



Hidden marital aggression, fear of intimacy, psychological well-being, guilt

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Email: mojghannimnam@gmail.com | Received: 08.07.2021 | Acceptance: 19.09.2021

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 1, No. 3, Pp: 701-724
Spring 2022

Original research article

How to Cite This Article:

Hamidikian, P., Niknam, M., & Jahangir, P. (2022). Hidden marital aggression, fear of intimacy, psychological well-being, guilt. *aftj*. 3(1), 701-724.



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Abstract

Aim: The aim of this study was to predict latent marital aggression and fear of intimacy based on psychological well-being with the mediating role of guilt in women. **Method:** The method of the present study was applied in terms of purpose and descriptive information collection was correlated with the method. In studies that aim to test a specific model of prediction between variables, the structural equation model is used. The statistical population of the present study included all married couples working in the Radio and Television of the Islamic Republic of Iran in Tehran. In this study, multi-stage random sampling method was used and 150 married women were randomly selected as a sample and used the Reef (1989) Psychological Well-Being Scale, Fear of Deskatner and Tellen Intimacy (1991), Nelson Hidden Communication Aggression, and Carroll (2006) and Tangey, Wagner, and Gomez (1989) responded to conscious consciousness. Pearson correlation coefficient and path analysis were used for analysis. **Results:** The results of data analysis showed that psychological well-being mediated on latent communication aggression ($\beta = -0.17, P = 0.035$) and fear of intimacy ($\beta = -0.26, P = 0.001$). Feelings of guilt ($\beta = -0.18, P = 0.026$) have a significant effect; Also, guilt has a significant direct effect on latent communication aggression ($\beta = 0.24, P = 0.002$) and fear of intimacy ($\beta = 0.15, P = 0.042$). **Conclusion:** According to the results, guilt can play a mediating role between psychological well-being and latent aggression and fear of intimacy in married women.

Keywords: Hidden marital aggression, fear of intimacy, psychological well-being, guilt.

Introduction

The family is one of the main elements and main institutions of every society and one of the most natural groups that can meet the material, emotional, evolutionary and also the spiritual needs of humans. This social unit is the origin of the emergence of human justice and the center of the most intimate interpersonal relationships and interactions (Hamidikian et al., 2021). The importance of family is such that the health and growth of any society depends on the health and growth of its families. Marriage as a social phenomenon is of considerable importance and is a very important source of security for women and an important place for men to feel more responsible. Obviously, this peace can only be achieved in the shadow of understanding in marital relations and couples' satisfaction with their lives (Rosen Granden et al., 2010). Since the family is the first nucleus of society and the most basic foundation of societies, it plays an important role in regulating the social life of humans with its various functions and roles (Hamidikian et al., 2021). Humans basically need to communicate with other humans; First, he establishes a relationship with the main family members, mother, father, sisters and brothers as close relatives; Then, by entering the society in school, sports teams, military forces, university, etc., he expands his emotional relationships and establishes other types of relationships with other people; Then, through marriage, he establishes a bilateral relationship with a person of the other sex, which is different from all his relationships in terms of the nature of the relationship (Beard, 2013). Nowadays, most of the couples who come to counseling and therapy, raise having an intimate and romantic relationship as their primary concern.

Intimacy is the main human need that grows from one of the basic human needs called the need for attachment. The need for intimacy includes the need for physical closeness, connection and contact with other people and is one of the necessities for the continuity, satisfaction and success of marriage (Bagarouzi, 2013).

Researches showed that if the family is formed and continued on the basis of respect, trust, understanding and empathy, it provides the basis for the growth and development of the members; One of the most important issues considered by family and marriage counselors is to develop models to investigate the factors affecting marital quality and to create compatibility and understanding in couples, which has both a preventive function to maintain the foundation of the family and is useful in treating communication problems (Hamidikian et al., 2021).

Relational aggression means trying to harm a partner by exerting targeted influence and damaging the relationship (Crick and Grat-Peter, 1995). Covert aggression includes emotional withdrawal in such a way that the person refrains from expressing affection or sexual intimacy (Clifford, 2013) and destroys the social image of the partner by gossiping, gossipping, sharing private information with others, or making it possible The intervention of others takes place during discussions and arguments (Carroll et al., 2010).

This study aims to answer the following question:

Can covert marital aggression and fear of intimacy be predicted based on psychological well-being with the mediating role of guilt in married women?

Method

The method of the present study was applied in terms of purpose and descriptive information collection was correlated with the method. In studies that aim to test a

specific model of prediction between variables, the structural equation model is used. The statistical population of the present study included all married couples working in the Radio and Television of the Islamic Republic of Iran in Tehran. In this study, multi-stage random sampling method was used and 150 married women were randomly selected as a sample and used the Reef (1989) Psychological Well-Being Scale, Fear of Deskatner and Tellen Intimacy (1991), Nelson Hidden Communication Aggression, and Carroll (2006) and Tangey, Wagner, and Gomez (1989) responded to conscious consciousness. Pearson correlation coefficient and path analysis were used for analysis.

Results

Skewness and elongation are between ± 2 ; Therefore, the data distribution of research variables is normal. The value of Watson's camera is in the allowed range of 1.5 to 2.5; Therefore, the assumption of non-existence of correlation between errors is confirmed and the structural equation model can be used. The values of tolerance coefficient and variance inflation also showed that there is no overlap between predictor variables.

The results of correlation coefficients showed that there was a significant negative correlation between guilt and fear of intimacy with psychological well-being and its components; There was a significant negative correlation between covert aggression and the two components of emotional withdrawal and spoiling the social face with psychological well-being and its components. There was also a positive correlation between fear of intimacy and guilt ($r=0.15$) and a significant positive correlation between hidden aggression and guilt ($r=0.24$) and fear of intimacy ($r=0.14$).

The results of the path coefficients model showed that there was a significant negative direct relationship between psychological well-being and guilt. Also, there is a significant negative direct relationship between psychological well-being and fear of intimacy and covert aggression. The other path of this model showed that guilt has a significant positive direct effect with fear of intimacy and covert aggression.

According to the fit indices presented in the above table, the calculated relative chi-square value is 2.63, the existence of a relative chi-square smaller than 3 is desirable; The root mean square error of estimation (RMSEA) should also be less than 0.08, which is equal to 0.072 in the presented model. The goodness of fit indices of GFI, AGFI, CFI, and NFI should also be more than 0.90, which in the model under review is 0.97, 0.95, 0.96, and 0.96, respectively; Therefore, according to the fit indices, it can be claimed that the collected data support the conceptual model well, and in other words, it can be said that the research model has a good fit.

Conclusion

The results of the present study showed that psychological well-being has a significant effect on covert communication aggression and fear of intimacy with the mediation of guilt; According to the level of influence, it can be said that the effect of psychological well-being on covert communication aggression and fear of intimacy is inversely mediated by guilt; In other words, with the increase in psychological well-being of the respondents, through the mediation of guilt, their communication covert aggression and fear of intimacy decreases.

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