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Research Article

**THE EFFECTIVENESS OF SOLUTION-ORIENTED ADVICE
ON MARITAL CONFLICT OF DIVORCE APPLICANTS IN
DARAB****Ghediseh Shaker¹ and Siroos Sarvghad^{2*}**¹ Department of Counseling, Marvdasht Branch, Islamic Azad University, Marvdasht Iran² Assistant Professor, Department of Counseling, Marvdasht Branch, Islamic Azad University,
Marvdasht Iran**Abstract:**

The purpose of this study was to investigate the effect of solving counseling on marital conflicts of women in divorce women in Darab city. In terms of its nature and objectives, this research is of a practical nature and semi-experimental, pre-test, post-test, and control group have been used for its implementation. The statistical population of this study included all female applicants for divorce in Darab in 2015, the sample was selected using purposeful sampling method. In this way, two centers were selected from counseling centers of Darab city. From each center, 15 persons (total 30 persons) of divorce applicants were considered as the sample of research. In this way, two centers were selected from counseling centers of Darab city. From each center, 15 persons (total 30 persons) of divorce applicants were considered as the sample of research. Of these 30, 15 were randomly assigned in the experimental group and 15 in the control group. The data were collected using the Barati and Sanai Marital Conflict Questionnaire (1996). Data were analyzed using one-variable and multivariate (MANCOVA) covariance analysis. The results of the study showed that solving counseling has a significant effect on the marital conflicts of women in divorce applicants and reduces them. Solution-solving counseling is also an important way to reduce the marital conflicts of women and helps to improve the quality of marital life of women.

Keywords: *Circuit Counseling, Marital Conflict***Corresponding Author:**

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INTRODUCTION:

The health and dynamism of the family, as the core and constructive core of the community, is rooted in the health and well-being of the spouses, so marriage and marital life as the main nucleus of the family are very much considered. Marriage is a social institution that binds two totally different social, economic, and cultural individuals to form a family, and therefore, faces more internal conflicts than other institutions. Contradiction and marital conflicts are a phenomenon that has been defined since the beginning of human history and has been defined as a risk factor for the health of marriage [1]. The high divorce rate in Iran and the increase in the percentage of women who demand divorce indicate an increase in marital conflicts. An increase in the number of divorces shows that the relationship between spouses has undergone many years of change in life, leading to an increase in differences between spouses and ultimately in divorces. Succeeding or unsuccessful marriage, achievement is a factor in many social and cultural factors. How many spouses have found a disadvantage in life due to inconsistencies in various cultural fields, such as religion and religion, customs, traditions, and the like, and these differences have led to differences between them [2]. The experts believe that marital conflict is a struggle for the seizure of bases and sources of power and the elimination of the privileges of each other [3]. Gang (2007) [4] argues that conflict in relationships occurs when one's behavior is not matched to the expectations of another person. The experts believe that marital conflict is a struggle for the seizure of bases and sources of power and the elimination of the privileges of each other [3]. Gang (2007) [4] argues that conflict in relationships occurs when one's behavior does not fit into the expectations of another person. Wicks and Tritt (2010) [5] also find conflicting wives who are dissatisfied with their spouse's habits and characters and have a communication problem in a variety of contexts, which address these problems of marital adjustment during the common life and various economic, social and cultural aspects of the household it affects and reduces the courage and intimacy of family members. In this context [6]. It is believed that spouses who are incapable of establishing appropriate relationships are more dissatisfied with their relationships than spouses in this field. There is some evidence that marital distress, conflict, and disintegration with a range of unpleasant and destructive effects on children such as depression, depression, poor social empowerment, health problems, poor academic performance, and related problems [7]. Therefore, helping these families to pay attention to therapeutic approaches affecting marital life is one of the most appropriate methods of counseling. Short-term treatment of the solution-centered effort

was made by Steve (Schizer) Insuchem Berg and his colleagues at the BFTC in Milwaukee. The treatment of short-term short-term solutions differs from traditional treatment in favor of the present and the future, avoiding the past. This treatment focuses so much on what is possible, which is not interested in knowing the problem, because they do not have a necessary relationship between their problems and their solutions [8]. The remedy of the remedy involves power-assumptions. The people are healthy, the people are competent, and they have the ability to create solutions that can improve their lives [9] (Prochsche and Norkras, 1996; translated by Seyyed Mohammadi, 2008). The underlying philosophy of the solution-centric approach is based on the idea that a constant change is inevitable. Therefore, in treatment, it is emphasized on what may be. This model emphasizes the removal of small steps to commence change [10]. Solution-based treatment has been instrumental in working with Milton Erikson, the group says that in terms of treatment and counseling, it takes a lot of time to find the deficiencies and inability of the authorities. If effective treatment is to focus on finding the capabilities and capabilities of the referrals [11]. The solution solution, in spite of its short history, has recently been used by a large group of mentors and mental health professionals around the world. This approach is different from the old ways of psychotherapy, due to the emphasis on low self-esteem, short-term treatment and emphasis on positive and strong aspects [12]. Research has also shown positive effects on a range of therapists. It has also been consistent with a group of cultural features commonly used by Asian treatment clients, especially West Asia [13]. Research has also shown positive effects on a range of therapists. It has also been consistent with a group of cultural features commonly used by Asian therapists, especially Western Asia [13].

Adell, Butler & Dylman (2005)[14] investigated the effect of solving counseling on marital satisfaction, which showed that solving solutions have a positive effect on marital satisfaction. Valveon (2009) [15] examined a "cross-analysis" of the effect of the marital satisfaction algorithm approach compared to other approaches, so that this approach was tested as an experimental approach and other approaches called "control approaches", which indicated that The positive effect of the solution-oriented approach is on marital satisfaction of couples. Nelson (2014) [16] examined the effectiveness of group-centered solution-solving strategies in reducing marital conflicts, and the results of covariance analysis in this research have shown that conflict resolution and marital conflicts have been reduced by providing conflict resolution instruction.

RESEARCH METHOD:

The research was of applied type and semi-experimental research method was used for its implementation using pretest-posttest with control group. The statistical population of this research included all female applicants for divorce in Darab city in 2015. The sample was selected through purposeful sampling. Two centers were selected from counseling centers of Darab city and 15 centers were selected from each center. (A total of 30) of female applicants for divorce were considered as a sample of research. Of these 30, 15

were randomly assigned in the experimental group and 15 in the control group.

Research tool

Marital Conflict Questionnaire

The Marital Conflict Questionnaire was prepared by Berati and Snyani (1996) and has 42 questions that measure seven dimensions or areas of marital conflict.

For data analysis, one-way (ANCOVA) and multivariate (MANCOVA) covariance analysis tests were used at the descriptive level of mean and standard deviation and in inferential statistics. Data were analyzed using SPSS 22 software.

RESULTS:

Post test		pre-exam			
Control	experiment	Control	experiment	Indicators	Variables
20.18	26.11	86.17	66.16	Average	Reduce Collaboration
30.2	89.2	68.3	55.2	Standard deviation	
80.18	13.12	40.19	60.17		Decreased sex
97.1	40.1	41.2	47.2	Average	
60.29	40.19	40.28	40.27	Standard deviation	Increased emotional response
91.2	72.2	33.4	75.3		
86.17	86.11	86.17	60.17	Average	Increased child support
99.2	23.2	35.3	58.2	Standard deviation	
22	26.14	53.21	60.21		Increasing individual relationships with your relatives
75.2	46.2	75.3	5.3	Average	
46.22	13.14	53.21	6.21	Standard deviation	Reduce your relationship with your loved ones
11.3	69.2	75.3	49.2		
66.24	6.16	25	40.25	Average	Separating finances from each other
83.1	54.2	70.3	35.3	Standard deviation	
46.152	93.99	33.151	53.146		Marital conflicts
86.5	33.9	99.18	91.12	Average	

Table 2: Regression slope homogeneity test

sig	f	MS	Df	Sum of squares	Indicator
0.756	0.99	264.6	1	264.6	Group * Pre-test

Table 3: Box test results on the default of equality of variances

statistics	Indicator
364.2	F value
1	Degree of freedom 1
28	Degree of freedom 2
0.135	The significance level

Table 4: Analysis of variance analysis of the effect of counseling solutions on marital conflicts of female applicants for divorce

Statistical power	Partial squat	sig	f	MS	df	Sum squares	Source of change
0.135	0.28	0.389	0.768	91.47	1	91.47	pre-exam
0.999	0.925	0.001	670.334	194.20521	1	194.20521	Difference Between Groups
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Table 5: Results of multivariate covariance analysis on post-test scores of marital conflict components of test and control groups, with control of pre-test effect

significance level	df Error	df Hypothesis	f	amount	Test name
0.001	22	7	41.715	0.930	Pulse effect test
0.001	22	7	41.715	0.070	Wilk's Lambda Test
0.001	22	7	41.715	13.273	Test hotel effect
0.001	22	7	41.715	13.273	Test the biggest root of the zinc

Table 6: Results of single-variable variance analysis in Manekawa text on post-test scores of marital conflict components of test and control groups

sig	f	Average squares	Degrees of freedom	Sum of squares	Statistical index Variables
0.001	52.761	360.533	1	360.533	Reduce Collaboration
0.001	113.636	333.333	1	333.333	Decreased sex
0.001	88.182	700.833	1	700.833	Increased emotional response
0.001	38.677	270.000	1	270.000	Increased child support
0.001	65.777	448.533	1	448.533	Increasing individual relationships with your relatives
0.001	61.412	520.833	1	833.520	Reduce your relationship with your loved ones
0.001	112.331	554.700	1	700.554	Separating finances from each other

DISCUSSION AND CONCLUSION:

The purpose of this study was to investigate the effect of solving counseling on marital conflicts of female applicants for divorce. The findings showed that counseling for solving the marital conflicts of the applicant women has affected divorce and reduced their marital conflicts.

This finding is consistent with the findings of [14,16,17-19] In explaining this finding, it can be said that the solution to a solution is a form of short treatment that relies on the resources and ability of users to adapt and create solutions. The philosophy

of the underlying solution-based approach is based on the idea that continuous change and avoidance It's impossible. Therefore, in treatment, emphasis is placed on what is possible. This model emphasizes the removal of small steps to start the change, since it focuses on solutions, with fewer deficiencies and deficiencies; this method is very useful in dealing with couples. Ultimately, because this consultation is based on the utilization of the strengths and capabilities of the authorities, it can motivate Duzun and increase their efforts for a successful life. For the following reasons, the effectiveness of

a solvent-based approach to reducing marital conflicts is mentioned:

First, couples who thought so far, their problem is complex and terrible, now they are hoping to attend couple therapy sessions and realize they have the ability to solve their problem. By implementing techniques such as signing, couples will realize that they are able to stop it if they are able to create a conflict. Second, couples use different solutions to solve their conflicts. Some of these solutions (like avoidance, uncertainty, etc.) instead of solving problems make them eternal. In couples' treatment sessions, problem-solving techniques such as brainstorming and conversation are encouraged to discuss the problem, which in turn helps couples solve their problems through mutual discussion or participation. That is, to devise solutions that is in the interest of both of them. In the treatment of conflict, it is considered natural and encourages couples to discuss their problem and reach a common solution. Solution-oriented therapy respects the skills and abilities of couples in coping with their problems and is working with coping questions to help couples understand their coping strategies and create better solutions. Also, by improving the communication between couples, their level of intimacy and satisfaction is increased and their marital conflicts are reduced. Also, based on the findings of the research, there was a significant difference between the divorced women in the experimental group who were under the decision of counseling counseling and the control group who were not under solvation counseling in terms of marital conflict dimensions (decreased collaboration, decreased sex, increased emotional response, increasing support for children, increasing personal relationships with relatives, reducing relationships with spouses and friends, and separating finances from each other) There is a significant difference, in the experimental group, the group who has been consulted on the solution, marital conflicts In these areas has dropped. This finding is consistent with the findings of Ghamari (2009), Nelson (2014), and Saeidi et al. (2006) [16,20,21]. They showed that a solution-oriented approach was effective in reducing the dimensions of marital conflict. In explaining the role of remedial treatment in improving couples interactions, a healthy marital relationship is far from contempt and criticism, and issues and desires are posed in a sincere and emotional atmosphere. Some solution-oriented treatment questions (such as relationship understanding questions) or techniques such as finding a positive story in marital life help to achieve this. Couples return to the sad times by finding a positive story, and they are moving closer together in implementing the technique of expressing feelings at the marriage counseling meeting and helping to increase collaboration. In justifying the role of short-term

remedial treatment in improving sexual intercourse, it can be said that improving the emotional relationship of couples can be expected to improve their sex. The short-term treatment of the sexual solution solves the sexual problems of the couple to a large extent, and this is consistent with the Anonymous study (1996) [22]. In the context of the effect of cohesive counseling on improving emotional responses, one can say that solving counseling by providing positive guidelines and emphasizing the strengths and abilities of couples to develop the personality of flexibility and compromise in They help to increase the ability to deal with problems and abnormalities in couples by increasing adaptive forces and positive attitudes. This counseling method, in addition to giving customers hope, brings them to thinking about life, which helps clients to think about logical life issues, which is partly due to the emergence of stresses And preventing emotional problems in life. On the other hand, the purpose of the treatment is merely to help the authorities by changing the way they talk about the difficulty of talking about solutions to the problem, which will give the authorities more ability to deal with the problems and bring them against future problems. Stubborn considering that in the solution of counseling, the counselor seeks to look at the problem from the eyes of the eye and seek to change the behavior with the same perception[23]. The counselor can deeply understand the problem of references and can bring his wife, children and relatives to the satisfaction with the feelings and attitudes that the referring authorities can bring, which can improve the person's relationship with Wife and children and relatives.

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