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The study of the influence of training anger management skills on increasing intimacy between couples (case study, ghaen counseling center)

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ABSTRACT

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While anger is a fulfilling emotion, it can be destructive too that balances our inner structure and prepares us to confront the potential errors in our surroundings. Since anger management is one of the life skills, this study tries to investigate the influence of training anger management skills on increasing intimacy between couples. The present study is a pilot study of pre- and post-test with control group that was carried out on clients with issues of marital discord in Family Counseling Center in Ghaen City in 2012-2013. sample group enumerated voluntarily who consisted of 60 people and divided into two equal groups of test and control (30 people). Both groups filled seventeen- question questionnaire of intimacy scale (IS) then test group took part in 12 sessions of 90 minutes in anger management but the control group didn't take part in those classes. After the program, both groups filled the questionnaires again. Mean and standard deviation were used for analyzing the data at descriptive level and at inferential level multi- variable covariance analysis and mono-variable Mankuvankova showed that components at pre and post test stages revealed that training anger management had significant relationship with couples intimacy.

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1. Introduction

Family is a social identity that results from the male and female marriage. Among the manifestations of the human social life are healthy and constructive transactions between spouses, love of people, intimacy and sympathy. Families specially young couples should know about satisfying biological and psychological needs of each other and being aware of the methods of satisfying them and controlling and managing adverse sentiments are necessary and indispensable. An individual's satisfaction of life means the family satisfaction and results in material and spiritual development and growth of the society (Edalati Vardezvan 2010).

Anger emotion has a high influence on human life. Anger is often as a result of abnormal behaviors of the other people. It is a normal process but starts from a transient sadness and discomfort to a high anger. Changes in marriage goals and clinical experiences show intense and widespread problems in having relationship and controlling anger. Creating and maintaining intimate relationship and satisfying emotional and mental needs require skill and art and besides mental health and healthy experiences need logical thinking, gaining skills and doing special tasks (Brenshatine and Brenshatine 1380, Bagarozzi 2001).

2. Stating the problem

In marital relationship having life skills such as anger management is an important and essential principle in the society and results in powerful mind and preserve intimacy and calmness of the life. Intimacy in marital relationship, as a behavior pattern is conceptualized and has powerful emotional and social aspects. It is based on acceptance, satisfaction, and love. Based on intimacy components which consist of 9 items: (Garozy 2001) emotional, time, intellectual, relational, psychological, social, religious, sexual and physical intimacy. Each one is important in creating intimacy between couples by training anger management skills. Among them are love, care and sexual problems. The research of Farogina and Hokas (1998) showed that these three factors have eye catching and unique role in the intimacy between couples. Satisfaction of sexual relationship has an important role in romantic relationship and Vilis, ET, al concluded that there was a significant relationship between satisfaction of sexual relationship and intimate relation (Farogina, 1998).

According to Klinker (1998) anger management includes the following skills: using social protection systems, skills of problem solving, self-relaxation, self-control, sense of humor, communication, listening and expressing emotions. Aggression is a disorder in which others' basic rights, social and moral regulations and emotions are ignored (American Psychiatric Association 2004).

Anger management is a necessity of life and mental and educational interventions are done to avoid its negative consequences. Comprehensive success of the people in their daily life requires enough qualification in the field of anger management (Barenz 2001). Anger management decreases emotional feelings and physiological excitation which results from anger. (American Psychiatric Association 2004) although anger is natural and sometimes useful, it has some dangers. When anger is destructive and out of control, can result in problems at work, interpersonal relations and overall quality of life (American Psychiatric Association 2004).

With regard to the negative and destructive social and personal consequences of anger, the important problem is anger management. In recent studies, special attention has been paid to evaluation and comprehension of consequences of anger. (Novaker 2000) most couples have problems in controlling and managing anger and show aggressive behavior. A lot of specialists have tried to find methods to control aggression (Ahmadi, et. al. 1388).

Dinner (2002) believes that negative emotions such as anger makes the person limit his/her mind to negative reactions against them while positive emotions open the mind on incentives and provide opportunities to intensive attention to the environment and increase creativity and happiness. One of the emotions that has an important role in life is anger which is as a result of the individuals' reaction against others' aggressive behavior. Anger results from internal factors such as illogical ideas and opinions, improper expectations, feeling of failure and being insulted. (Kelinkeh, translated by Mohamadkhani,1382) intimacy in marriage is valuable because strengthen the couples' commitment to the stability of the relationship and positively relates to marital satisfaction (Helerwood, 1998).

3. Intimacy

In this study, intimacy means test score at "A.G Vakerval. Tompson Intimacy Scale, 1983" that can be achieved by adding the scores of the questions and dividing by 17. The range is between 1-7 and higher scores show higher intimacy. Intimacy is defined as the ability to have relationship with others by preserving individuality. These definitions based on individuality show that individuals should reach the degree of personal growth to have intimate relationship with other people.

3.1. Components of intimacy: stability, happiness, responsibility, discussion, sympathy, agreement, coordination, self-evident, easy taking, limitation and sublimity.

3.2. Intimacy based on behaviorists

People have intimate relationship with those who reinforce them. The application of reinforcement principles in the study of intimate relationship was developed by Kelor and Bayren (1974). By accepting conditioning, these theorists predict that couples become intimate when they reinforce each other. The essence of this theory is the Aristotle's theory that states people are intimate with those who have treated them kindly. (Aristotle 1984) enforcement theories also emphasize Classic Conditioning Principles; therefore, couples who have enforcing experiences, feel more intimate. Klur and Biron consider enforcement as non-conditioning stimulus that stimulates conditioning response, that is, positive emotions; therefore, each person who accompanies non conditioning stimulus, creates non conditioning response and more enforcement results in more intimacy.

3.3. Social interaction theories

Social interaction theories study intimate behavior in relationship instead of emphasizing elementary struggles between couples and pay attention to the commitment and satisfaction of the relationship. In social interaction theories, it is predicted that although enforcements determines the amount of satisfaction of the relationship, structures such as access to other kinds of relationship and the amount of investment in relationship reveal the level of the commitment of the couples.

3.4. Interdependence theory

It is highly influenced by interdependence theory and supposes that people become intimate in those relationships that received enforcements are more than expenses. For example, couples compare the outcomes of their relationships with the past relations and other relations and the degree of intimacy depends on this comparison (Fahr 1996).

3.5. Equality theory

This theory emphasizes justice and equality. This theory discusses that couples are satisfied with their relationship and feel intimate that gain a profit and outcome of it and be comparable with their partners' benefits. In other words, this theory emphasizes on the appreciation of the couples of the amount of enforcement that their partner receives. Those partners who get more outcome from their relationship feel guilty and those who get less feel angry and cannot be intimate with their partner; therefore, equal relationships form intimacy (Hatfield and Trapmon 1981).

3.6. Cognitive Consistency Theory

Couples need consistency or balance in their life and this balance can be defined based on their positive and negative views toward affairs and processes (Fahr, 1996). In this theory, when couples have coordination and similarity, they feel intimate and when they love each other but have different views toward the environment and processes, imbalance come in. in this case one of them or both of them try to change their feelings toward affairs and processes; therefore, reaching balance is the main incentive of the couples in an intimate relationship.

3.7. Developmental Theories

This theory (like social interaction theory) pays attention to the change of relationship during a period of time (Altman and Tylor, 1973). This theory emphasizes self-disclosure after the development of the relationship and the characteristic of stable relationships are deeper self-disclosure and more intimacy between the couples. This theory believes that couples are alien at the beginning of the relationship but they become more intimate as their relationship develops and disclose their inner thought and feelings (Fahr, 1996).

Other theoretical models also reveal intimacy, among which the model of intimacy process emphasizes multi element of intimacy and interpersonal process. (Lorenzo, Bart, Veravin 2005)based on marriages which are formed based on friendship, those couples who have similar responsibilities and tasks and cooperate in all family affairs feel more intimate. Based on natural patterns of marriage, it is supposed that in traditional marriages that put importance on marriage, more intimacy exists between couples and in gender pattern of life, men and women feel more intimate when they are successful in playing their gender roles (Wilcox & Nock, 2006).

4. Anger

Skills of anger management included different guidelines such as cognitive, behavioral, muscular calmness, bravery, decreasing stress, training self-disclosure and These skills were taught to couples of Ghaeen City during 12 sessions of 90 minutes.

4.1. different views of anger treatment

4.1.1. moral specialists stated practical and scientific methods for treating anger

Practical method: thinking about the negative influences of expressing anger and positive effects of patience. Scientific method: preventing from anger. People should avoid anger before its outrage for example by leaving the place, changing mood, thinking about God or doing other things (Shekuhi Yekta et al., 2009).

Angry couples cannot predict the consequences of their behavior correctly, they see aggressive signs in social incentives and consider symptoms of fear in interpreting others' behavior. Relate other's behavior to aggressive intentions in ambiguous situations and doesn't have correct appreciation of their own level of aggression (Vakili, 2007)

Anger management relate to the decrease of aggression and increase of social and emotional qualifications. When couples manage themselves, they can confront their emotions and state them in acceptable methods (Sturn, 1999).

Anger can be expressed in the form of physical and vocal aggression, hostility, opposition, criticism, resentment, repetition and staying away from people and avoiding problems. Anger is a dangerous emotion because tries to destroy a person or an object that is an obstacle in its way. Increase in blood pressure and pulses and body reactions as a result of anger are dangerous for the body. If it is not expressed, increases hostility within the person and damages the person's performance in interpersonal and social occasions, compatibility with others, achieving goals, family life and occupational opportunities (Naghdi, 2010).

4.1.2. emotional, intellectual and behavioral view in anger treatment includes these elements: (Allis, 1998)

1. The study of the basis of anger
2. Differentiating logical and illogical thoughts and suitable and unsuitable feelings.
3. The role of logical thinking and beliefs in emotional responses and feelings.
4. The study of illogical thoughts underlying anger
5. The acceptance of self as a technique of confronting anger.
6. Fight with illogical thoughts.
7. Replacing illogical thinking with suitable feelings.
8. Training courage as a technique of confronting anger.

Anger is an emotion which has destructive consequences and has been the center of attention for a long time. Islamic Sayings have discussed anger, the consequences of intense anger, behavioral and physical signs, damages, negative effects of anger in social relations and practical guidelines for controlling it. (Shekuhiyekta, et, al 2009)

5. Hypotheses

5.1. Major hypothesis

Training anger management resolved the conflicts of the couples who got counseling at Ghaen counseling center

2-5. Minor hypothesis: Anger Management Skills have significant effect on couples' intimacy

6. Methodology

The present study is a pilot study of pre- and post-test with control group that was carried out on clients with issues of marital discord at Family Counseling Center in Ghaen City in 2012-2013. sample group enumerated voluntarily who consisted of 60 people and divided into two equal groups of test and control (30 people). Both groups filled seventeen- question questionnaire of intimacy scale (IS) that can be achieved by adding the scores of the questions and dividing by 17. The range is between 1-7 and higher scores show higher intimacy. Then test group took part in 12 sessions of 90 minutes in anger management but the control group didn't take part in those classes. After the program, both groups filled the questionnaires again.

Mean and standard deviation were used for analyzing the data at descriptive level and at inferential level multi- variable covariance analysis and mono-variable Mankuvankova were used.

7. Results

Table 1

Descriptive indexes of the scores of the couples in test and control groups in overall intimacy of them at pre-test stage.

Control				test				Statistical index variables
maximu m	minim um	Standard deviation	mean	maximu m	minim um	Standard deviatio n	mean	
52	43	3	46	52	43	2.6	47	Couples intimacy

The above table shows mean and standard deviation of the scores of the couples in test and control groups in overall intimacy of them at pre-test stage. The results show that the mean of the overall score of the couples' intimacy at pretest for the couples of test group and control group are 46 and 47 respectively.

Table 2

Descriptive indexes of the scores of the couples in test and control groups in overall intimacy of them at post-test stage.

Control				test				Statistical index variables
maxi mum	mini mum	Standard deviation	mean	maxim um	minimu m	Standard deviatio n	mean	
52	43	2.9	46	94	85	3	89	Couples' intimacy

The above table shows the mean and standard deviation of the scores of the couples in test and control groups in overall intimacy of them at post-test stage. The results show that the mean of the overall score of the couples' intimacy at post test for the couples of test group and control group are 46 and 89 respectively.

Table 3

The study of the hypothesis of the homogeneity of the slope in intimacy variable.

Ita coefficient	Sig.	F	Mean of squares	Degree of freedom		Sum of squares	
981.	000.	988.289	88040.680	3		26522.039	Revised model
732.	000.	152.780	1366.683	1		1366.683	Inner group influence
225.	000.	16.279	145.626	1		145.626	Inter group influence
038.	334.	1.119	10.011	2		20.0945	Interactive effect of the group and pre test error
			8.945	56		304327.000	

60 27022.983 total
59 Revised total

Based on the findings of table 3 since observed *f* is interactive effect of the group and pretest (0.22) at certainty level of 95% with degree of freedom of 2 and 59 is smaller than *f*, the relationship between covariance of the group and pretest is not significant; therefore, we can use ANCOVA in the analysis of Variance.

Table 4

Descriptive indexes of intimacy score in general and the test of equality of variable's variance.

Significance level	Degree of freedom 2	Degree of freedom 1	F	number	Standard deviation	mean	group
05.	58	1	4.01	30	2.96512	46.9667	control
				30	3.02860	89.0000	test
				60	21.40132	67.9833	total

The results of table 4 show descriptive indexes of the score of marital satisfaction in general and the test of equality of variance of variable of marital satisfaction in general. As it can be seen, based on the significance of *f*, the hypothesis of the quality of variances is observed.

Table 5

Kulmogroph Sminuf test for studying normality of intimacy variable distribution.

Intimacy score	Number
120	
148.3417	mean
38.89924	Standard deviation
348.	total
18.	positive
.340-	negative
4	Kulmogroph Sminuf test
00/0	Significance level

Based on the results of table 5 with regard to high level of significance (0/00) there is no reason against this null hypothesis that the desired sample doesn't have normal distribution. ($P < 0.05$ $z = 1.96$)

Table 6

Mono variable Covariance analysis test MANOVA on the scores of posttest of intimacy components of couples of control and test groups, by controlling pretest influence.

Significance level	df error	df hypothesis	20914.4	amount	Test name	
000.	57	2	25575.7	.999	Effect Testing Pylayy	Within
000.	57	2	25575.7	001.	Wilks Lambda test	group
000.	57	2	25575.7	897.393	Hotelling trace test	
000.	57	2	25575.7	897.393	The largest root test	
003.	57	2	1546.7	982.	Effect Testing Pylayy	Inter group
003.	57	2	1546.7	018.	Wilks Lambda test	
003.	57	2	1546.7	54.273	Hotelling trace test	
003.	57	2	1546.7	54.273	The largest root test	

For performing multi aspect variance analysis test, variance homogeneity test (BOX) was performed and based on the results (Sig=0.15 $F = 1.56$) variables' variance had homogeneous conditions and shows the normality of the test for desired variables. As it can be seen from tables 1-6, significance level of all tests shows that groups have significant difference at least in parts of dependent variables

Table 7

Multi variable Covariance analysis test ANCOVA on the scores of posttest of intimacy of couples of control and test groups, by controlling posttest influence

Significance level P	F	Mean of squares	Degree of freedom	Sum of squares	source
000.	2995.374	26518.374	1	26518.374	group

Table 7 shows multi variable Covariance analysis test ANCOVA on the scores of posttest of intimacy of couples of control and test groups, by controlling posttest influence. As it can be seen from the above table, there is significant relationship between couples of test group that were under training anger management skills and control group that didn't take part in those sessions. ($p < 0.05$ and $f=2995$) therefore, the first hypothesis can be verified, in other words, training anger management skills increases intimacy score in test group in comparison with elementary score of control group.

8. Discussion and conclusion

Marriage is considered as the most important and supreme social tradition for obviating emotional needs. The major reason of marriage is mainly love and affection and having companion in life, satisfying emotional-mental expectations and increasing happiness. (Brenshtyn, 2001; Bravn, 1999; Navaeenejad, 2001) today, the importance of training, attracted a lot of research to anger and aggression management and training anger management, problem solving skills and communication skills are influential. (Snider 1991, Dabus, et,al 1994, Hening, et al., 1996; Skibar and Makloy. 2000; Kaminkz et al., 2007) training anger management skills and having these abilities, enable the person to act positively and constructively in relation to other people, society, culture and environment and provide his/her mental health (Klinkeh, 1998).

Intimacy is defined as the ability to have relationship with others while preserving individuality. These definitions based on self-show that the person has developed to a degree to have intimate relationship with others. Intimacy can be defined as the ability to know self in relation to others; therefore, self-awareness and identification growth are necessary in intimacy. Intimacy conceptualization means nearness with spouse, common ideas and values, joint activities, sexual relationship, knowing each other and emotional behavior such as fondling. A person who experiences higher intimacy, can express his/her own needs better (Patric, Selz, Gurdano and Folrad 2007).

Intimate relationship as an important aspect of marital life has a long history and attempt to classify it goes back to Aristotle's age and today, part of the knowledge in this regard, verifies his observations (Barenz, 1998) marriage and sexual relationship revolve around intimacy and love. Creating and preserving intimate relationship need skill and art, although different factors (anger and aggression) decrease or destroy it. Having logical relationship and gaining skills and behavioral patterns can block anger, conflict, fight... and increase intimacy (happiness, love and affection).

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