

The Impact of Reality Therapy approach on Problem Solving Skills and Marital Intimacy among Couples in Isfahan

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Abstract The aim of this study was to evaluate the effect of treatment on problem solving skills and the vision of the reality of marital intimacy among couples in Isfahan. A quasi-experimental pre-test - post-test experimental and control groups, respectively. The population consists of all couples referring to Isfahan psychology and counseling centers. The simple random sampling have formed. A sample of 18 patients (9 couples) volunteers were divided into control and experimental groups and questionnaires completed problem solving skills and scale intimacy. The experimental group at 9 meeting One hour (Each week a meeting) Were treated by interventional reality After completion of treatment in both groups were tested again above. The results of analysis of covariance showed that the post-test scores and problem solving marital intimacy there is a significant difference between experimental and control groups.

Keywords Reality therapy, Problem solving skills, Marital intimacy

1. Introduction

All human life is the result of several choices every day and every moment extended to him to choose one. Good stuff when we look around us, we find every opportunity for us comes to a choice or option. So we're right, we choose (Sahebi, 2014). One of the choices and experiences of human life, marriage. The marriage relationship is formed that is unique compared to other human communication contained. Other human communication may cover one aspect of their life But the marriage various aspects of physical, emotional, social, mental and relational data covering biological, economic, emotional and psychosocial between husband and wife is established (Freeman, Taylor, Melkarn, 2006). In recent years, a sense of security, peace and friendly relations between men and women and the family turned to weakening significantly higher risks faced devastating. According to research conducted disturbances cause many psychological, ethical lapses, betrayal, marital failures, inconsistencies, bad-tempered and even criminal wrongdoing and the lack of skills living in conflict such as problem solving skills, or in some way connected with it, So it is better instead pessimistic about the inner motivations of people and condemning the actions and their legitimate demands In the name of evil and sin, problem solving and leadership and their needs as best we can. As it was stated

one of the causes of divorce can be a lack of ability and knowledge in problem solving and marital conflict, so the results of Mohammadian Sherbaf, Rostaie, Kafaie Rad (2005), the study, as compared problem-solving skills of women and men applicant their divorce and research Dzoryla, Olirz and Pajol (2011). The study examined the relationship between personality traits and problem solving, are all that seemed to matter. Problem-solving way of thinking or mental abilities to solve a particular problem driven and shaping a variety of answers and multiple choice answers your call right through the covers. The problem occurs when a target particularly involves actions certain mental and through which a man in a position of uncertainty and the problem of trying to position indefinite available to be any clear way out (One Reich and kitsch 1983, quoting by Amir Hoseyni and Mokhtab Target, 2009).

2. Research Method

Quasi-experimental research is design with a test group and a control group pretest - Post-test and follow-up. The study population included women attending cultural center in Isfahan in the second half of 2016 was (and their spouses through correspondence). Therefore, to homogenize the sample also included in this study was as follows: Start married life, minimum and maximum age of 20-50 years of education (diploma and above). Data were analyzed using SPSS-22 software. Descriptive statistics (mean and standard deviation) and inferential statistical analysis of covariance

was used to test the hypothesis.

Research Tools

Scale of the problem solving ability of the scale in 1990 by Dizoryla and Nezu was made to measure problem solving skills; the scale in Iran by Ahmadi in 2008 was standardization.

Scale intimacy Alexis Jay, Walker and Linda Thompson "Intimacy Scale" is a 17-item instrument that has been developed for measuring kindness and intimacy. "Intimacy Scale" is a 17-item instrument that has been developed for measuring kindness and intimacy. This measure is part of a larger tool that encompasses several dimensions, but the intimacy produced by (Alexis Jay. Walker and Linda Thompson) for independent measurements have been reported.

3. Results

The study analyzed data collected from the effect of education on the views of reality therapy and problem solving skills are marital intimacy among couples in Isfahan. The report Kolmogorov-Smirnov test the assumptions of research that includes data normalization in the pre and posttests, Levine test for homogeneity of variances and independent t- test for evaluation of the differences between the experimental and control groups in the pre-test, is investigated. The results of the study was an analysis of covariance examined the effect of pre-test be controlled by using analysis of covariance. Inferential analysis, this study was conducted using the software SPSS 22. In Table 1 Descriptive statistics of the variables is given.

Table (1). Descriptive statistics of variables

| Maximum data | Minimum data | SD | Middle | average | level | group | variable |
|--------------|--------------|-------|--------|---------|----------------|-------------------|-------------------|
| 0.127 | 0.72 | 12.25 | 0.101 | 0.100 | pre-exam | control group | Solve the problem |
| 0.124 | 0.68 | 12.86 | 96.50 | 96.87 | After the test | | |
| 0.114 | 0.70 | 12.75 | 94.50 | 94.93 | pre-exam | examination group | |
| 0.140 | 0.110 | 8.84 | 121.50 | 123.25 | After the test | | |
| 2.47 | 2.47 | 0.45 | 3.26 | 3.27 | pre-exam | control group | Marital intimacy |
| 4.12 | 4.24 | 0.47 | 3.11 | 3.21 | After the test | | |
| 3.76 | 2.24 | 0.51 | 3.23 | 3.11 | pre-exam | examination group | |
| 4/71 | 3.29 | 0.39 | 4.23 | 4.09 | After the test | | |

Table (2). Covariance analysis of the variables

| Ability test | Chi Eta | level of significance | Test F | Mean Square | Degrees of freedom | Source changes | variable |
|--------------|---------|-----------------------|--------|-------------|--------------------|--------------------|-------------------|
| 0.935 | 0.308 | 0.001 ** | 12.899 | 1124.511 | 1 | effect of pre-test | Solve the problem |
| 0.1 | 0.716 | 0.0001 ** | 73/198 | 6381.474 | 1 | group | |
| 0.977 | 0.375 | 0.0001 ** | 16.805 | 1.99 | 1 | effect of pre-test | Marital intimacy |
| 0.945 | 0.326 | 0.001 ** | 13.562 | 1.543 | 1 | group | |

**Significant level 0.01 *

Significant level 0.05

4. Conclusions

This study showed that by reducing the effect of pretest, posttest significant difference between the control group and the experimental variables that according to the findings scores in post-test experimental group was significantly higher than the scores in the posttest control group of the pre-test is therefore a significant therapeutic effect of education is reality view. Most studies to date on this topic have been conducted have shown that the results are close. This finding is consistent with research, including research Khodayarifard, Zarepour and Hejazi (2010), which examines the effectiveness of training problem-solving skills on marital intimacy began; Kahnammoui (1390), which examines the effectiveness of intervention based on choice theory and reality therapy on marital satisfaction and marital intimacy pay; Khojasteh Mehr (2010), which examines the effectiveness of intimacy on increasing intimacy in

communication couples are in line payment. In reality therapy method that teaches people outside control because a lot of violence, crime, family and sex without love in society. And makes the happiness and health of the family, marriage and ability to learn and a desire to destroy quality work. Glasser believes that by learning disadvantages of external control can be reduced and a new theory based on human relations based on the behavior of the manufacturer or affinity such as advocacy, negotiation, love, friendship, respect, acceptance, trust, encouragement and listening to replace that make marriage better, is more intimacy among couples. On the other hand the success of the marriage and establish an intimate relationship between spouses with learning how to talk with each other, is directly proportional to the success of the dialogue relationship that depends on the parties in their discussions the most basic principle of choice theory that they may only behavior control their have comprehended. Quality of life problem solving skills have a

direct impact on the interest and love for each other in life which impact on the overall communion of life and marital relations. Intimacy the foundation of the husband and wife form of love, Sexual need and commitment to life, each of which is associated with a subset of the interactions of married life. The problem-solving skills lead to adjustment and satisfaction with marital life, and their lack of leads to many misunderstandings, contradictions and tensions. In this connection, we may exchange our thoughts, feelings and desires. Express our happiness and discomfort or show others how we like them. Solving the problem affects marital intimacy and plays an important role in our physical, mental and social well-being. Effective solving skills improve marital intimacy in its various dimensions and the lack of that feeling of dissatisfaction, conflict with others, and loneliness and isolation in the work, educational and family environments. Solving the problem of marital intimacy has a very decisive role. The problem solving skills are the adaptation and marital satisfaction and its absence leads to many misunderstandings, conflicts and marital tensions. Research on successful and unsuccessful spouses shows how solving interpersonal problems is one of the most important aspects in distinguishing between these two groups, successful spouses are satisfied with speaking. And they can share their thoughts and feelings and understand each other and thereby increase their intimacy, while unsuccessful wives fail to resolve their interpersonal problems. And their attempt to communicate causes misunderstandings, tensions, and conflicts. The mutual intimacy and mutual understanding of the wives of each other is a valuable and valuable communication. Such spouses can better resolve their conflicts of life in a peaceful, non-stressed way, due to their problem-solving skills. The following explanation of these results and other reasons for the effectiveness of the reality of health is an increase in the problem-solving ability in individuals. This therapeutic approach teaches people that they should not escape the hardships and problems, but they must take responsibility for the problems that they have encountered and apply all their power to solve them. This process helps people focus on resolving conflicts rather than fighting and avoiding problems, and as a result, focus on solving problems increases sexual satisfaction and its dimensions and intimacy. As well as by gaining self-knowledge and introversion, because when a lifestyle is normal and sufficiently deep, it can turn into a grave and burry people under the slack of impulsivity. This approach teaches people, in order to have a meaningful life; they must carefully look for ways to change, openness and constant acceptance to change even at the height of comfort and comfort lead to the intimate life and ability to solve the problem.

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