



**THE EFFICACY OF ACCEPTANCE AND COMMITMENT IN COUPLE THERAPY
(ACT) ON MATRIMONY DESPONDENCY AND APPENDAGE CLIENTAL TO
THE SOCIAL SERVICE CENTRE AND CONSULTING AFTER EXIT PRISONS
ORGANIZATION FOR THE ESFAHAN CITY**

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ABSTRACT

The present research purpose, was on the effectiveness of acceptance and commitment ACT approach on marital burnout and forgiveness in couple.

In this research dimensions decrease of marital burnout and the level of forgiveness was studied in the research was used from half-test project, that pre-post test was with control group statics society involved cliental couples in social services center and consulting after prisons organization exit Esfahan province that their numbers were 180, during 2 months. Cliental and all of them complete the questionnaire marital burnout (CBM) that involves 3 dimensions: body, mental and emotion and forgiveness. After the correction of question naives, those who had low score in forgiveness and high score in burnout were selected 80 persons accidentally it means to compels and were replaced in test and control groups both. In this research it was held 8 sessions in 90 minutes of group consulting in accept ion and commitment method for clients in test-group and then the after-test was held for two groups of control and test and the information by using t-test and covariance analysis were analyzed the conclusion of research showed that it could decrease marital burnout and increase forgiveness in couples with acceptance and commitment ACT method and marital burnout dimensions that is body, emotional and mental weariness have meaningful differences in comparison with control group. After one month, in following process there was meaningful differences at all of hypothesis.

Key Words: acceptance and commitment therapy (ACT), couple burnout, mental weariness, emotional, weariness, munificence

INTRODUCTION

Marriage is one of the most universal human bodies of two people with different abilities and talents and tastes and interests, and in a word, is made up of various characters (Goldenberg- Goldenberg 2002). An intimate marital relationship requires that couples learn to communicate with each other and are different. Conflicts arise when couples of cooperation And joint decisions are varying degrees of independence and solidarity to show that these differences can be on a continuum from mild conflict Full Natarz classified. (Jung and Lang, 1998)

Family has always been throughout the history of human thought, a special place dedicated to issues Related to that, many scientists were concerned. In recent decades, according to this aspect of human life and endeavor to improve the quality of the mind has occupied many domestic and foreign experts. (Gravnd, 2010) At the head of the family, marital relationship with Vmqds legal contract called marriage is formed and a family trying to maintain the most original social behavior, so that the high rate of divorce, the marriage contract is still the most important and the most sacred emotional and legal commitment between men and women is the wife of one of the most sensitive and decisive choice of options ahead of every adult. (Navabinejad, 2001) One of the main problems is real and

today our society, marriage, or almost completely, and then Brshq the various demands imposed on those that love alone cannot afford to. (Stair, 1986 According to the Ahmadi, 2006) Falling in love and staying in love is not married may feel good, but basic radically. There are more important issues Drazdvaj love which is the bond between two people. Spiritual unity is the basis of marriage radically. If a person's life may be based only on love later in life pressures A lot will not even think about love. (Simon, 2003). Sometimes marriage cannot respond to all the needs of a marriage that can continue to achieve its goals, the anger, hatred, loneliness and ultimately lead to divorce. (Padash, 2010).

Statement of Problem

The most common reason for marriage is love. A marriage of love, the series of profound and positive feelings of attachment to another person, passion, intimacy, mixture, passion and understanding (Knox, 1985; quoted the promise, Adib Rad, Sabaghian, 2005). Experience the miracle of love is so powerful, at the beginning of each meeting, each Dialogue and every moment is right and perfect looks, but soon it becomes attractive to a relationship (Feramo, 1993; quoted Adib Rad, 2004).

The main reason people marry for love, joy and happiness satisfaction and increased psychological and emotional needs are. In other words, social and economic changes led to romantic attraction and satisfy the unmet needs of people on marriage and choice of spouse is (Navabinejad, 2001). Ellis (1987; quoted Adib Rad, 2004) states that recently married couples who have less to think about fall. That may pale when legendary love them, and just when the disenchantment begins. One of the mismatch between expectations and the reality of marital problems, the wife is fed up. A couple who are expecting their marriage and romance meet their expectations and ideals and big and small problems of life is solvent. And the characters and their lives meaningful, more people are fed up with (Gravand, 2010).

Importance of research

Marital Conflict couple of inconsistencies in the type and method of satisfying its needs, self-centered, differences in needs, behavior and schemas. Irresponsible behavior related to marital and marriage. (Glaser, 2000, quoting Farah Bakhsh 2004)

Conflict occurs when something has provided consent for the person, while the same thing for another deprivation followed.

Family therapists, conflict, any conflict on the bases and sources of power in order to

get more points and increase their rates of, you know. (Yung and Lang, 1998).

Domestic and foreign research

Study abroad

Ariel (1993) quoted Motahari, Ahmadi, Behzadpur Azmodeh (2012), in his study found that women significantly more than their husbands fed hood. Blasyv and Bnda D (1991) The impact of health education practices of impunity for solving family and marital problems and he realized that this method is very effective. Dy Blasyv and Perector (1993) in their study found that the impact of relief to improve relations, expressing anger and heal emotional wounds controls. Johnson (1995) showed that training relief to couples and families in reducing conflicts and effective solutions. Mvajah conflict and ultimately increase marital agreement is effective. In this Hows & Mallinkrotd (1998) the level of differentiation of family and marital adjustment of couples were investigated. The results show that by increasing the level of differentiation and the arguments of the original families to higher marital satisfaction and the Dependence on the husband's parents over her attachment to parents cause marital discord and conflict and disenchantment.

Mac Kvlaf et al (2001) research on the effect of relief, anger and hatred in the conflict couples found that relief, anger and

hatred, reduce and resolve conflicts in couples causes. Hill (2001) also explores the impact of relief as the foreign research on marital adjustment believes that the breaks in life increases levels of marital adjustment and to solve marital conflicts.

Fyncham and Stone (2004) in their study found that forgiveness training can reduce many couples conflicts and enhance problem-solving skills in them. (According to the Talebi, 2013) Ransly and Spa (2004) The effect of forgiveness on intimacy and trust in relationships of 201 subjects over a year of marriage, they later found that the application of current errors forgiveness significant effect on the trust in the couple there.

Niels (2009) on research on married couples showed that a positive attitude and fed there a significant relationship between them is greater than the positive attitude, fed up lower.

Internal research

Hosseini (2004) examined the relationship between the forgiveness of the families of the original (first generation) nuclear family (second generation / couples) and its relationship with marital satisfaction and marital satisfaction was a significant relationship between forgiveness and . The results Adib Rad (2005), showed that the relationship between marriage and the family continued to live there fed up. The

results show that the performance of a lot of satisfaction and dissatisfaction with family life and marriage is finally fed up. Attari, Hosseinpour and Rahnavard (2009) showed that the use of communication skills in a way to reduce fed married couples communication program Effectiveness and impact of the meeting was to follow up the necessary stability.

Zal (2009) in a study to compare the amount of the gift and its dimensions Drzvjyn due to their attachment, marriage Consanguineous to the conclusion that higher levels of forgiveness and its dimensions in safe couples couples is unsafe. As well as the assumption that the level of forgiveness and its dimensions are more women than men could not be verified. Salahian and colleagues (2009) examined the relationship between emotional intelligence and grace marital conflicts, and the results of the regression analysis showed that emotional intelligence and marital conflict was between the couples breaks.

Methods

Quasi-experimental research method (pretest-posttest control group) is the independent variable in this study group counseling acceptance of Commitment (ACT) is.

The population

The population of this study, we included a couple of social services and counseling

center after leaving prison in Isfahan province, the number was 180.

Sample and sampling

The study sample was random sample of couples referred to social services and counseling center in Isfahan prison due to emotional problems t marriage had come to the center for advice Couple Burnout Inventory forgiveness were selected and 180 were available to the people who scores below the cut-off line in forgiveness and higher scores on the questionnaire had Couple Burnout 80 randomly They were then randomly assigned to experimental and control groups were replaced. ACT also focusing on a theory of acceptance and commitment therapy usage instructions in 8 sessions and each session was 90 minutes as a consultant. All members of the treatment group and control before and after the implementation of disgust forgiveness and

marital therapy responded to the questionnaire.

Data collection

Forgiveness Inventory

The questionnaire was developed in 1998 by Ray.

Couple Burnout Inventory

The instruments used in this study, burnout questionnaire (CBM) was built in 1996 Paynz this questionnaire.

Statistical analysis of data

In this study, the data analysis software SPSS used.

Data analysis in the field of descriptive statistics of mean and standard deviation and covariance area of inferential statistics and multivariate analysis of covariance or Mankva, to compare the mean scores of two groups control effect pre-test to post-test scores and follow-up done.

RESULTS

Table 1: Distribution of sample By type

condensation	Percent	Abundance	Groups
50	50	40	Control
100	50	40	Trial
	100	80	Total

Table 2: Mean and standard deviation of the pre-test and post-test forgiveness scale separation test group and the control and follow-up

Standard Deviation	mean	Count	Group	
5/73	22/02	40	Pretest	Analysis
8/79	52/05	40	Posttest	
8/19	51/05	40	Follow	
5/41	23	40	Pretest	Control
5/42	22/97	40	Posttest	

Table 3: Mean and standard deviation of the pre-test and post-test cut and test group

Standard Deviation	mean	Count	Group	Variables
0/94	5/17	40	Pretest	Total score of

0/76	2/56	40	Posttest	disenchantment
0/74	3/13	40	Follow	
6/87	28/12	40	Pretest	Physical fatigue
5/87	22/62	40	Posttest	
6/13	21/27	40	Follow	Emotional exhaustion
7/03	47/72	40	Pretest	
4/28	28/20	40	Posttest	
7/91	29	40	Follow	
5/05	40/95	40	Pretest	Psychasthenia
5/48	23/75	40	Posttest	
5/77	24/85	40	Follow	

Table 4: Mean and standard deviation of the pre-test and post-test fed and control groups

Standard Deviation	mean	Count	Group	Variables
0/78	4/68	40	Pretest	Total score of disenchantment
0/74	4/55	40	Posttest	
6/99	29	40	Pretest	Physical fatigue
7/15	26/5	40	Posttest	
7/72	47/72	40	Pretest	Emotional exhaustion
6/62	48/25	40	Posttest	
4/67	40/57	40	Pretest	Psychasthenia
5/07	41/45	40	Posttest	

Table 5: significant level in normal test scores of variables

Control	Trial	Statistics	Groups Variable
0/961	0/976	Statistics	Forgiveness
0/176	0/545	Significant	
0/872	0/973	Statistics	Couple Burnout
0/001	0/455	Significant	
0/818	0/804	Statistics	Physical fatigue
0/001	0/001	Significant	
0/804	0/85	Statistics	Emotional exhaustion
0/001	0/001	Significant	
0/954	0/93	Statistics	Psychasthenia
0/101	0/016	Significant	

Table 6: equality of variances test scores of variables

Significant	Degree of freedom 2	Degree of freedom 1	F ratio	Index Variable
0/013	78	1	6/49	Forgiveness
0/58	78	1	0/3	Couple Burnout
0/45	78	1	0/57	Physical fatigue
0/006	78	1	8	Emotional exhaustion
0/014	78	1	6/25	Psychasthenia

Table 7: Analysis of covariance comparison of mean scores of marital disenchantment based on group membership

Statistical power	Effect size	Significant	F	Mean square	Degree of freedom	Total squares	The source changes
0/789	0/092	0/006	7/83	4/051	1	4/051	Pretest
1/000	0/676	0/001	160/69	83/137	1	83/137	Join the group
				0/517	77	39/838	Error

Table 8: Analysis of covariance single group of marital disenchantment scores at follow-up

Statistical power	Effect size	Significant	F	Mean square	Degree of freedom	Total squares	source changes
0/987	0/327	0/001	18/422	6/92	1	6/92	So fed up test
				0/376	38	14/275	Error

Table 9: Analysis of covariance comparison of mean scores of forgiveness based on group membership

Statistical power	Effect size	Significant	F	Mean square	Degree of freedom	Total squares	The source changes
1/000	0/746	0/001	226/178	3102/619	1	3102/619	Pretest
1/000	0/945	0/001	1317/457	18072/356	1	18072/356	Join the group
				13/718	77	1056/256	Error

Table 10: Analysis of covariance between forgiveness single group at follow-up group

Statistical power	Effect size	Significant	F	Mean square	Degree of freedom	Total squares	The source changes
1/000	0/909	0/001	379/332	2375/983	1	2375/983	Post-forgiveness
				6/264	1	238/017	Error

Table 11: The results of the analysis Mankva marital fed two groups of test scores

Statistical power	Size effect	Significant	Degrees of freedom error	Given the degree of freedom	F	Wilks Lambada	Source
0/997	0/228	0/001	73	3	9/819	0/712	The physical fatigue test
1/000	0/466	0/001	73	3	21/224	0/534	The emotional fatigue test
0/77	0/129	0/018	73	3	3/589	0/871	The mental fatigue test
1/000	0/904	0/001	73	3	229/935	0/096	Group

CONCLUSIONS

Hypotheses to explain

Education, marital disenchantment approach and dedication to reducing the impact of significant groups at post-test and follow-up.

The results indicate that the cut in the test group is lower than the track. The training approach and dedication to reducing the impact of significant marital disenchantment.

The results of this study with the results Jakvsbn, Valdrn Moore (1980; quoted Yang and Long, 1998) is the most common problem that unhappy couples have cited the

failure to establish a rational relationship so what if your spouse needs to ask do not communicate with each other or not take the needs of both the foundation and positive solution to meet their needs, they stress, frustration, Frustration, anger, and finally fed up of the line is. The results of this study with the results Rajabi et al (2013) therapy is based on acceptance, to integrated holistic behavioral couple therapy, was more effective in changing concerns and changing behavioral marital therapy even more effective than behavior therapy-oriented integration based on admission revealed. N, Adib Rad (2005), Women on the verge of

separation significantly irrational thoughts than women want to continue life, is aligned. The Lingern (2003) fed peter physical, emotional and mental imbalance between expectations and reality comes from. Disenchantment caused by the failure of love, and a response to the existential issues. To illustrate this hypothesis can be said that the suffering of life when couples learn to accept and to live a rich, full and meaningful work and An action that led to the enrichment of life, commitment, they can lead to a decrease in marital disenchantment or reduce unrealistic expectations and irrational thoughts and vicissitudes of life. In the ACT tries to use techniques such as cognitive integration and participation in the new situations and new people can create for themselves. After reducing marital disenchantment with the fan reception to fully understand the actual situation that in fact it will have a great impact there. In addition, training and dedication to accept the emotions without the need to change or get rid of them is that it can To reduce or change emotions, thoughts and painful memories in people Commitment to Compliance Training term provides an opportunity for couples who Are committed to their own values in life and focus more on increasing their quality of life, which can reduce the marital disenchantment. - ACT acceptance and

commitment to forgiveness training approach in the post-test and follow-up test a couple of significant impact. The results suggest that training approach and dedication (ACT), forgiveness couples in the testing phase and follow-up. In other words, teaching approach and dedication ACT increased forgiveness compared to the control group and the experimental group during the follow-up scores continue to show. D Blasyv and Proctor (1993) in their study found that the impact of relief to improve relations, expressing anger and emotional healing will help.

Forgiveness to the person who made the error of his right, allows the negative emotions that interfere with relations , left, and his wife encourage positive cognitive exponential growth (Mc Kalvvrychl, 1997). Acceptance and commitment therapy helps to focus its resources to reduce the problem only think Experience how important a good life and think. (Tvhyg, 2009)

Hayez (2004) believes that many of conflict and human suffering because suffering is denied. When we feel fear, anxiety, frustration or other negative emotions or when we think of others less and And we are worthless, are, in fact, we strive to make the experience We struggle with inner experience begins. It is also the result of years of human life is fruitless attempts and malicious behavior analysis and they come

down. The main features of the natural human tendency to avoid the experience that he was born and is strengthened by culture. ACT especially targeting the wrong controls (Honarparvar, 2008). Hayez (2006) study the impact acceptance and commitment approach (ACT) in reducing marital disenchantment and betrayal of women referred to the clinic that it is done, Test group and the control group showed no significant difference.

When couples receive training and dedication they have more flexibility. In fact, these people can better cope with the pain and stress of life. In fact, the training and dedication of troublesome thoughts and feelings change so people can learn without them Understand loss and this can lead to increased satisfaction with life and the gift of life. In other words, training and dedication to the people allow emotions to interfere with their relationship stress relieved And cognitive growth areas to encourage positive partner. Training and dedication to the people allow this to continue after threats intimacy as well as an essential tool for maintaining stable, long-term relationships. In cognitive fault ACT using these techniques to create suitable thinking about the opportunity to rebuild relations with a new idea about the necessary Prdazd.kh is forgiveness.

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