

# The relationship between emotion regulations training Islamic view on betrayed women's anxiety

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## ABSTRACT

**Objective:** Emotion regulation as one of the psychological variables is considered by many researchers.

**Methodology:** This study aimed to "effective emotion regulation approach to religious (Islamic) on anxiety and depression in women betrayed". Quasi-experimental, pretest - posttest control group. The study population included women in Yazd province was betrayed. Among them 20 women qualified for participation in the study and were selected and randomly divided into two experimental groups and one control group. **Results:** Instruments included a questionnaire and Beck Depression and Anxiety Emotion Regulation Questionnaire was Garnfsky for data analysis Spss software using descriptive statistics and analysis (ANCOVA) was used. **Conclusion:** The results showed that, emotion regulation training intervention on depression in betrayed women with an Islamic approach is effective.

## 1. Introduction

The family can be an emotional unit and a network of relationships interwoven knew that marriage between men and women is established. And the consent of a person of the family is marriage constitutes consent. And thus facilitate the growth and development of material and spiritual progress of society pose. Marital satisfaction can be considered as psychological position that does not come by itself but requires the efforts of both couples. Especially in the early years is very unstable marital satisfaction and relations, are at greatest risk (Hayes et al., 2012). While certainly important component of satisfaction and stability of marriage, other variants are also increasingly deserves attention. In particular that deserves more attention is variable, marital commitment (Hoaly et al., 2014). As long as the couple's marriage commitment ignore them, they will not be able to structure healthy sex life. Commitment enables trust (Hofmann et al., 2007). Accordingly, any relationship without commitment, would be superficial and without direction In the case of couples unable to depths of love and intimacy in the shadow of loyalty and commitment to his wife and marriage, there will be live (Leary, 1982). Religion as a set of beliefs, values and specific dos and don'ts generalized, is one of the most effective psychological bearings to be able to the meaning of life is provide moments of life and in certain circumstances also provide explanatory bearings, suspension and meaninglessness person save. However, the ability to control one's emotions is one of the most important features that must be learned. The excitement means an attempt to affect what type of people, when and how to experience and express, change the duration and severity of cognitive processes, emotional or physical, empirical, and automatically or controlled, conscious or unconscious through emotion regulation strategies will be done (Moran, 2011). In fact, the setting of emotional suppression is not only emotional but calm and quiet person should always be in a state of emotional arousal. Instead, emotional regulation, including processes to monitor and change a person's emotional experiences (Pankey and Hayes, 2003). Thus, according to the material presented in this study will answer the question that whether using religious teachings can be an effective step to reduce tensions, emotional and moral increase the affection between couples and between them picked up? In other words, emotion regulation training with an Islamic approach (religious) scholars will be effective on anxiety and depression population? The answer to this question also needs to provide training package with an Islamic approach (religious) population is to reduce anxiety and depression. This paper examines the effects of emotion regulation that the Islamic view on anxiety and depression in women to determine betrayed.

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## 2. Materials and methods

### 2.1 background research

Schlenker and Leary, (1982) examined the factors affecting the formation of marital infidelity: a Delphi study examined. The study population consisted of experts in the field of family and marriage. The findings of this study show that multiple factors are involved in the formation of marital infidelity and in this particular study and prioritize consensus was reached on this issue. Schwarzer and Luszczynska, (2008) examined the effectiveness of couple therapy in reducing damage caused by marital infidelity began. Schwarzer and Mueller, (1998) to evaluate the effectiveness of cognitive processing therapy on posttraumatic symptoms, quality of life, self-esteem and marital satisfaction in women with marital infidelity pay. experimental research design. Results showed that the mean difference of three phases of pre-test, post-test and follow-up of participants in terms of posttraumatic symptoms, quality of life and self-esteem is statistically significant. The post hoc test showed that the difference between pretest and posttest, and follow. Tarkhan et al., (2013) The influence of Islamic self-studied in the treatment of marital disputes. Results showed that the rise of significantly increasing marital compatibility. Thompson et al., (2009) this research showed that teaching emotion regulation, reducing the symptoms of depression in people with borderline personality disorder to follow. In the background, negative emotions and an inability to proper management of one of the important drivers for the resumption of substance abuse, as has been. Empirical research conducted in this area has shown that consumers who abuse the better emotion regulation strategies used, the more successful the treatment period. On the contrary, people who are not able to control your emotions, most likely drug consumption are permanent (Tork Laudan, 2010). Abadi and Nazari, (2014) the relationship between emotional skills, intimacy and marital satisfaction were examined. The results showed that sustained emotional skills can be effective in relations between spouses and marital satisfaction. The intimacy and emotional skills and set meaningful relationship with marital satisfaction. Zajacova et al., (2005) in their research found that parents in their children's emotion regulation through specific reactions to positive and negative emotions children affect. And long-term analyzes of the same group in 1998 and 1999 showed a negative balance of parents with their children's emotions leads to poor performance is social and emotional adjustment problems. Moreover, the relationship between behavior problems and discipline, founding parent or disturbed interactions they cause reactions in children is faulty. Tork Laudan, (2010) explores the relationship between religious devotion and marital satisfaction at the fruitful marriage of payments and their findings suggest that the marriage is not religious devotion, low marital satisfaction and the likelihood of divorce in they have to marriages of religious devotion

## 3. Discussion and results

### 3.1 Research hypotheses

The main hypothesis

Emotion regulation training on anxiety and depression in betrayed women with an Islamic approach is effective.

### 3.2 Sub assumptions

Teaching emotion regulation with an Islamic approach effect on anxiety betrayed women.

Descriptive statistics of anxiety Scale between different groups.

**Table 1. Descriptive statistics of variables describing the characteristics and anxiety**

Group test after test	The experimental group pretest	control group After the test	control group pre-exam	Descriptive statistics Anxiety Scale
24/231	54/875	52/711	51/502	Average
8/432	3/959	4/056	5/266	Standard deviation
11/0	20/0	18/0	21/0	)min(
57/0	63/0	63/0	63/0	)max(
0/459	0/397	-0/711	0/659	Skewness
0/566	-0/865	-0/927	0/378	Elongation

Descriptive statistics depression scale among various groups

**Table 2. Descriptive statistics describe the attributes and variables of depression**

Group test after test	The experimental group pretest	control group After the test	control group pre-exam	Descriptive statistics Depression Scale
27/359	60/002	55/625	57/314	Average
9/971	2/234	6/642	5/353	Standard deviation
9/0	17/0	12/0	15/0	) min(
55/0	63/0	61/0	60/0	)max(
-0/379	0/768	0/998	0/459	Skewness
0/511	0/711	0/816	-0/259	Elongation

The results of inferential

First hypothesis: emotion regulation training with an Islamic approach on anxiety and depression in women betrayed impact.

In order to do research first hypothesis, the hypothesis of co-variance analysis, data normality, homogeneity of regression slopes, and homogeneity of variances in the variables we examined anxiety

Default First: Kolmogorov-Smirnov test

**Table 3: Test data normality (Kolmogorov-Smirnov test) in anxiety variable**

Kolmogorov-Smirnov test						Groups	variable
After the test			pre-exam				
P	Statistics	Number	P	Statistics	Number		
0/110	1/204	10	0/058	1/657	10	the experiment	Anxiety
0/425	0/859	10	0/329	0/948	10	Control	

When our data normalization null hypothesis is based on the normal distribution of data at the level of 5% tested.

Therefore, if the test statistic greater than or equal 0.05 is reached, then the reason to reject the null hypothesis based on the data is normal, does not exist. In other words, the data is normally distributed.

Default Second homogeneity of regression slopes in anxiety variable.

**Table 4: Test the homogeneity of regression slopes in anxiety variable**

sig	F	average of squares	Degrees of freedom	sum of squares	
0/526	0/420	0/327	1	0/789	Group * Variable pre-training
		3/270	9	8/322	Error

Given that the level of error significantly larger than assumed in the study is 0/05, Thus the interaction between the two variables control and experimental groups) anxiety before intervention is not statistically significant, so the assumption is confirmed homogeneity of regression slopes.

Third default: the homogeneity of variances

**Table 5: Test than the variance in anxiety variable**

sig	Degrees of freedom 2	Degrees of freedom 1	F	examination group
0/588	19	1	0/302	pre-exam
0/321	19	1	0/669	After the test

Due to the significant level test given in error Levin larger than 0/05 research is therefore equal variances will be accepted.

the hypothesis home test: covariance

In order to investigate the effects of emotion regulation training Islamic view on women's anxiety betrayed with both control and experimental groups in the time before and after the intervention of covariance was used.

**Table 6: Results of covariance analysis to examine the effects of emotion regulation with an Islamic approach betrayed the anxiety level among women at post-test**

The impact	sig	F	average of squares	Degrees of freedom	sum of squares	
0/512	0/001	8/551	222/175	1	222/175	pre-exam
0/401	0/011	4/850	271/234	1	271/234	group
			71/357	17	89/325	Error

According to Table 6 and 0/011 to 0/05 significantly lower level is a significant difference between the mean scores of anxiety in the experimental group and control. Therefore, intervention on the anxiety betrayed emotion regulation with an Islamic approach is effective and according to the average anxiety scores were reduced.

#### 4. Conclusion

This study (to determine the effectiveness of teaching emotion regulation with an Islamic approach (religious) on anxiety and depression in women betrayed).

First findings: emotion regulation training with Islamic view on women's anxiety betrayed is effective.

Analysis of covariance (6) showed that the difference between the experimental and control groups was significant.( $p=0/001$ ) This result means that teaching emotion regulation with an Islamic approach was effective on anxiety betrayed women and extent of this impact is 51/2 percent. The first research hypothesis, based on emotion regulation training intervention on anxiety in women betrayed with an Islamic approach is confirmed and according to the average anxiety scores were reduced.

"In previous research study to evaluate the effectiveness of teaching emotion regulation with an Islamic approach focused on anxiety and depression in women is betrayed, not found And in this sense to find a basis to compare our research findings faced challenges and constraints; the comments in this section are some studies that were somewhat close to our research results are pointed out. "

In terms of individual variables and psychological effects of medical teaching emotion regulation, our research findings with the results of some research including research were consistent, And is consistent. Ismaili et al study examined the effectiveness of cognitive-behavioral intervention, emotional regulation psychological well-being of adolescent girls with epilepsy concluded that cognitive-behavioral intervention of emotional regulation on enhancing psychological well-being of girls with epilepsy.

In a study focused on the effectiveness of emotional regulation on reducing symptoms of stress, anxiety and depression concluded that emotion regulation training stress symptoms, emergency and depression significantly reduces these results have important implications in improving the mental health of students. Educational and therapeutic interventions in terms of effectiveness as well as spiritual-religious approach, promising Commitment acceptance to improve cognitive and psychological variables and mental health of betrayed; Our research findings with research results (is consistent. Sudan and colleagues compared the effectiveness of this research as an integrated and holistic Emotionally Focused Couple Therapy on symptoms of depression and post-traumatic stress resulting from extramarital relationships in the couple came to the conclusion couples between experimental and control groups in the dependent variables (depression and post-traumatic stress symptoms) there is a significant difference. The study findings also suggest that couples the integrated treatment of prospective and psychological problems caused by the impact of couple therapy can reduce the betrayed wife.

#### **4.1 The first explanation**

marital infidelity is a common problem of couples and family therapist face it. Couples with marital betrayal and infidelity encounter, often turbulent, emotional discharge, emotional and negative interaction react that most of the symptoms of post-traumatic stress disorder is consistent with the criteria. Marital infidelity is an overuse injury associated attachment. Attachment to the event, which were critical injuries while the other spouse finds out that he could count. Attachment to the event, which were critical injuries while the other spouse finds out that he could count. Attachment injury as "a violation made by the human connection" is considered to be in the form of shrinkage cracks and betrayal in time of crisis need arises. Then these violations are caused or exacerbated insecurity in an attachment bond.

On the other hand, based on the findings of research, teaching emotion regulation with an Islamic approach to reducing anxiety and increasing betrayed women's mental health are significant. Meetings emotional regulation with an Islamic approach helps people to evacuate their negative emotions and heal wounds of the past. These meetings also help to restore marital relations with his wife are guilty of marital conflict prevention and family be preserved and improved quality of family life. Islamic principles-based approach to science and theology, forgiveness, hope, learning, problem solving and interpersonal communication skills and ways to dominate and control the excitement; their knowledge and position in the family and helps others to facts accepted, and seeks to resolve problems and find solutions and adapt to the status quo cope.

#### **4.2 Suggestions**

##### **4.2.1 Practical suggestions**

It is recommended in family counseling centers; families (hurt, betrayed or involved in emotional divorce) are encouraged to participate in this group, or even apply special incentives. The findings of this study showed that women in this hospital in terms of mental health indicators have achieved considerable improvement. Since women are betrayed in need of assistance, be related social institutions such as welfare, counseling centers, etc., who are charged with the responsibility to protect the vulnerable segments of society, and rush to the aid of people with the proper training of health promotion psychological help them cope with difficult life; Therefore it is recommended, mentioned centers and other centers linked to the affected families and betrayed the training courses (medical intervention, emotional regulation with an Islamic approach) is used to help such families.

##### **4.2.2 RESEARCH LIMITATIONS**

The most important limitation of this study, the sensitivity of the issue, and the subjects rights and respect for the privacy of their.

The limitations and challenges of this study is to find a basis for comparing the results with previous studies because in previous studies, studies that specifically examined the effectiveness of the intervention (teaching emotion regulation with an islamic approach to women betrayed anxiety and depression), respectively, was limited.

On the other hand the limited sample size and mass of the second research topic and the variables limitations of this study.

Also, due to the nature of this study was quasi-experimental and requires training course for women was betrayed, constraints of time, cost, licensing training course, coordinating with families, attracted the participation of women to participate in training courses. Also increased research challenges, and more importantly, gain the trust of women to training, motivation, interest and cooperation with the course of the challenge, the researchers applied all their efforts to overcome these limitations.

According to the research data collection tool was a questionnaire, and then fill out the questionnaire in the community, has its own problems, because the culture of questioning and accountability still has not gained its rightful place in our society (especially among women treason there are a lot of problems and concerns and were involved), and most importantly in this process should be completed questionnaires among the participants carefully and well, responding to questioning and self-confidence, they respond with openness and honesty ... So that the results be trusted; on the restriction also, research efforts and its ability to win the confidence and precision applied to women, so that we can more confidently rely on the findings.

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