

ARTICLE

EFFECTIVENESS OF EDUCATION ENRICHMENT MARITAL RELATIONS BASED ON THE MODEL OLSON IN QUALITY OF LIFE

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ABSTRACT

The research aimed to investigate effectiveness of Education enrichment marital relations based on the model Olson in Quality of life was performed. Therefore, the research employed a semi-experimental method with pre-test, post-test and control group design. The research sample included 32 couples who were randomly assigned into experimental group of couples' Olson model (16 couples) and control group (16 couples). The independent variables of marital enrichment model of Olson (8 sessions) were conducted on the experimental group while the control group didn't receive any training. The research tool was Quality of life questionnaire and the research hypothesis proposed That of Education enrichment marital relations based on model the Olson in Quality of life is effective. The results which were analyzed using covariance analysis indicated that couples' communication model exerted significant effects on in Quality of life at the level ($P < 0/000$) has.

INTRODUCTION

KEY WORDS
marital enrichment
model, the Olson,
Quality of life.

Family, social institution in human history is the most important and exalted field of developmental, emotional and social growth and development of their members has provided The most sensitive The most sensitivemarriage of emotional commitment that people have a mental tranquility and warm and sincere relationship Accepts it. Marriage is one of the most important decisions Many people find the time and energy to create the marital relationship voluntarily. couples spending more time preparing feast their marriage over the acquisition of skills and to have a happy marriage and do not spend much time durable to research The results show that that family issues and problems is increasing day by day in our country and the quality of life and satisfaction of marital relationships is decrease in own again. Increases in divorce and familial Conflict threatens not only on families, but also serious threat to the society and social systems. Education of healthy generation and future of society mental disorder that can carry on, in an environment of peace and security is low, is not possible. couples severe and pervasive the problems in our country during the establishing a relationship and maintain it experience. In fact, the problem of marital helplessness more than any other category to receive the visit of Mental Health Services and Consultancy and dehumidified [1]. Development of these complications shows a lack of skills and poor satisfaction of marital relationships marital and thus reduce the quality of life of married couples. The relationship Desirable and sedative couple's not only the most appropriate field of growth and flourishing personality them provide, but also this relationship of essential needs children is and relationship a pleasant with growth and personality of appropriate of the children is very effective [2]. The term quality of life was introduced as a methodology for evaluating the clinical trials and includes all the functions of life, such as emotional functioning (anxiety and depression), physical functioning, chemical pain, fatigue. The term quality of life is the range of variation in people's lives based on body measurements of different units [3]. Quality of life is actually a phrase that is difficult to define. Overall, quality of life has different meanings and definitions for different people in different situations, but basically, it refers to individuals' satisfaction with their lives [4]. The importance of the quality of life is to the extent that some people consider some improvement in the quality of life as the primary goal of treatment [5].

Sometimes the quality of life of persons defined as life satisfaction and personal satisfaction of all issues range from your own life. Marital quality and the marital quality and marital covers. High quality level indicates the presence of the objective relationship between the spouses escorting, good communication and a lack of conflicts and satisfaction of the relationship and also encompasses wife. One of the emotional needs of couples, relations combined with the intimacy is an important source of happiness, a sense of meaning and quality of life [6].

Another effective way in enhancing the couples' marital relationship is enrichment of the relationship. Enrichment is taking a step toward the growth of marital relationship that strengthens the relationship through setting goals for marriage [7]. Marital relationship enrichment is a range of skills that are taught to gratify family's basic needs such as love, kindness, belonging, trust, commitment, security and enjoyment. Evidently, it is also the ability to control negative relationship, aggression control and the ability to help the spouse to alter his/her relational models [8]. The research purpose is to assist couples to skillfully adopt the attitude of "I-value-myself-and-I-value-you" and express their opinion on the daily problems which involve the skills of listening and having a dialogue as a part of attentive attitude. Marriage enrichment by Olson, was at the University of Minnesota (1996). The program includes the areas of marital relationship, marriage expectation, personality characteristics, Communication, conflict resolution, financial management, activities, fun and sexy, friendly social behavior, Sex, parental roles children, family and friends, relations based on role, assessing and spiritual beliefs and for those who married and demanded enrichment programs or Consultations, is designed [7].

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Existence this damage makes clear the importance of education and prevention. The absence a regular routine and efficient model for teaching couples in our community is evident. But further training to transmit the knowledge and the attitude and behavior intervention is less. Therefore, research is needed to change attitudes and behavior of couples.

MATERIALS AND METHODS

This research is applied in terms of goal and used semi-experimental method with pre-test, post-test and control group design. The independent variables including marital relationship enhancement skills training. Dependent variables included marital quality. The pre-test experimental and control groups at T1, T2 test questions, respond.

The population and sampling

The statistical population included all the Women of Isfahan city was in 2015 And since the was not possible or difficult get access to all women; Women who referred choose to have counseling centers and Since access to was not possible to all women referred to the counseling centers3 center select research sample of all women referred to these three centers were selected. The total sample size consisted 32 women in the experimental group and 16 references 16 references in the control group. Research sample randomly and randomly them to independent groups and the control group was conducted. Eligible for the groups with minimum 2 and maximum 20 years of marriage, at least read the writing, not. Exit conditions Members of the research include the absence of a meeting of the top two separated couples living together and not having been read or write.

Instrumentation

The research tool included the 100-item World Health Organization Quality of Life Questionnaire (WHOQOL-BREF). This questionnaire categorizes the quality of life in four realms including the aspects of physical health, the psychological health, social relationship and life environment. This 26-item questionnaire investigates the quality of life in general and the health status in specific. The other 24 items assess the quality of life in four realms. The short form of quality of life was normalized in Iran in 3 huge, average and small cities (Isfahan, Arak and Najaf Abad) and the Cronbach's alpha was reported to be between 0.76 and 0.82 [9].

RESULTS

After the sample selection and randomly assigned into two groups: experimental and control Quality of Life Questionnaire was administered couples The experimental group was then administered as enrichment meetings and after the meetings enrichment the quality of life questionnaire conducted in both control and experimental groups The number of sessions 8 sessions which was Elson approach these meetings two times a week for 90 minutes which is specified in the following table ended. Marriage enrichment sessions with the approach described briefly skills Olson First session: administration of pre-test, establishment of the relationship and introducing the principles, regulations and objectives of the sessions. Second session: teaching the awareness cycle to couples and expressing its importance in relational issues. Third session: teaching dialogue skills to couples. Fourth session: devoting attention to spouse using listening skills training. Fifth session: planning for solving the problems. Sixth session: anger management and responding to the spouse's anger. Seventh session: selecting the communication styles and the stages of the relationship. Eighth session: exchanging, generalizing and maintaining the skills subsequent to the post-test.

Results and findings

The mean and standard deviation of pre-test and post-test scores in the Two experimental and one control groups have been presented. For testing the significance of the means' difference, covariance analysis was used. The results of Levine's test for testing the required pre-assumptions of covariance analysis have also been demonstrated.

Table 1: Mean and standard deviation of the subjects' scores in Quality of life questionnaire and in the pre-test and post-test

stages	Groups	number	Pre-test		Post-test	
			mean	Standard deviation	mean	Standard deviation

Quality of life	Control	32	63.69	4.78	67.62	4.064
	Marital communication enrichment model	32	64.25	4.18	74.12	4.500

[Table 1] shows mean and standard deviation quality of life variable in pre and posttest on two groups control and experiment. Subsequent to the pre-test and post-test, the mean differences of pre-test and post-test scores were assessed. The mean and standard deviation of pre-test and post-test scores have been presented in the experimental and control groups.

Table 2: The results of Levine's test based on the assumption of variance equality in both groups

variables	F coefficient	Df1	Df2	Level of sig.
Quality of life	.51	1	30	.47

The test results Levine in [Table 2] indicate that the defaults respect has been ANCOVA in quality of life variable.

Table 3: Effectiveness of Training Enrichment Marital Relationship Analysis of covariance in the control and experimental group test results

Source of change	SS	Df	MS	F	sig	Effect size	The statistical power
Pretest the Quality of life	201.567	1	201.567	16.704	0.000	0.365	0.977
group	303.847	1	303.847	25.181	0.000	0.465	0.998
Error	349.933	29	12.067				
Total	161634.000	32					

According to the results of [Table 3] experimental group average than the control group has increased, also independent variable impact has a significant difference on Quality of life ($p \leq 0/000$).

CONCLUSION

Results of the study confirmed this hypothesis The results of which were cited in the fourth chapter that was shown that independent variable (marital relationship enhancement) has a significant positive effect on women's quality of life. Family, social institution in human history is the most important and exalted field of developmental, emotional and Marriage is the most sensitive and emotional commitment that people have a mental calm and warm and sincere relationship it accepts. To research results showed that family issues and problems in our country is increasing day by day and drop in marital satisfaction is own again [1]. Marital enrichment skills collection is to satisfy the basic needs of families such as love, compassion, belonging, trust, loyalty, security and pleasure, taught flora. Marriage enrichment is an educational approach, aimed at helping to improve relations between couples and couples to know himself and his wife, exploring the feelings and thoughts of his wife, developing empathy, intimacy and developing an effective relationship and problem-solving skills. [10]. Enrichment is carried in the manner and different styles, each of which will have different effects. In this study, Olson enrichment approach (preparation / enrichment) is used. The hypothesis that education, life enrichment couples Olson approach, increase the quality of life for women in couples in Isfahan. In this regard, it is specified that those principles are be used couple's relationship enhancement of quality of life and life satisfaction are more suitable. Quality of life, understanding of people of their life position with regard to culture, the values, goals, expectations, standards and concerns of the individual This a wide concept of health, psychological state, level of independence, social relationships, personal beliefs and one's relationship

with the environment covers First, the quality of life, a methodology for evaluation of treatment in clinical trials was introduced The performance includes all the functions of life such as emotional (anxiety and depression), physical performance, chemical pain, fatigue and etc. Of course the quality of life in general, variability in life range is based on measurements of the body. Especially the quality of life and mental health to communicate with the people's feelings and to express satisfaction modes of multiple functions influences people's lives [3]. Sometimes the quality of life is defined as life satisfaction people and includes a range of personal satisfaction of all its living things [6]. Kazemi, et al [11] A study of the effectiveness of programs to improve the quality of life of couples showed that the training program has a significant positive influence on increasing marital satisfaction and mental health. Mardani and shahraki [12] found that many areas of quality of life were correlated with mental health. That according to the information according to the effects of enriching marriage on the provision of basic needs such as family, love, compassion, belonging, trust, loyalty, security and joy leaves as well as family and introducing Map of intimacy and flexibility, discuss family finances, a panel discussion about the purpose and meaning of marriage, predictable results achieved in the second hypothesis is the explanation.

Also notable are the following in order to align with current research studies; The results Shah siyah [13], which took place on 30 couples showed The score improvement the overall quality of marital and sexual education on all its dimensions of marital satisfaction, sexual satisfaction, marital conflict and sexual intimacy is effective, but after marital commitment and marital adjustment has not been effective. Also noteworthy are the results Chubfroushzadh, the kalantari and molavi[14] showed that the effect of cognitive behavioral stress management on quality of life and affect marital satisfaction in infertile women according to a decrease in marital satisfaction in infertile women and effectiveness of mental intervention, psychological therapies can be useful in these patients. Sanford [15] in their study of expectations and husbands during discussions of conflict controversial documents on the quality of marital life has an important role. Among expectation of being understood by his wife and positive documents play an important role in reducing conflicts. Bakvm et al [16] study also showed that women who responded to the training program improved communication, increased interaction was very high positive impulses More likely to be distracted after 5 years. Also, in order to align with the results of the research study Ghasemi et al [17], Romeo et al [18] , Lin et al [19] , Miodrag and Hodapp [20] is also notable. In explaining the results achieved can be concluded from the study according to their effects in terms of the variable marital relationship enhancement listen maker, plans to introduce family and dimensions of intimacy and flexibility, Conversation about financial issues, family, group conversation about the purpose and meaning in life's spouses; Along with couples impact on quality of life leading into increased the quality of couples' life, which is in line with the stated results obtained from the study explained.

CONFLICT OF INTEREST

There is no conflict of interest.

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None

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