

## **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*

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### **I. INTRODUCTION**

Marriage Has Been Described As The Most Important And Most Fundamental Human Relationship, Because It Provides The Basic Structure Of Building A Family Relationship For Training Of Children In The Next Generation. Family Is Considered As The First And Most Important Place For The Comprehensive Development Of Humans. 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). What Is Important In A Marriage Is Marital Satisfaction And It's A Situation In Which, The Couple's Most Of The Time Feel Marital Satisfaction, Happiness, Marriage Satisfaction And Satisfaction From Each Other. Marital Satisfaction Is The Result Of Adjustment And Satisfaction Between Spouses In Various Aspects Of Life And It Guarantees The Strength Of Family Bonds And Family Health. According Toalise (2002), Marital Satisfaction Is A Positive And Enjoyable Attitude That Couples Have From Different Aspects Of Their Marital Relationship. Marital Satisfaction, Is A Feeling Of Happiness, Satisfaction, And Experienced Joy By Woman Or Man When It Covers All Aspects Of Their Common Life. Marital Satisfaction Is An Important And Complicated Aspect Of A Marital Relationship. Marital Satisfaction Is Emotional And Cognitive Assessment Of Individuals Regarding Marriage (Sasanejad, 2013).

### **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 (Karahana, 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

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:**

1. Training Of Communication Skills Is Effective On Marital Satisfaction Of Married Women.

#### **Sub Hypothesis:**

1. Training Of Communication Skills Is Effective On Positive Affect Of Married Women.
2. Training Of Communication Skills Is Effective On The Absence Of Negative Affect In Married Women.

### **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**

Researches Carried Out In The Country: Sajadi And Roshan (1394) In A Study Have Considered "The Effectiveness Of Training Communication Skills On Improving Attitudes Towards Love And Reduction Of Marriage Boredom". This Study Was Quasi-Experimental. Population Of The Study Included 40 People And Sampling Method Was Purposive. The Group Members Were Trained Weekly For 10 Sessions Of 90 Minutes (2 Times Per Week). The Research Instruments Were Marital Boredom Questionnaire Of Payne And Attitudes Towards Love By Hendrick. Obtained Data Were Analyzed By Using Univariate And Multivariate Analysis Of Covariance. The Results Showed That, There Is A Statistically Significant Difference Between The Performance Of Both Experimental And Control Groups After The Intervention, And Training Of Communication Skills Has Caused To The Improve Of Attitudes Towards Love And Reduction Of Marital Boredom. So It Can Be Concluded That According To The Findings, Training Of Communication Skills Has Caused To The Improvement Of Attitudes Towards Love And At The Same Time Reduction Of Marital Boredom. Amin Et Al (1393), Have Done Another Study Which Was Entitled "The Effectiveness Of Training Communication Skills In Group Form By Using Interaction Analysis Method In Reducing Marital Conflicts." Using Simple Random Sampling, 30 Couples Were Selected As Population Of The Study. The Results Showed That Teaching Of Communication Skills By Using Analysis Of Interaction, Statistically Had Significant Effects On The Reduction Of Marital Conflicts And Its Components. In General It Can Be Concluded That, Teaching Of Communication Skills By Using Interaction Analysis Method In Group Form Is Effective On The Reduction Of Marital Conflicts And It Reduces The Conflicts Between Couples. Researches Carried Out In Abroad: Hanson And Land Beland (2012) Showed That, Training Of Communication Skills And Conflict Resolution In Couples Who Had Marital Interaction Problems, Improves Marital Relations And Reduces Conflicts And Increases The Mental Health Of These Couples. Jovaning (2011) In A Study Investigated The Effect Of Long-Term Trainings Of Martial Relations In Couples With Marital Conflicts, The Results Indicated To The Increase Of Marital Satisfaction In Participants Even After 5 Months Of Training In A Follow Up Period. Stewart, O'farrell, And Lam (2009) Applied Couples' Behavioral Therapy In Homosexual Men And Women With Alcohol Addiction Disorder. Two Separate Experiments With Couples' Behavioral Therapy Plus Individual Treatment (One For Homosexual Men And One For Homosexual Women) Were Conducted. The Results Showed That, The Patients Who Had Received Couple' Behavioral Therapy Than Those Who Had Received Individual Treatment, After Alcohol Treatment During A Year, Have Reduced The Daily Use Of Alcohol And A High Degree Of Compatibility Was Reported In their Relationships At The End Of Treatment And After A Year Of Treatment. Oka (2008) Has Examined The Personality Variables Related To Marital Adjustment Among Marrieds Of Niagara Delta Region. 2561 Marrieds Were Participated In This Project. Data Analysis Showed That, Expression Of Emotions, Financial Management, Communicational Flow And Job Implications Are Associated With Marital Adjustment And They Predict It. Advisory Services Should Be Focused On The Acquisition Of Skills To Improve Marital Interaction Among Marrieds.

### 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 (1-1): Paired T Test**

Groups	Number	Degree Of	Mean	Significance
T		Freedom	Difference	Level
Pair 1 Marital Satisfaction	20	19	26.6	0.000 15.299

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

Scale	Total Mean	Degree Of	Mean	F Coefficient	Significance
	Squares	Freedom	Squares		Level
Modified Controlled Post-Test Model	4463.441	2	2231.721	1439.354	0.000
Experimental Post-Test Model	4814.782	2	2407.391	2407.391	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. But Two Groups Don't Have Any Difference In Pre-Test Scores.

**Sub Hypothesis:**

1. Training Of Communication Skills Is Effective On Positive Affect Of Married Women.  
Table (4-1): Test Of Covariance To Assess The Level Of Positive Affect In Married Women

Scale	Total Mean	Degree Of	Mean	F Coefficient
Significance	Squares	Freedom	Squares	Level
Modified Controlled Post-Test Model	655.568	2	327.784	369.073 0.000

Experimental Post-Test Model	319.461	2	159.730	50.425	0.000
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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

Scale	Total mean Squares	degree of freedom	mean squares	F coefficient	significance level
modified controlled post-test model	936.471	2	468.236	1870.054	0.000
Experimental Post-test model	274.884	2	1378.442	23.738	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 The Absence Of Negative Affect In Married Women. But Two Groups Don't Have Any Difference In Pre-Test Scores.

## **VII. RESEARCH FINDINGS**

According To Paired T-Test, Pair 1 Shows Scores Of Marital Satisfaction. Experimental Groups Were Compared Before And After The Intervention. 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. The First Hypothesis Is As Follows: Training Of Communication Skills Is Effective On Marital Satisfaction Of Married Women. Analysis Of Covariance Showed That, The 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 The Two Groups Don't Have Any Difference In Pre-Test Scores. The Second Hypothesis Is As Follows: Training Of Communication Skills Is Effective On Positive Affect Of Married Women. In The Table Of Covariance Analysis It Can Be Observed That, The 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. And It Can Be Said That, Training Of Communication Skills Is Effective On Positive Affect Of Married Women. But The Two Groups Don't Have Any Difference In Pre-Test Scores. The Third Hypothesis Is As Follows: Training Of Communication Skills Is Effective On The Absence Of Negative Affect In Married Women. In The Table Of Covariance Analysis It Can Be Observed That, The 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. And It Can Be Said That Training Of Communication Skills Is Effective On The Absence Of Negative Affect In Married Women (It Caused To Reduction). But Two Groups Don't Have Any Difference In Pre-Test Scores.

### **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.

- 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.

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