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Review Of The Share Eshgh Game On Improving Marital Adjusment, Communication Patterns And Lifestyle Of Married Women.

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Abstract:

Background: The aim of this study was to investigate the effect of using ESHGH SHARE game on improving marital settings, communication methods and relaxing lifestyle of women in cultural centers.

Method: This study was a quasi-experimental study with two experimental and control groups in two stages: 60 days pre-test and post-test. The statistical population of this study includes women referring to cultural centers in Isfahan. 30 people were selected by available sampling method and randomly assigned to two groups of control (15 women) and experimental (15 women). The experimental group played SHARE ESHGH in 8 sessions once a week for a certain period of time. If the control group did not play the game. The Christian-Salvi Communication Patterns Questionnaire (CPQ) 1984 completed the relaxing lifestyle of Taghizadeh and Rezvani (1396). Data analysis was performed using SPSS-22 software in two parts: descriptive and citation.

Results: Data analysis using correlation test showed that game sharing in ESHGH game has a significant effect on marital adjustment, communication patterns and sedentary lifestyle (P <0.50).

Conclusion: the results of the study showed that playing in the share eshgh gamehas an effect on the experimental group due to this point and has a significant effect on improving the relaxed lifestyle of married women.

Keywords: play therapy-education game, marital adjustment, communication patterns, relaxing lifestyle, women introduction

Submitted: 7 November 2021, Revised: 1 November 2021, Accepted: 22 December 2021

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[DOR: 20.1001.1.23222913.2021.10.4.2.2]

Introduction

the family is the smallest social unit. nevertheless, it is the largest and most influential educational unit in communities and cultural change is one of the most important factors affecting families. as a society in transition, society has experienced cultural turmoil and intergenerational conflict that is neither coherently the traditional culture of the intuitive society nor modern culture, so many patterns have been challenged. the family is an institution that interacts with the larger community on the one hand and is directly related to the individual on the other. the importance of this institution is such that some experts consider it as one of the basic pillars of society and believe that the realization of a healthy society depends on achieving a healthy family [1].

one of the most important factors that affect survival, growth and family is healthy relationships based on the increasing complexity of society and the expansion of social relationships, training skills to prepare people to face others and difficult situations that seem necessary. undoubtedly, if couples are skilled in communication methods, they can solve many problems in life and enjoy life [2].

there has been a lot of talk about how couples communicate with each other and what positive and negative effects they have on each other, but what is important here is the formation of a healthy relationship. despite the differences and contradictions. however, there are a variety of cases that show unhealthy relationships that can include verbal or emotional abuse (name calling, intimidation, intimidation, embarrassment, humiliation), patterns of control and withdrawal, violence in any form of abuse. be of boundaries and emotional manipulation. people are interested in each other in healthy relationships. this has been asked in a number of ways by people who were interested in each other (and not just through a brief conversation with someone crossing the street). they were invited to do the relevant work and ask deeper questions. they were asked about their experience in this case, beyond what they just did .

if couples do not use appropriate and effective communication patterns, conflicts will continue verbally and then behaviorally, and a gradual breakdown in the couple's adjustment will begin [3]. dysfunctional communication patterns cause important issues of cohabitation to remain unresolved and become a source of recurring conflict between couples and affect their lifestyle and comfort [4]. internalizing the meaning of calm makes a person bold and fearless, and strengthens humility and motivation in the person, and ultimately guarantees success in work and life. to achieve a peaceful life, one must reach for the truth, not doubt. suffering must be reduced and good must be done. one should be in love and learn to love art, because the greatest feeling of anger and suffering occurs when a person is unaware of her care and is busy with others [5]. one of the methods that can be used to train couples is the use of intervention tools such as educational games. today, the use of therapy games is used for many adult educations, such as the treatment of various phobias (fear of heights, fear of closed spaces, fear of insects, etc.). in fact, the game allows people to express their feelings in a productive way, and the resulting excitement encourages people to calm down, thereby reducing their anxiety and defensiveness. educational game is a kind of game that is played in order to achieve the goal of learning. educational game is a planned, competitive and goal-oriented activity and a set of roles and plans that are performed in special circumstances and provide a competitive environment for the child to achieve the goal [6]. play therapy is a structured approach based on therapy theory that plans the process of learning and normal communication and normalization of children [7]. thus, unlike most play therapies, which are suitable for children, the share eshgh game is designed for use by adults. this game is designed and implemented for married couples and to create and increase the emotional intimacy of spouses by the designer mohammad kazem najafi, a family therapist and sex therapist, and under the supervision of dr. mostafa najafi, a specialist in child and adolescent psychiatry.

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"the share eshgh game" play therapy

the share eshgh gameis the first educational-entertaining game in the field of adults in iran, which is designed for spouses, especially young couples, and in a happy and fun atmosphere, improves the couple's relationship as much as possible on three levels: 1- emotional intimacy, 2- sexual and 3- the quality of their relationship with each other. this game uses the latest modern psychological techniques in the field of family counseling with approaches, emotion-oriented therapy (eft) and acceptance-commitment therapy (act) and combines it with traditional but successful therapies in the field of cognitive-behavioral therapy (cbt). it exerts its therapeutic effect step by step. in this report, we will examine the game therapy of the share eshgh gameand the theoretical foundations and practical techniques that we expect to be effective. in general, the components of the share eshgh game and its goals can be classified into several categories, which include the following.) simulation (symbolism) 2) intimacy 3) concepts and categories that are included in the game other than "intimacy" 4) different treatment techniques.

simulation:

the game is a symbol, a simulation of the real world in which our ability to guide us in empowerment in real life. the more realistic the game is and the more situations there are in our lives, the more successful we will be in the face of similar realities in the outside world. in this game, an attempt has been made to bring the game space close to the real life space of iranians, so the places used are places with familiar names that most iranians know.

d. intimacy:

the first version of the share eshgh game, the cards and instructions in it are designed based on the structure of intimacy bagarozi. bagarozi considers intimacy as a nine-part structure: 1) emotional intimacy 2) psychological intimacy 3) rational intimacy 4) physical intimacy 5) sexual intimacy 6) aesthetic intimacy 7) spiritual intimacy 8) recreational-social intimacy 9) temporal intimacy. dedicated cards have been designed for each dimension of intimacy in different parts of the game. also, according to the potential of the game in the game instructions, special works have been designed that are considered in accordance with different dimensions of intimacy.

DIFFERENT CONCEPTS AND CATEGORIES OF INTIMACY IN THE GAME

the share eshgh game, in addition to its special focus on the discussion of marital intimacy, has tried to include concepts not completely but initially in the game, so that if the public and professionals who deal with the game in any way have a combined version. newer games to play with more features. some of these concepts include: 1) the language of love 2) recognition of values 3) recognition and tools of the emotions of the language of love. keep your text and graphic files separate until after the text has been formatted and styled. do not use hard tabs, and limit use of hard returns to only one return at the end of a paragraph. do not add any kind of pagination anywhere in the paper. do not number text heads-the template will do that for you.

use different therapeutic approaches in the game

in shahr-e-eshgh game, different therapeutic approaches in the field of couple therapy have

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been tried to be used as much as possible. these approaches are: behavioral approach (especially positive reinforcement and behavioral exchange), narrative therapy approach (creating a ground for conversation), experimental approach - whitaker symbol (strengthening intuition), emotion-oriented approach (emotional nausea, attachment-oriented conversation, modifying the interactive cycle). according to the psychological issues that couples are struggling with and according to the characteristics of educational games to learn life skills for adults, it seems that the use of play therapy "the share eshgh game", which is based on the principles of psychology can be very useful. according to the researches done in this field, it can be stated that basharat et al.(1385)[8] in a study entitled effective study of shahr-e-eshgh game on improving marital intimacy and positive feelings towards his wife, studied this game as a couple and the results research has shown that using the share eshgh game has an effect on improving marital intimacy and its dimensions, as well as improving positive emotions. burma (2017)[9] in a study entitled "the effectiveness of the game of the share eshgh gameon improving sexual intimacy, marital satisfaction and emotional distress" examined this serious game in the field of couples and eight-session game by the experimental group compared to the control group significantly increased scores showed sexual intimacy and marital satisfaction in comparison with the control group.

MATERIALS AND METHODS

this research was a quasi-experimental and applied study that was conducted with a pre-test-post-test design with a control group; and after determining and random placement of experimental and control groups, the game of the share eshgh game was applied to the subjects of the experimental group during 8 sessions, and after the end of the treatment sessions, two experimental groups and the post-test were performed. research variables include: independent variable: play of the share eshgh gameand related variables of marital adjustment, communication patterns, relaxed lifestyle. the statistical population of women in this study is married women referring to cultural centers in isfahan in 1398. sampling method is non-probability and sampling is available in this research. from the community, a sample of 15 people is selected as the experimental group and a sample of 15 people is selected as the control group. after collecting data and testing them and forming scales, the status of the variables of the sample group is plotted using descriptive statistics. inclusion criteria include: a- marriage b- ability to answer a questionnaire or interview c- currently no other treatment methods are used.avoid combining si and cgs units, such as current in amperes and magnetic field in oersteds. this often leads to confusion because equations do not balance dimensionally. if you must use mixed units, clearly state the units for each quantity that you use in an equation.

Exception Criteria Include:

the duration of marriage is less than one year. b- be under other treatment. c- they have a special disease

the following measurement tools have been used for the participants in this study:marital adjustment questionnaire, communication patterns questionnaire, relaxed lifestyle questionnaire

the share eshgh game

to start the research process with the help of isfahan municipality cultural and recreational organization and in coordination with cultural centers, 2 cultural centers were selected and invited to participate in the zaz training class for married women in those cultural centers. the meeting was attended by a group of 40 women. at the beginning of the session, family institution, marital problems, communication logos, marital adjustment, relaxed lifestyle were discussed, and then women were asked to sit separately and complete pre-test questionnaires (research team with participants who needed help in filled out questionnaires, accompanied). after collecting the questionnaires, a box of shahr-e-eshgh game was given to each of them and they were asked to check and observe the contents of the box while explaining the game instructions. at the end of the session, women who wished to participate in this study, while submitting written consent, were required to play at least 8 sessions (at least once a week). to ensure that the game was played by the participants, they were contacted every week and the questions that arose for them during the game were answered. participants could also contact the researcher and ask questions

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whenever they needed guidance on how to play. thus, after completing 8 sessions of play therapy therapy in the the share eshgh game, all women (including the control group and the test) were again invited to return to the center to complete the post-test, as shown in Table 1.

Method

first, by referring to the relevant section in the university, she applied for a license to hold educational classes in cultural centers and then by referring to the cultural and recreational organization of isfahan municipality and reviewing it by security and coordination with cultural centers that wanted to cooperate and hold training classes i have referred to these cultural centers and after coordinating with the management of the cultural centers and registering the members voluntarily and reaching the quorum, i have held training classes. pre-test and post-test were performed in two experimental and control groups according to the marital adjustment questionnaires, communication patterns and relaxed lifestyle and after explaining how to answer questions from members. then, shahr-e-eshgh game-based training was held in 8 sessions as follows for the experimental group, which included married women who referred to cultural centers.

Table 1. training protocol of 8 sessions of shahr-e-eshgh game

row	**sessions**	**description of activity**
	introduction meeting	completion of pre-test questionnaires which is include: spanier (1976) 32 items of marital adjustment questionnaire, 34 items of christine and salawi communication questionnaires questionnaire (1984) and 43 questions of armaghmadar taghizadeh and ramezani (1396) lifestyle questions. a box of shahr-e-eshgh game will be given to each married woman and they will be asked to check and view the contents of the box while explaining the game instructions. at the end of the session, women who wish to participate in this study, while submitting written consent, are required to play at least 8 sessions (at least once a week). note: to ensure that the game is played by the participants, the couple will be contacted every week and the questions that will arise for them during the game will be answered. participants can also contact the researcher and ask questions whenever they need guidance on how to play.
1	first session	play the game by couples and follow up by the researcher
2	second session	play the game by couples and follow up by the researcher
3	third session	play the game by couples and follow up by the researcher
4	fourth session	play the game by couples and follow up by the researcher
5	fifth session	play the game by couples and follow up by the researcher
6	sixth session	play the game by couples and follow up by the researcher
7	seventh session	play the game by couples and follow up by the researcher
8	eighth session	play the game by couples and follow up by the researcher

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		invite married women to the pre-test group and the control and post-test group

Table 2. information related to education and occupation of the experimental group

row	demographic variables		frequency	percentage of frequency
45	7	diploma	education	1
55	8	bachelor		
65	9	housewife	job	2
35	6	employed		

Method of analyzing research data

after collecting data, statistical analysis in this study will be done at both descriptive and inferential levels. at the descriptive level of frequency, frequency percentage, mean and standard deviation; at the inferential level, the ancova analysis of covariance will be used to analyze the data. data analysis was performed using spss22 statistical software.

Results

table 2 provides information about the education and employment status of the participants in the study in the experimental group.

as can be seen, out of 15 people participating in the experimental group, 7 people with diploma degree are equivalent (45%) and 8 people with bachelor's degree are equivalent (55%). accordingly, out of the total number of people in the experimental group, 9 (65%) had a housework job and 6 (35%) were employed.".

Table 3. information about the age of the experimental group

row	demographic variable	number	the lowest	the highes	average
1	age	15	25	45	37.9

table 3 provides information on the age of participants in the experimental group. as it is extracted from the table, the average number of participants is 37.9 and the minimum age of the participant in the experimental group is 25 years and the maximum age is 48.

table 3-4 provides information about education, employment status of participants in the control group.

Table 4. information about the education and occupation of the control group

row	demographic variables		frequency	percentage of frequency
45	7	diploma	education	1
55	8	bachelor		
70	10	housewife	job	2
30	5	employed		

Table 5. information about the age of the control group

row	demographic variable	number	the lowest	the highes	average
1	age	15	24	47	38.15

Table 6. descriptive indicators of marital adjustment scores by two groups and two stages of research.

variable / groups	test		control	
	pre-test	post-test	pre-test	post-test

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marital compatibility	mean	44.85	81.25	50.75	51.85
	SD	16.2	11.04	13.39	12.64

according to what is extracted from the above table, out of 20 people participating in the control group, 7 people with a diploma degree are equivalent (45%) and 8 people with a bachelor's degree are equivalent (55%). accordingly, out of the total number of people in the experimental group, 10 (70%) had a housework job and 5 (30%) were employed.

table 5 provides information on the age of participants in the control group. as estimated from the table, the average number of participants is 38.15 and the minimum age of the participant in the control group is 24 years and the maximum age is 47.

marital adjustment, communication patterns and relaxed lifestyle are presented separately in experimental and control groups in tables 6, 7 and 8.

as can be seen in table 6, the average resilience scores in the experimental group in the pre-test stage was 44.85 and in the post-test stage was 81.25. in the control group, in the pre-test and post-test in this variable, the average was 50.75 and 51.85, respectively.

Table 8. descriptive indicators of communication model scores by two groups and two stages of research

variable / groups		test		control	
		pre-test	**post-test**	**pre-test**	**post-test**
communication patterns	mean	256 5.6	393. 25	257 .6	259 .5
	SD	30.6 9	33.8 2	40. 29	40. 01

as can be seen in table 7, the average scores of communication patterns in the experimental group in the pre-test stage were 256.6 and in the post-test stage were 393.25. in the control group, in the pre-test and post-test in this variable, the average was 257.6 and 259.5, respectively.

Table 8. descriptive indicators of relaxed lifestyle scores by two groups and two stages of research

variable / groups		test		control	
		pre-test	**post-test**	**pre-test**	**post-test**
relaxed lifestyle	mean	45.9	77.55	44.1	45.15
	the standard deviation	8.54	5.54	7.65	7.78

Table 9. kolmogorov-smirnov test to evaluate the normality of the distribution of marital adjustment scores in the pre-test stage

variable	**groups**	**statistics**	**degree of freedom**	**significant**
marital compatibility	test	0.168	20	0.143
	control	0.152	20	0.2
communication patterns	test	0.174	20	0.116
	control	0.183	20	0.078
relaxed lifestyle	test	0.158	20	0.2
	control	0.208	20	0.023

Table 10. levin test to assess the default equality of variances of marital adjustment scores

variables	**f**	**degree of freedom 1**	**degree of freedom 2**	**significant**

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marital compatibility	0.917	1	28	0.344
communication patterns	0.136	1	28	0.714
relaxed lifestyle	0.024	1	28	0.878

as can be seen in table 8, the average score of a relaxed lifestyle in the experimental group in the pre-test is 45.9 and in the post-test is 77.55, while in the control group in the two stages of pre-test and post-test. 1/44 and 15/45 are obtained.

INFERENTIAL FINDINGS

the purpose of the normality check is to examine the normality of the distribution of scores that are consistent with society. this assumption indicates that the observed difference between the distribution of scores of the sample group and the normal distribution in the community is equal to zero. kolmogorov-smirnov test was used for this purpose. the results of the implementation of this assumption about marital adjustment scores are shown in table 9, communication patterns in table 10 and relaxed lifestyle in table 11.

as can be seen in table 9, the null hypothesis that the distribution of scores in marital adjustment, communication patterns and relaxed lifestyle in the experimental group is normal in all research variables remains in the pre-test stage, ie the distribution of sample scores is normal and identical to it is a society and distortion is the result of chance(all significance levels are greater than 0.05). however, due to the equality of the sample size and the random assignment of the subjects, non-observance of this default does not create a limit.

the purpose of examining the default equality of variances is to examine the equality of the variances of the groups. levin test was used for this purpose. the results are given in table 10.

as can be seen in table 10, levin's assumption that the variances of the groups are equal in all the research variables in the pre-test stage in the community has not been rejected and remains. therefore, this default is confirmed.

due to the further confirmation of the necessary statistical assumptions as well as the equality of numbers in the two groups, the parametric test of analysis of covariance can be used.

INVESTIGATION OF RESEARCH HYPOTHESES

hypothesis 1: using the share eshgh game has an effect on improving the marital adjustment of married women in isfahan.

here, according to the analysis of covariance, the mean and the amount of impact as well as the statistical power of the first variable, ie marital adjustment in the post-test stage, are examined.

Table 11. analysis of covariance the effect of group membership on marital adjustment in the post-test phase.

scale	**index variable**	**df**	**average of squares**	**coefficient f**	**p-value**	**impact rate**	**statistical power**
marital compatibility	pre-test	1	.3421	5.17	0.045	0.433	0.320
	group membership	1	.9527	4.53	0.011	0.645	0.709

findings of analysis of covariance in table 11 indicate that the observed difference between the mean scores of marital adjustment in terms of group membership (experimental and control groups) in the post-test stage was significant ($p < 0.05$). therefore, playing the share eshgh game in the post-test stage of the experimental group had a significant effect on the scores of this variable of the study and caused an improvement of 0.64 in women's marital adjustment ($p < 0.05$). high statistical power (0.70) indicates acceptable statistical

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accuracy and sufficient sample size. also, the mean of the experimental group was 27.95 compared to the pre-test of 21.34

regarding the explanation of this hypothesis, it can be said that marital adjustment is one of the interactive and systemic approaches of couples and families based on system theory. marital adjustment is a situation in which a couple often feel happy, satisfied with marriage and each other [10]. this game considers improving the marital adjustment of married women and is in line with burma 1396 research on the effect of using the share eshgh game on improving marital satisfaction. marital adjustment is a situation in which a couple often feels happy , are satisfied with marriage and each other [10]. this game aims to improve couples' communication. accordingly, the results showed that playing the share eshgh gamehas an effect on the experimental group due to the consideration of this point and has a significant effect on improving marital adjustment.

hypothesis 2: using the share eshgh game has an effect on the communication patterns of married women in isfahan.

here, according to the analysis of covariance, the mean and magnitude of the effect as well as the statistical power of the second variable, ie communication patterns in the post-test stage, are examined. findings of analysis of covariance in table 12 indicate that the observed difference between the mean scores of communication patterns on, therefore, the share eshgh game in p in terms of group membership (two experimental and control groups) in the post-test stage was significant. ($P<0.05$).

Table 12. analysis of covariance the effect of group membership of communication patterns in the post-test stage.

scale	index variable	df	average of squares	coefficient f	p-value	impact rate	statistical power
communication patterns	pre-test	1	26.57	5.20	0.009	0.183	0.220
	group membership	1	49.30	7.44	0.002	0.599	0.600

Table 13. analysis of covariance the effect of relaxed group-oriented lifestyle group membership in the post-test phase

scale	**index variable**	**df**	**average of squares**	**coefficient f**	**p-value**	**impact rate**	**statistical power**
relaxed lifestyle	pre-test	1	46.01	12.17	0.001	0.336	0.495
	group membership	1	74.24	21.00	0.002	0.632	0.611

the post-test stage of the experimental group had a significant effect on the scores of this variable of the research and caused an improvement of 0.59 in the communication models of statistical power above 0.60 indicating acceptable statistical accuracy and adequacy of the sample size. regarding the explanation of this question. it can be hypothesized that communication patterns are a multifaceted construct consisting of difficulty in recognizing emotions, difficulty in describing emotions to others, difficulty in distinguishing between sensations and bodily stimuli related to emotional arousal, and limited visualization power due to the inability to imagination is determined. this game, since it considers communication patterns and is in line with parents et al (1394)[11] research on the effect of using the share eshgh game on improving marital status and improves emotional relationships. accordingly, the results showed that the share eshgh game has an effect on the experimental group due to the consideration of this point and has a significant effect on improving communication patterns.

hypothesis 3: using the share eshgh game has an effect on the relaxed lifestyle of married women in isfahan.

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here, according to the analysis of covariance, the mean and magnitude of the effect as well as the statistical power of the third variable, namely the relaxed lifestyle in the post-test stage, are examined.

Discussion

findings of analysis of covariance in table 13 indicate that the observed difference between the mean scores of lifestyle c therefore, relaxation-oriented play in terms of group membership (experimental and control groups) in the post-test stage was significant (0.05>). the share eshgh game in the post-test stage of the experimental group had a significant effect on the scores of this variable of the research and caused an improvement of 0.63 in the style of high statistical power (0.61) indicating acceptable statistical accuracy and adequacy of sample size. has calmed women (0.05<). explaining this hypothesis, it can be said that a relaxed lifestyle is about sharing, sharing and expressing feelings with stalloner's wife, waring, 2014 [6] this game has also played an important role in improving people's lifestyles, especially relaxed lifestyles, as it has affected people's lifestyles. which is consistent with the results of abdoli et al (2014)[5], lavner et al (2015)[12].

accordingly, the results of the study showed that playing in the share eshgh gamehas an effect on the experimental group due to this point and has a significant effect on improving the relaxed lifestyle of married women [12].

-because this study was limited to the subjects of isfahan (married women), so caution should be exercised in generalizing the results to other people.

-the selection of cultural centers was another limitation of the research, which can be said that the cultural center can not be representative of society.

-the multiplicity and variety of variables and, consequently, the high number of questionnaires and research questions may have caused the subjects fatigue and reduced their accuracy in answering the questions.

- lack of any financial support from relevant institutions (such as universities) and time constraints in conducting research.

- it is not possible to perform the follow-up step.

research suggestions

- it is suggested that a study be done in husbands with the same variables.

it is suggested that follow-up be done in future studies.

it is suggested that in future studies, intervention programs be used that compare this method with other therapies

Conclusion

the results showed that the play therapy of the share eshgh game was effective on dependent variables. therefore, it is suggested to pay attention to teaching this game in the form of educational programs and workshops in the centers that deal with couples. playing this game while the therapist is also present can be reviewed and the results compared.

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