



The Effectiveness of Couple Therapy Model from the Perspective of Quran and Islamic Narrations on Family Efficiency and Jealousy of Couples

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Abstract

Aim: The current research was conducted with the aim of the effectiveness of the couple therapy package of de-jealousy with an Islamic approach on family efficiency and jealousy in incompatible couples. **Methods:** The research method was experimental and within the framework of a quasi-experimental design of pre-test-post-test type with a control group with follow-up after two months. The statistical population of the present study included all couples in Tehran in 1400 who announced their readiness to participate in the training course for improving marital relations. After conducting the tests, the researcher selected the couples in which the women had a score lower than the average score in Safurai Parisi's Family Efficiency Questionnaire (2008) and a score higher than the average score in the researcher's Marital Jealousy Questionnaire and randomly placed them in the groups. 32 couples were selected from among the statistical population of the study by purposeful sampling and randomly replaced in two experimental and control groups. The participants of the educational group were subjected to the intervention of the couple therapy model from the perspective of the Qur'an and hadiths in 9 sessions of 90 minutes (Jaafari, Fayaz, Pourshahriari, and Abdulahi, 2021) and the control group did not receive any treatment. For data analysis, repeated measurement variance analysis was used with SPSS-25 statistical software. **Results:** The results of the analysis showed that the average scores of family efficiency in the experimental group compared to the control group increased ($F=553.05$, $P=0.001$) and the average scores of jealousy in the experimental group compared to the control group decreased ($F=337/29$, $P=0.001$). **Conclusion:** As a result, it can be said that the package of couples therapy to eliminate jealousy with an Islamic approach has been effective on family efficiency and jealousy in incompatible couples. **Keywords:** couple therapy, jealousy, Islamic practice, family efficacy, incompatible couples

Introduction

Today, the quality of marital life is one of the topics of interest to many researchers around the world, and as a psychological situation, it is an important and complex aspect of the marital relationship (Afowi, Ofili, Ojet, and Okusan, 2013). The quality of couples' communication has a positive relationship with happiness, mental well-being, and life satisfaction, and a negative relationship with depression and stress (Damir, 2018). Feeling valued, being accepted by an intimate partner, and feeling safe predicts the satisfaction of a couple's relationship (Brant, 2020).

Currently, several theoretical perspectives with different approaches seek to explain and resolve marital conflicts (Ameri, 2003). Cognitive-behavioral, systemic, emotional therapy, etc. can be mentioned among them, but none of the existing theoretical systems alone are fully effective for all clients and their problems. Different researches have shown that through eclectic approaches, different treatments or a combination of treatments can be selectively prescribed for specific problems of clients (Procheska & Nokras, 2002). In the last two decades, a holistic approach to human cognition has paved the way for more investigations in various fields. In this approach, spirituality is considered as a dimension of human existence, such as cognitive, emotional and behavioral dimensions that make up human nature (Saed, 2008).

Experts acknowledge the fact that the relationship between religion and culture is an inseparable relationship and what forms one of the important characteristics of culture is religion, and in other words, religion deeply affects the most important meaning and concept that family life has for each of its people. Religious values and beliefs should be carefully considered; Otherwise, family processes, which are actually normal within a certain religion, may be considered mental disorders (Mahmoodzadeh et al., 2014).

The therapists in marriage therapy with Islamic approach try to raise the couple's understanding of the sanctity of marriage. In consecrating marriage, couples should spend more energy to preserve what they consider sacred. Couples who consider their married life sacred, try more than others to preserve and maintain this relationship. Such behaviors, in turn, increase the marital satisfaction of both parties. By changing people's attitudes towards problems and conflicts in life, religious teachings can help reduce conflicts and increase their marital satisfaction and psychological well-being (Naghi Nasab, Jajermi, and Mohammadipour, 2018).

Family efficiency is one of the variables that evaluates the situation and conditions of the family in different areas. Effective family refers to families whose members adhere to religious beliefs and observe Islamic laws and ethics, and provides the context for discovering and cultivating their capabilities and abilities in cognitive, emotional and behavioral dimensions. The efficiency of the family plays an essential role in the growth, development and progress of the family members, it causes the flourishing of their talents, the cultivation of healthy and developed people and the creation of a healthy society. Family efficiency is a function of family members' perception of their family situation. This perception of family mechanisms and communication may be positive or negative, real or unreal. If this positive perception is true, it can be said that the efficiency of the family is in a favorable state. If a person's perception of his family situation is far from his ideal situation and his ideal definition of a family, the person is not very satisfied with

his family situation. That is, there is a great distance between his attitude and his family reality, and this situation also indicates the not very favorable efficiency of the family (Fang et al., 2021).

So far, no comprehensive research has been done in the field of finding the root of jealousy in marital incompatibilities and designing a couple therapy model in this field. Therefore, the current research aims to design a model of couples therapy from the perspective of the Quran and traditions, emphasizing on eliminating jealousy and evaluating its effectiveness on psychological well-being, family efficiency, and jealousy in couples. Considering that the goals and method of treatment and even how to measure the problems depend on the cultural assumptions of the couple and the family, and on the other hand, considering that the success of counseling and psychotherapy depends on the proportionality between the individual, cultural and ethnic values of the counselor and the clients, it requires an approach, theory and even techniques that are extracted from Islamic teachings so that there is no conflict with the culture, religion and values of the clients and the treatment process is completed well. We have not paid to reduce and fix it. Therefore, in this study, the researcher is looking for answers to the following research questions:

1. Is the model of couples therapy effective on family efficiency from the point of view of Quran and traditions?
2. Is the couple therapy model effective on jealousy from the perspective of the Quran and hadiths?
3. Is the effectiveness of the couple therapy model from the perspective of the Quran and hadiths on family efficiency and jealousy stable in the follow-up phase?

Method

The research method was experimental and within the framework of a quasi-experimental design of pre-test-post-test type with a control group with follow-up after two months. The statistical population of the present study included all couples in Tehran in 1400 who announced their readiness to participate in the training course for improving marital relations. After conducting the tests, the researcher selected the couples in which the women had a score lower than the average score in Safurai Parisi's Family Efficiency Questionnaire (2008) and a score higher than the average score in the researcher's Marital Jealousy Questionnaire and randomly placed them in the groups. 32 couples were selected from among the statistical population of the study by purposeful sampling and randomly replaced in two experimental and control groups. The participants of the educational group were subjected to the intervention of the couple therapy model from the perspective of the Qur'an and hadiths in 9 sessions of 90 minutes (Jaafari, Fayaz, Pourshahriari, and Abdulahi, 2021) and the control group did not receive any treatment. For data analysis, repeated measurement variance analysis was used with SPSS-25 statistical software.

Results

The results of the analysis showed that the average scores of family efficiency in the experimental group compared to the control group increased ($F=553.05$, $P=0.001$) and the average scores of jealousy in the experimental group compared to the control group decreased ($F=337/29$, $P=0.001$).

Conclusion

Islam, as a religion, expresses the true nature of man both in the individual framework and in the social framework. Couple therapy based on Quranic perspective and traditions provides a suitable model for working with Muslim couples. It takes courage for Muslim couples to seek professional help with any marital conflict. There may be a sense of failure in not following their religious

principles in the marital relationship. Therapists, if they are to provide help, need to understand why seeking such treatment is a challenge. Considering the religious society of Iran and the need to design a couple therapy model based on the Quran and religious traditions to build trust and confidence in clients, couple therapy with an Islamic approach shows the high potential of religious teachings to solve the problems of couples, especially in the area of jealousy in the family.

In any research, stating the limitations helps the researchers to do the research by recognizing the obstacles and with an open vision and accurate knowledge. This research, like other researches, was not free of limitations. Therefore, considering the results and re-implementation of this research, it is suggested to pay attention to these limitations. This research only included a sample of couples living in Tehran, which makes the generalization of the results to other couples living in Iran and the entire society face with limitations and caution. Due to the conditions of the corona virus epidemic, it was not possible to conduct the meetings in person, so the meetings were held online and virtual, which certainly has a series of limitations compared to the face-to-face class. Considering the significant impact of the couple therapy model from the perspective of the Qur'an and hadiths, with an emphasis on eliminating jealousy, it is suggested: In future researches, the effectiveness of this approach should be evaluated on other special samples and groups, with different characteristics, for example, couples affected by infidelity, incompatible couples with higher records, infertile couples, etc., in order to be able to speak more confidently about the generalizability of the findings. Also, considering the significant impact of the couple therapy model from the perspective of the Quran and hadiths, with an emphasis on eliminating jealousy on family efficiency and couples' jealousy, it can be said that couple therapy based on the Quranic perspective and traditions provides a suitable model for working with Muslim couples. Therefore, it is suggested that: in order to prevent marital problems, workshops based on the model of couple therapy from the perspective of the Qur'an and hadiths, with an emphasis on getting rid of jealousy for couples, should be held in counseling centers, etc. In order to help couples solve problems in the field of family efficiency, couple therapy group counseling sessions from the perspective of Quran and hadiths should be held periodically in welfare centers, Red Crescent, Relief Committee... for interested couples.

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