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# Impact of Parenting Skill Training on the Marital Satisfaction of the Parents Established In the Treatment of Drug Abuse Disorders

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## A B S T R A C T

The present study was aimed to investigate the effect of parenting skills training on marital satisfaction of stabilized parents in the treatment of drug abuse disorders in Yazd city. The present study is quasi-experimental with pretest-posttest and post-test design with a control group. The study population included all parents stabilized in the treatment of substance abuse disorders in Yazd City, 40 subjects were selected by convenience sampling method, and randomly assigned to experimental and control groups, both groups completed questionnaires of HOODSN marital satisfaction and DOS in the pre-test, post-test, and control. Results of the analysis of covariance showed that experimental practice (parenting skills training) affects improving marital satisfaction. Therefore, the results show that parenting skills improve the marital satisfaction of stabilized parents in treating substance abuse disorders.

**Keywords:** Parenting Skills, Marital Satisfaction, Substance Use Disorders.

## INTRODUCTION

Today, addiction is a biological, psychological, and social disease (Koohestani, Shoja, Nabavi, & Shoja, 2013). Substance abuse is a modified mood and treats one of the most characteristic of psychosocial injuries that dependency is a complex disorder with biological, psychological, social, and spiritual causes. In fact, the stress of biological, psychological, social, economic, political, and cultural factors have turned this problem into one of the most complex personal, familial, and social problems (Mokri, Ekhtiari, Edalati, Ganjgahi, & Naderi, 2008). Parenting styles are standard patterns of child upbringing, which are characterized by parental customs and specific responses to children's behaviors (Pour Mohsen, 2002). Parenting styles are considered a parent feature that, by modulating certain actions that parents do and changing children's experience in socialization, defines parental attempts as a collection of parents' attitudes toward children. Parenting styles are indicative of the parents' personality, which shows parents' mental-psychological health status. Therefore, the effect of parenting on improving children's behavioral problems is effective on self-efficacy and better relations among couples (Coplan, Hastings, Lagacé-Séguin, & Moulton, 2002).

In the research, Sanders, Markie-Dadds, Tully, and Bor (2000), and Baker, Sanders, Turner, and Morawska (2017), examined the direct and indirect relationship between parenting

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styles and drinking alcohol dependence, which showed that the results of an authorized mother were directly related to the hidden self. While having a powerful father indirectly associated with himself. High levels of maternal tyranny indirectly linked to increased alcohol consumption. And authoritarianism was indirectly associated with less alcohol consumption and alcohol-related problems. In addition, the parenting style on marital satisfaction can be effective, as it was shown in several studies, training intervention on the increase of marital satisfaction of parents with single and multiple children compared to before education and compared with the control group was significantly different (Corbin, Berey, Waddell, & Leeman, 2020; Hartman et al., 2015; Patock-Peckham & Corbin, 2019).

The parenting program is one of the 5 levels of family intervention for parents of children who are currently experiencing or are at risk for behavioral and emotional disorders (Moshkbed, Delavar, & Shafieabadi, 2008). Researchers believe that parental parenting skills are one of the most important dimensions that affect marital satisfaction. Research results on 96 couples with at least one child showed that marital satisfaction with increasing expressed feelings and interest when working with the child increased, and their stress levels decreased (Minnotte, Pedersen, & Mannon, 2010; Savari & Farazi, 2018). But the number of findings that prove this result is not enough, and the gaps of research in this area feels quite a lot. According to what was said, the researcher has sought to show whether the study of parenting skills training on the marital satisfaction of established parents affects the treatment of substance use disorders in Yazd city?

## **METHODOLOGY**

The present study was applied, and the research method was semi-experimental with the pretest-posttest and control group, which was performed on the parents in the treatment of substance abuse disorders in Yazd city (Iran). 40 subjects were randomly divided into two groups, with 20 members of experimental and control. Control and testing groups according to entry and exit criteria were tried to be homogeneously selected.

- Parental Age 18-55 years
- Education: High School or higher
- Under Maintenance treatment of Buprenorphine
- Having children 17-12 years

People over three months of treatment have a regular visit, and in recent months, urine testing has been negative in terms of morphine and methamphetamine. Before any kind of training pre-test was taken, all subjects completed pre-test questionnaires with Hudson marital satisfaction test. The subjects of the training group received parenting training in 8 sessions of 90 minutes; however, the control group did not perform any kind of training and the end of the eighth week from both groups again, the aforementioned questionnaires were completed as a post-test. Finally, after three months of the study group, the same questionnaire was completed as follow up, at the end of the data collected in the SPSS-20 version was analyzed. In order to describe the data, the central Trend index, dispersion, and distribution of scores were used. In the statistical analysis stage, according to the nature of the measurement scale, which is a distance, and the research hypothesis was used to analyze the data as a case of multivariate analysis of covariance.

## RESULTS

In Table 1 the distribution of test and control groups test scores in marital satisfaction is given.

**Table 1.** Descriptive indexes of subject scores of test groups and control in marital satisfaction

Groups	Variables	N	Mean	Std. Deviation
Test	Pre-test of martial satisfaction	20	3.27	0.36
	Post-test marital satisfaction	20	4.15	0.37
Control	Pre-test of martial satisfaction	20	3.17	0.4
	Post-test marital satisfaction	20	3.04	0.45

The results of the table indicated in the variable, marital satisfaction mean, and standard deviation in the test group at the stage of pre-Test (Std. Deviation=0.36, Mean=3.27), in the post-test (Std. Deviation=0.37, Mean=4.15). The mean and standard deviation in the control group are in the pre-test stage (Std. Deviation=0.4, Mean=3.17) and the post-test stage (Std. Deviation=0.45, Mean=3.04). Table 2 shows the study variables' distribution based on the normality index, such as the Shapiro Wilk test and tilting and elongation.

**Table 2.** Descriptive indexes of subject scores of test groups and control in marital satisfaction

Groups	Variables	N	Skewness	Kurtosis	Shapiro - Wilk's	Sig.
Test	Pre-test of marital satisfaction	20	-0.65	0.18	0.951	0.37
	Post-test marital satisfaction	20	1.18	1.22	0.885	0.022
Control	Pre-test of marital satisfaction	20	0.25	1.26	0.955	0.44
	Post marital satisfaction test	20	0.42	0.41	0.961	0.56

The results showed the status of the distribution of scores variable marital satisfaction group experiment in the pre-test (KU= 0.18, SK=-0.65, It;  $p>0.05$ , W=0.951) is normal, but in the post-test phase (KU,1.18, SK=,1.22 &  $p>0.05$ , W=0.885) based on index Shapiro Wilk's not normal, but since the indicators of the deviation and elongation between  $2\pm$  are can be normal, being variable, will be accepted. In the control group in pre-test (W=0.955,  $p>0.05$ , SK=0.25, KU=1.26) and post-test (W=0.961,  $p<0.05$ , SK=0.42, KU=0.41) is normal. The regression line slope reducer analysis results showed that in all stages of interaction, the homogeneity assumption of the regression line slope is established.

**Table 3.** The covariance analysis of the marital satisfaction variable

Source of changes	Sum squares	Df	Mean squares	F	Sig.	Effect
Pre-test of marital satisfaction	0.144	1	0.144	0.9	0.34	0.025
Group agent (experimental conditions)	12.22	1	12.22	76.57	0.001	0.686
Error	5.58	35	0.16	-	-	-

Results of variable analysis of covariance in Mancova text showed that experimental action (parenting skills Training) has an effect on improving marital satisfaction ( $F= 76.57$ ,  $p=0.001$ ,  $2\eta =0.686$ ) and 68.6 percent of changes in marital satisfaction is the result of parenting skills training.

## CONCLUSION

The present study aimed to investigate the effect of parenting skills training on established parental satisfaction in the treatment of drug consumption disorders that were carried out in Yazd. The study results showed that parenting skills training on parental satisfaction stabilized in the treatment of drug use disorders in Yazd was significant, and the research hypotheses are

confirmed. The results of this investigation were confirmed by the results of Alnandi and Nouri (2017), Roushanbin, Pouretamad, and Khoushabi (2007), Calafat, García, Juan, Becoña, and Fernández-Hermida (2014), Finders, Díaz, Geldhof, Sektnan, and Rennekamp (2016), and Johnson et al. (2008). This finding can be described based on some possibilities. In accordance with the theory of social learning, Banderix, Nordström, and Sivberg (2006), predicts that in parenting skills training, when they learn parental specific social behaviors, such as providing emotional support and conflict management, they will use it in connection with the children and their spouses. Social practices of child encounter create a range of warmth support that training such an encounter in connection with the spouse will also be effective. Also, in parenting style training due to increasing the level of parents' awareness of their children and how to encounter with them, they are aware of their behavior mistakes and the cognition of parents becomes more and they train the correct attitude, so these behaviors also affect marital relationships and raise marital satisfaction. Constructive educational interventions of children to parents cause a dramatic reduction in behavioral problems of children and adolescents. Also, this training will lead to the satisfaction of the parents of life. Moreover, dysfunctional parenting styles because conflict between parents and also between parents and children, and mental health affects all family members. Since the family is a system and people are in direct interaction with each other if the mother has learned to deal with her child in different stages and the critical growth of the appropriate procedures of education and parenting, it is able it will be a good relationship and interaction with child and this will reduce the conflict and tension between parents in the context of parenting as well as parents' relationships with each other and thus increase the satisfaction of parental life. In the present study, due to the communication skills between parents and children, parents reported that when they communicate with their child, they will understand their child more and closer to him/her and feel more satisfied, so that it causes a sense of peace. The results of the study showed that teaching parenting skills affect marital satisfaction.

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