



# The Effectiveness of Emotion-Oriented Couple Therapy Training on Decision-Making Styles and Relationship Derangement of Facing Divorce Women

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## Abstract

The aim of the present study was to investigate the effectiveness of emotion-oriented couple therapy training on decision-making styles and relationship derangement of women facing divorce from cultural perspective. The statistical population encompassed all women whom were at divorce limen in Zahedan city. The sample involved 30 participants whom were selected via convenience sampling procedure and assigned in to an experimental and control groups randomly, 15 subjects each. The research method was a semi-experimental pre-test-post-test type with a control group. The measurement tools included Scott and Bruce's (1995) Decision-Making Style Questionnaire and Barati and Sanai's (2014) Marital Relationship Disorder Questionnaire. The experimental group was intervened in 10 sessions of 120 minutes using the emotion-oriented couple therapy training program, but there was no intervention for the control group. Data analysis was done by applying multivariate and univariate analysis of covariance statistical procedures. The results showed that emotion-oriented couple therapy training was effective on the decision-making styles and relationship derangement of women that were facing divorce and reduced women's relationship derangement and improved their decision-making styles. Therefore, emotion-oriented couple therapy training helped women to communicate with others at an appropriate level. Also, the dominate culture of the society gave meaning to women's relationships and decisions, in such a way that the origin and continuation of social phenomena, including marriage and family, depended on it.



## Extended abstract

**Introduction:** The family, the main building block of the society, is the first social institution that depends on the health and stability of the individual and the survival of the society. Divorce is one of the family and social crises, which in many cases causes imbalance in the family and as one of the stressful events breaks the stability of the family and damages the mental health of its members. Decision-making style is an individual pattern of interpretation and response to decision-making tasks. None of the decision-making styles is naturally superior to the other, and each of them has advantages and disadvantages in certain situations and with different individuals. Research evidence showed that improving relationship derangement and consonant decision-making styles between spouses could have an effective role on marital satisfaction and stability of joint life and reduce the amount of conflict and divorce between them. Therefore, the identification of effective treatment solutions for these dimensions has always been the concern of family therapists. All spouses may sometimes use these decision-making styles, but if one of these becomes a common way of reacting to their differences, it reduces the possibility of constructive conflict resolution and it could damage married life and leaves harmful effects on physical and emotional life. Concerning the out way of relationship derangement an introducing the just style of decision making the aim of the present study was to investigate the effectiveness of emotion-oriented couple therapy training on decision-making styles and relationship derangement of women facing divorce from cultural perspective.

**Methods:** The statistical population encompassed all women whom were at divorce limen in Zahedan city. The sample involved 30 participants whom were selected via convenience sampling procedure and assigned in to an experimental and control groups randomly, 15 subjects each. The research method was a semi-experimental pre-test-post-test type with a control group. The measurement tools included Scott and Bruce's (1995) Decision-Making Style Questionnaire and Barati and Sanai's (2014) Marital Relationship Disorder Questionnaire. The experimental group was intervened in 10 sessions of 120 minutes using the emotion-oriented couple therapy training program, but there was no intervention for the control group. Data analysis was done by applying multivariate and univariate analysis of covariance statistical procedures.

**Results:** The results showed that emotion-oriented couple therapy training was effective on the decision-making styles and relationship derangement of women that were facing divorce and reduced women's relationship derangement and improved their decision-making styles. Therefore, emotion-oriented couple therapy training helped women to communicate with others at an appropriate level. Also, the dominate culture of the society gave meaning to women's relationships and decisions, in such a way that the origin and continuation of social phenomena, including marriage and family, depended on it.

**Conclusions:** The first finding of the research showed that emotion-oriented couple therapy had an effect on the derangement in the relationship of women facing divorce. In fact, emotion-oriented couple therapy training reduced the derangement of the couple's relationship and the components of reducing cooperation, reducing sexual relations, increasing emotional reactions, increasing the support of children, reducing family



relations with relatives, spouses and friends, separating financial affairs from each other. This finding was consistent with the results of Soleimani Ahmadi (2011), Wiebe & etal, (2016) and Sowden & etal (2016). The second finding of the research showed that emotion oriented couple therapy had an effect on decision-making styles and the components of logical, avoidant, dependent and immediate styles and improved decision-making styles. This finding confirmed the results of Swart & et al., (2017) and Bader & Pearson (2011). Therefore, it could be concluded that emotion-oriented couple therapy training affected women's relationship derangement and decision-making styles considering its components (rational, avoidant, dependent and immediate decision-making styles).

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