



## Interactions function in decreasing conflicts between members of family

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### ABSTRACT

The present study determines relation between interactions and logical behaviors and different methods for decreasing conflicts and increasing satisfaction. According to topic, goal, hypotheses and related information this descriptive study is correlation. The static population includes all couples who came in Wellbeing consulting organization of Kerman during the second quarter 2012. This population contains 350 couples that 200 person of them have diploma and under levels and 150 person are experiencing first days of their life. Our method is randomly sampling such that at first we prepared visitors list during the second quarter in 2012 and then by numbering them and randomly choosing case members in PC, mass sample base on Morgan table considered as 196 person. For gathering information we used a four part questionnaire. According to Regression coefficient, logical behavior (0.29) predicating positive marital satisfaction and by increasing more marital satisfaction will obtain. Logical behavior (0.27) predicating positive solution of conflicts and by increasing more marital satisfaction will obtain. Logical behavior (0.27) predicating positive relation and by increasing more marital relations will obtain. Also it has suggested that doing such researches with same topic and controlling other effective factors according to marital satisfaction and logical behavior would be beneficial.

**Keywords:** logical behavior, consistency and inconsistency, interaction

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### INTRODUCTION

Consistency between husband and wife during marital life is one of basic factors in families' stability and psycho- health. In marital life there are different factors that cause satisfaction. Shamloo (2001) describe the most important agents in having successful life emotional and thoughtful improvement, self-confidence in facing problems, reality understanding and fairness toward each other. Physical, emotional and psychological health in society depends on marital life wellbeing and marriage stability. Satisfaction from marital life considered as satisfaction from family and satisfaction from family means satisfaction from life and as a result better improvement and marital and material development in society. Therefore according to family and marital relation importance for all psychologists, sociologists and even religions and this point that forming a family is not a place for dissatisfaction, some questions rise; why couples are dissatisfied? What factors can have effect on satisfaction (Brad shav, translated by Mehdi Gharachedaghi: 2006). Couples consistency in marriage is valuable because their commitment for stability will firm relation and provide marital consistency (Heler and Wood 2008). Inconsistency in relations happens when there is conflict between one person behavior and other one's expectations (Davis 2013). One of common problems in family, marital conflict, is because of inconsistency. Conflict in intimate relationships is common therefore it happens to marriage also

because repeated and different interactions provide various conflict backgrounds (Hoong 2010, Viks 2011). Couples relation decay is result of severe inconsistency. Evidences show that half of today marriages will end up with divorce (Gottman 2008). Relation problems are most common kinds of problems between couples; more than 90% of couples describe this issue as basic difficulty. Relational problems are key issues in relation approaches toward family. These approaches analyzed marital conflict as inefficient relation. These conflicts will cause vicious circle that finding start point in it is meaningless (Rezazede 2008). In different researches about marital life and couples' relations there are some personal and psychological variables.

#### 1. Statement of Problem

Intelligence means biological ability to analyze one specific kind of information (Gardner 2000: 32). Mayer (2000) describes intelligence as an abstract argument and mind calculations base on specific lows. Although marriage will be experienced by couples with lowest complexity and highest enjoyment but it can cause tension in men and women. Researchers focused on quality of marriage have many factors about parental functions, physical and psychological health and job satisfaction (Moriis 2010). During recent years understanding emotion nature and its relation with recognition with new emotional intelligence concept opened windows such that we can consider this event

as final development in emotional studies (Mayer 2001). There are different models for explaining emotional intelligence but generally we can consider basic abilities include self emotion perception and others' understanding and argument about emotion and its controlling (Baar 2000). Emotion authors believe that structural abilities of emotional intelligence are in relation with emotion understanding, setting emotional moods and using emotional awareness, psychological consistency, success and its predication and general satisfaction in life (Pelitri 2010). On the other hand a hunky-dory marriage can provide a suitable space for sharing positive emotions between couples. The best explanation for fairness is we can see it as a balanced mood that formed when provide suitable results according to inputs for participations (Faramarzi 2008). Being satisfy from life is one of human wishes in life. In another word being satisfy from life is one of unknown mysteries of successful people. This wish will become real by focusing on factors such as emotional intelligence and self- confidence with marital consistency and inconsistency according to fairness mediation. In this research we try to answer to some basic questions: 1. Is there any relation between logical behavior and methods with marital satisfaction? Is there any relation between logical behavior and methods with solving marital conflicts?

## 2. Theoretical foundation and Review of Literature

Intelligence is a concept that had studied in different aspects and kinds. One of its aspects called spiritual intelligence hadn't studied well and systematic and its features and factors are almost unknown. Therefore it needs to have a spiritual and religious subject especially spiritual intelligence in modern age. Authors hadn't any consensus about marital satisfaction. Winch 1974 quoted by Mosavi, 1996 stated that marital satisfaction means compliance between current condition and expected situation. According to this definition when a person's current marital life is in harmony with his expectation, there is marital satisfaction and when they are not harmony, there is marital dissatisfaction. In his view, central social and emotional aspect of a person is relation with his spouse and marital dissatisfaction can damage to couples' ability for satisfied relation with children and others outside of family. Sinha and Makerji; History quoted by Baadkook 2000 consider satisfaction marital as a friendship relation along with consistency and logical balance between marital and spiritual needs. Marital satisfaction is basic structure of people's psychological health that influenced by financial condition, marriage age, work situation.

Some of authors describe marital satisfaction as a function of life cycle. Allis (1989) wrote that there are different descriptions for marital satisfaction which the best one presented by Hawins. He

## 3. METHODOLOGY

In the present study according to subject, aim, hypotheses and related information we used from descriptive and coefficient kind method. Descriptive research is a collocation of methods which their aim is to describe situations or events. Coefficient research is a sub- category of descriptive and non- test studies and determination of coefficient changes in variables is its goal.

describes marital satisfaction as experiencing pleasing feelings, satisfaction and enjoyment by husband or wife when consider all of their marriage aspects.

Sarokhani (1991) believes that satisfaction is a view variable. Therefore it considered as a personal husband and wife feature. Base on above description marital satisfaction is a positive and enjoyable view that husband and wife have it in different aspects of marital relations. In Targari research, 2006, he found a meaningful relation between emotional intelligence and marital consistency and basic factors such as emotional intelligence, be happy and satisfied about life, self- respect, positive connection with self, self authority, real expectation, interpersonal abilities, responsibility feeling toward other, being optimistic about life in facing hard problems. Fizer 2012, Ebrahimi, Tananii, Nazari (2011) in a research named 'determination of self- confidence relation with couples' consistency and inconsistency on employed couples' conclude that self- esteem and consistency can be positive predications and inconsistency a negative indicator. These results also show that there is consistency between self- esteem and intimacy. Safaii (2011) in a research named the relation between social and emotional intelligence with couples' consistency and inconsistency show that emotional intelligence base on Baar-Ann hypothesis predict 20% of wives' consistency and 17% husbands' consistency and 24% of consistency variance in all sample. Soleimanian, 2004 shows that logical thoughts and self-esteem in people who dissatisfied with marital life are less than who were satisfied.

Patrick 2009 explains one of effective factors in marital life satisfaction as thrust in spouse affection and fairness. Fairness hypothesis used in sociology and then in psychology (Walster 2009). This hypothesis tries to determine people satisfaction from a relation base on their comprehension from fair and unfair distribution of sources. Therefore researchers such as Clark, Fitnis, Vebraist 2011 show that emotional intelligence or some of its aspects can optimize a marriage with suitable consistency and stability. They believe that ability to understand and accept thoughts, feelings and emotions in marital life are along with satisfaction (Fitnis 2011) and those who have higher emotional intelligence experience more marital satisfaction. Study (Morison 2010) shows that there is a positive relation between personal relation with high attention and interest. Cab, Dravil and Brabouri 2001 in a research suggested that how positive perception and high self- esteem about spouse interest can cause emotional and supportive behaviors and finally marital satisfaction. They determine marital satisfaction during first six months and one year later. The results show that when there is emotional security and self- confidence in spouses' relations, their communication performance will strengthen and marital satisfaction increase.

### 3.1. RESEARCH METHOD

This research is a kind of solidarity survey that determine relation between variables in an analyze model.

### 3.2. Research tools

Behavioral Sherki and Whitman questionnaire (1993): this questionnaire includes 37 questions with 5 spectrums for determination (totally agree, agree, no comments, disagree and totally disagree). Its validity and stability determined by Rashidi (2005) as 0.91 and 0.90 respectively (Rashidi 2005).

Dealing methods questionnaire: it has made by Foulkman and Lazarous (1988) and includes 66 acts and 8 methods. These eight patterns divided to two problematic methods (searching social support, responsibility, solving planning issue and positive re- assessment) and emotional- base (encountering, refraining, escape- avoidance, continence). It has four choices to answer; never used, a little used, often used and a lot for zero to three grades respectively (Aghayousefi, 2001). In this research by Aghayousefi its validity and stability determined as 0.85 and 0.88 (Borjali, 2005)

**3.3. Population**

Static population in this research includes all couples who came to consolidation part of Well- being organization in Kerman in 2012 first quarter. It contains 350 couples that 200 people are diploma or lower and 150 are in first years of their marital life.

**3.4. Sample mass and sampling method**

In this research we used simple and random sampling method such that at first we prepared a list from visitors in first quarter in 2012 and then by numbering we choose some of cases randomly with computer. Therefore sample mass according to Morgan table was 196 people.

**3.5. Sampling method**

Sampling method in this study is simple and random.

**3.6. Methods and tools for analyzing data**

For gathering information a kind of four parts questionnaire has been used that in first part demographical information about couples include age, education, income, numbers of children in a family and so on are presented. For determining logical behavior we used its specific questionnaire, for healing methods its specific questionnaire and for marital satisfaction its specific questionnaire. For gathering information questionnaires directly gave to people and after completing, their data input to SPSS software and analyzed.

**4. RESEARCH RESULTS AND CONCLUSION**

**Table 1: Clomogrov Smirnov test**

Ideal distort	Solving conflict	communication	Marital satisfaction	Generally marital satisfaction	
1.19	1.12	0.82	1.16	0.83	Z sclae
0.12	0.16	0.51	0.13	0.50	Meaningfulness level

According to meaningfulness level for general marital satisfaction, marital satisfaction, communication, solving conflict and ideal distort, it is bigger than 0.05. Therefore we can say that general marital satisfaction, marital satisfaction,

communication, solving conflicts and ideal distort have normal distribution.

**Table 2: Variance analyze of Regression model between healing methods and couples' logical behaviors or marital satisfaction between them**

P scale	F scale	R <sup>2</sup>	R	Squares average	Freedom degree	Total squares	Source of changes
0.00	3.47	0.14	0.38	176.95	9.00	1592.55	regression
				50.96	186.00	9478.44	remaining
					195.00	11070.99	Total

According to determined -p in test (0.00) is less than

meaningfulness level, 0.05, in this level H0 ignore and as a result linear regression model is meaningful, it means that there is a meaningful and linear relation between healing methods and logical behaviors with marital satisfaction.

Since determined -p in test (0.00) is less than meaningfulness level 0.05, in this level H0 ignore and as a result linear regression model will be meaningful, it means that there is a meaningful linear relation between healing methods (include: solving programming problems, refrain, continence, avoidance, searching for social support, positive re- evaluation, positive thought, responsibility) and couples' logical behavior with solving conflicts.

According to determined regression coefficient, logical behavior (0.29) predicts positive marital satisfaction and by increasing, marital satisfaction also will increase. This finding is consistent with Akbarzade (2012), Shayeste and co- workers (2006), Momenzade and co- workers (2005) results.

According to determined regression coefficient, logical behavior (0.27) predicts positive solving conflict and will increase solving conflicts. This finding is consistent with Akbarzade (2012) result (Alis, 1975).

According to determined regression coefficient, logical behavior (0.2) predicates positive ideal distort and will increase it. This finding is consistent with Akbarzade results (2012).

According to determined regression coefficient, logical behavior (0.27) predicated positive communication and will increase it. This finding is consistent with Akbarzade results (2012).

**5. Further Suggestions**

In order to decrease possible unreal answers we can use another methods and tools such as interview or observation for gathering information.

Studying other groups with same subject to have a better analyze and comprise results.

Doing more researches with same subject and controlling other effective and related variables with marital satisfaction and logical behavior.

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