



Investigating the Relationship between Irrational Beliefs and Intimacy with Marital Conflicts among Working Women and Housewives

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ABSTRACT

This study examined the relationship between irrational beliefs and intimacy with marital conflicts among working women and housewives. Statistical population was all working women and housewives in the city of Lar and by using random sampling, 210 samples were selected and responded to the Jones's irrational beliefs questionnaire, Alexis, J. Walker and Linda Thompson intimacy questionnaire and marital conflict assessment questionnaire. Pearson correlation was used to analysis the hypotheses and research questions.

The results showed there is a significant positive relationship between the two variables of irrational beliefs with marital conflicts but there was no significant relationship between the two variables of intimacy and marital conflicts and the results of the correlation between irrational beliefs and intimacy showed that irrational beliefs to has the most significant predictive power for marital conflict.

Keywords: *Irrational beliefs, intimacy, marital conflict, working women and housewives*

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INTRODUCTION

Science and technology progress and development of urban life and its industrialization leads to economic and social changes in recent years and the growing need of manpower in society, followed by men's and women's employment have been led to changes in the roles of family members, such as division of labor, division of powers, participation in economic affairs . . . and husband and wife. This issue can have mutual and direct effect on members of family (Marami, 2008).

Marital satisfaction is the overall assessment of the current status of marriage or person's romantic relationship. Marital satisfaction can be a reflection of the joy of the marriage or a combination of being pleased due to many factors that are specific to the marital relationship. Marital satisfaction can be considered as a psychological situation that does not exist on its own but requires the efforts of both couples. Especially in the early years, marital satisfaction is very unstable and relations are at greatest risk (Ehteshamzadeh et al., 2009, quoted by Zanjanchyan, 2011).

Conflict is the compulsory product of marriage. When two people live together as a couple, conflicts will occur. Due to the nature of the interaction between couples, the time comes that disagreement can be seen or needs are not met. As a result, spouses feel anger, frustration and dissatisfaction toward each other (Bernstein and Bernstein, 2001).

The intimacy is a close, personal relationship, romantic or emotional similarity with another person that requires a deep understanding of the person as well as the expression of thoughts and feelings that is a sign of similarity with each other. Intimacy is an interactive process. The centerpiece of this

process is identifying, understanding, acceptance, empathy with the feelings of the other person, appreciation or accepting the other person's unique vision from the world. Intimacy is a basic and true human need, and not just a desire or wish (Bagarozzi, 2001).

Important phenomena that are defined in the literature with regard to intimacy definition consist mainly of similarity, accepting, self-disclosure, sex, independence, compliance, emotional - physical and intellectual closeness.

Another variable that has an impact on marital conflict is irrational beliefs. The belief is acceptance of a principle or a religion or a truth. Belief means the tendency to react consciously in a fixed or way manner in a certain situation (Shoari Nejad, 1985). From a perspective, beliefs can be divided into two categories: A) rational beliefs, those who believe that they will be successful in what they do and undoubtedly see the ability to do it, and they will be successful; B) irrational beliefs, the belief that they need support and confirm from people that they know or like them (Flynn, 1977, quoted by Taghipoor, 1999).

Irrational beliefs have two main features: 1. Intolerant expectations that are usually expressed with words such as should and must. 2. Constructing self-disturbed philosophy that is usually the result of these expectations and provides very irrational and over-generalized assignments (Prochaska, quoted by Shirzad, 2009).

The high rate of marriage often leads to marital relations cut, to achieve predictors of relationship success; also the statue of changes in marriage the length of marriage and especially what features makes marriages succeed in the long run, need empirical researches (Kordek, 1998, quoted by Zanjanchyan, 2011).

Research hypotheses

1. There is a relationship between irrational beliefs and intimacy with marital conflicts.
2. Irrational beliefs and intimacy can be predictive of marital conflict.

Conceptual definition of irrational beliefs

Irrational belief is a collection of thoughts, ideas and opinions where there are compulsion, obligation, duty and absolutism and it leads to emotional and behavioral disturbances (Shafi Abadi et al., 1993). In this study, it is a score that working women and housewives acquire by answering Jones's irrational beliefs questionnaire.

Conceptual definition of intimacy

Intimacy is one of the most frequently used words in psychology that is the deep meaning of the relationship between two people. In the theory of "Transactional Analysis" that has been presented by "Eric Berne" American psychologist, in the definition of intimacy it is stated that this word means sharing one's feelings and genuine demands and one would not have desire for concealment or abuse of the other party. In this regard, there is no hidden message and each of the parties is responsible for their behavior and speech (Hashemian et al., 2007). It is the score that working women and housewives obtain by answering to the Bagarozzi marital intimacy needs questionnaire.

Conceptual definition of marital conflicts

Action and reaction of two people, who are unable to convey their purpose, is called conflict or struggle (Klinke, 2000). In this study it is a score that working women and housewives from achieve Samani marital conflict questionnaire.

Conflicts occur when a person's behavior does not match with the expectations of the other person (Davis, the translation of Bahari, 2003). One of the common problems in the family is marital conflict. Conflict is natural in intimate relationships and marriage is no exception because couples' different and frequent interactions provide countless contexts for conflict (Lim Hong 2000, quoted by Wickes, 2001).

Freud traced the source of interpersonal conflict in the mental energies conflict as a result of unresolved issues in childhood. Rational-emotive-behavioral perspective claims that the reason of disturbed marital interaction is unrealistic expectations that the couples not only have about themselves or others but also have about their marital relationship (Day, Gayspeh and zee, 1986; Ellis, 1986; Ellis, 2003).

Freemore (1990) considers the current relationship problems as a reflection of their main family issues, he believes we cannot see our wife clearly and we project images on her. Thus, the interactions between these projections cause couples' mutual problems. Because couples do not talk about their real problems, but they argue about projection and mental images associated with previous relationships (Harvey, 2005). From a system perspective, most couples are conflicted because each tries to get others to change. But this change usually is associated with aversion, which later will be expressed either openly or in secret (Silverstein, quoted by Harvey, 2005). Emotion-focused couple therapy (Johnson, 1996; Greenberg & Johnson, 1988) believes that key factors in marital problems, is continuous deduction of uncomfortable emotional states absorption and surrounded by destructive interaction patterns that precede this affection (Danvan, 1999).

Among the factors affecting the long-term couples' relationships in family is the level of marital conflicts and life satisfaction in each of the couples. The first years of marriage, is a critical section in family life cycle where the level of conflict and strife increases. Marital conflict is an inevitable element in marital relations and perhaps in some cases, conflict over important issues in family and marital relationships is essential (Hayatbaksh Malayeri et al., 2012). Interpersonal conflict is

defined as some sort of interaction in which people interact and express conflicting views and beliefs. Marital conflict is caused by inconsistency couples' needs and the way of satisfying them, egocentric and differences in needs, behavioral patterns and reckless behavior with regard to the marital relationship and marriage proposals (Farahbaksh, 2004).

Bagarozzi (2001) divided the component of intimacy into 9 areas:

1. *Emotional intimacy*: That is the need of establishing and sharing all feelings which includes both positive and negative feelings with his wife.
2. *Psychological intimacy*: That is the need of establishing, communicating and bonding with another person by exposing deep and important and significant issues about your true or inner self.
3. *Intellectual intimacy*: That is the need to participate and the submission of ideas, thoughts and important beliefs with a partner or spouse.
4. *Sexual intimacy*: That is the need for the submission, sharing and expressing thoughts, feelings and fantasies of sex with the wife.
5. *Physical intimacy*: The need for physical proximity with spouse. This type of physical closeness should not be confused with the sexual intimacy that its aim is creating sexual arousal.
6. *Spiritual intimacy*: Need for sharing thoughts, feelings, ideas and experiences with spouse that is somehow connected with religion and spirituality.
7. *Aesthetic intimacy*: That is the need to share feelings and thoughts and perceptions, beliefs and experiences that are exciting, breathtaking and beautiful.
8. *Social-recreational intimacy*: That is the need to engage in fun and enjoyable activities and experiences with spouse.
9. *Temporal intimacy*: The tendency of couple to spend certain time periods in a day to have fun.

Physical Intimacy is simple and begins with hands shaking and kissing and may go ahead. Often physical intimacy is created in the relationship quickly and progresses and people erroneously consider it a sign of a deep relationship. In case if there is no other dimension, relationship of sexual and physical relationship cannot persist for a long time.

Emotional and affective Intimacy is more difficult than physical intimacy. Emotional intimacy is not created quickly and it progress slowly. Even in the best relationship with the best person the emergence of the intimacy takes time. However, in order to create emotional intimacy we have to partially expose ourselves and talk about ourselves without creating bad in ourselves and others.

Irrational beliefs

Believes means faith (Mohammad Taghi Baraheni et al., 1999). It means belief, faith, and opinion.

Believe means:

1. Emotional acceptance of a principle or religion as truth,
2. The premise that person has accepted its rightness without being relied on examination or criticism,
3. Transferring from doubt to the inductive mode and constant and belief and this issue is not individual one but it is also spread to the community.
4. Tend to react Self-consciously in a consistent way in a certain situation (Shoarinejad, 1985).

Albert Ellis (1962) presents his rational - emotional - behavioral theory in this way that this is not the events that cause chaos, confusion or anxiety for human beings, but it is the individual belief in events and phenomena that causes confusion, agitation, anxiety and numerous problems in his life. Ellis states that belief

is not thinking, vision, mind, attitude, or one's opinion, but belief represents the thinking, feeling and behaving. These processes occur together and will have significant impact on each other. He believes that being rationale (intellectual) is the same as thinking, acting and feeling in such a way that encourages man to achieve his main goals and objectives of (Ellis, 1999). Hedayati and Saberi (2014) in a study concluded that out of love and its styles, the components of intimacy and commitment had the largest share in marital satisfaction but desire (passion and enthusiasm) variable was not a significant predictor of marital satisfaction. General and hidden anxieties were predictors of marital satisfaction. While Manifest anxiety was not a significant predictor of marital satisfaction. Daghighaleh et al. (2012) in a research entitled the relationship of forgiveness, love, intimacy and marital satisfaction concluded that there is a significant positive relationship between forgiveness and marital satisfaction. Also there was a significant positive relationship between intimacy and sexual satisfaction and there was a significant positive relationship between love and marital satisfaction. Multiple regression analysis indicated a significant positive relationship between forgiveness, love and intimacy and marital satisfaction and forgiveness was reported the best predictor of marital satisfaction. Pour Rahimi and Shaker (2012) in a study under the title of predictors of marital satisfaction based on irrational beliefs and.... concluded that among the five predicting variables, irrational beliefs alone 8%, and both of irrational beliefs and perfectionism 10% and irrational beliefs, perfectionism and anxiety insecure attachment total of 12% can explain the variance in marital satisfaction. Statistical population was all working women and housewives in Lar city. By using random sampling, 210 samples were selected.

Table 1: Pearson correlation coefficient to analyze irrational beliefs with marital conflicts

Variable	Mean	Standard Deviation	r	Sig
Irrational beliefs	1.35	7.45	0.277	0.00
Marital conflict	1.42	11.07		

According to Table 1, significance level of 0.00, and $r = 0/277$, we therefore conclude that there is positive and significant relationship between irrational beliefs and marital conflicts.

Table 2: Pearson correlation coefficient to analyze the relationship between intimacy and marital conflict

Variable	Mean	Standard Deviation	r	Sig
Intimacy	73.69	8.15	-0.096	0.34
Marital conflict	1.42	11.07		

According to Table 2, significance level of 0/34 and $r = -0/096$ we therefore conclude that there is no significant relationship between the two variables of intimacy and marital conflicts.

Hypothesis: Irrational beliefs and intimacy are predictors of marital conflict. Simultaneous multiple regression analysis was

Table 3: Simultaneous regression to evaluate the predictive power of irrational belief and intimacy

Variable	R	R ²	f	p	B	se	β	t	P<
Irrational beliefs	0.294	0.086	4.59	0.01	0.41	0.14	0.27	2.86	0.00
Intimacy					-0.13	0.13	-0.1	-1.02	0.3

Regression technique was used to evaluate the predictive statue of variables for marital conflict. According to the results, the correlation between irrational beliefs and intimacy equal to 0/294 and $R^2=0/086$. Irrational beliefs had the most significant predictive power for marital conflict. This hypothesis was tested by using Pearson correlation coefficient. Based on the results listed in Table 3, we can

The research instruments

Jones irrational beliefs questionnaire

The short form of this test was designed by, Ebadi and Motamed (2005) in Iran and includes four factors: Helpless in the face of change, demand for approval from others, avoiding the problem emotional irresponsibility. The overall alpha coefficient of this test was equal to 0/75. The reliability of two halves for the entire test was 0/76. The construct validity of this questionnaire was reported optimal in the Ebadi and Motamed's study.

Alexis J Walker and Linda Thompson Intimacy questionnaire

"Scale of Intimacy" was produced by Walker and Thompson (1983). This scale has been translated by Sanaei in 2000. Intimacy has been defined as the attention and importance of family member for each other and emotional closeness in the form of love includes devotion and consent it is a feeling that depends on open important relationship with dignity and mutual commitment.

Assessment of marital conflict

Validity of the questionnaire: Marital conflict questionnaire has good validity. In Khazaei's (2006) research scores of all the components of marital conflict questionnaire from 0/31 to 0.82 had significant correlations with the total score of marital conflict, 0/01. Reliability of the questionnaire: Dehghan in his study, use Cronbach's alpha obtained 0.71 for the whole questionnaire.

The inferential results

Hypothesis: There is a relationship between irrational beliefs with marital conflicts. To test this hypothesis the Pearson correlation coefficient was used. The following table shows the results of this analysis.

Hypothesis: There is a relationship between intimacy and marital conflict. To test this hypothesis the Pearson correlation coefficient was used. The following table shows the results of this analysis.

used to evaluate the predictive power of attachment style and personality features for marital conflict. The results of this analysis are presented in 2.

conclude that based on the significance level of 0.00, and $r = 0/277$ hypothesis was confirmed. Findings from this section are consistent and compatible with the findings of Mousavi et al. (2011), Balor (2001) and Doosti et al. (2014). The results of Forгани's (2001) research showed that cognitive-behavioral training increases marital satisfaction. Generally, many studies have identified the relationship between cognitive processes and marital relationships in Iran and abroad. Beliefs,

expectations, perceptions and destructive and attributions irrational overshadowed marital relationship and cognitive methods are concerned with reviewing and correcting these beliefs. Correcting false perceptions and beliefs will eliminate misunderstandings, reduce resentment, pay attention to the positive aspects of each other's behavior and ultimately increase the intimacy.

Usually when a person's mental structure is full of irrational beliefs, his feelings will be affected by these beliefs and, ultimately, his behavior will be irrational. Therefore, at first step it is necessary to correct these beliefs, so that our feelings are not infected. Awareness toward these beliefs, monitoring the feelings and ability to control and manage them in different situations can help us be immune from getting caught in irrational beliefs. Also replacing rational thoughts with irrational thoughts is a proper solution for overcoming these beliefs and preventing conflict in marital life.

There is a relationship between intimacy and marital conflict. This hypothesis was tested by Pearson correlation coefficient. Based on the results listed in Table 2, we conclude that in significance level of 0/34 and $r = -0/096$ above hypothesis has not been confirmed. Findings from this section are consistent and compatible with the findings of Hosseini *et al.* (2014), Etemadi *et al.* (2014) Movaheddi *et al.* (2014).

Experts consider emotional reactions as one of the most important characteristics of problematic situations including Couples' conflict. They believe that the first step in all life issues is "pause and think". If people respond immediately when faced with the problem may not leave enough time for cognitive responses, responses that help one to choose series of effective measures.

Love, intimacy and sex in an interpersonal relationship are complementary, and despite the fact that each of these components can exist without the other; however, none alone is not enough to create a deep and lasting interpersonal relationship and if a couple wants a relationship full of commitment, intimacy, affection and deep love, both elements must be considered. As someone involved in a romantic relationship, separating these feelings that you have purely sexual attraction to another or you're just in love, or a combination of these two is very difficult because these feelings exist with each other. The fact is that having the desire and sexual attraction along with intimacy and emotional feelings, are the of the main elements of romantic love, but usually over a period of time from the early stages, one finds a clearer view of the problem, so regardless of this fact there may be a marriage without love or romantic relationships without marriage, it should be stated that the combination of marital relations and intimacy, they can create true love in an interpersonal relationship. Intimacy in marriage helps to strengthen the couples' relationship. Two people are married should know that henceforth their spouse is the closest person to them and can share all their personal emotions, feelings, ideas and even beliefs with him/her ...

In fact, the sharing different issues together, will make the relations close and creates intimacy between couples slowly. Since each of us have a certain personality type, to create the intimacy we can choose particular type of speech and movement that is attractive for us for our partner/spouse. Being intimate reduces the gap between spouses and if they act well and have a psychologically sound and healthy character, never a problem will occur with regard to intimacy between them.

It has been seen that when this intimacy does not exist, due to the distance that a person has with his wife/her husband, to satisfy their emotional needs they will tend to have relationships with others and instead of her/his spouse, will approach to family members, friends or colleagues and this can

be harmful. What should remain a secret in their hearts about bitterness and sweetness of their life, will be spread out and one can exploit them.

Irrational beliefs and intimacy are predictors of marital conflict. This hypothesis was tested by regression analysis. Based on the results listed in Table 3, we conclude that the correlation between irrational beliefs and intimacy was equal to 0/294 and the $R^2=0/086$. Irrational beliefs had the most significant predictive power with regard to marital conflict. Findings from this section are consistent and compatible with the findings of Bakhtiar pour *et al.* (2010). The existence of false beliefs, sick attitudes and the dominance of force rule on the psyche will result in the sick and aggressive behavior. The existence of a between belief and behavior or the attitudes and behavior will damage the human soul balance. From the perspective of cognitive models that have been discussed in detail in the recognition and treatment of depression and aggression, the existence of misconceptions in the mind of man is an important issue that make him sick and it is obvious that modifying this belief in the process of cognitive therapy constitutes the axis of treatment. However, expectation from a correct worldview is that give human beings actual knowledge of God, the world and his community. The first and most important principle in the religious worldview is the man's need of God. If in this basic principle, there is ignorance or doubt we cannot expect that foundation of true human character to be established. The man who sense independence will be affected by pride and arrogance of soul and subsequently will suffer from megalomania and as a result, cuts his relationship with the Grace source. He also considers other people as his slaves, loses the spirit of criticism, and does not see his flaws and he is demanding. Such a person is very vulnerable and he learns contradictions and conflicts. Quran describes the peace that faith creates in the souls of the believers, in this way: "Yes! Those who believe and do not mix up their faith with iniquity, those are they who shall have the security and they are those who go aright" (Anaam / 82). National Mental Health Association states that dependency is a learned behavior that can be transferred from one generation to another and in fact emotional and behavioral condition that affects a person's ability to have a satisfying and safe marital relationship. One of the reasons underlying this dependence can be attributed to a person's irrational thinking and ideas such as a sense of confusion and incompetence of the belief in that others are responsible for his emotions and choices can be mentioned in this context. Dependence on others and fear and loneliness, being passive in the selection, ongoing effort to influence the others, even when endangered as Ellis says some couples were likely influenced by irrational beliefs, with a specific focus on behavior and their actions that cause their dissatisfaction in a marital life. And he considers these irrational ideas as the roots of many problems and mental disorders. And he is looking for a set of expectations and unrealistic ideas and life vicissitudes that cause marital conflict. Ellis believes that many of the conflicts and marital problems in a psychological origin are the result of illogical and irrational thinking. According to Albert Ellis's rational emotive behavior therapy (1962) having a series of irrational thoughts and beliefs can lead to the disruption of marital relations. By observing these dependencies and irrational thoughts that could reveal risk factor for hostility and marital discord we should pay more attention to this issue that efforts to promote mental health will help to create healthy family atmosphere and it is certain that a child grow and flourish in a family full of love and will contribute in creating a dynamic and prosperous society.

Research recommendations

Conducting special training courses with regard to the marital satisfaction and marital conflict for young couples.

Conducting marital intimacy training workshops to raise awareness of community and distribution of educational brochures and booklets among married couples.

Doing research with qualitative approach on matrimonial matters and in order to achieve practical solutions.

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