Original Research

The Effectiveness of Treatment Schemas on Reducing Marital Conflicts and Increasing Mental Health

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Abstract:

Background:

The present study is applied in terms of purpose and descriptive-analytical in terms of method. This study was conducted with the purpose of the effectiveness of treatment schemas on reducing marital conflicts and increasing mental health.

Method:

In this study, quasi-experimental method (pre-test, post-test with control group) has been used. The statistical population of this research is all students of Isfahan University of Technology, who were studying in 1397-1398. The sampling method in this study was random. The experimental group received schema therapy training in 8 sessions while the control group did not receive any trainings. Then in order to compare the results of the two groups, post-test was taken from both. The data collection tools were Goldberg Marital Conflict Questionnaire (MCQ) and Mental Health Questionnaire. In the present study, SPSS software was used to analyze the data obtained from the questionnaire and analysis of covariance test was used to test the research hypotheses.

Result:

The findings showed that the training of treatment schemas has been effective in increasing the mental health of married students. Also, the results of analysis of covariance showed that with 95% confidence, it can be said that treatment schemas are effective in reducing marital conflicts of married students.

Conclusion:

Schema therapy training is very important in reducing the mental health problems of couples with extramarital relationships. Queen Line et al. (2018) found in a study that schemas are structures that are formed based on reality or experience and mediate the behavioral responses of individuals.

Keywords: Effectiveness, Treatment Schemas, Marital Conflicts, Mental Health**.**

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Introduction

Family is the most fundamental social organization and the main social component. Achieving a healthy society depends on the health of the family and the realization of a healthy family is conditional on the mental health of its members and having a favorable relationship with each other. Conflict is common and inevitable in human relationships. Conflict is a phenomenon that occurs in parallel with love in a marital relationship. Inevitably, conflict is often the reason why spouses seek treatment. Couples may visit a therapist because they cannot be together or because they are dissatisfied or depressed about their lives, often assuming negative motivations for each other's behaviors (1). Although conflict is normal in married life, but if it intensifies, it can have very bad effects on the mental health of family members (2). One of the applications of psychology is its principles in finding new ways of life, prevention of personal, occupational, family and social problems and health promotion (3). Mental health is defined as the ability to communicate harmoniously and harmonic with others, change and modify the individual and social environment and solve personal needs and desires logically and have meaning and purpose in life (4). A person has mental health who is far from anxiety and symptoms of disability and can establish a constructive relationship with others and is able to cope with the pressures of life. One of the effective methods on mental health is schema therapy. Schema therapy on changing and modifying early maladaptive schemas are the oldest and deepest cognitive components, unconditional beliefs, and feelings about ourselves (5). In the context of psychotherapy, schema is considered as an organizational factor that is necessary to understand a person's life experiences. In schema therapy, the focus is on increased awareness and insight, and understanding the role of schemas in maintaining problem-solving situations, as well as modifying how schemas are activated and operated (6). Schema therapy is a relatively new and integrated treatment method that is mainly based on the development of concepts and methods of classical cognitive-behavioral therapy. This approach combines the principles and foundations of cognitive-behavioral schools, Gestalt attachment, object relations, constructivism, and psychoanalysis into a valuable therapeutic and conceptual model (7). Schema therapy is divided into two stages of assessment and training, as well as changing schemas. Four groups of techniques are used to change schemas: Cognitive techniques that target central belief change; Experimental techniques that work on memories, mental images, physical emotions, and emotional feelings; Behavior modeling that targets dysfunctional coping styles and relationship therapy that is effective in addressing five unmet emotional needs. Today, ensuring women's health is one of their inalienable rights and one of society's goals for the social and economic development of societies. Therefore, considering the problems and diseases threatening women's mental health, controlling these problems is one of the health priorities (8). The concept of mental health includes mental comfort, feeling of self-empowerment, autonomy, self-sufficiency, understanding the interdependence between generations and recognizing their ability to realize their intellectual and emotional capacities. In other words; mental health is a state of well-being in which a person recognizes his or her abilities and is able to cope with the usual tensions or stresses of life, be useful and productive in job, play a role for the community and participate and cooperate with others (9). Molgora et al. (2018) conducted a research study entitled "The effectiveness of couple therapy using Yang schema therapy on marital adjustment and emotional divorce in couples seeking divorce in Bushehr". The results showed that yang schema therapy between couples increased marital adjustment and decreased

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emotional divorce in couples seeking divorce. Therefore, counselors and therapists can use the Yang couple therapy method to increase marital adjustment and reduce emotional divorce in couples seeking divorce (10). Bayrami (2017) conducted a study entitled "The effectiveness of treatment schemes on reducing marital conflict and increasing mental health." The present book examines the psychological aspects and schemas of marital disputes and conflicts. The purpose of compiling this book is to determine the effectiveness of treatment schemes on reducing marital conflict and increasing the mental health of married students. For this purpose, the author first writes generalities of the discussion in the book, then deals with the issue. It continues to define and explain marital conflict. He then introduces treatment schemas and finally presents two notable hypotheses (11). Moghtader (1397) conducted a study entitled "The effectiveness of schema therapy on reducing mental health problems caused by extramarital relationships in couples." There is a difference between experimental and control groups in terms of mental health components ($P<0.05$). There is also a significant difference between the experimental and control groups in terms of mental health ($P<0.05$). Schema therapy training is very important in reducing the mental health problems of couples with the problem of extramarital relationships (5). Asghari et al. (1394) conducted a study entitled "Study of the relationship between incompatible schemas with marital conflict and marital instability between couples seeking divorce and normal couples." The findings showed that the rate of marital instability in couples seeking divorce was higher than normal couples and the rate of marital conflicts in normal couples increased compared to couples seeking divorce. There is also a direct relationship between early maladaptive schemas and marital conflicts in divorced couples and normal couples and between early maladaptive schemas and marital instability in divorced couples. Therefore, there is an inverse relationship between the age of individuals and marital conflicts in couples seeking divorce and normal couples, and the relationship between individuals and marital instability in couples seeking divorce and normal couples (12). Queen Line et al. (2018) found in a study that schemas are structures that are formed based on reality or experience and mediate the behavioral responses of individuals. Masley et al. (2014), while researching, concluded that schema therapy had an effective role in reducing marital conflict and increasing marital satisfaction and adjustment (13).

Theoretical foundations of research

Schema therapy

Schema therapy developed by Yang et al. is a new and integrated therapy that is mainly based on the development of classical cognitive behavioral concepts and methods. This approach combines the principles and foundations of the schools of cognitive-behavioral, attachment, gestalt, object relations and psychoanalysis in the form of a valuable therapeutic and conceptual model. For Yang, schema therapy emphasizes the deepest level of cognition; hence, it seeks to correct the core of the problem. This operation has a significant success rate in reducing symptoms such as anxiety and depression and preventing its recurrence (12). Schemas are structures that are formed based on reality or experience and influence people's behavioral responses as mediators (13).

Marital conflicts

Marital conflict can be the prelude to marital dissatisfaction. Wherever there is disagreement, difference or disagreement between spouses, conflict arises. Conflict affects mental, physical and family health. Disagreement in a marital relationship is normal, but research has shown that if couples can manage conflicts positively and have the

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ability to resolve them, the existence of conflict is not harmful (14).

Mental health

According to the Mental Health Organization, mental health is a state of well-being and recovery in which each person can realize their potential, cope with the usual stresses in life, work and work constructively, and in a society that It belongs to play an effective role (15). Mental health is one of the most important components of public health. Mental health is the ability to balance life and resist problems, psychological problems put considerable pressure on people (16). What is related to mental health is creating mental balance in people in the community. Mental health is the power to live calmly and to be at peace with oneself and others, self-awareness and feelings, and the power to make decisions in crises and to cope with the pressures of life (17).

Research objectives

Determining the effect of treatment schemas on increasing the mental health of married students.

Determining the effect of treatment schemas on reducing marital conflicts in married students.

Research Hypotheses

Therapeutic schemas are effective in increasing the mental health of married students.

Therapeutic schemas are effective in reducing marital conflicts of married students.

Methods and material

The present study is applied in terms of purpose and in terms of descriptive-analytical method using a questionnaire. Also, quasi-experimental method (pre-test, post-test with control group) has been used. The statistical population of this research is all students of Isfahan University of Technology, who were studying in 1397-1398. The sampling method in this study was random. Thus, in this study, 100 married students were randomly selected and a marital conflict and mental health questionnaire was administered to them as a pre-test. Then, 30 people with the lowest scores were randomly assigned to two groups of 15 experimental and control. The experimental group received schema therapy training in 8 sessions of 30 minutes, while the control group did not receive any training. Then post-test was taken from both groups to compare the results of the two groups. To collect information, library and field methods were used, library study method was used to compile theoretical topics and research literature, and field study method was used to collect statistical data required for research. The tool is a questionnaire that is a package of answers. Respondents expressed their views on the Marital Conflict and Mental Health Questionnaire. In this study, the Standard Marital Conflict Questionnaire (MCQ) (1379) and the Goldberg Health Questionnaire (GHQ) (1972) were used. Is. In the present study, SPSS software was used to analyze the questionnaire data and the analysis of covariance test was used to test the research hypotheses.

Result

Investigation of research hypotheses

Hypothesis 1: Therapeutic schemas are effective in increasing the mental health of married students.

In order to use the analysis of covariance, the hypotheses are first examined; Covariance analysis can be used to establish assumptions.

According to the contents of Table (1), the condition of homogeneity of variances at the level of $p < 0.05$ is not significant, so the assumption of homogeneity of variances is established.

The assumption that the distribution is normal, which is tested by the Kolmogorov-Smirnov test, is normal according to the results of Table (2).

According to the contents of Table (3), F is obtained and the significance level less than

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0.05 indicates that the assumption of linearity of the relation is also established.

According to the contents of Table (5), F is obtained and the significance level greater than 0.05 shows that the assumption of homogeneity of the slope of regression coefficients is also established. Therefore, we can use analysis of covariance

In order to evaluate the effectiveness of schema therapy training on increasing mental health, according to the observations, this method has increased mental health in the experimental group. Therefore, it can be said with 95% confidence that teaching educational schemas is effective in increasing the mental health of married students.

Hypothesis 2: Therapeutic schemas are effective in reducing marital conflicts of married students.

In order to use the analysis of covariance, the hypotheses are first examined; Covariance analysis can be used to establish assumptions.

According to the contents of Table (7), the condition of homogeneity of variances at the level of $p < 0.05$ is not significant, so the assumption of homogeneity of variances is established.

The assumption that the distribution is normal, which is tested by the Kolmogorov-Smirnov test, is normal according to the results in Table 4-9 of the distribution.

According to the contents of Table (9), F is obtained and the significance level less than 0.05 indicates that the assumption of linearity of the relation is also established.

According to the contents of Table (10), F is obtained and the significance level greater than 0.05 shows that the assumption of homogeneity of the slope of regression coefficients is also established. Therefore, we can use analysis of covariance.

In order to evaluate the effectiveness of treatment schemas on reducing marital conflicts of married students, as we see, marital conflict has decreased in the experimental group, and therefore with 95% confidence we can say that treatment schemas are effective in reducing marital conflicts of married students.

Discussion

Findings showed that mental health has increased in the experimental group under the influence of schema therapy training, and therefore we conclude that schema therapy training is effective in increasing the mental health of married students. Findings of the present study confirm the research hypothesis that the treatment of therapeutic schemas increases the mental health of the experimental group compared to the control group. This means that there is a significant decrease in the scores of the mental health questionnaire scales as well as the total score of the questionnaire in the experimental group, after applying the independent variable of schema therapy - compared to the pre-test situation, i.e. before applying the independent variable. Therefore, it can be said that schema therapy training has been able to significantly increase the mental health of the experimental group. Aligned researches on the effect of schema therapy training on increasing mental health and related researches confirm the above results. Thus, Schuler (2017) considers anxiety control (health component) as the basis of adaptation and mental health the results of Lameras (2012) indicate the effect of schema therapy training on reducing depression and hopelessness in adolescents. It is suicidal and depressive. Also teaches schema therapy to increase physical and mental health such as self-confidence, coping with environmental and psychological pressures, reducing anxiety and depression, reducing suicidal ideation, reducing academic

Table 1: Levin test to evaluate the homogeneity of variances

Significance level	Degrees of freedom	Degrees of freedom	F

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0.051	28	1	9.14

Table 2: Kolmogorov-Smirnov test to check the normality of the distribution

Significance Level	Z	Number	Average
0.641	0.742	30	40.73

Table 3: test of linearity of pre-test and post-test relationship

Significance Level	Average squares	F	Degrees of freedom	Total squares
0.001	3669.10	25.88	1	3669.10

Table 4: F test to investigate the homogeneity of the slope of regression coefficients

Significance level	Average squares	F	Degrees of freedom	Total squares
0.071	1834.55	19.22	2	3669.107

Table 6: mental health analysis of covariance test in two experimental and control groups

Source of changes	Total squares	Degrees of freedom	Significance level	F	Average squares
pre-test	3040.702	1	0.060	8.81	3040.702
Group	1221.949	1	0.000	23.63	1221.949
Error	1095.831	27			51.69
Total	54776.00	30			

failure, strengthening interpersonal communication in healthy and useful behaviors. It has been considered effective in reducing drug abuse and preventing psychological, behavioral and social problems. Nenadic (2017) also found that schema therapy training, which is a subset of social skills, is effective in reducing anxiety and depression. As the above research findings show, schema therapy training is effective in increasing mental health, especially reducing anxiety and depression. Thus, the results of the study indicate the effect of schema therapy training on increasing mental health, especially reducing the rate of depression and anxiety, which is completely consistent with other research findings in this field. In fact, the similarity of the present study with other research findings is that the greatest effect of schema therapy training on increasing mental health is related to reducing depression and anxiety. Findings showed that under the influence of therapeutic schema training, marital conflict in the experimental group has decreased and therefore we conclude that therapeutic schema training is effective in reducing marital conflict in married students. A study by Moghtader (1397) shows that training in therapy schema sessions is associated with increased self-esteem and control of couple's aggression. The results showed that yang schema therapy between couples increased

Table 7: Levin test to examine the homogeneity of variances

Significance Level	Degree of freedom2	Degree of freedom 1	F

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1.000	28	1	0.000

Table 8: Kolmogorov-Smirnov test to check the normality of the distribution

Significance Level	Z	Number	Average
0.697	0.709	30	140.53

Table 9: linearity test of pre-test and post-test relationship

Significance Level	Average squares	F	Degrees of freedom	Total squares
0.000	5121.33	65.17	1	5121.33

Table 10: F test to investigate the homogeneity of the slope of regression coefficients

Significance Level	Average squares	F	Degrees of freedom	Total squares
0.051	2560.67	39.59	2	5121.336

Table 11: Analysis of covariance analysis of marital conflict in two experimental and control groups

Source of changes	Degrees of freedom	Total squares	Significance level	F	Average squares
pre-test	1	5684.241	0.052	9.524	5684.241
Group	1	3547.341	0.000	43.887	3547.341
Error	27	2145.093			81.115
Total	30	13931.000			-

marital adjustment and decreased emotional divorce in couples seeking divorce. Therefore, counselors and therapists can use the Yang couple therapy method to increase marital adjustment and reduce emotional divorce in couples seeking divorce. Bayrami (1398) evaluated the effectiveness of treatment schemas on reducing marital conflicts and increasing mental health. She examines the psychological aspects and schemas of marital disputes and conflicts. Shokhmgar (1395), evaluate the effectiveness of schema therapy on reducing mental health problems caused by extramarital affairs in couples. There are differences in experimental and control groups in terms of mental health components (P<0.05). There is also a significant difference between the experimental and control groups in terms of mental health (P<0.05). Schema therapy training is very important in reducing the mental health problems of couples with extramarital relationships. Queen Line et al. (2018) found in a study that schemas are structures that are formed based on reality or experience and mediate the behavioral responses of individuals. While researching, Masley et al. (2014), concluded that schema therapy had an effective role in reducing marital conflict and increasing marital satisfaction and adjustment. Their results were consistent with the results of the present study. Family relationships are the most intense situation for interpersonal conflicts. Emotional and romantic relationships provide the basis for a serious test of the skills learned for life. In communication between people, conflict

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occurs when a person sees a mismatch between their own goals, needs, or personal desires and the goals, needs, and personal desires of the other party (12). In general, the freshness and health of the family depends in part on the degree of conflict in the family and the type of conflict they experience. Schuler, T. et al (2017) examined the effects of the "first great battle" on romantic relationships and found that some couples win and some lose. They concluded that "there was a big difference between the winners and the losers in the way they understood and managed the conflict, which led the couple to understand how to continue living or to divorce. Bayrami (1398) notes: "What determines, on a large scale, the lifespan of a relationship or the severance of a relationship is how successfully the parties to the relationship go through moments of conflict." According to Renner et al (2016), it is not the presence or absence of conflict that determines the "quality of marriage" but the way in which conflict situations are managed that determine the quality of the marital relationship and In this way, it can be said that teachings such as the schema therapy approach can be helpful. As can be seen, the above research shows the effect of therapeutic schema training on conflict reduction. The findings of the present study also confirm the above results. This means that it is observed that after the application of therapeutic schema training, a significant reduction in the scores of the experimental group compared to the control group has been achieved.

Conclusion

According to the results of previous studies that considered the training of treatment schemas to be effective in reducing conflicts and also considering the significant reduction in the scores of the experimental group, it can be said that the schemas therapy can have a positive effect on reducing conflicts. It should be noted that in the control group - the group that did not receive the training of treatment schemas - in general, we do not see a significant change in reducing scores. In general, when the control group is examined in relation to the experimental group, the effect of schema training Therapies can be understood to reduce marital conflict in the experimental group.

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