



The Effectiveness of Cognitive-Behavioral Group Counseling to Reduce Anxiety, Marriage; Single People have to be Married in Esfahan City (2013- 2014)

Mahboubeh Bakhshandeh^{1*}, *Najmeh Sedrposhan*², *Hasan Zarei*³

¹MS Student, Department of Psychology College of Humanities Yazd, Science and Research Branch, Islamic Azad University, Yazd, Iran

²Assistant Professor, Counseling Department, Islamic Azad University of Khomeinishahr, Khomeinishahr Branch, Daneshjou Blvd, Iran

³Ph.D., Assistant Professor, Department of Psychology, Yazd University, Yazd, Iran

ARTICLE INFO

Article history:

Received 04 Dec 2014

Received in revised form 03 Jan 2015

Accepted 14 Jan 2015

Keywords:

*Cognitive,
behavioral,
anxiety,
marriage,
girls and boys*

ABSTRACT

Objective: The aim of this study was to evaluate the efficacy of cognitive-behavioural group counselling in reducing anxiety in individuals with the intention of marriage was a marriage of Isfahan City in 2013-2014. **Methodology:** The research was quasi-experimental with pretest - posttest control group; The sample consisted of 76 participants using convenience sampling, from young single boys and girls have been chosen to be married. All persons test anxiety questionnaire before marriage (with a coefficient 0.76) completed. **Results:** The specimens were randomly divided into control and experimental groups; the experimental intervention (cognitive behavioural therapy) was performed in 8 sessions. In the end, both groups completed a questionnaire anxious to marry again. **Conclusion:** Analysis of covariance was used to analyze the hypothesis. The results showed that cognitive-behavioral training on anxiety in the experimental group was effective marriage ($p > 0.05$).

1. Introduction

Anxiety is necessary to guarantee the survival of the human campaign, but when anxiety will intensify, leading to reduced performance, can be considered as a disorder (Maguire et al., 2004). Cognitive therapists believe, negative thoughts and attitudes of irrational cause anxiety (Burns, 2004). Based on the values and norms of the society and the lack of opportunities for marriage, marriage age, sex drives pressure, major secret relationship with the opposite sex, solitude and loneliness, population and society, home and living environment, employment and divorce statistics and causes of the causes of anxiety (Atash Pour, 1996) as "anxiety marriage" in youth have been proposed to be married in this study. Cognitive behavioral therapy is a combination of cognitive and behavioral approaches. In this type of therapy can help patients to distorted thinking patterns and recognize their dysfunctional behavior. To be able to change the minds distorted and inefficient regular discussions assignments and behave exactly is organized (Sadock, 2003).

2. Materials and methods

2.1 Statement of problem

Due to the high percentage of the population are adolescents and young adults and this generation is entering marriage and most important investment for growth generation and growth of a country are continuing, the need to identify the causes of the decline of marriage and predictors of psychological factors in the cortex and the protection of human and social capital and the country becomes more crucial than ever. Thus, according to the survey found

*Corresponding author: Mahboubeh.Bakhshandeh@gmail.com

DOI: <https://doi.org/10.24200/jsshr.vol3iss01pp11-15>

that gaps in research carried out in the country and the city's population is young including examination of the relationship between two variables, the study documented in this study there was no internal studies of innovation in this research. The aim of this study was to determine the effectiveness of group cognitive - behavioral reduce anxiety in young married a city was to be married to answer this research question "whether cognitive-behavioral group training on anxiety affect marriage?"

2.2 The research goals

Determine the effectiveness of cognitive-behavioral group counseling as a way to reduce anxiety married individuals has to be married.

2.3 The research hypothesis

Cognitive-behavioral group counseling leading to reduced anxiety married individuals are going to be married.

2.4 Anxiety

Anxiety word literally means to vibrate, vibrates, pulsates, and had become distracted, agitated, aching and unrest (Amid, 2002). Published a very unpleasant feeling of anxiety is often associated with autonomic nervous system symptoms (e.g., diarrhea, feeling of dizziness and lightheadedness, sweating excessively, intensification of reflexes, high blood pressure, dilated pupils, restlessness, tremors, stomach upset, tingling in an extremity, slow urination) associated. According to figures released by the prevalence of mental disorders in developing countries is increasing (Kessler et al, 2005).

2.5 Anxiety and Marriage

Anxiety among mental states, without which that person is found on most of the actions have cast a shadow. Currently, the age of communication, both personal and collective success depends on having the right people and the right to reasonable beings, whether in the family or in society (Gorman, 2003). If you learn the subtle anxiety listen to messages, courage to take the steps necessary to change the direction of his life. Facing this kind of anxiety involves taking life as an adventure rather than hiding behind the security that seems to protect him. father and mother as a surprise, for the marriage of their children at certain times, in certain circumstances and with certain individuals are forced, the most important component forget choice means accepting responsibility. In fact, indirectly, to say:

"We accept responsibility for the choice that you do! When someone looks at an age or stage of development is to realize the importance of freedom of the triangle, choose and responsibilities in marriage, yet proper preparation for marriage and choice of spouse is unfortunate. Perhaps the most important question that a good measure for assessing this type of preparation for marriage, the question is: "What is your purpose of getting married at this point in life?" Training, consultation, and in the "awareness" reduce the error rate. Develop appropriate criteria wise to choose a spouse and to assess individual and family lifestyle contrast, the understanding of the most important issues raised in the pre-marriage (religious, political, income, child and parenting, social interaction, emotional maturity and Ghqlany, autonomy in decision-making and problem solving, social and economic class, education, place of living, etc.) Physical and mental health evaluation and counseling before marriage are factors that contribute to a person's choice to accept responsibility (Khanabadi & Arian King, 2012).

2.6 The concept of marriage

Marriage is a sacred covenant among all peoples in all times and places there. Marriage is the beginning of a family and the family of one of the oldest social institutions that history is as old as human life (Giddens, 2008).

2.7 Cognitive behavior therapy

Cognitive behavior therapy CBT), a form of psychotherapy that helps patients to understand the thoughts and feelings that influence on their behavior is achieved. Cognitive behavior therapy currently used to treat a number of disorders, including phobias, addiction, depression and anxiety can be handled. In other words, this approach in the treatment of maladaptive behaviors and cognitive restructuring to achieve self not only as the false expectations, dysfunctional schemas, negative automatic thoughts, negative self-talk and irrational myths and emphasize but also social skills such as assertiveness, problem solving, relaxation, interpersonal skills are emphasized (Baker & Scarth, 2005).

2.8 Research background

Abolghasemi et al (2006) in their study to compare the efficacy of cognitive-behavioral group therapy with the advice of religious and traditional CBT focused on the quality of marital ladies.

This Dehshiri (2012) to evaluate the effectiveness of cognitive behavioural therapy on stress and anxiety in patients with generalized anxiety disorder were included. Hamid research, Khanabadi & Arian King (2012) to evaluate the Research Dadashzadeh et al (2012) to compare the efficacy of CBT and exposure therapy in reducing the amount of interpretation bias and fear of negative evaluation was conducted in social anxiety disorder. In the context of an experimental design to test post-test , subjects were selected by convenience sampling and randomly divided into three groups of eight (CBT, exposure therapy and waiting list control group were replaced. Halford & Markman (2003), in a study evaluate the effectiveness of behavior therapy techniques (problem solving, communication, learning and cognitive restructuring) on the incidence of marital distress and divorce. The results show that the intervention reduced the incidence of marital distress and divorce is effective. Delsingor et al (2011) in his study entitled "Efficacy of cognitive behavioral group therapy on life satisfaction in patients with social anxiety disorder" have shown that cognitive behavioral therapy group increased life satisfaction in these post-test and follow-up, there is a significantly positive effect (Comer, 2001).

2.9 The population

The study population consisted of all young male and female in marriage age (21 to 34 years old), soon to be married and living in the city in 2013 was 2014 years. Sampling through the mobilization centers and counseling services were performed. Were invited to attend the training sessions and the consultants were asked to those who think they can have high anxiety about marriage experience to participate in training sessions introduce (Ward, 2009).

2.10 Sample and sampling

Sample size was 76 subjects convenience - volunteering among young boys and girls who want to get married soon have volunteered to participate in the group. In terms of the age and education are important factors in understanding the concepts of the questionnaire, in this study, the factors to be matched in terms of frequency, were considered. The subjects were randomly divided into experimental and control groups, 38 of who were female and 38 were male. 19 females and 19 males in education, cognitive - behavioral, and the remaining 38 were not under any training they married and anxiety was measured again (Covin et al, 2008)

2.11 Research Tools

The questionnaire survey to collect data from anxiety that marriage is a self-made questionnaire was used. The main tool, a questionnaire consisting of 30 questions were prepared using Likert scale.

3. Discussion and results

3.1 Questionnaire

Marriage anxiety to analyze the questionnaire of 30 questions (showing physical signs, thoughts and feelings associated with anxiety) was made by researchers from the selected range (on a 6-point scale from (1) strongly disagree (2) disagree, (3) somewhat disagree, (4) somewhat agree, (5) agree (6) completely agree) was used.

Based on the literature and previous studies, personal characteristics of young people in terms of marriage, such as age, sex and educational level of the factors that undermine the position of youth in their marriage; the underlying variables in the questionnaire also provided.

3.2 Validity

To create a questionnaire to measure and assess anxiety symptoms at first marriage was to write the questions and criteria used in the context of respondents to answer questions easily be made very clear. With regard to the content are the good factor is very high and it represents the internal consistency of the questionnaire. And a number of professors and experts assess face validity and content provider. The opinions remove it and see if the questions of the questionnaire were developed. After collecting opinions, questions were rated highest in terms of the questionnaire was revised again (Delsignore et al, 2011).

3.3 Reliability

To check the reliability of the questionnaire was conducted on 30 samples. Cronbach's alpha was used to check the reliability of the index. In this study, Cronbach's alpha coefficients for all the questions have been obtained 0.762 the good factor is very high and it represents the internal consistency of the questionnaire.

3.4 Data collection method

In order to obtain some information and literature to refer and notes of Persian books and specialized foreign and documents related to the environment and natural resources, publications and journals and research theses and articles from major networks and information collected from various internet sites and has been used in the literature. In the field of questionnaire was used to collect the opinions of members of the research population.

3.5 The analytical findings

Table 1. Levine test for equality of variances in the study groups

| F statistics | Degrees of freedom 1 | Degrees of freedom 2 | P-value |
|--------------|----------------------|----------------------|---------|
| 2.17 | 3 | 72 | 0.099 |

Since the P-value is greater than 0.05 Levine test results reveal the equality of variances in the world.

Table 2. Results of the analysis of covariance on reducing marriage to separation anxiety groups

| Model variables | Estimate the parameters | Mean square | F statistic | P-value |
|---------------------------|-------------------------|-------------|-------------|---------|
| Anxiety before training | 0.61 | 20885.3 | 80.1 | <0.0001 |
| Grouping variable | 26.78 | 13307.6 | 51 | <0.0001 |
| Sex | 2.39 | 78.3 | 0.3 | 0.585 |
| Sex and group interaction | -0.62 | 1.8 | 0.007 | 0.934 |

According to the table above it is clear that the anxiety and after training, after training is effective and its anxiety control training. Effect is significant at 0.05. It is natural that every person associated with that person because of anxiety and before interdependent. So in this model is due to anxiety before training.

Table 3. The mean anxiety score before and after marriage, education, and cognitive - behavioral separation and control groups

| Group | The mean anxiety score marriage before training | The mean anxiety score marriage after training | Average score decreased anxiety marriage |
|------------------|---|--|--|
| Experiment | 107.82±30.68 | 79.39± 22.11 | 28.42± 23.83 |
| Control | 106.87± 26.14 | 105.29± 25.05 | 1.58± 13.25 |
| t test statistic | 0.145 | -4.777 | -6.069 |
| P-value | 0.885 | <0.0001 | <0.0001 |

According to the above table it can be seen that the mean anxiety marriage before training group versus 10782 The mean score of the control group versus 106.87 anxiety before marriage was the P-value is greater than 0.885 to 0.05 and achieved results in the two groups in mean anxiety score marriage, Cognitive-behavioral training were identical before and there was no significant difference between the two groups. The mean score of the experimental group to reduce anxiety marriage after 28.42 Average score for the control group after training reduces anxiety marriage was only 1.58 Since the P-value is less than 0.05 is obtained thus reducing anxiety mean scores of the two groups in terms of marriage, After cognitive-behavioral training was different and there were no significant differences between the two groups. As of cognitive-behavioral treatment group was significantly reduced anxiety marriage.

4. Conclusion

The results of statistical tests suggest In the case of cognitive behavioural training the experimental group Marriage anxiety at post-test control group was significantly different. By controlling the pre-test results showed that the two groups was significantly lower than the control group was anxious to get married in the intervention group Which suggests that the cognitive-behavioral training on anxiety marriage is effective in the treatment group, This hypothesis is confirmed. This finding is consistent with research that showed a significant reduction of anxiety disorders has Tasyrmy cognitive behavioral training, is consonant.

Showed cognitive-behavioral group creates realistic attitudes, increase the quality of sexual and emotional intimacy between couples and reduce the incidence of marital distress and divorce. Atash Pour (1996) compared the effects of cognitive-behavioral therapy in the struggle of women surveyed and included both techniques in the treatment of severe depression, borderline personality disorder were successful clients. Dadashzadeh et al (2012) demonstrated that CBT positively significantly reduce the amount of interpretation bias and fear of negative evaluation in social anxiety disorder has been followed. Zlotnick (2001), the research concluded that cognitive behavioral stress management becomes more adaptive coping skills. Gorman (2003), show the positive effect of higher cognitive - behavioral therapy with religious factors in comparison with the classic.

4.1 Suggestions

Cognitive-behavioral counseling approach is recommended for people who are involved with such anxiety used. It is recommended that the tools used the study used a series of tests before marriage.

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How to Cite this Article:

Bakhshandeh M., Sedrposhan N., Zarei H., The Effectiveness of Cognitive-Behavioural Group Counselling to Reduce Anxiety, Marriage; Single People have to be Married in Esfahan City (2013- 2014), Uct Journal of Social Sciences and Humanities Research 01 (2015) 11–15.