



## Comparison of marital conflict model based on self-differentiation and familism with the mediating role of intimacy and emotional maturity in traditional and modern families

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### ABSTRACT

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**Background and Aim:** Developments caused by changes in society can also be the basis for differences in values, desires and expectations of couples from each other. The aim of this study was to compare the model of marital conflict based on self-differentiation and familism with the mediating role of intimacy and emotional maturity in traditional and modern families. **Methods:** The present study is with an applied purpose and correlation method. The population included all couples living in Tehran, sampling method was available. Out of 1107 people who answered the questionnaire, 590 couples were selected as the research sample. First, the mean and standard deviation of the traditional from modern questionnaire were calculated and based on a standard deviation from the mean, traditional families (35 pairs) and modern families (46 pairs) were separated. Data collection tools included: a researcher-made questionnaire on the separation of traditional and modern families, and questionnaires on marital conflict, self-differentiation, familism, intimacy and emotional maturity. Path analysis and structural equation modeling were used to analyze the data and test the hypothesis, and independent t-test was used to compare the means of the variables. **Results:** The results showed that this model has a good fit in traditional and modern families. The results showed that this model has a good fit in traditional and modern families, and the goodness of fit index (GOF) in traditional and modern families is 0.83 and 0.56, respectively. Because this value is more than 0.35, as a result, the overall fit of the model was confirmed ( $P < 0.01$ ). **Conclusion:** It is suggested that the characteristics of modern and traditional families be considered in medical and counseling centers in resolving marital conflict.



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## Introduction

Wide changes have happened in the society, such as the transition from traditional to modern, and it has included many areas of family life. In this situation, the degree of flexibility of the family against these changes and how the family adapts to these changes depends to a large extent on the cultural context of the family, the general and emotional atmosphere of the family, and the values of the family (Emami, 2019). The family always plays a different role, on the one hand providing psycho-social support to its members and on the other hand helping the members to adapt to the new cultural, social and economic conditions (Panahi et al., 2017). Changes caused by changes in society can also be the basis for differences in values, desires and expectations of couples from each other. On the one hand, family members want to maintain traditional values and on the other hand, they want to be associated with modern values and behaviors. Such a situation has made many traditional and valuable roles of the family and its functions problematic (Javadan, 2014). Women's employment outside the home and their economic independence and men working at home alongside women have led to many tensions and conflicts. The power structure in the family has changed due to the change of gender roles and the power of men has decreased and the power of women has increased. Women demand equality in the field of power (Amani, 2015) and equal rights in all areas of life and the social world, and they emphasize individualism, self-following and greater freedom to choose a spouse (Rostami & Qazlesflo, 2018).

Young people question the traditional identity and search for a more individualized, independent and active identity. Changing the form of marriage from the traditional form in which fathers and mothers chose spouses for their children based on natural needs to the modern form (Mohammadi, 2014); Reducing the authority of parents in choosing a spouse and increasing the independence of children (Sayyar, Raheb, and Eghlima, 2013) and reducing the act of having children are other changes (Morzaei & Rashidi, 2015). According to Giddens (2015), among the changes that are going on these days, none is as important as what is happening in personal life, emotional life, marriage and family (Lola Aver & Keshavarz, 2017). As a result, changing conditions have led to an increase in

marital conflict. Research shows that conflict in the family and between couples is an inevitable thing (Navabinejad, Rostami, and Parsakia, 2023). that can lead to marital dissatisfaction, reduced intimacy, cognitive, emotional and social problems of family members and other disorders (Faircloth, 2012); However, severe conflicts lead to divorce in the worst case (Darbani & Parsakia, 2022).

One of the factors that can play an active role in reducing marital conflicts is the differentiation of couples and the need for balance between the two forces of togetherness and individuality in Bowen's theory. Differentiation includes a kind of intrapersonal capacity to differentiate thinking and feeling as well as interpersonal ability to maintain independence in deep and intimate relationships with important people in life and plays an important role in reducing marital conflict. Differentiated spouses are more flexible (Bowes, 2019), tolerate each other's different opinions better, show less emotional reaction, and experience deep intimacy without compromising their sense of individual autonomy. Someone who has a strong concept of self, has strong opinions and well-defined beliefs, and is probably better able to stay on top of his values in the face of changes (Khosh Lahehe, 2012).

On the other hand, familism is one of the most important values in the family domain. Familism has the nature of collectivism and emphasizes the relationships between family members, communication with reference families and other relatives, sense of belonging and emotional support, obedience, trust and cooperation among family members and family honor (Rajabi & Abbaspour, 2013). If families strengthen the value of familism in their members, they may be able to benefit from the benefits of modern world developments while preserving traditions and prevent family damage.

Marital relationship should be based on trust, mutual respect and honesty, and this requires intimacy between couples (Mansoori et al., 2020). Studies show that intimacy experiences are built within the socio-cultural conditions of the family and the influence of the family on the intimacy of couples is greater in collectivist cultures (Kamali et al., 2020). Intimacy is the ability to communicate while maintaining individuality, the level of closeness to the spouse, sharing values and ideas, joint activities, sexual relations, knowing each other and emotional

behaviors such as caressing. Couples with higher intimacy are likely to be more able to face problems and changes related to their relationship and ultimately experience more marital satisfaction (Yoo, 2013).

One of the factors affecting the transition in marital conflicts of modern and traditional families is emotional maturity; That is, the ability of people to manage their emotions and evaluate the emotional states of others in interpersonal relationships so that a person can take appropriate decisions and actions in time (Rafidali, 2017). Our level of emotional maturity determines our ability to cope (Bunker & Mena, 2015). Among the criteria of emotional maturity, we can mention the control of emotions and feelings, acceptance of responsibility for one's actions, freedom from impulsive behavior, patience, acceptance of criticism, and the ability to control anger (Shajari & Hijazi, 2019). In the relationship between emotional maturity and marital conflict, Mousavi and Qolinasab (2018) showed that there is a significant and inverse relationship between family emotional support and dimensions of self-determination in marital relationship with marital conflicts. Shamsi and Asad (2021) also showed that high emotional maturity leads to an increase in marital satisfaction. Giddens (2003) believes that today in personal relationships there are opportunities to express intimacy, emotions and self-expression, which are not observed in the social context of traditional societies. Family is mostly based on communication, especially emotional communication. In addition, studies show that the indicators of the modern world, i.e. individualism, rationality and employment of women are increasing (Emami et al., 2018). According to Bowen's theory, self-differentiation is the ability to reduce the emotional response to important people so that a person can express his thoughts and opinions regardless of social pressure (Yousfi & Azizi, 2018). According to Giddens theory, families in the modern world are moving in this direction. In addition, studies have shown that despite the changes in the modern world, the level of familism, which expresses support and emotional connection, loyalty and cooperation among family members, is high in some societies, including Iran. The researcher is trying to investigate the difference between traditional and modern families and the changes in the modern world in increasing self-

differentiation and decreasing familism and its impact on marital conflicts. The investigations showed that most of the researches about the traditional and modern family in Iran are in the field of traditional and modern marriage or sociological studies and the impact of modernity on Iranian families and familism, and there is a research gap in this field. According to what was stated, the purpose of this research was to compare the model of marital conflict based on self-differentiation and familism with the mediating role of intimacy and emotional maturity in traditional and modern families.

### Method

The current research is applied research in terms of its purpose, and it is descriptive research in terms of its method. It is correlational since it will examine the relationships between variables in the target society. In this research, the community includes all couples living in Tehran. The available sampling method and the number of samples based on Cochran's formula, 384 couples were obtained. First, questionnaires were administered to 1107 people and among them 295 couples (590 husbands and wives) were selected as the research sample. First, the mean and standard deviation of the researcher-made questionnaire to distinguish the traditional from the modern family were calculated to separate and compare the traditional and modern family. Then, one standard deviation below the average was chosen as a traditional family and one standard deviation above the average as a modern family. As a result, the number of traditional families was 35 couples (70 couples) and the number of modern families was 46 couples (92 couples). To implement the questionnaires, the online version was sent to the people who declared their readiness to cooperate.

### Materials

#### 1. Researcher-made questionnaire on the separation of traditional and modern families:

To prepare this questionnaire, by studying many articles and books, indicators and characteristics that show the difference between traditional and modern family were obtained. These indicators are: Ways to choose a spouse; individual and family values; economic relations, participation in decisions; rule of norms; distribution of roles; separation and divorce; reduction of kinship support; employment of women; child reduction; ready for change; rationality; Competition; Media; nuclear family; rising marriage; Conversation. Then 78 items were prepared for these indicators and 33 items were selected among them. The prepared questionnaire was sent to 5 experts and after modification and

confirmation of face validity by experts, it was implemented on a sample of 55 people (30 women and 26 men). Cronbach's alpha coefficient was 0.775 in the preliminary implementation and 0.70 in the main implementation. In this questionnaire, the minimum score is 33 and the maximum score is 132. A higher score indicates modern thinking and a lower score indicates traditional thinking. Scoring is based on a 4-point Likert scale from completely agree to completely disagree.

**2. Marital Conflict Questionnaire (MCQ):** It has 42 questions that were prepared based on the clinical experiences of Dr. Baqer Sanai by Torabi and Sanai (1996) in order to measure the reliability and validity of the domains of marital conflict, which are: 1 - reduction of cooperation; 2 - reduction of sex; 3- increasing emotional reactions; 4- reducing the family relationship with relatives and friends of the wife; 5- increasing personal relationship with relatives; 6- Separating financial affairs from each other; 7- Increasing the child's cooperation. (Hosseini, 2017). The overall reliability of this tool by Cronbach's alpha method, in the study of Yousefi and Azizi (2018) equals 0.93. The value of Cronbach's alpha for its dimensions was obtained as follows: Reduction of cooperation 0.71; decrease in sex 0.66; increased emotional reaction 0.63; increase in child support 0.67; increasing the relationship with your friends and relatives 0.80; decrease in relationship with friends and relatives of spouse 0.76; Separation of financial affairs 0.56. In the present study, the reliability of this tool was calculated using Cronbach's alpha method as 0.87 and its dimensions were calculated as follows: Reduction of cooperation 0.83; decrease in sex 0.80; increase in emotional reaction 0.80; increase in child support 0.71; increasing the relationship with friends and relatives 0.82; decrease in relationship with friends and relatives of spouse 0.71; Separation of financial affairs 0.78. In this tool, a higher score means more conflict and a lower score means a better relationship and less conflict. The scoring was done using a 5-point Likert scale from never (1) to always (5) and the minimum score is 42 and the maximum score is 210.

**3. Self-differentiation questionnaire (DSI):** The initial form of the self-differentiation questionnaire was created by Skowron and Friedlander (1998) with 43 questions and was revised in 2003 by Skowron and Smith. This

questionnaire has 4 subtests of emotional reactivity (ER), emotional detachment (EC), integration with others (FO) and my position (IP). Skowron and Friedlander (1998) calculated the internal correlation of the questionnaires with Cronbach's alpha coefficient of 0.88 for the questionnaire. They obtained the Cronbach's alpha coefficient for the subscales in the following order. emotional reaction 0.83; emotional breakdown 0.80; mixing with others 0.82; My position is 0.80. In Skowron and Smith's research, the reliability coefficient of the whole test was 0.92 (Getty 22, 2017). The reliability of the questionnaire and its sub-tests in the current research was obtained for the whole questionnaire 0.72, emotional reaction 0.72, emotional breakdown 0.73, integration with others 0.71 and my situation 0.78 respectively. Scoring is done using a six-point Likert scale (from 1 for "completely disagree" to 6 for "completely agree"). People's scores are between 43-258, high score means high differentiation and low score means lack of differentiation.

**4. Scale of familism:** It was developed by Steidl and Contreras (2003) based on four dimensions (family support, family obedience, family honor and family cohesion, family cohesion) which includes 18 items. They obtained Cronbach's alpha coefficients of the whole scale of 0.83. Moreover, this coefficient was obtained for the four factors of family support, 0.72, family cohesion, 0.69, family honor and honor, 0.68, and family obedience, 0.56 (Emami et al., 2018). Rajabi and Abbaspour (2013) investigated the validity and reliability of the familism scale and found three factors. Cronbach's alpha coefficients in the current study were 0.73 for the whole scale, 0.85 for family support, 0.82 for family honor and 0.55, and 0.55 for family obedience. This scale is arranged in a 6-point Likert scale (from completely disagree to completely agree). The scores of this scale vary between 16 and 96, and a high score indicates a high degree of familism.

**5. Intimacy scale:** This scale was created by Walker and Thompson (1983) to measure couple intimacy and this tool has 17 items. Intimacy scale has a very good internal consistency with an alpha coefficient of 0.91 to 0.97 (Nasuhi, 2016). Lifker et al. (2015) reported Cronbach's alpha coefficient of 0.91 and in the present study it was also 0.97. Scoring is done using a seven-point Likert scale from always (7) to never (1). Intimacy score is obtained with the total score of

the items, so the range of scores is between 17-119 and a higher score means more intimacy with the spouse.

**6. Emotional maturity scale:** It is developed by Singh and Bhargava (1974) and includes 48 items. Emotional maturity has five subscales: (1) emotional instability 30; (2) emotional return 31; (3) social incompatibility 32; (4) personality collapse 33; (5) lack of independence 34 (Ravat and Singh 35, 2017). In this research, the reliability of this scale using Cronbach's alpha method for the whole scale is 0.90 and the subscales of emotional instability is 0.77, emotional return is 0.79, social incompatibility is 0.80, personality collapse is 0.76, and lack of independence is 0.78. Scoring is based on a five-point Likert scale (never = 1) to (very much = 5). A low score indicates a more favorable situation and more emotional maturity. In this scale, a score of 50 to 80 is very stable emotional maturity; 81 to 88, relatively stable emotional maturity; A score of 89 to 106 means unstable emotional maturity and a score of 107 to 240 means very unstable emotional maturity.

### Implementation

The ethical considerations of the present study were as follows: All people received written information about the study and participated in the study if they wished. The subjects were assured that all information is confidential and will be used for research purposes.

Path analysis and structural equation model were used for data analysis and hypothesis testing, and independent T-test was used to compare the mean of variables.

### Results

Participants in the research sample group number 590 people (295 couples); Among them, there are 35 couples of traditional families and 46 couples of modern families. The age of people in the research sample of traditional and modern families was: (2.58 percent and 1.08 percent) under 25 years; (38.57 percent and 34.8 percent) 25-35 years old; (12.85% and 25%) 36-45 years old; (28.5 percent and 18.47 percent) 55-46 years; (12.85 percent and 18.47 percent) 56-65 years and (4.3 percent and 2.2 percent) over 65 years. The duration of marriage in traditional and modern families is equal to: (37.14 percent and 54.35 percent) 1 to 10 years; (17.14 percent and 13.04 percent) 11 to 20 years; (22.86 percent and 19.56 percent) 21 to 30 years and (22.86 percent and 13.04 percent) over 30 years. Education in traditional and modern families respectively (1.43 percent and 4.35 percent) below diploma; (11.95 percent and 11.95 percent) diploma; (5.71 percent and 13.04 percent) associate's degree; (41.43 percent and 46.74 percent) bachelor's degree; (31.42 percent and 17.39 percent) master's degree; (4.28 percent and 6.52 percent) Ph.D.

**Table 1. Descriptive findings of marital conflict, self-differentiation, familism and its dimensions**

Family type	Traditional	Modern
Variables and components	Mean	SD
Marital Conflict	72/64	18/90
<b>1</b> Reduced cooperation	10/72	3/07
<b>2</b> Decreased sex	9/13	2/73
<b>3</b> Irritability	12/18	4/16
<b>4</b> Child support	7/01	2/65
<b>5</b> Relationship with your relatives	9/45	3/71
<b>6</b> Relationship with spouse's relatives	11/37	4/20
<b>7</b> financial department	12/74	3/78
<b>8</b> Self-differentiation	161/12	29/92
<b>9</b> Emotional reactivity	37/26	8/57
<b>10</b> my position	46/47	8/43
<b>11</b> emotional escape	46/29	9/36
<b>12</b> Mixing with others	31/64	7/08
<b>13</b> familism	78/20	10/08
<b>14</b> Family support	34/58	4/09
<b>15</b> family pride	15/67	1/76
<b>16</b> Being obedient to the family	28/67	4/32

17	Intimacy	96/11	22/68	98/10	21/18
18	emotional maturity	77/75	36/70	97/12	31/42
19	Emotional instability	19/80	6/52	22/61	6/81
20	Emotional return	18/53	6/48	21/44	7/05
21	Personality collapse	17/48	4/02	20/61	5/02
22	Social incompatibility	15/30	5/58	18/25	5/81
23	Lack of independence	16/47	6/61	18/86	4/95

As can be seen in Table 1, in the modern family, the average marital conflict and its components are higher and the standard deviation is mostly higher. In the modern family, the average self-differentiation and components and the standard deviation are lower. The mean and standard deviation are higher in the modern component of

mixing with others. In the modern family, the average intimacy is higher and the standard deviation is lower. In the modern family, the average emotional maturity and components are higher and the standard deviation is mostly higher.

**Table 2. Combined reliability table and Cronbach's alpha of the traditional and modern families**

Family type	Traditional		Modern	
Research variables	Combined reliability	Cronbach's Alpha	Combined reliability	Cronbach's Alpha
emotional maturity	0/81	0/99	0/88	0/98
Marital Conflict	0/73	0/99	0/78	0/98
familism	0/82	0/95	0/73	0/86
Self-differentiation	0/83	0/98	0/83	0/95
Intimacy	0/73	0/98	0/72	0/97

As can be seen in Table 2, the values obtained for Cronbach's alpha and composite reliability are all

greater than 0.70, which indicates the favorable reliability of the research variables.

**Table 3. Calculation results of average variance index of traditional and modern families**

	AVE	
Research variables	Traditional	Modern
emotional maturity	0/61	0/58
Marital Conflict	0/52	0/66
familism	0/52	0/50
Self-differentiation	0/68	0/91
Intimacy	0/69	0/56

According to Table 3, because the AVE value for all variables is higher than 0.5. Therefore, convergent validity of measurement models is desirable.

In the table below, the root value of AVE of each construct is shown with correlation values between other constructs.

**Table 4. Matrix of divergent validity assessment by Fornell and Locker method of traditional and modern families**

		Emotional maturity	Marital conflict	Familism	Self-differentiation	Intimacy
<b>Traditional</b>	emotional maturity	0/78				
	Marital Conflict	0/75	0/72			
	Familism	0/70	0/63	0/72		
	Self-differentiation	0/71	0/67	0/64	0/82	
	Intimacy	0/48	0/57	0/66	0/56	0/83

<b>Modern</b>	emotional maturity	0/76				
	Marital Conflict	0/61	0/81			
	Familism	0/30	0/59	0/70		
	Self-differentiation	0/74	0/69	0/46	0/95	
	Intimacy	-0/05	-0/20	0/05	-0/03	0/74

According to Table 4, the constructs (substantive variables) in the model interact favorably with their indicators rather than with other constructs,

in other words, the divergent validity of the model is optimal in terms of Fornell's validity test.

**Table 5. GOF validation index of traditional and modern family**

Row	Variable	R <sup>2</sup>	COMMUNALITY	GOF	Result
1	emotional maturity	0/84	0/99	0/83	Approved
2	Marital Conflict	0/91	0/98		
3	familism	Exogenous	0/98		
4	Self-differentiation	0/70	0/97		
5	Intimacy	0/43	0/97		
	Mean	0/72	0/97		
1	emotional maturity	0/55	0/97	0/56	Approved
2	Marital Conflict	0/63	0/96		
3	familism	Exogenous	0/92		
4	Self-differentiation	0/21	0/95		
5	Intimacy	0/006	0/95		
	Mean	0/34	0/95		

According to Table 5, the goodness of fit index (GOF) in traditional and modern families has values of 0.83 and 0.56, respectively. Because

this value is more than 0.35, as a result, the overall fit of the model is confirmed.

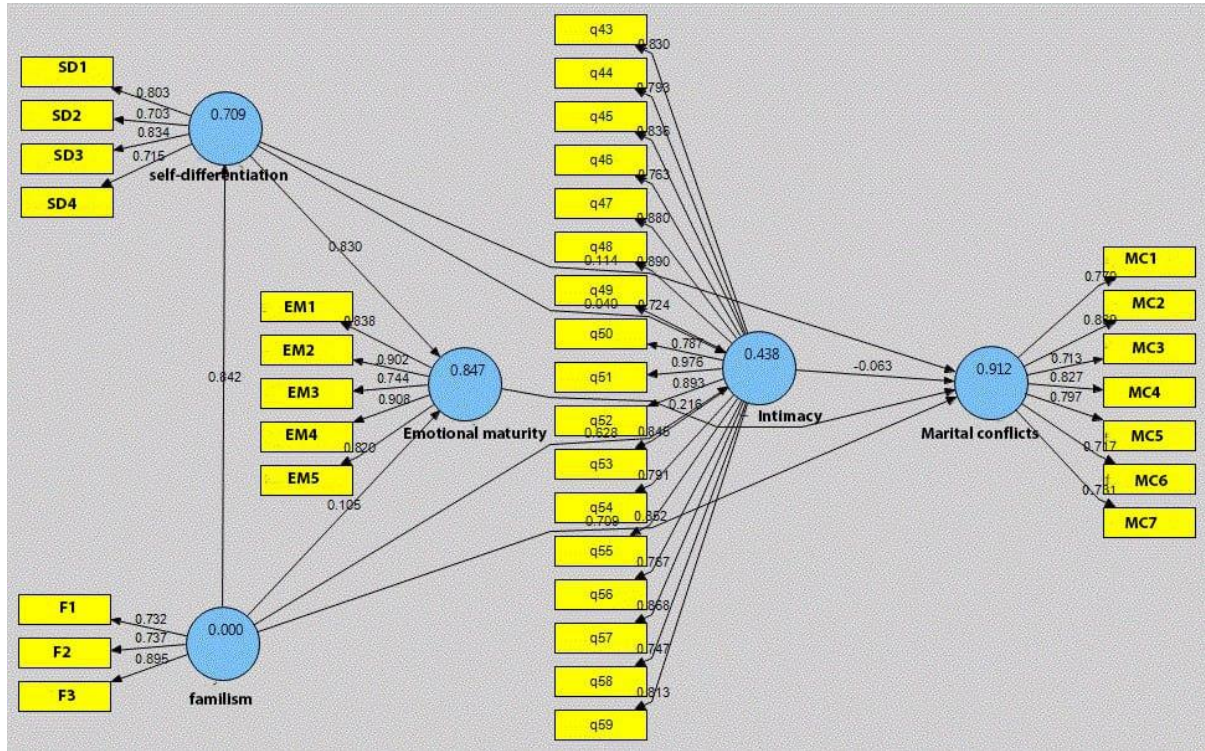


Figure 1. Measurement of the general model in the case of standard coefficients in the traditional family

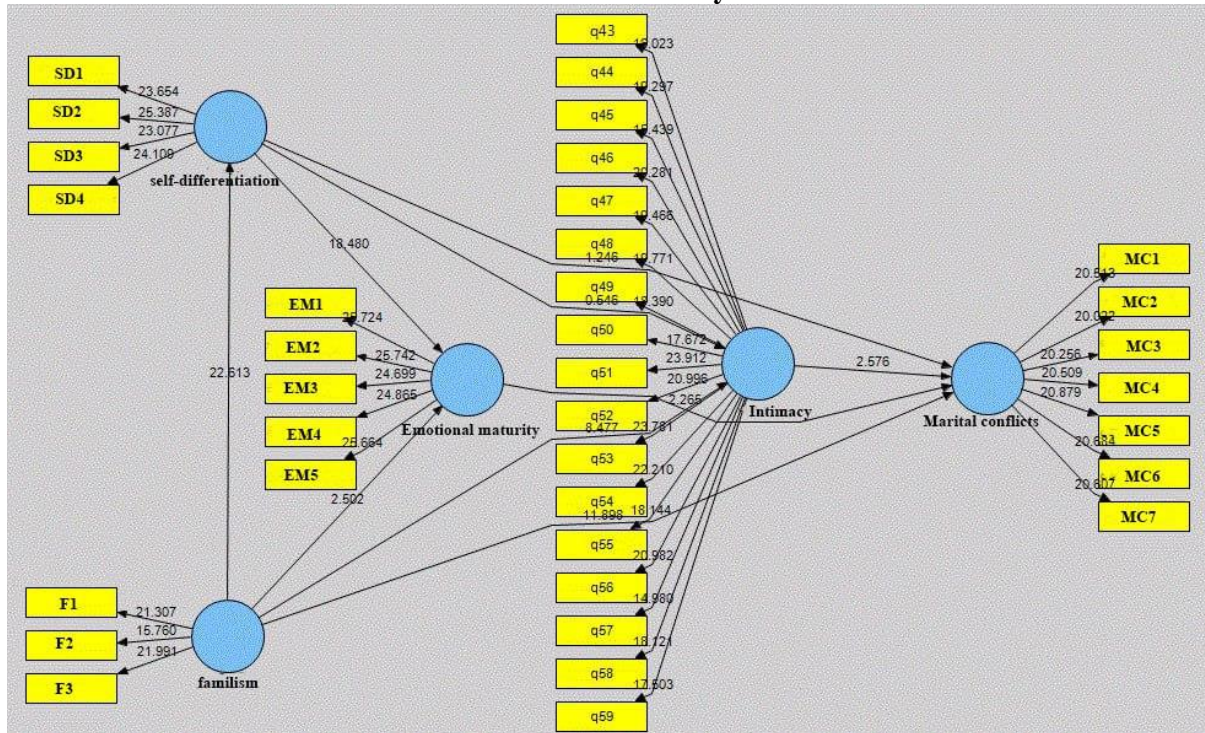


Figure 2. Measurement of the general model of T-Value coefficients, a significant number in the traditional family

As can be seen in Figure 2, the factor loading of the questions has a good level of significance because it is more than 1.96; Therefore, the construct validity and the structure of the items

are confirmed. Except for the path between self-differentiation with intimacy and conflict, the rest of the paths have a significant significance level greater than 1.96.



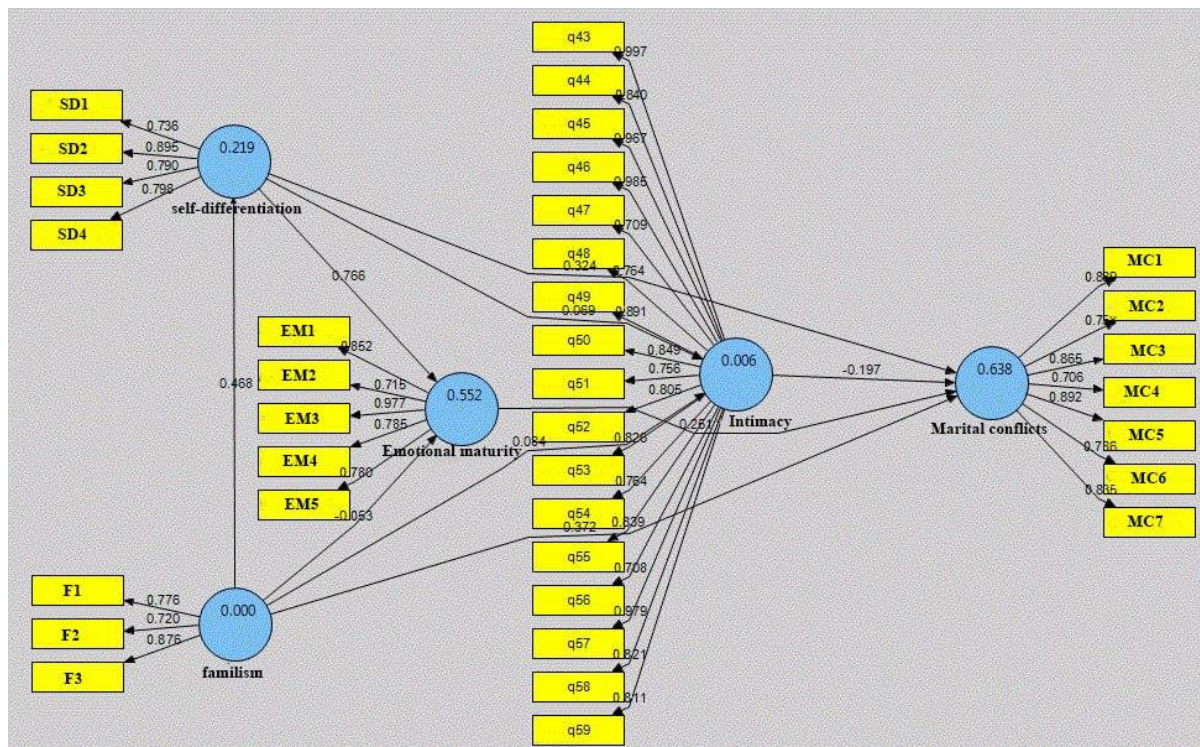


Figure 3. Measurement of the general model in the mode of standardized coefficients in the modern family

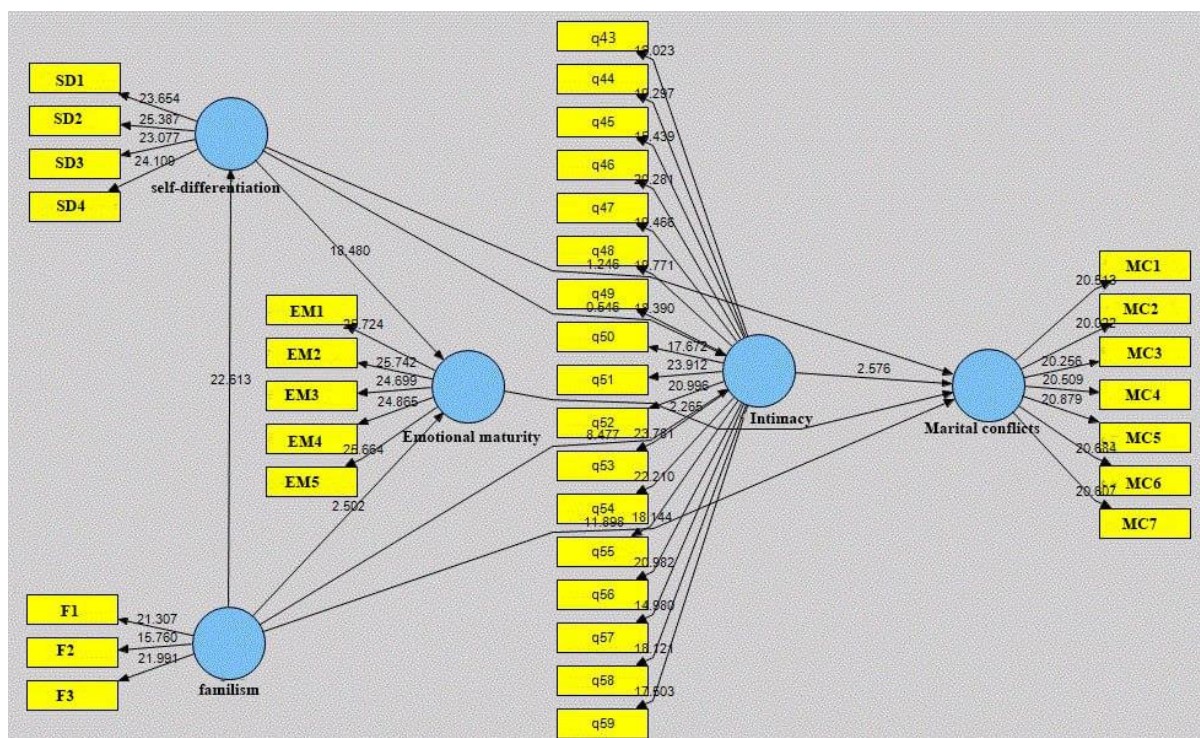


Chart 4. Measurement of the general T-Value model of the significant number in the modern family

**Table 6. Direct and indirect paths of the traditional family model**

Row	Direct paths of the model	Sig.	Coefficient		Result	
1	Self-differentiation to marital conflict	1/246	0/11		Rejected	
2	Self-differentiation to intimacy	0/546	0/04		Rejected	
3	Self-differentiation to emotional maturity	18/48	0/83		Approved	
4	Familism to self-differentiation	22/61	0/84		Approved	
5	Familism to intimacy	8/47	0/62		Approved	
6	Familism to emotional maturity	2/50	0/10		Approved	
7	Familism to marital conflict	11/80	0/70		Approved	
8	Intimacy to marital conflict	2/57	-0/06		Approved	
9	Emotional maturity to marital conflict	2/26	0/21		Approved	
	Indirect relationships	Sig	Total	Coefficient	Total	Result
1	Self-differentiation to intimacy to marital conflict	0/54	1/23	0/04	-0/002	Rejected
		2/57		-0/06		
2	Self-differentiation to emotional maturity to marital conflict	18/48	3/21	0/83	0/17	Approved
		2/65		0/21		
3	Familism to intimacy to marital conflict	8/47	2/03	0/62	0/03	Approved
		2/57		-0/06		
4	Familism to emotional maturity to marital conflict	2/50	1/02	0/10	0/0021	Rejected
		2/26		0/21		

The results of the above table show that in the traditional family model, there is a direct relationship between self-differentiation and emotional maturity and an indirect relationship

with marital conflict; familism has a direct relationship with intimacy and an indirect relationship with marital conflict.

**Table 7. Direct and indirect paths of the modern family model**

Row	Direct paths of the model	Sig.	Coefficient		Result	
1	Self-differentiation to marital conflict	3/44	0/32		Approved	
2	Self-differentiation to intimacy	0/84	0/06		Rejected	
3	Self-differentiation to emotional maturity	15/51	0/76		Approved	
4	Familism to self-differentiation	4/83	0/46		Approved	
5	Familism to intimacy	0/97	0/08		Rejected	
6	Familism to emotional maturity	0/90	-0/05		Rejected	
7	Familism to marital conflict	5/20	0/37		Approved	
8	Intimacy to marital conflict	-4/12	0/19		Approved	
9	Emotional maturity to marital conflict	5/55	0/25		Approved	
	Indirect routes	Sig	Total	Coefficient	Total	Result

1	Self-differentiation to intimacy to marital conflict	0/84 4/12	1/69	0/06 -0/19	-0/01	Rejected
2	Self-differentiation to emotional maturity to marital conflict	15/51 5/55	3/42	0/76 0/25	0/19	Approved
3	Familism to intimacy to marital conflict	0/97 4/12	1/77	0/08 -0/19	0/01 -	Rejected
4	Familism to emotional maturity to marital conflict	0/90 5/55	1/79	0/05 0/25	0/01	Rejected

The results of the above table show that in the modern family model, there is a direct relationship between self-differentiation and emotional maturity and an indirect relationship with marital conflict; And in other paths, no relationship was found between familism and intimacy and marital conflict.

### Conclusion

The purpose of the present study was to compare the marital conflict model based on self-differentiation and familism with the mediating role of intimacy and emotional maturity in traditional and modern families. The result of the research showed that the model of marital conflict based on self-differentiation and familism is suitable with the mediating role of intimacy and emotional maturity in traditional and modern families. The research results showed that in traditional families, the relationships between the following variables are significant: self-differentiation and emotional maturity; familism and self-differentiation; familism and intimacy; Familism and emotional maturity; familism and marital conflict; Intimacy and marital conflict, as well as the relationship between emotional maturity and conflict. However, the relationship between self-differentiation and marital conflict and the relationship between self-differentiation and intimacy are not significant. Moreover, the research results showed that in traditional families, there is a significant relationship between self-differentiation and marital conflict due to emotional maturity, and intimacy cannot mediate this relationship. Finally, there is a relationship between familism and marital conflict through intimacy, but this relationship is not mediated by emotional maturity.

Comparing the mean of the variable of self-differentiation in traditional and modern families, the research results showed that the mean of self-differentiation in modern families is lower, but the difference between the means is not significant. On the other hand, the average marital conflict in the modern family is higher and its difference with the traditional family is significant. In examining and comparing the traditional and modern family model, we find that there is no significant relationship between self-differentiation and marital conflict in the traditional family. However, in the modern family, the relationship between them is meaningful and direct, and with the increase of self-differentiation in the modern family, couples experience more conflict. The result of this research on the relationship between self-differentiation and marital conflict is not in line with the findings of Beliad et al. In explaining this finding, it can be said that during the transition from traditional to modern, Iranian society has undergone cultural and social changes that have occurred all over the world and has been on the path of a global trend called modernity for years. If couples can have their own emotions and thoughts in their relationship while appreciating the differences and similarities that the other has, they will cultivate individuality and healthy togetherness in themselves, which in turn will reduce conflict. It is important to understand that differentiating oneself from the family unit does not require breaking away from the family, but requires recognizing one's unique position in the family system compared to other members. Therefore, it seems that the modern family has not been able to maintain the balance between these two forces

and the conflict in this type of family is more in the research sample (Beliad et al., 2012).

Also, the comparison of traditional and modern family results showed that the average self-differentiation of modern family is lower and their intimacy is more than traditional family, but the differences in both variables are not significant. In the examination and comparison of the traditional and modern family model, it can be seen that there is no meaningful relationship between self-differentiation and intimacy. These results are not in line with the research of Bagheri et al. (2020) who showed that differentiation can be a predictor of marital intimacy. Park and Bayon (2018) showed that the higher the level of self-differentiation in husband and wife, the more positive effect marital satisfaction will have on emotional intimacy and sexual intimacy. The results of this research are in line with the results of Ghasemi and Fathi (2020) because they showed that the differentiation of people was at an average level and cannot predict intimacy. From Bowen's theory, we can hypothesize that well-differentiated couple relationships are expected to develop and maintain intimacy in healthier ways than those that are less differentiated. According to Bowen, intimacy means that two people, while maintaining their separateness, commit to each other as if they were one person (Bowen, 1978). People with a high level of differentiation do not have to ignore their spouse. Comparing the traditional and modern family, the results showed that the average intimacy and marital conflict in the modern family is higher than the traditional family, but only the difference between the average marital conflict in the two types of families was significant. In the examination and comparison of the model in traditional and modern families, it can be seen that there is a significant relationship between intimacy and marital conflict in traditional and modern families, but the mediating role of intimacy between the two variables of self-differentiation and marital conflict in traditional and modern families is not significant. The results are in line with Niko Gofar's research (2021), which showed that the more marital conflict increases, the more emotional divorce occurs, and the more intimate the couple is, the less emotional divorce occurs. It is also consistent with the results of the research of Moradi, Afrazadeh and Asadzadeh (2016), who found that increasing intimacy reduces

marital conflict. Couples who show a lower level of intimacy and affection towards their partner usually have more problems. Intimate couples express their feelings more easily, as a result they are understood, validated, and their needs are met. Today's families are evolving in terms of closeness and intimacy, emotions and gender. In the area of personal life, the movement towards what can be called a pure relationship in sexual, marital and family relationships is accelerating. Comparison of traditional and modern family results showed that the average emotional maturity in modern family is higher than traditional and their difference is significant. Also, there is a significant relationship between self-differentiation and emotional maturity in traditional and modern families, and the mediating role of emotional maturity is significant between the two variables of self-differentiation and marital conflict in traditional and modern families. The results of this research are consistent with the research of Gholami et al. (2020) who found that the components of lack of self-adherence and lack of emotional stability of emotional maturity are predictors of marital satisfaction. It is also consistent with the results of the research of Ezzatzadegan et al. (2015) who found that higher emotional maturity indicates higher self-differentiation. High differentiation leads to more emotional maturity in a person, and a person reacts after thinking and is flexible. Such a person tolerates other opinions, expresses his feelings and opinions, as a result, emotional problems are reduced and leads to conflict resolution and marital satisfaction in couples. In the comparison between traditional and modern families, the result was that the average familism in modern families is lower than traditional families and this difference is significant. Also, the relationship between familism and self-differentiation in both traditional and modern families is significant and direct. In the background check, no research was found that directly examined the relationship between familism and self-differentiation. However, the results of Azad Eramaki, Taghi and Maleki (2016) show that the average index of familism in Iran is high. Based on the findings of Emami, Hashemianfar and Hachigitian (2017), it was found that there is a significant relationship between modernity and familism. In their research, Abbaszadeh, Saeedi, Atai and Afshari (2015) came to the conclusion that globalization has affected the family institution and caused a

fundamental change in the traditional and fixed and predetermined roles of family members. The result is the growth of individualism and the emergence of romantic love. A kind of native modernity has been formed in Iranian families. That is, Iranian families, in spite of modernism in the type and style of life, still have traditional thought and are modern in the thought of traditional mentality and in objectivity. The result of this is noticeable in the traditional attitude towards the role and duties of women in the family and society, that this conflict between tradition and modernity is a factor for the emergence of differences between couples and the collapse of the family center.

Moreover, the results showed that there is a significant and direct relationship between familism and intimacy in the traditional family, while there is no significant relationship between these two variables in the modern family. In a traditional family, family members spend more time together, eat together, respect elders and the elderly more, have more family relationships, marry at a younger age, and are more loyal to the family based on religious and moral values. On the other hand, the traditional family's understanding of intimacy seems to be different from Western societies, as in the research of Yan (2016). This has increased familism in traditional families compared to modern families, which has caused a significant difference that can be a predictor of intimacy in traditional families.

The comparison of familism and emotional maturity in traditional and modern families shows that the average of familism in traditional families is more than in modern families and their difference is significant, and the average of emotional maturity in modern families is more than in traditional families and their differences are significant. Moreover, the results showed that the relationship between familism and emotional maturity in the traditional family is significant and emotional maturity increases with the increase of familism. Among families with high familism, positive family interpersonal relationships, high family unity, social support, interdependence in doing family activities, and close proximity to family members are very widespread. Furthermore, the results showed that there is a significant and direct relationship between familism and marital conflict in traditional and modern families, but the mediating role of intimacy between the two

variables of familism and marital conflict is significant only in traditional families. In explaining this finding, it can be said that familism prevents people from distinguishing themselves from the original family, and in fact, it increases the emotional relationships of members, which itself can be a factor in reducing conflict in the traditional family by mediating the intimacy of the members.

There is a significant relationship between emotional maturity and marital conflict in traditional and modern families, and it seems that this relationship is direct in this research, while the mediating role of emotional maturity between familism and marital conflict in traditional and modern families is not significant. Shamsi and Asad (2021) showed that couples who have better emotional maturity have more marital satisfaction. Jafari Harandi and Rajaei Mousavi (2018) found that there was a positive and significant relationship between emotional maturity and "family co-emotion". Modernity as an effective current in the evolution of social structures has affected the institution of the family in the contemporary era. Modernity has increased his power of choice and brought a more comfortable life with the help of tools and machines, making it impossible to return to traditional society. However, it has had both pleasant and unpleasant consequences. In a modern society like Iran, which on the one hand is exposed to its traditional values and on the other hand is influenced by the process of globalization and moving towards a developed society, one should expect conflicts in the family; In this way, in the globalized society, the concept of patriarchy in the social structure has been interpreted as something like the inequality of men and women and the superiority of men. This is what causes conflicts between men and women. Moreover, the undoubted impact of modernity on society will confront us with new forms of family and its values. It seems that rational decisions are made in the field of family and based on preserving the family and the interests of individuals as family members. It indicates the formation of a kind of indigenous modernity that is compatible with cultural values that is compatible with Iranian society, that there is a possibility of the formation of new relationships in the relationship between men and women and new forms of family and kinship relationships that may cause conflict in the

marital relationship. Due to the fact that this research was conducted on couples in the conditions of Corona, quarantine and travel restrictions to different centers in Tehran, therefore, the generalization of the findings to other statistical communities should be done with caution. The lack of articles and sources related to the variables of this research in traditional and modern families was another limitation. It is suggested that experts in couples counseling should address the difference in traditional and modern attitudes and beliefs, and mass communication media should promote the values of familism so that the family foundation remains strong during the transition from traditional to modern.

### Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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