



Comparison of the effectiveness of group therapy for enriching marital relationships and forgiveness on the desire to compensate women involved in emotional divorce in Isfahan

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Abstract

Aim: The aim of this study was to compare the effectiveness of group therapy for enriching marital relationships and forgiveness on the desire to compensate women involved in emotional divorce in Isfahan. **Methods:** The method of the present study was quasi-experimental with pre-test, post-test design and follow-up with a control group. The statistical population of the study included all women with emotional divorce who referred to clinics under the support of Isfahan Welfare Organization in 2020-2021 to receive family counseling services. Using purposive sampling method, 60 women were selected as a sample and randomly divided into three groups of first experiment (n = 20), second experiment (n = 20) and control (n = 20). The experimental groups received Olson's (1999) marital relationship enrichment intervention in seven sessions and Enright's (2001) forgiveness intervention in nine sessions during two months. Gotman's emotional divorce questionnaire (1997) and Woodyat and Wenzel's (2013) willingness to compensate were used to collect data. The data were analyzed using variance analysis with repeated measurements. The data were analyzed using repeated measures analysis of variance. **Results:** The results showed that the intervention of marital relations enrichment is effective on the score of desire to compensate (F = 8.30, P = 0.001) and the intervention of forgiveness is effective on the score of desire to compensate (F = 6.15, P = 0.001) And this effect was stable in the follow-up phase. In connection with the comparison of the effectiveness of the intervention of marital relations enrichment and forgiveness, the results showed that the intervention of marital relations enrichment over time has more therapeutic stability compared to the teachings of forgiveness therapy. **Conclusion:** Based on the results of this study, the interventions performed in counseling centers and family psychological services, courts and welfare organizations can be used. **Keywords:** *Desire for reparation, Emotional divorce, Enriching marital relations, Forgiveness.*

Introduction

Even though many marriages are based on love, interest, agreement and affection of the couple, but due to many reasons in today's world, couples are weak to establish and maintain a sincere relationship based on love and despite all the efforts made in the early stages of marriage to maintain The importance of the family and the fulfillment of marital duties towards each other, over time the love and affection between them fades and sometimes it completely fades and disappears over time as a result of neglect (Falsen, 2021). In this situation, the spouses continue to live a cold life without having any kind of emotions and emotions and spend this path of married life completely independently and apart from their spouse, this event is the same as emotional divorce (Keller & Allmand, 2020).

Emotional divorce is the pre-divorce stage and a type of silent divorce that has not taken place in a legal, shari'a or customary way, the man and the woman have refused to implement it legally due to some interests and considerations, and they have to consider the very serious restrictions of marriage apparently. They live together under the same roof. But due to the lack of positive marital emotions, they will have more dissatisfaction, disappointment, failure and anger (Rashad, Amr, and Fahad, 2020).

Forgiveness is based on psychological improvements with a focus on the individual, in a way that in the therapy based on forgiveness, the person faces the past and accepts its unfortunate events, resolves the past events by connecting to the present and puts himself on a new path of life. but the treatment for the damaged women is not only focused on the individual. Besides the forgiveness strategies to focus on the psychological needs of the couple with emotional divorce, another complementary strategy is focused on the principle of mutually conflicting relationships and the communication-marital skills of the couple are subject to expert observation and analysis. It places and leads the individual aspect of forgiveness to mutual relations, enriching couples' relationships. At this stage, the treatment changes from the individual to the individual-couple life and by focusing on the pathology of the couple's relationship, it corrects, adjusts and changes the unpleasant habits or dysfunctional beliefs and behaviors (Worthington, Griffin, Lovelock, Wade, and Kulick, 2017).

The marital enrichment program was first designed and compiled by Olson (1999) and is based on six goals of discovering relationship strengths, strengthening communication skills, resolving couples' conflicts, discovering the main family issues, changing the budget and financial plan, and finally, changing the goals. This program emphasizes the recognition of beliefs about the cause of problems and problems and helps people solve their personal problems by learning the necessary skills (Samavatian, Mousavi, and Nouri, 2019).

The importance and necessity of conducting the above research can be expressed so that the antecedents effective in emotional divorce and marital communication skills should be considered and, if necessary, treated and trained. Marital system and relationships include a wide range of structures and this point shows the important role of the family system on the psychological health of members, especially couples. Therefore, considering that the family sphere is one of the most important platforms for meeting all members' needs, a healthy society depends on a healthy family. Since many researchers in the field of family have examined the effectiveness of interventions to enrich marital relations and forgiveness, but the effect of these two interventions has not been compared; The current research intends

to compare the effectiveness of the mentioned interventions with each other. Therefore, in this research, the researcher is looking for answers to the following research questions:

Is the intervention of enriching marital relations effective on the desire to compensate women involved in emotional divorce?

Is forgiveness intervention an effect on the desire to compensate women involved in emotional divorce?

Is there a significant difference between the effectiveness of the intervention of enrichment of marital relations and forgiveness on the desire to compensate women involved in emotional divorce?

Method

The method of the present study was quasi-experimental with pre-test, post-test design and follow-up with a control group. The statistical population of the study included all women with emotional divorce who referred to clinics under the support of Isfahan Welfare Organization in 2020-2021 to receive family counseling services. Using purposive sampling method, 60 women were selected as a sample and randomly divided into three groups of first experiment ($n = 20$), second experiment ($n = 20$) and control ($n = 20$). The experimental groups received Olson's (1999) marital relationship enrichment intervention in seven sessions and Enright's (2001) forgiveness intervention in nine sessions during two months. Gotman's emotional divorce questionnaire (1997) and Woodyat and Wenzel's (2013) willingness to compensate were used to collect data. The data were analyzed using variance analysis with repeated measurements. The data were analyzed using repeated measures analysis of variance.

Results

The average of the experimental and control groups in each variable tends to compensate for the difference, which means that the experimental groups tended to increase in the post-test phase. In contrast, the control group did not change much in both the post-test and follow-up phases. Now, in order to check the difference of averages in three stages, repeated variance analysis is done, so it is necessary to comply with some defaults. In order to check the assumption of equality of variances, Levin's test was used, and Mauchly's test was used to check the equality of variances of the dependent variable scores in the groups in three stages of measurement.

The assumption of the equality of variances in the willingness to compensate variable has not been rejected. The obtained significance is equal to 0.927 and more than 0.05. The presumption of homogeneity of variances has not been rejected using the Mauchly test in the variable of willingness to compensate.

The difference between the mean scores of the tendency to compensate in three stages of the research is significant ($P \geq 0.001$). Also, the average scores of this variable in both test and control groups have a significant difference ($P \geq 0.001$). The results have shown that nearly 35% of the individual differences are related to the differences between the three groups. In addition, the interaction between research stages and group membership is also significant ($P = 0.001$). In other words, the difference between the scores of willingness to compensate in three stages of the research in three groups is significant. The amount of this difference is about 0.551. That is, 55% of the variance or individual differences are related to the differences between the three stages of the test and group membership.

According to the results obtained in the table above, the difference between the pre-test, post-test and follow-up stages is significant.

The two groups of forgiveness therapy and enrichment of Olson's relationships in the pre-test stage are not significantly different from the control group and also from each other ($p < 0.05$). In the post-test stage as well as the follow-up, there is a

significant difference between the control group and the group of forgiveness therapy ($p < 0.001$) and enrichment of Olson relationships ($p < 0.001$), which shows that the effect of forgiveness therapy and enrichment of Olson relationships in the post-test is equal to 2/2 respectively. 29 and 42.9 percent have been obtained. Also, the effect of the two methods of forgiveness therapy and enrichment of Olson's relationships in the follow-up phase is equal to 11.7 and 49.2 percent, respectively. The results have also shown that the difference between the two groups of forgiveness therapy and enrichment of Olson's relationships was not significant in the post-test stage ($p < 0.05$); But in the follow-up stage, this significant difference has been obtained, the amount of this difference is 27.8

Conclusion

This research aimed to compare the effectiveness of group therapy of marital relationship enrichment and forgiveness on the desire to compensate women involved in an emotional divorce in Isfahan city.

Enriching Couples Relationships Using the Olson Method teaches couples skills to lead a healthy and happy life. A carefree and happy married life with marital intimacy requires learning skills that may not be taught in the nuclear family. One of these skills is conflict resolution skills. Obviously, there are many differences between men and women in terms of sexual, psychological, physical, etc. The skill of problem-solving and conflict resolution is one of the most important skills discussed in Olson's approach. In fact, the enrichment of marital relations leads to the growth of marital relations in a positive direction and creates positive goals for couples. In general, training to enrich couples' relationships is actually teaching communication skills, active listening, conflict resolution skills, problem-solving skills, and skills focused on the emotions and emotions of couples. These trainings strengthen the family and improve marital intimacy and consequently increase the desire to compensate (Burger & Hanna, 2013).

According to cognitive behavioral theory, forgiveness includes changes in emotion, cognition, and public behavior. In this approach, the subject tries to create a false story and enters another basic component of forgiveness: empathy. With the development of empathy, a person is given the ability to feel the same as the wrongdoer and to think as if he were in the wrongdoer's place. Empathy is when there are feelings similar to other feelings, considering that people who are angry and upset about their current situation due to lack of skills in social perspective tend to interpret and interpret other people's feelings, behaviors and intentions incorrectly, in The process of forgiveness expands people's perspective with the development of empathy, deepens their understanding of the wrongdoer and reduces their feelings of disgust, and also reduces the desire to take revenge, causing an increase in their feelings of benevolence and love towards the wrongdoer. (Enright, 2001).

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