

## The Efficiency of Reality Therapy Instruction upon the Rate of Life's Qualification and Marital Conflicts of Addicted Spouses

Maryam Tadayon<sup>1</sup>, Dr. Alireza Mohammadi Arya<sup>2</sup>, Dr. Hamidreza Lotfi<sup>3</sup>

<sup>1</sup>M.A of Clinical Psychology of Islamic Azad University of Tonekabon

<sup>2</sup>Professor of Behzisti Sciences & Rehabilitation

<sup>3</sup>Professor of Islamic Azad University of Tonekabon

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### ABSTRACT

The purpose of the present study is to determine reality therapy instruction upon the rate of life's qualification and marital conflicts of addicted couples inferred to Nooshahr Behzisti. The statistical population of this study included 223 persons, 120 persons were selected as samples from Moorgan table and answered to life's qualification and marital conflicts questionnaire, then 40 persons of them were selected and were replaced in two groups, each group 20 persons (one experimental group and one control group) randomly. Then reality therapy of Glasser was instructed to experimental group during 5 sessions, each session including 2 hours and control group received no instruction; After reality therapy instruction, life's qualification and marital conflicts of addicted spouses were measured and then were analyzed. The data showed that reality therapy instruction is effective upon the rate of life's qualification and marital conflicts of addicted spouses.

**KEYWORDS:** reality therapy instruction, life's qualification, marital conflicts , addicted spouses

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### INTRODUCTION

According to marital problems [1], some researchers know interpersonal conflicts as an usual event in marital [2]. However these conflicts in spouses and also not being able in solving them may weaken family's life. According to [3], when person's behavior isn't concordant with the other person's expectations, it results in conflict. The reaction toward personal differences is the origin of marital conflict and when anger feeling, hostility, hatred, hate, jealousy, verbal and physical misbehaving are seen, becomes more clear. Pootnam states that conflict may result in some differences in the field of basic and secondary goals of interactional persons with each other and each know the other as strong falconer to reach to their goals [4]. Greef and Bronieh (2000) know conflict as one process that one of them understands to be suppressed his/her favorite affairs. The unpleasant events of life affect life's qualification and may result in mental disorders such as depression and anxiety [5] marital conflict has been known as one of the prevalent problems in today's society. This problem is seen as being low of life's qualification of spouses, addiction, problematic behavior among children, misbehaving with spouse and physical-verbal conflict between, spouses and finally results in divorce [6].

According to research, Addiction toward narcotic drugs may result in problems between spouses [7]. [8] showed that there are significant relationship between different behaviors with marital problems and also marital problem of spouses with depression. They also found that marital problem plays a mediator role between staff's problems and their mental health.

Addiction also may affect life's qualification and marital conflicts directly. Therefore, psychotherapy interventions are necessary for families with addiction problem to solve their conflicts and marital problems.

Addicted person's women show more physical problems than the other women [9]. Although spouse addiction may affect upon women's life negatively however some women may decrease hostility and its outcomes by using of favorite strategies [10].

Therefore it's better to use psychotherapy interventions in order to improve the quality of marital communications among vulnerable women. We used reality therapy method to measure its effectiveness upon life's quality and marital conflicts. Reality therapy has been existed upon selection theory. This theory states that our actions is behavior and our whole behaviors are selected. Gessler knows four indicators for behavior including performance, thinking, feeling and physiology. We control upon performance and thinking indicators directly and upon feeling and physiology indirectly. The basic emphasis of selection theory is upon performance and thinking indicators [11].

Gessler believes that one person may change him/herself in each communication and this means internal control. Therefore, it's better to avoid external control to succeed in our life and we regard selection theory instructions. Responsibility is one of other indicators of reality therapy. Gessler believes that responsibility is like selection and every person may understand responsibility differently. However, nobody can truly state that

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<sup>\*</sup>Corresponding Author: Maryam Tadayon, M.A of clinical psychology of Islamic Azad University of Tonekabon.

he/she isn't responsible his/her selections. If we don't accept the responsibility of our actions, we change into a dangerous human. [12].

[13] compared the efficiency of marital consulting by Ellis mental – emotional – behavioral method , Glasser reality therapy method upon decreasing marital conflicts and found that both of them result in decrease spouses conflicts however their effects are same.[14] showed that reality therapy by grouping method is effective upon decreasing solitude feeling of Shohad's spouses (women) in Ahvaz city.

Studies related to addiction have been emphasized upon the prevalence, the kind of used drugs, feedback to them, predictive factors, dangerous factors or supporting factors and also decreasing life skills of addicted persons. No study has been done about the state of women with addicted spouses.

## MATERIALS AND METHODS

The present study is one experimental design, pretest – pasttest design with control group. It included two groups of subjects and both of them were evaluated twice. The first measurement including one pretest and the second measurement including one past test for experimental group and control group were done. Groups were selected randomly and fifty percent of them in experimental group and fifty percent also in control group were replaced by random sampling method. The statistical population of the present study consist of all addicted person's spouses inferred to Nooshahr Behzisti. With regarding that the statistical population of this study consist of 223 persons, 120 persons were selected as samples and implemented life quality and marital conflicts questionnaire, 40 persons were selected as study's sample unit and then were replaced in two groups, each group 20 persons (one experimental group and one control group) randomly. The experimental group received reality therapy instruction and control group received no instruction and both groups participated in past test. Life quality questionnaire This questionnaire has been designed to measure person's life quality. It was formed by world health organization in 1889.[15] in their study upon 1167 persons of Tehran city reported test reliability 77% in physical health field, 77% in mental health field, 75% in social communications field and finally 84% in life environment subscale by retest method. Marital conflicts questionnaire This questionnaire consists of three parts scale that has been designed to measure marital conflicts stages. It includes 27 phrases, stage1, including 11 phrases, stage 2 including 5 phrases and stage 3 including 11 phrases. These stages consist of making program, discussion and conversations. This questionnaire is suitable to evaluate marriage therapy because it has been known as alone scale to evaluate marital conflicts matel at separate stages. It's internal consistency is good and sufficient. Alph range for men between 0/91-0/95 and for women between 0/88-0/95 have been reported. The correlation of these three stages has been reported between 0/64-0/96 by retest method.

## RESULTS

We used covariance analysis (MANKOVA) to test this hypothesis "reality therapy instruction is effective upon the rate of life quality and marital conflicts of addicted persons women". Before analyzing, It's better to survey the data of this test including regression homogeneity, Linear relation, homogeneity of variance – covariance matrice and homogeneity of variances.

Table1: The survey of international effect

significance level	Error of free degree	Group of free degree	F	Quantity	the interaction of independent variable & pretest
0/960	33	2	1/581	0/822	Wilk's Lambda for life quality variable
0/111	33	2	0/964	0/762	Wilk's Lambda for marital conflict variable

  

significance level	F	MS	Df	SS	The interaction of independent variable and pretest
0/960	33	2	1/581	0/822	The pretest of life quality Error
0/111	33	2	0/964	0/762	The pretest of marital conflict Error

As it is clear from the above table, the assumptions of regression homogeneity has been accepted (confirmed)

Table 2: Box's test to survey the homogeneity of variance

2/647	Box's
0/832	F
3	df <sub>1</sub>
2/59	df <sub>2</sub>
0/476	significance level

variance matrices is seen.

**Table3:** Levin test to survey the homogeneity of variance

Significant level	df <sub>2</sub>	df <sub>1</sub>	F	variable
0/658	38	1	0/199	life quality
0/231	38	1	0/735	marital conflict

As it is clear from the above table, the significance level of calculated F is more than %5, therefore the difference of variances isn't significant statistically and the assumption of variance equality is seen.

**Table4:** The first mean

standard deviation	Mean		Group	dependent variable
	Pasttest	Pretest		
10/567	83/20	55/95	Experimental Control	life quality
9/467	65/60	65/50		
11/369	33/75	58/60	Experimental Control	marital conflict
15/090	49/70	51/25		

**Table5:** The Adjusted mean

The limits of population mean with %95 assurance		standard deviation	mean	variable	
low limit	high limit			test	Control
56/555	43/007	3/337	49/70	test	life quality
77/692	61/714	3/935	69/703	Control	
71/095	55/062	3/949	63/078	test	marital conflict
56/257	37/347	4/657	46/802	Control	

As the above table shows, after adjusting scores, there is difference between the means of life quality and marital conflict. It has been used Mankova analysis with Benfrony correction method to survey being significant this difference statistically.

**Table 6:** Effect measure test on the basis of Wilk's Lambda.

Effect measure	Significance level	Error free degree	Group free degree	F	Value	Effect
0/344	0/001	34	2	8/913	0/656	Wilk's Lambda

As it is clear from the above table and  $F(2,25)=8/913$ , Effect measure=0/344, Group reality has been effective upon decreasing marital conflict and increasing life quality.

### DISCUSSION AND CONCLUSION

Persons with positive self-concept and responsible toward their actions experience self – efficiency and it affects upon self – esteem, internal control and their adjustment. The reality therapy instructed to addicted persons women to satisfy their basic needs correctly and also can believe that behavior, thinking and their feeling are affected form internal control. It may result in positive self – concept, high self – esteem, high adjustment of addicted person's women.

The acquired result of main hypothesis of this study has been congruent with [14]research They studied the efficiency of reality therapy consulting by group method upon decreasing solitude feeling of Ahvaz Shohada spouses. According to the data, this method was effective upon decreasing solitude feeling. The acquired result of main hypothesis of this study has been congruent with [16]that studied the efficiency of group method by reality therapy upon marital satisfaction of female students of Yazd University. According to the results, this therapy method has increased the scores of total scale of marital satisfaction and its subscales. It can be used this method for pre-marriage consulting and also instruction the principles of this theory to families.

[17] studied the rate of the efficiency of group consulting by reality therapy method upon decreasing dangerous behaviors of criminal women in Isfahan city. According to the results, this method has been effective upon decreasing dangerous behaviors of criminal women and increasing their responsibility.

[11] , [18] showed that the rate of the efficiency of reality therapy has been high upon consulting process.

Glasser believes that happiness is a basic need and smiling & happiness may result in mental intimacy between therapist and client. Consulters should use this method to increase happiness. Glasser also use the instruction of happiness increasing techniques to improve life quality.

According to Glasser reality therapy theory, reality therapists should identify hopelessness symptoms and also fit skills to deal with hopelessness situations. Their goals are recognition of symptoms and hopelessness situations – to replace the positive thoughts instead of hopelessness thoughts and to avoid form self – blame that are effective upon decreasing depression.

If persons succeed in reality therapy method, they reach to self – actualization that may rely upon themselves. If they don't succeed, they suffer. The reality therapists believe that the main problem of most clients is same. They show problem in communicating. The clients problems are resulted from their disabling in communicating or communicating in satisfactory manner with at least one person in their life. The therapist leads clients to have satisfactory communicating and he/she instructs to behave effectively. The more communicating of clients with others may result in experiencing satisfaction [19]. Therefore the reality therapy instruction is effective upon spouses communications.

Reality therapy with correct instruction and learning skills for being responsible may be effective upon the problems of marital conflicts. The member of experimental group could think about themselves and report their inferences sincerely. The participation in instructional sessions may result in self – recognition of adults and this state leads to better behavior, more adjustment, more constructive decisions, changing the behavior, better communications and also better methods to satisfy mental – social needs. It has been used of relaxation technique in reality therapy instruction sessions to decrease stressors resulted in addiction. It has been effective upon decreasing these factor upon marital life.

The results of this study indicate that reality therapy with correct instruction and learning skills for being responsible may be effective upon the problems of marital conflicts and life's qualification.

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