

Investigating the Effect of Training Tolerance with Islamic Approach on Increasing Intimacy among Married Martyr's Women in Isfahan in 2012

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ABSTRACT

The present study aims to investigate the effect of training tolerance through Islamic approach. The study is of semi-experimental kind including pre-test, post-test and exploration one with control group. The research statistical group consists of women visiting Isfahan martyr counseling center in 2012. The sample includes 50 members of women who were randomly selected and then divided into two experiment and control group having a high level marital problems based on Islamic approach which has been taught to experimental group during 8 sessions, while the dependent one is marital intimacy evaluated by its Olia questionnaire (2006). SPSS software was used to analyses the data based on variance analysis with constant measurement. The conclusions stated that training tolerance through Islamic approach increases marital intimacy ($p < 0.01$).

KEYWORDS: Marital intimacy, training tolerance with Islamic approach

1. INTRODUCTION

Admiration specifies God only. Good behavior derives from creator's kindness who introduces prophet! Mohammad (peace be upon him) as the nicest model of those with a good behavior in Quran, Says: It was only because of God's kindness that you behaved them kindly and if you were bad-tempered and hard-hearted, They will definitely leave you (Alemran, 159).

Family is a stable and reliable shelter for answering some needs like security, kindness, and instincts so the way it thinks highly influences the society. Its member's unity as a group is possible only through intimacy and co-operation. It is based on intimacy which is the miserable factor of family (Rezai, 2010).

In recent decades, self-esteem and its effects are considered in the organizations and it is one of the main issues of organizational behavior. Self-esteem is consisting of self-perceive evaluators related to the personality of a person and play effective outcomes in the organizations. (Beheshtifar, et al, 2013, pp: 544-552)

Tolerance is one of the characteristic with a prominent role in life peace and compatibility. It's difficult to find a factor with such an effect on its stability and existence (Hoseinzade, 2011). Mode is an Islamic suggestion which means tolerating others bothering you and keeping quiet (Naraghi, 2005).

Intimacy is an active factor with trust and reverse respect ad its foundation. It is a real need with inner root resulting from attachment fundamental needs (Bagarozzi, 2001-Etemadi, Atashpour translation 2006). Unsuccessful and separate marriage, on the other hand is because of lacking intimacy resulting in approaching a relation to its end. In a valuable research done in America about divorce reasons, 80% of divorced couples mentioned the gradual growth of lacking intimacy as a reason for their divorce and failure (Bagarozzi 2001, Etemadi and Atashpour translation 2008).

However, a research which could investigate the relationship between the three factors of personality trait, marital satisfaction and mental health was not found. Therefore, the investigation and study of the variables just mentioned seems necessary. Based on the growth of divorce rate and its consequences, the investigation of variables which can have an important relationship with marital satisfaction seems crucial and vital. As a result and given the literature, since the personality trait is considered an important and effective variable and the living conditions exposes the people seeking divorce to mental damages, the advancement of the present research has taken shape in this direction.

This investigation can approach the body of the relevant studies and makes available the collection of practical backgrounds. Given the cultural and ethnic situation of Iran, this research can assist the experts of behavioral sciences, justice department consultants, psychologists and other people to hinder or discern the relevant variables more precisely and thus help the experts in the practical terms as well. As a result, the present study is after reviewing and identifying the share of personality traits and marital satisfaction in explicating the general health of women seeking divorce and achieving scientific grounds and effective, practical techniques in order to increase marital satisfaction and the general health of women and reducing the rate of divorce in the society. (Sadeghi et al, 2012 , PP: 2385-2394)

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Bagarozzi (2001) recognized separate but related factors of intimacy including: emotional, physical, mental, social-recreational, relational, intellectual, psychological, sexual and total (Stated by Etemadi, 2006). It is said that one way to increase marital intimacy is training tolerance with Islamic approach.

Life problems and couple relations highly require tolerance. Prophet Mohammad (peace is upon him) said: A man who tolerates his wife's bad behavior and ignores it for God's reward will be rewarded as thankful (HorrAmeli 1983, the fourteenth volume, page124).

Leniency and negligence literally means tolerance and moderation both advised in Islamic culture. But the difference between Islamic viewpoints in this regard with other religions is that firstly God, but not any other authority, is responsible for clarifying negligence conditions and domains. Secondly, leniency base in Islam is truth not behavioral proportion. It is worth to mention that tolerance training with Islamic approach is according to religious points as the best procedure to increase couple's intimacy resulting in security, kindness, high daily bread, success, prosperity and blessing.

Family is a social; institution and no institution have the history longer than much culture, civilization of family. Family is headstone in stabilizing social relations and growth. Attempt to reinforce and appreciate base vales of common life in family intra relations in social institution and provide moral and general health of people in the society. Family is like shale if its base is not perfect and fair, pearl is not formed inside. Family is not only the way to obtain economical material needs but also contribution and Understanding to extend the perspective and possibility of achieving more opportunities. But there are Families impose the problems called device. Divorce is most important factor of disturbing structure of most fundamental of society called family. (Iravani, 2012, pp: 1471-1478)

To achieve tolerance, we can use some skills like mystification, anchoring, exonerations, forgiveness, quid pro quo, scapegoating, second-order change, joking, reverse behavior, conflict management and focuses on strength points and reverse role play (Hoseinzade, 2011).

Based on the high divorce statistics and various models for improving marital relations, it can be said that Islamic tolerance is a way to increase marital intimacy. Islam considers some points in this regard because of the high family status in human's behavior and intellectual points. As there is no experimental and training research about tolerance with Islamic approach, it can be concluded that it is one of the main features of the present study.

Sampling Method

So members of women visiting Isfahan martyr counseling center who were randomly selected then divided into 2 experimental and control group with the highest level of marital problems based on scholar's prescriptions. Every group was evaluated through three stages including pre, post and exploration tests with marital intimacy questionnaire.

Research Tool

This study uses couple intimacy questionnaire and recognized crowd.

Couple intimacy questionnaire

It includes 85 questions performed by parents and co-workers (2006) its Likert scale spectrum.

Stability and admissibility of the test

We talked to five individuals among Isfahan university psychological college counseling scholars to determine the contextual admissibility. Then to identify all questions admissibility, we benefited from their correlation with the test total score. Those questions with meaningless correlational coefficient comparing to the total score and those questions which were meaningful at the level of 5% were omitted then 85 ones with 1% correlation by the total score have been selected. To investigate marital intimacy questionnaire at the same time, Thompson and walker intimacy scale was used. The conclusions indicated that the correlation between marital intimacy test and that of Thompson and walker has been 92% which is significant at the level of 1% ($P < 0.01$, $r = 0.92$). To understand its stability, we used Cranach alpha which equals 98/58 in the whole test (Rezai, 2010).

RESEARCH METHOD

The method in the present study is semi-experimental and pre-test, post-test with experiment and control group including females.

The experimental group consists of those women visiting Isfahan martyr counseling center suffering from the most problems who were all randomly selected and divided in two experimental and control group. The independent variable in the experimental group was tolerance training with Islamic approach. It was not performed in the control group until the end of post-test. Couple intimacy test was done as a pre-test after selecting the sample and dividing it randomly into two experimental and control group. Afterwards tolerance training with Islamic approach teaching sessions was held for

tastes, which were held after post-test for the control group. After ending these sessions, marital intimacy test was held for the both groups. The number of sessions was 8 which were held twice a week in one hour and a half.

Research Findings

The descriptive statistics which focuses on the influence of tolerance training with Islamic approach on the increasing of married martyrs and generous women's marital intimacy are shown in table1. Based on its findings, the average pre-test scores and exploring experiment group are more than control one.

Table(1): The average and standard deviation of marital intimacy scores among experiment and control group through pre, posttest and exploration.

Exploration		Post-test		Pre-test		Group	Variable
SD	AVE	SD	AVE	SD	AVE		
33/53	216/2	33/86	215/1	21/69	174/28	Experiment	Marital Intimacy
27/43	183/42	27/62	183/5	27/58	184/2	control	

Hypothesis: Tolerance training with Islamic approach influences on married martyrs and generous women's marital intimacy.

Table (2): The conclusions of Kolmogoroff - Smirnoof test, the hypothesis of the normal state of marital intimacy in pre-test.

Significance	k-s-z	SD	AVE	Agent
0/96	0/51	24/78	179/28	Marital Intimacy

Considering that Kolmogorov - Smirnoof statistics have been meaningless at $\alpha < 5\%$, so the agent normality hypothesis is accepted.

Table (3): The conclusions of Machli in constant marital intimacy variable measurement in two control and experiment group.

Significant level	df	Machli Statistics	Effective
0/001	2	0/02	Tests

Based on the conclusions, Machli statistics are significant at $\alpha < 5\%$ therefore we can use Machli kroit coefficient. After investigating the two co-variance normality and monotony hypothesis, we analyses repeated measures variance with its results shown in table4.

Table (4): The conclusions of analyzing the variance with repeated measures in pre, post tests and exploring one in both experimental and control group, marital intimacy as a variable.

Statistical	Eta Square	Significance level P	F	Square Average	Freedom degree	Squares addition	Variety Resources
1	0/51	0/001	27/48	4131/76	2	8263/52	Tests – Group (Sphericity Assumed)

The observed F at $\alpha < 1\%$ indicates the significant variance between the two experimental and control group in pre-test, post- test and exploration average. So it can be concluded that tolerance training with Islamic approach affects martyr and generous married women's marital intimacy.

Table (5): The conclusions of LSD following test, pre, post and exploration test, marital intimacy as variable in experimental group

Significant level	Standard deviation	Average difference	Tests
0/001	7/76	-40/78	Pre-test, post-test
0/001	7/67	-41/71	Exploring test, pre test
0/042	0/41	-0/92	Exploring test, post test

Based on the conclusions of LSD following test, it was indicated that there is a significant difference among pre-test and two tests, post- test and Exploration one at the level of $\alpha < 1\%$. And there is also a significant difference between pre-test and exploration one at $\alpha < 5\%$. In other words, tolerance training with Islamic approach influences marital intimacy of martyr and generous women through time.

RESULT AND DISCUSSIONS

The conclusions of the present study indicated that tolerance training with Islamic approach influences the marital intimacy among married martyr and generous women in Isfahan which is 0/51.

This result is the same as those found by Emily (2010) and Garfield (2010). Garfield (2010) stated in his studies that group therapy with men suffering from problems in marital intimacy results in making it better by learning how to express your emotions directly and support the reactive behavior, spreading friendship skills (connection, relation, commitment and cooperation). Emily (2010) in a study to investigate intimacy found out that positive reciprocal support of husband and wife and emotional warmth while showing less negative excitements ends in increasing intellectual intimacy.

Tolerance Islamic training results in sharing the feelings and therefore having higher kindness and intimacy between couples. Islam considers tolerances as a basic factor to increase kindness and intimacy in family. Jackson (1998) in his study, considers forgiveness and generosity effective in marital relation which can make it closer.

Tolerances play an important role in increasing intimacy as a basic factor. If couples can ignore each other and behave based on mentioned techniques, they can prevent many problems in life and increase their intimacy gradually. According to the results indicated in table 5, it can be concluded that tolerance Islamic training influence marital intimacy through time which indicated that individual's change of behavior affects increasing intimacy during time.

Suggestions:

1. Based on the effectiveness of tolerance training with Islamic approach, counseling centers and pre-marriage and family counseling centers can benefit from this method to lead couples and general people in married life.
2. Increasing research and applied affairs of experts on this training method to increase the its usage for decreasing marital problems and qualifying lovely relation between couples in Iran considering the relation between Iranian culture and Islamic issues.

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