

# Determination of effectiveness of Emotional-logical therapy on addictive spouses' marriage conflict of visitor to addiction center of Zahedan

Mohammad Mojtaba Keikhayfarzaneh, Dr.Ahmad Reza Keikhayfarzaneh, Dr.Javad Khalatbari, Mohammad Sourizaei

**Abstract**—During recent years it seems that amount of divorcing Couples dissatisfaction of each other and missing link between families members are on the increase. The main purpose of this study is considering efficacy of emotional-logical therapy couples for decreasing aggression of married life in addicts Zahedan addiction relief center. This is experimental, pretest-posttest study. Between 280 referral cases, 120 cases with high level of married aggression set in two groups of 60 people accidentally. Married aggression questionnaire was used for collecting data. Couple treatment program was done in two hours 18 sessions. After Ending sessions post test was done for both groups. Data was analyzed by SPSS software. according to this study emotional-logical therapy couples has positive decreasing effect on aggressions "married ( $P<0.05$ ), decreasing cooperation ( $P<0.01$ ), decreasing libido ( $P<0.01$ ), increasing emotional reaction ( $P<0.01$ ), increasing individual relationship with relatives ( $P<0.05$ ), increasing drawing children's attention ( $P<0.01$ ), decreasing familial relationship with spouse-in-law ( $P<0.01$ ) and defining financial issues ( $P<0.01$ )". According to results emotional- logical therapy couples can be effective in decreasing married aggression .it is recommended to make maximum use of this way of treatment for solving married aggression by more evaluation of this issue.

**Index Terms**— emotional- logical therapy couples, married aggression, addiction.

## 1 INTRODUCTION

ONE of the Problems common to modern societies that is considered by couple therapists is marital conflicts. This problem may be of various forms and is revealed as depression of one or both couple, addiction, growing violent behaviors among children, spouse abuse, verbal and physical conflict between the two couple, and may eventually leads to divorce [1]. Interpersonal conflict is defined as a kind of interaction that people express conflicting orientations, view, and opinions, and some researchers are considered it as a normal event in the married life [2].

Marital satisfaction and marital adjustment have a main role in its continuity, because the existence of incompatibility in spouses relationships leads to parent tasks difficulties and reducing mental physical health of spouses [3], low life satisfaction [4], having more lonely feelings and creating problems in social relationships [5], which each of these elements are considered as dangerous fac-

tors for becoming diseased. Therefore, the quality of marital relationships is considered as an important indicator for being healthy [6].

Not only conflict threatens the stability of the relationships, but provokes more conflict, in fact, some of the elements of conflict will strengthen the relationships in the long run, while the other factors are destructive and are separation and divorce factors [7]. Researches show that the conflicts between spouses make children become stressful, fearful, and angry and incessant conflict experiences lead to physical and behavioral problems, and a long-time stress has an opposite effect on health [8].

All effective approaches to couple therapy are having therapeutic elements in treatment of depression combined with marital conflicts [9]. Couples who are able to solve the conflicts within their behaviors through applying positive ways and using less negative interactions are creating an atmosphere which there is much opportunity for self-disclosure and agreement for family problems [10].

Albert Elis's rational-emotional treatment is a comprehensive treatment approach that consider, and also attack, a person's problem from three perspectives, named cognitive, emotional and behavioral, and tries to create positive effects and a logical behavior and emotion through desirable understanding [11].

This study is going to consider the irrational beliefs in marital conflicts through logical-emotional couple therapy program, and because of the expansion of these prob-

- Department of Psychology, Young Researcher Club, Zahedan Branch, Islamic Azad University, Zahedan, Iran. PH-+989389384191. E.mail : m\_m\_farzaneh@yahoo.com
- Assistant Professor of Persian Language and Literature, University of Sistan and Baluchestan, Zahedan, Iran.
- Department of Psychology, Islamic Azad University, Tonekabon Branch, Tonekabon, Iran.
- Department of Electronics, Young Researcher Club, Zabol Branch, Islamic Azad University, Zabol, Iran.

lems among families and the risks underlying and also the need in this respect, the research hypothesis are considered as follows:

The main hypothesis:

-Logical-emotional couple therapy is effective in reducing marital conflicts.

Subsidiary hypothesis:

-Logical-emotional couple therapy is effective in reducing "decreased cooperation" conflict.

-Logical-emotional couple therapy is effective in reducing "decreased sexual intercourse" conflict.

-Logical-emotional couple therapy is effective in "increasing emotional reactions" conflict.

-Logical-emotional couple therapy is effective in "increasing personal relationships with their relatives" conflict.

-Logical-emotional couple therapy is effective in "increasing child support" conflict.

-Logical-emotional couple therapy is effective in "losing family relationships with wife's relatives" conflict.

-Logical-emotional couple therapy is effective in "separating finances" conflict.

## 2 METHOD

The current research is of experimental and pretest-posttest with control group. Statistical population included 280 wives' patients referred to drug addiction centers in Zahedan, and after sampling, 120 people were chosen by a simple random sampling in two 60 man groups of experiment and control, which have high marital conflicts. A pretest was implemented on the group two after

proving marital conflict questionnaire.

The questionnaire has 42 questions which are considered for evaluating couple conflicts based on Sanaie's clinical experiences. These questionnaire measures seven clauses of marital conflicts, which include: reduced cooperation, reduced sexual intercourse, increasing emotional reactions, increasing personal relationships attraction with relatives, reduced family relationships with wife's family and separating finances from each other. The reliability and validity of this questionnaire has been considered in Iran. Then logical-emotional couple therapy program is implemented in 18-hour sessions for experiment group once a week. A post-test was applied for the both groups after the therapeutic program was ended. The data were evaluated and analyzed through SPSS software and using paired T-test.

## 3 Findings

The questionnaire of couple conflicts consists of seven subscales, which their reliability coefficient is obtained by Cronbach alpha at the beginning. The reliability coefficient is obtained as 71% for all the tests through Cronbach alpha, 73% for reduced cooperation subscales, 73% for reduced sexual intercourse, 80 % for increasing emotional reactions, 78 % for increasing personal relationships with relatives, 68% for increasing child support, 71% for reduced family relationships with wife's relatives and 83% for separating finances, which all coefficients were very close to 7/0 or above.

TABLE 1  
MEAN AND STANDARD DEVIATION OF MARITAL CONFLICTS IN THE GROUPS OF EXPERIMENT AND CONTROL

Mean	Norm Deviation							
	Pre-test		post-test		pre-test		post-test	
	ex	co	ex	co	ex	co	ex	co
Reduced Cooperation	14.36	13.98	10.61	14.11	3.14	3.21	3.29	
Reduced Sexual intercourse	12.38	12.15	11.36	12.19	3.10	3.19	2.56	3.27
Increasing Emotional reactions	22.36	21.75	19.16	22.11	6.24	5.17	4.94	5.21
Increasing Personal Relationships with relatives	20.18	21.01	17.91	21.11	65.63	5.24	4.91	5.41
Increasing support attraction	13.88	13.54	12.41	13.61	2.78	3.11	3.66	3.51
Reduced family Relationships With wife's family finance	16.88	15.35	12.15	16.11	6.82	5.19	4.24	5.75

separation	19.6	18.7	17.45	18.35	6.49	6.11	3.92	6.25
Marital Conflicts	119.6	111.5	96.5	112	15.34	14.7	18.9	16.7

**TABLE 2**  
THE RESULTS OF T-TEST FOR COUPLE CONFLICTS

Conflicts	DF	T	Sig
Reduced cooperation	59	7.11	0.00
Reduced Sexual intercourse	59	3.58	0.00
Increasing Emotional Reaction	59	3.81	0.001
Increasing Personal Relationships with Wife's relatives	59	5.56	0.001
Finances separation	59	2.9	0.00
Marital conflicts	9.6	0.02	

According to paired sample T-test results in Table 2, we conclude that logical-emotional couple therapy is effective in reducing marital conflicts ( $p < 0.005$ ), reduced cooperation ( $p < 0.001$ ), reduced sexual intercourse ( $p < 0.001$ ), increasing emotional reactions ( $p < 0.001$ ), increasing personal relationships with relatives ( $p < 0.005$ ), increasing child support attraction ( $p < 0.001$ ), reducing familial relationships with wife's relatives ( $p < 0.001$ ), and finances separation ( $p < 0.01$ ).

#### 4 DISCUSSION

The current study is conducted by the aim of considering the logical-emotional therapy effectiveness in reducing marital conflicts of the wife's addicted ones who referred to drug addiction centers. In this study it is shown that logical-emotional couple therapy is effective in reducing marital conflicts, reduced cooperation, reduced sexual intercourse, increasing emotional reactions, increasing personal relationships with relatives, increasing child support attractions, reduced familial relationships with wife's family and finances separation.

Generally speaking, the results of this research are, in most cases, compatible with the other studies on logical-

emotional couple therapy effects on marital conflicts [12]-[13]-[14]-[15]-[16].

Eventually, it is recommended that the researches similar to this one be conducted in non-academic environments as well as be used treatment and training of other techniques to reduce marital conflicts, and be performed in other studies and areas with more volume for increasing the generalization capability, and also be considered the extent of effectiveness of these methods in premarital education and enhancing forecasting power of the couple's situations in the incidence of conflicts.

#### REFERENCES

- [1] Sayers S.L, Kohn C.S. Fresco D.M. Marital conflict and depression in the context of marital discord. *Cognitive therapy and Research* 2001; 25(6):34-50.
- [2] Kline G.H, Pleasant N.D. whitton S.W. Morkman H.JJ. Understanding couple conflict. In A.L.Vangellisti & D.Perman (Eds.) *The Cambridge hand book of personal relationship* 2006;445-462.
- [3] Demo D.H, Alan C.A. "Sing LaHood" Marriage and remarriage: The effects of family structure and family relationships on mothers "well-being" *Journal of Family Issues* 1996; 17: 386-407.
- [4] Nock S.L. A comparison of marriage and capability relationship. *Journal of Family Issues* 1995;16: 53- 76.
- [5] Page R.M, Galen E.C. Demographic Predictors of self-reported loneliness adults. *Journal of psychological Reports* 1991;68: 939-345.
- [6] Troxel W.M. Marital quality, communal strength, and physical health. Doctor of philosophy, University of Pittsburgh 2006; 79: 16-25.
- [7] Cummings E.M, Davies P.T. Effects of marital conflict on children: Recent advances and emerging themes in process-oriented research. *Journal of child psychology and psychiatry* 2002; 43:31-63.
- [8] El-sheikh M, Harger J, Whitson S. Exposure to parental conflict and children adjustment and physical health: The moderating role of vagal tone. *Child Development* 2001; 72:1617-1636.
- [9] Dessaulles A, Johnson S.M, Denton W.H. Emotion-focused therapy for couples in the treatment of depression: A pilot study. *American Journal of Family Therapy* 2003; 31:345-353.
- [10] Johanson S.M. The revolution in couple therapy. *Journal of Marital and Family Therapy* 2003; 29:348-365.
- [11] Fincham F. Marital conflict in marriage: Implications for working with couple. *Anal Review psychology* 1999; 50:47-77.
- [12] Anonymous D. Reclaiming her story: Erickson solution-focused therapy for sexual abuse. *Adolescence* 1996;31(122):499

- [13] Halford W.K , Markman HJ , Stanley S ,Kline G. Best practice in relationship education .Journal of marital and family therapy 2003;29(3):385-406.
- [14] Floyd F.J ,Markman HJ .An economical observational measure of couples communication skill. Journal of consulting and clinical psychology 1984;52(1):97-103
- [15] Lange A , Barends E, Vand Ende J .self-control in distressed couples: A pilot study .Journal of family Therapy 1998 ;20(4):367-382.
- [16] Epstein N.B , Baucom D.H , Rankin L.A. Treatment of marital conflict: A cognitive behavioral approach. *Clinical psychology Review* 1993; 13(1):45-57.