

# Analyzing the Effectiveness of Marital Kinesiotherapy (as a New Therapy Model) on Marital Satisfaction of Couples Referring to Mehr Gostar Consulting Center of Izeh

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## Abstract

This study was done to investigate the effect of marital kinesiotherapy (as a new therapy model) on marital satisfaction of couples referring to Mehr Gostar consulting center of Izeh due to marital conflicts and communication problems. This research is applied to the purpose of collecting data and, in terms of type, pseudo-experimental. Due to the small number of people in the community and the interests of all people to perform study, the test was conducted without the control group. This research was conducted using pre-test, post-test and single-group. The statistical community included all clients with marital dissatisfaction complaints and communication problems that volunteered to participate in this study. The statistical sample are 20 people based on Morgan's table. The sampling method was conducted randomly. The instrument of the marital satisfaction research was Enrich. The Enrich questionnaire was created by Elson, Fornir, and Drakman (1992). Data analyzing includes descriptive statistics and inferential statistics that were done using version 23 of SPSS software. The results of this study showed that marital kinesiotherapy (as a new therapy model) affects the marital satisfaction of couples referring to Mehr Gostar counseling center due to marital conflicts and communication problems. Of course, except the egalitarian subscale in which there was no significant difference between pre-test and post-test.

**Key words:** Marital Kinesiotherapy, Marital Satisfaction

## Introduction

Marriage is one of the most important events that occurs in human life; therefore, it worth paying attention. This event has a decisive role in shaping personality and orienting human life, and is usually a source of pleasure and satisfaction for the individual, but unfortunately sometimes it becomes a source of failure (Teimuri Asfichi, Gholamali Lavasani and Bakhshayesh, 2012). Various factors affect the strength and durability of the family, including marital satisfaction (Attari, Abbasi Sarcheshme and Mehrbizade, 2006). Marital satisfaction is a very important and complex aspect of a marital relationship. In other words, the satisfaction that spouses feel and experience in their relationship is one of the vital aspects of marital relationships (Garchef, John and Helson, 2008). The scientific study of marital satisfaction has been highly regarded since the 1990s. Marital satisfaction is a process that occurs during couple life (Griff, 2000). There are several definitions of marital satisfaction. Marital satisfaction is the fit between the expectations of a person from the life and what she/he experiences in the life. According to Winch (1974, quoted by Beyrami, Fahimi, Akbari and Amiri, 2012), marital satisfaction is an adaptation between the existing status and the expected situation. Marital satisfaction is in fact a positive and pleasurable attitude that the couple have in different aspects of their relationship (Elis, Sijal, Yijer, Batia and Gizep, 1996). Rahankiz (1968) has given the best definition of marital satisfaction. He describes marital satisfaction as a sense of pleasure, satisfaction and joy by the couple when they consider all aspects of their marriage. Marital satisfaction affects mental health, physical fitness, life satisfaction, job success and social communication and is one of the most important indicators of life satisfaction (Beyrami, Fahimi,

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Akbari and Amiri, 2012). Several factors are involved in marital satisfaction; such as: the quality of relationships before marriage, communication style, the character of couples, the way of dealing with marital problems (Patrik, Selz, Giordano, 2007), differentiation (Hill, 2008), irrational expectations of marriage and irrational beliefs from each other (Lotfi Kashani and Vaziri, 2011).

*The definition of exercise:*

Islamic societies, considering that all its policies are in service to the school, physical education is not apart from this general principle, and whereas the pursuit of this science is based on physical issues, but ultimately is a means that is effective to the human perfections and can be a step towards the ultimate goal of humans, which is Allah.

Imam says: "As you strengthen your body, strengthen your spiritual forces too. Not having health is not a disease or weakness, but according to the world health organization, a complete health includes physical, mental and social health. In fact, two major goals of health are delaying death and illnesses" (Gaieni, 2007).

In psychology, sport includes all activities that are aimed at competition, recreation, health and well-being. All types of running, body movements with the training of sport skills and playing in various disciplines are all considered to be sports. All of the above can be done individually or in a group (Khajevand, 2001).

Aerobic exercises are one of the sport activities. They refer to long-term activities that require oxygen. This type of exercise activates systems that provide oxygen to the body's cells and by doing that, oxygen is transmitted through the blood to the muscles. To establish this type of aerobic metabolism, exercise intensity should be low and in a long-term (Mayer and Brooks, 2000).

The study of personality traits is in fact the oldest research in sports psychology, a research in this field influenced sports psychology from the 1951 to 1971 period, and is still very important (Navabinejad, 1996).

Exercises increase the activity of the sympathetic nerve and secretion of catecholamine. Sympathetic nerve activity and secretion of catecholamine stimulate testosterone secretion during exercise (Wood, Stanton, 2012). Generally, exercise and cardiovascular activities temporarily increase the concentration of testosterone in men and women (Kraemer and Ratamess, 2005). Also, research has shown that exercise has physiological effects on the body and provides relaxation in individuals. According to the researchers, exercise can bring joy and vitality and increase self-esteem. This can also have a positive effect on sexual desire (Kraemer and Ratamess, 2000).

Athletes consider sports less stressful and find them desirable, controllable and challenging (Madi and Hess, 2010).

Chesterfield states: Through experience, I found that the relationship between mind and substance is more than a bond, because they are mostly consciously united and when one of these two suffers, the other will suffer too (Alijani and Nourbakhsh, 1992).

Isaac said: "Exercise changes sympathetic neurosis, expectations and values and some attributes, states and mood have a good relationship with athletic behavior". He mentions that changes caused by exercise in personality gradually occurs after many years (Abdoli, 2007).

Sing and Sayni (2013) found that self-esteem is associated with positive qualities such as social adjustment, stress exposure and health behaviors in assessing the mental health of athlete students. On the other hand, some researchers consider self-esteem as reflector of psychological benefits of participating in regular practice. Veis et al. (2007) compared the people who had done aerobic exercises for at least two years with non-athlete ones, and found that because of getting used to regular exercise and gaining success and reaching goal, having regular exercise can increase self-esteem.

In many studies, the effect of and positive correlation between exercise and self-esteem have been confirmed in different groups from child to adult (Baloch Moghadam 2000; Ahmadi et al., 2006; Susan and Wicky, 1997), but some researchers have shown that exercise does not affect the improvement of self-esteem level (Bushehri, 1994).

Taylor et al. (2005), in their research about the intensity of exercise on self-esteem, found that exercise with different intensities do not differentiate the self-esteem scores, but it seems that a large part of the scatter in the results is due to the type of exercise, its duration and severity. Therefore, it seems that the relationship between the two variables of self-esteem and exercise should be examined with different patterns of physical activity and exercise.

Reducing stress and increasing the sense of happiness will make people feel better and happier in life. According to the theory of activity, which was first described by Dayner in 1985, people who participate in sports or physical activities, have a greater sense of satisfaction and happiness in life (Ojaghi et al., 2009).

Sectional studies of epidemiology support the relationship between physical activity and psychological well-being in general population, the results have shown that attending in sport activities is an appropriate means for increasing positive emotions and satisfaction from life (Hyde, Maher and Elaskawi, 2013). A research entitled The Effect of a Physical Activity Program on Quality of Life in Passive Elderly

Women, showed that exercises have a positive effect on the quality of life of these women. Possible reasons can be explained by the fact that physical activity lead to reducing limitations of activity, greater independence, happy life and increasing quality of life.

Several studies have shown that there is a positive relationship between physical training and mental or physical health. Researches showed that men who have at least 92 minutes of daily physical activity, have more satisfaction in life, but in the case of women, this relationship was not observed (Flicherohio, 2002). In some studies there is a significant relationship between physical activity and life satisfaction which has led to improvement in both individual and social performance (Rijeski and Mihako, 2001).

Bolodis and Ellis (1999) concluded that in the research on the relationship between the couples, marital satisfaction increased as a result of increasing support of each other.

The strength of marital relationships is compromised without satisfying sexual relations, sexual pleasure is one of the most important pleasures that a person can enjoy in his/her lifetime, and it makes easier to tolerate the difficulties of life and problems between couples. Researchers believe that marital satisfaction is always in the context of sexual satisfaction (Shafiabadi et al., 2009; Shakermi et al., 2014). Different researches on the physical image of the sex satisfaction are conducted. Gandeshmin et al., 2014 investigated the relationship between marital satisfaction, sexual satisfaction and social security of couples in Tehran. The results showed that there is a positive relationship between sexual satisfaction and marital satisfaction. On the one hand, it seems that optimal sexual performance and marital satisfaction play a significant role in creating a solid family (Rabizade, Rajaie, 2014), and on the other hand, a negative physical image have a direct relation with sexual function and indirect relation with marital satisfaction (Hasanzade, 2015).

Based on the results of the above researches, the present study aims to show the efficacy of the marital kinesiotherapy (as a new therapy model) on marital satisfaction of couples.

#### *Research hypothesis:*

Marital kinesiotherapy affects marital satisfaction of couples.

#### *Research method, statistical community, sample and sampling method:*

The statistical community included all clients with marital dissatisfaction complaints and communication problems that volunteered to participate in this study. The statistical sample are 20 people based on Morgan's table. The sampling method was conducted randomly. This research is applied to the purpose of collecting data and, in terms of type, pseudo-experimental. Due to the small number of people in the community and the interests of all people to perform study, the test was conducted without the control group. This research was conducted using pre-test, post-test and single-group, which is a quasi-experimental method. In a way that the marital satisfaction rate was measured before the test, and after the experiment, the same questionnaire was used to measure the marital satisfaction of couples.

#### *The way of doing the research:*

The experimental group was performed a pre-test before the experimental interventions. The kinesiotherapy program was performed in 8 sessions of 40 minutes on the experimental group and the post-test was done at the end of the intervention. The comparison of pre-test and post-test was statistically analyzed by SPSS software (version 23).

#### *Describing the experiment:*

Because the research was carried out in the summer, couples were asked to do aerobic exercise for about 40 minutes in eight sessions at the Izeh soccer stadium, due to the fact that the stadium is available to the families since at 21. At the same time, couples were asked to meditate on their relationships and use this activity to be happy, and drink a cold beverage at the end of the exercise.

#### *Measuring tool:*

Enrich marital satisfaction questionnaire: Enrich's questionnaire was developed by Ellson, Forneyer and Drakman (1992). This questionnaire is used to assess potentially problematic areas or to identify strong fields of marital affairs. The questionnaire consists of 115 questions and 12 sub-scales. Sub-scales include: satisfaction, conflict resolution, financial management, leisure activities, sex, children and parenting, family and friends, roles of egalitarianism and religious orientation. Soleimanian (1994) prepared a short form of this questionnaire using a factor analysis, which contains 47 questions and 11 sub-scales, in which, all cases, except for the scale of egalitarianism, are maintained in the short form. In this research, a 47-item questionnaire was used. The scoring of this questionnaire is done using the five-point Likert scale from 0 to 4 (fully agree, agree, not agree and not disagree, disagree, fully disagree). Olson et al. (1983) reported the reliability of the questionnaire using Cronbakh's alpha coefficient of 0.95 (Hamid, 2007). Ameri (2002) reported the reliability of the questionnaire using Cronbakh's alpha coefficient of 0.95. In the research of Teimuri Asfichi, Lavasani and Bakhshayesh (2012), the reliability of the questionnaire was calculated to be 0.93.

*Statistical analysis:*

In this chapter, descriptive findings related to the marital satisfaction variable and the impact of the experiment are firstly presented and then, research hypothesis findings will be mentioned. In this research, descriptive statistics methods such as average and standard deviation of inferential statistics methods such as dependent groups will be used.

*Data analysis using descriptive statistics:*

Table 1: distribution of subjects by age

Experimental group		index
Standard deviation	average	
3/83	30/80	age

Table 2: distribution of the subjects based on education

Experimental group		education
Percentage	abundance	
0/40	8	Diploma and less than it
0/60	12	Masters and higher
0/100	20	total

**Inferential findings:** t-test was used for inferential analysis to examine the difference between the before and after marital satisfaction scales.

Table 3: T-test to check the difference between the before and after of marital satisfaction subscales

p-value	t	Standard deviation	average	stage	variable
.000	-5/48	2/23	8/90	Pre-test	<b>Idealistic distortion</b>
		2/503	13/60	Post-test	
.000	-6/54	2/37	19/90	Pre-test	<b>Satisfaction</b>
		4/31	26/20	Post-test	
.000	-7/51	2/00	20/30	Pre-test	<b>Personality issues</b>
		4/27	28/70	Post-test	
.006	-3/55	2/079	20/10	Pre-test	<b>relation</b>
		5/42	26/40	Post-test	
.001	-5/19	1/64	19/40	Pre-test	<b>Conflict resolution</b>
		2/31	25/00	Post-test	
.000	-5/66	2/39	20/80	Pre-test	<b>Financial management</b>
		3/52	28/70	Post-test	
.000	-5/90	1/96	22/10	Pre-test	<b>Leisure time</b>
		3/59	28/70	Post-test	
.000	-10/81	1/52	19/70	Pre-test	<b>Sexual relations</b>
		2/09	26/20	Post-test	
.000	-5/89	1/68	16/80	Pre-test	<b>Children</b>
		1/70	21/30	Post-test	
.017	-2/92	3/40	20/40	Pre-test	<b>Family and friends</b>
		4/21	25/00	Post-test	
.068	-2/07	5/37	25/20	Pre-test	<b>The roles of egalitarian</b>
		5/27	29/50	Post-test	
.000	-5/36	4/64	21/50	Pre-test	<b>Religious orientation</b>
		5/44	29/60	Post-test	

.000	-18/60	9/48	237/40	Pre-test	<b>Total score</b>
		10/35	302/60	Post-test	

As can be seen in the table (3), the pre-test and post-test scores of marital satisfaction subscales are as follows:

Post-test ideal distortion with average and standard deviation has been increased 13/60 and 2/503, respectively, than the pre-test with average and standard deviation of 90/8 and 23/2, which is significant by considering (p:000) at the level of 0.5%. Post-test with average and standard deviation has been increased 28/77 and 4/27, respectively, compared to the pre-test with average and standard deviation of 20/30 and 2/00, which is significant by considering (p:000) at the level of 0.5%. Correlation post-test with average and standard deviation of 26/49 and 5/42, respectively, has been increased compared to the pre-test with average and standard deviation of 20/10 and 2/7 respectively, which is significant by considering (p:006) at the level of 0.5%. Conflict resolution post-test with average and standard deviation of 25/00 and 2/31, respectively, were higher than the pre-test with average and standard deviation of 19/43 and 1/64, which is significant by considering (p:001) at the level of 0.5%. The financial management post-test with average and standard deviation of 70/28 and 52/3 were significantly higher than the pre-test with average and standard deviation of 20/80 and 2/39, which is significant by considering (p:000) at the level of 0/5%. The leisure time post-test with average and standard deviation of 29/77 and 3/59, respectively, have been increased compared to the pre-test with average and standard deviation of 22/10 and 1/96, which is significant at the level of 0.5 (p:000). Sexual relations post-test with average and standard deviation of 26/22 and 2/09, respectively, were higher than the pre-test with average and standard deviation of 19/70 and 1/52, which is significant at the level of 0/5 (p:000). The children and parenting post-test with average and standard deviation of 16/80 and 1/68 were higher than pre-test with average and standard deviation of 16/80 and 1/68, which is significant at the level of 0.5 (p:000). The family and friends post-test with average and standard deviation of 25/00 and 21/4 were higher than the pre-test with average and standard deviation of 20/43 and 3/40, which is significant at the level of 0.5 (p:017). The egalitarianism post-test with average and standard deviation of 50/29 and 5/27, respectively, were higher than pre-test with average and standard deviation of 25/20 and 5/37, which is not significant at the level of 0.5% (p:068). The religious orientation post-test with average and standard deviation of 20/60 and 5/44, respectively, have been increased compared to the pre-test with average and standard deviation of 21/52 and 4/64, which is significant at the level of 0.5% (p:000). The total satisfaction test score post-test with average and standard deviation of 302/66 and 10/35, respectively, were higher than the pre-test with average and standard deviation of 237/40 and 9/48, which is significant at the level of 0.5 (p:000).

## Discussion and Conclusion:

The purpose of this research was to investigate the effect of marital kinesiotherapy (as a new model) on marital satisfaction of couples with marital dissatisfaction in Izeh. Considering the findings of statistical descriptive methods and inferential statistics methods (dependent-t), there is a significant difference between the scores of marital satisfaction subscales in the pre-test and post-test of the couples which is consistent with the results of the following research (Shafiabadi et al., 2009; Shakermi et al., 2014; Nikolosi et al., 2004; Gandeshmin et al., 2014). The strength of marital satisfaction is compromised without satisfying sexual relations. Sexual enjoyment is one of the most important pleasures a person can enjoy in his/her lifetime. It is a pleasure that makes life's hardships tolerable for us. That is because the researchers believe that satisfaction with the marital relationship is always in the phase of sexual satisfaction (Shafiabadi et al., 2009; Shakermi et al., 2014; Nikolsi et al., 2004). Different studies have been done in the field of physical image with sexual intercourse and marital satisfaction, which confirms the role of taking pictures of the physical image of sexual intercourse and marital satisfaction. Achieving a proper body image requires exercise. The findings are different in terms of sexual satisfaction and the differences in men and women (Terodel, 2002). In previous studies of Mult at el., differences between men and women of sexual satisfaction are also reported (Flicherohiv, 2002). In some studies, there is also a significant relationship between physical activity and life satisfaction, which has led to improvements in both individual and social performance (Rijeski and Mihako, 2001).

Sectional studies of epidemiology support the relationship between physical activity and psychological well-being in the general population, the results have shown that attending in physical activities is an appropriate mean for increasing mental welfare, positive emotions and more satisfaction of life (Hyde, Maher and Olvaskalavi, 2014).

Interactive interaction between the body and soul has long been the interest of scientists and experts. Biology studies have found that physical activity cause joy and happiness because of the secretion of dopamine hormone, the consciousness hormone, melatonin, endorphin, oxytocin and estrogen antagonist. Alfer Adler points out that the inappropriateness of the physical condition is one of the factors of human's humiliation, and sport has a vital role for this defect (Sholetz, 1990).

Coopersmith considers physical self-esteem as one of the main dimensions of self-esteem, each person has an assessment of his/her appearance, body, and physical ability. If this perception is negative, she/he will have low self-esteem.

According to the results of this research, it seems that exercise can affect the marital satisfaction of couples directly or indirectly due to the effect on psychological variables and the development of anti-stress and increased sexual potency.

In different approaches of family therapy, for example, strategic family therapy, they emphasize a more difficult task than an existing conflict. Another way is to give an alternative task, contrary to the existing problem, here sport can play a role or task. Also, moments of doing exercise, as it should be done by couple meditation, that is, an hour can create an exceptional memory for couples.

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