

# Study effect of Training Hope Therapy on Reduction of Marital Boredom

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## ABSTRACT

**Objective:** Marital boredom is a state of emotional exhaustion, physical and mental health in terms of long-term conflicts and conflict created. This condition leads to a lowering of hope and happiness between couples reduced. That is why this research is to reduce the impact of health education expectancy marital boredom of married women examined. **Methodology:** The population of the research consisted of married women with marital boredom referred to counseling centers in the city of Isfahan in 2014. Of these, 30 subjects divided into two experimental and control groups. Using the Oxford Happiness Questionnaire and marital dissatisfaction (CBM) in the pre-test and post-test examined. **Results:** The results of analysis of covariance showed that between experimental and control groups fed a difference in the variable test there is a significant difference ( $F = 31.25$  and  $0.01 > p$ ). **Conclusion:** So hope therapy in reducing marital boredom of married women centers Advice city has significant impact hypothesis was confirmed.

## 1. Introduction

Family life cannot realize except by its stability and the stability of every family member needs to change and to cope with the increasing development of life. In this interaction between successive sub-system, especially the husband and wife family system as the linchpin of the family and the environment marital system to keep dual membership in the system's ability to cope with obstacles (problems) have life. This ability requires that husband and wife look more hopeful and attitudes, assumptions and work skills than before. However, marriage is a very common problem of marital dissatisfaction and sadness. Low mood and your unhappiness underlying emotional and psychological separation between the couples is more (Ghorbanalipour, 2005). In general, the family is the most intensive opportunity for interpersonal conflicts. Romantic relationships between spouses, could lead to a serious test skills learned are prepared for life. When conflict occurs in the relationship between a person between the objectives, needs, beliefs or his personal desires and partner sees inconsistency and incompatibility. Generally, refreshing and somewhat to the conflict in family health and family conflicts that experience depends. Conflicts in the family often lead to stress, can predict onset of depression, anxiety and other mental and physical illnesses, and eventually leads to boredom (Barati, 1996).

Marital boredom reduced quality of life in many families and caused dissatisfaction and disappointment of life. Their marital boredom and exhaustion, marital conflict areas provided. Marital boredom caused by imbalances in life and affects marital satisfaction and adjustment. That is why in recent years in the field of psychology, the emergence of the new approach, although with ancient history called Positive Psychology that instead of dealing with injury or mental disorders talents and abilities, skills and Overall the positive aspects of human existence plans (Heidari, 2005). Snyder (2002) argues that hope, the clients and therapists, a framework for achieving positive results of treatment and understands how these results provided. Hope therapy is the creation of a positive motivational and successful mode of interaction between voluntary senses, power-seeking way (planning to reach the target). In other words, the creation of an internal motivation (desire) achieves the goals. In this regard, the fundamental question of the article is that what is the impact of hope therapy in reducing marital boredom of married women?

### 1.1 The importance of research

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Rising divorce rates and the existence of conflicts and turmoil in camera couple relationships, motivate researchers to identify the factors and strategies for coping with the collapse of the relationship has increased. One of the turmoil and psychological abnormalities over time love between couples pale and sometimes completely eliminate this relationship and looking for mental and physical health problems and cold and indifferent relationships (emotional divorce ), followed by the official divorce takes place. Research family experts suggest that prevalence more fed up. As 50% of couples experiencing marital dissatisfaction are married. Accumulation of tensions and frustrations in life due to mental and physical erosion and eventually gets fed up with separation and divorce is the worst situation. Couple Burnout is a state of emotional exhaustion, physical and mental health in terms of long-term conflicts and conflict created (Sanaei, 2000). Marital dissatisfaction, leading to a lowering of hope and happiness between couples reduced. Therefore, any method that can reduce a sense of disenchantment with marriage and happiness are important they add (Bahari, 2011).

Because, unfortunately, has little hope of curing method has been used in the research field of consulting. Therefore, identifying methods that could reduce boredom and increase marital happiness is very important.

### 1.2 The purpose of the study

The effect of training hope therapy on reduction the martial boredom of married women

### 1.3 Hypothesis

It seems that hope therapy is effective to reduce the martial boredom of married women.

### 1.4 Background research

Given the importance of the family in the development, growth and development of any society ever extensive research on solutions to protect the family was. Including, Adibrad. (2005) in a study to examine the relationship between martial boredom and boredom are women working in nursing services. The results show that there is a significant relationship between marital boredom and boredom. Also Nikobakht et al (2010) compared the marital dissatisfaction in 120 women infertile and fertile suggests that marital dissatisfaction among infertile women than in fertile women. The rate of marital dissatisfaction among infertile women with a college education was more likely than women without a college education. Sudani and Dehghani, (2012) in a study titled Evaluation of the effectiveness of transactional analysis (TA) the couple's marital dissatisfaction and quality of life, conclude that there is a significant difference between the control and experimental groups transactional analysis training to reduce boredom and enhanced quality of life in marriage. The study, Lopes et al (2003) also show that rising hopes of a better way to improve the quality of life in chronic diseases. The following researchers hope this synergy; we increase the level of self-care, and quality of life in these patients as well. In another study showed that treatment based on hope, the thought of the meaning of life and self-esteem will rise, while symptoms of depression and anxiety reduced.

## 2. Materials and methods

This study is quasi-experimental in which two groups of experimental and control with pre-test and post-test used. Table shows an outline of the study. The project is a quasi-experimental design with pre-test, post-test with control group. In this study to analyzes the data, descriptive and inferential statistics (covariance) and spss statistical software used. Table one

**Table 1. Outline research**

Steps groups	sample before falling	Pretest	independent variable	sample after loss	Posttest
Experiment	30	T1	X	15	T2
Control	30	T1	-	15	T2

### 2.1 Statistical Society

The population of the research, married women with marital boredom referred to counseling centers in the city of Isfahan in 2014.

### 2.2 Sample and sampling

The sample of married women between 50 and 30 women were married by 15 in the experimental group and 15 in the control group were assigned randomly. Sampling is voluntary and differences among the 50 couples who were referred to counseling centers in Isfahan and prepared voluntarily participate in the study were selected.

### 2.3 Research tools

In this study, to collect data standard questionnaire Oxford and Couple boredom Inventory (CBM) used.

### 2.4 Validity and reliability of research

Oxford happiness questionnaire is a standardized test and consisted of 29 questions, each question has 4 options. Validity repeated investigations by Argyle (2007) done through content validity confirmed. The questionnaire has 5 subscales of the reliability of the whole questionnaire was 0.91. The scale of marital boredom is a self-report instrument to measure the degree of marital boredom among couples designed. The utility of a self-report questionnaire to measure other used fed was developed. The validity of this tool in several studies as approved.

### 3. Discussion and results

**Table 2. Mean and standard deviation scores of marital boredom**

Group	Steps	Number of persons	Average	Standard deviation	Minimum	Maximum
Experiment	Pretest	15	65	3.98	36	98
	Posttest	15	53	2.13	32	72
Control	Pretest	15	59	4.97	33	93
	Posttest	15	59	4.24	34	89

In Table 2 Standard deviation of the mean, minimum and maximum pre-test and post-test scores of experimental and control groups in marital boredom is provided. As can be seen in the test both control and experimental groups. In the control group, there was no difference between the pre-test and post-test, but this is a significant difference in the experimental group. In this study, Kolmogorov- Smirnov test used to test data normality and Levine test used to assess the equality of variance.

Check default data normality

**Table 3. Summarizes the Kolmogorov – Smirnov test**

Index Variable	mean	s	K-S-Z	Significant
Marital boredom	62.70	17.45	0.87	0.43

As shown in the table (3) the amount calculated at approximately two-sided p-value variable marital boredom is 0.434, which is more than 0.05.

Therefore, the null hypothesis not rejected, the data are normal.

**Table 4. Summarizes the results of Levin test**

Index Variable	F	Df1	Df2	Significant
Marital boredom	0.031	1	28	0.861

Table 4 show summarizes the results of Levin test used for equality of variance. As can be seen that a significant level variable marital boredom is more than 0.05 therefore, the null hypothesis is not rejected and variance in this variable. Therefore, in this study, the data normalized and the groups have equal variance. Covariance analysis between experimental and control groups (Table 5) is examined.

**Table 5. Analysis of covariance between experimental and control groups boredom scores**

Index Variable	Total squares	Degrees of freedom	Mean square	F coefficient	Significant	Eta square
Pretest	3833	1	3833	113	0.00	0.808
Group	852	1	852	25.31	0.00	0.48
Error	908	27	33.66			
Total corrected	6850	29				

Table 5 show the results of analysis of covariance boredom scores can be seen as eliminating the effects of pre-test scores boredom, between the experimental and control groups boredom there is a difference in the variable test ( $F=31.25$  and  $0.01 > p$ ). So hope therapy has a significant impact on reduce the boredom of married women referred to marriage counseling centers in the city Isfahan and hypothesis confirmed. Table 6 also the average boredom variable after adjusting for the effect it has provided pre-test.

**Table 6. Average adjusted after controlling for pre-test**

Variables	Group	Mean	standard deviation
Marital boredom	Pretest	50.94	1.51
	Posttest	61.78	1.51

Table 6 shows the average post-test score in disgust is worth mentioning the score after excluding the effect of the test by using analysis of covariance prepared in other words, the net effect of the independent variable by removing the pre-test.

## 4. Conclusion

The results of analysis of covariance showed that the difference of the average of grades is a significant reduction of marital dissatisfaction among married women. In other words, hope therapy had an impact on the reduction of marital boredom. This means that based on the results of the study hypothesis that, it seems that hope therapy is effective in reducing marital dissatisfaction married women, is proof. The results of this study is consistent with the findings of similar studies carried out in this field, including Nassiri and Jokar, (2008) and show that hope therapy can reduce marital boredom. Couples hoping they can communicate with each other settle their differences and compensate for the damage caused to increase happiness among them. Hope will also increase visibility and creating better ways to understand and increase the power of faith and patience. The couple hopes to create a warm and cordial relationship and avoid disputes. Hopeful look to the future and their aim is to make life rather than destroy it.

### 4.1 Research suggestion

- Since the training conducted on women, proposed to carry out on men.
- In order to ensure the results suggested larger samples examined.
- According to the results of this study, family counselors can use this plan to work with couples with marital problems used.

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