Original Research

The Effectiveness of Attachment Therapy on Marital Affliction, Family Relationship, Experience of spouse's women

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Abstract:

Background: The purpose of the current study was to examine the effectiveness of teaching attachment therapy on marital affliction, Family Relationship, experience of spouse's women in Esfahan city.

Method: It was semi- experimental study, with pre-test, post-test and control group. The experiment sample was 30 married women from Esfahan that were non- randomly Placed in control and experimental group (each group 15 women) while the control group was in waiting list, the experimental group was receiving training package in eight 90 minutes Sessions. the measurements were marital affliction (pines, 1996), family relations (Barons and Olson, 2004), Experience of spouses mother (Yousefi and Pirozi, 1396). Both groups were evaluated in pre-test, post- test. data was analyzed by descriptive statistic (means and standard deviations) and inferential statistic (Multivariate analysis of covariance).

Result: the results showed the training is effective on family relation among married women but it is not effective on affliction and experience of spouse's mother.

Conclusion: As the results showed, the training is prepared method to improve family relations among married women.

Keywords: Marital Affliction, Family Relationship, Experience of spouse's women, Attachment Therapy

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Introduction

Family is a social institution that consists of marriage between men and women and satisfies the physical and mental needs. In this regard, it is necessary to know the psychological and biological needs and to know their satisfaction mechanisms and also to be equipped with the techniques of recognition of mental and biological sentiments. So it seems that satisfaction with marriage is equivalent to the family and satisfaction with the family. As a result, development and progress of the society is achieved [1] and the mental health of the society's institutions is affected by the provision of the family's mental health as a centre of peace and security, and any damage to it will not only affect the future generation but will also involve many social organizations [2].One of the cases that can lead to the deterioration of marital bond bases and consequently create concern for married women is the couple burn out which can be considered as a set of physical, emotional and mental fatigue signs as well as permanent feeling of disappointment, entanglement, along with loss of enthusiasm, energy, idealism, and future perspectives. [3]. In fact, the loss of passion, enthusiasm and energy in marriage comes when one feels that there is no connection between expectations and facts in marriage, especially in relation to spouse, and that when people come into the marriage with expectations and expectations that make a dream of marriage and their lives meaningful, but after being put in reality, they find a relationship with which they are all working. Their common life not only does not mean their lives, but also their expectation is that, in the future, such a relationship will not mean their lives, or when the marriage of one of the couples does not value the other side to the relationship and improve it, and the most important needs of one side are easily ignored and neglected, which is when it comes to life. Then the object begins, which leads to the loss of marital satisfaction and/or the loss of purpose and reason [4]. In fact, couple burn out is one of the psychological disorders that

gradually differs between the two couples to full and sometimes faint. The relationship causes mental problems, emotional and official divorce [5].Family relationships are made up of information exchange between members and family. Communication is divided into two categories of tools and emotions. The relationship between the tools is related to the everyday activities and the emotional dimension points to the transfer of positive and negative emotion among the members [6]. On the other hand, family communications can have different styles, for example, the relationship can be direct and clear or indirect, which is clear in the direct and clear communications of the message and the target, or in some communications that have a light message but the target is indirect, and in some others although the content of the communication is not clear, but the communications side is clear. Finally, some communications don't have target and specific content. In ideal state, direct and clear relationships are defined [7]. Other family relations styles seem to influence the role of the spouse mother.The experience of the role of the wife's mother-in-law is the experience that a man experiences the mother-in-law's behaviour and duties towards his son's relationship with his wife (bride and groom). The experience of the mother-in-law is said to be the wife's mother-in-law. 8). In addition, Iranian mothers consider care and support of their children to be a permanent duty. This is one of the issues of inter-generation communication in Iran [5]. All these facts can lead to the elevation of the mother's position in the family and provide the grounds for any desirable or undesirable relationship with the child's wife. It seems that the constant feeling of taking up the mother for her child and her constant support for her even after her marriage and emotional involvement between her mother and her husband could transcend the borders of her child's marriage and upset her husband [9]. One of the methods to improve psychological structures, but less considered, is the therapeutic attachment theory. First, it was extended by Khanjani (2005) [6] and, by several other researchers, it became more complete and developed theory in personality growth [10]. The relationship between the two individuals is a stable emotional one, so that one of the two sides tries to maintain a close relationship with the subject of attachment and acts as a way to ensure that the relationship continues [6,11]. Bartholomyo and Harowitz (1991) [12] have tried to define two-dimension attachment styles, each of which have one bipolar state, the first is to avoid a pole of its orientation and another pole of its distance. The second one is the anxiety that a pole is the comfort and other pole of entanglement and concerns [12]. Based on these continuous dimensions of attachment dispersion, three kinds of attachment style that includes safety, unsafe, avoidant, unsafe, unsafe/anxiety/dosauric) have been identified. This strategy is based on the determination of how attachment styles are formed in life cycle and the effective factors on it, and also the recognition of the different modes of attachment in childhood and their effects on childhood maturity as, as well as on the problems of adults. Also, recognizing the structure of the correlations system and how to activate and stop it in the life process, explains the role of attachment in the formation of communication problems and by taking steps to break the defective cycle caused by attachment to the best kind of correlations.

So far, various studies have investigated the effect of affective attachment on improving psychological structures, including those of psychological and Dai, & Wang (2015)[7], thought trends of suicidal suicities (1395) on the patterns of broken rage and irritation [4].

Family matters which are the first and foremost social institutions and are responsible for the well-being and wellbeing of the members of the family. No association has the strong or profound effect of this body [13]. Also any attempt to increase the quality of family and potential factors of divorce during the recent years is required to enhance the family quality and to prevent future victimization Divorce is necessary. On the other hand, it seems that heartfelt attachment treatment has some mechanisms that can help prevent marital anxiety, improve family relations and exert mothers' role. So far, no research with this topic and this statistical community has been done, and the results of this test can be presented to prevent the emergence of troubled styles in both childhood and its undesirable effects on adults. Therefore, this research is intended to answer the question of whether the treatment of attachment has a significant effect on marital maturity, family relationship, and marital relationship.

Tools And Method

This study aimed to investigate the effect of husband-wife attachment on marital distress, family relations, and mothers role experience in married women in Isfahan. The pre-test and post-test research method was performed by a experimental group and control group. In this study, the subjects were selected through various information methods and the samples were collected for only 30 randomly selected by the judge In both experimental and control groups, each of which 15 were randomly assigned, the applicants of the questionnaire attached to the parents and peers, family relationship, and marital relationship, the pre-test role of the wife, while the control group was waiting for the experimental group ($P<0.05$) was taken from the principles and techniques for improving the Johnson-Wynn style The participants were performed 1393 and finally the questionnaires were given a second time to answer the participants (post-test) by comparing the results obtained from the two tests, the effect of the intervention was investigated. The summary of the research design is in table 1.

Table 1. summary of research design

Post Test	Intervention	Pre Test	Group
T2	x	T1	E
T2	-	T1	C

The statistical population of this study included all married women in Isfahan. The statistical population of this study included all married women of Esfahan city. 30 patients were randomly selected and divided into two experimental and control groups, each with 15 non-random cases. The criteria for entry were married women; The tendency to answer the primary literacy questions for responding to the questionnaire regarding the survival of spouse and mother-in-law of age range 25-50, not regularly consumed psychiatric drugs when entering the therapeutic program, the level of minimum educational level in this study includes diswillingness to cooperate with all conflicting questions that prevents the wife and mother of severe disorders from participating in the treatment program at the same time.

Research method

In order to perform the study, 30 subject were randomly selected. In two groups, 15 subject to non-random tests and control were randomly assigned to each group. Questionnaires were recorded as pretest. The experimental group received one and half hour session per month for one month and finally the

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related attachment training sessions after the completion of the sessions The related questionnaires were done. Both groups responded to the research tools in two pre-test and post-test stages in order to identify the objectives of the study, and were assured to the participants that their names and information will remain confidential and they received intensive training sessions in Table 2 of the training to comply with the rights of the Control Group after the completion of the training course.

Table 2. The content of the training sessions taken from the Johnson and Vifans couple therapy Principles based on attachment

Session	Purpose
1	the knowledge of the members of the group, the prevention of ambiguity and confusion, the creation of a secure environment with peace and intimacy for the members of the group, and the provision of laws, defining the wife's nostalgia, family relations, the role of the wife's mother, and introducing the general plan for compassionate training; receiving feedback;
2	Review of past sessions and answers to questions, familiarity with attachment and how it is formed in life cycle, investigating the factors affecting the formation of attachment styles, familiarity with the different kinds of attachment styles and their properties, and evaluating its effects on adults and relations, explaining the unfamiliar situation and viewing the film to better understand the content, presenting the tasks, receiving feedback;
3	Review the previous session's tasks, instruction of the different kinds of attachment styles and features, explaining the change and flexibility of attachment styles to increase the motivations of the participants and check the importance of understanding the different kinds of attachment styles, task array, feedback, and feedback
4	Review of the meeting before and answer to questions and ambiguities about past meetings, learn how to activate the attachment system, investigate problems caused by unsafe attachment, structure and components of the attachment system, study mechanisms of activating attachment, study how individuals can understand and understand different models of specific tasks, receiving feedback;
5	Review of previous session tasks, review of individuals' attitude to marital anxiety, define marital anxiety, training of different dimensions of impatience, study of the factors affecting marital anxiety, identify the role of attachment in marital condancy, and describe interdependence theory with arbitrary agency, array of tasks, receiving feedback.
6	Review the previous session's tasks, defining true love, investigating the characteristics of true love, teaching the right to the husband to make it possible, investigating the relationship between true love and the styles of attachment, investigating the characteristics of safe and unsafe relationships, considering the difference of dependency and attachment and dealing with the characteristics of each, examining the effects of dependency on individual, presenting specific tasks, receiving feedback;
7	Review of previous session tasks, training to identify the role of attachment in future relationships, explain and explore root and underlying problems, especially communication with the husband's family from the point of view of attachment theory and how to cut off the defective cycle from an unsafe attachment style to solve these problems according to attachment theory, how to learn how to form safe communication, study and understand the needs of the husband, identify the requirements of the relationship, discernment, and fear expression of necessity and intimacy, promulgation of specific tasks, receiving feedback;
8	Review of the tasks mentioned during training, encourage and encourage people to use the principles and skills mentioned and abandon unhealthy patterns to strengthen changes made during training, highlight the differences between past and present interactions in order to further establish the safe relationship, promote and maintain skills such as initial and fundamental expression, resolve and experience to increase the skills of attachment, and increase the ability of common hearts. Sincerity and sense of security in connection, performance of post-test, appreciation and goodbye

In this research, three tools were used:

1. the marital distress questionnaire (1996) [7]: The marital anxiety questionnaire was used to evaluate the marital anxiety (1996). The present study contains twenty articles including three main components of physical paralysis (sleep disorders, fatigue, and weakness) of mental illness (feeling angry with the wife and lack of value) emotional falling (falling into the trap, feeling depressed and disappointed). All of the cases reported on a 7-point spectrum is answered that the level 1 shows that the expression is not experienced and the level 7 shows the high experience of the expression. The response spectrum of Likert type is never=1 to always 7. Pins and Naz (2003) [14] shows the degree of indentation, and the higher this number is sensible. The reliability coefficient of the test-retest was 0.89 (for a one month period), 0.76 (one two month period), 0.66 (for a four month period). The internal continuity for most experiments with third coefficients ranges from 0.91 to 0.93 [14]. In Iran, Navid (1384) [9] had Cronbach's alpha coefficient (0.86) by studying this questionnaire on 240 individuals. The internal homology of the questionnaire was 0.873.

2. Alson and Barnes Family Scale (2004) [10]: In this research, Alson and Barnes questionnaire was used to measure family relationships (2004). This questionnaire consisted of 10 questions which have been evaluated from a 5-degree range of totally opposite to total objection. The internal consistency of

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this scale was evaluated by Alson and Barnes (2004) in a 2465% and the results of test again. In this questionnaire, the total score is considered. The internal consistency of this questionnaire was determined in this study and its amount was 0.908. calculated.
3. The role questionnaire of. Amidi Simkani et al (2017)[4]: To assess the role of spouse's mother-in-law, the wife role questionnaire designed by Amidi Simkani et al (2017) based on her clinical experiences in family and family therapy to determine the role of the mother-in-law in spouse, this study includes 29 questions and 5 dimensions including the mother of the intervention mother, the mother, the mother, the mother of interfered mother, the mother, the mother and child born It is a nuisance; all the above-mentioned cases have been scored on Likert spectrum from 5 degrees in favor of completely against.
To investigate the therapeutic attachment training hypothesis on marital distress, family-related experience has an effective role in the role of husband. Multivariate covariance analysis was used. Table 3 of mean and standard deviation of marital disease, family relations and dimensions of the maternal role experience in the group showed. The results of Table 3 show that mean of marital disease, family relationship, maternal role experience after the test was changed with respect to the control group . Multivariate Covariance Analysis was used to make meaningful differences.

Table 3. The mean and standard deviation of marital venance, family relations, dimensions of maternal role experience based on the experimental and control groups

Variables	Group	Number	Standard Deviation	Mean	Test Type	Group
Couple Burn Out	Test	15	16.20	65.86	Pre Test	Test
		15	14.00	63.13	Post Test	
	Control	15	19.73	75.73	Pre Test	Control
		15	10.58	69.80	Post Test	
Family Relations	Test	15	8.03	35.93	Pre Test	Test
		15	9.29	37.92	Post Test	
	Control	15	7.65	34.06	Pre Test	Control
		15	7.11	32.80	Post Test	
Helping Spouse Mother	Test	15	4.93	19.33	Pre Test	Test
		15	5.73	20.86	Post Test	
	Control	15	6.22	17.73	Pre Test	Control
		15	5.78	15.93	Post Test	
Intervening Spouse Mother	Test	15	6.23	16.20	Pre Test	Test
		15	3.67	14.66	Post Test	
	Control	15	5.30	14.33	Pre Test	Control
		15	4.92	14.40	Post Test	
Wise Spouse Mother	Test	15	3.75	17.93	Pre Test	Test
		15	4.06	20.26	Post Test	
	Control	15	5.01	16.86	Pre Test	Control
		15	3.27	16.53	Post Test	
Indifferent Spouse Mother	Test	15	3.84	11.93	Pre Test	Test
		15	4.50	10.60	Post Test	
	Control	15	4.76	13.53	Pre Test	Control
		15	4.33	13.60	Post Test	
Disturbing Spouse Mother	Test	15	4.88	13.13	Pre Test	Test
		15	3.48	10.80	Post Test	
	Control	15	3.54	11.80	Pre Test	Control
		15	2.95	11.20	Post Test	

To evaluate the marital anxiety scores, family relations, and dimensions of the mother-in-law role relationship of spouse were evaluated using Shapiro Wilk Test the analysis results in Table 4.

Table 4. Sepairo Wilk Experiment aimed to evaluate the normal marital distress scores, family relationships and dimensions of the mothers role experience in the experimental and control groups

Group	Source of Changes	Meaningfulness	Freedom Degree	Shapiro Wilk Test
Test	Couple Burn Out	0.085	14	0.892
	Family Relations	0.099	14	0.896
	Helping Spouse Mother	0.257	14	0.925
	Intervening Spouse Mother	0.719	14	0.960
	Wise Spouse Mother	0.478	14	0.944
	Indifferent Spouse Mother	0.050	14	0.852

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Group	Source of Changes	Meaningfulness	Freedom Degree	Shapiro Wilk Test
	Disturbing Spouse Mother	0.056	14	0.856
Control	Couple Burn Out	0.768	14	0.964
	Family Relations	0.914	14	0.974
	Helping Spouse Mother	0.563	14	0.952
	Intervening Spouse Mother	0.052	14	0.883
	Wise Spouse Mother	0.908	14	0.974
	Indifferent Spouse Mother	0.051	14	0.850
	Disturbing Spouse Mother	0.088	14	0.898

The Chapyrrolyk test results in table 4 indicated that marital disease, family relationship, aspect of normal maternal experience. This default was observed by using the correlative analysis. Levies test was used to assess the parity of variance between marital anxiety, family relations, dimensions of the parent's role experience. Table 5 shows the results of this analysis.

Table 5. Levin test results in order to study the equality of variance of marital anxiety, family relationship, dimensions of the role of mother in the experimental group and control group

Source of Changes	Meaningfulness	df_2	df_1	F
Couple Burn Out	0.066	27	1	3.659
Family Relations	0.149	27	1	2.207
Helping Spouse Mother	0.177	27	1	1.918
Intervening Spouse Mother	0.557	27	1	0.354
Wise Spouse Mother	0.064	27	1	10.088
Indifferent Spouse Mother	0.053	27	1	5.076
Disturbing Spouse Mother	0.515	27	1	0.436

No significant difference was observed between marital anxiety scores, family relations, mothers role experiences between the two groups. This default was observed by using the correlative analysis. Box tests were used for covariance in marital anxiety, family relations, size of the mother-in-house role relationship between two groups.

Table 6. The Boxing Test Results in order to Evaluate the Equity of Marital Anxiety Scores, Family Relationships, Dimensions of the Role of Spousal in the Experimental and Control Groups

Source of Changes	Meaningfulness	df_2	df_1	F	Box Test
Couple Burn Out, Family Relations, The Role of Spouse Mother	0/.695	2511.791	28	0.848	33.18

The results of table 6 for Box test demonstrated that the difference between marital barbedding, family relationship, the size of mothers' role experience is not meaningful in both groups. To verify the defaults, the MANCOVA was used to compare the two groups. Table 7 shows the results of the multi-variable coriander analysis.

Discussion

In the family environment, people are linked by strong, long-term and mutual interests. However, some of these concerns may result in some conflicts in family relations and ties with the original family and problems such as marital vengeance between couples or couples. Considering the inherent problems caused by unsafe attachment and modification of attachment styles in couples it is important to consider the effect of this study. It can be concluded that therapeutic attachment training has positive effect on family relationship. It can be concluded that marital attachment training has no effect on improvement of marital anxiety and the maternal role of spouse. It is not effective to improve marital attachment and paternalism. It is therefore necessary to review the role of paternal engagement in terms of marital relationship with the mothers. Or, along with the other extensions, the results of the study were based on the positive effects of the therapeutic approach on psychological variables. The results of this study showed that with the results of Amani et al (2017)[4] based on the influence of two approaches intimacy Capri, B. (2013)[3] on the effectiveness of teaching of the skills of communication on improving the attitude of love and reducing marital anxiety, Edalati (2010)[1] on the effectiveness of marriage therapy on the basis of engagement on the matter of the married couple.

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Table 7. The results of multi-variant coriander analysis for marital distress, family relationship, dimensions of the role of the wife in pre-test group

Test Type	Source of Changes	Test Coefficient	Eta Square	Meaningfulness	F	Mean of Squares	df	Sum of Squares
Pre Test	Couple Burn Out	0.879	0.352	0.004	10.850	1009.124	1	1009.124
	Family Relations	0.981	0.457	0.000	18.071	699.563	1	699.563
	Helping Spouse Mother	0.547	0.193	0.047	4.770	114.925	1	114.925
	Intervening Spouse Mother	0.959	0.431	0.001	15.133	87.299	1	87.299
	Wise Spouse Mother	0.257	0.087	0.187	1.877	20.441	1	20.441
	Indifferent Spouse Mother	0.266	0.089	0.177	1.959	25.799	1	25.799
	Disturbing Spouse Mother	0.977	0.548	0.000	24.275	111.849	1	111.849
Group	Couple Burn Out	0.086	0.016	0.572	0.331	37.747	1	37.747
	Family Relations	0.335	0.115	0.123	2.591	100.313	1	100.313
	Helping Spouse Mother	0.410	0.142	0.084	3.311	97.974	1	97.974
	Intervening Spouse Mother	0.050	0.000	0.953	0.004	0.021	1	0.021
	Wise Spouse Mother	0.491	0.172	0.055	4.410	45.096	1	45.096
	Indifferent Spouse Mother	0.220	0.072	0.228	1.546	20.387	1	20.387
	Disturbing Spouse Mother	0.182	0.057	0.285	1.208	5.564	1	5.564
Error	Couple Burn Out					93.006	20	1860.123
	Family Relations					38.713	20	774.251
	Helping Spouse Mother					24.094	20	481.854
	Intervening Spouse Mother					5.769	20	115.274
	Wise Spouse Mother					10.892	20	217.835
	Indifferent Spouse Mother					13.187	20	263.732
	Disturbing Spouse Mother					4.608	20	92.151

In explaining the effectiveness of family attachment, it can be said that because the theory of attachment is a natural requirement, a desire to be sincere, and also the importance of a sense of value and sincerity in family relations, it is believed that the need for attachment and intimacy with specific people is one of the important needs of humans, and the desire to be sincere and to satisfy the desire to be suicidal and the need for attachment and attachment The inner value senses for themselves and others lead to more secure attachment between couples, so it will facilitate the ability of the individual to encrypt the interactions and correctly predict the behavior of the important people in life. In fact, the individual, from an intra-person perspective, creates a self-supporting and kind image of the other. Each of these dimensions and images prepare a person with a secure attachment style for having close relationship. Besides, these two dimensions strengthen each other according to mutual effects and increase the person's readiness to exchange intimacy, and in this way, this treatment will improve family ties.

Non-effectiveness of empathy on marital distress can be said that when a wife is not available, people are not responsive or disobedient, most of the emotional strategies that unintentionally sustain or even intensify the relationship and weakens the bonds between them. These include a anxious rebellion and demanding or stepping away and delocalising. Considering the circumstances that this treatment creates in relationships between couples, including the application of the principles and skills, the drop in unhealthy patterns, highlight the differences between the past and present in order to further establish a secure relationship, an increased sincerity and a sense of security through promoting and preserving skills such as initial expression and fundamental skills, and to resolve the initial settlement of the related experiences, the ability and the sense of empathy...All of this leads to the hope that couples are optimistic about the future because life is moving in the direction of positive change, which can lead to a decrease in disappointment. One can say that one of the reasons why the disproportionate results with previous expectations and research is that the present study is focused on women alone. And since married are the most important source of attachment, and marriage is one of the problems that affect women. There has been a need to reform both in a couple of relationships, since the other person must work on the need for attachment and strategies arising from the other side's interest and, as a result, they are naturally prepared to fulfill these needs in order to make it a safe choice and move towards a secure attachment. In most research, both individuals will be treated or trained in a relationship.In explaining the lack of effect of attachment on the experience of the role of the wife, it seems that since, based on research evidence, the family's situation in the cultural context of Iran has been found to be in a broad state between the nuclear system and in spite of having a separate house for residency after marriage, children still maintain strong ties with their original families even after marriage (Dai, & Wang, 2015)[7] By intervening or criticizing the families of the couple, it also affects the marriage

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relationship [8]. On the other hand, since the strong relationship between parents and children, even after marriage, the constant desire of the families to own their children and the strong emotional relationship between them can lead to problems in their marital relationship, such as the strong joining of the men from their original family, because of the intense emotional bond and refusal to allow the wife to ignore her needs, and thus cause the bride or groom's anxiety and weakness and the relationship between them. The response to such reports seems that in short time, the culture is not fraught with the intense interdependence of spouses and their mother-in-law, which has led to difficulties. On the other hand, since in Iran the role of mother is a special and important place, and the religious and cultural teachings confirm it [15] and mothers consider the care and support of their children a permanent duty, and this is one of the inseparable issues of communication between a generation in Iran. This is a constant feeling of the mother's possession and her children's support After her marriage and emotional conflict between her, she could override the marital borders of her child and husband and cause displeasure in the child's wife and provide the grounds for any desirable or undesirable relationship with her husband [9]. In the role of wife's mother-in-law, the family's role is not only safer. The role of her mother-in-law and how to resolve the conflicts between her husband and mother and how her mother interferes, and how she explains her husband's behavior and how she responds very important and important.

Like other methods, the present pession has the limits mentioned below:

Since there was no possibility of random sampling and sampling was conducted. And information obtained by self-reporting was that there is a possible switch in responses. Moreover, there was no possibility for control of other variables that could be more influential in results such as personality traits, factors related to the main family, and roles of men and women. This study may be another limitation of this study. The results of this study are only a significant factor for the affected individuals.

Conclusion:It seems that therapeutic training may be used in prevention and therapy strategies and also because all persons with different attachment styles, which are formed as children, can go on to marital life and sometimes these styles can be unsafe even though these compassionate styles can change and or continue training in such a way as a child, can make a safe attachment to mothers and ensure that they are educated in children's mothers. It is important to married couples to prevent unsafe attachment in childhood.

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