



Effectiveness of Therapy Schema on healing the Basic Inconsistent Schema of Women with Extramarital Relations

*Fatemeh Khosravani Farahani , Valiollah Farzad**

Department of Psychology, Islamic Azad University, Science and Research Branch, Tehran, Iran

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ABSTRACT

Objective: Extramarital relations during the past couple of years as one of the social scourges have led society and family to unpleasant consequences. This research with purpose of investigating the Effectiveness of Therapy Schema on healing and modification of Basic incompatible schemas of Women with Extramarital Relations in Tehran City has designed and applied. **Methodology:** The sample size in this research include of 30 women in during time from October 2013 until September 2014 that they referred to one of the counseling center in Tehran city and Was observed during clinical interviews they have extramarital relationships. **Results:** In this study, the method of pre-test – post-test with control and experimental groups was used the testing by random replacement in two control and experimental groups was selected. Research data were collected through maladaptive schema questionnaire. At the end of treatment period, difference in scores of plot and control groups rating before and after treatment showed a significant difference. **Conclusion:** The results of the covariance analysis test showed that a treatment schema method is effective on healing and reducing two aspects of maladaptive Schema domains (disconnection and rejection, Impaired Autonomy and Performance).

1. Introduction

Family is the main core of every community and focus of maintaining mental health and mental health, and not only of finding emotional needs, physical, spiritual and development of its members, but also the origin of human emotions and the heart of the most intimate interpersonal relationships. If in trust and feel safe family (spouses), a gap is formed, lost dynamism life and their fresh and cause corrosion wound in one or maybe both of them. Extra-marital relations are the most basic part of the marital relationship that is the trust. Moreover, post-marital relations are one of the main reasons of divorce and ripped for the family (Glass and Rith, 1997).

Loss of confidence spouse, the children of such families comes damages, loss of status and prestige among family and friends, sexually transmitted diseases, especially AIDS, suicide wife, divorce just a few of the negative consequences that a post-marital relationship can be followed.

2. Materials and methods

2.1 Statement of problem:

Marital infidelity is an issue that couples therapists on a regular basis are facing in their clinical practice and can be confusing and painful experience for all those involved with the line which, in addition, betrayal major reasons for facing a divorce and ripped marriage (Glass and Rith, 1997). Betrayal is sexual relationship with a married person of the opposite sex, outside of the family (other than spouse) (Hosseini Kopani, 2012).

Unfaithful to his wife, although at first glance seems to be an individual phenomenon but due to the adverse consequences of the thesis of family, parenting and health and social security problems creates confusion, requires that this hidden and very serious problem among the social damage we have

* Corresponding author: farzadvaliollah@nomail.com

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seen. According to previous studies, 90 percent of women who come to the marital relations have a tendency, because of lack of emotional life. On the other hand motivated by more than 96 percent of men slipped along the way are sexual issues.

Based on previous studies, 90 percent of women who come to the marital relations have a tendency, because of lack of emotional life. On the other hand motivated by more than 96 percent of men slipped this way are sexual issues. Extramarital relationships usually are identified by two criteria: first emotional indicators that include affection to someone other than a spouse. The second is physical index, which includes sex with someone other than a partner. Extramarital relationships have several reasons. Due to individual differences in these factors can vary among individuals and communities. Among these factors can be noted as follows:

Marital dissatisfaction, adventure and desire for variety and excitement, revenge or anger, suspicion and revenge on the wife, insecurity, lack of maturity, economic and financial needs, choice inappropriate wife, influenced by the media, eye and emulate with others, unavailability wife, negligence (negligence), drug and alcohol abuse and personality traits (sensation seeking and narcissistic people) from other factors in the formation of extramarital relations. In addition to the factors mentioned in the review of extramarital relationships (social and economic factors), personal and psychological factors such schemes has special importance. Yang said that schemas are strong and deep view of individual schemas about the self and the world and tell us how we and how is the universe (Olson et al., 2002). Young believes that schema and continuity are being formed in three positions. The three positions are: basic emotional needs, early childhood experiences and emotional mood.

Basic inconsistent schema is emotions and cognitive pattern that have been formed at the beginning of the evolution of mind and repeated in the life course (Mohammad Ismail, 2010). They are constant and long-term issues that arise in childhood. Adult life becomes largely dysfunctional (Montazeri, 2012). A schema according to developmental need to two areas, Disconnection / rejection, impaired autonomy and performance, which includes multi-schema, is divided. Therapists using cognitive strategies, emotional, behavioral, and interpersonal in the fight against schemas with patients and patients have to change their way of sympathetic (Montazeri, 2012).

Since the effectiveness of schema therapy in the treatment of depression, chronic anxiety, severe marital problems and solve many personal problems and interpersonal in studies carried out at inside and outside of home have been approved because the schema therapy is psychological themes that are characteristic of patients with cognitive behavior problems, and the inclination or orientation of post-marital relations, but problems of modern cognitive behavior, the study is intended to examine the issue of use of schema therapy method to what extent can modify the schema is the initial and subsequent improvement schemas.

2.2 Research Objectives:

1-To determine the effectiveness of Treatment schema on healing the Schema domains of disconnection and rejection of Women with Extramarital Relations

2-To determine the sustainability of Treatment schema on healing the Schema domains of Impaired Autonomy and Performance of Women with Extramarital Relations.

2.3 Research Hypotheses:

1- Treatment schema has effect on healing the Schema domains of disconnection and rejection of Women with Extramarital Relations

2- Treatment schema has effect on healing the Schema domains of Impaired Autonomy and Performance of Women with Extramarital Relations.

2.4 Review of Literature:

Sohrabi and Rasouli (2007) in a study looked at the relationship between attachment style and marital relations and indicated that there is not relationship between insecure attachment style and extramarital relation. In addition, it was found that there is a relationship between education level (diploma or below diploma) and extramarital relations, namely the post-marital relationships among women with education is less.

Safaei (2012) in a study assess the prevalence of disloyalty and infidelity among couples in Tehran.

Thus he concluded that 48 percent of events and documents establishing connections rather than his wife had seen another person and 27 percent of husbands, someone made the opposite sex, other than have an injection molded wife. Safaei (2012) examined the effectiveness of schema-based intervention to improve their marital satisfaction and the results show the effectiveness of this method is to improve marital satisfaction.

Schackelford and Buss (1997) examines the impact of schema therapy on marital conflict and cognitive schemas, is incompatible couples. The results showed that schema therapy in reducing marital conflict and schema modification involved.

Thomson, (1984) examined the relationship between early maladaptive schemas and attachment style is measured in women with marital infidelity. Results showed that women with attachment style avoidant more marital infidelity, the findings of this study indicate that there is a significant positive relationship between avoidant attachment style and the disconnection depilation and self-regulation schemes and attachment schemes is most relevant to the field of Disconnection / rejection and it is consistent with young's view based on lack of the need for secure attachment leads to the formation of stereotypes disconnection / exclusion.

Whitty and Quigley (2008) assess the relationship between love schemas and justify extramarital relations in Isfahan women and the results of the research showed that there is a wide relationship between love schemas and justify extramarital relationship. It also approved the scheme of the love of the extramarital relations justified in sexual, emotional, love and extrinsic motivations a significant differences were observed. Generally people with love secure schema have the lowest approval dimensions beyond the four justify of marital relations have shown. Wiederman and Whitty (2002) examined the factors affecting the attitudes of married women in marital relationships are learned.

Williams and Wahlstrom (2006) in their study responded to the question whether the ability and readiness of treason, by component of meet the needs and expand is predictable? In this study meet needs (intimacy, friendship, security, sexual need and emotional relationships) and variable expansion in growth

and personal prosperity, solidarity with his wife and their potential to spread, pay to the risk of non-compliance with their spouse. The results showed that when a relationship is not able to supply and meet the needs and the growth and prosperity is not personal, betrayal and disloyalty probability increased. Young et al (2003) considered sex differences in the prevalence of infidelity. The results showed that more men than women commit treason and more women than men after disloyalty and infidelity to create a new relationship to their previous marriage has been terminated and lack of commitment they feel unhappiness and dissatisfaction with the marital relationship. Safaei (2012) considered relationship of life style tends to be looked extramarital relations. The results showed a strong correlation between infidelity and avoidance betrayal lifestyle and both genders. There are not gender differences between men and women contrary popular belief that is not common in men. Safaei (2012) in their study the effects of childhood injuries on their lives, tend to betrayal, sexual jealousy and confident considered. According to this study there is not a significant association between childhood trauma and confidence. Safaei (2012) examined the relationship between gender and marital relationships.

Feel role as a mediator variable of this study showed that men are more likely than women to be in a relationship outside marriage. This study excitement and sense as personality traits to gender as a mediator variable in mind. Of course, about the emotional characteristics of women as a contributing factor in extra-marital relationship is further proposed to offer. gender differences in response to infidelity wife studied. The results showed that men who think the first thing are the separation of women. The number of women suffering from emotional and psychological shocks and finally turns to revenge.

2.5 Research design:

Research design used in this study is quasi-experimental design to study the effect of independent variables (schema therapy) on the dependent variable (the initial inappropriate schema). In this study, the pretest - posttest control group and the control group was used with random replacement.

2.6 Statistical Population, sample size and sampling method:

The population in this study included all women with extramarital relationships referred to a counseling center in Tehran. These are complex unity Welfare Charity from October 2013 to September 2014 referred to this center. On all women referred to a counseling center that extramarital affairs are a short version of the Young Schema Questionnaire was administered, finally with respect to the sample selection criteria (at least high school education, aged between 25 to 39 years), the volunteer sample of 30 people chosen randomly and just randomly into two groups tested.

3. Discussion and results

3.1 The Research Hypotheses

3.1.1 First Hypothesis

Treatment schema has effect on healing the Schema domains of disconnection and rejection of Women with Extramarital Relations

For testing this hypothesis and investigating the effectiveness of Treatment schemas on healing the Disconnection / rejection Schema domains of Women with Extramarital Relations, According to confirmation of all the analysis assumptions of covariance (homogeneous of line slope of the regression, homogeneity of variances, the linear of relationship between two variables and the normality of distribution) by this test was used that the results of these tests can be seen in Table 1

Table 1: Results of covariance analysis of adjusted means difference in scores of Schema domains of disconnection / rejection of Women with Extramarital Relations in control and experimental groups

Groups (Independent)	Total squares	Degrees of freedom	Mean square	F ratio	Level Significant	Size effect
Pre-exam	5423.86	1	5423.86	1255.58	0.001	0.980
Groups (Independent)	393.67	1	393.67	91.13	0.001	0.785
Error variance	107.99	27	4.23	-	-	-
Total	29828	30	-	-	-	-

In Table 1 the results of testing the covariance analysis of post-test with removing the effectiveness pre- test between two groups has been provided. According to results of above table 1, because of the calculated value of F (91.13) with degrees of freedom 1 and 27 is larger of the F-value in table, therefore the null hypothesis H0 is rejected and hypothesis H1 "Treatment schema has effect on healing the Disconnection / rejection Schema domains of Women with Extramarital Relations" with confidence level of 99 percent is confirmed. Also based on the results in Table 1, the means of post-test scores in experimental group ratio to the control group has been decreased, and this difference is significant. The effectiveness index obtained and the results show that the 78 percent of decreasing variance of the incompatible Schema in domains of impaired Autonomy and performance of participant triable in the experimental group can be attributed to the therapy schema.

3.1.2 The second hypothesis

Treatment schema has effect on healing the Schema domains of Impaired Autonomy and Performance of Women with Extramarital Relations. For testing this hypothesis and investigating the effectiveness of Treatment schemas on healing the Schema domains and Impaired Performance of Women with Extramarital Relations, According to confirmation of all the analysis assumptions of covariance (homogeneous of line slope of the regression, homogeneity of variances, the linear of relationship between two variables and the normality of distribution) by this test was used that the results of these tests can be seen in Table 2

Table 2: Results of covariance analysis of adjusted means difference in scores of Schema domains of Impaired Autonomy and Performance of Women with Extramarital Relations in control and experimental groups

Groups (Independent)	Total squares	Degrees of freedom	Mean square	F ratio	Level Significant	Size effect
Pre-exam	5423.86	1	5423.86	1255.58	0.001	0.980
Groups (Independent)	393.67	1	393.67	91.13	0.001	0.785
Error variance	107.99	27	4.32	-	-	-
Total	29828	30	-	-	-	-

In Table 2 the results of testing the covariance analysis of post-test with removing the effectiveness pre- test between two groups has been provided. According to results of above table 2, because of the calculated value of F (36.73) with degrees of freedom 1 and 27 is larger of the F-value in table, therefore the null hypothesis H0 is rejected and hypothesis H1 "Treatment schema has effect on healing the disconnection / rejection Schema domains of Women with Extramarital Relations" with confidence level of 99 percent is confirmed. Also based on the results in Table 2, the means of post-test scores in experimental group ratio to the control group has been decreased, and this difference is significant. The effectiveness index obtained and the results show that the 59 percent of decreasing variance of the incompatible Schema in domains of impaired Autonomy and performance of participant triable in the experimental group can be attributed to the therapy schema.

4. Conclusion

Two hypotheses were proposed in this study is as follows:

First Hypothesis: Treatment schema has effect on healing the Schema domains of disconnection and rejection of Women with Extramarital Relations.

This hypothesis was confirmed with 99% confidence level and it shows that a therapy schema technique 78 percent of decreasing the Schema domains of disconnection and rejection has been considered.

Second Hypothesis: Treatment schema has effect on healing the Schema domains of Impaired Autonomy and Performance of Women with Extramarital Relations. This hypothesis was confirmed with 99% confidence level and it shows that 95 percent of decreasing this Schema domain is related to a therapy schema technique. The results of this research hypotheses show that treatment schema had effected on healing the incompatible schema domains of Women with Extramarital Relations. The research that schema therapy techniques on the group of women studied so far been made, but in a study on a group of couples with marital conflicts schema therapy and cognitive schemas are incompatible studied and researchers to this conclusion schemas schema therapy plays an important role in modifying the schema couples. In another study, a researcher at the relationship between attachment and early maladaptive schemas women with post-marital relationships were examined, and finding suggests that there are a significant positive relationship between avoidant attachment styles and 2 schema fields (Disconnection / rejection, impaired autonomy and performance). There is a significant positive relationship between ambivalent attachment and disconnection between schemas rejection, impaired autonomy and performance. Results significant and negative relationship between stereotypes secures attachment and disconnection and autonomy were rejected. According to the findings, it is expected that schema therapy techniques can help improve the schema with this group of women, the trends for this relationship is slightly reduced.

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