Efficacy of Mindfulness-Based Training to Improve the Quality of Relationship with Partner

Karami, J., Janjani, P., Janjani, H., Alikhani, M and Geravand, S.

Faculty of Social Sciences, Razi University, Kermanshah, IRAN.
Kermanshah University of Medical Sciences, Kermanshah, IRAN; Faculty of Social Sciences, Razi University, Kermanshah, IRAN.
Kermanshah University of Medical Sciences.
Faculty of Psychology and Education, Allameh Tabatabai, Tehran, IRAN.

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ABSTRACT
Aim: Family is the first and the most important social institution in the human history that provide a genesis, growth and emotional and social efflorescence for its member, and marriage is the most susceptible emotional guarantee that man accept it for having psycho calmness and heartfelt communication. So this search did with aim to survey the effect of mindfulness-based training on improvement of partner relationship quality.

Method: This search was an experiment with pre test-post test and control and experiment groups. And samples were all female teachers of Kermanshah city elementary schools, that 200 person between them was selected, then when quality of relationship with partner questionnaire was completed 26 person who gain the least grade in quality of relationship with partner questionnaire randomly selected and divided in two control and experiment groups. Experiment group 6 session 1.5-2 hour in week had learn mindfulness-based training and control group didn’t learn any instruction. After intervention for two groups, after test was implement. Then collected data analyzed with Co Anova test. Finds: Results showed that there is significant differences between control group and experiment group in quality of relationship with partner. Results: Search results showed that mindfulness-based training can effect on partner relation quality improvement.

INTRODUCTION
Marriage modified as the most important and fundamental human relationship. Because provide the primal structure for establish the family relationship and future generation nurturing. [26] in contemporary psychology health relationship between couple is so important and know the existence of health relationship between couple as creation base and perpetuity of health situation in family. Likewise life style evolve with growth and family pillar constantly change, having health relationship can constitute basis of any base in its time span [1]. having prosperous human relationship consider the most vital work stage and the most effective element for family serendipity [5]. A reason for matrimony conflicts and couples problem is that couples haven’t relationship skills, and incorrect relationship mostly cause divorce. Research results showed that couples relationship sort is the most principle foresight for matrimony satisfaction and couples psycho health [2], couples that cannot create together stand in indeterminate situation and if they haven’t Appropriate relationship skills, they cannot achieve the good solution for their requirements and causes stress, Failure, Despair, Anger, and ultimately Fed up and life quality decrease [26].

Gotman [13] absence of relationship skills, cause constant of sophisticate behaviors. Miler and oliver researched that some of couples pass years ineffective because lack of relationship skills, however they thought their problems are sexual, financial or relate to relative [12]. Now there are a lot theory with different approach that want to solve the matrimony conflicts.one of the matrimony problems therapy method is behavioral -cognitional therapy that inclusive mindfulness -based training.

Mindfulness is a quality of consciousness and mean notice to instant time, purposive, and unbiased and attend with a lot of psycho health dimension, psycho wellbeing, pain sense recession special in physical diseases. mindfulness train people to experience all their life seconds and this subject cause recession of negative symptoms psycho cognitional and increase of psycho cognitional well being [20]. Mindfulness also is...
defined by the ability to notice and verbally describe the emotions or putting the emotional experiences into words and thus it is not only likely to facilitate emotional catharsis but also social sharing of emotions. And a bulk of researches evidences available, which demonstrate that social sharing of emotions not only reduce negative emotions but may also enhance positive ones [22]. Interventions based mindfulness modify as one of behavioral -cognitional therapy of third generation or wave. Mindfulness is a kind of meditation that rooted in east religious training special Buddhism [21], mindfulness isn’t a method or tactic although used a lot of methods and tactics to do it. Mindfulness can modify as (being)or(understanding)method that necessity to presive personal emotions [4].mindfulness is appropriate, special in empathy level in couple therapy. Primary works in empathy levels study with mindfulness lead to this think that notice to other emotions is a skill that with notice to now second. Empathy structure is,individual ability for being sensitive to other affective temper and can reflex that sense to other. that show he or she experience the same sense [16] mindfulness role in improvement of health romantic relationship performance in recent research that survey the efficiency of interventions for reinforcement of mindfulness skills in a randomly study with control list. and 8 weeks mindfulness according to program of reinforcement relationship for un confused couples was certified kabbat zinn [17] and welwood [27], showed that mind fullness increase, agreement, relationship and sexual intercourse.

another search,studied the role of mindfulness in satisfaction of romantic relationships and reaction to stress in relationships. results showed that mind fullness relate to satisfaction of relationship and performance a potential role in health of romantic relationship [3]. Carson [9], had find that intervention nicely effected on satisfaction of sexual intercourse, accepting obverse un ability of relationship and other consequence of relationship and interventions have positively effected on individual health. A research did by Shapiro [25], results showed that in 6weeks survey, stress that relate to mindfulness decreases and mindfulness level increase with empathy increasing. a trait that specially effect on preservation of relationships and predicted the positive adjustment behaviors and ultimately cause satisfaction of relationship [10,11,15]. So because family is the first and the most important social institution in the human history that provide the genesis, growth and emotional and social efflorescence for its members and marriage is the most susceptible emotional guarantee that man accept it for having psycho calmness and heartfelt communication. matrimony relation is a specific relationship that showed in action and interaction and couples behaviors. Each of couples can find the most profound love , quiescence and intimacy experiences that a person can experience in lifelong, yet it can tolerance the most profound indifference, disgust and physical and psycho shock. having the satisfaction matrimony relation can cause individual and heraldy advance and lack of this kind of relation can create ulcer and harm that many years don’t healing up. So this search did with aim to survey the effect of mindfulness _based training on improvement of relationship with partner quality.

MATERIALS AND METHODS

Research method was an experiment with pre -test,post -test and control and experiment groups. search samples were all female married teachers of Kermanshah city that their matrimony life old is at least 5 and at most 15 years.and at least have one child and haven’t evident psycho diseases and chronic diseases records.first 200 persons in multi -stage cluster method between all female married teachers was selected.and they completed quality of relationship with partner questionnaire.then 30 persons that gain the least grade in quality of relationship with partner questionnaire selected as samples.4 persons didn’t have tendency to cooperation and 26 persons randomly selected and divided in to control and experiment groups (13 persons experiment group and 13 persons control group)when training was finished for 2 groups post test was held,then collected data was analyzed with spss-19 –co variance test.having a share in search for all tried were voluntary and research aim was explained for them and they trusted that their information remain secret and results just is for research works.

Tools:

The questionnaire of relationship with partner quality selected of feleming mag grave (life approach) book 2005. so this questionnaire didn’t standardization in Iran was implemented experimental in Kermanshah city and after primary evaluation and reform was implemented. for this questionnaire four optional likert scale (never0,approximately1, very2, very vere3)was used. in this questionnaire high grade show the worse relationship with partner. In Karami [18]his colleagues search reliability of quality of relationship questionnaire based on koronbakh α obtained./89. And in this search reliability of questionnaire by koronbakh α obtained./92.

Process and Content of Sessions Intervention:

In mindfulness method patient with intrinsic monitoring do the four stage process from philosophy and schemed by showatz for first time in mind lock book in 1997. In this method showartez, create four stage process for increase client ability to encounter and prevention of response, without to need therapist direct aim [24]. The principle in this method is that client with real essence perception of thought and desires, learn dread
and anxiety controlling help patient to control his or her response more effective. client use this biological and awareness cognitive for to encounter and prevention of response. summary of mind fullness based cognitive therapy sessions is in table.

This therapy approach wrought of four fundamental stage that aim of every stage have told in brevity.

Summary of mind fullness based cognitive therapy sessions

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Content of sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>First and second sessions</td>
<td>Relabeling: client learn how distinct their heartfelt acts and thoughts and acquire profound perception about this subject that is a bothering sense in a relationship situation</td>
</tr>
<tr>
<td>Third and fourth sessions</td>
<td>Re attributing: client profoundly know that their acts or thoughts weren’t significant but they are wrong messages that emission on brain and relate to biochemical imbalance in brain that effects on relationships.</td>
</tr>
<tr>
<td>Fifth and sixth sessions</td>
<td>Refocusing: client try to do other manner (as intimacy and sense assertion ) even for some minute , with refocus on nice manner in their perimeter.</td>
</tr>
<tr>
<td>Seventh and eighth sessions</td>
<td></td>
</tr>
</tbody>
</table>

According to table 1 mean (standard deviation)of quality of relationship with partner in experiment group was (5.25)33 for pre test and (4.50)29.84for post test. so in control group was (3.25)29.07 in pre test and (3.54)28.92 in post test stage. In table 1 mean and standard deviation of relationship with partner quality in control and experiment groups has mentioned.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Experimental group</th>
<th>Control group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of relationship with partner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-test</td>
<td>33</td>
<td>29/07</td>
</tr>
<tr>
<td>Post-test</td>
<td>29/84</td>
<td>3/25</td>
</tr>
</tbody>
</table>

According to research aim, for data analysis Ancova analysis test was used. For study the pre thesis of this test, first pre test slope homogeneity was considered, according to results can say that the most important co variance pre thesis is correct.

That mean the slope of regression line is the same but other co variance pre thesis is parallelism of variances that this pre test also is confirmed.

<table>
<thead>
<tr>
<th>Sum of squares</th>
<th>df</th>
<th>Mean of squares</th>
<th>F</th>
<th>Significance</th>
<th>Eta-square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>328/16</td>
<td>1</td>
<td>328/16</td>
<td>113/59</td>
<td>0.001</td>
</tr>
<tr>
<td>Group</td>
<td>30/59</td>
<td>1</td>
<td>30/59</td>
<td>10/59</td>
<td>0.003</td>
</tr>
</tbody>
</table>

For study the effect of mindfulness _based cognition therapy on improvement of quality of relationship with partner used of one_variable covariance analysis, results showed F value in this test is 10.59 that in p<0.001 is meaningful and this means that between experiment and control groups in quality of relationship with partner is significant difference. And with notice to eta square can say 0/73 of this changes originate of intervention effect.

Results of one variable co variance analysis on mean of post test quality of relationship with partner in control and experiment groups with pre-test control is in table3

Conclusion:

This research did with aim to study the effect of mindfulness _based training on improvement of quality of relationship with partner. Results showed that there is significant difference between experiment and control groups in quality of relationship with partner grade, this mean mindfulness _based training caused improvement of relationship with partner quality.

Yet didnt study the research about effectiveness of mindfulness based training on improvement of relationship with partner quality but researches that did about effectiveness of mindfulness showed that mindfulness , have relationship with Positive and Negative Affect [20] empathy increasing [16] improvement of relationship for un chaotic couples [17,27] satisfaction of relationship and health of relationship [3] adjustment of relationship [8] and high quality of life, enjoy of life and low physical sign [19] decrease of parent -children conflict [6] depression decrease and increase of matrimony satisfaction [23]. In explanation of results can say that one of the methods that can use in improvement of relationship with partner is mindfulness -based training, mindfulness play a important role in relationship adjustment. this mean mindfulness couples tend to partnership in relationships that have less negativness In behavioral and emotional viewpoint.

A positive relationship that is in reverses relation with negative sentiments created and showed mindfulness individuals in a romantic relationship, experience negative connection disproportion aspect with lesser probability that is anticipate of maladjustment and disharmony of relationship. this subject causes improvement
of couples relationship quality. mindfulness method intent to help client with mind training, and not only help in clients mind and function changes but also help in changes of performance and relationship. the principle aim of mindfulness -based cognitive therapy is that patient with track his monitor, aware of effects of doing subjectivity reactivity and by doing constant practices and with direction (notice consciously to inert thing)focus on himself thoughts, emotions or physical senses. mindful individuals perceive internal and external facts without distortion and have a lot ability in counter with vast range of thoughts, emotions and experiences(good or bad) [7].

Restriction:
One of this research restriction was that samples were female married teachers so generalization should be with caution. Therefore this research samples were female. other research need to do with male samples and implementation post test in order to study the results value more accurate. Recommended notice to relationship skills before marriage consulting.

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