

## **EFFECTS OF MINDFULNESS TRAINING ON THE ABILITY TO RESOLVE CONFLICT AND MARITAL ADJUSTMENT IN MARRIED WOMEN**

**Farideh Dokaneheei Fard and \*Zahra Jani**

*Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran*

*\*Author for Correspondence*

### **ABSTRACT**

The aim of this research is to explore the efficacy of mindfulness training on the ability to resolve conflict and marital adjustment in women referred to local health houses in Tehran. In this study 30 women referred to local health houses in Tehran volunteered for mindfulness training were selected and assigned to experimental and control groups. The experimental group underwent 8 sessions of mindfulness training and the control group did not receive any particular intervention. Covariance analysis showed that ability to resolve conflict and marital adjustment in experimental group were significantly higher than the control group in posttest. The finding of this study suggests that mindfulness training is effective technique in increase the ability to resolve conflict and marital adjustment in women referred to local health houses in Tehran.

**Keywords:** *Mindfulness, Ability to Resolve Conflict, Marital Adjustment*

### **INTRODUCTION**

Compatibility of couples is one of the consequences of a successful marriage is that not only affect their satisfaction and happiness, but also reduces marital tensions. Given the importance of health, family and marital adjustment in the end, the balance of family and community, as well as the importance of a successful marriage with the source and origin and marital happiness, mental balance, Human traditionally faced with many questions in this area (Ahromiyani, 2010). Many factors are involved in the adaptation of couples that their absence will disrupt it. For example, marital conflicts, a common problem in today's society is stable and is usually the foundation of the family is affected. In resolving marital conflicts, the short-term treatment is required, and at the same time to be part of that independence without consulting with people in conflict to help them to live with peace and development experience (Moslemi, 2011). The concept of mindfulness, more than two thousand years old and is the basis of this concept can be traced back to the most ancient Buddhist texts, including A welcoming and non-judgmental awareness of current events (Brown and Ryan 2003). The conscious mind is the people, freely and without distorting the internal and external realities and the ability to understand a lot in dealing with a wide range of thoughts, emotions and experiences (Both pleasant and unpleasant) is (Brown and Ryan 2007). Mindfulness as a method of siphoning attention, cognitive coping strategy to manage pain and anxiety that its effectiveness is well documented. Using Mindfulness and research in this field has increased in recent years (Dehghani, 2011).

Thus, this study seeks to answer the question that does mindfulness affect on resolving conflict abilities and marital adjustment?

### **MATERIALS AND METHODS**

This semi-experimental study with pretest - posttest control group, the experimental group, mindfulness training, but the control group received no intervention. The study population consisted of couples referred to the House Health Region 1 and 3 in Tehran. Sampling was used in this study, so that among couples who referred to the House Health, 16 couples group therapy based on the following criteria were selected to enter the exit. Mindfulness training sessions with the three criteria to be specified:

- 1- Couples aged between 20 and 45 years old.
- 2- Number of children: Maximum one child.

**Research Article**

3- The last time that marriage is between 1 and 5 years of common life before.

Exclusion criteria included two meetings were the following:

1- Having mental disorders in this study was made by clinical interview psychiatrist.

2- Having health problems such as cardiovascular diseases and having the benefit of education for these people was prevented. Conflict resolution strategies to collect data from two questionnaires (CTS) Strauss (1979) and marital adjustment scale (DAS) Spanier (1976) were used. The reliability of the questionnaire using Kronbach's alpha coefficient equal to 0.87, 0.96, 0.91 respectively. Their validity by supervisors and three faculty groups were approved.

**RESULTS AND DISCUSSION**

**Results**

The first hypothesis: Mindfulness training on conflict resolution can affect couples. To investigate this hypothesis, the analysis of covariance was used.

**Table 1: The results of analysis of covariance to compare the effect of pre-test and post-test control word groups**

Resource change	Total squares	Degree of freedom	Mean square	F	Confidence level
Pretest	84.46	1	84.46	0.72	0.111
Intergroup	34.38	1	34.38		
Within the group	82.39	29	2.84	12.1	0.002
The modified	168.61	31			

As the table shows, despite the effect of pre-test and post-test verbal differences between the two groups and tested there, so we can say, Mindfulness training on conflict resolution strategy couples the word had an impact.

**Table 2: The results of analysis of covariance to compare the mean posttest control group ignored the effect of pre-test**

Resource change	Total squares	Degree of freedom	Mean square	F	Confidence level
Pretest	154.73	1	154.73	2.07	0.412
Intergroup	244.07	1	244.07		
Within the group	194.43	29	6.7	36.4	0.001
The modified	616.55	31			

As the table shows, despite the effect of pre-test and post-test between the control group and the test of neglect there are significant differences, therefore, be said that mindfulness training on conflict resolution strategy, even in small-scale neglect the influence of.

**Table 3: The results of analysis of covariance to compare the effects of the pre-test and post-test the sincerity of the two groups control**

Resource change	Total squares	Degree of freedom	Mean square	F	Confidence level
Pretest	133.01	1	133.01	1.9	0.001
Intergroup	10.6	1	10.6		
Within the group	35.09	29	1.21	8.76	0.006
The modified	216.86	31			

**Research Article**

As the table shows, despite the effect of pre-test and post-test between the control group and the test of honesty there are significant differences; Thus, mindfulness training on conflict resolution strategy couples the honesty affect subscale.

**Table 4: The results of analysis of covariance to compare the effect of pre-test and post-test ends with the control group**

Resource change	Total squares	Degree of freedom	Mean square	F	Confidence level
Pretest	116.23	1	116.23	1.06	0.220
Intergroup	50.54	1	50.54		
Within the group	223.811	29	7.71	6.54	0.016
The modified	518.18	31			

As the table shows, despite the effect of pre-test and post-test between the control group and test strategies for conflict resolution in the sub-scale end there is a significant difference; Thus, mindfulness training on conflict resolution strategies through the end affects couples.

**Table 5: The results of analysis of covariance to compare the effect of pre-test and post-test with control group abuse**

Resource change	Total squares	Degree of freedom	Mean square	F	Confidence level
Pretest	112.78	1		1.36	0.360
Intergroup	9.95	1			
Within the group	57.01	29	1.96	5.06	0.032
The modified	187.05	31			

As the table shows, despite the effect of pre-test and post-test between the two groups and ill-treatment, there are significant differences in the test, so we can say, Mindfulness training on conflict resolution in the sub-scale strategy abuse affects couples.

**Conclusion**

According to the information provided in the tables can be achieved assuming that mindfulness training has an impact on the ability of couples to conflict resolution approved.

The second hypothesis: Mindfulness training on marital adjustment affects couples. Since the project before the implementation of the pre-test was used to evaluate this hypothesis and to eliminate the effect of pre-test analysis of covariance was used. The test (analysis of covariance) has the assumption that it is established only if the data can be used. Including the assumptions of normality of the data is being monitored. Kolmogorof-Smirnov test to check the normality of the data in the table provided. Also an important assumptions analysis of covariance is homogeneity of variance groups. To investigate this assumption is also used during the test. Loon test results are given in the table.

**Table 6: Kolmogorof-Smirnov test for normality study data**

Variable	Average	Z Kolmogorov	Confidence level
Pretest	96.06	0.485	0.973
Posttest	99.47	1.02	0.240

According to the information provided in the table and taking into account the values of z and provided significant levels, we can say that is normally distributed data distribution The assumptions of normality of the data for the analysis of covariance is established.

**Research Article**

**Table7. Loon test results to check the homogeneity of variances**

F	The degree of freedom 1	The degree of freedom 2	Confidence level.
0.001	1	30	0.102

According to the table, and the value of f and the assumption of homogeneity of variances can be said that there is significant and there is a possibility of using analysis of covariance. Covariance analysis is presented in the table.

**Table 8: The results of analysis of covariance to compare the effect of pre-test adjustment control groups**

Resource change	Total squares	Degree of freedom	of Mean square	F	Confidence level
Pretest	2954.32	1	2954.32	2.74	0.371
Intergroup	455.30	1	455.30		
Within the group	331.117	29	11.41	39.87	0.001
The modified	3997.96	31			

As the table shows, despite the effect of pre-test and post-test compatibility test between the control group and there are significant differences; Therefore, the researchers hypothesized that mindfulness training has an impact on the couple's marital approved.

**Discussion**

The results showed that mindfulness training can affect a couple's ability to resolve the conflict. The research hypothesis, that training mindfulness abilities couples is effective conflict resolution. The results showed that the verbal strategies as the main strategy for solving conflicts in the experimental group were increased to couples.

Neglect strategy as well as the couple participating in the experimental group, dropped honesty not changed the strategy but strategy as a strategy to end conflicts is increasing, Faced with a reduction in the experimental group. The strategy of ill-treatment in the experimental group compared with the control group decreased. So what you mentioned seems to conflict resolution training mindfulness abilities couples is effective. This finding is compatible with finding results of Keivan (2013), Grayson (2008), Gylak (2009), Niklik *et al.*, (2008) and Kaviani (2012). Relying on the results of the research, it can be concluded that mindfulness training on marital adjustment is effective Couples. This finding is compatible with finding results of Keivan (2013), Grayson (2008), Gylak (2009), Niklik *et al.*, (2008) and Kaviani (2012). In conclusion we can say that mindfulness-based cognitive therapy methods to reduce distress and the pattern of thinking are faulty. Thus, this therapy can be independent as a way to reduce the psychological and behavioral problems arising from marital problems to win (quoted from Jamshidi, 2012).

**REFERENCES**

**Ahromyan Afshin, Sudani Mansour and Hussein Ali Muhammad (2010).** Effective training solutions approach - based on a group of couples happiness and marital adjustment referred to family counseling centers of Booshehr. *Tehran: Iranian Counseling Association Journal* **9**(36).

**Brown KW and Ryan RM (2003).** The benefits of bowing present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology* (84) 822-848.

**Brown KW, Ryan RM and Creswell JD (2007).** Addressing Fundamental Questions about Mindfulness. *Psychological Inquiry* **18** 272-281.

**Jamshidi Far Zahra (2012).**the effectiveness of training mindfulness in reducing distress in patients with breast cancer. Master thesis, Kerman University of Medical Sciences.

**Research Article**

**Kaviani H (2012).** Knowledge-based cognitive therapy for mouth-lowering effect of suicidal thoughts and dysfunctional attitudes. *Research on Psychological Health* **2**(2) 5 - 14.

**Mohsen Dehghani and Dehghani Z (2011).** Clarifying the role of mediating variables moral quality of sex for marital conflict and marital satisfaction. Master's Thesis, Marv dasht azad university.

**Moslemi Z (2011).** REBT impact on compliance and self-regulation of the couple. Master's Thesis, Degree in clinical psychology, Islamic Azad University, Roodehen branch.