

## Comparison of Sexual Dysfunction and Coping Strategies in Couples Applicants of Divorce and Normal Couples

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### ABSTRACT

The present study aimed to compare coping strategies and sexual dysfunction in couples' applicants of divorce and normal couples in Gorgan city in year 2015. The research method was causal-comparative. Studied samples were 100 couples applicants of divorce who were selected by using systematic random sampling method and 100 normal couples who were selected through a sampling grid. Their age was between 18-50 and sixth grade elementary was considered as their least education level. Research instruments were consisted of questionnaire of female Sexual Function (FSFI), indicator of male sexual function (IIEF) and the coping strategies of Billings and Mouse. Data were analyzed based on the T test and SPSS software. Results indicated that the greatest difference between the couples about to divorce and normal couples is observed in sexual dysfunction variable. Also, there is a significant difference among couples about to divorce and normal couples considering avoidant coping strategies but there is no significant difference between the cognitive and behavioral coping strategies.

**KEYWORDS:** Coping Strategies; Sexual Dysfunction; Couple; Divorce

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### INTRODUCTION

Marriage and divorce are both old and both are essential to the human (Volter, as cited in Sotodeh, 2001). According to definition divorce is a process which begins with experience of emotional crisis of couples and by attempt to resolve the conflict through entry into new situations with new roles and lifestyles ends (Gottman, 1993). Amato and Rajers (1997) express: Divorce is not an "event" but is a process of growth and transformation. In fact in some cases divorce must be accepted as a necessity because sometimes marital life becomes so bad that continuing cohabitation becomes intolerable and children who grow up in such a bad environment will suffer from obsession and emotional distress. But a small number of divorces are elected by two parties and lead to more freedom and mutual growth of them. The most common type of divorce is not done by mutual desire and one or two of parties experience feelings of injustice and lack of respect to themselves. So that, after sudden death, marital distress and divorce is the most intense pressures of life (Bloom Asher and White, as cited in Halford and translated by Tabrizi, 2006). In Iran, due to cultural beliefs psychosocial stressors centered about four DSM\_IV in comparison with foreign countries has the higher rate for women and this could indicate more serious consequences of divorce in Iran culture (Divandari, 2000). Due to the destructive consequences of divorce process and the enormous growth in recent years, many of the researchers paid attention to it. The number of divorces occurred during 18 years (1987 to 2005) has increased with rate of 28 percent. But in a 7 year interval (from 2005 to the first half of 2012) the number of divorces increased by 25 percent rate that this number has increased from 103,294 to 137,324 cases. Among these, from total number of occurred divorces, 14.31 percent were occurred in Golestan Province. While only 6 percent of marriages occurred in this province. The divorce rate in this province compared to year 1385 has increased about 115 percent and reached to 15.3 percent (Golestan registry office, 2012, quoted by Naimi, 2013). What is more important in the obtained statistics by state welfare organization of the province is that, the reason of 21 percent of occurred divorces is sexual problems or it is the first and most important reason (Naimi, 2013). Sexual relationships form part of couples' perceptions of each other which cause continuation of the marriage (Korsini, 1953). Despite the importance of sexual instinct in stability and strength of marital life, sexual desire is a taboo in all societies and religions and is covered with superstitious ideas. Many studies show that couples have potential and hidden conflicts about sex but keep it as a secret and avoid speaking about it (Spten, 1996; Larson, 1998; Simon and Gagnon, 2000; Metz, 2005; as cited in Kroor, 2007). Existence of problems in sexual matters such as lack of sexual desire, impotence, etc are hidden and are not expressed because of fear and anxiety, shame or feelings of inadequacy and guilt and couples don't express these problems correctly because of their modesty, so without the couple's awareness sexual problems cause conflicts. In fact, sexual problems are appeared by other hidden symptoms such as pain, depression and dissatisfaction with sexual relations and have

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undeniable effect on marital life (Ohadi, 2006). In other words, sexual problems affect thoughts and feelings and even these problems can largely affect their relationships (Shamloo, 2009).

According to DSM-IV-TR definition, sexual dysfunction is characterized based on the disorders in cycles of sexual response or based on the pain related to sexual intercourse and includes little sexual desire disorder, sexual aversion disorder, female sexual arousal disorder, male erectile dysfunction, orgasmic disorders, sexual pain disorders, and premature ejaculation. The prevalence of these disorders depends on how people define these problems and how they report them (Vakeli, 2005). In a survey study done by Roland Vaynkrvsvy (2008) about 4 thousand people were randomly selected and examined. Results indicated that 44 percent of men and 36 percent of women suffer from at least one or more types of sexual dysfunction. Its prevalence in the United States, England, Australia, Japan, China and Korea is 52, 32, 32, 26, 28, 37 percent respectively. In a study done by Mirtaki entitled the relationship between experience of orgasm and satisfaction of marital relationship, it was indicated that only 8 percent of women experience orgasm. Moreover, Dezhakam (2003) by emphasis on a study which was done in one of the western cities of Iran, states that more than 90 percent of urban women have never experienced orgasm.

Several studies have shown that the most common cause of divorce is inappropriate sexual relationships because if for any reason safe sexual relationship is not made between couples, one of the parties will be unhappy and bored and the possibility of divorce increases (Keyhan nia 1999). Saad al-Din Noorani, Joneidi, Shaker, Mokhber (2009) indicated that one of the main causes of marital disputes is sexual dissatisfaction. Majd (2009) believes that in Iran 40 percent of divorces are due to sexual dissatisfaction. Although at first sight this may seem strange or incredible but in view of many experts it is an undeniable truth (quoted by Jalali, 1992). Forootan and Milani's study (2009) in Tehran city entitles investigation of prevalence of sexual dysfunction from among 400 (108 men and 292 women) applicants of divorce referring to family court indicates that 66.7 percent of men and 68.4 percent women are not satisfied with their sexual lives. Mesterz and Jonhson (1977) in a study, state that sexual dissatisfaction is the reason of 50 percent of divorces. Maccarty (1999) express that whenever there is sexual inefficiency in a relationship, these would affect the relationship about 50 to 70 percent. Berzinak and Vismen in their studies (2004) showed that in terms of importance sexual problems are primarily issues in marital life. Asoode in a study (1384) has indicated that adapted men and women are satisfied with their sexual relations and vice versa incompatible men and women have expressed a strong dissatisfaction of their sexual relations. In similar studies which are done by Mazur and Mueller, 2002; Chandler and Brown, 1998; Dezhkam, 2003; Arezoo Pachkoo, Ramirez, pita, Prvnda Ruskin, 1992; Mobarak, 1986; Kabaksy and Batter, 2003; Danesh and Nejabatian, 2005; Najafi, Mir-Hosseini, Asari, Maghani Lankarani, 2007; Aghamohammadian, Gholi zade Reza, Avazi, Poshtiban, 2004 and Forootan, 2006, they reached results that suggest crucial role of sexual problems in occurrence of marital disputes.

Against studies which have shown the importance of sexual problems at level of primarily issues, other studies consider sexual problems at the same level of other causes of marital disputes, we refer to some of them below. Askryvy, Karastyd, Askrynr, Angel and Mandeli (1992) Marital satisfaction in couples with sexual dysfunction were in the normal range. Also Berg and Snyder (1981) showed that sexually impaired couples rarely benefit from short-term treatment of sexual dysfunction. Hartman (1980) examining couples with sexual dysfunction indicated that sexual dysfunction and marital conflict are independent of each other. Shah siyah 1387, Rafi et.al 2000, Ogvin and Mayer 1972 (quoted by Oliya, 2006) and Terman, (as cited by Bakhshayesh and Mortazevi 2010) obtained similar results.

In addition to sexual dysfunction lack of coping skills is also an important predictor of marital dissolution (Filsing and Toma, 1998; as cited by Ebadatpoor, 2001). Coping includes: applied individual's intellectual, emotional and behavioral efforts when faced with stress to overcome, endure, or minimize the effects of stress (Lazarooos and Folkman, 1984, as cited by Dafee, 1998). What is important in this regard is individual assessment of his ability to deal with the problem. These assessments may be based on facts and individual's real skills and abilities or may not be in accordance with fact and his abilities but whatever it is, individual's perceptions of abilities and capabilities are major detriment to deal with problems so that, coping strategies are also defined as change method or interpretation of situations (Lazarooos and Folkman, 1991, as cited by Hakenbri and Hakenbri, 1998). In other words, despite of learned skills if a person feels inability, he could not cope with problem.

According to Lazarooos and Folkman(ibid) coping based on the coping focus is divided into two categories of problem-centered and emotion centered. Parker and Endler 1990 (as cited by Khosravi2004) have raised three types of coping strategies: problem solving, seeking social support and avoidance. Problem centered efforts focusing on changing situation will cause pressure and focus on inhibition of stressors to reduce or eliminate distress (Folkman and Lazarooos, 1984, as cited by Mohammadi, 2006). Usually when the situation or event is changeable or person supposes that he can control or change the situation, he uses problem-centered method (Bend and Dryden, 2004). Coping focused on emotion tries to inhibit emotional consequences of stressors (Folkman and Lazarooos, 1984, as cited by Mohammadi, 2007) events like death which cannot change the situation or when the problem is so threatening for people and may draw individual's attention from problem itself to emotions related to

problem (Tree, 2001, as cited by Salek Hadadi, 2014) and finally, avoidant coping strategies involve cognitive activities and changes that aim to avoid stress-inducing situations. Avoidant coping strategies may appear by engaging in a new activity or turning to the society and other people (Heren and Mishel, 2003).

In most cases for effective and long term coping both approaches of problem-centered and emotion centered are essential. Although dealing with emotional aspects of a stressor event may be very important but emotion centered coping efforts do not face with the fact of problem and does not provide a long-term solution for it. Also, continuous efforts for solving a problem without considering its psychological impact on the person may endanger his health. Realistic long-term solution may damage a person's mental health and attempt to resolve the issue without getting short-term relaxation through emotion focused coping lead to failure (Kronvel, 1990, as cited by Aghayosefi, 2001). In other words you cannot say that coping strategies are good or bad as each of coping strategies may be either constructive or non-constructive for instance person who uses constructive problem-centered coping strategy seeks proper information about problem and seeks help of others, make realistic decisions instead the person who takes non-constructive approach looks for insufficient or incorrect information, uses inappropriate resources and makes unrealistic decisions (Kar, 2004). Also the person who takes constructive emotion-centered coping strategy seeking to establish a supportive relationship with friends In case if one employs non-constructive emotion centered coping strategy make destructive relationships and deny the problems and turn to imagination (Kasidi and Shiver, 1999, as cited by Kar, 2004). Golman (1995) express that the most important difference among normal couples and those whose marriage leads to divorce is use of approaches for suppressing crisis. In fact increase in improved cognitive and behavioral skills cause promotion and gaining new and complex skills, makes a positive perception (Hosseini kenar, 1995) and helps people to adjust negative emotions. Finally, a person can make a good relationship with others so problem-solving skill which is a cognitive skill is related to good adaptation (Derozilla, Nezo, 1990, Haga, Fine, Blazers, Stewart and Beck, 1995, quoted by Klinke, 1999). The importance of coping strategies in couple's relations is to the extent that some research also suggests that the lack of coping skills is one of the most important predictors of marital completion (Harper Chalchy and Sandbrg, 2000; Fylsyng and Thomas, 1998, quoted by Ebadatpoor, 2001, Rndall and Boodenman, 2009, quoted by Shahgholijan, 2008). Shahgholijan (2008) in a study indicated that Problem-centered coping style has a significant and positive relation with the pattern of couples' constructive relations and two styles of emotion- centered and avoidant style has a negative and significant relation with mutual constructive communication pattern. Keshavarz, Mehrabi and Soltanzadeh, 2010, Cheng, 2010, Ghazanfari, 2004, Sakhvdasky et al., 1998, and Ballard, 1993, found similar results in this field. Nevertheless Rezaei, 1386, Mnagan 1982 (quoted Husseini Ghadamgahi 1998), Bykslr, 2004. Williams, 2002 (quoted in Lotfi nia 2008 reported other results suggesting that coping strategies along with predisposing factors cause problems between individuals.

Studies indicate that in the field of sexual problems researches are increasing in foreign countries but a few studies are done in Iran regarding sexual problems and divorce. We can observe differences among conducted studies in these fields. Also, a study regarding comparison between the impairment of sexual function and coping strategies in order to determine their role in the occurrence of divorce has not been done. Considering the consequences of divorce, the question is whether the disorders of sexual function and coping strategies can be the underlying cause of divorce? Which one has more important role?

So on this basis, the main objective of the present study is comparing sexual dysfunction and coping strategies of couples who are applicants of divorce and normal couples and this study is done based on the following four hypothesis:

1. The rate of cognitive coping strategies of couples about to divorce and normal couples is different.
2. The rate of behavioral coping strategies of couples about to divorce and normal couples is different.
3. The rate of avoidant coping strategies of couples about to divorce and normal couples is different.
4. The rate of sexual dysfunction of couples about to divorce and normal couples is different.

## **METHODS AND MATERIALS**

This study is a casual- comparative study and population of the study is consisted of all couples demanding divorce which at least has sixth grade elementary degree and are in the age rate of 18 to 50 and in the interval from March 2014 to June 2015 refer to family court of Gorgan to demand divorce and also normal couples which at least has sixth grade elementary degree and don't refer to family court for resolution of marital disputes up to now and are not relative of the couples who demand divorce. It should be noted Inclusion criteria were minimum degree of sixth grade elementary, residence in Gorgan and the age between 50-18. Subjects of group of couples demanding divorce were 100 couple that by using random sampling method that from among files recorded in divorce offices of family branches during March 2014 and June 2015 and 100 normal couples from among relatives of couples demanding divorce through sampling grid were selected and the study was done. Peoples were offered to participate in the study and if they were unwillingness replacement was done.

Demographic variables for all samples were recorded in a checklist. For data collection the following tools were used:

- a. Sexual function questionnaire that has separate sections for men and women.

#### Female Sexual Function Index (FSFI)

This questionnaire was designed by Rosen et al, in year 2000 and includes 19 questions to assess female sexual function in 6 aspects of libido, sexual arousal, lubrication, or humidity, orgasm, sexual satisfaction, and pain. Grading questions is based on the scores from zero to five, it is obtained by adding grade of next questions, and higher scores indicate a better sexual performance. Women questionnaire had 89 points and is classified into severe impairment, (0-29), medium (59-30) and good (89-60). The reliability of the Female Sexual Function Index in 2000 was approved by Rosen et al. In Iran Forootan and Milani (2009) in their study used content validity for the validity of this test and also used Cronbach's alpha test for reliability. The rate of Cronbach's alpha tool, (FIFS) was 87.0.

#### International Index of Erectile function(IIEF)

This questionnaire had 15 questions and was designed by Rosen et al., (1997), this questionnaire measure five main areas of sexual function including orgasm, libido, erection, intercourse satisfaction and overall satisfaction. Male Sexual Function Index was 58 points and was in three class: severe disorders (19-0), medium (39-20) and good (58-40).this questionnaire was approved by FDA. Also Rosen et al., indicate that The International erectile function questionnaire is a tool with high sensitivity and specificity (Orolzhy,1997).In Iran Based on the study done by Forootan and Milani 2009, validity of male sexual function test was calculated through Cronbach's alpha about 0.81.

#### Billings and Mouse's coping skills questionnaire

This questionnaire was made by Billings and Mouse in 1981 and includes 19 sentences. Based on the analysis done by Billings and Mouse through factor analysis, sentences of this questionnaire includes coping active cognitive responses with 6 sentences, coping active behavioral responses with 6 sentences and avoidant responses with 7 sentences. From the other hand, this questionnaire includes problem-centered coping strategy with 8 sentences and emotion-centered coping strategy with 11 sentences. In this test a four-item scale: always, most of the time, sometimes and never is used and subjects based on the option get between zero to three points. Retest reliability coefficient have been reported about 79 percent. Validity of internal consistency of this questionnaire has been reported from 41 percent to 66 percent (Hosseini Ghadamgahi, 1968).

Using Spss software and statistical test of independent T data were analyzed at two descriptive and inferential levels.

## Findings

Investigation of demographic features showed that age average of studied samples were 30-35 (32.5 percent) and education level of majority of samples were diploma (38.5 percent).Most responders in group of couples demanding divorce were unemployed (43.5 percent) and most responders in group of normal couples were self employed (33.5 percent).

Demographic information of studied samples are presented in tables 1, 2, 3 and 4.

**Table1: Frequency distribution of subjects according to educational level**

Education of Couples N=400	Absolute Frequency	Relative Frequency
Sixth grade Elementry	39	9.8
Diploma	154	38.5
Associate Degree	156	33.5
Bachelor	48	12
Master	3	6
Total	400	100

**Table 2: Frequency of distribution of subjects according to age**

Age of Couples n=400	Absolute Frequency	Relative Frequency
18-23	35	8.8
24-29	103	25.8
30-35	129	32.3
36-41	126	31.5
42-47	7	1.8
Over 47	0	0

**Table 3: Frequency of distribution of couples applicants of divorce based on job**

Job of Caretaker Family N=200	Absolute Frequency	Relative Frequency
Public department employees	20	10.5
Private department employee	25	13.5
Self employed	62	32.5
unemployed	83	43.5

**Table 4: Frequency of distribution of normal couples based on job**

Job of Caretaker Family N=200	Absolute Frequency	Relative Frequency
Public department employees	48	0.24
Private department employee	42	0.21
Self employed	67	33.5
unemployed	43	21.5

The t-test results in relation to the hypotheses of the study are presented in Tables 5,6,7,8.

**Table 5: The results of t-test to determine differences in cognitive coping strategies in normal couples and couples facing divorce**

Couples	Number	Average	Standard Deviation	Amount	Significance Level	Dependent Variable
Divorce applicants	200	13.40	2.512	2.108	0.409	Cognitive Coping Strategies
Normal	200	14.85	2.701			

As shown in Table 5, the average scores of cognitive coping strategies in couples demanding divorce and normal couples are 13.40 and 14.85 respectively. Based on the calculated value of t (2.108) and calculated significant level (0.409) we conclude that there is no significant difference between the rate of cognitive coping strategies in normal couples and couples demanding divorce.

**Table 6: The results of t-test to determine differences of the rate of behavioral coping strategies in normal couples and couples applicants divorce**

Couples	Number	Average	Standard Deviation	Amount	Significance Level	Dependent Variable
Divorce applicants	200	13.815	2.903	1.956	0.319	Behavioral Coping Strategies
Normal	200	14.03	3.161			

As shown in Table 6, the average score behavioral coping skills in couples demanding divorce and normal couples equal to 13.815 and 14.03 respectively. According to the calculated t-value (1.956) and a significant level calculated (0.319), we conclude that there is no significant difference in rate of behavioral coping strategies among normal couples and couples demanding divorce.

**Table 7: The results of t-test to determine the rate of avoidant coping strategies in normal couples and divorce applicants**

Couples	Number	Average	Standard Deviation	Amount	Significance Level	Dependent Variable
Divorce applicants	200	18.145	4.381	1.156	0.003	Avoidant Coping Strategies
Normal	200	15.855	4.633			

As shown in Table 7, the average scores of avoidant coping strategies in couples demanding divorce and normal couples were 18.145 and 15.855 respectively. According to the calculated t-value (1.156) and calculated significant level (**003**), we conclude that there is a significant difference between couples demanding divorce and normal couples in terms of avoidant coping strategies.

**Table 8: The results of t-test to determine the rate of sexual dysfunction in normal couples and couples applicants of divorce**

Couples	Number	Average	Standard Deviation	Amount	Significance Level	Dependent Variable
Divorce applicants	200	22.600	1.481	4.156	0.0001	Sexual Dysfunction Disorder
Normal	200	21.900	1.846			

As shown in Table 8, the average score for sexual dysfunction in couples demanding divorce and normal couples are 22.600 and 21.900 respectively. According to the calculated t-value (4.156) was calculated significant level (0.0001), we conclude that there is a significant difference in rate of sexual dysfunction between normal couples and couples demanding divorce.

## DISCUSSION AND CONCLUSION

This study sought to compare the coping skills and sexual dysfunction in couples demanding divorce and normal couples. The results of statistical analysis regarding the hypothesis that the rate of cognitive coping strategies in couples demanding divorce and normal couples is different and showed no statistical significance. Of course, clinical difference in reduction of scores of subjects of group of couples demanding divorce in comparison to normal couples is observable. This result of study is not in line with Golman's study result who state that the most important difference between couples who have normal life and those whose marriage leads to divorce is in using strategies which help to suppressing stress and crisis and also is not in line with results of studies which reported that lack of coping strategies in one of the most important predictors of completion of marital life (Harper Chalchy and Sandbrg, 2000, Fylsyng and Thomas, 1998, quoted by Ebadatpoor, 2001; Randall and Boodenman, 2009, quoted by Shahgholian). Also, results of not statistical significance from the analysis are not in line with most previous studies done by Cheng 2010; Shafiee nia, 1381; Keshavarz, Mehrabi and Soltani zade, 2010; Drvzyla, Nzv, 1990; Haga, Fine, Blazers, Stewart and Beck, 1995; quoted by Klinke, 1999; Bv kam et al., 1989; Garman, 2008; Dbsn, 2010. However, these findings are consistent with Rezaei's studies, 2008 that in a study entitled "investigation and comparison of types of coping strategies in normal men and women and men and women demanding divorce in Marivan town" showed that normal men and women are not significantly different from men and women demanding divorce in terms of coping strategies. Moreover, Mengan (1982) (quoted by Hosseini Ghadamgahi, 1998) has indicated that problem-centered coping or cognitive coping reduces future problems but has less effect on the emotional turmoil. Bikslar's (2004) study showed that reduction of problem-solving ability does not alter temper. In this regard, we can refer to Ledoox (1996). According to Ledooks, amygdala stores emotional memories while the hippocampus and cerebral cortex store cognitive memories. Emotional responses can happen without activating superb processing systems of brain which are involved in thinking, reasoning and awareness. And if we look at coping strategies based on medical scheme, behavior and coping responses arise from schemes. Because infrastructure schema of these coping strategies were formed in childhood and adolescence and has strong emotional component, under stressful conditions, activation of individual's schema relative emotions are also activated and often these physical emotions are stored in the amygdala in terms of biology. In these conditions, emotions are activated unconsciously and before cognitive processing higher cortical areas of brain would lead to behavior or coping. This fact that cognitive and emotional aspects of disturbing experiences are stored in different areas of the brain can explain this problem that why only by cognitive method and behavioral training profound changes cannot be done (Yong Kloso Vishor, 2008). It can be noted that one of the most effective skills which make people successful facing problems is person's awareness of solving problem. Lack the cognitive skills to solve the problem made the person to act hasty and non-rational in different situations of life and in some situations make new crisis and problem like marital disputes. In other words, according to the results lack of this skill is not the cause of divorce in fact, reduction of problem solving skill along with predisposing factors cause interpersonal problems (Williams, 2002, quoted by Lotfinia, 2008), on the other hand this must be considered that selection of subjects of group of couples demanding divorce and normal couples from the same social class, in turn, could affect the study results. Another finding of this study showed that there is no significant difference between the use of behavioral coping strategies between normal couples and couples demanding divorce of course, the scores of group of couple demanding divorce are lower than scores of group of normal couple. Behavioral strategies, include all direct behavioral function that are done to control and improve the adverse effects of stressful situations, or to improve or change environmental threats. In this section, it was expected that there is a significant difference between couples demanding divorce and normal couples in terms of behavioral coping strategies, this result is not in line with other studies (Gomez, 1998, quoted by Elgar, 2003; Shahgholian, 2008; Cheng, 2010; Keshavarz, Mehrabi and Soltanzadeh, 2010; Harper Chalchy and Sandbrg, 2000; Goleman, 1995). Perhaps one reason for disalignment of this result with previous researches is that behavioral strategies include

all individual's direct actions which are done to control and improve the adverse effects of stressful situations, or to improve environmental threatening circumstances. So it includes impulsive behaviors that during which person acts immediately without thought, and evaluation of what happened or will happen and consequently leads to worsening the situation. Deciding about what the person does in stressful situations needs his own judgment, unfortunately, these judgments are influenced by negative emotions of past negative experiences (Yari, 1991, translated by Moghadasi, 1997). On the other hand, this can be considered that behavioral coping style alone can be a cause of divorce. These findings are in line with results of rezaee's (2008) study which showed that normal couples are not significantly different from couples demanding divorce in terms of using coping strategies.

Another result of this study indicates that use of avoidant coping strategy is significantly different in couples facing divorce compared to normal couples. Engaging in avoidant coping strategies of activities and changes is cognitive and their aim is to avoid stressful situation (Heron and Mishel, 2003). If couples face a problem in their marital relationships and are not able to agree efficiently on a solution and hide the problem, this mutual resignation will be accompanied by increased conflict. In this case the time and opportunity which can be used for finding new ways facing occurred problem is wasted. This situation can occur for several reasons. May be one or both couples did not learn effective strategies of dealing adulthood problems in adolescence. Or may learn these strategies at a time but due to successive application of avoidant coping strategy, effective skills are weakened because the use of avoidant coping mechanisms may temporarily lead to a reduction in tension. Feedback of permanent relief, regardless of its negative consequences usually motivates person to try it. Thus, on the one hand the problem continues and on the other hand spouses are in new problems arising from the improper use of these coping strategies. Studies have shown that people with high levels of perceived stress use avoidant coping strategies more (Masoodnia, 2010). Divorce as one of the most stressful resources can disorder cognitive structures and makes person disable in using coping strategies with stress (Hafariyan, 2008). This result of the present study is in line with two-year longitudinal study done by Boodenman et.al.(2006) who investigated the relationship between couples' coping strategies with stress and quality of marital interaction. Also, Shahgholian, 2008, two styles of emotion-centered and avoidant style have a significant negative relationship with mutual constructive communication pattern. Results of Cheng (2010) study are in line with results of the present study. Cheng found that couples' use of problem-centered coping styles lead to greater marital satisfaction. And use of emotion-centered and avoidance-centered coping styles has an inverse relationship with marital satisfaction. Also, Shafieenia in a study reported that two problem-centered and avoidant styles has a significant negative relationship with mutual constructive communication pattern.

As the results showed rate of dysfunction of couples demanding divorce is different from rate of dysfunction of normal couples. T test with significance level (0.0001) showed this difference statistically significant. In addition, rate of sexual dysfunction in couples demanding divorce is higher.

This result of the present study is in line with result of many conducted researches outside and inside country which indicates crucial role of sexual dysfunction in appearance and endurance of marital disputes. Forootan and Milani's (2009) research in Tehran entitled investigation of prevalence of sexual dysfunction in divorce applicants referring to family court from 400 (108 men and 292 women) divorce applicant showed that 66.7 of men and 68.4 percent are not satisfied with their sex lives. Mesterz and Johnson (1977) believe that failure reason of 50 percent of marriages is sexual dissatisfaction. Maccarty (1999) states that when there is inefficient sex in a marital relationship, about 50 to 70 percent of relationship is influenced by this factor. Berzinak and Visman (2004) in their study indicated that in terms of importance, sexual matters are at same line with the most important matters of marital life. Asoode (2006) in a study showed that compatible men and women are satisfied in their sexual relationship and conversely incompatible men and women have expressed strong dissatisfaction of their sexual relationship.

Amirian et.al, 1384 did a study on 120 women referring to counseling center and family courts in Shiraz and indicated that average sexual satisfaction in women demanding divorce is far less than women who didn't have intention of divorce. Sadeghi, Ahmadi and Nemati 1988 in a study done to investigate reasons of divorce concluded that 82 percent of married women did not have sexual satisfaction, 74 percent of men demanded divorce because their wives were cold-tempered and officially 4.6 percent of women stated that sexual dissatisfaction is the main reason of divorce. Movahed and Azizi 2012 in a study entitled studying the relationship between women's sexual satisfaction and conflict between spouses on 400 married women in Shiraz showed that women's sexual satisfaction relationship and conflicts between couples are 99 percent it means that there is an inverse relationship between these two variables. Noorani poor (2008) in a study done on 105 married student (54 women and 51 men) showed that sexual attitudes with 99 percent certainty can predict changes in marital satisfaction. Densi 2003 in a study showed a significant relationship between quality of relationship with spouse and sexual disorders. During the study it was found that the lowest rates of sexual dysfunction were in a group who had reported good relationships with their spouses and when quality of couple relationship is reduced sexual disorders will be increased so that in a group who reported quality of their relationship with their spouses very bad 100 percent of cases had sexual disorders. In this regard Mazur and

Mueller, 2002; Chandler and Brown, 1998; Dezhkam, 2003; Aghamohammadian and et.al, 2004; Noori sad al-din and et.al, 2009; Mobarak, 1986; Kabakxy and battery, 2003; Rvzpatchkv et al., 1992; Danesh and Nejabatia, 2005; Najafi et al., 2005; and Forootan, 2006 found similar results in their studies. However, there are evidences that reject mentioned hypothesis, Askvyv and Karastyd et al., 1992 reported that Marital satisfaction in couples with sexual dysfunction were in the normal range. Also Berg and Snyder, 1981 showed impaired married couples rarely benefit from short-term treatment of sexual dysfunction. Hartman (1980) by investigating couples with sexual disorder showed that sexual dysfunction disorder and marital conflict are independent of each other. Shah Siyah 2009 in a half-experimental study on 30 couples and six sexual training session by people of experiment group indicated that sexual training is effective in improvement of total score of couples' marital quality ( $p < 0.001$ ) and its all aspects: marital satisfaction ( $p < 0.001$ ) sexual satisfaction aspect ( $p < 0.001$ ) marital conflict aspect ( $p < 0.05$ ) sexual intimacy aspect ( $p < 0.001$ ) but it is not effective in marital commitment aspect ( $p = 72.0$ ) and marital adaptation aspect ( $p = 66.0$ ). Rafi et.al, 2000 examined sexual satisfaction in 2500 married women in America. Studied group includes persons in the age range of 20 to over 60 and were from different nations and races. Results of this study indicated that women who were satisfied of their sexual relationships with their spouses were more satisfied of their lives. Also the results showed that majority of married women do not have sexual satisfaction. Ogiven and Mayer (1972) (quoted by Oliya, 2007) in their studies concluded that sexual relationships are not the main reason of divorces but 30 percent of couples' dissatisfactions are due to their sexual relationships and if problem continues durability of marriage will be disturbed. Terman's study has indicated that although sexual factors are one of the important factors of marital satisfaction but they are not more important than other factors. Problem in sexual relationships can indicate that there are other problems in marriage (quoted by Mortaevi and Bakhshayesh, 2010). In addition to this, researchers express that general quality of marital relationship is one of the cognitive factors in sexual disorders. Sex is considered as a hidden reason for a better relationship or conflict between spouses. Sexual pleasure makes many of daily problems and marital conflicts are ignored and increase emotional affiliation between the couple (Ventogeted, 1998, quoted by Askari, 2002). So that, a lot of aggressions, disputes and objections are related to these disorders (Milanifar, 2001). Therefore, it is expected that those people who have less sexual satisfaction in their marriages, try to relive themselves from this situation through getting divorce (Tomson, 2007). But it should be noted that sexual function is a cycle and biological and psychological factors or the internal and external factors influence on it (Bison, 2004). A problematic sexual relationship may have a detrimental effect on public engagement of couple. In practice a vicious cycle of influence may occur that in which marital disharmony interfere with successful sexual function and sexual disorders cause more marital incompatibility (Spens, 1991, translated by Toozandeh jani). As it has been reported treatment of sexual disorders in couples with marital problems have led to improved quality of spouses relations (Terner et.al, 1990) and on the other hand resolving conflicts between spouses is recognized as a component of treatment of sexual function (Halorsen and Metez, 1992). In this regard, Kinnzberg (2002) showed that sexual partner's Psychological or physical problems which is followed by reduction of desirable relationship with spouse is a factor in creating sexual disorders. Betel (2002) in his study entitled Sexual desire and satisfaction with the partner expressed that elderly German men consider good relations with wife is a factor in increasing this desire.

Finally, the results of this study suggest that using Avoidant coping strategies, especially sexual function disorders are factors of creation or continuation of marital disputes. Based on these, the present study suggests paying attention to education and counseling family programs especially in the field of sex education to couple and it seems more necessary than other areas of family counseling and if culture level promotes it will be more fruitful. The limitation of this study is modesty of studied normal couples which can affect responses of sexual dysfunction questionnaire which consequently affect results of the study but this is less true in case of couples demanding divorce.

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