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**EVALUATE THE EFFECTIVENESS OF COUPLES THERAPY BASED ON  
COMMITMENT AND ACCEPTANCE (ACT) ON REDUCING MARITAL  
CONFLICT WORKING COUPLES IN ISFAHAN EDUCATION**

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**ABSTRACT**

This study is based on commitment and acceptance of the effectiveness of marital therapy to reduce marital conflict in the city of Esfahan. This research is fundamental for the implementation of the experimental method pretest - posttest control group design was used. In order to reach the objective of all working couples in the study, 40 patients were selected randomly 20 patients in the experimental group and 20 patients in the control group. A draft questionnaire to collect data, marital Barati and Sanaei (1996) commitment and acceptance-based therapy and training package was used. Data from the questionnaires using the experimental and control groups were analyzed by analysis of covariance. The results showed that the training commitment and acceptance-based therapy is to reduce marital conflict. The commitment and acceptance-based therapy training can reduce the dimensions of marital conflict (collaboration, sex, emotional reactions, children's protection, family relationships with relatives and friends, wife Personal relationship with your family and finances separate from each other) has a significant impact.

**Keywords: Commitment and acceptance-based therapy, marital conflicts**

**INTRODUCTION**

For families, the most important institution for the needs of material, psychological and spiritual man and the best platform for its members and foster a new generation of security and psychological comfort Social

and emotional needs of children and meeting the people provided, however, in the present family system problems And key challenges, and sometimes on its integrity has been questioned (Mohammad

Khani and Azadmehr, 2009). One of the major problems in any family and marital conflict is a dispute. As the conflicted phenomenon that engenders love in marriage is inevitable. Conflict develops when a person acts bulk that interferes with another person's actions, as the two men closer together as the conflict increased bulk. Conflict between family members to harm the unity and integrity. Intensity conflict leads to hypocrisy and aggression and militancy and eventually collapse and the decline of the family. Kiovyng, 1996). Conflicts arise when couples collaboration and joint decision that comes because the couples that are due to the cooperation and joint decision, Varying degrees of independence and solidarity to show that these differences can be on a continuum from mild to contrast categorized conflicts (Jung and Lang, 1998). The conflict arises when one party feels the relationship; partner suppresses some of her favorite things (Greif and Bryan, 2009). Although in the early days of marriage man and woman are standing commitment to each other, but in some cases the reality is otherwise. Experts researches have shown that about half of the couple's family, her marriage failed and assessment may result in marital conflict is the failure (Navabinejad, 2010). Increasing the risk of separation and marital conflicts

in the contemporary world and its negative effect on mental health and their children's cause to counselors and family therapists theories and approaches to help couples present conflict, one of the approaches based on acceptance and commitment therapy. It is an evidence-based psychological intervention strategies, acceptance and mindfulness in different ways with commitment and behavior change strategies in the mash. Which aims to change the thoughts, feelings, and the formation of flexibility takes place (Izadi Askari, Taher Neshat Dost, and Abedi, 2010), which in this research to prevent and reduce the effect of this treatment in reducing marital conflict marital conflict is discussed.

### **The importance and necessity of research**

Marriage is the most important decision in life, and about 95 percent of people at some point in their marriage. During the marriage, the various variables can affect how couples together. These variables, compatibility or incompatibility of the couple's sexual relationship with (Porafkary, 2008).

### **Studies abroad**

Menden Hall, Gerot Vant Mac Roy (1996), study methods of conflict resolution and communication skills to couples before marriage taught. In their relations and

showed a greater ability to resolve the conflict. Weiss and Heyman (1997) review studies show that most studies of married couples in disagreement with each other and react to conflict focused on problem solving. Klein, Plysent, Wheaton and Markman (2006) research on the quality of the marital relationship as conflict resolution skills did. The results showed that conflict resolution skills training are effective in improving sex and relationships can be improved. Hayes (2015) the effect of acceptance and commitment therapy on the principle of differentiation families and young couples were marital. Results show that the acceptance and commitment therapy increased the level of differentiation and arguments of the original families to higher marital satisfaction influences and the dependence of parents husband more than her attachment to parents cause marital discord and disenchantment.

#### **Research carried out within the country**

Mansour, Adib Rad (2004) in a study entitled "Comparison between marital conflict and its dimensions in female patients of Shahid Beheshti University of consulting services and normal women" came to the conclusion that marital conflict is significant, however, in the sample no, but the dimensions of the conflict between these two groups of people there are

significant differences. The dimensions of marital conflict in female patients with certain personal characteristics such as age, job, wife, spouse's job, marriage and level there is a significant relationship between family incomes. Saidi, Bahrami, Etemadi (2006) in a study entitled "Effectiveness of short-term solution-focused therapy to reduce conflicts between couples Khomeini Isfahan city" came to the conclusion that even short-term solution-focused therapy, the reduction of the total score subscales of marital conflict in terms of communicating with his family, with friends, leisure, sex, problem solving, financial and egalitarian roles have been effective.

#### **METHODS**

This research is a quasi-experimental study with pretest-posttest control group that both groups are measured. The first measurement by performing a pre-test and post-test was conducted under a second measurement.

#### **Population:**

The study population consisted of all working couples Education in Isfahan in 2013-2014.

#### **Sample and sampling:**

First, using simple random sampling questionnaire marital conflicts among 100 couples who were distributed education in the city. The 40 couples who had higher scores on the questionnaire marital

conflicts as the sample size selection And randomly divided into two groups, testing and control (20 patients in the experimental group and 20 patients in the control group), and then the experimental group received 10 sessions of 90 minutes of treatment with ACT approach.

**Demographic sample**

**Table 1: The frequency distribution of the sample by gender**

Percent	Frequency	Gender
40	16	Man
60	24	Female
100	40	Addition

**Analysis of data**

**Table 2: Comparison of statistical indicators of marital conflict and its dimensions in both control and experimental groups**

After the test		pre-exam		Indicators	Variables
Control	Test	Control	Test		
14/32	8/85	16/01	15/65	Average	Reducing cooperation
4/70	1/23	5/78	5/44	Standard deviation	
15/70	8/32	15/55	14/73	Average	Decreased sex
3/98	1/31	4/24	4/90	Standard deviation	
13/90	7/98	14/31	14/60	Average	Increase children's protection
3/73	1/50	3/98	3/82	Standard deviation	
23/64	15/87	23/91	24/28	Average	Loss of family relationships and friends With relatives wife
5/55	4/66	6/78	6/69	Standard deviation	
22/41	13/80	24/31	24/55	Average	Increase personal relationship with your relatives
4/90	3/29	6/12	5/37	Standard deviation	
27/42	15/50	28/92	29/39	Average	Finances separate from each other
6/93	4/91	7/10	6/82	Standard deviation	
163/30	89/82	178/99	175/59	Average	Marital conflicts
18/88	12/38	21/99	21/49	Standard deviation	

**Table 3: Test to determine the equality of variance Levin**

Levine's test (equal variances)		Test Component
Sig	F	
0/61	0/589	Assuming equal variances
		Given the lack of variance

**Table 4: In order to investigate the homogeneity of regression slopes**

sig	f	MS	Df	Total squares	Index
0/43	0/982	0/415	1	0/415	Pre-test * group

**Table 5: Analysis of covariance-based therapy training and admission commitment to reduce marital conflict**

Partial Eta	sig	f	MS	df	Total squares	Source Changes
0/961	0/001	442/074	153/400	1	153/400	pre-exam
0/538	0/001	24/760	8/592	1	8/592	The difference between groups
----	-----	-----	0/347	37	12/849	Error
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To analyze the data, descriptive and inferential statistical methods in the spss software was used. In this regard, the descriptive statistics of frequency, percentage, mean, standard deviation and inferential statistics are used analysis of covariance.

Furthermore, the significance level  $\alpha : 0/05$  was considered in this study. Data were analyzed using SPSS software. Analysis of covariance was used.

**A DESCRIPTIVE FINDING:**

Research hypothesis: training commitment and acceptance-based therapy in reducing the impact of significant dimensions of marital conflict.

**Table 6: Results of the multivariate analysis of covariance components marital conflict and post-test scores of experimental and control groups, the control effect of pretest**

Significant level.	df error	df hypothesis	f	Deal	Exam Name
0/001	25	7	4/47	0/86	Test the effect of Pylayy
0/001	25	7	4/47	0/83	Wilkes Lambda test
0/001	25	7	4/47	11/05	Test the effect of Hotelling
0/001	25	7	4/47	11/12	The biggest test root

**Table 7: Results of univariate analysis of variance components in the context of marital conflict and post-test scores MANCOVA the experimental and control groups**

sig	f	Mean square	Degree of freedom	Total squares	Statistical Indicators Variables
0/001	26/35	420/33	1	420/33	Reducing cooperation
0/001	31/61	572/48	1	572/48	Decreased sex
0/001	34/76	833/50	1	833/50	Increased emotional reactions
0/001	31/54	651/36	1	651/36	Increase children's protection
0/001	30/56	510/43	1	510/43	Loss of family relationships and friends With relatives wife
0/001	31/15	578/70	1	578/70	Increase personal relationship with your relatives
0/001	32/20	710/549	1	710/549	Finances separate from each other

## CONCLUSIONS

First hypothesis: education, commitment and acceptance-based therapy in reducing marital conflicts have a significant effect in Isfahan.

As can be seen training commitment and acceptance-based therapy is to reduce marital Conflict. The results of this study with the results of Weiss and Heyman (1997), most studies Of married couples in disagreement with each other and react to conflict focused on problem Solving. Brennan, Gorchtal, Sara (2009) which increased acceptance and commitment therapy and marital satisfaction in couples, and to reduce the personal and psychological distress in couples is effective, is consistent. The results of this study with the results RajabiImani, Khojasteh Mehr, Beyrami, beshlideh

(2012), both treatments (performance-based

acceptance and commitment therapy and behavioral therapy) affect the goal of treatment. Acceptance-based therapy, integrative behavioral couple therapy than retrospective, the Performance was more variable and variable concern behavioral marital therapy integrated Holistic therapy based on reception was more efficient than behavior, is consistent. Is based on acceptance and commitment therapy approaches. It is an evidence-based psychological intervention strategies, acceptance and mindfulness in different ways with commitment and behavior change strategies in the mash. Which aims to change the thoughts, feelings, and the formation of flexibility takes place (Izadi etal, 2010) Also when couples learn to

accept the hardships of life and to live a rich life, full and meaningful and practical work that led to the enrichment of life, their commitment, Can lead to a decrease in marital conflicts or reduce unrealistic expectations and thoughts are irrational and vicissitudes of life. Finally, based on acceptance and commitment therapy education can lead to a reduction in conflict, of hypocrisy and aggression and militancy and eventually collapse and the decline of the family. The second hypothesis: training commitment and acceptance-based therapy in reducing the impact of significant dimensions of marital conflict. As can be seen training commitment and acceptance-based therapy can reduce the dimensions of marital conflict (collaboration, sex, emotional reactions, children's protection, family relationships with relatives and friends, spouse, personal relationship with your relatives and digging financial affairs of another person).

The results of this study with the results of Weiss and Heyman (1997), most studies of married couples in disagreement with each other and react to conflict focused on problem solving. To illustrate this hypothesis can be said that when a couple of couple's therapy have to be based on acceptance and commitment can better cope with the pain and stress of life. In fact,

it enables couples to disrupt the relationship between stressful emotions, relieved. Couples therapy based on acceptance and commitment will enable people to continue their marriage, after being threatened, creating intimacy and thus reduce marital conflict answer. Thus, in education and dedication to teach couples to avoid any action or control unwanted perceptions ineffective and exacerbate them. Which can lead to increased acceptance of mental training on the subjective experiences (thoughts, feelings) and vice versa, leading to increased collaboration, sex, emotional reactions, children's protection, family relationships with relatives and friends, wife, personal relationship with their relatives and not separate from each other and ultimately reduce marital conflict is finance.

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