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The effectiveness of marriage enrichment program based on selection theory on women's marital relationship beliefs

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Abstract

The purpose of the present study was to determine the effectiveness of the marriage enrichment program based on the choice theory on the beliefs of women's marital relationships. The present research method was quasi-experimental with an experimental group, control and pre-test, and post-test design with a two-month follow-up. The statistical population of this research was the women referred to Mehravar counseling center in Tehran city, who had been referred to the counseling center in 2018. Twenty women were selected through purposive sampling and were randomly assigned to two experimental groups (10 women) and a control group (10 women). The experimental group received the weekly intervention in 8 sessions of 90 minutes. Both groups were evaluated in the three stages of pre-test, post-test, and follow-up using the Marital Relationship Beliefs Scale. The data was analyzed using the variance test of repeated measures. The results showed that the intervention of the marriage enrichment program based on the choice theory has a significant effect on communication beliefs ($F=2.23$, $P=0.001$), the destructiveness component of opposition ($F=18.20$, $P=0.001$), Spouse immutability component ($F = 23.73$, $P = 0.001$), mind reading expectancy component ($F = 28.94$, $P = 0.001$), sexual perfectionism component ($F = 25.01$, $P = 0.001$) and gender heterogeneity component ($F=17.03$, $P=0.001$). Based on the findings of this research, marriage enrichment based on choice theory is a useful method to reduce ineffective communication beliefs. Therefore, it is suggested to give importance to marriage enrichment programs to strengthen and strengthen the family foundation to prevent and improve the relationship in couples.

Keywords: *Enrichment of marriage, choice theory, marital relational beliefs*

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Introduction

Relational beliefs are a major field in the analysis of social cognition and communication processes. Communication beliefs are beliefs about communication that can be effective or ineffective. Ineffective and unrealistic communication beliefs are tendencies that refer to a person's bias in interpreting intimate communication events in an irrational way; And they are based on false or incorrect expectations.

In his theory, Glaser believes that the choice theory is about making better choices, but before that, each person should understand the reason for their bad choices. The theory of choice says that it is we who choose all our actions, including our feelings of misery. According to Glaser, the main problem of most of the therapists is the same: they are either involved in unpleasant relationships or lack something that can be called a relationship. Most of the treatment-seeking problems stem from their inability to establish relationships, become intimate with others, or establish satisfactory or successful relationships with at least one person in their lives (Glaser, 2008).

According to Glaser, it is human's perception of reality that determines his behavior, actions, thoughts and feelings, not reality itself (Honarparvaran, Ghaderi and Amiranzadeh, 2011). Therefore, reality therapy uses pragmatist methods such as teaching, confirmation, humor, confrontation, questioning, role playing, and feedback. In this research, the WDEP marital life enrichment therapeutic intervention plan, which was conceptualized by Duba and colleagues (2009) based on the choice theory, will be used. This program is based on three stages of measurement, self-measurement intervention and action, which takes place in a group.

In this package, which is based on the selection theory, it emphasizes that unhealthy communication is the result of undesirable behavior. This package emphasizes the client's focus on his behavior and refrains from blaming the client.

In this package, based on the theory of choice theory, they believe that the main reason for the distance between couples is the existence of unsatisfactory communication or lack of communication. Due to defects and failure in meeting needs, people choose non-adaptive behaviors.

There are various ways and methods to change or reduce illogical beliefs about marriage, among them one of the effective therapeutic interventions to improve the quality of marital relations and promote marital intimacy is marital life enrichment training based on the theory of choice.

Therefore, this research aims to study the effectiveness of life enrichment program based on choice theory on women's marital relational beliefs.

Method

The present research method was quasi-experimental with an experimental group, control and pre-test, and post-test design with a two-month follow-up. The statistical population of this research was the women referred to Mehravar counseling center in Tehran city, who had been referred to the counseling center in 2018. Twenty women were selected through purposive sampling and were randomly assigned to two experimental groups (10 women) and a control group (10 women). The experimental group received the weekly intervention in 8 sessions of 90 minutes. Both groups were evaluated in the three stages of pre-test, post-test, and follow-up using the Marital Communication Beliefs Scale. The data was

analyzed using the variance test of repeated measures.

Materials

1. Relationships beliefs questionnaire. This 40-question questionnaire was developed by Eidelson and Epstein (1981) to measure irrational beliefs about marital relationships. 5 subscales are belief in destructiveness, immutability of spouse, expectation of mind reading, gender perfectionism, belief about gender differences. Each question is scored on a 6-point Likert scale from 0 (completely false) to 5 (completely true).

Implementation

After selecting the research samples and obtaining consent and declaring the confidentiality of the research results, before starting the interventions, the experimental group and the control group answered the questionnaire of marital communication beliefs. Then, the experimental group underwent weekly group training on the prevention and relationship improvement program during 8 sessions for 90 minutes, but the control group did not receive any intervention during this period. After the treatment sessions, both groups answered the marital communication beliefs questionnaire again. The collected data were analyzed using variance analysis of repeated measures. The WDEP marital life enrichment treatment intervention plan has been conceptualized by Duba et al. (2009) in three stages, which was implemented during eight 90-minutes sessions per week.

Findings

The Z statistic of the Kolmogorov-Smirnov test is not significant for all research variables in both groups. Therefore, it can be concluded that the distribution of variables is normal. The findings showed that the F statistic of Levene's test to check the homogeneity of the variance of the variables

in the research groups for the variables of the total score of communication beliefs and its subscales was not significant. Therefore, the variance of these variables is homogeneous in the groups. Also, the F statistic of M. Box test is not significant. Therefore, it can be concluded that the covariance matrix of dependent variables is equal in three groups. Finally, the chi-square statistic is significant at the 0.001 level. Therefore, there is a significant relationship between the research variables.

In the analysis of variance, the F statistic for the total score of relational beliefs with an effect size of 0.48 and for subscales of negative destructiveness with an effect size of 0.32, immutability of the spouse with an effect size of 0.38, expectation and expectation of mind reading with an effect size of 0.43, Gender perfectionism with an effect size of 0.39 and gender heterogeneity with an effect size of 0.31 are significant at the 0.01 level. These findings indicate that there is a significant difference between the research groups in these variables.

The results of the Bonferroni test show that the difference in the mean of marital beliefs between the pre-test, post-test and follow-up stages is significant, but the mean difference between the post-test and follow-up is not significant.

Discussion

This research was conducted with the aim of the effectiveness of the marriage enrichment program based on choice theory on the beliefs of women's marital relations. The analysis of the findings based on the effect size for the source of changes showed that this program had a significant impact on the beliefs of marital relationships in the post-test phase and led to a significant reduction of ineffective beliefs in women's marital

relationships and was stable in the follow-up phase.

The mutually constructive communication model is a type of communication model in which the husband and wife try to discuss and discuss the problem that arises for them during communication. Also, in this pattern, couples try to express their feelings towards each other and suggest a solution to their problems. When couples apply this model in their relationship, both feel that they understand each other and are satisfied with their married life. In addition, choice theory training has been able to emphasize the rules of behavior and how to achieve satisfaction, happiness and success, effective communication, improve intimacy and quality of married life. Due to the fact that the lack of recognition of the needs of the couple and as a result of meeting their needs, breaks the relationship of the couple. Therefore, teaching such cases to the couples has been able to help the couples of the experimental group in recognizing their needs and solving them. In addition, in this research, we have worked on the mentioned cases and tried to teach women that everyone's behavior is chosen by her and the only person who has control over her behavior is herself. This program teaches women that in order to have a successful marriage and a happy married life, they should be careful, see what they can do to improve their communication and enrich their marriage.

It is suggested that the training of these treatment approaches be included in the list of couples therapy and family therapy training programs so that therapists can treat communication problems and enrich the intimate relationships of couples and families, considering the effectiveness of these approaches.

Ethics

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

Acknowledgement

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Conflict of Interest

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

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