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Effectiveness of cognitive systematic couple therapy of gatman on sexual satisfaction and Happiness

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ABSTRACT

The purpose of this study was to determine the effectiveness of cognitive systematic couple therapy of gatman on sexual satisfaction and happiness. The research method was experimental design of pre-test post-test and pursuit period with control group. Statistical population was couples that referred to counseling centers in Karaj. Statistical sampling consists of 80 subjects (40 couples) that were available, selected and distributed in experimental and control groups. Measurement tolls consisted of Hudson sexual satisfaction (1981) and Oxford happiness scull (1990). The experimental group participated in 10 sessions of cognitive systematic couple's therapy of gatman. The results were analyzed with covariate using SPSS 18 software. The results showed that use of couple therapy techniques based on theory of sexual satisfaction of Gatman, happiness has increased the amount of sexual satisfaction and happiness, and the effectiveness has lasted significantly after 2 months of interference.

Key words: sexual satisfaction, happiness, cognitive systematic couple therapy

INTRODUCTION

Sexual activity and the satisfaction from that is one of the basic dimensions of human life. Tendencies, desires and quality of sexual life is productive and complicated as life basis. Sexual activity and sexuality is an important part of conjugal life. Several investigations of related factors to marriage indicate that sexual affairs are primary affairs of couples (Davis and Shaver, 2006). Dissatisfaction of sexual relations can cause deep problems in couples relations like hatred of the spouse, resentment, jealousy, competition, feeling of revenge, feeling of humiliation, feeling a lack of confidence and causes like that. This is strengthened by tensions and disagreements in its forms and gradually deepens the rift between spouses (Christopher and sprecher, 2000). Marital satisfaction is a condition in which the couple feels happy and satisfied with each other through mutual interests, care for each other, acceptance, understanding each other and satisfying needs like sexual needs (Nurani et al, 2009). Consistent and satisfied couples from marriage are wives and husband who have much agreement with each other, they are satisfied with level and kind of their relation, they are satisfied with kind and quality of their leisure time and they plan their time and issues well (Nurani et al, 2009). Meanwhile, incompatibility in couple relations causes disorder in social relations, tendency to social perversions and wane of cultural values between couples and one of the factors that effects human's individual and social life more than other factors is sexuality. Sexual satisfaction is an individual's judgment about his sexual behavior that makes it pleasurable to imagine (Nurani et al, 2009).

Happiness is the amount of positive value that a person considers for himself. This structure has two aspects; one is emotional factors that represent emotional experience, happiness, joy, satisfaction and other positive emotions; and

the other is cognitive assessment of satisfaction with different territories of life that represent happiness and psychological well-being (Alipour and Agah Heris, 2007). On the other hand, happiness is correlated with qualities like self-esteem, well-being and place of control (Darling and stainberg,1993; quoted by Sabet and Kashani,2010), and it also causes the origin individuals to assess their relations positively (Forgas et al,1998; quoted by sabet and kashani, 2010), to be sexually more stimulated (Mikel,1998; quoted by Sabeti and Kasahni,2010) and to have better consistency and psychological performance (Mikel,1998; quoted by Sabeti and Lotfi,2010). The considerable point is that happiness is the most important part of life quality and it's rated higher than health, wealth or sexual activity and the effect of happiness on satisfaction with life is a considerable subject (Mikel, 1998; quoted by Sabeti and Lotfi, 2010). Many of Iranian couples suffer from sexual dissatisfaction but they feel ashamed and guilty to broach it, and they are unaware of its effect on incompatibility and marital satisfaction which cause dissatisfaction with their lives. If the sexual relation between wife and husband isn't satisfying, it causes feeling of deprivation, failure, insecurity and unhappiness (quoted by Sabet and Lotfi, 2010). Therefore, the first reason of necessity and importance of concentration on present research is the effect of sexual satisfaction on different territories of couple's life.

In recent years, it's believed that regarding joy and designing plans for joyfulness cause increase of happiness, and happiness is product of mental health not its goal. In fact, feeling of welfare can be used for curing psychological diseases, increasing rate of hope, attempting to elevate the level of life in healthy people, raising psychological resistance, strengthening defense against stress and different preventions for elevating the level of psychological health, because this subject can increase the ability of making social and individual relation considerably (Khoshkoneshi. Keshavarzafshar, 2008). Therefore the other reason of importance and necessity of concentration on present research is the effect of happiness on variables that can assure the health and continuance of marital relation. Olia et al (2006) found that training of enrichment of marital life causes increase of general intimacy and little scales of that. Ahmadi et al (2006) indicated in a research that method of short-term object relations of couple therapy is effective on relation patterns of the couple and it can be used for similar cases. It's also indicate that enriched behavioral cognitive couple therapy and behavioral integrative couple therapy are effective on marital satisfaction but the behavioral integrative couple therapy is more effective and it has the same effect on both genders (Nazari et al, 2001). Couple therapy, based on theory of attachment with improvement of satisfaction and sexual intimacy, corrects the relation of the couple (Botlani et al, 2010). Motevali et al (2009) in a research titled "satisfaction with marital life and intimacy of couples in employed and unemployed pregnant women in Ardebil" found that there is a meaningful correlation between ranges of intimacy with marital satisfaction except physical intimacy. In a research titled "study of relation between components of love and couple satisfaction", they indicated that three components of love (intimacy, excitement and eagerness and commitment) are correlated with couple satisfaction (Torghabe et al, 2009). It's indicated in comparison of level of happiness and physical and mental health of girl and boy student of university either married or single that happiness level and general level of physical and mental health of married students is more than single ones and marriage has an effective role in level of general health and happiness of youth (Danesh, 2010). In the research "relation between confronting guidelines and students happiness" done by Alipour et al (2010), they found that there is a meaningful positive correlation between happiness and issue oriented coping strategies, and there is a meaningful negative correlation between happiness and emotion-oriented coping strategies. In study of amount of happiness on Iranian people and effective factors on that, they found that most of Iranian people estimate their happiness level at average. It seems that elevating Health and improvement of daily life situation of people can be effective on increasing their happiness (Montazeri et al, 2012). The purpose of present research is to help to couple compatibility through increasing sexual satisfaction and happiness for experiencing more compatibility and less opposition and rising the ability of making relation which cause protection and preservation of family system and decrease of divorce rate. The hypotheses of present research can be expressed this way that cognitive systematic couple therapy of gatman is effective on happiness of couples and cognitive systematic couple therapy of gatman is also effective on sexual satisfaction of couples.

MATERIALS AND METHODS

In this research, an experimental design with pre-test and post-test, a pursuit period of two months and comparison with control group has been used. Statistical sampling in this research consisted of 480 couples from incompatible couples referred to counseling and psychological centers of psychology and counseling organization of Alborz province from the beginning of the year 2011 till the beginning of the summer of 2012 and has been introduced as incompatible couples by psychologist. The sampling method in this research has been simple random sampling, and 40 couples (80 people wives and husbands) from incompatible couples have been chosen ,and they have been

divided into two groups of experiment group (40 people) and control group (40 people) . Variables of age and education are controlled, so the subject ages are at least 21 and at most 37. In order to control that, this presence with same number of sessions and with equal timing intervals has been applied using the proceedings like having higher education from diploma, no addiction in family, mental and physical health, no consumption of psychiatric drugs and other cures.

Scale of sexual satisfaction

This scale has been codified by Hudson, Harrison and Cross cup in 1981 which contains 54 questions which is pointed by the five-point Likert scale (never=1, rarely=2, sometimes=3, often=4, always=5) and evaluates the exciting satisfaction in two dimensions of physical satisfaction and sexual satisfaction. The dimension of physical satisfaction includes behaviors and sexualities and the exciting dimension includes intimacy and quality of sexual relations. Hudson believes that this scale evaluates the sexual satisfaction through rate, intensity and extent of sexual components. Researches indicate that internal stability of this experiment has Cronbach's Alpha coefficient of 0.92. Results of researches indicate that this questionnaire has a meaningful relation with scales designed for measuring similar structures. Correlation coefficient of this scale has been reported 0.66 with questionnaire of marital satisfaction (Cupach and Comstock, 1990; Hudson et al, 1981; Cupach and Metz, 1995; quoted by Honarparvaran et al, 2010).

Since this scale has been used for first time in Iran, psychometric features of this scale have been studied in two final dimensions and credit and the amount of Alpha scale for entire scale of sexual satisfaction is equal with 0.94 and for each of dimensions of physical sexual satisfaction and exciting sexual satisfaction is estimated in sequence 0.88 and 0.90. Using split half method, the reliability coefficient for scale of sexual satisfaction is 0.85 and modified coefficient of Spearman-Brown has been reported 0.92 (Honarparvaran et al, 2010). The scores less than 120 will be cut scores in this test.

Oxford happiness scale

This tool has been codified by Arjil and Lue in 1990. It has 29 articles with 4 choices and it is numbered in a four-choice spectrum of 1 to 4. The credit of this test is reported by Alipour and Nourbala (1999) with 101 subjects of 0.93 and reliability of 0.92. (Khoshkonesh and Keshavarz, 2008). Khoshkonesh and Keshavarz also reported the validity score of the test 0.92 by calculating Cronbach's Alpha. Cut scores will be less than 58 in this test. Protocol of cognitive systematic couple therapy of gatman is derived from dissertation of Tahmasebian (2009). At first, the researcher got trained of cognitive systematic couple therapy at valid educational centers, and then they trained the couples. Each session is used for discussing about topics and solving problems in ranges of conceptional (cognitive), communicational skills and interactional processes (guides). Discussion on real routine affairs of couples are trained and along with that the trainer and other participants give them feedback and lead of interaction. Protocol of couple therapy of gatman is performed in eight sessions of therapy that the content is briefly pointed:

First and second sessions: skill of self-attention, third and fourth session: skill of showing attention to partner of life (spouse), fifth and sixth sessions: choosing methods of communication, seventh and eighth sessions: solving oppositions and planning for problems.

The course of executing the research is that, in this step among 40 available incompatible couples (80 people wives and husbands) referred to psychology and counseling centers of psychology and counseling organization of Alborz province having the possibility of entering the research, 20 couples (40 people wives and husbands) were randomly chosen for experimental group and also 20 couples (40 people wives and husbands) for control group that had no fall.

The questionnaires of sexual satisfaction and happiness were filled out by couples in both groups. In experimental group, couple therapy and amount of individuals' interest in it was discussed and the couples became accustomed to course of sessions. In implementation step, couples of experiment group were under treatment for the duration of 8 one and half hour sessions but the control group didn't receive any treatment. After passing the treatment sessions, the test was taken again from the two groups. Two months after the training interference, the experimental group answered the questionnaires of sexual satisfaction and happiness again for study of consistency and durability of effectiveness of the interference. The data is evaluated by one-sample Kolmogorov-Smirnov test. For the test of hypotheses the covariance test and correlated t-test were used.

Findings

Average, standard deviation, maximum and minimum of the scores of sexual satisfaction and happiness of subjects is presented in two experiment and control groups in the table 1.

Table 1. Descriptive statistics in dimensions sexual satisfaction and happiness

Period of pursuit		Post-test			Pre-test			
Standard deviation	average	With elimination of effect of pre-test	Without elimination of effect of pre-test		Standard deviation	average	group	variable
		average	Standard deviation	average				
23.46	219	219.753	23.45	218	20.12	188.8	experiment	Sexual satisfaction
		190.747	25.47	192.5	28.27	192.8	control	
7.86	54.6	56.509	7.87	55.4	7.05	40.85	experiment	happiness
		41.691	7.33	42.8	7.79	43.5	control	

The average of increase of sexual satisfaction after training of cognitive systematic couple therapy of gatman in experimental group (after elimination of effect of pre-test: 219.753) is significantly more than the average in control group (after elimination of effect of pre-test: 190.747) that the training of cognitive systematic couple therapy of gatman has not been performed on them. Therefore, the training of cognitive systematic couple therapy of gatman is effective on sexual satisfaction of couples and also the average of increase of happiness after the training of cognitive systematic couple therapy of gatman in experimental group (after elimination of effect of pre-test: 56.509) is significantly more than the average in control group (after elimination of effect of pre-test: 41.691) that the training of cognitive systematic couple therapy of gatman hasn't been performed on them. Therefore, the training of cognitive systematic couple therapy of gatman is effective on happiness of couples.

In order to study the effectiveness of cognitive systematic couple therapy of gatman on sexual satisfaction of couples, the test of analysis of covariance has been used. At first, the presuppositions of univariable one-way covariance analysis (parallelism of variances and evenness of regression slope) have been studied and the results indicate that the parallelism of variances and evenness of regression slope is confirmed for scores of sexual satisfaction. Therefore, continuing the covariance analysis isn't useless. Summary of the results of univariable one-way covariance analysis for scores of sexual satisfaction is presented in table 2.

Table 2. Summary of results of covariance analysis for effectiveness of cognitive systematic couple therapy of gatman on couples' sexual satisfaction

Effect size	F	average of squares	Degree of freedom	The sum of squares	Source of change
0.616	59.398**	8355.118	1	8355.118	Post-test
		1482.427	77	114146.88	error
			80	2400392	total

** $P < 0.01$

The results of table 2 indicate that level of significance of amount of F is 0.01 and it's less than 0.05. Therefore, it can be concluded that after elimination of effect of pre-test there is a significant difference between scores of sexual satisfaction of two control and experimental groups. In other words, training of cognitive systematic couple therapy of gatman has been effective on sexual satisfaction of couples and causes increase in sexual satisfaction of experiment group. On the other hand, the amount of effect size (*itaaye sahmi*) is also 0.616 (62%) which means 62 percent of variance of increase of post-test scores of sexual satisfaction has been allocated to cognitive systematic couple therapy of gatman.

Cognitive systematic couple therapy of gatman is effective on couples' happiness. In order to study the effect of cognitive systematic couple therapy of gatman on couples' happiness, the test of covariance analysis has been used. At first, the presuppositions of univariable one-way covariance analysis (parallelism of variances and evenness of regression slope) have been studied and the results indicate that the parallelism of variances and evenness of regression slope is confirmed for scores of happiness. Therefore, continuing the covariance analysis isn't useless. Summary of the results of univariable one-way covariance analysis for scores of happiness is presented in table 3.

Table 3. Summary of results of covariance analysis for effectiveness of cognitive systematic couple therapy of gatman on couples' happiness

Effect size	F	average of squares	Degree of freedom	The sum of squares	Source of change
0.744	107.523**	2124.458 1482.427	1 77 80	2124.458 141146.786 2400392	Post-test error total

** $P < 0.01$

The results of table 2 indicate that level of significance of amount of F is 0.01 and it's less than 0.05. Therefore, it can be concluded that after elimination of effect of pre-test there is a significant difference between scores of happiness of two control and experimental groups. In other words, training of cognitive systematic couple therapy of gatman has been effective on happiness of couples and causes increase in happiness of experiment group. On the other hand, the amount of effect size (etta share) is also 0.744 (74%) which means 74 percent of variance of increase of post-test scores of happiness has been allocated to cognitive systematic couple therapy of gatman.

The durability of effectiveness of cognitive systematic couple therapy of gatman is consistent in period of pursuit of two months.

Table 8. Descriptive and analytic statistics in dimensions of sexual satisfaction and happiness before interference and pursuit period

Analysis of data with test of correlated t				Pursuit period		Pre-test		Group	variable
Significance level	Degree of freedom	Amount of t	Average difference	Standard deviation	average	Standard deviation	average		
0.000	39	4.736	30.2	23.46	219	20.12	188.8	Exp.	Sexual satisfaction
0.000	39	8.136	13.75	7.86	54.6	7.05	40.85	Exp.	happiness

Test of t of correlated samples was performed for evaluation of effectiveness consistency of interference of couple therapy training on increase of couples' sexual satisfaction and happiness ($t=8.136$, $p<0.0005$). The above results indicated that average increase of scores of happiness and sexual satisfactions have significant statistic difference before interference and pursuit period and it expresses the effectiveness consistency of training interference after two months which means the hypothesis of the researcher based on effectiveness consistency of training interference in two month pursuit period is confirmed. Training of Cognitive systematic couple therapy of gatman is effective on sexual satisfaction of couples and it has causes increase of sexual satisfaction in experiment group. On the other hand, the effect size (Etta share) is also 0.616 (62%) which means 62 percent of variance of post-test scores increase of sexual satisfaction has allocated to cognitive systematic couple therapy of gatman.

CONCLUSION

It can be said that low level of marital aggression is the best criterion for specifying sexual satisfaction. The sexual behaviors that include number of coitus of having orgasm and sexual moods and conditions have continuity with sexual satisfaction. Men incline more to repeat the coitus and repeating the sexual relation and coitus causes increase of sexual satisfaction. Ninety percent of men and women who had more than three sexual activities have more sexual satisfaction in their life. Men and women use the sexual tendencies as quality thermometer of their relation and consider it as the most important characteristic of romantic love. The couples who have more sexual tendencies toward each other enjoy the feeling of happiness, trust, commitment, satisfaction and experience of romantic love. Absence and lack of sexual tendency or repression of it cause negative events like abortiveness, frustration, anger and betrayal. Changing life environment, changing outfit status, remembering past sweet memories, seeing, hearing, and reading a lovely and tender relation are effective on increase of sexual tendency. The feeling after the sexual relation, especially sense of pleasure, happiness and enjoyment are important related factors to sexual pleasure. Intimacy in relation of couples is one of the important factors in identity of sexual satisfaction and causes enrichment in sexual relations. Oppositions in routine life of couples can be a sign of absence of sexual intimacy. Considering sexual physiologic affairs and disregarding intimacy issues cause to consider sex as a completely mechanical subject. The signs in sexual disorders and apparent and outward indices are intimacy issues. By training different skills like avoiding little problems and decreasing misunderstandings, the couple's forgiveness is increased, the mutual affection and love is increased consequently, and it causes positive emotions, more enjoyment of sexual relations and mutual sexual satisfaction. By couple therapy training, couples learn to try for satisfying mutual emotional and sexual needs and to gain more satisfaction though this attempt.

Through mentioned different researches below and the achieved results from them, it can be concluded that couple therapy training causes increase of happiness of couples. Expressing this hypothesis, it can be inferred that the feeling after the sexual relation especially feeling of joy, happiness and satisfaction are important and related factors of sexual pleasure (Lue and Kim, 2007), and it simplifies positive emotions, growth of creative thoughts with patience and problem solving (Sharifi, Zarchi, 2009), and also elevation of health and improvement of people's daily life are effective on their happiness (Montazeri et al, 2012), on the other hand, there is a significant correlation between issue-oriented coping strategies and happiness (Alipour et al, 2010). Considering the salient effect of couple therapy training on improvement of couples' relations, it can be used in similar cases (Ahmadi et al, 2006). Level of happiness and mental and physical health of married students are more than single students are, and marriage has an effective role in level of general health and happiness of youth (Danesh, 2010), and there is also relation between happiness and marital satisfaction of married and housewife women (Amiri Majd and Moghadam, 2008). Regarding the cognitive systematic couple therapy of gamtan causing elevation of husband and wife relations, Therefore, the training of it causes improvement of wife and husband relations and gives them happiness. Based on achieved results and relevant researches, we conclude that training of cognitive systematic couple therapy of gamtan causes improvement of husband and wife relations, increase of their forgiveness, improvement and sexual satisfaction, increase of happiness of couples and it causes increase of mental and physical health of couples, and consequently the health level of society and next generation is increased. This research has limitations. For instance, this research is done about couples with ages of 22-37 and the findings of this research can be extended to ages of less than 22 and more than 37. The research is done in Alborz province and extension of it to other counties should be proceeded by caution. The adjusting role of economic and cultural situation isn't studied and downfall of couples during the time has been another limitation of the research.

It's suggested that the cognitive systematic couple therapy be used in before-marriage health centers and it's also suggested that the cognitive systematic couple therapy be used by counselors in family courts to couples who intend to divorce which could be effective as a consultation. We finally suggest doing the research considering the adjusting role of economic and cultural situation and the research can also be done and challenge the mentioned subjects in other provinces and age levels.

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