



The examination of the effect of welfare family counseling classes on marital satisfaction of couples

Ali Nik Bakht

Department of Counseling and Psychology, University of Hormozgan, Minab Street, Bandar Abbas, Iran

*Corresponding author' email: nikbakht472@yahoo.com

ABSTRACT

The purpose of this study was to evaluate the effect of welfare family counseling classes on marital satisfaction of couples. Therefore, sample 60 cases (30 pairs) of the people who referred to welfare family counseling centers were randomly selected. In order to evaluate of marital satisfaction of couples, forms which include 47 questions to assess marital satisfaction, ENRICH marital satisfaction scale was used. Before the start of classes, participants were asked to complete marital satisfaction questionnaire. One month after completion of the course, participants were asked to complete their satisfaction questionnaires. After collecting and scoring data, with using software SPSS, independent and dependent t tests, results were analyzed. Results showed that family education classes have not a significant effect on marital satisfaction of couples participated in the classes. Also, results showed that there is no significant difference between marital satisfaction of men and women in pre-test and after-test.

Keywords: Family counseling, Couples, Marital Satisfaction, ENRICH Questionnaires.

INTRODUCTION

One of the important and effective on the fate of mankind is family life. According to healthy and intimate relationships in a family can provide progression of growth of family member. But many evidence shows that today there are severe problems in the community in establishing and maintaining intimate and friendly relations of couples. Marital relationship is a process which couples pay the exchange of thoughts and feelings as verbal and nonverbal form during that process (Sharafi, 2004).

Such communication is one the most important sources of getting satisfaction in life. Marriage for mankind is a kind of perfection. Mankind according to creation law and of nature commandment for supplying of diverse needs such as psychological, social, and survival of their generation, relaxation of body and mind and solving of various problems of require to get married (Navabi Nejad, 2001).

Marital relationship is one of the strongest human relationships that it's how having the various outcomes for spouses, children and other family members and the community. Whatever these interactions between spouses is more and these interactions is with affection and intimacy, spouses will be greater satisfied from being togetherness and of the marital relationship, satisfaction and this will not only leads to strength of the marital relationship, but also will provide health and peace mental and emotional of family members (Sharafi, 2004).

Marital relationship is central core of family system and disorder in it is threatens to family survival. The satisfaction of member of family about marital relationship as his satisfaction family and that means satisfaction of life (Ebadat Poor, 2001). Those who are newly married, only think about a successful marriage, even most of them believe that their relationship is different from the others and a deep love and their happiness support their common life. But sooner or not, most of couples find out that for dealing with problems and contradictions, they are not ready well, gradually they are familiar to the truth such as restlessness, hopelessness and this is where most couples do not know the problem comes from where (Beck, 2004).

Several studies have shown that when people are married, they are healthier than the unmarried period (Meyers et al, 2005). Many of studies about the causes of endurance or dissatisfaction of marriages have shown that weak quality of marital relationships leads to separation and divorce (Kurdak, 2005). Studies show that tension in the marital relationship, couples will move towards increased depression (Husseini and Hussein Chary, 2009). Education level, income and race have also effect on marital satisfaction. Higher income will lead to greater marital satisfaction (Kurdak, 2005).

Farnam (2005) had a research with the title as the examination of the effect of the counseling before marriage on sexual health and marital satisfaction in couples who referred to selected centers of Tehran University of Medical Sciences, which is a quasi-experimental study, among couples who referred to selected centers, 3 couples 2 in the group of witness and 32 couples in studied group were evaluated. Studied group in a four-hour training session was presented by the researcher, were participated. These trainings were emphasized more on various aspects of sexual health and communication and conflict resolution skills. Witness group were participated in regular classes, which was emphasized on issues of family planning and testing before marriage. Both groups were given questionnaires that must be completed and the post 4 months before and after marriage. Results that were obtained from that were the score average of sexual health and marital satisfaction between two witness and studied groups showed the differences significantly.

Darjziny (2007) in his study has been titled the examination of relationship between marital satisfaction by identifying and expressing feelings in women referred to health centers in West Tehran, 325 married women who referred to health centers and have at least read and write, not patients, not drug addiction, not marry more than once and had at least one child were selected as examples. The results showed that between marital satisfaction and the problem was recognized and expressed his feelings, was found a significant inverse relationship. There was a significant relationship between life satisfaction and marital variables, level of education and economic status. Between identifying and expressing feelings with different variables, education level and economic status, significant relationship was observed. Between life satisfaction and problems about identify and express their feelings with age (a couple), duration of marriage, age gap, number of children and lifestyle there was no significant relationship. Results indicate that with identifying and expressing emotions, increasing the level of education and men's income, marital satisfaction increases.

Frosat (2003) in his study evaluated and compared control source and marital satisfaction among employed women (teachers) and the housekeeper in Tehran. 200 samples by referring to high school education in area 5 in Tehran as cluster approach and the housewives has been selected. The result of the study stated that between control source and marital satisfaction in employed women and housewives, there is no significant relationship. On the other hand, the findings have shown that control source of employed women and housewives, there are significant differences. That means employed women had more external control source than housewives. The results also indicate that between marital satisfaction of housewives and employed women, there are significantly differences and housewives women had more satisfied with their marital life, but in other aspects of the effects of age, parity, duration of marriage and family income on marital satisfaction, no significant effect obtained.

Family is one of the main elements of the community. To achieve a healthy society, clearly family health and healthy families is necessary and to achieve that having mental health and having good relationships with each other is necessary. Thus, a healthy family and relationship building for the community no doubt will produce positive effects. Today, failure of the marriage is because of lack of marital dissatisfaction. The lack of a healthy relationship between couples will become them unhappy and accompany other conditions lead to the family foundation will be shaken. Centers of family counseling and other welfare centers under the organization pay consulting services, provide family counseling information and knowledge in the field of understanding, adjustment and marital satisfaction by training classes. Thus, marital counseling can provide information that is necessary to create a good life help create a healthy society and various studies show that marital counseling had an impact on the quality of marital relations and increase satisfaction and understanding in marriage. Thus, the goal of present study is that family counseling provided by the Welfare Bandar Abbas how is effective in marital satisfaction. The research questions:

- Whether the classes of family counseling have effect on marital satisfaction in couples?
- Whether there is a significant difference between the marital satisfaction of men and women before participate in family education classes?
- Whether there is significant differences marital satisfaction of the men and women after participating in family education classes?

MATERIALS AND METHODS

This study is a quasi-experimental study by pre-test and post-test without a control group. Statistical Society of research was all couples referred to family counseling Welfare of Bandar Abbas. Sample size in this study was 30 couples (60) who were referred to family counseling centers at Bandar Abbas. For selection of sample, sampling random method was used. Initially, participants were given the necessary explanations in the family education classes. They were attracted to participate in research. They noted that this research is performed in two stages. After attract their satisfaction and providing necessary explanations, Enrich marital satisfaction questionnaire was given to them. One month after completion of training courses on family welfare center in Bandar Abbas, which were managed by experts, the research participants were asked to complete the satisfaction questionnaire. After collecting and scoring data, using software SPSS and Correlated and independent t method, the results were analyzed. The used instrument was Enrich questionnaire of marital satisfaction which was is a tool with 115 questions. This questionnaire is used to measures the level of work satisfaction in the marital relationship. In this study 47-item short form is used which is composed of 12 subscales. Each subscale is graded from 1 to 5. Validity and reliability of marital satisfaction has been confirmed in numerous studies. David and Olson of the

University of Minnesota with research about over 15 thousand pairs have evaluated validity and reliability of this questionnaire, in total, several studies using questionnaires Enrich in Iran and outside Iran have been conducted. The results of this research have shown that Enrich scale has good detection capability and structure and content. Soleimani (1995) had research about the examination of Reliability and validity of the Enrich couple satisfaction questionnaire, reported high reliability and validity index for the questionnaire as short form with 47 questions. He is obtained 95% credit using the alpha coefficient. Bagherian nejad and Sanaei (2004) in their study as the examination of the dimensions of the unsatisfied marital satisfaction of men and women in divorce in Isfahan, they used Enrich questionnaire 115-question which, alpha coefficient of subscales of personal issues, communication and conflict resolution, financial management, leisure activities, sex, parenting and child-friendly and egalitarian roles were respectively: 0.86, 0.81, 0.90, 0.87, 0.83, 0.89, 0.87, 0.92, 0.84. Mir kheshti (1375) has been reported Alpha coefficient of this questionnaire in the short form 48-question questionnaire 92% and about form including 47 questions Soleimani (1995) has been reported 0.95. Sanaei and Bagherian nejad's research has been reported high alpha coefficient for the race Enrich couple satisfaction questionnaire. Also, in examination of the relationship this scale with other scales about family, significant and high correlation was obtained, in fact all subscales of this questionnaire have been able to distinguish satisfied and dissatisfied couples which show the questionnaire's validity and the structure. (Hefazi et al, 2006).

RESULTS

The age limits of persons who were tested, was between 20 and 56 years. Their age average was 29.1 with a standard deviation of 6.26. Participants in the study were selected of different jobs including worker (31.7 %), housewives (28.3%), employee (11.7%), free (8.3%), technicians (6.7%), nurses (5%), teachers (5%) and engineers (3.3 %). In viewpoint of education, 15 percent were under diploma, 46.7 percent diploma and 38.3 percent higher diploma. Table 1 shows Results of Correlated t test and significant level.

Table 1- The results of dependent t test for pre-test and post-test of marital satisfaction

Variable	Number	Average	Standard deviation	T amount	degree of freedom	Significant
Pre-test	60	4.75000	19.87301	1.851	59	0.69
Post-test						

As the table above shows, the obtained value of t is 1.851 with degrees of freedom 1 that a significant level is 0.69 and shows no difference is between the pretest and posttest. To determine that is there difference between marital satisfaction for women and men in the pre-test if differences or not, independent t was used. The results are presented in Table 2.

Table 2- The results of independent t test for difference between two groups from the viewpoint of marital satisfaction in pre-test

Variable	Group	Number	Average difference	Degree of freedom	T amount	F	Significant
marital satisfaction	Men	30	3.9333	58	0.802	2.138	0.426
	women	30					

The results of the t-test showed that there is no significant difference between two groups, in fact in the pretest step there is no significant differences between women and men about marital satisfaction. In order to determine whether there is a significant difference between men and women in marital satisfaction after the test or not, independent t was used. Table 3 shows the results.

Table 3- The results of independent t test for difference between two groups from the viewpoint of marital satisfaction

Variable	Group	Number	Average difference	Degree of freedom	T amount	F	Significant
marital satisfaction	Men	30	1.7000	58	0.681	0.02	0.499
	women	30					

According to the results of Table 3, there is no significant difference between the two groups, so in step of post-test there is not observed significant differences between women and men's marital satisfaction.

DISCUSSION AND CONCLUSION

Considering that family is one of the main foundations of society, having a healthy family in community is depend on having good relations with each other and the pain and the treatment of human depended on how his marital relations, and is depended on achieving a sincere relationship. The relationship can be toggle different aspects of happiness and human perfection. Considering that marital satisfaction is one of the most important factors that stabilize the marriage between couples, in this study, marital satisfaction was assessed in two stages. First step was before receiving family education and the second step after receiving family education.

The first question of study was whether the classes of family counseling have effect on marital satisfaction in couples? According to the results, the first research's question was not significant. This means that the likely family education classes have not required effect on participating couples. One reason for this can be the lack of skills and expertise of experts in these classes who manage these classes. Because most of experts of Bandar Abbas center had bachelor degree or have graduate in non-related fields and had not enough expertise.

The second research's question was whether there is a significant difference between the marital satisfaction of men and women before participate in family education classes? According to the results of the Independent t test, it was found that marital satisfaction between men and women from attending classes, there was no significant difference.

Third research question was whether there is significant differences marital satisfaction of the men and women after participating in family education classes? Test of t showed no significant difference between the two groups. In fact, neither women nor men, none of them did not much benefit of classes. Therefore, it can suggested that for these classes and courses, highly qualified specialists or other university professors are used so these classes will have necessary quality and costs will not waste.

REFERENCES

- Beck, A, T, (2004). *Love is never enough*. Translation: Mehdi Gharaghe Daghi: Zenhn Aviz Publishing, Tehran.
- Darjeziny, s, (2007). *The examination of the relationship between marital satisfaction by identifying and expressing feelings in women referred to health centers in the West of Tehran*. MS Thesis, Faculty of Nursing and Midwifery, University of Medical Sciences and Health Services of Iran.
- Ebadat poor, B, (2001). *Standardization of marital communication patterns questionnaire in Tehran*. MSc thesis, Faculty of Psychology and Educational Sciences Teacher Training University of Tehran.
- Farnam, F, (2004). *The examination of the effect of pre-marriage counseling on sexual health and marital satisfaction in couples referred to the selected health centers in Tehran University of Medical Sciences*. MS Thesis, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences.
- Frosat, Z. (2003). *The examination and comparison control source and marital satisfaction among employed women (teachers) and housewife women in Tehran*. Master thesis, Faculty of Psychology and Educational Sciences Teacher Training University of Tehran.
- Husseini, F. S., & Hussein Chari, M. (2009). The examination of marital adjustment and mental health. *A set of articles of the Fourth Seminar on Student Mental Health, University*.
- Kurdek , L. (2005). Gender and marital satisfaction early in marriage: A growth carve approach. *Journal of marital and family therapy*, 67, 68-84.
- Meyers, J. E., Madathil, J., Tingle, L. (2005). Marriage satisfaction and wellness in India and United States: a Personality comparison of arranged marriage and marriage of choice. *Journal of Counseling and Development*. 83, 183-190.
- Mir kheshty, F. (1997). *The examination of the relationship between life satisfaction and mental health*. counseling MS Thesis, Department of Counseling, University Branch, Roodehen.
- Navabi nejad, S. (2001). *Marriage and family counseling*. Tehran, Press Parents Community.
- Sanaei, B., & Bagherian, Z. (2004). The examination of the dimensions of the marital non-satisfaction for men, women who asking divorce. *Journal of Knowledge and research in psychology*, 78-61, 15.
- Sharafi, A. (2004). *The relationship between marital communication patterns and mental health of female primary teachers and their spouses in Tehran*. Master thesis, Faculty of Psychology and Educational Sciences Teacher Training University in Tehran.
- Soleimani, A. A. (1995). *The examination of the effects of irrational thoughts (the cognitive approach) on marital non-satisfaction*. Master thesis, counseling, counseling group, Teacher Training University, Tehran.
- Torghabe Hefazi, M., & Hagh shenas Firoozabadi, A. (2006). *The examination of the relationship between love components and couple satisfaction*. Research Center, Shiraz University of Medical Sciences.