

Effectiveness of Mindfulness Based Cognitive Therapy on Marital Adjustment

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ABSTRACT

This study aimed to evaluate the effectiveness of mindfulness-based cognitive therapy group, marital couples in Kermanshah in Iran. The study sample consisted of couples referred to the counseling center in Kermanshah in Iran. The sample consisted of 60 subjects (30 couples) who, in the sample were selected. The subjects were randomly divided into experimental and control groups, respectively. For collecting data, Dyadic Adjustment Scale (DAS) was used. Analysis of covariance was used for data analysis. The results showed that levels of marital adjustment is effective Mindfulness, Mindfulness-based cognitive therapy sessions could increase marital adjustment.

KEYWORDS: Cognitive Therapy, Family, Marital Adjustment, Marital Satisfaction, Mindfulness

1. INTRODUCTION

Couples living together in the belief that only death can separate us from the start. At the beginning of marriage, couples are full of faith to believe, but the reality is something else. Common life, which is further influenced by several factors, some of which may be life into the conflict, psychological separation, divorce, and even the official divorce, and these factors lead, marriage becomes a battle field (Tabatabai, 2009). It is noteworthy that, even on its own can not conflict, but conflict couples will destroy marriage, when problems can have positive results. Inconsistencies between the couple, when faced with the problem that makes it, the positive aspects of the relationship overlooked. Marital incompatibility of love and affection, agreement, consent, sympathetic are without bias, a negative effect (Crowe and Ridley, 2005).

Attention to the couple's communication patterns, something that in recent decades, has been of interest to researchers in the field of couple therapy. According to the couple's communication patterns, we can predict divorce. On the other hand, healthy and constructive communication patterns, a major cause of marital satisfaction, and communication patterns are damaged; one of the causes of marital problems and dissatisfaction (Ahmadi and Fatehzadeh, 2005). Marital relationship satisfaction and mental health is an important factor in the strength of the family (Ghorbani, Kazemi, Bahreini-Boroojeni, Ghorbani and Sepehri-Boroojeni, 2012). Satisfaction among couples is that there are couples mutual respect, and communication skills and a greater understanding of each other (Mir-Ahmadzadeh, Nakhai-Amroodi, Tabatabai and Shafieian, 2003).

Marital satisfaction and marital agreement is the outcome, and the interior is felt. The term marital agreement, the proper relationship between the couple described. In connection with the above agreement, both pairs such behavior, thought and perception which, though your wait needs are met, and there is no problem that arises in their pores. No agreement on marriage and marital problems between couples is high, and keeps them from feeling the satisfaction of needs. Most couples in a variety of agreements, to a variable degree of agreement and disagreement are not agreed upon experience (Heidari, 2006).

Life is like a table, 4 main bases. One of the foundations of love, love, sympathy is another, and that the two sides can talk about their beliefs, and are similar in terms of culture and personality, one for the other sex (Mohamadi-Kangarani, 2013). One of the critical aspects of a marriage is the consent of the spouses, feels and experience in their relationship (Taniguchi, Freeman, Taylor and Malcarne, 2006).

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Marital satisfaction is objective sense of happiness, satisfaction, and pleasure of the men and women with regard to all aspects of the marital relationships. Marital satisfaction is emotional stability as an important component of both spouses, count (Fisher and McNulty, 2008).

People for peace and banish fears and anxiety, it is necessary to continuously flow, and every moment of life deep relationship, and realistic in its place. Some of the exercises, with a focus on the five senses to understand the deep and soothing, and the pleasures of the moment arrive. For example, eat slowly, and try to understand the tastes and focus, focus on breathing and deep understanding of the tail and the tail (Datilio and Freeman, 2013). Mindfulness is a way to focus on and clearly see what happens in our lives. Mindfulness does not remove the pressures of life, but it can help to answer them calmer way, the way of the heart, the brain and the body is beneficial. Mindfulness helps, and often unconscious habitual emotional reactions, and physiologic to recognize everyday occurrences, and we stop them. Mindfulness will provide insight and understanding. Practicing mindfulness, enables us to live and work, we have quite a

presence, and to enhance the quality of life (Rebecca, 2011). Mindfulness exercises, followed by a "vision" of the phenomenon of emotional, mental and the person making the person a better understanding of their needs will, thus creating positive change in individuals (Jrnr and Malinowski, 2005).

Based on the theoretical foundations and research, said the study is of particular importance. Also, in previous research, research that has examined this issue is just not there. With due regard to the religious, cultural and social of these findings, it is of great importance. Therefore, this study aimed to overcome the gaps in previous research, and to explore the effectiveness of cognitive therapy, marital satisfaction Kermanshah in Iran.

2. METHODOLOGY

In this study, a pilot study with two groups of experimental and control groups, with the pretest and posttest. Experimental studies mainly are assessing the impact of the independent variable on the dependent variable (Biabangard, 2008). In this study, the effects of mindfulness and cognitive therapy group sessions, we examined the levels of marital adjustment. The study sample consisted of couples counseling center in Kermanshah, Iran. The sample consisted of 60 subjects (30 couples) who, in the sample were selected. Age of between 20 to 40 years. The subjects were randomly divided into two experimental groups and the control group. Before running the test on the Dyadic Adjustment Scale was administered to both groups. After, the experimental group participated in the sessions of mindfulness and cognitive therapy. The control group did not run any programs. After meeting again, both groups responded to the Dyadic Adjustment Scale. For data collection, the Dyadic Adjustment Scale (DAS) was used. Numerous studies have demonstrated the reliability and validity of the questionnaire (Borjali, 2013). A period of 8 sessions of mindfulness, cognitive therapy approach to the experimental group was performed. Time was 2 hours each session. More content will be presented in each session.

First Session: automatic guidance in learning the exercises and do them, people can not defend themselves.

Second Session: Addressing Barriers: the presence of mind to have a balanced life helps.

Third Session: Mindfulness of Breathing and Body Negative thoughts create our relationship with limited experience.

Fourth Session: Attendance at the time: The learning exercises and do they allow people, to care for themselves and be compatible with the existing situation.

Fifth Session: Let the presence of mind, helps to have a balanced life.

Sixth Session: Absolute not true thoughts, negative thoughts associated individuals, with limited experience.

Seventh Session: How to protect yourself: If people can learn the exercises and perform them in live situations and events that have optimal performance.

Eighth Session: The application of the material learned in dealing with future emotional states.

3. RESULTS

In this study, we hypothesized that mindfulness techniques of cognitive therapy, can enhance a couple's marital life. In other words, the increase of mindfulness, marital adjustment increases. Table 1 shows the scores of the experimental group and the control group pretest and posttest have been reported. It is clearly seen that, all components of marital adjustment in the experimental group than the control group. Also observed that, in the post-test scores of the experimental group was higher than the pretest. Pretest and post-test control group, the differences were small.

Table 1. Mean and standard deviation of the experimental group and the control group pretest and post-test

Variable	Examine	Experiment Group		Control group	
		Mean	Standard Deviation	Mean	Standard Deviation
Marital Satisfaction	Pretest	38.80	8.644	27.97	6.966
	Post-test	49.97	8.139	27.50	7.960
Dyadic cohesion	Pretest	10.63	13.205	6.40	1.694
	Post-test	15.70	3.583	7.03	3.529
Dyadic consensus	Pretest	18.77	3.683	18.00	6.654
	Post-test	40.43	7.916	14.20	4.238
Amour expression	Pretest	16.13	2.389	5.47	1.961
	Post-test	54.57	7.718	4.43	6.366

To determine the significance of these differences, the analysis of covariance was used. The results of this analysis are presented in Table 2. The table shows that, overall marital adjustment, in the experimental group than the control group. The standard deviation of the experimental group, the control group is less. The covariance of F in Level 0.001 is significant, and this shows that mindfulness sessions of cognitive therapy techniques can marital couples, a significant increase. Table 2 shows that the ETA, the effect of mindfulness and cognitive therapy sessions, group, marital increase high.

Table 2. Mean and standard deviation of marital adjustment, in the experimental group and the control group in the post-test and analysis of covariance

Variable	Experiment Group		Control group		Analysis of Covariance		
	Mean	Standard Deviation	Mean	Standard Deviation	F(1,58)	P-value	ETA
Marital Satisfaction	120.43	2.54	89.43	3.54	75.53	0.001	0.57

4. Conclusion

The present study aimed to investigate the effects of mindfulness sessions, the cognitive therapy group, and the increase in marital adjustment was performed. The results showed that these meetings are effectively managed, the overall marital adjustment, and all the elements needed to increase marital adjustment. So one way to help couples that have compatibility problems, the meetings will be conscious mind.

The findings of this study indicated that the above information in mind, couples, increased marital satisfaction, and couples are very aware of the power of the mind, than those who are less intelligent mind, higher marital satisfaction. The second part of Table 1 shows that, the duo session of mindfulness increases the correlation between the couple. Top of mind awareness causes, couples feel emotionally closer to each other. The third section of Table 1 shows that the increase of mindfulness to increase the degree of agreement between the spouses. The final part of Table 1 shows that, Mindfulness increased expression of affection between the couple. The findings of this study are similar to previous studies (Brown and Kasser, 2005; Burpee and Langer, 2005; Hossein-Poor, Shahrooi and Ebadi, 2009; Kang, Jung, Bae, 2011).

In total, according to these results, we concluded that, Mindfulness is one of the factors, the compatibility between the couple. It is also important to note that, through meetings of mindfulness, we can increase the compatibility between the couple. Given the key role of HR in quality of life, the results can be useful to use the application. These findings can also be used for applications in family counseling centers. Consultants through programs Mindfulness can help couples compatibility problems. Children in the family also have a special place, and compatibility with other family members, and school environment can the quality of family life, personal and helpful. Therefore, we propose that, in future studies, researchers have the effect of mindfulness, the compatibility of children and students, families and schools are studied.

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