



**EFFECTIVENESS GROUP TRAINING COMMUNICATION SKILLS ON SELF-
DIFFERENTIATION MARRIED WOMEN DARAB CITY**

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ABSTRACT

This study have been performed with the aim evaluate the effectiveness of communication skills training on increasing the amount of Married women Self differentiation. Scheme used was Semi-experimental With follow-up period. Sample used were all married women have marital mild problems, referred to city Darab Welfare counseling center and 30 people who had earned low scores on Differentiation of Self Inventory and randomly selected. Samples Studied randomly divided into experimental and control groups were replaced. Communication skills training Group test for 2 months in 8 sessions were as a group, ultimately posttest was performed in both groups. Follow-up tests were performed of both groups after a month. The results showed that communication skills training on increasing the amount Self differentiation and its components has a significant impact on married women and is a good way to increase self differentiation.

Keywords: Communication Skills, Self-Differentiation, Married women

INTRODUCTION

Family, by special relations between family members is affected. Relationships with parents, other family members, especially children, have a significant impact on the evolution of health and psychological health in all stages of life, especially in

marriage and the wife knows (Aein Parast, *et al.*, 2014). The social organizations in all stages of its development, Couples, a major subsystem of the subsystem, through the marriage takes place (Eskoron 2008, quoting Ariayamanesh *et al.*, 2013) .artbat

to couple the opportunity to exchange ideas with each other and learn from each other's needs (Gholamzadeh, et al, 2009). Regardless of how communication between couples, attachment and bonding between the two, one of the most important components of a healthy functioning family. Family members should be able to achieve a degree of independence and individuality of their families, this feature is referred to as differentiation. Differentiation is Ability to establish and maintain a balance between intimacy and autonomy in relation to others (your partner) is. It means that people can clearly distinguish between the rational and the emotional and intellectual distinction and separation from their feelings. (Pelg, Zavaby, 2014). Differentiation is one of the major factors influencing marital satisfaction. Several studies have shown that couples succeed in achieving emotional development and the adequacy of interpersonal relationships in the family tied And a lot of research, as envisaged differentiation marital quality and marital intimacy pose (Eskoron, Stanley, Shapiro 2008, quoting Aryamnesh et al., 2013). To achieve its differentiation in the relations between couples, with training and effective communication skills to explore new ways to reach that using these skills, but also according to their needs and

strengthen their relationships with their partners are nearby. Good communication skills, including training, anger control, problem solving, and conflict resolution, listening and hearing the correct training methods are effective, self-discovery and the discovery of another (wife) is. Much research has been done in this field. Research Heidari et al (2009) have shown that dialogue effective training can reduce marital conflict. In addition Ghaffari et al (2009) showed that Bowen's approach enhances the differentiation and improve family functioning The same as the Zarrin Kolah (2012), came to the conclusion that teaching reality therapy approach to increase marital satisfaction and couples will be differentiation. Cruise study (2007) showed that the higher the levels of trust are higher differentiation, shame and guilt is lowered.

Ajyk-Genkaz (2011), concluded that attachment styles on communication skills and problem solving skills are impressive. As has been shown in research to differentiation, a key component in marital satisfaction, and given that communication skills training to increase the intimacy and satisfaction, In this study the effect of teaching communication skills in a way to increase differentiation and its components are examined.

THE STUDY METHOD

This quasi-experimental research design or test as a follow-up test and control groups, respectively. The population of married women admitted to the Department of Social Welfare Darab city were in the first six months of 2014. Among those with mild conflicts and to solve the problem had referred 30 people at random from among those that have earned the lowest scores on differentiation selected and two control groups of 15 people at random were replaced. After sampling and identification of the two groups (test and control), a briefing session was held for members of groups to members of the general curriculum objectives and issues to be. Schedule meetings, and according to the band, they were set. The training program was conducted in accordance with the procedure set for members of the group. Thus, the experimental group for 8 sessions of 2 hours, the group received training in this way, while the control group received no intervention. After the last training session and post-test was administered to both groups. Data were collected and

analyzed. After a month, the differentiation of the Member States to re-test follow-up study was carried out and the results were analyzed.

Descriptive statistics and analysis of covariance method with 21 spss software version used.

Research Tools

Scale assessment with 46 questions and four sub-scale differentiation. The scale in 1998 by Eskron Ferydland differentiation is made for the evaluation and includes 43 items and 4 subscales (emotional response, positions the personal, emotional faults and mix with others) is based on the Likert scale grading will be, will become And a total score and individual scores for each of the four sub-scales are to be considered. 1 to 6 is awarded to each question. This means that options 1, 1, and the option of 6, 6 score is given. The maximum score is equal to 276. Lower scores indicate lower levels of differentiation and higher scores indicate higher levels of differentiation.

RESULTS

Table 1: The mean control groups and tested in variable differentiation and its components

Follow-up study		Posttest		Pre-exam		Number	Group	Components
Standard deviation	Average	Standard deviation	Average	Standard deviation	Average			
0/60680	2/6485	0/71074	2/8606	0/31579	2/1152	15	Trial	Emotional reactions
0/54379	2/3879	0/75002	2/7030	0/47088	2/5091	15	Control	
0/61158	3/7636	0/53943	3/7333	0/48284	3/6606	15	Trial	My status
0/67810	3/4788	0/55134	3/5394	0/49492	3/2788	15	Control	
1/35956	4/2333	0/50653	3/6197	0/75163	3/2556	15	Trial	Romantic getaway
0/56910	3/3111	0/53535	3/4399	0/59916	3/7056	15	Control	
0/60632	2/5333	0/56997	2/8389	0/42546	2/2444	15	Trial	The mix with others
0/62111	2/5111	0/44721	2/5864	0/36578	2/1556	15	Control	

Table 2: Results of multivariate analysis of covariance for their component differentiation

Statistical power	Effect size	significance level	F	Mean square	Degrees of freedom	Total squares	Variable
.953	0/946	0/000	16/93	579/444	1	579.444	Emotional reactions
.977	0/954	0/000	36/21	1150/744	1	1150.744	My status
.958	0/933	0/000	19/17	1162/639	1	1162.639	Romantic getaway
.961	0/847	0/000	20/79	554/423	1	554.423	The mix
.994	0/912	0/000	13/11	1/350	1	835.770	Their differentiation

RESULTS OF RESEARCH AND ANALYSIS

The results of this study showed that a group of communication skills training to increase their differentiation and its components, significant impact and follow-up work after a month except for the emotional response and I also remained stable. The results of research, including Kazemi et al (2014), Sehat (2007, quoted by Narimani et al., 2010), Shakibai and co-workers (2012), Yosephi (2011), Mahmoudi Mehr et al. (2011), which is in line In all these studies the effect of communication skills and education differentiation on marital conflicts, increase intimacy, decreased marital disenchantment, mental health, increase differentiation and other components mentioned. In this study, women were seen no training in this area, all in the field of relationship with spouse, family of origin, the treatment of their families and even their children were in trouble. This training course was organized in 8 sessions at each meeting, one of the most important topics were communication skills In education, the understanding of oneself, awareness of emotions and their behavior was far from

welcomed by members of the Nmvdnd.ayn during training, have a significant impact on my status, because of the understanding the thoughts and feelings to their position, were more understanding. Members were asked to cycle their knowledge in everyday life and the thoughts, feelings, actions and behavior to think. When group members were able to understand the information cycle, this cycle is also used on his wife and they were asked this is from his wife asking to be able to understand the thoughts and feelings, our expectations are identified. Members of the first group feedback meetings, as they resisted his wife, But in the final session even began working wives also had a lot of positive feedback. An education that will help members to reduce emotional escape, identifying and exploring beliefs influence behavior and feelings of the members in relation to their husbands. Using the ABC method to reduce the interaction between their members, will help a lot. Education, communication style decisively helped to increase certainty and reduce the interaction between the members of the band. Thus can be explained the training of communication and barriers to a healthy relationship, has been impressive.

The communication style to teach effective ways of listening and hearing regarding peaceful relations also was discussed. Members were asked to practice assertive communication style of their own. To consolidate these skills at each meeting, members were given assignments and asked to be the first on your skills, then their wives to apply. In each session, the group members were given a brochure and application training content in each session were referred back to the previous practice. Constantly members were asked to repeat the practice of previous relationships. This is very effective in resolving conflicts with their spouses, respectively. A meeting was also devoted to understanding anger and anger found its focus and wife, members were asked to identify himself and his wife's anger. What are the reasons causing anger in them and their wives. What communication style also used at the time of the wrath of the other obligations, this obligation reduces the emotional response at the time was teaching still survived until the follow-up session, but for reasons that are. The study did not follow its own impact. In the last session also dealt with problem solving and conflict resolution through the subjects were asked. Conflicts with their spouses in writing within a week as they bring out in each session and each new member was asked what. To other

duties also apply these practices led to increased differentiation of married women in this training. During the training period, members of the group, as they have done in meeting obligations on its members and difficulties that were discussed during homework. A dynamic group, its members have been involved this will influence the stability of the training was to follow up period. At the end of the training the members were asked the content taught that brochure was prepared, during and after a month in relation to the follow-up meeting, expressed the impact this training. If the train would have had more time on my position and influence their emotional response. The reduction of these two components in the study follow-up, can be temporary and limited to therapy sessions, they noted. Given that not more therapy sessions in 8 sessions, this term is not limited to its effect on long-term leave, The duration of the meetings should be increased in future studies to determine the efficacy of these life skills increased. Due to the limited duration of treatment, duration of treatment and prescriptions reduced emotional response and the position I was in follow-up study. Emotional response and I place, two key components of the change in the differentiation they need more time. Therefore, due to limited time this training,

not repeat them home after training by a group of women in this group, despite the lack of time for homework and repeated follow-up study, achieved a significant level.

Correlating the impact of skills training to increase and its components can be summarized as follows:

A) the members together, said his first impression of the women were married, as were the problems that others have had problems and was not limited to them.

B) The members of the group will learn communication skills and their application in their home, creating a greater sense of support from partners have developed.

C) Training and communication skills to express thoughts and feelings the right way to increase empathy reduce the interaction between an individual with his wife and others; increase my position, reducing truancy and emotional response during the course of treatment.

D) The use of homework, review training material to help each session for members of the educational brochure was prepared using the method in the relationship. In line with the results of this study confirm the hypothesis of this study and others indicate that these skills can be used to educate women in the control of emotions, communicate accurate and appropriate help. In this method reduces the mixing with

others, Emotional escape and increase the emotional response and I have generally found that communication skills can A good way for people who are self-differentiation is low.

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