

## Effect of Self Differentiation Training on Women's Marital Conflict Reduction

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**Abstract:** Daily increase of marital conflict and the risk of separation and also its negative impact on mental health of spouses and their children caused that psychologists and therapists provide theories and plans for conflicted couples. One of these theories is systematic theory of Murray Bowen which provided based on Self differentiation training. The purpose of this study was to evaluate the effectiveness of Self differentiation training on women marital conflict reduction. The study society included all women referred to a local health home in Tehran in 2011. 30 patients were selected using simple random sampling and then divided in two equal groups. One group was considered as experimental group and second group was considered as control group. In this paper, Marital Conflict Questionnaire (MCQ) with an average reliability of %86 was used. Information obtained by using descriptive statistics (frequency, percentage and mean) and between groups was analyzed using analysis of covariance. The results of the study hypothesis that their training distinguish the loss subscales Marital Conflict (including reducing work loss, sex, increasing reaction emotional increased support children and raise concerning personal with your relatives and reduction of effective T declined relationship wife relatives and friends family finance apart from each other) was significant Couples ( $P < 0/005$ ) and enjoys relative stability over time.

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### 1. Introduction

Family is the most basic of social organization is the major component of the community. Achieving a healthy society depends on the health of their families and the families of people who have normal mental health condition and having a good relationship together, it (Sadouk and Kaplan, 2003). Marriage and a family man who is a natural need of their special nature and creation originated and it must be a social contract that in case of its realization, the damage to the social system is any damage to the foundation of the Bible, the whole structure of society and its value system and cultural implications it brings (Navabi-Nejad, 1999).

One of the things that makes Family Foundation there is a conflict between couples. Conflicts in human relationships with each other are common and inevitable. Conflict is something that is unavoidable as it is about love. Conflicts arise when the actions of one person interfere with the actions of another person, as the two grow closer to each other, the conflict increases. Conflict between family unity and integrity would strike. Intensity conflict and aggression caused discord and militancy will eventually decline and fall of families. Association of family conflict and discord and conflict between husband and wife is upset, devastating effects on the lives of children and families instead of leaving a

child in the coming years as a rebel and transgress the law occurs (Kyouching, 1996). Although at first marriage for men and women to one another on a permanent commitment to each other, but in some cases the reality is otherwise.

Research has shown that about half of the couple's household experts, will assess your marriage failed and this failure may be the result of marital conflict (Carlson et al, 1994, translated by Navabi-Nejad, 1999). Cause conflicts between a husband and wife is a wife with relatives increased gradually replaced. Strong ties to relatives and friends a couple of important factors that could result in a reduction of the separation of the couple to marital satisfaction (Beach, 2006, quoted by Sudani, 2006).

Increasing marital conflict in the contemporary world and the risk of separation and its impact on the mental health of couples and their children can cause to counselors and family therapists to help couples experiencing conflict theory and plans are provided. One of these theories is the theory Murray Bowen system. Bowen's family systems theory is an inventor and a network of family relationships intertwined emotional one thinks when it can be understood that the multi-generational or historical context, we analyze it (Goldenberg, translated by Bravety, 2008, p 207). Multi-generational family therapy Bowen focus attention on

the increasing differentiation of the moment (according to self / family / emotion) is (Glading, translated by Bahari, 2007). Bowen in family therapy, the focus of the main points of emphasis of this model is to modify the individual or couple. Whole families are often overlooked, but often people are chosen for treatment even if the focus is on the systems approach. Individual who thinks in terms of systems thinking with family therapy family who works directly for the better, regardless of the number of people present in the meetings of the "family" is (Kerr, 1981). So with this change, a person may be affected directly by the family for the better.

This study is based on reducing the amount of effective training of Self differentiation Bowen in Tehran to examine an area of marital conflict.

#### Methods:

This quasi-experimental method designed with pretest - posttest control group and experiment. The study population included all women referred to a local health home in Tehran in 2011 are included. The use of random sampling to select 30 participants were divided into two groups, a second group as experimental group and control group was set as the

dependent variable in the pretest questionnaire (marital conflict) on both groups (experimental, control) was performed. The experimental group was exposed during eight 90-minute sessions of intervention (Self differentiation training) in the control group received no intervention. In the test phase (test and control), the dependent variable (marital conflict scale) on both groups (experimental - control) became applicable in the following two months after the second test phase was dependent on the group. In this study, marital conflict questionnaire (MCQ) with an average reliability of 86% is used, the data were analyzed for descriptive statistics, inferential statistics, the mean and covariance between environmental groups and the paired t SPSS software was used.

#### Research Hypothesis:

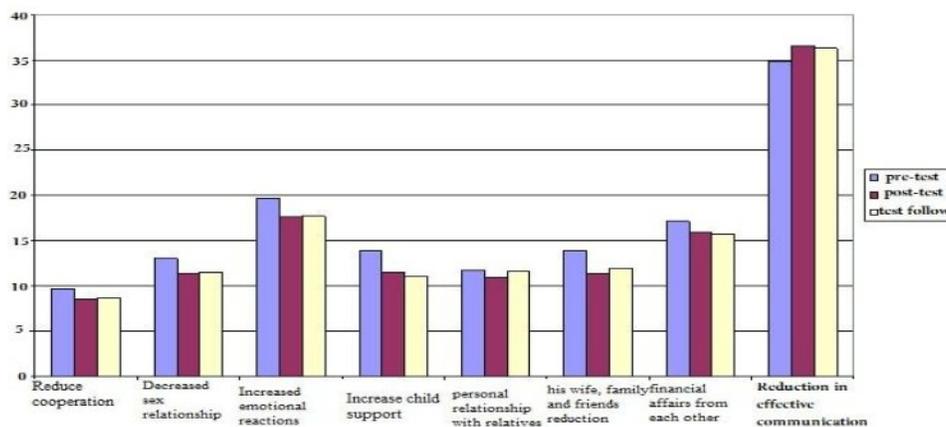
- 1- Self differentiation training has significant influence on marital conflict.
- 2- Self differentiation training make stable situation in salvation of marital conflict.

#### Findings:

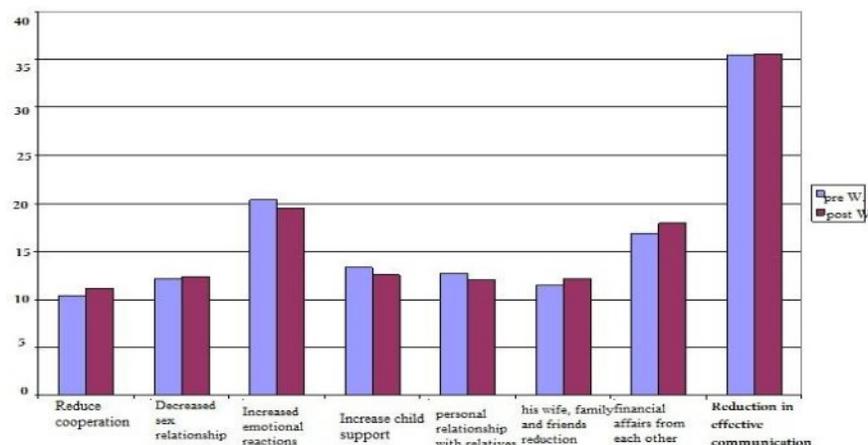
Part I: Descriptive analysis of data

**Table 1:** Mean and SD subscales of marital conflict In the pre-test, post-test and follow-up test and control groups

WITNESS GROUP		EXPERIMENTAL GROUP								groups
Post-test	Pre-test	Follow		Post-test		Pre-test				step
SD	$\bar{X}$	SD	$\bar{X}$	SD	$\bar{X}$	SD	$\bar{X}$	SD	$\bar{X}$	Index variable
4.0	11.2	3.4	10.4	1.8	8.7	1.6	8.5	1.9	9.7	Reduce cooperation
3.5	12.4	3.9	12.2	3.3	11.5	3.6	11.4	4.0	13.1	Decreased sex relationship
4.1	19.5	5.1	20.3	4.1	17.7	4.3	17.6	4.9	19.7	Increased emotional reactions
3.9	12.5	3.6	13.3	3.3	11.0	3.4	11.5	3.9	13.9	Increase child support
4.1	12.0	3.7	12.7	3.0	11.6	3.0	10.9	3.0	11.7	Increase personal relationship with relatives
3.6	12.1	3.9	11.5	3.8	12.0	3.5	11.4	4.2	13.9	Family relationship with his wife, family and friends reduction
3.0	17.9	4.2	16.9	3.2	15.8	3.0	15.9	3.4	17.1	Separating financial affairs from each other
4.5	35.6	5.0	35.5	3.7	36.3	3.8	36.5	5.1	34.9	Reduction in effective communication



**Figure 1-** Comparison of the subscales of marital conflict among women in the experimental group pre-test - post-test and follow-up



**Figure 2-** Comparison of the subscales of marital conflict among women in the control group in two distinct phases: before and after Self differentiation training

Data in Table 1 and Figures 1 and 2 show the scores for subscales of marital conflict among women in the experimental group before and after the education is different differentiation. Meanwhile, scores of components in the experimental group stage followed virtually the same as their post-test scores. But in the control group, the mean of the two women before and after their execution, different simulation similar to each other and not much difference together.

**Part II: Data Analysis**

Research findings based on research theories analyzed are. An analysis research hypothesis regarding the nature of hypothesis tests covariance between the group and the t-test was used. Initially required test results Levin's assumption of equal variances is reported.

**Table 2:** Results of Levine's test of equality of variance assumption Scores of subjects

P coefficient	F coefficient	Subscale index	variable
.093	3.025	Reduce cooperation	Subscales of marital conflict
.810	.059	Decreased sex	
.962	.002	Increased emotional reactions	
.814	.056	Increase child support	
.263	1.303	Increase personal relationship with your relatives	
.621	.250	Family relationship with his wife, family and friends reduction	
.659	.199	Separating financial from each other	
.849	.037	Reduction in effective communication	

The results in Table 2 show that the level variable of f 0.05 is not significant, so equal variances assumption were confirmed. Meanwhile the

other provisions of the assumptions (linearity and homogeneity default gradients) for data analysis are analysis of covariance can be used.

**Investigation The first hypothesis of the study:**

Self differentiation training has a great impact on marital conflict reduction.

Statistical power	Eta Square	Sig.	F	MS	df	SS	Marital Conflict
.637	.175	.024	5.741	34.205	1	34.205	Reduced cooperation
				5.958	27	160.854	Error
					30	3236.000	Total
.635	.180	.024	5.726	19.258	1	19.258	Decreased sex relationship
				3.363	26	87.444	Error

					29	4468.000	Total
.415	.186	.037	3.361	10.492	1	10.492	Increased emotional reactions
				4.443	25	111.082	Error
					28	10037.000	Total
.585	.148	.021	3.218	8.893	1	8.893	Increase child support
				7.299	24	175.181	Error
					27	4226.000	Total
.665	.225	.012	4.140	.624	1	.624	Increase personal relationship with relatives
				4.469	26	116.200	Error
					29	4152.000	Total
.535	.148	.043	4.517	28.986	1	28.986	reduction family relationship with wife's and friends relatives
				6.417	26	166.830	Error
					29	4357.000	Total
.679	.203	.018	4.365	23.177	1	23.177	Separating financial affairs from each other
				3.641	25	91.025	Error
					28	8220.000	Total
.773	.441	.003	3.106	9.784	1	9.784	Reduction in effective communication
				8.845	26	229.975	Error
					29	38200.000	Total
.751	.321	.018	4.011	2.453	1	2.453	Total score (marital conflict)
				227.211	27	6134.702	Error
					30	460704.000	Total

According to Table 3 and the results of analysis of covariance, the effect of reducing Marital Conflict on women, after controlling for confounding variables was as follows:

- The reduction of instruction subscales Marital Conflict include (cut cooperation, increase emotional reactions, an increase in child support and enhance personal relationships with their relatives and a reduction in the effective reduction of sex, reducing the family's relationship with his

wife, family and friends and separate financial affairs of each other) was significant in women (005/0 <P) and hypotheses confirmed.

**Investigation second hypothesis of the study:**

Self differentiation training and its impact on marital conflict reduction had a good stability over time. Using paired t-test, changes in the experimental group at post-test were used to follow the stability of results over time is measured.

**Table 4:** Results of independent t-test to compare mean changes Marital Conflict experimental group at post-test and follow up

Dependent t-test			Experiment Group follow up		Post test of Experiment Group		Experiment Group	Marital conflicts
p sig.	df	t ratio	SD	$\bar{X}$	SD	$\bar{X}$		
.546	14	-.619	1.80	8.67	1.60	8.53	Reduced cooperation	
.776	14	.291	3.28	11.54	3.57	11.43	Decreased sex relationship	
.596	14	.543	4.08	17.71	4.32	17.60	Increased emotional reactions	
.137	14	1.594	3.34	11.00	3.41	11.50	Increase child support	
.151	14	-1.528	3.01	11.57	2.96	10.93	Increase personal relationship with relatives	
.200	14	-1.351	3.84	12.00	3.54	11.40	reduction family relationship with wife's and friends relatives	
.482	14	.725	3.17	15.77	2.99	15.93	Separating financial affairs from each other	
.701	14	.393	3.69	36.27	3.81	36.53	Reduction in effective communication	

According to the results presented in Table 4, the test statistic  $t$ ,  $t$  resulting in the loss of all components of Marital Conflict critical  $t$  table (2.04) with 14 degrees of freedom is smaller. ( $P > 0.005$ ) The above results can be judged, distinctive for their education on reducing marital conflict has a good stability over time.

### Result and discussion:

In comparative comparison, a variety of our findings are in regards with results of research of Khazaei (2006), Shafie-Nia (2006), Shakibaei (2006), Najaflooui (2006), Esmaili (2006), Faridi (2006) and also foreign researchers such as Guy and Gold (2008), Fisher (2006), Kim (2005) and Murdoch and Gore (2004). In their study, the researchers "Self-differentiation effects of education on marital conflict resolution." The effectiveness of this training has been shown to improve the interaction couple. The researchers stated that strategic interventions differentiated teaching moment their interpersonal conflicts are not only reduced but also has led to an increase in marital satisfaction. The researchers reported their findings in the training and family interventions to increase efficiency in terms of problem solving, communication, roles, affective accompaniment, blending families is emotional control, behavior and overall performance. Khazaei (2007) concluded that self-differentiation training can increase the level of intimacy between couples at the moment. Shakibaei (2006) showed that this method of training, enhance differentiation and increase the specificity of women's mental health has been effective. Najaflooui (2006) showed that there is significant positive relationship between the moments of marital conflict. The distinction between sub-tests of the moment, the emotional reaction scale showed the highest correlation with marital conflict. The resemblance between wives specificity was confirmed. Esmaili (2006) in their study of training programs have been developed to distinguish the psychological problems of divorced women on low pay. The result showed the way in promoting differentiation training and reduce the psychological moment of divorced women in nine subscales of the questionnaire (SCL90-R), participants in the experimental group was effective. Faridi (2006) studied concluded that education about family therapy group had a positive effect on reducing marital conflict and Shafie-Nia (2006) concluded that the spontaneous research skills necessary to solve marital conflicts improving couple relationship influence. Guy and Gold (2008) in their research to distinguish the impact of marital conflict began. Operational hypothesis of this research study distinguishes itself as a predictor of marital conflict.

The results of this research indicate a significant negative impact on their levels of marital conflict distinguish between military couples. The results of Fisher (2006) suggest that insecure attachment, fear of intimacy too low to distinguish between significantly. Kim's study (2005) indicates that general education and effective communication is suitable for couples. And effective communication and problem-solving dialogue is very effective in reducing marital conflict. Murdoch and Gore (2004) concluded that distinguish themselves from the effects of stress on psychological functioning individuals will be moderated. The results showed that those who distinguish themselves from the lower scale businesses are more vulnerable to stress and physical and social disorder are more likely to be disrupted when they work, the more likely that the disease is chronic. To distinguish those who have a high after the stress was resolved, can quickly reach an emotional balance.

To explain the first and second hypothesis of research, the self-differentiation effect on marital conflict and its relative stability, we can confirm that the issue has always paid great attention to the issue of the incidence of marital conflict (Forgus, quotes Azizi, 2007). It seems that marriage between couples due to differences between the couple due to training in two different environments and lack of sufficient knowledge of each other after a few problems between them occur prudence and tact, if not treated, can be the foundation of family life threatening situation. People have high expectations of marriage, perhaps not surprisingly; a lot of people realize that their relationship does not meet these expectations. Conflict of mental health, physical and family and a lot of research regarding the impact of marital conflict, depression, eating disorders and certain diseases such as cancer has been reported (Markand and Hogg, 2000, Finyncham, 1999; Alynaman, 2004). Conflicts, marital conflicts, as well as children, problematic attachment to their wives, to increase the likelihood of conflict, parent - child conflict between siblings is (Fnyncham, 1999). All agree that in this case when conflict over two-way humans does or not to do something that is when conflicts arise because on the one hand we have some issues to work on draw and other matters that are to be deterred from doing it. This is the case for almost all of us; there may be differences in the severity and frequency. These can be the result of characteristics of decision-making authority, maturity, status, feasibility, tolerance, priority assessment, goal setting and life. In general, when a person is suffering from conflict, the two forces are pushing in the opposite direction to his size. Perhaps the main reason for the conflict, the same pressure is the force, because if one

does not dominate over another, certainly people will move in the direction of the force and this is causing conflict resolution (Shamlou, 1384, quoted Saeed). Couples should take a number of decisions, desperation, and chaos and conflict that they are faced with a world of anger, conflict will result. Some couples have more conflict than others, and some are able to constructively deal with conflicts, but there is a potential conflict in every human being. Couples who are more dependent to each other, they are who have more potential. However, some conflicts are inevitable; this does not mean that all these conflicts are desirable or useful. Conflict can destroy love and even a good marriage. On the other hand, can relieve stress and can put two people together better than before. The general condition, type conflicts, and the final result depend on how thoroughly. One way of increasing satisfaction among couples, education reform and improving the communication skills of their marriage is because it plays an important role in this way. Various studies have shown that one of the most important factors in marital problems and marital conflicts and lack of self-creation is Self differentiation of couples. Self differentiation is ability to separate themselves from the families of those in the main, a rational and emotional level point. They are the anti-life balance: Togetherness and Individuality. Grade levels that matched those found at the moment, they are different and the concept (Bouin, 1965 quoted by Zaharakar, 1390). Each person expresses their Bouin the intellectual process of cleaning ability of emotional processing (emotional) that she is experiencing, i.e., the degree of a person's ability to avoid automatic citizenship behavior, emotions (independence), indicates the extent of their (Goldenberg, translated by Naghshbandi et al, 2006). Self differentiation is emotional ability to contact other members of that system, while simultaneously continuing their independent cognitive and emotional functioning. So what distinguishes the above marital conflicts one reason is that the rest of those people can not differentiate appropriately to their original families? Sel distinguish is separate from the ability to gain emotional control, and in the meantime, stay strong emotional family atmosphere. Differentiate themselves, represent the person's ability to think realistically about matters are full of family affection (Prochaska, 1994, translated by Seyed Mohammadi, 1385). General education and intervention to reduce the effects of marital conflict and is suitable for couples. Logical and reasoned dialogue and good communication and problem solving procedure correctly, it is very important in reducing marital conflict.

#### **Applicable Suggestions:**

Based on obtained results from this research, following suggestions represented:

- 1- Results of this study showed that Self differentiation training effects on marital conflict reduction. Therefore, couples who have problems in their relationships, it is recommended to further understanding and practice of marital education's orders and psychologists and therapists and family issues can be emphasized by using proper and accurate implementation of these instructions, and escorted to help couples.
- 2- The results of this study should be providing for health centers, so they can take advantage of the research results.
- 3- It is recommended to psychologists with experience in family health, since the couple's marital distress and disruption, with many long-term physical and psychological consequences associated and prevention of the consequences of traumatic family should be a priority for psychologists and health professionals.

#### **The main limitations of the study:**

- 1- Limitation of research sample of women in Tehran which referred to the Health Centers, which limited the generalizations of results in other parts of country (poor urban and rural).
- 2- Loss of samples

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