are significant differences in Sari. To understand this difference, the more of analysis of covariance (Ancova) was used.
Specific Hypothesis
1) Problem solving course impressive on happiness of married female students in Sari.

Table 4: Analysis of variance to assess the effects of students' problem solving course on happiness of married women in sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.144	1	0.144	1.08	0.000
Pretest	296.03	1	296.03	22.22	0.307
Error	3.70	28	0.133		
Total		30			

Table 5: Analysis of variance to assess the effectiveness of problem-solving skills training on marital satisfaction of married female students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.161	1	0.161	1.26	0.000
Pretest	281.87	1	296.03	22.24	0.271
Error	3.29	26	0.133	0.127	
Total		28			

As it can be seen in the table shows the results of analysis of variance that the effect of happiness on students' problem-solving skills training there is a relation in married female students in Sari (P<0/000, F =1/08).

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2) Students' problem-solving skills training on marital satisfaction in married female students in sari impressive.

As it can be seen in the table shows the results of analysis of variance that the effect on marital satisfaction of students' problem-solving skills training there is a relation in married female students in Sari .(p <0.000,f=1.26)

3) Educational and emotional satisfaction impact on married female students in Sari

Table 6: Analysis of variance to assess the effect of emotional consciousness on marital satisfaction of married female students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.756	1	0.756	442.27	0.000
Pretest	306.24	1	306.24	1.09	0.306
Error	18.00	26	0.692	0.127	
Total		28			

As it can be seen in the table shows the results of analysis of variance that the effect of education on marital satisfaction of students' emotional consciousness there is a relation in married female students in Sari.(P<0.000,F=442.27)

4) Emotional consciousness impact on happiness of married female students in Sari.

Table 7: Analysis of variance to assess the effect of emotional self-awareness happiness of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.49	1	0.049	595.13	0.000
Pretest	63.82	1	63.82	0.45	0.507
Error	3	28		0.127	
Total		30			

As it can be seen in the table shows the results of analysis of covariance there is a significant difference the effect of emotional self-awareness that happiness married female students in Sari (F=595/13 و P<0/000).

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5) Education decisions influence on the happiness of married women students in Sari.

Table 8: Analysis of variance to assess the effect of the decision on the happiness of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.768	1	0.768	901.08	0.000
Pretest	317.52	1	317.52	2.17	0.151
Error	9.86	28			
Total		30			

As it can be seen in the table shows the results of analysis of variance that the effect of the decision on the happiness of married women students there is a significant difference in Sari (P<0.000, F=901.08).
6) Education decisions affect marital satisfaction Sari married female students.

Table 9: Analysis of variance to assess the effect of the decision on the marital satisfaction of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.663	1	0.663	16.60	0.000
Pretest	275.36	1	275.36	3.99	0.056
Error	9.86	26	0.166		
Total		28			

As it can be seen in the table shows the results of analysis of variance that the effect of the decision on the marital satisfaction of married women students there is a significant difference in Sari (F=16/60 و P<0/000).
7) Education rain intellectual Sari affect on the marital satisfaction of married female students

Table 10: Variance analysis to evaluate the effect of rainfall intellectual training on marital satisfaction of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.321	1	0.321	705.07	0.000
Pretest	265.37	1	265.37	0.856	0.364
Error	9.86	26			
Total		28			

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As it can be seen in the table shows the results of analysis of variance Training impact on marital satisfaction between rainfall intellectual Sari there is a woman married students.(P<0.000,F=705.07).
8) Education rain intellectual Sari affect the happiness of married female students.

Table 11: Analysis of variance to assess the effect of emotional self-awareness happiness of married women students in Sari

THE change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.049	1	0.049	595.13	0.000
Pretest	63.82	1	63.82	0.453	0.507
Error	9.86	28			
Total		30			

As it can be seen in the table shows the results of analysis of variance there is arelation between effect of rainfall on the happiness of the students thought that married women Sari.(P<0.000, F=595/13).
9) Training, assessment and selection of the solution influence on marital satisfaction for married students in Sari.

Table 12: Analysis of variance to assess the effect of the evaluation and selection of students' problem-solving on the marital satisfaction of married women in sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.663	1	0.663	16.60	0.000
Pretest	275.36	1	275.36	3.9	0.056
Error	9.86	26			
Total		28			

Table 13: Variance analysis to evaluate the effects of problem solving training, assessment and selection of the happiness of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.005	1	0.663	0.005	0.000
Pretest	292.03	1	275.36	292.03	0.507
Error	9.86	28			
Total		30			

As it can be seen in the table shows the results of analysis of variance there is a relation between impact assessment and selection of students solving the marital satisfaction of married women in Sari.(P<0.000, F=16.60).

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10) Training, assessment and selection of the solution influence on the happiness of married female students in Sari.

As it can be seen in the table shows the results of analysis of variance that there is a relation between effect of education, assessment and selection of students solving the happiness of married women Sari. (P<0.000, F=941.74).

11) Education review the implementation and monitoring solutions influence on the marital satisfaction of married female students in Sari.

Table 14: Analysis of variance to assess the effect of training on the review of the implementation and monitoring solutions marital satisfaction of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.028	1	0.028	586.77	0.000
Pretest	63.36	1	63.36	0.25	0.616
Error	3.02	28			
Total		30			

As it can be seen in the table shows the results of analysis of variance Review work performed there is a relation between education and monitoring solutions on the marital satisfaction of married women students there is a significant difference in Sari.(P<0.000, F=586.77).

12) Education review the implementation and monitoring solutions Sari affect the happiness of married female students.

Table 15: Analysis of variance to assess the effect of training on the review of the implementation and monitoring solutions happiness of married women students in Sari

The change source	Set squares	DF	Mean square	F amount	Significance level
Group	0.465	1	0.028	0.465	0.000
Pretest	252.260	1	63.36	252.260	0.278
Error	3.02	26			
Total		28			

As it can be seen in the table shows the results of analysis of variance that there is a relation between the effect of training on the review of the implementation and monitoring solutions happiness Sari woman married students.(P<0.000, F=665.54).

Discussion

The main hypothesis of the study it can be concluded that the increase in happiness and marital satisfaction in the students' problem-solving skills affect married women. This finding result with the research of Asgharizadeh and Danesh (2005) despite the agreement on solving the problem in couples with marital problems in female students, in a way consistent.

This finding with the result of Deil research (2006) About the importance of education in order to solve the problem of mutual understanding about happiness and marriage and its role in the treatment of

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behavioral disorders in children and the quality of communication and understanding increase happiness and marital satisfaction in couples, in a match. Specific assumptions of the study it can be concluded:

1- Problem-solving skills influence on happiness. 2- Problem-solving skills training have effect on marital satisfaction. 3- Emotional self-awareness training has an impact on marital satisfaction.

4- Emotional self-awareness training has an impact on happiness.5- Education decision affects on happiness. 6- Education decision affects marital satisfaction.7- Precipitation intellectual training there is a feeling of happiness.8- Evaluation and selection effect on marital satisfaction there is a problem.9- The effect of training on evaluation and selection of the solution there is a feeling of happiness.10- Education review the implementation and monitoring solution there is a feeling of happiness.11- Education review the implementation and monitoring solutions on the marital satisfaction of married women students there is a significant difference in Sari.

The result of this study with the research of Asgharizadeh and Danesh (2006), despite the agreement on solving the problem in couples with marital problems in female students in some way match. Also by Hamidi research (2007), There is a significant relationship between problem-solving skills to increase the amount of happiness, and Jazayeri research (1997), Problem-solving skills to the creation of marital satisfaction and the research by Forooshani and partners (2009) That "the impact of self-training on conflict resolution strategies happiness and marital satisfaction and marital satisfaction." And Kazerooni research (2004) Emotional self-awareness on the impact of education on happiness and marital satisfaction among students, Deil research (2006), In order to solve the problem of mutual understanding on the importance of education and its role in marital happiness. As well as the treatment of behavioral disorders in children and the quality of communication and understanding increase happiness and marital satisfaction in couples, in a match.

And by the result of Wei and partners (2005) during the research showed that couples, who easily put their thoughts with each other, they also have higher marital satisfaction and Hughes, Tomisk and Christina (2000) in education and research, evaluated and selected based on the impact of happiness on a consistent problem.

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