

A Comparision of Effectiveness of group Systematic Motivational Counseling (SMC) and Couples Communication Program (CCP) to Reduce the Marital Distress. in Iran

Heidari H

*Corresponding Author: Islamic Azad University (IAU)
Science& Research Branch, Tehran, Iran*

Sanaei Zaker B

Dep. of Counseling Psychology, Tarbiat Moallem University, Tehran, Iran

Delavar A

Dep. of Counseling Psychology, Allame Tabatabaei University, Tehran, Iran

Navabi-nejad Sh

Dep. of Counseling Psychology, Tarbiat Moallem University, Tehran, Iran

Shafiabady A

Dep. of Counseling Psychology, Allame Tabatabaei University, Tehran, Iran

Abstract

The present research tries to compare the effectiveness of group systematic motivational counseling (SMC) and couples communication program (CCP) to reduce the marital distress.

The clients consist of 30 couples of the counseling center of provincial city of Arak, getting married for at least 2 years and at most for 15 years and were willing to participate in the present research . the subjects were chosen at random in three groups (two test-groups and one control group) and each contained 10 couples chosen randomly, a week before to performing the counseling methods on 3 groups, a pre-test marital distress was conducted ; then, each test-group was subjected to counseling methods for ten sessions. The control group was not subjected to any experiments during this period and one week after the sessions, each group was post-tested on marital distress. The results was analysed through co-variance analysis (ANCOVA).

The results indicated that the systematic motivational counseling was significant to reduce the amount of marital distress.

These methods were significant to change the average scores of the subjects at the level of $P < 0.01$ regarding the sub-scales of co-operations reduction sexual relationship reduction, increase of emotional reactions towards each other, increase of the attraction of sibling support, increase of inter-personal relationship with self-relatives and separating financial affairs relevant to each other. These methods could not significantly change the average scores of the subjects at the sub-scales of family-relationship reduction with the

spousal relatives and friends. Couples. (CCP) communication program (effective dialogue) has been more influential than SMC at the level of $P < 0.05$.

Keywords: Systematic Motivational Counseling, couples communication program, Marital Distress, sexual relationship reduction, attraction of sibling support, inter-personal relationship with self-relatives, separating financial, family-relationship reduction with the spousal relatives, Emotional Reaction.

Introduction

Family goes beyond the mere collection of people co-operating in a physical-psychological Atmosphere. Today family manifests itself in diverse shapes Each of which is a social-cultural system. family though having different aspects of, has certain rules and specific rules for its members. Moreover, family is a power structure through which Diverse forms of overt and covert power relations function. family members possess largely similar backgrounds, internalized common perceptions, premises about the world and, common objectives of life too.

Systematically speaking Family has a complex emotional structure which might consist of three or even four generations. Each family strives to co-ordinate its relations as a group. Whether it is a traditional or a modern one. (Goldenberg, 2000).

Lack of intimacy trust and satisfaction clearly demonstrate unsafe attachment ties between couples. Couples tend to interact with each other through Defensive emotional patterns which abstract trust, closeness and suitable reactions. (Johnson, 2005 quoted by Hayati, 2007).

These couples are pre-disposed for anxiety and certain behaviors such as protest or hostility and general feelings of hopelessness (Balby, 1969 quoted by Hayati, 2007).

As wiseman, Sheldon and Goring (2000) believe, most psychological disorders such as physical, cognitive, behavioral ones and stress result from marital dissatisfaction and life dissatisfaction.

The unfortunate increase of divorce in our worlds, and our society to a lesser extent, and its negative consequences on family members has doubly intensified the need to confront this problem. When 50% of all marriages end in divorce, the family roots shake in the crisis. (Bornstein & Bornstein, translated by Pur Abedini, Naini, 2001).

There are diverse theories of family therapy right now.

In the late three decades, family theorists have proposed innovative and influential methods to decrease or these family disorders. Each has its own positive and negative aspects, on which the therapist has to draw on based on his/ expertise and views. (Solemanian, 2005). Two counseling methods enter the scope of this research: systematic motivational counseling (SMC) and couples communication program (CCP). Different programs deal with the instruction of communication skills. (Gorin & Marcan's Miller's Minnesota couples communication are some of those programs. Communication program is part and parcel of Miller, Walkman & Naini's plan. (Miller et al, 2006-translated by Bahari)

They teach the effective listening and speaking skills to solve conflicts through the cycles of awareness and listening.

Fischer and Aury (quoted by Ahmadi et al, 2006) insist on the following points: regarding effective dialogue:

1. distinction of the issue and person through sympathetic and respectful behavior with each other.
2. active, accurate, and objective unbiased listening to one self and the spouse in the process of problem solving
3. avoidance of polar disputing methods and focusing on specific subjects instead
4. creation of a large number of potentially satisfying results for both sides

5. utilizing just, rational and fair standards for judgment CCP program has in fact attracted the most amounts of research among marital skills programmes (Jakubowsky, 2004).

The results demonstrate greater compatibility And numerous positives consequences for those who have participated in this program (bornham, 1984 ; Busik, 1982 ; Russell, 1984).

Karahan (2009) has put into use the instruction program for the conflicting couples and has significantly decreased the couples marital disputes .

Jauning (2009) has investigated into the long-term effects of marital relationship instruction on couples with disputes. The results showed the increase in clients marital satisfaction even after 5 months of instruction.

Systematic motivational counseling is based on the theory of current concerns. According to this theory, human beings behavior experience and cognitive activities are ordered according to the pursuit of passions and aims. Numerous factors have a role to play in the creation of disorders : all of which end in motivation. According to cox and klinger (2003) the process of selection and pursuit of aims is called motivational structure. They have demonstrated that two types of adaptive motivational structures exist those who have an unadaptive motivational structures desire to provoke their emotion through unhealthy ways and thus experience nervousness. The individuals who process adoptive motivational structures spend their resource in pursuit of healthy stimuli and highly-committed positive aims. They expect to achieve their aims and feel aims frustrated in cases they are hindered from attaining their goals. They are optimistic about their objectives and possess the least amount of conflict in their goals.

The individuals who process unadaptive motivational structures usually further avoidance aims and believe fulfilling their purposes result in minimum enjoyment. They strive for their goals without much thought and have many conflicts among their aims.

Most approaches dealing with family therapy begin and end with the family or couple in the current research, though, researcher is to combine couple therapy with group therapy and to draw on the advantages of group therapy in the aspect of couple therapy. Among these benefits are the therapy fees for couples and the positive effects of group therapy on couples issues.

Therefore findings demonstrate compatibility, positiveness and countless results in participants behavior and relationship in CCP and effective dialogue courses. (Bornham, 1984, Busik, 1982, Russell, 1984)

Secondly, only domestic research was found on the decrease of marital disorders through systematic motivational counseling. No international research is carried out in this field as more research is done in alcohol addiction, job satisfaction enhancement and personality disorder therapy.

Thirdly, this approach is mostly done individually on the decrease of marital disorders. Thus, the researcher is confronted with two questions:

- A does the program of effective dialogue (couples communication) decrease couples conflicts ?
- B does systematic motivational counseling (SMC) decrease couples conflicts ?

In the answer to these inquiries are positive. It can be helpful in therapy costs and group therapy factors such as friendship, hope, generality, emotional release, social skills development, ... (Sanaii, 2000, Navvabi Nejad, 2004) and consequently contribute to more rapid solution of couples problems and issues.

Research Premises

Premise No. 1

There's a significant difference between couples who have participated in systematic motivational counseling (SMC) and those who haven't.

Premise No. 2

There's a significant difference between couples who have participated in effective dialogue program and those who haven't regarding marital conflicts.

Premise No. 3

There's a significant difference between couples who have participated in systematic motivational counseling (SMC) and those who have joined effective dialogue programme.

Premise No. 4

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue programme from the perspective of marital conflict in the sub-scale of the increase in children's support.

Premise No. 5

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue regarding marital conflict in the sub-scale of the increase in personal relationship with their relatives.

Premise No. 6

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue regarding marital conflict in the sub-scale of decrease in the relation of spouse's relatives and friends.

Premise No. 7

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue regarding marital conflict in the sub-scale of decrease in sexual relationship.

Premise No. 8

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue regarding marital conflict in the sub-scale of separating financial issues from each other.

Premise No. 9

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue programme regarding marital conflict in the sub-scale of decrease in cooperation.

Premise No. 10

There's a significant difference between couples who have participated in group systematic motivational counseling (SMC) and effective dialogue programme regarding marital conflict in the sub-scale of the increase emotional reactions to each other.

Methodology

The present research is in fact a practical-oriented research in which a semi-experimental methodology has been used with one test group and one control group.

The tested community in this research was the couples who took part in this investigation in Arak, Iran in September and October 2008. they possessed the following characteristic :

The minimum marriage duration was 2 and the maximum was 15 years. Moreover, since couples were obliged to participate in at least 10 instruction sessions, only the citizens of arak were accepted to stop the decrease of the client's attendance rate.

30 couples attended in the research, selected from 80 couples based on conflict level and their marks in marital conflict test (sanayi, Barati, 2000), ranging from 115-134. they were randomly put into 3 groups (2 test groups and one control group) each containing 10 couples.

From the test group with systematic motivational counseling, 2 couples (4 persons) and in the effective dialogue group, one couple and one male spouse (3 persons) didn't participate in the post-test. The comparison of test groups before and after client's decline approved the theory of zero and lack of significant difference among averages.

Study Tools & Scale

In this study, the marital distress rate was measured using a self-reporting Questionnaire containing 42 questions developed/ modified by Sanaie & Barati (The Questionnaire itself has been emerged from the scale of marital satisfaction by Enrich and Sanaei's consulting experiences) and originally applied for assessment and recognition of the essence of marital distress rate.

The scale included seven sub-scales as: increment in sibling support, increase of inter-personal relationships with the relatives, reduction of family relationship with spousal relatives and friends, independence of financial affairs, reduction of co-operation, reduction of sexual relationship between the couples and increase of emotional reactions towards each other.

Validity and Reliability of the Questionnaire

The content of the constructs of the scale has been provided as such having a close and direct relation with a certain variable. Therefore, for evaluating the validity of the questionnaire, it is possible to cite on its content validity. In addition to content analysis of the scales, to assess the content validity, the correlation of each question was determined for the test scores of each scale. Finally, after primary application and calculating of the correlation of each question with the questionnaire and its relevant scales, 13 out of the total of 55 questions were omitted because of the non-significant correlation with the total of the test scores. As a result, 42 questions remained as they were correlated with the whole scores.

Reliability of the Questionnaire

Choronbach α of the whole questionnaire in a group consisted of 32 participants was equal to 56% and for its 7 subscales as below:

• Reduction of co-operation	30%,
• Reduction of sexual relationship	50%,
• Increase of emotional reactions toward each other	73%,
• Increase in the attraction of sibling support	60%,
• Increase of inter-personal relationship with relatives	64%,
• Reduction of family relationship with the spousal relatives and friends	64%,
• Independence of the couples financial affairs	51%.

According to renormalization (Dehghani,) performed, the **Choronbach α** for the whole questionnaire in a group consisted of 30 participants was equal to 71% and for its 7 constructs (subscales) as below:

• Reduction of co-operation	73%,
• Reduction of sexual relationship	60%,
• Increase of emotional reactions toward each other	74%,
• Increase in the attraction of sibling support	81%,
• Increase of inter-personal relationship with relatives	65%,
• Reduction of family relationship with the spousal relatives and friends	81%,
• Independence of the couples financial affairs	69%,

Besides, in the present study, the **Choronbach α** for the whole questionnaire in a group consisted of 38 participants was equal to 66% and for its 7 constructs (subscales) as below:

• Reduction of co-operation	67%,
• Reduction of Sexual relationship	56%,
• Increase of emotional reactions toward each other	81%,
• Increase in the attraction of sibling support	65%,
• Increase of inter-personal relationship with relatives	62%,
• Reduction of family relationship with the spousal relatives and friends	60%,
• Independence of the couples financial affairs	68%,

The General Outline of Group Systematic Motivational Counseling in the Current Research

First session: Building rapport and creation of trust and security. Familiarity with couples and completion of client's forms. Familiarity with therapist and research objectives, familiarity with the rules of sessions.

Second session: familiarity with SMC, completion of PCI questionnaire which is an indispensable part of SMC

Third session: A review of client's anxieties and objectives and scoring them

Fourth session: investigation into the objectives, utilizing aims matrix

Fifth session: creating a hierarchy of objectives, this hierarchy includes minor aims which pare the way for final aims.

Sixth session: programming to achieve this hierarchy of aims

Seventh session: resolution of the contrast in objectives.

Eighth session: leaving inappropriate objectives

Ninth session: transforming avoidance goals to Goals.

Tenth session: wrap-up and conclusion.

General Outline of Effective Dialogue Sessions in the Current Research

First session: Building rapport and creation of trust and security. Familiarity with couples and completion of client's forms Familiarity with therapist and research objectives, familiarity with the rules of sessions.

Second session: conversing about effective marital relationship, obstacles to effective communication, explanation of all types of problems under 3 categories: A) thematic B) personal (self or spouse) C)

Third session: familiarity with effective dialogue approach completion of pre-test to learning objectives.

Fourth session: awareness cycles, conclusion from the past section, familiarity with parts of awareness cycle (sense information, thoughts, feelings, demands and acts)

Fifth session: dialogue skills, practicing 3 dialogue skills (speaking on your own, description of sensory information, expression of thoughts) through awareness cycle.

Seventh session: effective listening, practicing listening skill (paying attention, reflection, invitation, summarizing and questioning).

Eighth session: marital distress, explication of the nature of marital conflict, explication of demal, avoidance, surrender, dominance, reconciliation as win-lose methods.

Ninth session: conflict resolution through effective dialogue, times of conflict resolution, problem definition, making a contract, Understanding the problem, specifying demands, Selection and assessment of the solution.

Tenth session: wrap-up and conclusion, completion of post-test to determine the amount of success in achieving pre-test learning objectives and application of these new items in day to day life.

Statistical Analysis

Descriptive methods have been used to describe data and to analysis co-variations to compare groups:

The 3-group client have been compared to each other from divers points of view such as: age, the number of the children, education, ownership status, marriage period, type of marriage, health status, living with spouse's family and salary. The results have shown that a significant difference doesn't exist between the two groups.

Moreover, the results have shown that there is not significant difference and the marital conflict pre-test in test and control groups.

Premise No. 1

There is a significant difference between the couples who have attended group systematic motivational counseling and those who have not.

Chart number 1 shows the results of couples marital conflict co-variation analysis related to SMC test methodology.

Observed power	Partial eta squared	Level of significant	F	Mean square	df	Sources of change
1.000	0.877	.000	0.892 234	5549.79 22.725	1 33	Contrast Error

$$H_0 : \mu_1 - \mu_2 = 0$$

$$H_A : \mu_1 - \mu_2 \neq 0$$

Since the calculated F (F= 234.892) is greater than F (0.01) with freedom degrees of 1 and 33, the zero premise is refused and we can conclude with 99% of certainty that there's a significant difference between compared averages.

It means that SMC has significantly decreased the level of marital conflict in the tested group.

Premise No. 2

There's a significant difference between couples who have attended effective dialogue programme and those who have not considering marital conflict.

Chart number 2 demonstrates the results of marital conflict co-variation analysis related to effective dialogue methodology.

A Comparison of Effectiveness of group Systematic Motivational Counseling (SMC) and Couples Communication Program (CCP) to Reduce the Marital Distress. in Iran

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
1.000	0.842	0.000	0.420 553	5759.5 12.210	1 34	Contrast Error

$$H_0 : \mu_1 - \mu_2 = 0$$

$$H_A : \mu_1 - \mu_2 \neq 0$$

Since the calculated F (F= 553. 420) is larger than F (0.01) with freedom degrees of 1 and 34, there is a significant difference between the compared averages and zero premise is refused.

Thus we can conclude that effective dialogue programme has significantly decreased the marital conflict level.

Premise No. 3

There's a significant difference regarding marital conflict level between the couples who have attended SMC programme and those who have attended effective dialogue programme.

Chart No.3 demonstrates the results of marital conflict co-variation analysis in the SMC group and effective dialogue group.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
0.597	0.067	0.028	5.003	60.411 12.075	1 30	Contrast Error

$$H_0 : \mu_1 - \mu_2 = 0$$

$$H_A : \mu_1 - \mu_2 \neq 0$$

Since the calculated F (F= 5.003) is greater than F (0.05) with freedom degrees of 1 and 30, the zero premise is refuted and we can conclude with 95% of certitude that there is a significant difference between the average results of the post-tests : this means that the marital conflict has decreased significantly in effective dialogue group compared to SMC group.

Premise No. 4

There is a significant difference between the couples in SMC programme and effective dialogue programme regarding marital conflict in the sub-measure of increase in attracting children's support.

Chart No.4 demonstrates the results of co-variation analysis in the sub-measure of increase in attracting children's support.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
0.948	0.249	0.001	0.134 8	23.8 2.93	2 49	Contrast Error

$$H_0 : \mu_1 - \mu_2 = \mu_3$$

$$H_A : \mu_1 - \mu_2 \neq \mu_3$$

Since the calculated F (F= 8.134) is larger than F (0.01) with freedom degrees of 2 and 49, the zero premise is refuted and we can conclude with 99% of certitude that pre-test effect balancing, there will be a significant difference between post-tests averages.

Chart No.5 the results of couples comparison the comparison of test groups and control groups in the increase of children support .

Level of significance		Difference between average	Groups		
0.581					
Not significant	0.420	0.232	Effective dialogue	SMC	Increase in attraction of children's support
0.001	0.412	*	Control		
0.581					
Not significant	0.420	-0.232	SMC	Effective dialogue	
0.001	0.409	*			
Not significant		-2.040	Control		

Couples comparison reported in chart No.5 demonstrates that executing SMC programme and effective dialogue programme with a control group has significantly decreased the level of children's support attraction.

Premise No. 5

There is a significant difference between couples who attended SMC effective dialogue programme and control regarding the increase in personal relationship with their relatives.

Chart No.6 demonstrates the results of co-variation analysis on the increase of personal relationship with one's relatives.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
0.998	0.364	0.000	14.024	42.955	2	Contrast
				3.063	49	Error

$$H_0 : \mu_1 - \mu_2 = \mu_3$$

$$H_A : \mu_1 - \mu_2 \neq \mu_3$$

Since the calculated F (F= 14.024) is greater than F (0.01) with freedom degrees of 2 and 49, therefore the zero premise is refuted and we can conclude with 99% of certainty that a significant difference exists among post-test averages.

Chart No.7 demonstrates the test results regarding personal relationship with one's relatives in control and test groups.

Level of significance		Difference between average	Groups		Measurement
0.787					
Not significant	0.460	0.335	Effective dialogue	SMC	Increase in personal relationship with ones relatives
0.000		*	Control		
Significant	0.452	-2.469			
0.787					
Not significant	0.460	-0.335	SMC	Effective dialogue	Increase in personal relationship with ones relatives
0.000		*			
Significant	0.448	-2.804	Control		

The reported comparisons in chart No.7 demonstrate that SMC, effective dialogue and control programme have made a significant difference in the decrease of relationship with spouse's relatives and friends.

A Comparison of Effectiveness of group Systematic Motivational Counseling (SMC) and Couples Communication Program (CCP) to Reduce the Marital Distress. in Iran

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Chart No.8 demonstrates the results of co-variation analysis in control and test groups regarding the parameters of decrease in relationship with spouse's relatives and friends.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
0.196	0.048	0.067	0.118	8.930	2	Contrast
			2	3.215	49	Error

$$H_0 : \mu_1 - \mu_2 = \mu_3$$

$$H_A : \mu_1 - \mu_2 \neq \mu_3$$

Since the calculated F ($F= 2.778$) is smaller than F (0.01) with freedom degrees of 2 and 49, therefore the zero premise is refuted and we can conclude with 99% of certainty that there is not a significant difference between post-tests averages.

Chart No.9 demonstrates the results of comparison between test and control group average regarding the parameters decrease in marital relationship with spouses relatives and friends.

Level of significance		Difference between average	Groups		
0.868	0.517	-0.086	Effective dialogue	SMC	Decrease in marital relationship with spouse's relatives and friends
Not significant			Control		
0.133	0.507	-0.769	Control	Effective dialogue	
Not significant			SMC		
0.868	0.517	+0.086	SMC	Effective dialogue	
Not significant			Control		
0.178	0.504	-0.682	Control		
Not significant					

The reported results in chart No.9 demonstrate that SMC and effective dialogue counseling programmes doesn't increase the marital relationship with spouse's relatives and friends significantly.

Premise No. 7

There is a significant difference between couples in effective dialogue programme, SMC programme and control group in the parameters of decrease in sexual relationship.

Chart No.10 demonstrates the results of co-variation analysis on the parameters of decrease in sexual relationship related to test and control group.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
1.000	0.637	0.000	0.082	225.801	2	Contrast
			43	5.241	49	Error

$$H_0 : \mu_1 - \mu_2 = \mu_3$$

$$H_A : \mu_1 - \mu_2 \neq \mu_3$$

Since the calculated F ($F= 43.082$) is greater than F (0.01) with freedom degrees of 2 and 49, therefore the zero premise is refuted and we can conclude with 99% of certitude that there is a significant difference between post-tests group averages.

Chart No.11 demonstrates the results of comparison between the test group averages and control group in the parameters of decrease in sexual relationship

Level of significance	Standard variation	Difference between average	Groups		Sub-scale
0.541 Not significant	0.618	0.319	Effective dialogue	SMC	Decrease in sexual relationship
0.000 Significant	0.608	*	Control		
0.541 Not significant	0.618	-5.490	SMC	Effective dialogue	
0.000 Significant	0.604	-0.379	Control		
		*			
		-6.443			

The reported comparisons in chart No.11 demonstrate that implementing SMC and effective dialogue programmes compared to control group has significantly increased the sexual relationship.

Premise No. 8

There is a significant difference between couples in SMC group and effective dialogue programme with control group in the parameters of separating financial issues.

Chart No.12 demonstrates the results of co-variation analysis in the parameters of separating financial issues related to test and control groups.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
0.747	0.156	0.01	4.538	28.896 6.368	2 49	Contrast Error

$$H_0 : \mu_1 - \mu_2 = \mu_3$$

$$H_A : \mu_1 - \mu_2 \neq \mu_3$$

Since the calculated F ($F = 4.538$) is greater than F (0.01) with freedom degrees of 2 and 49, so we can conclude with 99% of certainty that there is a significant difference between post-tests group averages.

Chart No.13 demonstrates the results of comparison in couples in test and control group in the parameters of separation of financial matters.

Level of significance	Standard variation	Difference between average	Groups		Sub-scale
0.687 Not significant	0.600	-0.450	Effective dialogue	SMC	separation of financial matters
0.008 Significant	0.585	*	Control		
0.687 Not significant	0.600	0.450	SMC	Effective dialogue	
0.002 Significant	0.581	-1.946	Control		

The comparisons reported in chart No.13 demonstrate that implementation SMC and effective dialogue compared to the control group has significantly decreased the parameters of separation of financial matters.

A Comparison of Effectiveness of group Systematic Motivational Counseling (SMC) and Couples Communication Program (CCP) to Reduce the Marital Distress. in Iran

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Premise No. 9

There is a significant difference among couples in SMC, effective dialogue and control group in the parameters of decrease in couples cooperation.

Chart No.14 demonstrates the results of co-variation analysis related to test and control group in the parameter of decrease in couples cooperation.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
1.000	0.544	0.000	29.257	139.999 4.785	2 49	Contrast Error

Since the calculated F ($F=29.257$) is greater than F (0.01) with freedom degrees of 2 and 49, the zero premise is refuted and we can conclude with 99% of certitude that there is a significant difference between post-tests groups averages.

Chart No.15 demonstrates the results of comparison between test and control group in the parameters of decrease in couples cooperation.

Level of significance	Standard variation	Difference between average	Groups	Sub-scale	
0.645 Not significant 0.000	0.620	0.286	Effective dialogue	SMC	decrease in couples cooperation
Significant 0.645	0.609	*	Control		
Not significant 0.000	0.620	-4.415	SMC	Effective dialogue	
Significant 0.000	0.604	0.286	Control		
		*			
		-4.702			

The comparisons of results in chart No.15 demonstrate that implementing SMC and effective dialogue programme has significantly increased the couples cooperation compared to control group.

Premise No. 10

There is a significant difference between couples in SMC, effective dialogue and control groups regarding marital conflict in the sub-scale of the increase emotional reactions to each other.

Chart No.16 demonstrates the results of co-variation analysis in test and control groups regarding the parameter of marital conflict in the sub-scale of the increase emotional reactions to each other.

Since the calculated F ($F=53.199$) is greater than F (0.01) with freedom degrees of 2 and 49, the zero premise is thus rejected and we can conclude with 99% of certainty that there is a significant difference between post-tests averages.

Power Test	Eta coefficient	Meaningfulness level	F	ms	df	Change references
1.00	0.685	0.000	53.199	260.067 4.889	2 49	Contrast Error

Chart No.17 demonstrates the results of comparison between test and control group in the parameters of increase emotional reactions to each other.

Level of significance	Standard variation	Difference between average	Groups	Sub-scale	
0.277	0.625	0.386	Effective dialogue	SMC	increase emotional reactions to each other
Not significant			Control		
0.000	0.614	*	Effective dialogue	SMC	increase emotional reactions to each other
Significant			Control		
0.277	0.625	-6.149	Effective dialogue	SMC	increase emotional reactions to each other
Not significant			Control		
0.000	0.610	-0.386	Effective dialogue	SMC	increase emotional reactions to each other
Significant			Control		
		*			
		-6.823			

The comparisons of results in chart No.17 demonstrate that implementing SMC and effective dialogue programme has significantly increased emotional reactions to each other.

Conclusion

The findings of the present research shown that one of the reasons for marital conflict is couples incapability in controlling and solving conflicts. Interferences which are based on skills deficiencies will decrease marital conflicts. (Finchman, 1997)

Reflection on marital problems shows the importance of flexibility. If the marriage rules, which are actually a consequence of beliefs, values and thoughts, are too strict. The couples cannot adjust themselves with the changes as conjugal decision-making is not part of their mentality. Therefore, they express their disagreement either overtly or covertly through disregarding and ignoring their spouse's desires and preferences.

In fact, they don't try to control their conflict through utilizing techniques of dialogue, attentive listening, expressing their negative feelings, etc. (Beach & Yeden, 1986 quoted in Ahmadi, Et al, 2006). Systematic counseling method makes conjugal decision making one part of couples mentality and turns rigid marital rules into flexible ones and therefore increases marital satisfaction. The structure of effective dialogue programme consists of certain homework assignments which are done by couples outside and inside sessions and increases the time they spend together and therefore their cooperation. As a consequence of constructive and transparent conversations, the couples don't make any efforts to attract their children to their own side of the argument and thus decreases the children's support attraction for the mother or father. When the couples cooperation and sexual relationship increases, the personal relationship with ones relatives decreases and the separation of financial matters also fall off since the clients receive certain skills which help them turn their avoidance aims to be inclined by the aims and boost their sense of control in achieving their goals and remove the conflict between their aims through analysis them, it seems that SMC has enabled test group members transform their motivational structure and therefore decrease their marital conflicts compared to control group.

SMC increases couples intimacy positive emotions and the quality of sexual relations through improving their skills in conflict solution. Moreover, it has changed unadaptive motivation structure and thus decreased the conflict between aims. It has decreased negative behavior and more control on behavior through changing avoiding motivation to be attracted and a selection of objective aims.

As a result, couples emotional reaction to each other has decreased in groups.

One of the skills taught in SMC to couples is the skill of creating an aim ladder. In this skill, couples are taught to write their grand and vague objectives more concretely and then try to create the necessary steps to achieve them. It seems that this assignment helps couples to find common objectives and therefore a boost in their conjugal interest. Therefore, their cooperation increase in diverse life aspects. Meanwhile, their personal relationship with ones relatives and attracting children's support decreases.

As for the ineffectiveness of the program in the relationship with spouses Friends and relatives, we can deduce that this aspect is not limited to couples will and requires lengthier sessions in the present of spouse's family and relatives.

An explanation which can be offered for the greater effectiveness of effective dialogue compared to SMC is that in the former method, learning occurs through real life interactions, experiences and feedbacks. Couples are given a chance to practice the new skills.

Moreover, this programme is structural and clients are given certain homework assignments for the following sessions to build up their skills. Participant learn how to listen to each other and converse effectively. In fact, their contentment increase as they learn these skills, practice them and receive feedback from group members and the instructor.

The results of the current research are in line with that of Shafinia (2002), Aslani (2004), Ahmadi et al (2006), soleimanian (2005), joining (2009), Karahan (2009) and Yalcin and Karahan (2007).

Suggestions

- The present research does not contain any follow-up information. As couples who suffer medium to high levels of marital conflict need time to absorb novel paradigms, it is recommended that other researchers be attentive to follow-up investigation of client's issues.
- As the instructors receive mostly traditional theorist, it is recommended that SMC is considered more seriously as an objective and practical method.
- In case, future researchers desire to delve into the present research issues, it is recommended that the perform their programme with bigger groups so that they can investigate into the replacement in different groups and assess its influence .
- Since the conflicting relationship in couples plays a major role in the increase of psychological-behavior problems in society, its suggested that instruction of conflict resolution skills before and after marriage be stressed.
- Certain research should be carried out to assess the long-term effects of such programmes.

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