

Predicting Mutual Constructive Communication Pattern Based on All Kinds of Love

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ABSTRACT

The present study aims to predict mutual constructive communication pattern based on Spiritual Lifestyle (As a factor for the love of god), differentiation of self (As a factor for the love of self), love triangle (As a factor for the love of spouse), and social interest (As a factor for the love of Community). This study was a descriptive correlation study, and its statistical population included all married Men and Woman in Kermanshah City. 603 person were selected through multistage cluster sampling. Participants were replied into; communication patterns of couples (CPQ), love triangle, differentiation of self, Spiritual Lifestyle, and social interest index (SSI). Data was analyzed With SPSS (22 version) And Pearson correlation and regression were performed. The Results showed that there is a relationship between love triangles, differentiation of self, Spiritual Lifestyle, social interest With Mutual constructive communication pattern and predictor variables together can predict 52% of the changes related to the Mutual constructive communication pattern. According to the result of research that emphasize the influential role of discussed variables in predicting couple's communication patterns proposed to Therapists and counselors to have these roles in mind.

KEYWORDS: couple's communication patterns, Spiritual Lifestyle, differentiation of self, love triangle, social interest.

1. INTRODUCTION

Marriage is a connection; this connection allows couples to discuss and exchange ideas with each other and be aware of their needs. In fact, Marriages are carried out with the aim of satisfying all the requirements; for this reason, the most common problem Arises, by unhappy couples is failed to establish a relationship [1]. Some psychologists, Including Alfred Adler believed that humans are social creatures and our personality shaped by using our unique interact, not by our efforts to satisfying our needs [2]. Connection allows couples to discuss with each other, solve their problems and be aware of their needs. Couples who cannot communicate with each other will be in an unknown status [1]. Therefore, communication is an essential variable to understand the marital relationship [3]. For marriage Satisfaction couples needed to communicate effectively and efficiently [4]. Accordingly, it can be said communication problems are the most common and most damaging problems to the marriage failure [5]. Dysfunctional communication patterns, Makes the important issues of marriage, Remain unresolved and duplicate feeding of conflict between the couples. The communication patterns Not only important in its influence upon marital satisfaction but also changing communication patterns compared with other impact factors in marital conflict such as personality characteristics and social /economic conditions is more feasible [6]. Young couple's communication skills have a common impact on every aspect in their lives. In addition, individual satisfaction each of the couples in other aspects in their lives, have been affected from communication skills. And this has a special role in marital satisfaction [7].

Adler's approach is one of the approaches that emphasize the importance of social interaction in mental health; He believed that man is essentially social and social interest was the most fundamental concept he insists on it. According to Adler's view, social interest is the cornerstone of mental health. He knew social interest as a close relationship to other people [8]. Lifestyle is the unique pattern of traits, behaviors and habits that each of us grown [2]. Lifestyle as the core personality created, unity, individuality, integrity and stability of individual psychological functions. Long-term goal of life and the basic concept and overall design provides a global view of each person's that construct. Since Iran is a religious nation, with its own lifestyle, so that many religious factors (Muslim) willingly or unwillingly involved during the life of every single Iranian. Spiritual Lifestyle based on the commands of the Quran was chosen to be investigate its effects on a couple of communication patterns as well.

Another variable affecting the couple's communication patterns, Is differentiation of self that is the balance between two forces, being together and individuality (inner and outer level of psychology) is established. And that the balance between preserving the independence and ongoing relationships with important people in life [9]. Another important factor in communication patterns is love. Love, in fact, is one of the factors influencing satisfaction and effectuation Couples and helps more strength of Family Foundation. Many people consider love as the basis of marital relations [10]. Ldbtr (2009), in his studies with family communication patterns concluded that efficient marital communication is a strong predictor of

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marital satisfaction [3]. Other studies had shown the role of communication skills training to improve marital satisfaction [4, 6] and enhance the effectiveness of the families in the fields of problem solving, communication, roles, accompanied by emotional, affective involvement, controlling behavior and general functionality of family [6]. The present study aimed to predict mutual constructive communication pattern between couples based on the love triangle, differentiation of self, Spiritual Lifestyle and social interest.

On the other hand this research aimed to predict mutual constructive communication pattern based on the effect of different kinds of love, in which differentiation of self is considered as a factor of self-love love triangle considered as a factor of material love and love to a spouse, social interest considered as a factor of social love, Spiritual Lifestyle considered as love to God, achieve perfection and excellence.

2. MATERIALS AND METHODS

The present research is a descriptive–correlation study. Population consisted of all married men, and women were in 2014 lived in Kermanshah, Iran. Due to the inaccuracy of the population statistics, the large number of variables in this study and lack of practical access to all members of population, 600 subjects were selected by multi-stage cluster sampling with the discretion of statistical experts. Each of the six municipal districts of Kermanshah was considered as a cluster.

One hundred and ten people from different localities and among each cluster were voluntarily were selected study area. Inclusion and exclusion criteria for this study were: Have at least two years of marriage, Residents of the city of Kermanshah, Having at least a high school education, Lack of chronic disease that prior to the completion of the questionnaire were evaluated by executives. The questionnaires were administered to 660 people. Due to factors such as confounding and imperfections of the questionnaire 603 subjects were analyzed, which consisted of, 308 were men (51.1 percent) and 295 females (48.9 percent). The Sample in the range of 19 to 60 years of age with an average age of 33/83 and the standard deviation was 7.30. The mean duration of marriage sample was 9.71 years. The following questionnaires were used to collect data:

Communication Pattern Questionnaire (CPQ): CPQ was built By Christensen and Sullaway (1984) at the University of California [3]. The questionnaire has 35 questions and estimated couples behavior during marital conflict in three steps: when the problem occurs between couples, during the discussion about the communication problem and after discussing the problem. The questionnaire consists of three subscales: mutual constructive, mutual avoidance and demand / withdraw. Previous research reported acceptable validity and reliability for the subscales of the Inventory [11]. The present study examined the reliability couples communication patterns that it's Cornbrash's alpha was 85/0.

Sternberg's triangular love scale: This scale has been prepared in Boston University (1986) and has three sub-scale commitment, intimacy and passion. Bakhshandeh (1381) calculates Validity and reliability of the questionnaire by using the Cronbach's alpha and split half method which respectively was 42/0 and 86/0[12]. In the present study, Cronbach's alpha (reliability) of the scale was assessed that it was 87/0.

Social interest scale: Social interest index was built By Gryvr et al (1973) to measure the concept of social interest of Adler. This questionnaire included 32 questions of friendship, the importance of self-love and work. In the present study, Cronbach's alpha (reliability) of the scale was assessed that it was 86/0.

Differentiation of self-scale: DSI-R is a self-report instrument with 46 statements on adults, which focuses the relationship between the main and current relationship with their origin family. This scale consists of four subscales emotional reactivity, my position, emotional escape and Fusion with others [13]. In the present study, Cronbach's alpha (reliability) of the scale was assessed that it was 87/0.

Spiritual Lifestyle scale: The questionnaire made by authors (1393) to assess spiritual lifestyle based on the Holy Quran. In the present study, Cronbach's alpha (reliability) of the scale was assessed that it was 86/0.

3. Results

Table 1 shows the mean and standard deviation of the variables.

Table 1. Mean and standard deviation of the variables

variables	M	SD
Intimacy	109.12	24.37
passion	99.11	25.82
Commitment	116.21	20.81
Social interest	115.35	19.67
Differentiation of self	158.14	19.62
Spiritual life style	108.97	16.27
Mutual constructive communication pattern	34.75	11.48

Table 2 shows Pearson correlation between the variables.

Table 2. Results of the correlation between alexithymia, negative affect and positive affect with aggression

Anticipant variables	communication pattern	
	r	p
Intimacy	0.001	0.43
passion	0.001	0.40
Commitment	0.001	0.44
Social interest	0.001	0.61
Differentiation of self	0.001	0.11
Spiritual life style	0.001	0.32

The results of data analysis (Table 2) indicate that the correlation between intimacy and mutual constructive communication pattern was 0.43, between passion and mutual constructive communication pattern 0.40, between Commitment and mutual constructive communication pattern 0.44, between Social interest and mutual constructive communication pattern 0.61, between Differentiation of self and mutual constructive communication pattern 0.11, between Spiritual life style and mutual constructive communication pattern 0.32. Table 3 shows the Results of regression analysis to predict mutual constructive communication pattern.

Table 3. Results of regression analysis to predict mutual constructive communication pattern

R	R ²	F	sig	Anticipant variables
0.72	0.52	52.43	0.001	mutual constructive communication pattern

Results in Table 3 shows that love triangle, spiritual lifestyle, social interest and differentiation of self together can predicted 52 percent of the mutual constructive communication pattern change. Table 4 shows Regression coefficients for predicting constructive communication pattern.

Table 4. Regression coefficients for constructive communication pattern prediction

Predictor variables	sig	t	B	β	
Love triangle	Intimacy	0.003	2.11	0.06	0.14
	passion	0.003	2.19	0.05	0.12
	Commitment	0.60	0.55	0.02	0.03
Social interest	Friendship	0.001	3.27	0.27	0.13
	Self-value	0.97	0.04	-0.004	-0.002
	Love	0.001	6.34	0.55	0.27
Differentiation of self	Work	0.02	2.39	0.20	0.11
	ER	0.001	6.62	-0.47	-0.27
	IP	0.01	2.51	-0.16	-0.09
	EC	0.001	5.24	0.31	0.24
	FO	0.04	2.06	0.13	0.09
Spiritual life style	0.06	1.90	-0.05	-0.07	

The results of Table 4 shows among sub scales of love triangle, intimacy with a beta coefficient of 0.14, passion with a beta coefficient of 0.12; among sub scales of Social interest, Friendship with a beta coefficient of 0.13, Love with a beta coefficient of 0.27 and Work with a beta coefficient of 0.11; among Differentiation of self-sub scales, ER(emotional reactivity) with a beta coefficient of -0.27, IP(my position) with a beta coefficient of -0.09, EC (emotional escape) with a beta coefficient of 0.24 and FO (Fusion with others) with a beta coefficient of 0.09 Can predict the mutual constructive communication pattern.

4. DISCUSSION AND CONCLUSION

The results showed that there is a significant positive relationship between all three sides of love triangle and mutual constructive communication pattern. Perelman and Far (1987), believe that intimate relationships includes affection, warmth, trust and interpersonal self-disclosure. Intimate relationships enhances creativity, productivity and emotional integrity. Intimacy Associated with happiness, pleasure and welfare state and intimate relationship involved in a healthy and quite sex satisfaction [14]. McCarthy (2006) believes that love Direct the relationship and helps build better relationships. Love is such a force that can organize the communication patterns [15]. The results of this study is parallel with Markmn (2003), Sanderson and Kartsy (2002). They observed that increasing communication skills and intimacy will leads couples to have more and better relations with each other, deal better and experience less conflict[16].

The results also showed that there is a positive relationship between differentiation of self and mutual constructive communication pattern. People with high level of differentiation of self knows their emotions and they are be able to assess the situation thoughtfully. These people has the ability to grow themselves independently and they keep their deep relations comfortably. Therefore avoids emotional fusion or emotional separation to adjust their internal tension. While those less differentiated, either are amenable to fusion with others and thus the separation from important people will kill them, or they will accept emotional separation. So reaction with anxiety when faced with emotional intimacy [17]. Since, according to Bowen (1978) differentiation of self has two dimensions: intrapersonal and interpersonal, that at the level of

intrapersonal means a person's ability to distinguish between emotional feelings than rational thinking, And at the level of interpersonal is the ability to create a balance between the autonomy and maintain close relationships with others. The person in dealing with issues of life and marriage between emotion and logic in the inner can discriminate. It means high differentiation person who can deal with the logic of the consequences of their work, and avoid the excitement of the future that may make life difficult for him or her [18].

The results showed that there is a significant positive relationship between Spiritual life style and mutual constructive communication pattern. This means that while the person's lifestyle is more spiritual, communication patterns will be more constructive, and vice versa. In explanation of this hypothesis can be said, in fact, lifestyle is the way of life that spirituality could be defined to have the same effect.

The results also showed that there is a significant positive relationship between the subscale of social interest and mutual constructive communication pattern. It means that there is a positive relationship between work, love, self-value and friendship with mutual constructive communication pattern. Adler definitions of social interest, including the famous definition "see with other eyes, hear with other ears and feel with other heart" [19], it shows how social interest can sustain healthy relationships between couples, through the establishment of mutual constructive communication pattern. In addition, Watts and Carlson (1999), Pointed out that social interest weighed with how to live. As a means of being useful or not useful for society will be measured [20]. Another dimension of Spiritual life style is friendliness because he have a good Morality. This treat followed by a wide network of healthy social relationships. And in addition, it reduce the stress and anxiety, because good-tempered person also has inner peace.

About the limitations of this study must be said that because the sample size of a sample was a city (Kermanshah) therefore generalizing should be treated with caution. Also in this study, only self-report instruments were used which have their specific limitations. Due to lack access of all Iranians to counseling services, it is recommended to experts in family to introduce people to these issues. As well as the mass media, especially television as most visited media, used for training mutual constructive communication pattern and social interest. Hint the importance of differentiation of self in creating mutual constructive communication patterns will not be futile.

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