



A Study on the Relationship between Marital Conflicts and Communication Patterns in Couples

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ABSTRACT: This study examined the relationship between marital conflicts and communication patterns in couples in Bandar Abbas in 2013. The research method was descriptive correlational. The population of the study consisted of all married couples of Bandar Abbas city. Research sample using Cochran formula was calculated 300 subjects. In this study sampling method is simple random. Data collection method of the study was field method and tools used in the research were marital conflicts questionnaire (MCQ), and communication patterns questionnaire (CPQ). For the analysis of collected questionnaire data two sets of descriptive statistics and inferential statistics were used, the results of which are as follows: There is a relationship between marital conflicts and communication patterns between couples and elements of communication patterns can wholly explain approximately 50.1 % of the variance of marital conflicts.

Keywords: Communication Patterns, Marital Conflicts, Couples

INTRODUCTION

Conflicts are the natural part of every relationship and often are not the sign of the end of the relationship life. Marital conflicts should be welcomed as a sign to try to correlate better and more evolved and as a way of deeper mutual understanding. Avoiding conflict in marital life does not change the fact that there is an issue in your marital life that needs to be addressed. When the conflicts intensify the couple should spend more time together. Otherwise, a greater distance between them will be created and they will be apart more. The conflicts lead to finding new important values and help the couple to unite again for a common goal¹.

One of the main characteristics of the humankind is the ability to form interpersonal relationships and maintain it. These relationships, which are absolutely necessary for each of us to maintain reproduction, love, job and etc., are formed variously. Friendly relationships, communication patterns and relationship satisfaction are issues that are focused both socially and psychologically on interpersonal behaviors and they are the main subjects that begin in childhood. The friendly relationships, communication patterns and relationship satisfaction

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are in most of relationships and could have a huge impact on people. The negative impact of this issue can effect on the individual growth procedure, from the events that occur during childhood to adulthood experiences achieved in relation to people ².

Sepehri and Pakdaman in their research, entitled on the impact of the communication patterns on conflict resolution practices, show that communication patterns influence conflict resolution methods³.

Khosravi et al. on their research entitled the effect of pluralistic family communication patterns education on life satisfaction in couples, showed that dialogue plays a key role in the life satisfaction. Therefore pluralistic communication pattern that is based on high dialogue is effective on life satisfaction in couples⁴.

Honarparvaran et al on their study, entitled comparing the patterns of communication and marital conflicts in married women working in state banks and housewives in Shiraz, found that employed women use mutual constructive communication patterns more and housewives use mutual avoidance communication patterns more. With regard to the marital conflicts, employed women have greater conflicts in subscale of separating financial affairs from each other; while housewives have greater conflicts in subscale of increasing the children support drawing and enhancing emotional reactions⁵.

As couple's communication patterns and marital conflicts are affected by many factors and on the other hand, the religious orientation and spirituality highly influence a person and his/her relationships with others, this study examined the relationship between marital conflict and communication patterns of couples.

MATEREALS AND METHODS

The present study is a descriptive research because it seeks to investigate and understand the relationships between the variables in the existing conditions. On the other hand, in this study the researcher has attempted to select a definite population and sample to identify and explore the relationships between the research variables in viewpoints of the study participants. Finally, the study can be seen in the category of correlational research.

The research population consisted of all married couples of Bandar Abbas city. Research sample using Cochran's formula, was calculated ($N = z^2pq/d^2 = (1.96)^2 (0.5 * 0.5) / (0.57)^2 = 300$) 300 subjects. In this study the sampling method was simple random sampling. Using the available couples, the studied sample was randomly selected and questionnaires were distributed among them.

In order to collect the research required data the following questionnaires were applied.

Communication Patterns Questionnaire (CPQ): this questionnaire is a self-assessment tool that has been prepared by Cristansen and Salavi². The questionnaire contains 35 questions. The spouses grade each behavior on a Likert

9 -point scale, which is arranged from 1 (totally impossible) to 9 (totally possible).

CPQ is composed of three subscales:

1. Mutual constructive relationship
2. Expectation / withdraw relationship.
- 3.

The relationship of expectation / withdraw is made up of two parts:

1. the wife expectation / the husband withdraw
2. The husband expectation / the wife withdraw.
3. Mutual avoidance relationship.

The final results of Christensen et al. using Cronbach's Alpha method with 5 CPQ scales has been reported from 0.44 to 0.85. Ebadat Pour reported the reliability of the subscales of mutual constructive 0.5, mutual avoidance 0.51, the husband expectation / the wife withdraw 0.53 and the wife expectation / the husband withdraw 0.55. Khojastemehr et al have investigated the reliability and validity of the questionnaire in Ahwaz. The Cronbach's alpha of questionnaire has been calculated 0.60 to 0.73 ⁵.Convergence validity of the questionnaire for the scales of mutual constructive relationship, mutual avoidance relationship and expectation -withdraw relationship has been calculated respectively 0.46, 0.39 and 0.47, all of which were significant at 0.001 level. Reliability coefficient of the questionnaire in this study was calculated on a 300 subject sample and 0.857 was obtained.

Marital Conflict Questionnaire (MCQ): The questionnaire contains 54 questions that measure 7 dimensions of marital conflicts, including family and friends (questions 1 , 8 , 15 , 21 , 23 , 29 , 32 , 37 , 43 , 46 , 50), financial management (questions 2 , 10 , 17 , 24 , 33 , 39 , 48), communication (questions 3 , 12 , 26 , 28 , 41 , 42 , 47), personality issues (questions 4 , 7 , 20 , 25 , 34 , 45 , 30 , 52), sexual relationship (questions 5 , 13 , 19 , 35 , 40), conflict resolution (questions 6 , 11 , 14 , 16 , 26 , 36 , 51 , 18) and children and children training (questions 9 , 22 , 31 , 38).

Psychometric studies have shown that the content validity of this questionnaire is desirable. In the present study, Cronbach's alpha coefficient for the total questionnaire is calculated 0.919. The scoring of the Likert questionnaire is 5 degree.

In this study, the collected questionnaires were entered into SPSS software and to analyze the collected data two sets of descriptive statistics and inferential statistics were used. In the descriptive statistics part the indicators of mean, standard deviation and correlation matrix were used. The Cronbach's alpha reliability coefficient was used to assess the reliability of the instruments. In the inferential statistics part in order to explain and predict the criterion variable by the predictor variables, multiple regression analysis was employed.

RESULTS

Table 1. Frequency and percentage related to the age of subjects participated in the present project

Age	Frequency	Percentage	Reliable percentage	Accumulation percentage
<25	13	4.3	4.3	4.3
25-30	108	36.0	36.0	40.3
30-40	141	47.0	47.0	87.3
40-50	38	12.7	12.7	100.0
Total	300	100.0	100.0	

The above table indicates the subjects' age that the highest frequency is 141 subjects for 30-40 years old and the lowest frequency is 13 subjects for less than 25 years.

Table 2. Frequency and percentage related to the type of marriage of subjects participating in the present project

Type of marriage	Frequency	Percentage	Reliable percentage	Accumulation percentage
Family introduction	87	29.0	29.0	29.0
Friends or others introduction	109	36.3	36.3	65.3
My selection	104	34.7	34.7	100.0
Total	300	100.0	100.0	

The above table indicates the type of marriage of the subjects. Maximum frequency is 109 subjects for friends or others introduction and minimum frequency is 87 subjects for family introduction .

Table 3. Mean, variance, standard deviation for marital conflict and its components

Component	Number	Minimum	Maximum	Mean	Standard deviation	Variance
Marital conflicts	300	53	179	119.42	24.815	615.788
Family and friends	300	11	43	19.90	7.253	52.603
Financial management	300	7	31	17.03	3.448	11.891
Communication	300	7	30	19.59	3.576	12.787
Personality issues	300	8	28	18.33	2.797	7.825
Sexual relationship	300	5	19	9.83	2.840	8.066
Conflicts dissolving	300	8	30	19.19	4.513	20.365
Children and children training	300	2	53	8.66	5.093	25.941

The above table indicates the scores for marital conflict and its components. The greatest mean is in family and friend's component, with 19.90 and the lowest mean is in the children and children training component with 8.66. The greatest amount of variance is obtained for family and friend's component with 52.603 and

the lowest amount of variance is obtained for sexual relationship component with the 8.066.

Table 4. Mean, variance, standard deviation for communication patterns and its components

Component	Number	Minimum	Maximum	Mean	Standard deviation	Variance
Communication patterns	300	0	243	152.11	34.276	1174.843
Causing the problem	300	0	36	18.89	5.048	25.485
During the problem	300	0	132	69.17	22.419	502.599
After the problem	300	0	100	64.11	11.687	136.580

The above table indicates the scores for communication patterns and its components. The greatest mean is in during the problem component with 69.17 and the lowest mean is in the causing the problem component with 18.89. The greatest amount of variance is obtained for during the problem component with 502.599 and the lowest amount of variance is obtained for causing the problem component with 25.485.

Simple regression test was used with simultaneous entry of variables method to analyze the research hypothesis. Communication patterns variable has been considered as a predictive factor in determining dependent variable of marital conflicts.

Table 5. Coefficient of determination related to the components of communication patterns and dependent variable of marital conflicts

Coefficient R	(R ²) Determination coefficient	Adjusted determination coefficient	Standard Deviation
0.708	0.501	0.496	18.275

In this table the coefficient of determination is $R^2=0.501$. This means that communication patterns components 50.1% could explain the dependent variable of marital conflicts and data dispersion rate around this regression is 18.275.

Table 6. One-way ANOVA of regression analysis results related to communication patterns component and dependent variable of marital conflicts

Variable Resources	Sum of Squares	Freedom Degree	Square mean	F	Significance level
Regression	99048.541	3	33016.180	98.8 56	.001
Residual	98524.376	295	333.981		
Total	197572.916	298			

One-way ANOVA results in Table 6 show that the obtained relation value is significant by $F = 98.856$ at $p < 0.01$ level. So, the obtained relation is the best possible linear combination between communication patterns components and marital conflicts dependent variable.

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Table 7. β coefficients and t values and significance levels for communication patterns components and dependent variable of marital conflicts

Resources	Non- standard coefficients		Standard coefficients	t	Significance level
	β coefficients of regression	Standard Error	β		
Fixed	85.982	6.181		13.911	0.001
Causing the problem	1.189	0.336	0.233	3.535	0.001
During the problem	0.713	0.079	0.619	8.973	0.001
After the problem	-0.605	0.107	-0.275	-5.666	0.001

As can be seen in Table 7, communication patterns component (causing the problem) significantly predicts marital conflicts. So that, with beta value of 0.233 and the value of $t=3.535$, at significance level of $\alpha =0.001$ (less than $P=0.01$), it is a positive predictor of marital conflicts.

Communication patterns component (during the problem) generally predicts marital conflicts significantly. So that, with beta value of 0.619 and the value of $t=8.973$, at significance level of $\alpha =0.001$ (less than $P=0.01$), it is a positive predictor of marital conflicts. Component of communication patterns (after the problem) generally predicts marital conflicts significantly. So that, with beta value of -0.275 and the value of $t=-5.666$, at significance level of $\alpha =0.001$ (less than $P=0.01$), it is a negative predictor of communication patterns.

In general, the above-mentioned components, as noted in Table 5, can altogether approximately explain 50.1% of marital conflicts variance .

DISCUSSION

The results showed that the determination coefficient related to the communication patterns component and marital conflicts dependent variable is $R^2=0.501$. This means that communication patterns components 50.1% could explain the dependent variable of marital conflicts and data dispersion rate around this regression is 18.275. Also, one-way ANOVA results of regression analysis related to communication patterns component and dependent variable of marital conflicts show that the obtained relation value is significant by $F = 98.856$ at $p <0.01$ level. So, the obtained relation is the best possible linear combination between communication patterns components and marital conflicts dependent variable. These findings are consistent with previous findings that a number of them are mentioned below:

Honarparvaran et al. on their study, entitled comparing the patterns of communication and marital conflicts in married women working in state banks and housewives in Shiraz, found that employed women use mutual constructive communication patterns more and housewives use mutual avoidance communication patterns more⁵. With regard to the marital conflicts, employed women have greater conflicts in subscale of separating financial affairs from each other; while housewives have greater conflicts in subscale of increasing the children support drawing and enhancing emotional reactions.

Sepehri and Pakdaman in their research, entitled on the impact of the communication patterns on conflict resolution practices, show that communication patterns influence conflict resolution methods. Thus, according to the results of previous studies and the findings of the study, there is a relationship between communication patterns and marital conflict of couples³.

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