



The Effect of Narrative Therapy on Account of Marital Satisfaction (Case Study: Women of Isfahan City)

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A B S T R A C T

Marital satisfaction, the most important and most fundamental factor for stability and durability is life. If couples can increase their level of satisfaction in marriage, families are protected from harm. In this regard, the effect of therapy on account of marital satisfaction is examined. The population of women attending cultural centers and cultural centers of the city in 2014, of which 48 patients were randomly divided into two experimental and control groups. The results show that Difference The observed average test scores marital satisfaction of married women in the experimental and control groups ($P < 0.05$) is significant. Therefore, narrative therapy, according to results on the impact of women in marital satisfaction. Based on Impact factor, the difference between experimental and control groups (44.5%) related to the effect of education on women's marital satisfaction in married women's health stories.

Keywords: Marital satisfaction, narrative therapy, women, Isfahan

INTRODUCTION

Marriage is the most important and the most fundamental human relations, and the first unit of family relations and education for the next generation (Goldenberg & Goldenberg, 2012; Rosen-Grandon, Myers, & Hattie, 2004). The marriage of any matter considered adjustment and marital satisfaction. Satisfaction the most important and most fundamental factor for stability and durability is life. If couples can increase their level of satisfaction in your life, your family is protected from harm. Overall assessment of marital satisfaction and mental, have defined the nature of marriage and the degree of satisfaction of the needs of and expectations and individual desires (M. P. Johnson, Caughlin, & Huston, 1999; Nimtz, 2011). Schwarzwald, Koslowsky, and Izhak-Nir (2008) believes that marital satisfaction, compliance between the current situations with the situation expected.

Based on this definition, sexual satisfaction in marriage when that situation is consistent with the expected (Sprecher, Cate, Harvey, & Wenzel, 2004). Christopher and Sprecher (2000) states that marital satisfaction is a complex process due to the conflict and take part in activities that are associated with happiness and success in marriage, described.

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Their satisfaction for survival and enjoyment of being together, is inevitable, but there is a lack of satisfaction in marital conflict is not mutual and the notion that life is full of joy and happiness should be conflict and relations, is wrong, because conflict is inevitable in human relationships with each other (Gottman & Silver, 2015; Waite & Gallagher, 2002). In this context Mahoney, Pargament, Tarakeshwar, and Swank (2008) the most important factor in marital satisfaction among couples describes compliance and believes that this factor increases the level of marital satisfaction.

Miller (2012) overall sexual satisfaction as attitudes or feelings toward her husband and his relationship defined. Such a definition of marital satisfaction shows that satisfy a one-dimensional concept and represents a global assessment of the partner and their relationship is. Generally several tools exist to improve the level of marital satisfaction (Fincham, Stanley, & Beach, 2007). The narrative therapy as a new way of affecting the quality of life is marriage. The therapeutic narrative is believed that people understand their lives for stories and narrative. Meaning that in a continuous process by means of back story that served they create meaning. In this regard, the fundamental question is this research argued that narrative therapy impact on marital satisfaction of women in Isfahan city.

Family Core Main Society and One From The oldest Groups the survival of any society depends on the stability of the institution. This Group functions socialization Child care From Seniors and Children, Marital satisfaction, the most important and most fundamental factor for stability and durability is life. If couples can increase their level of satisfaction in marriage, families are protected from harm. That's why tools that increase marital satisfaction have a significant impact on cohesion and positive functions of the family have. Narrative because the new therapist therapy and mastery of narrative therapy and its elements will have a significant impact on increasing couples' marital satisfaction.

Therapist helps to understand the broader narrative of its own and interpretations of the new stories person restrictive and ensures private and personal pleasure of change.

Background research

The importance of the family in national cohesion and social security has led various researchers do extensive research in this regard. For example, this distinction on 30 couples who were undergoing training Cognitive- showed that Cognitive- makes incise satisfaction of marital education, but did not cause significant differences based on gender (Rezaee & Foruzandeh, 2016). As well as Askari, Noah, Hassan, and Baba (2012) in his study to investigate the effect of improving the relationship between the marital satisfaction of both working to conclude that the program significantly improve the relationship between marital satisfaction has improved overall in all its aspects. The relationships between marital satisfaction and understanding of current affairs division of the house and the children into four groups of two theoretical perspectives of the population investigated, the results of marital satisfaction and understand the relationships between the distributions Factory Babysitting among all groups of the study. Fahs and Swank (2016), in his study on the relationship between their wives engage in marital satisfaction. As a result of their positive and negative relationship between marital satisfactions were empathetic, and as a result of collaboration to improve the well-being and happiness in the marital relationship led. In another study H. A. Johnson, Zabriskie, and Hill

(2006) on issues affecting the marital satisfaction research and has concluded that couples the flexibility, adaptability and have a higher correlation of marital satisfaction was higher. In addition, a positive correlation between marital satisfaction and leisure component alignment, integration and issues related to children, marriage, family and friends have achieved.

METHODOLOGY

This quasi-experimental study in which two groups of experimental and control with pre-test and post-test was used. The research design diagram in Table 1 below

Table 1. Diagram research plan

Groups	pre-exam	The independent variable	After the test
Experimental	T1	X	T2
Control	T1	—	T2

The population

The study population, women, cultural centers and cultural centers of the city will be in 2014.

Sample and sampling

The sample consists of 48 women were married by 24 married women in the experimental group and 24 married women in the control group were assigned randomly. Sampling is voluntary, and among couples who were referred to centers of cultural and cultural centers of the city and prepare for voluntary participating in the study was selected.

Research tools

This study is a research field. The data collection tool in the study of Marital Satisfaction Scale, Revised (RDAS) respectively

The questionnaire Busby, bound, Larson and Christensen made 14 questions. The main form 32-question scale based on the theory that by Spinner Spinner about the quality of marital made Levi's and is (Assari, Moghani Lankarani, & Tavallaii, 2009; Crane, Middleton, & Bean, 2000).

After introducing his theory on the quality of marriage, 14-item questionnaire as a useful tool for evaluating the quality of their marriage. This 14-item questionnaire divided into 6 range is from 0 to 5 grading, so the answer is quite favorable score of 5 and the answer is quite the opposite is zero. The tool consists of three subscales agreement, satisfaction, solidarity of which a total of marital quality scores and high scores indicate higher marital quality indicator.

Validity and reliability Face and content validity by experts (family psychologist, family counselor specialist approach Bowen) was determined and it was a limited reform, so, after a few steps to investigate, review and make changes and reforms, Persian form to perform The study was prepared. Confirmatory factor analysis, structure factor approved in the US has

shown its validity(Assari et al., 2009) .

RESULTS

Descriptive statistics of the variables are shown in Tables 2 to 4. Of the 48 married women participating in the study, 24 men and 24 women in the control group at the Department of narrative therapy research tools were assessed before and after training. The mean age of subjects was 11.6 51/38 with a standard deviation of 29 to 53 year age range groups were separated.

Table 2. The age of two experimental and control groups

Group Age	Test		Control	
	Number	Percent	Number	Percent
25-20	1	2.1	3	6.2
30-26	3	6.2	4	8.3
35-31	3	6.2	5	10.4
40-36	6	12.5	6	12.5
45-41	8	16.7	4	8.3
50-46	2	4.2	2	4.2
55-51	1	2.1	0	0

The data in Table 2 shows that the highest rate of women in the age group 41 to 45 years participated in the study had been.

Table 3. Status of the two groups and control

Groups Education	Test		Control	
	Number	Percent	Number	Percent
Cycle	8	16.7	6	12.5
Diploma	11	22.9	9	18.8
Associate Degree	2	4.2	2	4.2
BS	3	6.2	7	14.6

Data in Table 3 show that the highest frequency in the experimental group of women with high school education (9.22 percent) in the control group (8.18 percent) have been reported.

Table 4. Educational level between experimental and control groups

Categories For marriage	Test		Control	
	Number	Percent	Number	Percent
5-1	4	8.3	10	20.8
10-6	2	4.2	2	4.2
15-11	4	8.3	6	12.5
20-16	8	16.7	2	4.2
25-21	4	8.3	4	8.3
30-26	2	4.2	0	0

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The data in Table 4 shows that the highest rate of women for marriage from 16 to 20 years has been reported. (7.16 percent) in the experimental group was. To determine the equal variance was used to test this leaked. The results presented in Table 7.

Table 5. Overall satisfaction scores in the experimental group and control

Group	Test		Control	
	pre-exam	After the test	pre-exam	After the test
Statistical Indicators	Average	Average	Average	Average
Marital satisfaction	255.52	298.95	238.08	229.12

Table 6. Standard deviation of marital satisfaction scores in the Experimental Group and control

Group	Test		Control	
	pre-exam	After the test	pre-exam	After the test
Statistical Indicators	Standard deviation	Standard deviation	Standard deviation	Standard deviation
Marital satisfaction	47.96	47.78	34.33	34.47

Table 7. F test this assumption of equality of variances related to marital satisfaction in the experimental and control groups

Value F	The first degree of freedom	The second release	Significance level
15:06	1	46	0.001

Table 8. Analysis of covariance narrative therapy training on marital satisfaction

Source	sum of squares	Degrees of freedom	average of squares	F value	Significance level	Impact factor
Group	40306.73	1	40306.73	36.02	0.001	44.5

Results Table 8 showed that Difference The observed average test scores marital satisfaction of married women in the experimental and control groups (Sig <0.05) Is significant. Thus the hypothesis of a study based on narrative therapy on marital satisfaction of women in the life of the city of effectiveness is confirmed. The room rate (impact factor), 44.5% difference between experimental and control groups related to the effect of education on women's marital satisfaction in married women's health stories.

CONCLUSION

The results of this study indicate that the hypothesis that the therapeutic narrative of women's marital satisfaction in life is the effectiveness of the city, is confirmed. In explaining this hypothesis can be stated that according to women's educational sessions Find that physiologically, Values, motivations, needs, beliefs, overcome stress and differences in male and female roles there are, in addition to knowledge of these differences, people Are finding that not only are the same, but sometimes there is a conflict and a lack of similarity to an abnormality of the other person is not something that can be explained in terms of gender. This not only prevents potential conflicts but also couples to reach a consent agreement between the people

and therefore can express their affection for each other, and finally to a union of two patients achieved. In the above-mentioned study how beliefs about the relationship between a person and his wife should be evaluated and results showed that the relationship-oriented communication measures in the marital relationship was associated with adaptation. Especially marital conflicts and differences of men are more reactive in stressful situations, compared to women leads to the conclusion and the question of their own to cope, and its dimensions are effective and consistent results.

It is proposed to replace the narrative of the other therapeutic interventional procedures for assessing the impact on marital satisfaction was used to compare the results with research done ahead.

It is recommended that research on the population to assess and repeat according to different cultural backgrounds to apply.

It is suggested that the therapeutic applications of these methods depend on the number of meetings by experts with more and richer practice to be examined.

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