

# The Effectiveness of Training of Cognitive-Behavioral Skills on Marital Satisfaction and Marital Exhaustion in Married Women Teachers of Kish Schools

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## ABSTRACT

The present study was done in order to study the impact of cognitive-behavioral skills training on improvement of marital satisfaction and marital burnout. Statistical population in this study consisted of studying married teachers of kish state schools in 2015-2016 academic year that 60 teachers were selected using the screening method and were placed in two groups as experimental group and control group. The used tools include the job burnout Questionnaire and Sanaei marital satisfaction Questionnaire. This study was a semi-pilot design and its research design (plan) was the pretest - posttest with control group. The data analysis was performed by the Single-Variable Covariance Analysis Test and Multi-Variable Covariance Analysis. The results showed that cognitive-behavioral skills training have a significant effect and positive on the marital satisfaction and reduced job burnout in married teachers of experimental group. The difference between experimental and control group was significant. In other words, cognitive-behavioral skills training results in the improvement of marital satisfaction and reduced marital burnout in teachers of experimental group.

**Keywords:** Cognitive-Behavioral, Skills Training, Marital Satisfaction, Marital Burnout.

## Introduction

Man is social beings that they form groups for providing their social needs and family is one of the most natural groups that it can obviate his needs. The family as the social-emotional unit is core of growth and development, healing and Treatment, Changing and transition of damages (illness) and Complications that it is bed for Efflorescence and also Collapse of relationship between its members. Also, the family is institution and the Basic

foundation in the social structure of communities that health or lack of health of that involved in consolidation or dissolution of society (Goldenberg and Goldenberg, 2000; quoted from the Brovaty and et al., 2010). Dryden 2 (2000) showed that people who have are more irrational thinking, they are more anxious, depressed and chaotic than others. One of the visions that have recently been considered in relation to the reduction of

such ideas, it is school of psychotherapy "logical-emotional-behavioral" (Albert Ellis 1).

According to The underlying assumptions of this therapeutic approaches, our emotions arise from opinions, assessments, our interpretations into life situations (Ellis, 1993; Bond, 2000; quoted in the Chinese Ave and Baghbanbashi, 2003). Cognitive therapy behavior, is considered a new development in psychological therapy. However, in such a short time, it could focus on own more interest in clinical specialists. Three main reasons for this interest are: First, cognitive-behavioral techniques, unlike other forms of behavioral therapy deal with directly to the thoughts and emotions that they have the unfold importance in all mental disorders. Second, cognitive behavioral therapy fills a gap between the way that many therapists feel purely behavioral methods and Dynamic Psychotherapy. Third, this new treatment methods, on the contrary, dynamic psychotherapy have scientific basis and they show more capable in assessing of clinical activities (Manor, 2001). Presumably in the planning process for the treatment of depressive disorders, cognitive approaches, drew the attention of most therapists. Today, cognitive Therapeutic behavior, has much wider applications that most of which are related to the cases that they cannot be treated simply and effectively usage of other methods. These include: anxiety and obsessive-compulsive disorders, eating disorders, some physical problems, aspects of morbidity in chronic mental illness and sexual and marital problems (Kirk and Clark, 1989). Level of knowledge and cognitive-behavioral skills is One of the many variables that influence on Behavior and individual performance in family , but what is more important is

amount of the impact of these variables on different human characteristics and personality traits, such as individual and family : marital satisfaction and marital burnout. So many studies have examined the effectiveness of training of cognitive - behavioral variables on family variables. In cognitive-behavioral approach is help couples to learn their thoughts and ideas about unpleasant events objectively evaluated and put to the test. In other words, they tested them with the evidence, and corrected self-cognitive distortions, earned new and more adaptive about themselves, the world and future and reduced dysfunctional schemas (Siemens, 2005). Marital Satisfaction is most important variables which in recent years assign to itself a large share of research in cognitive consent. Marital satisfaction is objective feeling of happiness, satisfaction and experienced joy by women and men with regard to all aspects of the marital relationship and it is considered one of the most important components of emotional stability of couples (Fisher and Maknalty, 2008; quoted in Pakravan, 2011). Checking of effective Factors on marital satisfaction is important because person satisfaction from marital life is an important part of an individual's health. Winch 1 in this regard writes: "relationship with partner central aspect of a person's emotional and social life and marital dissatisfaction can harm to couple ability for establishing Hunky-dory relationships with children and other people outside the family" (Winch 1974 quoting of Motamedin, 1383). Marital satisfaction is emotional cognitive and mental evaluation who person has it from his marital relationship (Greif, 2000). From the perspective Lindgren (2003), frazzle is Leg in a fall of physical, emotional and psychological that it arises from the mismatch between expectations.

Frazzle is a gradual process and rarely occurs suddenly. In fact, intimacy and love Pales step by step and along with it, a sense of the public fatigue caused. In its most severe form, this frazzle is caused the breakdown of the relationship. Frazzle by definition is Leg in a fall of physical, emotional and psychological that it arises from the chronic mismatch between expectations (Pines, 1996; translated Gohary rad and Afshar, 2004). Frazzle appears when couples discover that despite all the done efforts, this relationship didn't give and never will not give no special meaning and concept in their lives (Van Pelt, 2009). Accumulating of Attenuator psychological pressures of love, gradual increasing of fatigue and gathering of Small annoyances helps the incidence of frazzle (Burke, Virginia and Doors, 2007). The main research question is whether training of cognitive-behavioral skills is effective on marital satisfaction and marital frazzle?

## Method

This study is a quasi-experimental research and research design of that is pretest-posttest designs with a control group that type of diagram of layout is as follows: The statistical community of study included all married women teachers in public schools of Kish. In this study, the sampling way of Screening was used after the implementation of questionnaires on the 200 people that 104 people have below average score in the dependent variable and among of 104 people , 30people were randomly assigned to experimental group and 30 group were assigned to control group . According to previous studies that it know enough between 30 people to 60 people for experimental studies (Delaware 2011), 60 people were selected as sample. The data collection tool in this study, two

instruments and a training package has been used for cognitive-behavioral skills training that they include:

## Cognitive-behavioral skills training package

This package is formed from combination of cognitive and behavioral approaches (whether in the form of cognitive therapy and in the context of cognitive psychology and cognitive science of base). In cognitive Therapeutic behavior , Strength Hints of approaches of Therapeutic behavior and Therapeutic Recognition namely the objectivity, assessing and Measurement On one hand The memory in the reconstruction and interpretation of data on the other hand also came and used . In this approach, cognitive processes is considered as an effective element in information processing and individual reactions to stimuli (Houghton et al., 2003). Cognitive-behavioral skills training were provided in 12 sessions of 90 minutes in 6 weeks (two sessions) based on the cognitive behavioral approach for the experimental group.

## Marital Satisfaction Index:

Provided Marital satisfaction index by Sanaee (1996) is tool of 25 questions that it has been developed for measuring of Amount, severity or extent of the problems of husband or wife in the marital relationship. This person Inculcates Property of a relationship a whole unit, but it measures the scope of the problems related to the man or woman. "Marital satisfaction index" doesn't measures amount of marital Compatibility because man and woman may have good compatibility despite difference or extreme dissatisfaction. This index has two cut scores that One is score (+5) 30 and grades under it is the sign of the lack of

clinically significant difficulties of relationship. Scores over 30 indicate on a significant clinical problems. The second cut- score is 70. Scores higher than 70 are almost always a sign that the client is experiencing severe stress. Perhaps the idea or the use of violence can be considered explicitly for solving problems. Alpha coefficient of the questionnaire was obtained in the present study 775.0 that it suggests the top validity of this questionnaire.

Scoring: Scoring "marital satisfaction index" Like most measuring tools and Elmer, first is calculated with reversing and rolling up scores of questions of numbers 1,3,5,8,9,11,13,16,17,19,20,21,23, then these scores is collected with the scores of questions remaining, is deducted number of completed questions, this number is multiplied by 100 and divided by 6 equals the number of answered questions. The Domain of obtained figure is between 0 and 100 that higher scores of it is a sign of the extent or severity of the problems.

### **Marital Burnout measure**

Marital Burnout measure (CBM) is a self-evaluation tool that it has been designed by Pines for measuring the degree of marital burnout among couples. This questionnaire is consists of 21 items, which includes three main components: Feel physical fatigue (feeling of tired, lethargic and having sleep disorders), Peter emotional (feeling of depression, frustration and trapping) and Peter psychological (feelings of worthlessness, frustration and anger to the wife). scoring of this scale is in a In a seven-point Likret spectrum in domain between 0 (never) to 7(always) that the subjects specifies Number of Happened times of Considered cases in your marital relationship. Scoring of 4 material also is done inversely and

Subjects higher score on this scale is a sign of more exhaustion. The scale reliability coefficient was calculated 0.76 with retest method in a period of a month.

Also, the reliability of this scale was around 0.91 to 0.93 using Cranach's alpha method (Pines, 1996). This questionnaire obtained a score that it indicates on the degree of a person's marital burnout. Grade 2 and less = good marital relationship, Grade 3 = There is a risk of burnout. Grade 4 = There is burnout mode. Grade 5 = it represents a crisis. Grade 6 and above = it states needing for immediate aid. Data collection of present study was conducted in three stages and with the above method. 1- the pre-test stage 2- stage of cognitive-behavioral skills training were provided in 12 sessions of 90 minutes in 6 weeks (two sessions in week ) based on the cognitive behavioral approach for the two experimental group. 3- The post-test stage was performed.

### **Findings**

Study Results of The correlation between marital burnout and marital satisfaction in table 2 shows that there is Positive and significant correlation between marital Burnout and marital satisfaction.

As Shown in Table 2. The adjusted mean difference of marital satisfaction of two experimental and control groups in post-test is significant statistically ( $P=0.005$ ,  $F=21/8$ ). The amount of scores difference of two experimental and control groups or The size of the effect of training method is ( $56/0 = \eta^2$ ) ; Which means that the 56% variance of remaining total scores, is influenced by cognitive behavioral training. Also, The amount of statistical power is one, means that the accuracy amount of this analysis is in high level in finding of significant differences and the sample size is sufficient for this test.

**Table 1.** The correlation matrix of Dimensions of marital burnout and marital satisfaction after the test

|                        | 1       | 2       | 3      | 4      | 5      |
|------------------------|---------|---------|--------|--------|--------|
| 1-marital burnout      | 1       |         |        |        |        |
| 2-Physical fatigue     | ** 0.22 | 1       |        |        |        |
| 3-Peter mental         | **0.42  | *0.30   | 1      |        |        |
| 4-Peter                | **0.32  | **0.18  | **0.35 | 1      |        |
| 5-emotional            | *0.26   | **0.32  | **0.16 | **0.45 | 1      |
| 6-marital satisfaction | ** 0.22 | ** 0.14 | **0.32 | **0.19 | **0.41 |

0.05≤P\*0.01≤P\*\*

**Table 2.** The analysis results of difference variance of two experimental and control groups in marital satisfaction after the test

| Source changes    | Test power | Partial $\eta^2$ | Significance level | F    | Wilks` Lambda |
|-------------------|------------|------------------|--------------------|------|---------------|
| Group Memberships | 1          | 0.56             | 0.005              | 8.21 | 0.44          |

**Table 3.** Results of single- variable analysis of covariance of marital burnout difference of experimental and control groups

| Source changes    | Test power | Partial $\eta^2$ | Significance level | F     | Mean Square | Degrees of freedom | Sum of squares |
|-------------------|------------|------------------|--------------------|-------|-------------|--------------------|----------------|
| Group Memberships | 1          | 0.62             | 0.0005             | 91.21 | 229.58      | 1                  | 229.58         |

The presented results in the above table shows that post-test scores of marital burnout is Unidirectional different significantly in 99% significance level in the experimental and control groups by removing the impact of pre-test scores (  $F=91.21$ ,  $P= 0.005$  ) . Comparison of Averages of marital burnout changes in two groups at post-test stage , after removing of the effect of pre-test. Thus, it has decreased in the experimental group from 13.73 to 13.59 and it has increased from 17.37 to 17.51 in the control group. The amount of effectiveness of cognitive behavioral training on marital burnout is 0.62. This means that the 62% of the total variance of remaining scores Arises from cognitive behavioral training. The amount

of statistical power is 1; This means that the accuracy amount of the analysis in finding significant differences is in the high level and The sample size for this test is enough. According to this, the second hypothesis is confirmed in this study. This means that cognitive behavioral skills training reduces the amount of marital burnout of married teachers.

The results of analysis of multivariate variance, was used in analysis output of variance for studying the difference between experimental and control groups in dimensions of marital burnout that the results of which are shown in Table 4. Corrected mean of the variables listed in Table 4.

**Table 4.** Analysis of Multivariate variance of difference between experimental and control groups in dimensions of marital burnout in the post- test

| Source changes          | Test power | Partial $\eta^2$ | Significance level | F     | MS   | df | SS   |
|-------------------------|------------|------------------|--------------------|-------|------|----|------|
| Physical fatigue        | 0.53       | 0.14             | 0.02               | 2.41  | 0.03 | 1  | 0.03 |
| Commonness of mental    | 0.86       | 0.16             | 0.003              | 9.83  | 0.19 | 1  | 0.19 |
| Commonness of emotional | 0.99       | 0.27             | 0.0005             | 19.42 | 0.21 | 1  | 0.21 |

The results presented in Table 4 shows that the difference between control and experimental groups is statistically significant in all the sub- variables. This means that cognitive behavioral training has significant effect on all sub-variables of marital burnout. The results in Table 4-8 on relationships suggest that the difference between control and experimental groups is statistically significant ( $f=9.83$ ,  $p=0.003$ ). This means that cognitive behavioral training is effective on married teachers. The amount of effectiveness of cognitive behavioral training on the relationship teachers is 16%. This means that 16% of the variance of the total remaining scores arises from cognitive behavioral training. The amount of statistical power is also 0.86. This means that the accuracy amount of the analysis in finding of significant differences is in the high level. The sample size for this test is enough. Comparing of the adjusted means in Table 4 also shows that average of the control group, is higher than the experimental group average. Comparison of roles average in both test and control groups showed statistically significant difference ( $F= 19.42$ ,  $p =0.0005$ ). These findings suggest that cognitive behavioral training is effective in reducing marital burnout of teachers.

## Discussion

In regarding of the effectiveness of counseling with cognitive-behavioral method can) point to Comment of Datilv

(1994). He states about the effectiveness of this method that behavior change would be insufficient for constant solving of the marital conflict, especially if conflict be serious and permanent. To do this cognitive restructuring is required. Only by changing the Belief structure of Couples about marriage can be sure that there will be more satisfying relationship. Cognitive therapists when working with couples try to correct unrealistic expectations of them about what they should gain from this relationship and teach them how to reduce the devastating interactions. Distortion in the evaluation of the experiences due to negative schemas is studied. Therapist helps couples both to accept responsibility for their Discomforts By identifying and representing of each partner schemas about yourself, your spouse and marital relationships. To know therapist who works with couples, reconstruction of distorted beliefs has central and fundamental impact on bad behaviors change. The results of this study in accordance with the table ... Showed that training with cognitive-behavioral method has a positive and significant impact on marital satisfaction of married women. The results of this study is consistent with the results of research conducted by Ghiyasi and colleagues (1389), Sudany and colleagues (1388), Chang (2008), Chalder, Tang and dyare (2002), Astanston and Shadish (1997), Northrop (1997), Sanaee (1379), Shahrooi (1386), Eshghi (1385), Saymy (1384),

Aghaie and colleagues (1383) and Tabrizy (1383). Beck and colleagues (1985) have noted in regarding of the emergence of marital burnout that the most important cause of it is anxiety. There are several reasons that some uneasy people, in recognition of his thoughts, face a problem. First, negative automatic thoughts that may seem ordinary enough not to attract attention of person to itself. Second, the visual images play a major role in anxiety and these images may be extraordinary fleeting. So, understanding on them and reminding of them is difficult. Third, because thoughts related to the risk are alarming, Anxious people try immediately to drawn down to tag those sorts of images or ideas. For this purpose, they attend to else thing and or they recede their selves from situation that it was sparked that idea, This means that it is not processed carefully and the person cannot be aware of the exact nature of cognitive perceptions of anxiety (Ghasem Zadeh, 1389). Ellis (1998) in using of the mental, emotional treatments believes that psychological problems (i.e. negative emotions and non-adaptive behaviors) are preserved with Interpretation of people of the events of his life. (These beliefs arise from False reasons or Rational errors such as absolute thinking or generalizing excessive and disastrous knowing) using the technique of cognitive restructuring, when wrong thoughts and cognitive distortions are identified, and are replaced appropriate and rational thoughts, marital burnout of people reduced (Omidvar, 1387). The findings Sara son (1984) suggests that lack of focus on the issues that must be resolved depends heavily on anxiety caused by the failure. All humans have the innate ability to solve problems of life. However, this ability must be internalized in them in proportion to the time and position of the

person in life as efficiently and effectively skills, So cognitive-behavioral skills training with emphasis on the most important personal and social issues, is as an important and undeniable Principle that many countries have special attention to that despite its place in the educational programs of our country is empty. Because cognitive-behavioral skills training based on learning is cooperative and practical. So these activities helps to better understand their performance and be able to manage them better for developing behavioral and personality balance in public. In such circumstances, if cognitive behaviors of students are targeted and Accompany with motivation and strong beliefs and from terms of behavior , it leads to of the more effective and positive outcomes, it will lead to increase in internal dynamics of them.

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