

# Psychological Analysis of Relationship between Couples and Family Solidarity

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## ABSTRACT

The present research was executed to consider the psychological analysis of the relationship between couples and its effect on the growth, development, and solidarity of family. Therefore, it has dealt with the sources and executed researches in a library-based method. Mainly, the researchers have showed a normal and long marriage life, increase in adaptation, solidarity of relationships, mental health, continuation and stability of children protection, happiness of couplets, unification and systemization of psychological well-being of the married men and women, and normal and health interaction. Moreover, maladaptation in relations and interaction of couplets cause disorder in the family from social norms and decline in the cultural values, obliteration of marriage, divorce, view of unjust division of power, responsibilities and benefits in the couples relations and non-satisfaction of couples, in particular women. The research concluded that reinforcement, growth and development of a normal relationship between couplets has caused prevention of problems and family damages as well as solidarity of relations, mental health happiness of couples, and family members.

**KEYWORDS:** Couplets relationship, mental health, family solidarity.

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## 1. INTRODUCTION

As a universal powerful need, human should interact and communicate. Humans should begin to communicate to the fellow-creatures, in particular their relatives. If they cannot communicate meaningfully, they will meet isolation, loneliness, and depression. Pierson and Karol (1991, pp. 23-27) believe that normal relationship is an essential and dynamic life to keep a normal and long marriage and family life; otherwise, it threatens **growth** of family satisfaction and health. Family is programmed by controlled laws; so, it becomes predictable. Flexibility of the laws depends on the family satisfaction. The laws and regulations in family cause peace, calmness and facilitation in solving problems. Sperturomits (1999, p. 834), in his research showed that communication skill determines marriage adaptation as well as mutual relationship. It causes solidarity of couplets relations and family. Some marriage problems are resulted from misunderstanding. Consequently, it causes unhappiness and anger. Actually, the couplets cannot satisfy one another.

### Significance of Study

Intimate and close relationship, in general, is one of most important concern of human being. Among them, marriage relation, close friendship of couplets, and the way of expression of feeling, emotion and tendencies construct the first relationship models in the family. Proper understanding and application of the relationship models causes attractiveness of family institute as well as increase in the mental health (Sheikh Ol Eslami et al. 2011). Quality of marriage relationship influences the entire dimensions of family function including: solidarity, continuation, protection of children and happiness of couplets. It shows the effect of marriage relationship on well-being of women. In contrast, unadjusted and false relations cause many problems. Bahari et al. (2010) recognize divorce as the most current manifestation of intensive conflict which sometimes causes disappointment of couplets and non-ignorance of their faults and mistakes. In fact, they find divorce as the only solution. Hagigi et al (2011) reported that there are some influential factors on formation of personality dimensions including: behavioral model and mental health of children, family condition and relation between parents and children. Behavior (Soluk) disorder is one of the most important psychiatry disorders in children with prevalence of 1-10 percent of the entire population. The Educational-punishment style is related to appearance of aggressive and unadjusted conduct in infants. According to a study, there is a negative and significant relation between intensity of conduct (Soluk) disorder signs and style of logic-centered authority of Farzand Parvari while it is vice versa in the case of despotic-centered style. Undoubtedly, understanding and use of methods for a health communication in life and marriage has an important role in the couple's satisfaction (Oghudi Fard, 2008, p. 6-7).

### Statement of Problem

Marriage function and importance should be considered because of its role in growth and development of family members. Conflicts are inevitable in marriage life. If couples are not able to solve them, they will be resulted in destructive effects for couples and children in a family (Thanay Zaker, 1999). Dominantly, researchers believe that majority of individual's problems are because of disorder in relation and function. Shafiabadi et al. (2002), for example, in a research showed that addiction to trafficking drugs is resulted in disorder in family unity and interaction. Considering divorce, some researchers believe in attention to the individual and psychological factors including quality of marriage relations, other than social, economic factors, which cause divorce (Katman 1993, cited by Yusofi et al. 2001).

Norani Sad al Dini (2009), in an article entitled Comparison between Sexual Satisfaction of Fertilized and unfertilized Women, shows that marriage maadaptation causes disorder in the social relation, tendency toward social deviation and decline in the cultural values between wife and husband.

### Objective of Research

The main objective of the present research is the psychological analysis of relationship between couples and its effect on increasing quality of couple's relation as well as improvement in couple's performance and family. It tried to determine how normal relation between couples can prevent and decrease different problems of family including: divorce, addiction and psychological damages as: depression, anxiety, isolation or psychiatric problems as hallucination, delusion, speech disorder...

## LITERATURE REVIEW

Shafiabadi et al. (2001) reported that a family with an addicted member is less capable than common family in prosperous and direct communication. Moreover, such families are not able to solve emotional problems as well as providing family budget. Manifestation of disease symptoms as addiction to trafficking drugs shows the lack of problem solving skill in confrontation to the problem. In such a condition, relationship in the family system is based on dissociated parallels and considerations. In a research, Khojasteh Mehr et al. (2012) showed that spouses with high perception and justice have a better marriage quality. In contrast, in the injustice marriage relations, spouses are suffering from negative emotions including anger or guilt-feeling and prevent their happiness. The results of a research by Khajeh et al. (2002) showed that empathy and systemization and quality of marriage relation can predict a percentage of psychological well-being of married men and women. In other words, marriage and high quality and empathy in marriage cause normality and happiness. In contrast, the marriage without empathy and peace is resulted in decrease in well-being. Yusofi et al. (2011) showed that marriage exhaustion is one of the reasons for divorce. In other words, such spouses are not in a close friendship and relation; therefore, they cannot satisfy their needs. Sincerity and being valuable are not achieved in such a relation and the couples do not protect one another in conflicts and critical moment. Bahmani et al. (2011) showed that injustice division of power responsibility and benefits cause dissatisfaction between couples, in particular women. According to Issanejad et al. (2010), enrichment of marriage relation causes quality of marriage relationship. In other words, it has satisfied the desires including love, sympathy, belongingness, trust, loyalty, security and happiness.

## RESEARCH METHOD

Regarding the objective and application of research, the researcher studies the other researches, internet and library sources about marriage relation as well as effective factors on it. Finally, he discusses and analysis the problems and issues of marriage and family.

## DISCUSSION AND CONCLUSION

The research tries to consider the normal way of relation between couples and its effect on the growth, development and solidarity of family. The researches have shown that normal relation and interactions positively affect marriage life length (Pierson, 1991), increase in adaptation, solidarity of relation, desirability and mental health (Sperche and Mits, 1999), persistence and continuation of protection of children and couples' happiness (Sheikh Ol Eslami, 2002) empathy and systematization of psychological well-being of married men and women, normality and happiness (Khajeh et al. 2012). Moreover, maladaptation in relations and interactions causes tendency toward addiction and social deviation, decline in cultural values between man and woman (Norani, 2008), disability

in exchange of evident and direct information (Shafiabadi et al. 2011), divorce and marriage exhaustion (Yusofi et al. 2010), injustice division, dissatisfaction of couples, in particular women.

As a result, reinforcement and development of a normal and proper relationship between couples cause decrease in some problems and family damages. In addition, it causes solidarity of relations, mental health and happiness of family members as well as couples. However, the experts and research considerations show an increase in the trend of family problems and damages. Considering the goals of family construction as peace, satisfaction, happiness and its solidarity, confirm inefficiency of couples function and interactions. With regard to the current problem of family relation and connection, the researcher suggests the following alternatives in order to increase level of couples' function and interactions:

1. Enrichment of couple's relations,
2. Couples should learn the life skills before beginning their life,
3. Giving proper information to the couples for providing emotional, psychological and behavioral needs of family through proper communicative ways.

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