

Consideration of Psychological Counseling Effect on the Mental Health and Marriage Satisfaction

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ABSTRACT

The present study tried to determine the relationship between counseling, psychology services and marriage satisfaction in Iran. The research has selected 96 young couples through accidental multi-stage sampling. They had married last year. The statistical data has been collected by use of Enriche's Marriage Satisfaction as well as Goldberg's Health Questionnaire. The statistical data was analyzed by use of variance descriptive analysis in Spss-15 software. The mean and standard deviation of the psychic health score were 30/3, 2/73 and they were 102-24/40 for marriage satisfaction. Moreover, there was a significant contrary relation between the mean and standard deviation of the group who has not received any counseling and psychological services and those who have received it. This occurred in the scopes including: anxiety, sleep disorder, depression, and bodily dimension and disorder in the social function. In addition, the scopes of anxiety, insomnia and disorder in social function had the most mean. Seemingly, use of counseling services is necessary to reduce anxiety and disorder in the social function.

KEYWORDS: Psychological and counseling services, mental health, marriage satisfaction, young couples.

1. INTRODUCTION

The quality of the couple's relation is one of the most important discussions about family. If relation between husband and wife is normal and satisfactory, mental calmness of family is possible. It causes a better yield in the individual and social life. The mental health is one of the psychological issues which causes increase in marriage satisfaction; consequently, family improvement and efficiency.

Various researchers have showed that counseling and psychology are affective in satisfaction and reinforcement of mental health of couples. Marriage counseling serves to depict the world after marriage. Although the mental health is an important issue, it has been ignored in the societies. Unfortunately, the common people assume that the mental health is an easy task. To be honest, we should confess that it is so difficult in the contemporary time because of various development as well as new cultural, economic, social and political conditions. We need new information to achieve adaptation to life and occupational condition and present mental diseases (Besharatifar, 2003, p. 88). Although, counseling is necessary, it is more necessary for marriage because it is the basis of society. That is why people mainly consult before marriage. In such a condition, choice of a counselor is very important, in particular his/her moral competence as well as enough scientific and special condition which are more important (Hosseini, 2001, p. 141). The items including individual similarities, equality of families in different levels, the couple's thoughts and differences....are considered in the marriage counseling (Shakerian, ATA, Fatemi, Adel, Farhadian, Mukhtar 1998, p. 503).

Nowadays, we observe increase of divorce. According to the statistics, divorce of 2 marriages, from 9 marriages, occurs. Moreover, the statical numbers shows that 16 divorces happen each hour in Iran. In addition, family quarrels, differences, problems and conflict are increasing. At the present time, Iran is the fourth country of the world, in term of divorce statistic. Also, we observe the increase of divorce more than marriage during the last 6 years ago (Shirazi, 2012).

Hendrix believes that marriage is an unconscious process. In other words, normality and abnormality of marriage is accidentally. To achieve a successful marriage, we should act consciously. He believes in possibility of this consciously action. By consciously marriage, he means the marriage which is followed by the most spiritual and mental development. In other words, it should be resulted in unification and reconciliation of personality. To achieve a consciously marriage and decrease in marriage conflict, treatment considerations should be executed by use of specific guidelines. If a couple comes client, they deal with complaining some trivial issues including. Money, entertainment, sexual issues, addiction.... According to Hendrix, counselor should consider the problem beyond these complains and analysis (Hendrix and Hant, quoted by Ferahbakhsh, 2004).

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LITERATURE REVIEW

Rahnama Akbar(2008) showed that on-marriage courses have an effective impact on the marriage satisfaction. Also, there is positive and significant coefficient between the marriage terms. Najinejad and Nazari (2008), in a research entitled *The Effect of Solution-based Counseling on Marriage Satisfaction*, conclude that the solution-based counseling has improved the marriage satisfaction essentially.

Hosseini Z (2001) concluded that counseling before marriage, and after marriage has a positive effect on the mental health, oppression, anxiety, disorder in social function and bodily complain. A research showed that successful individuals in marriage are less exposed to the mental diseases. In other words, the single clients of psychiatry hospitals are more than the married ones. That is why single individuals, widows are more than the married individuals target of early-death (Zahrakar, 2003). Marriage satisfaction of the women with mental health is more than those with mental problem (Majidi, 2008). In an article, . Mir bakhshi, fereshteh(2007) showed the necessity of attention to unreasonable thoughts, use of training courses for modification of these thoughts, use of counseling and treatment cognitive approach to adapt marriage as well as increase in the family function. Nervousness of women has an important effect on marriage satisfaction of women and their husbands. This research mentions the role of counseling in nervous control and increase in satisfaction (Luo et al. 2008). A research has reported the influential factors on marriage satisfaction including: stressor events of life, social protection of husband/wife, and similarity of perceptions Ahmad, Kh (2005).

Counseling improves marriage satisfaction through training communicative approach Sadat S,(2006). Application techniques of couple-treatment exciting oriented approach increases (psychological, beliefs, sexual, physical, communicative, social, entertainment and general sincerity) sincerity of couples. Fathi Ashtiani, A. (2005).

METHOD

In term of practical aim, the research is a comparative-causation. The research population consists of the youth resident in Mashhad. They had been married in 2011. With regard to the multi-stages sampling, the multi-stages accidental sampling by use of individuals who were client of 5 counseling centers for counseling services.

Two groups have been considered in this research. First group: 48 couples who received counseling services. Second group: 48 couples who never got counseling service. The two groups filled the questionnaires.

Instruments of Gathering Data:

1. Questionnaire of Health by Goldberg which consists of 28 multiple choice questions in four scopes: anxiety, depression, bodily signs and disorder in social function. It has been presented by scale of repetition of action in the form of too less than usual, less than usual, as usual, more than usual. Respectively, the scores from zero to three have been devoted to it. The sum advantage of 4 scores is 21 for each scope and 84 totally. Higher score confirms less health. The final total coefficient of questionnaire is 96% and sub-scales of depression anxiety, bodily signs and disorder in social function were respectively: 94%, 90%, 89% and 78%. Gibbons, P., Arevalo, H. F., & Monico , M. (2004).
2. Enriche's marriage satisfaction Questionnaire consists of 115 special questions which measure 12 scopes. The questions have five choices (definitely agree, agree, neutral opposite, definitely opposite). Validity of the questionnaire was 0/93.

Analysis of the data was executed by Spss-15 software and use of descriptive and perception for comparison of the mean of the two groups, by T test and variance analysis.

Finding

Statistical analysis of 96 filled questionnaire showed that the mean and standard deviation of mental health of couples received psychological and counseling marriage services were 4/03-2/73. Also, the mean and standards deviation of marriage satisfaction of couples received psychological and counseling marriage services were 152-24/04.

Table 1: Mean and standard deviation

Variables	Groups	Mean	Standard deviation	Amount	Significance level
Bodily complains	Received counseling services	3/5	2/5	2/54	0/001
	Not received counseling services	5/17	3/75		
Anxiety and insomnia	received counseling services	3/17	2/66	3/44	0/002
	Not received counseling services	2/23	4/1		
Disorder in social function	received counseling services	6/25	4/25	2/63	0/001
	Not received counseling services	8/22	3/57		
Depression	received counseling services	2/2	2/57	2/53	0/001
	Not received counseling services	3/78	3/43		
Mental Health	received counseling services	4/02	2/72	2/47	0/001
	Not received counseling services	6/18	3/92		

The table shows that there is a significance difference between the mean of mental health of those who had received the counseling service and those who had not received the counseling service because the computed T is more than the table T: $p < 0/001$ and $T = 2/47$.

Table 2: The mean and standard deviation of marriage satisfaction

Variable	Group	Mean	Mean deviation	T	Significance level
Marriage satisfaction	Received counseling services	188	34/89	3/36	0/002
	Not received counseling services	102	24/04		

Table 2: the table shows that there is a significance difference between the marriage satisfaction of those who received counseling services and vice versa, because the computed T is more than the table T. $p < 0/002$ and $T = 3/36$.

DISCUSSION

The research has been executed to show the mental health of marriage satisfaction of those who have received counseling services. They were the couples who have started their life in Mashhad city. Finding showed that the mean and standard deviation of mental health of those who had received counseling services were: 3/03-2/73. In addition the mean and standard deviation of marriage satisfaction of those who had received counseling services were: 188-34/89.

Hypothesis one: the finding showed that there is a significance difference between those who had and had not received counseling services and bodily signs. The data of the hypothesis has been analyzed by statistical method. According to the data in the table 1, the hypothesis is significant statistically. Thus, the researcher concludes that there is a significance difference between those who had received and had not received the services. In other words, counseling services increase health and decrease the signs of bodily disorders in the couples. The second, third, and fourth hypothesis, like the first hypotheses and with regard to the table 1, were confirmed in the scopes of anxiety, insomnia, disorder in the social function and depression. In other words, those who had received counseling services had fewer problems than those who had not received counseling services. As results, counseling services reduce problems. The research finding matches those of Navabinejad et al. (2006). In one side, importance and position of counseling services for marriage, family, and continuation of life, are very necessary. This finding matches those of Gharemani (2008) Abdullah Zadeh (2005), Alitabar (2002), Feeney, J. A (2002) Olson, DH. (1994). Thus, we should emphasize that the entire effective factors in marriage satisfaction were important. To continue a successful marriage life, we should recognize some non-harmonious issues in the before, while and after marriage counseling and modify them, because moral factors fall in the scope of mental factors. Understanding moral characteristics are too difficult because they are subjective; therefore, marriages are mainly without enough cognition and understanding. Consequently, moral un-adaptation is the background of mental damages. If we do not solve them through marriage and family counseling services, they will pave the divorce.

Conclusion and Suggestion

The result of the research shows that there is a significance relation between use of psychological and counseling services and mental health and marriage satisfaction. In other words, those who have used psychological and counseling services have more mental health and satisfaction. Moreover, there is a contrary significance relation between use of counseling services and decrease in depression, anxiety, insomnia, disorder in social function and complains. In addition, there was a significance and positive relation between use of counseling services and

increase in mental health and marriage satisfaction of the couples. In other words, use of counseling services increased mental health and life satisfaction. Therefore, we should reinforce mental health and satisfaction of couple through counseling services. Thus it is suggested:

1. The couples should consult counseling clinics and get health certificate as well as other counseling services before marriage.
2. We should provide possibilities and condition counseling services couples with less than ten years marriage experience.
3. The couples, who goes to court for divorce, should get adjustment or non-adjustment certificate from a counselor.

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