The Relationship of Couple's Primary Inconsistent Schemas with Marital Satisfaction in Bandar Abbas

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ABSTRACT: This research is aimed at studying the relationship of couple's primary inconsistent schemas with marital satisfaction in Bandar Abbas. Cluster sampling was employed to randomly select a sample of 150 people who live in this city. Primary inconsistent schemas and marital satisfaction were evaluated by Young's schema questionnaire and Enrich marital satisfaction questionnaire respectively. Multivariate regression was used to analyze data. The results revealed that primary inconsistent schemas illustrated 29 percent of criterion variable (dependent variable), namely marital satisfaction. Among schemas under investigation, emotional deprivation, emotional inhibition, and distrust significantly predicted marital satisfaction. At the end of research, results were discussed.

Keywords: Primary Inconsistent Schemas, Marital Satisfaction

INTRODUCTION

Primary inconsistent schemas are emotional and cognitive models for self-harm. They are formed in the initial stages of mind growth and evolution and reiterated during the lifetime. The schemas result from the talk parents have with their child. It gradually settles on child's mind and dominates his/her life systematically but inefficiently. As cognitive foundations, inconsistent schemas having cognitive, emotional and behavioral components give rise to illogical notions. When active, emotions are running in different rates and result directly and indirectly in psychological distresses such as depression, anxiety, job inability, drug addiction, interpersonal conflicts, etc[1].

According to Young[1], primary inconsistent schemas are emotional and self-harm models taking shaped in mind in early stages of growth and evolution and being iterated during lifetime. They are formed because five basic emotional needs are not satisfied. These needs include: safe attachment; 2. self-regulation; 3. freedom in expressing needs and emotions; 4. realistic limitations during childhood. These are the main causes of personality disorders, less serious cognitive problems, and many other chronic disorders .

The evolutionary schemas take their roots from unpleasant experiences of childhood. Ones created earlier are generally stronger and have their origin in nuclear families [2]. While a child is growing, schemas are being formed affected by his/her peers, school, and the culture. Four groups of bitter experiences cause schemas. The first one occurs when needs are not met and children do not have pleasant experience. The second group pertains to the situations in which children are hurt and sacrificed. In the third group, children experience good things, well-being, and comfort. However, in such state, the requirements for self-regulation and illogical limitation are not met. In the fourth group, children act in imitation of important people of their life. Based on which aspects of these important people' behavior are internalized, different schemas are formed[1] .

Some schemas are conditional and some others are unconditional. In general, schemas forming in the early stages of human development and placed in the cognitive axis are unconditional and about self and others. However, those taking shaped during the progression stage are conditional [1]. No way would remain for patient to escape by unconditional schemas. No matter what he/she does, the result would be the same: an inefficient, incompetent, miserable, and detestable person is exposed to danger and the forces of evil and nothing has the power to make a change. The schema sums up all childhood events into itself and there is no option opens to the child. Conditional schemas though open up a window of hope and aspiration. This respectively makes the patient feel up to change the results, to obey, confirm others, behave philanthropically, control the emotions, and by taking a step in this direction, he can probably inhibit negative results. Conditional schemas are mostly formed when the individual decides to get rid of unconditional schemas .

Primary inconsistent schemas play a significant role in the way of thinking and in how people communicate. Primary inconsistent schemas and inconsistent techniques which are learned to confront them are the foundation of emerging disorders such as drug addiction, depression, anxiety, and psychosomatic disorders .Studies have revealed that there is a significant correlation between the rate of using inconsistent schemas and couple's marital satisfaction. In his research, Domitroski et al. studied the relationship of primary inconsistent schemas and marital satisfaction in 182 Romanian couples. Research results indicated that there is a significant negative correlation between primary inconsistent schemas and marital satisfaction[4] .

Stealz offered that there was a significant negative correlation between using inconsistent schemas and young couples' marital intimacy. The negative correlation between these two variables has been also reported in other research [4,5,6,7,8].Results generally show that there is a correlation between high levels of marital satisfaction and low level of using inconsistent schemas. Based on previous research and the available principles, this research is aimed at an investigation on the relationship of primary inconsistent schemas with couple's marital satisfaction in Bandar-Abass.

MATERIALS AND METHODS

The present research is a descriptive correlation study. The predictor variables are primary inconsistent schemas and the criterion variable is marital satisfaction. Statistical population includes all couples in Bandar-Abbas in a sample size of 150 randomly selected by clustering sampling[9].

Young's primary inconsistent schemas scale and Enrich marital satisfaction questionnaire were employed for gathering the required information. Young's primary inconsistent schemas scale (short form) is a self-reporting tool including 75 questions evaluating 15 primary inconsistent schemas based on a 6 degree scale. The subscales are abandonment, distrust, social isolation, defectiveness/shame, failure, dependence/incompetence, vulnerability to harm or illness, obedience, self-sacrifice, emotional inhibition, tight criterion, merit, and self-controlling. The following questions are asked in this scale: "I have nobody to support and to speak with, nobody to deeply concern about what happens to me", "on the whole, nobody to show me sentiment, affection, and honesty", "most of the time, I have not felt to be a particular or unique person, to others' mind". For some reason, only the five subscales of emotional deprivation, emotional inhibition, tight criterion, distrust, and social isolation were investigated in the present research. Having standardized, Yoosefi et al[10]. calculated the reliability and validity of the questionnaire. The results agreed with external norms. To estimate the reliability by test-retest method, the short form was conducted for 40 subjects in a four week interval. Pearson's correlation coefficient was then calculated for scores obtained after twice conducting the test. Correlation coefficients of subscales were in the range of 0.61 to 0.86. The test reliability was calculated by internal resemblance in the range of 0.72 to 0.87 which is a high rate .

Enrich questionnaire was used to assess marital satisfaction. It is a 115 question scale composing of 14 subscales. Six questions from very much to never have been set for all questions. Questions are scored with 0, 1, 2, 3, 4, and 5. The higher score indicates the stronger marital satisfaction. The possible score range is between 0 and 575. Olson reported 0.9 for subscales of idealistic distortion, 0.81 for marital satisfaction, 0.73 for personality issues, 0.68 for communication, 0.75 for solving conflicts, and 0.76 for sex. In a research carried out by Mahdavian , Pearson correlation coefficients were obtained by test-retest method (in one week interval): men: 0.93, women: 0.94, and men and women: 0.94 [9].

RESULTS

Data was descriptively and inferentially analyzed. In the descriptive section, mean and standard deviation were calculated for predictor (independent) and criterion (dependent) variables. In inferential section, simultaneous multivariate regression analysis was employed. In the involved model, emotional deprivation, emotional inhibition, tight criterion, distrust, and social isolation are predictor

variables and marital satisfaction is the criterion variable. Table 1 presents mean and standard deviation for these variables.

Table 1. Mean and standard deviation

Variable	Mean	Standard Deviation	Number
Marital Satisfaction	198.34	11.45	150
Emotional Deprivation	24.76	3.37	115
Emotional Inhibition	23.41	3.41	115
Tight Criterion	21.17	2.89	115
Distrust	24.56	2.32	115
Social Isolation	20.29	2.76	115

As seen in above table, marital satisfaction mean is 198.34. In searching on inconsistent schemas, the highest mean belongs to emotional deprivation and the lowest one is possessed by social isolation. To test the suggested model, simultaneous multivariate regression analysis was used. Table 2 summarizes the simultaneous multivariate regression analysis of marital satisfaction.

Table 2. Summary of simultaneous multivariate regression analysis of marital satisfaction

Source of Changes	Total Squares	Freedom Degree	Mean Squares	F	R2	Significance Level
Regression	1956.87	4	489.22	5.84	0.29	0.001
Remainder	4607.72	55	83.77			
Total	6564.60	59				

Based on table 2, the model's ratio F (5.84) is significant. In other word, the available variables significantly indicate the 29% of the variance of criterion variable or marital satisfaction. Any of predictor variables were checked to understand that which of the predictor variables are in relation with marital satisfaction. Table 3 presents the results relating to the standard coefficient of predictor variables and the significance levels.

Table 3. The standard coefficient of predictor variables and the significance levels

Variable	B	Standard Errors	β	T	Significance Levels
Fixed Coefficient	15.10	2.71	---	4.06	0.001
Emotional Deprivation	-3.489	1.331	-0.28	-2.47	0.003
Emotional Inhibition	-1.62	0.503	-0.242	-3.218	0.002
Tight Criterion	-0.490	0.308	-0.143	-1.590	0.115
Distrust	-1.526	0.193	-0.564	-7.929	0.001
Social Isolation	-0.490	0.308	-0.143	-1.590	0.115

The results obtained from regression model indicated that β is negative and significant for emotional deprivation, emotional inhibition, and distrust. Other schemas are not significant. Thus, it is concluded that among these schemas, emotional deprivation, emotional inhibition, and distrust have the power of predicting marital satisfaction.

DISCUSSION

This research is aimed at studying the relationship of couple's primary inconsistent schemas with marital satisfaction in Bandar-Abbas. Results revealed that the suggested model is generally significant. Or, to put it another way, primary inconsistent schemas can significantly demonstrate a part of variance of marital satisfaction. As indicated in table 3, emotional deprivation, emotional inhibition and inhibition can significantly predict the marital satisfaction. Results match up with findings of research conducted by Chatav and Wishman [6], and Alli et al. [8]. They are also in agreement with results obtained by Stiles [11].

In the present research, one inconsistent schema is in a negative and significant correlation with marital satisfaction: emotional deprivation. Emotional deprivation refers to lack of emotional bonds. Obviously, a person experiencing such condition cannot grow or slip into a deep and lasting relationship. Emotional inhibition is another schema having a significant negative relationship with marital satisfaction. The accuracy of this schema determines that people with emotional inhibition suffer from a boring and inert life. As inhibit their emotions, these people cannot enjoy their life and relationship with others. Undoubtedly, a life without emotions cannot create marital satisfaction [11].

Finally, there is also a significant negative correlation between distrust and marital satisfaction. Distrust seems to be the foundation of any satisfied relationship. To be satisfied with living with each other, couples should get pleasure from a mutual trust. People entering a marital life with a distrust background may not enjoy a pleasant marital satisfaction .

Despite of these results, there have also been several limitations. A sample limited to couples living in Bandar Abbas and use of clustering sampling are of the major ones. It is suggested to alleviate such limitations and investigate methods of changing inconsistent schemas and their effects on marital satisfaction in future research. Results achieved by this research may offer the suitable insight to family consulters and psychologists to present to couples the needed information about the effects of inconsistent schemas on their behavior and emotions.

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