



The Effectiveness of Practical Application of Intimate Relationship Skills on Communication Styles and Emotion Expression in Women with Marital Dissatisfaction

Nooshin Nabizadeh¹ , Maryam Gholamzadeh Jofreh^{2*}

1. M.Sc. Department of Family Counseling, Faculty of Humanities, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

2. Assistant Professor, Department of Counseling, Faculty of Humanities, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

Citation: Nabizadeh, N., & Gholamzadeh Jofreh, M. (2022). The effectiveness of practical application of intimate relationship skills on communication styles and emotion expression in women with marital dissatisfaction. *Journal of Woman and Culture*, 13(51), 71-85.

DOR: 20.1001.1.20088426.1401.13.51.6.4

ARTICLE INFO

Received: 29.11.2021

Accepted: 06.03.2022

Corresponding Author:

Maryam Gholamzadeh Jofreh

Email:

maryam-jofreh@iauhvaz.ac.ir

Keywords:

Intimate relationship skills
Emotion expression
Communication styles
Marital dissatisfaction

Abstract

The aim of this study was to investigate the effectiveness of practical application of intimate relationship skills on communication styles and emotion expression of women with marital dissatisfaction. The statistical population included all women with marital dissatisfaction who referred to the consulting centers on 1399 in Ahvaz city. The study sample consisted of 30 women who were selected by purposive sampling and randomly assigned into two of experimental and control groups 15 subjects each. The study design was semi-experimental type with pretest-posttest and control group. Christens and Sullaway Communication Patterns Questionnaire (1984), Chong and Hudson (1982) Marital Satisfaction Index and King and Emmons (1990) Emotion Expression Questionnaire were implemented to collect data. The experimental group received the treatment protocol for 9 sessions, 120 minutes each. The control group received none. The results of covariance analysis showed that teaching the practical application of intimate relationship skills has led to the improvement of communication styles and expression of emotion in women with marital dissatisfaction.



Extended abstract

Introduction: Many couples consider the marriage as a sacred covenant or covenant that leads to family formation. The stability of the family structure depends on the quality of the couple's relationship. The quality and manner of communication is one of the factors that can strongly affect and be affected by the marital relationship. Effective marital communication is a strong predictor of marital quality and, in contrast, dysfunctional marital communication is a major source of dissatisfaction. Therefore, the importance of communication patterns is so great that it has become the cornerstone of the overall well-being of the family. Also, when the relationship between the couple is dysfunctional, it is expected that the couple's emotions or feelings will not be well expressed or, if expressed, will not be understood and accepted; In such a situation, the relationship leads to dissatisfaction and instability. To improve the emotional and communication psychological components of the couple, various therapeutic and educational methods have been used, including methods to increase satisfaction and reduce the harm of interpersonal relationships. Used to teach intimate communication skills According to the topics discussed, the present study sought to answer the question of whether teaching intimate communication skills has an effect on improving communication patterns and emotion expression in women with marital dissatisfaction?

Method: The statistical population included all women with marital dissatisfaction who referred to the consulting centers on 1399 in Ahvaz city. The study sample consisted of 30 women who were selected by purposive sampling and randomly assigned into two of experimental and control groups 15 subjects each. The study design was semi-experimental type with pretest-posttest and control group. Christens and Sullaway Communication Patterns Questionnaire (1984), Chong and Hudson (1982) Marital Satisfaction Index and King and Emmons (1990) Emotion Expression Questionnaire were implemented to collect data. The experimental group received the training protocol of Harvey (2004) for 9 sessions, 120 minutes each. The control group received none. Participants in both groups, at the beginning and the end of the study, were tested for evaluating communication style and expression of emotion variables. To analyze data multivariate and univariate analysis of covariance was applied as main statistical procedures

Results: Before testing the research hypotheses using multivariate analysis of covariance, Kalmogorov-Smirnov test was used to test the data distribution normality. The results of this test confirmed the normality of the distribution of the studied variables. Levin test was used to test the hypothesis of equality of variances and the results of this test also confirmed the confirmation of this hypothesis. The box's M test confirmed the assumption of equality of covariance matrices with variance and the analysis of variance was used to test the assumption of homogeneity of regression slope. The results of this test confirmed the establishment of this assumption in all variables. The results of multivariate analysis of covariance showed that the differences between the experimental and control groups in 3 communication patterns and 3 subscales of emotion expression style were significant. That is, the effect of teaching the application of intimate relationship skills on the linear combination of communication patterns and emotion expression styles is significant. Also in univariate analysis of covariance, the values of adjusted mean scores of reciprocal construct, reciprocal avoidance and expectation / withdrawal show that the practical application of



intimate relationship skills program has been effective on communication styles of women with marital dissatisfaction and has been able to improve their communication styles. Also, for the adjusted scores of positive emotion expression, negative emotion expression and intimacy, it is observed that the practical application of intimate relationship skills program has been effective on women's emotion expression styles in marital dissatisfaction and has been able to improve their emotion expression style.

Conclusions: The results showed that the application program of intimate relationship skills was effective and was able to increase reciprocal constructive communication style and reduce reciprocal avoidance communication style and expectation / withdrawal. In the other section, The results showed that the practical application of intimate relationship skills could increase the style of emotion expression in the experimental group. Based on the findings, it can be concluded that teaching the application of intimate relationship skills can improve communication styles and express emotions in people. In other words, this model can provide the conditions for the couple to convey their messages clearly to each other by creating a constructive relationship and conditions with empathy and intimacy, and by creating a positive and sincere atmosphere without fear of expressing emotions, cause Increase your emotional expression.

Authors Contributions: Nooshin Nabizadeh: General planning of content framework, editing and analysis, explanation of conclusions, submission and correction. Dr. Maryam Gholamzadeh Jofreh: Collaboration in general framework planning, selection of approaches, final review and responsible author. All authors have reviewed and approved the final version of the article. The present article is taken from Nooshin Nabizadeh's master thesis under the guidance of Dr. Maryam Gholamzadeh Jofre.

Acknowledgments: The authors would like to thank all those who were effective in completing this research through critique and consultation.

Conflict of interest: In this study, no conflict of interest has been reported by the authors.

Funding: This article had not been sponsored.