

Research Article

EFFECTIVENESS OF COUPLE THERAPY ON MARITAL INTIMACY AND LIFE SATISFACTION IN COUPLES ILAM

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ABSTRACT

The present study aims to investigate the effectiveness of cognitive-behavioral couple therapy on marital intimacy and satisfaction with life of married female students in the city of Ilam. Among which 40 cases were randomly selected. The samples were divided randomly to two groups of experimental and control groups. The experimental group participated in 10 sessions of cognitive-behavioral couple therapy. On both pre-test and post-test was performed. Data from the questionnaire marital intimacy and satisfaction with life scale (SWLS) was used. The results indicate the effectiveness of both methods intervention on marital intimacy and satisfaction with life. There is a need to promote intimacy and marriage students' Life Satisfaction married couples therapy in workshops and consulting.

Keywords: *Cognitive - Behavioral, Intimacy, Life Satisfaction*

INTRODUCTION

One of the emotional needs of couples, relationships, intimacy is coupled with an important source of happiness, a sense of meaning in life and marital satisfaction (Bagarozzi, 2001). A key characteristic of marital intimacy and it is a central feature of a successful marriage. This feature refers to the interaction between the partners. Lack or inadequacy of a marital relationship is in turmoil index (Diener *et al.*, 1985).

Intimate relationships involving close cooperation and typically expect to have a relationship that continues (Datilio and Epstein, 2005). Intimacy: the feeling of closeness or communication, mutual concern for the happiness of others, a sense of trust and security, honesty, openness and mutual support of one another (Halford, 2005). According to (Rovine *et al.*, 2005), when intimacy becomes clear that marriage is a good performance and a lack of intimacy indicate that the marital relationship is weak performance.

According to (Schaefer and Olson, 1981) is an interactive process of real intimacy composed of several related components and the core of this process, Knowledge, understanding and acceptance of the other person, to empathize with her feelings and gratitude from his unique perspective over the world.

Life satisfaction is: Positive assessment of cognitive and emotional life. The assessment of emotional responses made to events, in addition to cognitive judgments of satisfaction and fulfillment of the demands (Pielage *et al.*, 2005).

The couple's marital problems, such as cognitive-behavioral therapy results from the insufficient skills in communicating intimacy spouses, Inability to solve problems and considers irrational beliefs. In this approach, behavioral interaction and problem solving even the most important factor is considered the second most important factor by teaching strategies such as problem solving, communication patterns in a couple of negative change (FiFe and Weeks, 2010).

Results of Saemi (2005) entitled "Effectiveness of cognitive-behavioral therapy, family counseling center on marital satisfaction anymore", showed that the interventions had a significant impact on satisfaction parity.

Etemadi *et al.*, (2006) Effectiveness of cognitive-behavioral couple therapy the intimacy referred to counseling centers in the city studied, the results showed that the use of techniques based on cognitive-behavioral theory increase the intimacy and emotional and sexual intimacy.

Ebrahimi *et al.*, (2011) investigated the effect of an education program on increasing intimacy in dual-career couples relationship enrichment, the results showed that the training program is to enrich

Research Article

communication, intimacy, and intimacy subscales (emotional, intellectual, physical, social, - entertainment, communication, intellectual, psychological, sexual and general) in dual-career couples has increased significantly in the post-test and follow-up test ($p < 0/05$).

Amani *et al.*, (2003), the effects of cognitive behavioral group therapy on marital satisfaction in women referred to the counseling centers studied, the results showed that cognitive-behavioral therapy, increased marital satisfaction, depression in women with problems family and realistic attitude in conflict resolution and increase the quality of marital sex and emotional women.

The purpose of this study is to investigate the effectiveness of cognitive-behavioral couple therapy on marital intimacy and satisfaction with life in the city of Ilam was married female students.

In this quasi-experimental research design with pretest-posttest control group. The study included all female students were married in the city of Ilam. Among which 40 were selected randomly. The samples were chosen randomly in two groups of 20 (An experimental group and a control group) were replaced. Each test group participated in 10 sessions of one hour couples therapy and cognitive-behavioral techniques and methods in step through weekly assignments and regular training is provided by the consultant.

Tool: Marital Intimacy Questionnaire Thompson and Walker: Data from the questionnaires were analyzed the marital intimacy of Thompson and Walker (2012).

17 questions were set to measure marital intimacy scale and intimacy. The range of scores for each question ranged from 1 (never) to 7 (always) changes the sign of intimacy is more than score. The subjects were asked by the sum of the scores and dividing by the number 17 can be achieved. Intimacy Scale first on 166 female students and 166 maternal grandmother was conducted with 148 students. Intimacy Scale Mean was for Mothers 6/21 for girls 6/04. Intimacy scale internal consistency with Cronbach's alpha coefficient of 91 to 97% of the teaching is good (Begmumaras, 2010).

ENRICH marital satisfaction questionnaire: This questionnaire by Olson (2005) is designed to evaluate the potential problematic areas and identify areas of marital strength and enrich. This test consists of 115 questions and 125-question form that is composed of 12 sub-tests.

Original form due to the large number of questions, participants were led to fatigue. Soleymanian (1997) made the short form of the questionnaire of 47 questions. In original form ENRICH marital satisfaction questionnaire using Cronbach's alpha coefficient 0/92 is reported. Soleymanian Questionnaire reliability by calculating Cronbach's alpha coefficient was 90 / reported (Fatehizadeh and Ahmadi, 2005). The short form of the questionnaire used in the study.

RESULTS AND DISCUSSION

Results

Before the intervention, in order to ensure equal conditions for the test and control groups also ensure the effectiveness of intervention in marital intimacy and life satisfaction were compared between the two groups and the results showed that the two groups in the $P < 0/001$ is not significant. There is no significant differences between experimental and control groups in the pre-test means that two groups of variables applied to test variables (Marital intimacy and satisfaction with life) have almost identical circumstances and the result has been the subject of previous terms. Table 1 shows the mean and standard deviation variables and marital intimacy Life satisfaction.

Table 1: Mean and standard deviation of the experimental and control groups in the pretest and posttest variables of marital intimacy and satisfaction with life

Variable	Groups	Pre-test		Post-test	
		Mean	Standard deviation	Mean	Standard deviation
Marital Intimacy	Control	66/55	10/88	67/40	10/13
	Experimental	60/50	12/58	84/75	9/10
Life satisfaction	Control	19/10	2/35	19/00	3/22
	Experimental	17/40	3/48	23/85	2/32

Research Article

Before analysis, the assumptions in relation to the use of ANCOVA ensure that all the variables in the study 0/05 during the test was not significant, thus the assumption of equal variance and therefore to ensure the analysis of covariance is permitted.

Table 2: Results of the analysis Mankova mean scores on the posttest with control components, pre-marital intimacy and satisfaction with life

Exam Name	Amount	F	df hypothesis	error df	Significance level
Pilaei effect	0/58	26/12	2	37	0/001
Wilks lambda	0/41	26/12	2	37	0/001
Holling effect	1/41	26/12	2	37	0/001
Largest of root	1/41	26/12	2	37	0/001

Marital intimacy and life satisfaction scores between the experimental and control groups were compared using analysis of covariance. Table 2 shows the results of applying this method, there is a significant difference between the scores of the experimental and control group, this result suggests that couples therapy intervention to increase marital intimacy and satisfaction with life.

Table 3: Results of a multivariate analysis of covariance on marital intimacy and life satisfaction mean scores of the experimental and control groups, with pre-test control

	Resource of change	Square sum	df	Square mean	F	P
Marital Intimacy	Pre-test	2558/00	1	2558/00	97/92	0/001
	Group	2779/96	1	2779/96	106/41	0/001
	Error	966/55	37	26/12		
Life satisfaction	Pre-test	110/89	1	110/89	21/63	0/001
	Group	312/56	1	312/56	60/97	0/001
	Error	189/66	37	15/12		

As shown in Table 3 show that the one-way analysis of covariance Couples therapy intervention were significant effects on marital intimacy and satisfaction with life. It's a couple of intervention therapy significantly increased the level of intimacy in marriage (41/106 = F and 0/001 = P). Also, a significant level of life satisfaction (97/60 = F and 001/0 = P) increased.

Table 4: Results of Univariate analysis of covariance in the Mankova on marital intimacy and satisfaction with life post-test mean scores of experimental and control groups

Dependent variable	Square sum	df	Square mean	F	Significance level
Marital Intimacy	3010/22	1	3010/22	32/45	0/001
Life satisfaction	325/22	1	325/22	29/47	0/001

RESULTS AND DISCUSSION

Results

This study aims to determine the effectiveness of cognitive-behavioral couple therapy intervention on marital intimacy and life satisfaction among students were married. The findings suggest that cognitive-behavioral couple therapy increases the intimacy of marriage and life satisfaction compared to the control group. In other words, dysfunctional attitudes of those who participated in the sessions of CBT group compared with the control group had a significant increase. This result is consistent in line with findings Saemi (2005), Etemadi *et al.*, (2006), Abraham *et al.*, (2001) and Amani *et al.*, (2003).

These skills can help couples in dealing with the problems of family, social, economic, employment, etc., which are part of everyday tasks, communicate better, and this leads to an increase intimacy and life

Research Article

satisfaction among couples. The couple also cognitive therapy, negative automatic thoughts, cognitive errors and schema are examined which gives meaning to the couple's relationship. While this intervention not only on the relationship between the couple could not interfere, but these skills are not taught directly and solely on the knowledge, feelings and knowledge are couple behaviors (Rahmani *et al.*, 2001). Their needs could have a significant role in the creation and improvement of intimate relationships.

The generalizability of the results should be used with caution. Therefore, it is suggested that future research using both gender and number of treatments and follow up further increase the generalizability of results. The CBT intervention next couple of other methods to be used to compare the effects.

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