



The effectiveness of McMaster model on anxiety and self-control of women on the verge of divorce

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Abstract

Aim: The aim of this study was to determine the effectiveness of McMaster model on anxiety and self-control of women on the verge of divorce. **Method:** The present study was a quasi-experimental with pre-test and post-test with a two-month control and follow-up group; The statistical population of the present study was women referring to counseling centers in District 6 of Tehran in 2020. After screening with the Zung Anxiety Questionnaire (1971), 30 women were selected by convenience sampling method in the experimental group of McMaster model (n = 15) and control group (n = 15) were randomly replaced. The experimental group underwent the intervention of McMaster model (2007) for eight sessions of 90 minutes and the control group did not receive any intervention. The research instruments were Zung Anxiety Inventory (1971) and Tangney, Bamster and Boone (2004) Self-Control Questionnaire and the data were analyzed using repeated measures mixed variance analysis. **Results:** The results showed the effect of Maxmaster model intervention on anxiety score (F = 5.25, P = 0.030) and self-control (F = 8.56, P = 0.007) and the stability of this effect in the follow-up stage. **Conclusion:** The results of the study suggest evidence that the McMaster model is an appropriate method to increase self-control and also reduce anxiety in women on the verge of divorce.

Keywords: *McMaster, Anxiety, Self-Control, Divorce.*

Introduction

Anxiety, with a prevalence of about 2-5%, means severe and extreme fear of situations where there is a possibility of analyzing a person's behavior and fear of his negative evaluation in social situations (Mehdi Yar et al., 2019). Anxiety is the third most common psychological disorder and a debilitating disorder that has a chronic and continuous process and often begins in childhood or early adolescence due to the experience of mistreatment and adversity and spreads in youth and adulthood (Ren & Lee, 2020).

Self-control can affect the quality of life. In this sense, self-control is the ability to avoid or eliminate unwanted thoughts, behaviors, and emotions, and it is also necessary to successfully manage daily life (Yang et al., 2017). Self-control helps people cope with their daily lives, work and relationships. For example, people with high levels of self-control are more likely to exercise more regularly, achieve success in their professional lives, and protect their appropriate relationships (De Ridder et al., 2012). People with high levels of self-control are more likely to approach positive outcomes and future goals and strive for them (career promotion). On the other hand, they are less likely to focus on avoiding negative consequences (task failure) than people with low levels of self-control. Focusing on positive outcomes may in turn have a positive effect on health (Boyukant-Tetik, Finkenauer, & Bledorn, 2018).

Therefore, it is necessary to create interventions that can increase the quality of life and reduce emotional divorce in couples. Family therapy as a specialized intervention can be a suitable solution to make couples' relationships with each other as enjoyable as possible. Family therapy can convey the information needed to create a desirable life to couples and increase their knowledge and awareness in issues that affect marital relationships. Finally, it can reduce emotional divorce and improve the quality of life of couples by emphasizing the ability to resolve conflicts and communicate (Capozzi & Stauffer, 2005). Therefore, considering the importance and necessity of this issue in the society, the current research was conducted with the aim of determining the effectiveness of McMaster's model on the anxiety and self-control of women on the verge of divorce. Therefore, the researcher seeks to answer the following research questions:

1. Is McMaster's model treatment effective on anxiety and self-control of women on the verge of divorce in the post-test stage?
2. Is McMaster's model treatment on anxiety and self-control of women on the verge of divorce stable in the follow-up phase?

Method

The present study was a quasi-experimental with pre-test and post-test with a two-follow-up and control group. The statistical population of the present study was women referring to counseling centers in District 6 of Tehran in 2020. After screening with the Zung Anxiety Questionnaire (1971), 30 women were selected by convenience sampling method in the experimental group of McMaster model (n = 15) and control group (n = 15) were randomly replaced. The experimental group underwent the intervention of McMaster model (2007) for eight sessions of 90 minutes and the control group did not receive any intervention. The research instruments were Zung Anxiety Inventory (1971) and Tangney, Bamster and Boone (2004) Self-Control Questionnaire and the data were analyzed using repeated measures mixed variance analysis.

Results

The mean and standard deviation of the age of the participants in the McMaster model group was 5.95 ± 43.20 and in the control group was 8.61 ± 42.07 . The mean and standard deviation of the duration of cohabitation of the participants of the McMaster model group was 7.12 ± 13.26 and in the control group it was 8.61 ± 12.97 .

The results of descriptive statistics indicate an improvement in the self-control score and a decrease in the anxiety score in the post-test stage in the McMaster model test group compared to the control group.

The Kolmogorov-Smirnov test indicates the establishment of the condition of normal distribution of scores and the result of Levin's test also indicates the establishment of the condition of homogeneity of variances in the research variables (anxiety and self-control). Also, the W statistic for research variables is not significant at the 0.05 level; Therefore, the findings show that the variance of the differences between the levels of the dependent variable is not significant and the assumption of sphericity is maintained. Therefore, in the following, this statistic was used to interpret the results of the within-subjects effects test.

The results of variance analysis showed: The McMaster model intervention was effective on the anxiety score ($F=5.25$, $P=0.030$) with an effect size of 0.16 and self-control ($F=8.56$, $P=0.007$) with an effect size of 0.23.

The comparison of the three stages in the McMaster model treatment test groups and the control group shows that the difference in anxiety ($P=0.001$) and self-control ($P=0.001$) in the post-test and follow-up stages was significant in comparison with the pre-test. This effect remained stable until the follow-up stage, while in the control group, these differences are not significant ($P<0.05$).

Conclusion

The present study aimed to determine the effectiveness of McMaster's model on anxiety and self-control of women on the verge of divorce in Tehran. The findings showed that McMaster's model training can significantly reduce anxiety and increase self-control of women on the verge of divorce in Tehran.

By having an efficient model based on purity, cognitive regulation of emotions and family functioning and considering demographic variables, it is possible to increase the effectiveness of treatment and intervention in marital disputes and reduce the risk of divorce. In other words, when couples learn about the functions of the family, they will gain broader insight and become aware of their responsibilities more than before, and it is also possible that different perceptions of the roles and functions of the family will be reduced and marital disputes will be minimized.

The McMaster model is an education-oriented model designed to improve couples' relationships. It aims to help couples become aware of themselves and their spouses, explore their spouse's feelings and thoughts, develop empathy and intimacy, and develop effective communication and problem-solving skills (Boling et al., 2005). In McMaster's approach, the current elements of communication are improved and changes are made in it, and the purpose of this change and growth is to transform dissatisfaction into satisfaction. One of the most important assumptions of McMaster's approach is to increase self-control of this approach. According to this model, family principles can be taught, and based on this, family education programs and therapeutic interventions can be formulated and implemented (Ryan et al., 2005). Based on this assumption, it is possible to improve the typological status of the family by strengthening self-control skills. The McMaster model focuses on teaching empathy skills; Recognizing and solving problems; conflict management, dialogue and negotiation; establishing honesty and sincerity and respect; listening skills; shame management skills; Self-control; sexual communication skills; Assertiveness skills; Anger management skills; economic management skills; learning to change; Strengthening the wife's skills (Yousfi, 2014). As stated in

McMaster's model of the dimensions of family functioning, all families with weak self-control are often unable to go through the problem-solving process and face difficulties in expressing and accepting emotional issues. In families with weak self-control, the issue of communication is neglected or has no relevance at all. In such families, agreements on role assignment and accountability are weak, emotional issues are faded, couples are disinterested in each other, and it is as if people separated from each other continue to coexist only in a common shelter. In such dysfunctional families, the partnership between family members is like a group of strangers living under the same roof. This is where contradictions and conflicts prevail over interaction and understanding and go away from the axis of intimacy. On the other hand, in families with high self-control, the communication between the members is often valid and approved, the agreement of the spouses is the basis of the healthy functioning of the family, the center of which their marriage is considered the origin of its formation and intimacy provides a guarantee for its continuation. (Nabavi et al., 2018).

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