



Comparing effectiveness of the religion-based forgiveness training and the fairness-based contextual therapy on improvement of anger and forgiveness of cheated women in Ahvaz

Masoud. Raeisi ¹
Masoud. Shahbazi ²*
Amin. Koraei ³

1. Ph.D. Student, Department of Counseling, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.
2. Assistant Professor, Department of Counseling, Masjed Soleiman Branch, Islamic Azad University, Masjed Soleiman, Iran.
3. Assistant Professor, Department of Counseling, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

Email: arash.jelodari@gmx.us | Received: 19.03.2022 | Acceptance: 20.06.2022

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 3, Pp: 69-72
Fall 2022

Original research article

How to Cite This Article:

Raeisi, M., Shahbazi, M., & Koraei, A. (2022). Comparing effectiveness of the religion-based forgiveness training and the fairness-based contextual therapy on improvement of anger and forgiveness of cheated women in Ahvaz, *aftj*, 3(3): 69-72



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The current research aimed to compare the effectiveness of the religion-based forgiveness training and the fairness-based contextual therapy on improvement of anger and forgiveness of cheated women in Ahvaz. **Method:** The research design was experimental with pre- and post-tests and control group. The statistical population of the research included all cheated married women in Ahvaz city among whom 45 were recruited using available sampling method and equally, randomly assigned to either the religion-based forgiveness training (experiment 1), the fairness-based contextual therapy (experiment 2), or control group. The subjects answered the Symptom Checklist (SCL-90-R) and the Trait Forgivingness Scale (Berry, et al., 2005). Each experiment group received he related sessions according to their manuals meanwhile the control group received no intervention at all. The data were analyzed using univariate, multivariate analysis of covariance, Bonferroni post-hoc, and SPSS-26. **Results:** The MANCOVA results showed statistically significant differences between the posttests. The results of Bonferroni test showed that the religion-based forgiveness training AND the fairness-based contextual therapy decreased the betrayed women's anger ($p < .001$) and increased their forgiveness ($p < .001$). However, there were no significant differences between the two methods in terms of anger ($p = .417$) and forgiveness ($p = .405$). **Conclusion:** According to the results, therapists can use either religion-based forgiveness training or fairness-based contextual therapy to help betrayed women's anger and forgiveness toward their husbands successfully. **Keywords:** Religion-based forgiveness training; Fairness-based contextual therapy; Anger; Forgiveness; Cheating.

References

- Agu, S. A., & Nwankwo, B. E. (2019). Influence of religious commitment, intentionality in marriage and forgiveness on marital satisfaction among married couples. *IFE Psychology: An International Journal*, 27(2): 121-133.
- Ahmadi Ardakani, Z., & Fatemi Aghda, N. (2018). The relationship between attachment styles and marital satisfaction with the mediation of forgiveness and empathy: A model review. *Journal of the Faculty of Medicine of Mashhad University of Medical Sciences*, 62(4.1): 15-25 (Persian)
- Anisi, J., Eskandari, M., Bahmanabadi, S., Nouhi, S., & Tolai, A. (2013). Normation of the Checklist of Symptoms of Mental Disorders (SCL-90-R) in the employees of a military unit. *Military Psychology*, 5(17): 57-67 (Persian)
- Asayesh, M., Farahbakhsh, K., Delawar, A., & Salimi Bejstani, H. (2017). Experiences and cognitive reactions of women injured by husband's infidelity: a phenomenological study. *Journal of Qualitative Research in Health Sciences*, 7(2): 188-203 (Persian)
- Berry, J. W., Worthington, E. L., Jr., O'Connor, L. E., Parrott, L., & Wade, N. G. (2005). Forgiveness, vengeful rumination, and affective traits. *Journal of Personality*, 73(1): 183-25.
- Buss, D. M., & Abrams, M. (2017). Jealousy, infidelity, and the difficulty of diagnosing pathology: A CBT approach to coping with sexual betrayal and the green-eyed monster. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 35(2): 150-172.
- Cornish, M. A., Hanks, M. A., & Gubash Black, S. M. (2020). Self-forgiving processes in therapy for romantic relationship infidelity: An evidence-based case study. *Psychotherapy*, 57(3): 352-365.
- Dehghani, M., Aslani, Kh. Aman Elahi, A., & Rajabi, G. (2018). The effectiveness of emotion-focused couple therapy based on the attachment trauma treatment model on forgiveness in women affected by marital infidelity. *Family Counseling and Psychotherapy*, 9(1): 143-160 (Persian)
- Enright, R. D., & Fitzgibbons, R. P. (2000). *Helping clients forgive: An empirical guide for resolving anger and restoring hope*. Washington, DC: American Psychological Association.
- Fahimdanesh, F., Noferesti, A., & Tavakol, K. (2020). Self-compassion and forgiveness: Major predictors of marital satisfaction in young couples. *The American Journal of Family Therapy*, 48(3): 221-234.
- Goldenberg, I., & Goldenberg, H. (2004). *Family therapy: An overview* (6th ed.). Monterey, CA: Brooks/Cole.
- Hackathorn, J., & Ashdown, B. K. (2020). The webs we weave: Predicting infidelity motivations and extradyadic relationship satisfaction. *The Journal of Sex Research*, online published.
- Hargrave, T. D., & Pfitzer, F. (2003). *The new contextual therapy: Guiding the power of give and take*. New York, Brunner-Routledge.
- Imanzadeh, V., Moheb, N., Abdi, R., & Artmanadazimi, M. (2021). Identifying factors affecting divorce and presenting a model for predicting divorce using the decision tree algorithm. *Quarterly Journal of Applied Psychological Research*, 12(2): 247-263 (Persian)
- Jampolsky, G. G. (1999). *Forgiveness: The greatest healer of all*. Hillsboro, OR: Beyond Words Publishing.

- Kaleta, K., & Mróz, J. (2020). The relationship between basic hope and depression: Forgiveness as a mediator. *Psychiatric Quarterly*, 91: 877–886.
- Karai, A. (2009). Examining the proposed model of some antecedents and consequences of forgiveness in marriage. Master's thesis in guidance and counseling, *Shahid Chamran University of Ahvaz* (Persian)
- Khojaste-Mehr, R., Ahmadi-Qozlujah, A., Soudani, M., & Shiralinia, Kh. (2014). The effectiveness of fairness-based contextual therapy on emotional intimacy and marital quality of couples. *Applied Psychology*, 2(34): 79-96 (Persian)
- Lievaart, M., Huijding, J., Van der Veen, F. M., Hovens, J. E., & Franken, I. H. A. (2017). The impact of angry rumination on anger-primed cognitive control. *Journal of Behavior Therapy and Experimental Psychiatry*, 54: 135-142.
- Lyness, K. P (2003). Extending Emotionally Focused Therapy for Couples to the Contextual Realm, *Journal of Couple & Relationship Therapy: Innovations in Clinical and Educational Interventions*, 2(4): 19-32.
- McCullough, M. E., Worthington, E. L., & Rachal, K. C. (1997). Interpersonal forgiving in close relationships. *Journal of Personality and Social Psychology*, 73: 321-336.
- Motamedi, A., Azami, Rostami, M., & Jalalund, M. (2019). Quality of life in retirement: the role of personality traits, coping strategies and religious attitude. *Psychology of Aging*, 6(3): 217-205 (Persian)
- Nadi, A., Saidpour, F., & Boland, H. (2018). Investigating the effectiveness of religious-based cognitive-behavioral group therapy on increasing life expectancy and happiness in infertile women. *Islamic lifestyle based on health*, 3(3) (Persian)
- Naseri Fadafan, M., Nohi, Sh., & Aghaei, H. (2017). The effectiveness of anger management training with a cognitive-behavioral approach on the quality of marital relationship and moral anxiety of substance abuse men. *Applied Psychology*, 12: 63-82 (Persian)
- Pargament, K. I., & Brant, C. R. (1998). Religion and coping. In H. G. Koenig (Ed.) *Handbook of religion and mental health* (pp. 111–128). San Diego, CA: Academic Press.
- Poloma, M. M., & Gallup, G. H., Jr. (1991). *Varieties of prayer: A survey report*. Philadelphia: Trinity Press International.
- Puhalla, A. A., Kulper, D. A., Fahlgren, M. K., & McCloskey, M. S. (2020). The relationship between resting heart rate variability, hostility, and in vivo aggression among young adults. *Journal of Aggression, Maltreatment & Trauma*, 29(2): 206-222.
- Rahimi, A., & Ayin Jamshid, MA. (2018). Investigating the relationship between marital satisfaction and the motive of infidelity in couples. *The third conference of knowledge and technology of psychology, educational sciences and sociology of Iran, Tehran* (Persian)
- Rye, M. S., & Pargament, K. I. (2002). Forgiveness and romantic relationships in college: Can it heal the wounded heart? *Journal of clinical Psychology*, 58: 419-441.
- Rye, M. S., Pargament, K. I., Pan, W., Yingling, D. W., Shogren, K. A., & Ito, M. (2005). Can group interventions facilitate forgiveness of an ex-spouse? A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 73(5): 880-892.
- Samadi Kashan, S., Pourqnad, M., & Zamani Zarchi, M. p. (2018). Marital infidelity: An exploration of perspectives, factors, and consequences. *Development of Psychology*, 8(4): 165-176 (Persian)

- Soltanizadeh, M., & Bajlani, P. (2019). Prediction of attitude towards marital infidelity based on sexual dysfunction, intimacy and sexual satisfaction in married women and men of Isfahan city in 2016. *Zanco Journal of Medical Sciences*, 21(68): 32-46 (Persian)
- Sprecher, S. (2001). Equity and social exchange in dating couples: Associations with satisfaction, commitment, and stability. *Journal of Marriage and Family*, 63(3): 599-613.
- Sungur, M. Z. (2021) Infidelity: is it possible to rebuild trust following infidelity? *International Congress of Cognitive Psychotherapy içinde*. Roma: Erickson.
- Tsypes, A., Jozef Angus, D., Martin, S., Kemkes, K., & Harmon-Jones, E. (2019). Trait anger and the reward positivity. *Personality and Individual Differences*, 144: 24-30.
- Warach, B., & Josephs, L. (2021). The aftershocks of infidelity: A review of infidelity-based attachment trauma. *Sexual and Relationship Therapy*, 36: 68-90.
- Xu, F., Kellermanns, F. W., Jin, L., & Xi, J. (2020). Family support as social exchange in entrepreneurship: It's moderating impact on entrepreneurial stressors-well-being relationships. *Journal of Business Research*, 120: 59-73.
- Zarei, M., Nazari, A. M., & Zaharakar, K. (2019). Examining the relationship between forgiveness and religious orientation with marital conflict. *Research in religion and health*, 6(2): 87-99 (Persian)