

Comparative effectiveness Gestalt approach marital relations training based on religious teachings on treason attitude change couples covered by imam Khomeini Relief Committee

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The current research has been carried out for studying effectiveness of marriage guidance based on religious teachings with Gestalt Approach on betrayal approach change of married couples of Imam Khomeini Committee in Marvdasht. The statistical society in this research is 300 couples asking for a marriage loan during 3 month form Imam Khomeini Committee in Marvdasht in 2014-2015. Sampling method is random selection of participants who had higher number than average in Tendency to betray questionnaire. 90 persons have been selected by random and they were divided into 3 groups of 15 couples. One group was trained by religious teachings; another was trained by Gestalt Approach and the other one was considered as the control group. To analyze the data, Descriptive and inferential statistics are used which in descriptive statistical level, average, Standard deviation and in inferential statistical level, co-variance is used. The results show Gestalt therapy has meaningful effect on tendency to betray of couples. Marriage guidance based on religious teachings has meaningful effect on betrayal approach of couples seeking for marriage. Marriage guidance based on religious based on religious teachings (because of greater beta) has better effect than Gestalt therapy on tendency to betrayal of couples.

Keywords: marriage guidance, religious teachings, Gestalt therapy, betrayal approach

One of the causes of family tensions betrayal in the family- unfortunately in today's society women and men after marriage is predominantly faced with perils. And due to the rise in divorce in urban areas is one of the most important reasons for infidelity, Betrayal topic is a complex issue because the vision is very different people define it. Some limited to sexual infidelity may know And others have a broader dimension, which includes emotional intimacy without sex is itself regarded as treason. When the point of view of the people betrayed a double standard in some of the things to know yourself and your partner are allowed. Especially for the gentlemen who sell more justified for the men because of sexual stimulation but faithful wives and mothers believe that women should be committed (1). Marital infidelity shocking thing for couples and families phenomenon is common to marriage and family therapists .Company in relations outside of marriage has high prevalence in clinical environments and is normal. The significant turmoil for the perpetrators, and also create their spouses Studies show that most people expect monogamous sexual relationships and sexual behavior of their wives.

So that 97 percent of respondents in the survey stated that many of these relationships end up in their head. A detailed finding about the prevalence of diverse relationships outside of marriage is partly goes back to the concept of marital infidelity. Set of behaviors considered treason by which a wife has violated the basic communication with your spouse Action to interact with someone other than your spouse, and in fact a breach of marital jealousy and competition leads. So betrayal distinct from behavior that only includes persons other than husband and wife apparently did not violate the unique relationship. Affected individuals are victims of infidelity that must be treated;

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including the treatment can be gestalt therapy. Gestalt therapy / humanist who believe that people with resources and capabilities with others and make a living creative satisfaction are born. Nevertheless, mostly during childhood and sometimes after it issues in the process, interfere with the and the person gets caught in patterns and established beliefs and thinks he is in the normal course. Gestalt therapy attempts to study and discover the causes of these patterns and their impact being active in one's current life. Gestalt therapists believe that people are potentially all the necessary abilities to solve their own problems or modal hard, but sometimes they are stuck and need help. Gestalt therapy is a form of treatment that is based on the principles of cognitive psychology and phenomena. So the world the person Gestalt therapy and the thoughts and feelings, as it did at the time and place of his grace experienced focused and does not care about history. Human growth during a conflict or a conflict, and it is essential that each person has inherent only one goal and it aims to realize the "self" is. Gestalt therapy, as well as the person tries to be what it is. Gestalt therapy according to the individual opinion about the acts. Therapists try not to take a particular client instead. The main goal is that patient awareness of "what is" goes up. Instead what happens to the therapist, the patient helps raise their awareness so that it's possible to monetize this part of his distant relative has to be provided. Religious teachings and religious beliefs also an important factor in the prevention and treatment of post-marital relationships are. God in different religions for the small community environment and household consolidation will continue, for each of the couple considered legal On the contrary, this law has set tasks for humans Wherever God is considered a right and duty is also due. Marital methods, rules and principles that couples to have a better life in their religion taught and according to that religion helps them. Marital methods, rules and principles that couples to have a better life in their religion taught and according to that religion helps them

to base their married life And built by resorting to these rules can not meet the challenges of your life and have a better life and a more sweet. Islamic lifestyle, beliefs, emotions and attitudes depth is not measured, but individual behavior is examined. However, any behavior that would have at least some knowledge on Islam and Islamic emotions on their support. Rosner (2000) Gestalt therapy and cognitive therapy were compared. This research was conducted on subjects who suffered from major depression after seeing treason. The results showed significant differences in the types of emotions experienced in Gestalt therapy and cognitive therapy does not exist and both are equally effective. Religion generally has a set of rules, values and norms of behavior (rules & ethics), rituals and ceremonies that claims to offer the best of life to individuals and society. Behavioral marital doctrine based on religion and nothing directly to do with cognition and emotions, but since the "Islamic", it can not be related to emotions and conditions. On the basis of Islamic lifestyle, beliefs, emotions and attitudes depth is not measured, but individual behaviors assessed. However, any behavior that would have on Islam, Have a minimum of knowledge and Islamic emotions on their support. In fact, the Islamic lifestyle behaviors to look like that of a human spine vertebrae and it's unrelated to other factors. But in Islamic lifestyle, not only its own pieces, but what makes their relationship together, and as Rosary thread in all of them there are, also pays. Islam can not be good, regardless of lifestyle. Even behavior such as prayer, if you believe in Allah and the resurrection is not behind it, Islamic behavior is not, as many ascetics and Sufi practices, not Islamic. Keith (2005) in a study as the relationship between spirituality and religiosity and life satisfaction and psychological health to the conclusion that Couples who described themselves as religious and spiritual people have reported more mental health and mental health affects on life satisfaction. Phenol (2006) study also showed that lasted for ten years, having religious value during the life of the components of a successful and long-lasting marital satisfaction and marital commitment is considered Sherokloplako in his research concluded couples staying similarities

in terms of beliefs, especially religious beliefs, positive impact on their marital satisfaction. Given the evidence above main objective of this study was to evaluate the effectiveness of Gestalt therapy and marital doctrine is based on religion.

This experimental study with pretest - post test control group.

The population and sample: The study population consisted of couples who married during the three months to apply for loans to Imam Khomeini Relief Committee (RA) patients evaluated in 2014-2015 years and their number was 300.

Method

Participants

After random selection of participants that couples tend to betray their scores in the questionnaire was higher than the average, 90 people chosen at random, And randomly divided them into three groups of 15 paired primary relationships education to a group based on religion, Gestalt therapy approach to an educational group and a group was considered as a control group.

The data collected

Questionnaire on attitudes towards infidelity

Betrayed by Mark Vatly Attitude Scale was developed in 2006 and has 12 words that every question in the scoring of seven organs. In the present study, Cronbach's alpha was used to determine the reliability of the Alpha 0.86 respectively. Is showing good reliability scale.

Data analysis

In order to analyze the data from the survey questionnaires using SPSS software SPSS- 13 that included descriptive statistics (frequency, density, etc.) in inferential statistics (t-test) is analyzed it placed.

Results

Table 1: Statistical indicators tend to treachery before and after training Gestalt approach and religious teachings

	Indicators	Pre-exam		After the test	
		Experiment	Control	Experiment	Control
Religious teachings	Average	34.80	37.93	49.73	37.77
	Standard deviation	6.70	6.80	2.48	6.72
		30	30	30	30
Gestalt	Number	36.73	37.93	41.43	37.77
	Average	6.71	6.80	3.87	6.72
	Standard deviation	30	30	30	30

The main hypothesis 1. Gestalt therapy approach has a significant impact on the tendency to betray couples.

Table 2: Test the interaction between pre-test and post-test groups (Gestalt therapy approach)

Source changes	Sum of squares	Degrees of freedom	Mean Square	Test	P
Asrpysh test	1286.726	1	1286.726	415.545	0.000
The effect of the independent variable	171.595	1	171.595	55.416	0.000
The effect of interaction between pre-test and independent	107.079	1	107.079	34.581	110.0
Error	173.403	56	3.096		

Table 3: Analysis of variance of treason after training Gestalt approach

Source changes	Sum of squares	Degrees of freedom	Mean Square	Test	P	ا
The effect of pre-test	1462.251	1	1462.251	297.161	0.000	0.839
The effect of the independent variable	318.002	1	318.002	64.625	0.000	0.531
Linear	280.482	57	4.921			
Total corrected	1944.400	59				

The main hypothesis 2 - based on religious teachings of marital infidelity in couples applying for marriage on attitude change has a significant impact.

Table 4: test and pre-test and post-test interaction between groups (religious teachings)

Source changes	Sum of squares	Degrees of freedom	Mean Square	Test	P
The effect of pre-test	772.367	1	772.367	237.022	0.000
The effect of the independent variable	1008.723	1	1008.723	309.555	0.000
The effect of interaction between pre-test and the independent variable	95.543	1	95.543	29.324	0.000
Error	182.483	56	3.259		

Table 5: Analysis of variance of treason after religious education

Source changes	Sum of squares	Degrees of freedom	Mean Square	Test	P	ا
The effect of pre-test	729.236	1	729.236	64.975	0.000	0.533
The effect of the independent variable	2659.837	1	2659.837	218.146	0.000	0.793
Linear	694.997	57	12.193			
Total corrected	3635.250	59				

Conclusion

The initial findings of this study revealed that the post-test attitude to infidelity, there is a significant difference between the experimental group and control Gestalt therapy. In other words, the attitude of treason subjects in Gestalt therapy training being trained than participants who did not (control group) declined. Training of Gestalt therapy has a significant effect on attitude betrays the research hypothesis was confirmed. The findings of the study results Rosner (2000) Gestalt therapy and cognitive therapy compared with Krdndv. ntaj showed significant differences in the types of emotions experienced in Gestalt therapy and cognitive therapy does not exist and both are equally effective, also in line with the results Zaharakar (2011) concluded that training Gestalt therapy was effective in enhancing marital adjustment and its components, is consistent. Based on the results we can cite the theoretical foundation of Gestalt therapy. In Gestalt therapy concepts like growing awareness, immediate experience, here and now are closely related to inventories. Accountability is a reality that through the Gestalt therapy becomes more prominent. More explicit or conscious relations with a commitment according to the intimacy, the emotional and sexual fidelity to partners can be categorized. They betrayed break this commitment is defined as emotional or sexual intimacy in which the original relationship with someone outside the home to be shared without consent. Shows that Gestalt therapy is one approach that focuses on important factor rests a life commitment.

Gestalt approach to education that takes people to accountability for their choice binds them and with full knowledge that the person about your feelings and behaviors and desires, which is a great help which couples to choose their partners according to their actual criteria And when he chose knowingly accepts responsibility for the choice And all try to keep her relationship with her husband and be committed to it, That unfaithful to his understanding of the relationship's failure The centerpiece of the training needs of the individual and can also be significant. In Gestalt therapy approach someone with your understanding and your emotions right now and express your emotions get acquainted. So learning how to properly analyze and refined emotions and how to deal with conflicts and problems the integrity and freedom of the people which can improve individual performance in various areas of married life and work. The training exercises such as mental exercises, role play and body awareness, responsibility and would likely strengthen individual skills in various fields have been. Considering the fact that the betrayal was having the necessary skills and increased life satisfaction and strengthen individual skills is because, after the man's commitment to his marriage affect. In another part of the test results have been observed between attitudes to infidelity, there is a significant difference between the experimental group and control religious teachings. In other words, the attitude to religion-based marital infidelity subjects that are trained to take over Subjects who trained marital infidelity exposure to subjects that are based on religion Underwent training (control group) declined. The marriage

of religion-based education has a significant effect on attitude betrays the research hypothesis was confirmed. According to the results obtained in this study can be seen as a betrayal of one of the worst hit areas that couples can do to the body of his wife and his life, and it destroys not only the family but also society's irreversible effects. So to save society and maintaining mental and physical health of the treachery should identify the factors and efforts to eliminate it. In this study, the two approaches, Gestalt therapy training and religious teachings payment, the result was that most religious teachings can not stop infidelity in marriage. Limited results in a lack of control over the entire city as well as intervening variables and lack of time for follow-up meetings, groups, among the factors that limit the generalizability of the results of this study with the exposure. Conducting this study and more samples and compared to other treatment approaches in larger cities with religious teachings, as well as assess the longitudinal study; it is suggested to other researchers.

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