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The Effectiveness of Conflict Resolution Skills on Love and Consistent Quality Marital

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ABSTRACT

The purpose of this study was to examine the effectiveness of conflict resolution skills on love and consistent quality marital. The research method was quasi-experimental with pre-test, post-test and control group. The population consist of all couples referred to counseling centers and dementia clinics in Ardabil. 30 couples were selected with convenience sampling method. For the experimental group intervention was conducted 8 sessions for a week. The couples answered the same questionnaire including: questionnaire of Revised Dyadic Adjustment Scale (RDAS) and love Sternberg. Data analysis included multivariate regression, pearson's r correlations, regression analysis, MANOVA analyses with SPSS software (package of Spss / pc + + ver18). The results of this study show the there is a significant relationship between love of pre-test and post-test in experimental group ($p < 0.01$) and skills training of conflict resolution has been increased love in the couple's.

Introduction

Family First, and most important social institution in human history, which is the highest area of development, social and emotional growth and development of its members provides Marriage is the most sensitive and emotional commitment that people enjoy warm relations of mental peace and accepts it. The results show that the problems of the day in our family are on the increase and marital quality drop. Increase in divorce and family conflict not only threatens the family, it is a serious threat to society and social systems. The training of mental health to the next generation of healthy and enjoys a burden on society, in an environment of peace and security in the least, is not. Couples severe and pervasive problem in our country during the relationship

and keep the experience. The problem of marital distress than any other category would be referred for counseling services (Faqirpoor, 2004). No relation to the size of the marital relationship is prone to conflict. In marriage, couples of all things interact with each other and the substrate is much conflict in intimate relationships (Carlson and Dinkmeyer translation Firoz Bakht, 2008). Issues outlined above makes clear the importance of marriage for couples. The factors affecting the quality of marriage and predictions on the basis of psychological concepts can be very important for the intervention to improve it.

Marital conflict is the struggle over the ownership of the site and power supplies in order to remove the points

and increase your score occurs (Barati, 1996). Marital conflict can be caused by lack of coordination couple of needs and their satisfaction, self-centered, differences in preferences and behavioral patterns and irresponsible behavior attributed to marital and marriage (Sharf, 1996; quoted Farahbakhsh, 2004). Conflict management styles in a response or set of behaviors are patterned that people use them during conflict. (Wilmot and Hacker, 2000).

Marital quality integrated structures that are useful in marital and marital happiness. The high level of quality reflects the objective characteristics of the relationship (between spouses) as accompaniment, good communication and conflict, which are adaptive characteristic equation, the satisfaction of the relationship and the wife is also on. Quality of life is a multidimensional concept that includes not only within individual characteristics, but also the characteristics of the individual partners as well. Gong (2007) agreed a couple of important issues, work sharing and joint activities and quality of marital love to know each other.

Research methods

The research method was quasi-experimental with pre-test, post-test and control group. The population consist of all couples referred to counseling centers and dementia clinics in Ardabil in 2016. 30 couples were selected with convenience sampling method (in the two groups experimental (15 couples) and control (15 couples)). For the experimental group intervention was performed 8 sessions (90-minute) for a week with Gutmann method (Razi, 2012).

The couples answered the same questionnaire including: questionnaire of Revised Dyadic Adjustment Scale (Spanier, 1976) (including 14 questions) and love sternberg scale (Huston, 2004) (including 45 questions). The cronbach's alpha that obtained from the pilot data was 0.89 for RDAS, and 0.92 for love sternberg scale. Data analysis included multivariate regression, pearson's

r correlations, regression analysis, MANOVA analyses with SPSS software (package of Spss / pc + + ver18).

Results

The results showed that mean age of the control group was 32 (SD = 5.3) and the experimental group was 33.2 (SD = 5.6).

According to the findings, 23.33 % of respondents in control group were under diploma and 43.34 % were bachelor's degree or higher with the most frequent.

According to the findings, 26.67 % of respondents in experimental group were under diploma and 36.67 % were associate degree with the most frequent.

35% of the control group and 40% of the experimental group were one child with the highest frequency.

The results of this study show the there is a significant relationship between love of pre-test and post-test in experimental group ($p < 0.01$) and skills training of conflict resolution has been increased love in the couple's.

According to the results, significance level of test error indicates that variances are equal ($P \geq 0.05$).

The results of this study show the there is a significant relationship between groups of studied at least one of the dependent variables. ($p < 0.01$). The results of Chi Eta shows significant differences between groups with respect to outcome measures and this difference based on Wilks Lambda test is 0.67.

This means that 67% of the variance is due to interaction dependent variables.

The results of this study show the there is a significant relationship between doubles agree, affection, double satisfaction, double solidarity and marital adjustment in the pre-test and post- test of experimental group ($p < 0.01$). Thus H_0 is rejected and second hypothesis is approved and skills training of conflict resolution affected on marital adjustment in couples.

Table 1: The mean and SD of love and marital adjustment in the study groups

Variable	Group	pre-test		post-test	
		Mean	SD	Mean	SD
Love	Control	41.68	2.3	42.13	2.40
	Experimental	42.25	2.35	58.47	3.91
Doubles agree	Control	9.55	2.36	10.12	2.42
	Experimental	9.87	2.31	15.54	3.65
Affection	Control	5.45	0.99	5.60	1
	Experimental	5.30	0.88	8.74	1.65

Double satisfaction	Control	8.21	1.47	7.87	1.4
	Experimental	9.33	1.54	14.01	3.65
Double Solidarity	Control	8.77	1.38	9.24	1.55
	Experimental	8.17	1.22	13.66	3.02
Marital adjustment	Control	40.72	4.23	41.51	4.35
	Experimental	41.09	4.1	50.74	7.66

Table 2: The results of variance analyzes (MANOVA) in variable of love

Source changes	Dependent variable	Sum of squares	Degrees of freedom	Mean Square	F	P
Group	Love	550725.513	1	550725.513	1755.778	0.000

Table 3: The results of Levine test for determine the equality of variances

Variable	F	Degrees of freedom 1	Degrees of freedom 2	Significance level
Love	1.230	3	76	0.27
Doubles agree	1.862	3	76	0.184
Affection	1.488	3	76	0.225
Double satisfaction	1.135	3	76	0.340
Double Solidarity	2.232	3	76	0.081
Marital adjustment	1.910	3	76	0.135

Table 4: The results of multivariate variance analysis for marital its dimensions

Test	Value	F	df of hypothesis	df of error	P	Chi Eta
<i>Pylay</i> effect	0.672	24.277	6	71	0.000	0.672
Wilks Lambda	0.328	24.277	6	71	0.000	0.672
Hotelling effect	2.052	24.277	6	71	0.000	0.672
Largest root of the error	2.052	24.277	6	71	0.000	0.672

Table 5: The results of multivariate analysis of variance (MANOVA) on relationship marital and its components

Source changes	Dependent variable	Sum of squares	Degrees of freedom	Mean Square	F	P	Chi Eta
Group	Doubles agree	851.513	1	851.513	105.838	0.000	0.582
	Affection	414.050	1	414.050	23.208	0.000	0.234
	Double satisfaction	618.828	1	618.828	44.712	0.000	0.370
	Double Solidarity	3438.753	1	3438.753	17.195	0.000	0.185
	Marital adjustment	396.05		396.05	15.091	0.000	0.166

Discussion and Conclusion

The purpose of this study was to examine the effectiveness of conflict resolution skills on love and consistent quality marital. The results showed that mean age of the control group was 32 (SD = 5.3) and the experimental group was 33.2 (SD = 5.6). The results of this study show the there is a significant relationship between mean love of pre-test and post-test in experimental group ($p < 0.01$) and skills training of conflict resolution has been increased love in the couple's. These results are in good agreement with results, Aslani (2004), Karahan, (2010), Nik et al (2011) and Nouri (2015). Nouri (2015) in study showed that couples who had received skills training of conflict resolution in compared with couples of control group, increased intimacy and consistent.

Karahan (2010) show that, skills training of problem-solving had a significant effect on improving intimacy in couples. Nik et al (2011) reports the there is a significant relationship between training of dispute resolution with increase consistency and sexual orientation (associated with love) in couple. Kavang (2014) reports the couples who had received training of conflict resolution in compared with the control group showed more increasing the couple's communication (love). The explanation of these results can be stated, love is one of the psychological requirements in married life and love is increasing marriage. When couples have intimate relationships with each other and can resolve their problems and disagreements, this link becomes more and more deeply. Skills training of conflict resolution to deal with the problems and provide for marital conflicts. These skills to help people to establish healthy communication with your spouse. So solve problems and

marital conflicts in couples lead to deepening the relations.

The results of this study show the there is a significant relationship between doubles agree, affection, double satisfaction, double solidarity and marital adjustment in the pre-test and post- test of experimental group and skills training of conflict resolution has been increased marital adjustment in couples.

These results are in good agreement with results, Hosinian and Shafienia (2005), Shirali (2007), Hansson & Lund bland (2006), Yalsin and Karahan (2007), Davoodi (2012), Hossini (2012), Delpesand (2012) and Razi (2012). Hosinian and Shafienia (2005) reports the skills training of conflict resolution to reduce marital conflict. Shirali (2007), show that skills training of conflict resolution has positive effect on feel improving and communication patterns. Davoodi (2012), reports the there is a significant relationship between life skills training with increase marital adjustment and conflict resolution styles of women. Hossini (2012) show that training of life skills (communication skills and conflict resolution) has increased marital satisfaction experimental group compared with the control group. Razi (2012) reports the skills training of conflict resolution has been increased marital satisfaction.

The explanation of these results can be stated, marital satisfaction is of the deepest and most fundamental human pleasures. But its absence is one of the largest and deepest source of suffering. Marital satisfaction is an indicator of the strength and performance of family. So when couples received this training and skills, they can resolve differences. In general it can be said that skills training of conflict resolution has a considerable impact on love and consistent quality marital and can be used as

a complementary therapy to increase the compatibility of marital to be used by counselors and psychologists.

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