The Effectiveness of Training Communication Skills On Marital Satisfaction

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Abstract: The Main Purpose Of This Research Was Investigating The Effect Of Training Communication Skills On Marital Satisfaction In Karaj. This Quasi-Experimental Research Was Conducted By The Use Of Pretest-Posttest For Both Control And Experimental Groups. The Population Of The Study Consisted Of 40 Married Women In The Age Range Of 30 To 40 Years Old Who Were Living In Karaj and They Were Referred To Marital Counseling Center Of Seyyed Al-Shohada In Karaj. The Assessment Tool Is Enrich’s Marital Satisfaction Questionnaire (1997). The Results Of Data Analysis By Using Paired T-Test And Multivariate Covariance Showed That, Training Of Communication Skills Will Increase Marital Satisfaction In Factors Such As (Positive Affect And Absence Of Negative Affect).

Keywords: Marital Satisfaction, Married Women, Communication Skills

I. INTRODUCTION


II. STATEMENTS OF THE PROBLEM

Marriage Is Described As One Of The Basic And Important Human Relationships, Because It Provides The Basic Structure Of Building A Family Relationship For Training Of Children In The Next Generation. From A Long Time Ago The Roles And Functions Of The Family Have Been Attracted The Attention Of Psychologists, Sociologists And Educators. Marital Life Of Man And Woman Starts By Marriage And Making Family And Marital Satisfaction Guarantees Mental Health Of Family. One Of The Most Important Aspects Of Marital Satisfaction System Is Something That Spouses Experience In Marriage. But Divorce Statistics That Is The Most Prestigious Indicator Of Marital Turmoil Indicates That, Marital Satisfaction Is Not Easily Accessible (Khandandel, 2015). The Respected Variable In Previous Lines Is The Ideal Satisfaction Of Each Couple And It's Necessary For The Continence Of Marital Relationship And Protection Of Family Environment. High Statistics Related To Divorce And Emotional Divorce Indicates To The Fact That, These Factors Have Been Neglected In Modern Life. So, To Reach Satisfaction In Marriage Wife And Husband Need To Make An Efficient And Effective Relationship (Karahan, 2000). The Main Question Is That, Whether Married Partners Are Satisfied With Their Relationship Or Not? In Fact, They Should Watered, Acknowledge And Support Each Other. Marital Relationship Must Be Based On Mutual Trust And Respect And In This Relationship Romance

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And Intimacy Should Be Involved. Furthermore, Each Of The Spouses Requires A Competent And Aware Partner Who Would Be Available In Resolving Conflicts (Jafari, 2011).

The Main Question In This Research Is That: Is Training Of Communication Skills Effective On Marital Satisfaction Of Married Women?

Research Hypothesis
The Main Hypothesis:

Sub Hypothesis:

Research Objectives
The Overall Objective:
Determining The Effectiveness Of Training Communication Skills On Marital Satisfaction Of Married Women.

Partial Objectives:
Determining The Effectiveness Of Teaching Communication Skills On Positive Affect Of Married Women.
Determining The Effectiveness Of Teaching Communication Skills On The Absence Of Negative Affect In Married Women.

Literature Review
III. RESEARCH METHODOLOGY
This Applied Study Is Based On Semi-Experimental Method And In Which Pretest-Posttest Design Was Used In Control Group.

IV. THE POPULATION, SAMPLE AND SAMPLING METHOD
The Population Of The Study Consisted Of All Married Women In The Age Range Of 30-40 Years Old In Karaj City. Aim Of This Study Was To Examine The Relationship Between Training Of Communication Skills And Marital Satisfaction Among Women.Population Was Limited To Women Who Have Had At Least Two Years Of Married Life, In This Way Marital Satisfaction Actually Can Be Measured.

V. DATA ANALYSIS METHOD
For Data Analysis, Spss Software Was Used. In Descriptive Statistics Section, Frequencies And Frequency Tables Of Respondent Groups Were Presented. In Statistics Part, Paired T-Test And Covariance Analysis Were Used.

VI. HYPOTHESES TESTING
Main Hypothesis: Training Of Communication Skills Are Effective On Marital Satisfaction Of Married Women.

<table>
<thead>
<tr>
<th>Groups T Marital Satisfaction</th>
<th>Number</th>
<th>Degree Of Freedom</th>
<th>Mean Difference</th>
<th>Significance Level</th>
<th>T Freedom</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pair 1</td>
<td>20</td>
<td>19</td>
<td>26.6</td>
<td>0.000</td>
<td>15.299</td>
<td></td>
</tr>
</tbody>
</table>

The Table Above Shows The Results Of Paired T-Test. Pair 1 Shows Scores Of Marital Satisfaction. Experimental Groups Were Compared Before And After Interventions. Paired T-Test Has Confirmed The Difference Between Pretest And Post-Test In Both Pairs. So The Hypothesis Of The Study Is Confirmed And In 0.95% Confidence Level It Can Be Said That: Training Of Communication Skills Is Effective On Marital Satisfaction Of Married Women.

Table 1-2: Marital Satisfaction By Analysis Of Covariance Test

<table>
<thead>
<tr>
<th>Scale</th>
<th>Total Mean Squares</th>
<th>Degree Of Freedom</th>
<th>Mean Squares</th>
<th>F Coefficient</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modified</td>
<td>4463.441</td>
<td>2</td>
<td>2231.721</td>
<td>1439.354</td>
<td>0.000</td>
</tr>
<tr>
<td>Post-Test Model</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Experimental</td>
<td>4814.782</td>
<td>2</td>
<td>2407.391</td>
<td>2407.391</td>
<td>0.000</td>
</tr>
</tbody>
</table>

In The Above Table, Based On The Analysis Of Multivariate Covariance It Can Be Seen That, Group That Received Intervention (Experimental Group) Has A Significant Difference With Group That Didn’t Receive Intervention (Control Group) (Sig= 0.000). So The Hypothesis Is Confirmed. But Two Groups Don’t Have Any Difference In Pre-Test Scores.

Sub Hypothesis:

<table>
<thead>
<tr>
<th>Scale</th>
<th>Total Mean Squares</th>
<th>Degree Of Freedom</th>
<th>Mean Squares</th>
<th>F Coefficient</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modified</td>
<td>655.568</td>
<td>2</td>
<td>327.784</td>
<td>369.073</td>
<td>0.000</td>
</tr>
<tr>
<td>Post-Test Model</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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| Experimental Post-Test Model | 319.461 | 2 | 159.730 | 50.425 | 0.000 |

In the above table, based on the analysis of multivariate covariance it can be seen that, group that received intervention (Experimental Group) has a significant difference with group that didn’t receive intervention (Control Group) (Sig= 0.000). So the hypothesis is confirmed. So, training of communication skills is effective on positive affect of married women. But two groups don’t have any difference in pre-test scores. Training of communication skills is effective on the absence of negative affect in married women.

In the above table, based on the analysis of multivariate covariance it can be seen that, group that received intervention (experimental group) has a significant difference with group that didn’t receive intervention (control group) (sig= 0.000). So the hypothesis is confirmed. So, training of communication skills is effective on positive affect of married women. But two groups don’t have any difference in pre-test scores.

2. Training of communication skills is effective on the absence of negative affect in married women.

Table (5-1): test of covariance to assess the level of negative affect in married women

<table>
<thead>
<tr>
<th>Scale</th>
<th>Total mean squares</th>
<th>degree of freedom</th>
<th>mean squares</th>
<th>F coefficient</th>
<th>significance level</th>
</tr>
</thead>
<tbody>
<tr>
<td>modified controlled post-test model</td>
<td>936.471</td>
<td>2</td>
<td>468.236</td>
<td>1870.054</td>
<td>0.000</td>
</tr>
</tbody>
</table>

In the above table, based on the analysis of multivariate covariance it can be seen that, group that received intervention (Experimental Group) has a significant difference with group that didn’t receive intervention (Control Group) (Sig= 0.000). So the hypothesis is confirmed. So, training of communication skills is effective on the absence of negative affect in married women. But two groups don’t have any difference in pre-test scores.

VII. RESEARCH FINDINGS


Applicable Suggestions

- To Attain The Actual Effect Of Training Communication Skills On Marital Satisfaction, It Is Essential That Spouses Participate In Both Stages Of Teaching Communication Skills.

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- In Addition To Teaching Of Communication Skills In Counseling Centers, Various Methods Can Be Used For The Awareness And Easier Access Of Public To The Education Of Communication Skills.
- It Is Better That, These Trainings Be Done Before Marriage To Improve Communication Skills.
- Culture-Building In The Field Of Education And Learning Of Communication Skills To Enhance Couples’ Marital Satisfaction And Happiness.

REFERENCES

[2] Aluja. A. Et Al ., Personality , Social Values , And Marital Satisfaction As Predictors Of Clinical And Health Psychology , 7(3) , P725.