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THE ROLE OF PRIMARY INCOMPATIBLE SCHEMAS IN ATTITUDES TO MARRIAGE IN COUPLES WITH MARITAL CONFLICT

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ABSTRACT

The purpose of this study is to determine the role of primary incompatible schemas in attitudes to marriage in couples with marital conflict. The statistical population of this study is all of the couples that have marital conflict that have been referred to counseling centers of Ardabil, and among them 130 person were chosen as available. The required data were collected by Yang's primary incompatible schemas Questionnaire and Hill's marriage attitudes scale (MAS). For analyzing the data and results we use Multivariate regression and Pearson. Results shows that in couples with marital conflict, there is a significant correlation between the all aspects of incompatible schemas and attitudes to marriage ; and as a result, according to this significant correlation between the all aspects of incompatible schemas and attitudes to marriage we can say that peoples who have the primary incompatible schemas or peoples who have not been able to solve their own lives primary conflicts in their childhood, In life they were in trouble and conflict and their attitude will be negative about marriage.

Keywords: *Couples with Marital Conflict, Primary Incompatible Schemas, Attitudes to Marriage*

INTRODUCTION

Marital conflict may be on any subject. Couples reporting different resources of conflicts that they varies from Verbal and physical abuse to Features and individual behavior. The conflict solution process can be either positive or negative, the positive way can improve the relations between spouses, while the negative can will weaken the same relationship, since it Includes criticism of the personality, revenge, and struggle for power. When couples use aggression, Negative negotiations or verbal humiliation when they solving their marital conflicts, they leave harmful effects on Self-concept of their spouse and it causes resentment and hostility that it makes the rational discussion difficult or impossible and eventually it leads to dissatisfaction (Marchano & Hak, 2000; quoted from Fyncham, 2000). The conflicts existence in lives is arising from our responses to individual differences and sometimes it rises as long as till the factors like fury, violence, grudge, hate, Jealousy and verbal and physical abuses governs the relationships of couples and it occurs in form of destructive modes (Yang & Lang, 1998). The conflicts is a complex process that can includes too many issues, and incompatibilities id one of them (Cliyn, 2006). Discontent and incompatibilities are concepts that correlates with conflict. This means that by the increasing conflict sin couples relationship, the incompatibilities increases and it causes more dissatisfaction. In addition, this kind of problems is the initial reasons of divorce (Berneshtain, 2006). The existence of inconsistencies in couple relationships causes Difficulty in social relationships, tendency to social, moral and cultural deviations between the couples (Popen and Vinolon, 2000; Quoted from Ahmadi *et al.*, 2005). In Iran, a significant percentage of marriages end in divorce (Daneshpour *et al.*, 2011). According to the latest Statistics, the rate of divorces is about 11.2 %, which is a significant amount (Honariyan and Younesi,

Research Article

2010). in this field, Harold and Shelton (2008) considers the marital conflicts and disability in mutual progressive communication as two important factor in couples conflicts. Incompatible families or couples often experiences the long separation (discrete type) or extreme togetherness (interwoven type). One of the most effective factors in couples conflict process is the primary incompatible schemas. According to the Yang's definition, primary incompatible schemas are patterns or deep or pervasive essences that they formed in childhood or adolescence and are continuous in life and also they are in correlation with relationships between the individual with self and others and they are Highly ineffective. Yang defines several schemes, which been called primary incompatible schemas. He defines five scopes that each one of

them has subsets and they are :

1. Being exhausted of life includes: Abandonment / instability, Mistrust / abuse, Emotional deprivation, Defectiveness / shame and Social isolation / alienation
2. Autonomy and dysfunction includes: Dependence/ incompetence, Vulnerability to damage and disease, Not self evolution and a foul and failure.
3. Disrupt limitations includes: eligibility/ hauteur, Self-control/ inadequate self-discipline
4. Other directions includes: Obedience, self sacrifice and attract attention
5. Excessive preparation and Inhibition includes: Negativity / pessimism, emotional inhibition, hard Criteria / extreme blame and punishment (Yang, 2003).

When certain requirements are not fulfilled, incompatibilities schema in been involved. without fulfilling the Interests, Intimacy and Frustration of early romantic relationships, incompatibilities schema of Interest and Intimacy relationships is been involving. This believes and schemes -which is in correlation with Interpersonal relationships - In adulthood grows in Mate selection component and also in During marital status grows in Marital relationships and it causes some harmful effects on relationships. since this schemes have some effect on Interest level, personality disorders and mood disorders (Yang, 2003), also can have an indirect effect on marital relationships. The related researches also shows and proves the same relationships. Arietry and Bemporad (1980) have been found that the primary incompatible schemas have a negative effects on marital

Satisfaction. Beck and Emery (1985) have noted to the significant relationship between the primary incompatible schemas and Family disintegration. In study that been conducted by Yang *et al.*, (2003) they found that in couples, in addition to primary incompatible schemas that been involved in marital relationships, the new schemes were formed in current relationship that if in couple relationships, the primary schemes have not fulfilled, or the primary scheme not been coordinated with the present scheme, the relationship will fail and it causes incompatibility between them and eventually it causes to divorce. In another study, results shows that there is a negative relationship between the primary failure incompatible schemas and predictability of partner and also the same relationships is existed between the incompatible schemas of Emotional deprivation and the failure to proximity and in trust and intimacy of couples (Gleffton, 1995). In a study that been conducted by Stiles, results shows that incompatible schemas of Emotional and failure deprivation, predicts less romantic relationships between couples (2004). Another study's results sows that Cognitive mediators such as negative schemes like inferiority complex has an effective role in Adaptive and non-adaptive interactions between the couples (Bradbury and Fincham, 1995) that Miller and Thomas's study has been prove this issue (2000). in such studies that been conducted in Iran about the correlation of schemes with marital satisfaction, the results shows that there is a reverse correlation between the incompatible schemas and marital satisfaction and intimacy (2005). Finally all results of this researches proves that the primary incompatible schemas have a important role in marital conflicts. Callan and Noller (1999) presented detailed and valuable evidences that shows that the disintegration of marriage is in a significant correlation With a wide range of health indicators. Now, According to the primary incompatible schemas effects on intimacy or marital conflicts or on divorce, and Since the primary incompatible schemas has an important role on mental well-being of persons, this study tries to survey the effects of primary incompatible schemas in attitudes to marriage in couples with marital conflict.

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MATERIALS AND METHODS

Research Methodology

This research is a description of correlation type. The statistical population of this study is all of the couples that have marital conflict that living in Ardabil. the samples of this study is 130 couples with marital conflict that they chosen by means of available sampling method among of all couples with same problem, who referred to counseling centers of Ardabil.

Research Tools

A) Primary incompatible schemas questionnaire: This questionnaire has been developed by Yang himself. this questionnaire measures the Self- reporting of primary incompatible schemas such as emotional deprivation, abandonment / instability, Mistrust / abuse, Social isolation / alienation, Deficit / unkindly, Failure in progress, Dependence / practical incompetence, Vulnerability to diseases and damages, involvement, Obedience, Self Sacrifice (devotion), emotional inhibition, Strict criteria, Merit / outclass, Restraint / inadequate self-discipline, Praise / attract attention, Concern / paranoia, and self-punishment. Aschy and Thomas reported the validity of the primary incompatible schemas questionnaire by using internal consistency and test-retest 0.95 and 0.81, respectively. Also, in addition to Normalization with a short form (which contains 75 questions) in Iran that conducted by Ahi and Besharat (2007), the validity of this questionnaire by using Cronbach Alpha method and Split - half method in average was 0.91 and 0.86, while this amount for girls and boys was about 0.87, 0.84 and 0.81, 0.84, respectively.

B) Marital Attitude Scale, MAS: This questionnaire includes 40 questions. The minimum score of that is 40 and the maximum is 200. Generally, lower scores reflect the pessimistic expectations of marriage and higher scores reflect the ideal expectations of marriage. The average scores shows the realistic expectations. This questionnaire has three scales (Realistic expectations: 17 questions, ideal expectations: 14 questions, pessimistic expectations: 5 questions). Jones and Nelson (1996) have reported the amounts of 0.79-0.80 for Cronbach's alpha and Dillon (2005) reported the amount of 0.80 for all of scale. Also they found a significant positive correlation between the scores of religion's romantic oriented scale and love attitude as an evidence of convergence validity of this questionnaire.

Information Analysis Method

For describing the data and information that we reached at, we use from indicators of descriptive statistics such as the mean and standard deviation and for analyzing them we use Pearson's correlation and multiple regression techniques in SPSS.

RESULTS AND DISCUSSION

Findings

The hypothesis of the study is :

1. The primary incompatible schemas can determine the attitudes to marriage in couples with marital conflict
2. There is a significant correlation between the primary incompatible schemas and its own components and attitudes to marriage with its components in couples with marital conflict.

Table 1: Mean the components of attitudes to marriage

Standard deviation	Mean	Variables
9/41	33/23	Realistic expectations
8/58	27/80	Expect idealistic
4/08	16/79	Pessimistic expectations
17/93	77/82	Attitude to marriage

Results Table 1 shows the mean (and standard deviation) of subjects in realistic expectations Is equal to 33/23 (9/41), Pending idealistic equal s8/58(27/80), Pessimistic expectations is equal to 16/79 (4/08), Attitude to marriage and the total score is equal to 77/82(17/93).

Research Article

Table 2: Summarizes the mean and standard deviation of early maladaptive schema components

Standard deviation	Mean	Variables	
7/67	11/48	Abandonment / instability	Cuts and exclusion
5/73	12/45	Mistrust / abuse	
6/10	13/80	Emotional deprivation	
6/62	12/03	Defectiveness / Modesty	
6/86	11/79	Social isolation / alienation	
6/65	12/73	Dependence / incompetence	Self-regulation and dysfunction
6/53	12/43	Vulnerability to harm or illness	
5/60	12/34	Not change his / caught	
5/77	10/31	Failure to advance	
5/13	13/20	Eligibility / self indulgence	Restrictions disrupted
4/60	13/26	Contenance	
5/43	10/76	Obedience	To Favorites
5/57	14/85	Dedication	
6/89	13/15	Emotional Inhibition	Listen to live too and retention
7/15	17/42	Criteria hard / extreme fault	
61/86	192/07	Total	Schema

Results Table 2 shows the mean (and standard deviation) of subjects in triggered/ instability of 11/48(7/67), Mistrust/ abuse of 12/45(5/73), Emotional deprivation of 13/80(6/10), Deficit/ unkind to 12/03(6/62), Social isolation/ alienation of 11/79(6/86), Dependence / incompetence action against the 12/73 (6/65), Vulnerability to disease losses equal to 12/43 (6/53), Failure to advance to the 10/31 (5/77), Eligibility / self indulgence of 13/20 (5/13), Restraint of 13/26 (4/60), Devotion to 14/85 (5/57), Emotional Inhibition of 13/15 (6/89), Criteria hard / extreme fault of 17/42 (7/15), Schema total score of 192/07 (61/86) is.

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Table 3: Factors determining the incompatible scheme and its components with a view to marriage

Schema	Criteria hard / extreme fault	Dedication	Obedience	Obedience	Continnence	Eligibility / self indulgence	Failure to advance	Not change his / caught	Vulnerability to harm or illness	Dependence / incompetence	Social isolation / alienation	Defectiveness / Modesty	Emotional deprivation	Mistrust / abuse	Abandonment / instability	Statistics	Variables
0/026	0/195	0/566	-0/051	0/014	*0/214	0/023	*0/199										
0/059	-0/166	0/000	**0/370	0/004	**0/254	0/005	**0/245										
0/287	0/094	0/185	-0/117	0/078	0/155	0/317	0/088										
0/552	-0/053	0/036	*0/185	0/483	-0/062	0/160	-0/124										
0/081	0/153	0/020	*-0/203	0/051	0/172	0/010	*0/224										
0/051	0/171	0/768	0/026	0/029	*0/192	0/112	0/140										
0/447	0/067	0/134	0/132	0/570	0/050	0/778	0/025										
0/154	0/126	0/001	**0/293	0/037	*0/183	0/23	*0/200										
0/447	-0/067	0/013	*0/217	0/314	-0/089	0/595	0/047										
0/070	0/160	0/048	*-0/174	0/237	0/097	0/001	**0/291										
0/339	0/085	0/134	-0/132	0/276	0/096	0/139	0/131										
0/001	**0/289	0/345	-0/083	0/000	**0/330	0/001	**0/286										
0/026	*0/196	0/124	-0/136	0/017	*0/209	0/006	**0/242										
0/005	**0/246	0/786	-0/024	0/000	**/332	0/046	*0/175										
0/000	**359	0/093	0/148	0/000	**0/396	0/003	**0/259										
0/001	**0/280	0/985	-0/002	0/000	**0/324	0/006	**0/238										
sig	r	sig	r	sig	r	sig	r										
Attitude to marriage		Pessimistic expectations		Expect idealistic		Realistic expectations											

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Results Table 3 shows that with realistic expectations triggered / instability (0/238), Mistrust / abuse (0/259), Emotional deprivation (0/175), Deficit / unkindly (0/242), Social isolation / alienation (0/286), Vulnerability to disease loss (0/291), Failure to progress (0/200), Obedience (0/224), Criteria hard / extreme fault (-0/245) And the whole scheme (0/199) there is a significant relationship. And idealistic expectations triggered by / instability (0/324), Mistrust / abuse (0/396), Emotional deprivation (0/332), Deficit / unkindly (0/209), Social isolation / alienation (0/330), Failure to progress (0/183), Restraint (0/192), Criteria hard / extreme fault (-0/254), And the whole scheme (0/214) there is a significant relationship. Pessimistic expectations and vulnerabilities (-0/174). Its not change / get caught (-0/217), Failure (-0/293), obedience (-0/203), sacrifice (0/185) Hard criteria (0/370) There seems. Attitude to marriage and abandonment / instability (0/280), Mistrust / abuse (0/359), Emotional deprivation (0/246), defectiveness / shame (0/196), social isolation / alienation (0/289) There seems. Due to the high level components can be significantly higher Between early maladaptive schemas and their components with a view to marriage there is a significant relationship with its components.

Table 4: The results of multivariate regression analysis early maladaptive schemas its components with a view to marriage

P	F	ms	df	ss	Model		
0/002	4/117	1181/842	5	5909/208	Regression		
		287/062	124	35595/723	Left over		
			129	41504/931	Total		

P	T	Standardized coefficients BETA	Non-standard coefficients SE B	ARS	R2	R	Predictor variables	
0/000	13/743	-	4/504	61/906	-	-	-	constant
0/001	3/300	0/280	-0/198	0/654	0/071	0/078	0/280	Abandonment / instability
0/007	2/721	0/339	0/390	1/060	0/115	0/129	0/359	Mistrust / abuse
0/357	0/924	0/104	0/330	0/305	0/114	0/135	0/367	Emotional deprivation
0/705	-0/379	-0/040	0/288	-0/109	0/108	0/136	0/369	Defectiveness / shame
0/341	0/956	0/143	0/389	0/372	0/108	0/142	0/377	Social isolation / alienation
0/339	0/960	0/085	0/238	0/228	-0/001	0/007	0/085	Dependence / incompetence
0/121	1/562	0/176	0/310	0/484	0/011	0/026	0/161	Vulnerability to harm or illness
0/024	-2/282	-0/257	0/360	-0/822	0/042	0/065	0/254	Not change his / caught
0/453	0/752	0/111	0/458	0/344	0/039	0/069	0/262	Victory
0/447	0/763	0/067	0/308	0/235	-0/003	0/005	0/067	Eligibility / self indulgence
0/071	1/818	0/183	0/393	0/714	-0/014	0/030	0/173	Continance
0/348	0/942	0/067	0/340	0/320	0/014	0/037	0/191	To Favorites
0/081	1/756	0/153	0/288	0/506	0/016	0/034	0/153	Obedience
0/433	-0/787	-0/069	0/283	-0/223	0/013	0/028	0/168	Dedication
0/287	1/069	0/094	0/229	0/245	0/001	0/009	0/094	Emotional Inhibition
0/063	-1/879	-0/164	0/218	-0/410	0/020	0/036	0/189	Criteria hard / extreme fault

As Table 4 can be seen To determine the effect of variable (Triggered / instability, mistrust / abuse, emotional deprivation, defectiveness / unkindly, social isolation / alienation, dependency / incompetence practical, vulnerability to disease damage, failure to progress, eligibility / self indulgence, self-restraint, obedience, sacrifice, emotional inhibition, unrelenting standards / blame radical and total score schema) As predictor variables and (attitudes to marriage) as Mtghyrmlak entered the equation. All the above table of significant F (P<0/000) Approximately %36 of the variance in early maladaptive schemas is explained by the predictor variables.

Conclusion

The purpose of this study is to determine the role of primary incompatible schemas in attitudes to marriage in couples with marital conflict. The findings of this study shows that The primary incompatible schemas can determine the attitudes to marriage in couples with marital conflict, but we can declare that the results of this study are consistent with previous research, such as Khosravi and Seyf (2007) that they believe that primary incompatible schemas at adulthood shows its own effect in Mate selection and

Research Article

Marital relationships and have a harmful effect on that. Also the schemes can have an indirect effect on marital relationships, since their relationship and effects that have on Interest style, personality disorders and mood disorders (Yang, 1990). Ehritt and Bmpvrad (1980) have been found that primary incompatible schemas has a negative effect on marital Satisfaction. Yong and Glovsky (1997) have found that in wives, in additional to primary incompatible schemas that been occurs in Marital relationships, the new schemes been created in their present relationships, while in the relationships of a couples if the requirements of primary schemas does not appears of even if primary scheme itself also does not appears, they suppose that the primary scheme is not in coordinate with the present one and it causes the incompatible between couples and finally the marital Conflict begins (Clifton, 1995). For clarifying this findings we can say that there is a difference in disconnection and ostracism schemes in attitudes to marriage, in people that have a tendency in mate selection to continuation of the scheme, and also who has a tendency to compensation of scheme, and this difference is significant about abandonment schemes. Also a person who has a scheme in field of disconnection and ostracism, the requirement that not been satisfied in his/her childhood, is the security requirements and having satisfactory relations. A person who has been considered petty from his childhood, and he never can experience the intimacy with his friends, if he predict that the marriage is a marriage compensate for this failures, he will has a positive attitude to marriage. In the other words, the people who looking for wives that pays more attention to their emotions and feelings, always be with them, has a sense of responsibility and commitment about them, never leave them alone, has a positive attitude to marriage than those people who like to have the same feeling in their life after their marriage, and in fact they surrendered to their schemes.

Among those people who got the Dependence / incompetence scheme and they believe that they are not able to take the responsibilities to their own actions, or people who think that the marriage is as a solution way to Entrusting responsibilities to another and that is not as a way for fighting against his own feelings of inadequacy and in fact they are looking for a wife that assign all important life responsibilities to her, has a positive attitude to marriage. in other words, the people who tries to keep his incompetence scheme, has a positive attitude to marriage, and there is a significant difference between this group and those who wants to compensate their schemes. The people who got the Compliance scheme and they have a great tendency to keeping it, in other word who wants their wives have some authority and domination to them, and also the people who got the devotion scheme and they looking for wives that need help, have a positive attitude to marriage rather than people who have a tendency to compensate his own scheme, and the difference of this two groups is very significant (Yang, 1994). In total, it is noticeable that the Hypothesis of this study is significant about abandonment, Dependence / incompetence, failure, non-self evolution / involvement, Obedience and devotion schemes. According to this we can conclude that different people has different purpose of marriage, while they consider the marriage as an opportunity for compensate their failures or as a situation for confirmation of beliefs. Such expectations of marriage can cause high expectations and If these requirements are not fulfilled in life, it causes a feeling of disappointment in relationships and final failure in their life (Dolang, 2007). Therefore, considering that the results of this study, In addition of its utilization for incompatible couples, has a lot of benefits for family counselors in marriage, after marriage and divorce steps that family practitioners should not ignore the importance of paying attention to primary negative incompatible scheme, but also use this scheme to help couples who have problem in their marital life and want to divorce, and by this method increase the effectiveness of their own treatment method. The samples of this study has been chosen among Ardabil's couples who wants to divorce, but to generalization of the results to other populations cautions should be considered.

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Research Article

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