Research Article

The Effectiveness Of Teaching Personality Skills Of Couples With Oppositional Defiant Disorder On The Quality Of Communication Between Couples

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Abstract:

Background: The aim of this study was to investigate the effectiveness of personality skills training in couples with oppositional defiant disorder on the quality of communication between couples.

Methods: The method of this study was descriptive and causal-comparative. The statistical population consisted of all couples with oppositional defiant disorder in Yazd. Sampling was done so that 49 couples with oppositional defiant disorder were selected by cluster random sampling and diagnostic interview based on DSM-IV-TR criteria. The sampling method in this study was multi-stage cluster sampling, so that in the first stage, three regions were randomly selected from Yazd city, then one region and several families from each selected area were selected and then the questionnaire was completed separately by couples, after scoring the questionnaire, a person with symptoms of oppositional defiant disorder, Selected. The scoring of this questionnaire is Likert 4-degree scale, in this study descriptive statistics indicators such as mean and standard deviation and inferential statistics to test the hypotheses, in fact, to compare the personality traits of couples with oppositional defiant disorder, multivariate variance analysis (Manova) was used. The results of this study were analyzed using SPSS16 statistical software.

Results: The results showed that there was a significant difference between the subscale of neuroticism personality traits of couples with oppositional defiant disorder and normal couples, and the mean scores of couples in the subscale of neuroticism in the psychotic disorder group were higher than the normal group.

Conclusion: It can be concluded that couples with oppositional defiant disorder are more psychotic than normal couples.

Keywords: Couples, personality skills, oppositional defiant disorder, quality of communication .

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Background:

Marriage is the most important event of one's life in adulthood. Marriage is the cause of family formation and accordingly, the bond between the sexes is based on sexually reliable relationships. Marriage is a social contract that facilitates the legitimacy of physical and sexual relationships. Marriage is a very important social event that helps to preserve the group and generations quantitatively and qualitatively. It can be said that marriage has a biological and physical origin, which also adds cultural life in order to transform natural life by constructing kinship. This process stems from the fact that human beings have natural and social needs. Therefore, marriage has biological, economic, emotional and social dimensions. On this basis, the coexistence of husband and wife within the family puts them in such a round of different interactions that it is not comparable to any other human relationship patterns. The main factor that arises with marriage between husband and wife is marital commitment (1)Marital commitment is known as the strongest and most stable predictor of the quality and stability of marital relationship. Clements and Sonsen believe that commitment in spouses is positively related to marital

stability and quality, as well as to expression of love, adjustment and reduction of marital conflicts. Therefore, in addition to marital commitment, relationship quality is also one of the important predictors of family strength. So that the most common problem that unhappy couples with marital differences raise is not having success in communicating (2). In marital life texts, the quality of marital relationship is widely defined, for example marital happiness, marital conflict, marital commitment, social support, marital interaction, marital disharmony, forgiveness and domestic violence have been conceptualized as dimensions of marital quality and sometimes as a single .The quality of couples' relationship is a multidimensional concept that includes different aspects of couples' relationship, such as adjustment, satisfaction, happiness, cohesion and commitment. Researches have shown that communication problems cause conflict between couples and in contrast to good communication and effective problem solving, it leads to emotional relationship and intimacy between family members. Therefore, the existence of a positive and constructive relationship between husband and wife can guarantee marital satisfaction, commitment and adherence to the family system and ultimately strengthen the foundations of the family (3). When intimacy and commitment between couples decreases, a cold and unsafe environment is created in which the husband and wife are in this environment.

They are constantly struggling or threatening to leave the relationship and divorce, causing disturbances in their relationships. These disorders occur as confrontational defiance, which is known as a persistent pattern of negative work, defiance and aggression oddity is often associated with loss of mood, abusive behaviors and nervousness (4). Oppositional defiant disorder is an example of a state of anger/ temperament or adjudication/dissent or malice that at least 8 It takes months and continues to see at least 3 cases of each of the following groups:

In a state of anger/temperament: Most people lose their interaction, are often premature or simply abused, and are often angry and reluctant. In a state of serious behavior/dissent: It often treats individuals with exponentiality and manifestations of power, often actively refusing and opposing the requests of influential people, often deliberately harassing others, often blaming others for their mistakes and misbehavior. In nemesis mode: At least twice over the past 8 months there has been nemesis or stubbornness. These people usually do not have good progress and have low academic and work performance, often have no friends and human relationships are not satisfactory to them. Oppositional defiant disorder (ODD) has flaws in their skills that lead to coping behavior. Oppositional defiant disorder (ODD) causes social, educational and work dysfunction. These people mainly lack the cognitive, social and emotional skills needed to fulfill other people's demands. Symptoms of this disorder are often part of a pattern of problematic interaction and communication with others. In addition, people with this disorder do not consider themselves angry, disobedient, dissenting, and paranoid. In addition, they often describe their behavior as a response to unreasonable demands and circumstances. Therefore, the relative share of people with this disorder is difficult in the interactions they experience. Most of the different factors cause couples to act violently towards me, these factors should be identified and tried to resolve them(5).

Nowadays, the discussion of oppositional defiant disorder is one of the most important issues on the quality of communication between couples, because if this disorder is not treated, it may cause disturbances in people's lives. Disobedient people may be subjected to exclusion due to their behaviors, and this, in addition to damaging the child's mental health, also creates several problems

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for the individual, resolving these problems requires learning personality skills among couples (6).

Therefore, communication between couples is a very important issue and involves couples revealing things about themselves in a linguistic or non-linguistic way while trusting each other and sensitive to each other's feelings (7). Dialogue and communication are the most important pillars for a variety of relationships. The depth of intimacy that two people create in their relationship depends on their ability to clearly, correctly and effectively convey their thoughts and feelings, needs and desires, and learning to communicate efficiently is an important step in the process of creating and increasing intimacy and avoiding confrontational defiant disorder. Changes in technology, cultural, economic, as well as changes in the field of religion have played an essential role in changing the primary function of marriage, which includes love and affection and effective intercourse between husband and wife (8).

Today, it seems that family, this most fundamental foundation of society, has been exposed to frailty and deterioration more than ever in human history and proper communication among couples is more difficult than ever. Unfortunately, not all families have a successful marital life. There are differences with varying degrees in a number of marital lives, and although no couples marry with the aim of separation and almost all couples bond with peace and happiness in the hope of a long-term life, many marriages are deadlocked and end in divorce. On the other hand, therapists and couples unanimously believe that communication problems are the most common and destructive problems in failed marriages. In this regard, Guttman and Levinson (2000) believe that couples' communication patterns are one of the strong predictors of divorce in the first 7 years of marriage. The progress of societies and industrialization, followed by increasing family problems, has turned counseling and treatment work into a specialized profession. The increase in divorce and marital dissatisfaction on the one hand and the demand of spouses for fruitfulness and improvement of marital relationships on the other hand indicate the need of spouses to have specialized interventions and trainings in this field, so the latest scientific findings should be used to prevent divorce and solve marital problems because conflict between husband and wife and the difference between them have a direct impact on children's behavioral disorders. There is rarely a more enjoyable experience when couples understand each other's statements correctly and away from ambiguity and misinterpretations. The realization of this requires skill and creates a better relationship between couples. A conversation that has a happy ending is a sign of intimacy and effective communication between couples. In such a conversation, the two sides know what the other is saying and enjoy being able to speak freely and understand each other's meaning (6).

It should be noted that better understanding of important aspects of marital relationship can lead to the growth of marriage enrichment and couple therapy programs that can have a positive impact on family functioning and social performance of its people. Therefore, by using and teaching the techniques and personality skills of couples, the level of commitment between couples and consequently the quality of their relationship and its effect on their coping behaviors can be improved. The formation of a common life and the foundation of a warm and intimate family whose main pillars are husband and wife should be built in addition to the necessities that encourage them to live together with an emotional and inner bond (which is the same affection and affection for each other(9) in his research titled Meta-analysis of the effectiveness of psychological and educational interventions on reducing the symptoms of oppositional defiant

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disorder, concluded that considering the high effectiveness of psychological and educational interventions, it can be said that educational interventions and psychological treatments can have a major role in reducing the symptoms of defiant coping disorder.

Vahedi, Shahram, Mirnasab, Mir Mahmoud, Fathi Azar, Eskandar, Damghani Mirmohaleh, Masoumeh (2018), in their research titled the effect of mindfulness-based cognitive therapy on brain executive functions and social emotional learning of students with oppositional defiant disorder, concluded that the majority of people with defiant disorder suffered from defiant actions. Therefore, mindfulness training can be used as one of the complementary methods to other treatment methods for these people(10). Ahmadi Khoei Shahpour, Mahdad Ali, Narges Wrestling (2018) in his research titled Developing an educational package for preventing divorce and determining its effectiveness on intimacy and quality of couples' communication, stated that closed education increases the intimacy and quality of couples' communication, they stated that considering the effectiveness of the package, it is recommended to be used in family education institutions and counseling and family centers(11)

Etemadi Amin Jafari and Shah Siah (2014) in their study entitled the effect of group training of couples based on therapeutic communication approach on increasing the intimacy of control and self-sacrificing couples in Isfahan showed that group training of couples through therapeutic communication has not had a significant effect on intimacy in general However, group training of couples through communication therapy has been effective on the dimensions of physical and emotional intimacy. The results of this study show that group training through communication therapy has increased physical and emotional intimacy(12).

Nasser Behroozi, Mohammad Mehdi Motahari Rad, Masoud Boroumand Nasab (2014), in his research titled Comparison of personality traits and communication skills between divorce applicants and normal couples in Dezful stated that among couples Divorce applicant and normal in the areas of personality traits, neuroticism, extraversion, openness, adaptability, communication skills, listening skills, emotion regulation skills, message comprehension skills, insight skills were significantly different and there was a significant difference between the two The group did not see any significant differences in terms of personality traits of conscientiousness and assertiveness skill in communication(13).

In her 2016 study, Quality of Couple Relationship in South Africa, Amy et al. stated that in order to improve couples' behavior and identify potential leverage points to empower communication between them, an educational environment that focuses on empowering women, as well as men's views should be taken into account in order to get better results(14).

In a study titled, Cotton, Bratton and Rushing (2009) concluded that the quality of low marital relationships is an important determinant of health components. This study also showed that the quality of marital relationships moderates psychological disorders. Now, considering the importance of couples' role in mental health and family behavior and considering the increasing psychological and behavioral problems of individuals and considering the heavy costs for individuals, society and family, the present study tried to investigate the effect of training the personality skills of couples with oppositional defiant disorder and its impact on the quality of their relationship with each other in life.

Personality traits: Personality traits represent the general preparations of human personality to show the same reaction to different stimuli and justify his order and reactions in different situations and over

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time. Oppositional defiant disorders: The conceptual definition of oppositional defiant disorder is a stable pattern of negative, hostile and brazen behaviors in the absence of social standards or rights of others that are inconsistent with the moral characteristics of individuals and lead to significant destruction in performance. Based on the definitions stated in this study, there is a hypothesis that there is a significant difference between personality traits of couples with oppositional defiant disorder.

Methods:

According to the purpose of this study and in order to test the hypotheses, the research method is descriptive and causal-comparative. The statistical population of this study was all couples with oppositional defiant disorder in Isfahan in the academic year 2020-2020. The sample consisted of 121 couples with oppositional defiant disorder who were randomly selected by cluster sampling in Yazd.

The sampling method in this study was multi-stage cluster sampling, so that in the first stage, three regions were randomly selected from Yazd city, then one region and several families from each selected area were selected and then the questionnaire was completed separately by couples, after scoring the questionnaire, a person with symptoms of oppositional defiant disorder, Selected. This questionnaire has been approved by experts and psychiatrists and they consider these questions to be successful for sieve and in fact, the validity of this tool is a narrative of the segregation construct. Also, the reliability of this questionnaire was reported by Spirafkin and Gadot (1994) up to 89%. The scoring of this questionnaire is Likert 4-degree scale, so that the score is 0 for the never option, 1 for weak, 2 for medium and 3 for severe.

This indicates the ability of this questionnaire to diagnose people with disorders from non-impaired individuals and has a segregated construct validity. Therefore, those who score equal to cut-off point (5) or above in the journal should be sieve among other people and be clinically diagnosed for more accurate evaluation. This questionnaire (NEO-PI) was first developed by Costav McCrory in 1985 and consisted of 181 items to check for five major personality factors, followed by numerous developments (revised version of neo personality questionnaire, (NEO-IP-R) was developed and published in 1992, consisting of 240 items, providing a general measurement of five major factors, each of which consists of 6 dimensions, i.e., elements of the adjective in question. For a general description of it together, it converges.

Table 1- Comparison of mean and standard deviation of couples' personality traits scores in the studied groups

Groups	**Oppositional defiant disorder (ODD)**	
	Mean	**standard deviation**
Neurosis	64.45	94.9
Extraversion	20.41	14.7
Empiricism	52.36	75.6
Agreeableness	66.38	06.8
Conscientiousness	91.42	29.5

It is possible to respond to these items in the form of a 5-degree laker scale (completely opposite, opposed, indifferent, agreeable, fully agreeable). The scores of each factor are calculated separately and finally 5 scores are obtained, which are related to five personality axes (neuroticism, extraversion, empiricism, agreeableness and conscientiousness).

In this research, descriptive statistics indicators such as mean and standard

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deviation and inferential statistics to test the hypotheses, in fact, to compare the personality traits of couples with oppositional defiant disorder, multivariate variance analysis (Manova) was used. The results of this study were analyzed using SPSS16 statistical software.

Findings

In this section, the results of the analysis of the extracted data were interpreted and based on the research hypotheses and its objectives, appropriate solutions and suggestions based on the research findings were presented. In order to analyze the data based on the assumptions proposed, it is necessary to use statistical assumption tests or research techniques in reliable analysis operations. This research has some questions that have been investigated using statistical methods.

Descriptive Findings:

The distribution of respondents based on education shows that 44% of respondents in the group of defiant disorder have a bachelor's degree. The distribution of respondents by job shows that 48% of respondents have a freelance job in coping disorder.

The results of table (1) show that neuroticism and extraversion had the highest mean in the group of oppositional defiant disorder.

Inferential findings

Shapiro test was used to use parametric tests for normalization of personality traits of couples, the results of which are mentioned in table (2).

The results of Table 2 show that neurotic subscales have a normal distribution of agreeableness according to the significant level.

The results of Table 3 show that the subscales of personality traits of couples are established in three groups of variance similarity according to the significant level.

Hypothesis: There is a significant difference between personality traits of couples with oppositional defiant disorder.

There is a significant difference among groups in subscales of neuroticism, extraversion, agreeableness and conscientiousness, but there is no significant difference in the subscale of empiricism. In order to determine the differences between the groups, the follow-up test (LSD) was used.

Table 2- Personality traits of couples

Couples' personality traits	**F value**	**Meaningful level**
Neurosis	0.977	0.191
Extraversion	0.909	0.001
Empiricism	0.916	0.001
Agreeableness	0.978	0.227
Conscientious	0.860	0.001

Table 3- Levine test results of couples' personality traits scores

Variables	**F value**	**Meaningful level**
Neurosis	1.242	0.295
Extraversion	1.077	0.346
Empiricism	1.126	0.330
Agreeableness	0.842	0.435
Conscientiousness	0.307	0.737

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there is a significant difference between the subscale of neuroticism of couples' personality traits and oppositional defiant disorder, and considering that the mean scores of couples in the subscale of neuroticism in the group of oppositional defiant disorder have the highest mean, then it can be concluded that couples with oppositional defiant disorder have psychotic personality traits compared to normal people.

there is a significant difference between extraversion subscale of personality traits of couples with oppositional defiant disorder and normal couples, and considering that the mean scores of couples in extroversion subscale in the oppositional defiant disorder group are higher than the normal group, it can be concluded that couples with oppositional defiant disorder have extrovert personality compared to normal couples.

there is a significant difference between the agreeable subscale of personality traits of couples with oppositional defiant disorder and normal couples, and considering that the mean scores of couples in the agreeable subscale are higher in the normal group than the oppositional defiant disorder group, it can be concluded that normal couples have a consensus personality compared to couples with oppositional defiant disorder.

There is a significant difference between the subscale of conscientiousness of personality traits of couples with oppositional defiant disorder and normal couples, and considering that the mean scores of couples in the subscale of conscientiousness in the normal group are higher than the group of oppositional defiant disorder, it can be concluded that normal couples have a dutiful personality compared to couples with oppositional defiant disorder.

Conclusion

In this study, personality traits of couples with oppositional defiant disorder were compared. The hypothesis of this study was that there is a significant difference between personality traits of couples with oppositional defiant disorder and normal couples, which is discussed below according to the results of the study. There was a significant difference between these three groups in subscales of neuroticism, extraversion, agreeableness and conscientiousness. The results showed that there was a significant difference between the subscale of neuroticism personality traits of couples with oppositional defiant disorder and normal couples, and considering that the mean scores of couples in the subscale of neuroticism in the psychotic disorder group were higher than the normal group, it can be concluded that couples with oppositional defiant disorder are more psychotic than normal couples. The results were in line with the findings of Abolghasem, Mahdavi, Azadeh, Mohammad Zadeh, Sarveh (2018), Vahedi, Shahram, Mirnasab, Mir Mahmoud, Fathi Azar, Eskandar, Damghani MirMohaleh, Masoumeh (2018), Etemadi Amin Jafari and Shah Siah (2014) Amy et al. (2016).

Pietro and Morris (2006), who also suggested that neuroticism has a great share in the disturbed thinking of couples, and ultimately these incompatible patterns are different to different types of anxiety, depression and behaviors. Turbulence and eating problems lead; and it is also consistent with the findings of Smith, Spinnard, Gartner, Pep, Maxson, Van Aken, Jonger, Verhoeven and Dank wick (2007). Studies have shown that people with high neuroticism become easily anxious and nervous and are emotionally unstable. This feature prevents couples from focusing properly on life, because couples with this personality trait focus more on themselves and their problems, which prevents them from paying attention to their lives.

Another characteristic of these individuals has been emotional and unpredictable instability, which causes conflicting behaviors and defiance of couples towards each other, and since couples with neuroticism personality traits are more

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neurotic and less agreeable, they may use corporal punishment as a disciplinary method and this increases behavioral problems. In general, it can be concluded that couples' neurotics are related to external behaviors and are generally associated with their behavioral disorders.

The results showed that there was a significant difference between extraversion subscale of personality traits of couples with oppositional defiant disorder compared to couples with normal personality traits. People with high extroversion show most mood states including sociality, high happiness, activeness and pleasant reactivity and like sexual arousal as well as arousal. People with this personality trait enjoy social relationships. It is argued that couples with high extroversion are more sensitive to each other's moods and references. Extroverts due to this personality trait that are energetic and high arousal, can have less control over their emotions and this negatively affects different aspects of their lives as well as their proper relationships with each other and causes destructive and negative behaviors in them. These results align with the researches of Grossi (2001), Smith, Spinnard, Garten, Pep and Maxson (2007) and Oliver, Wright and Guerin (2009). It has been.

The results also showed that there was a significant difference between agreeableness subscale or flexibility of personality traits of couples with oppositional defiant disorder compared to normal people, and considering that the mean scores of couples in the agreeable subscale in the normal group are higher than that of the oppositional defiant disorder group, it can be concluded that normal parents had agreeable parents compared to those with oppositional defiant disorder.

The results of conscientiousness or conscientiousness subscale were that there was a significant difference between the subscale of conscientiousness of personality traits of couples with oppositional defiant disorder compared to normal couples, and considering that their mean scores in conscientiousness subscale in normal group are higher than that of oppositional defiant disorder group, then it can be concluded that normal couples have a dutiful or conscientious personality. In comparison with couples with oppositional defiant disorder. The results were obtained with the findings of Saeed Shah Hosseini Tazik, Masoumeh Sayyadi, Najmeh Taheri (2019). Ahmadi Khoei Shahpour, Mahdad Ali, Narges Wrestling (2018) Amy et al. (2016) have been aligned.

Conscientiousness is associated with the use of fixed and planned performance (Costa and McCraw 1991). High conscientiousness is associated with high sensitivity and support of couples towards each other and low strictness. But people with low rates of this feature may have little oversight of each other, leading to antisocial behavior.

It should be noted that teaching such behaviors can have a positive impact on improving relationships between couples. In explaining these findings, it can be said that in principle, part of institutionalizing close relationships and intimacy between spouses and hacking within the family through eliminating some destructive behaviors and implementing some constructive behaviors can be realized. Humanities, especially psychology and sociology, have made considerable progress in the field of family knowledge and strengthening this institution in recent decades. This is important when Iran’s current society is in a transitional situation and increasing couples' knowledge about the tasks and challenges of cohabitation and also solutions out of them can reduce conflicts and increase intimacy. Considering that the mission of this study was to educate the personality skills of couples with oppositional defiant disorder and its effect on the quality of communication between couples. It can be

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concluded that the educational group can improve and improve their communication by acquiring the necessary knowledge in this regard and operationalizing these teachings in life.

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