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**Effectiveness of Marriage Education Before Marriage Change
Irrational Beliefs Girls**

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Abstract

The goal of this research is to investigate the impact of pre-marriage education on changing marriage misbelieves among Mashhad female students. The approach taken for this research is semi-experimental and uses the the method of pre-test and post-test with control group. The population is all 17-year-old students in the third region of Mashhad. For choosing a sample, people were chosen by cluster method and were put randomly in the group of control and experimental (30 in experimental group and 30 in the control group). In the research in hand, the statistical method of covariance analysis (AVCOVA) was used. The results showed pre-marriage education meaningfully improves misbelieves about marriage among girls ($P < 0.0001$). Equally, results showed pre-marriage education had no meaningful effect on general health of the girls.

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1. Introduction

Marriage is the process of loving, gaining corporal, sexual, psychic maturity, and following these, preparing economical, social, educational, occupational, familial and personal conditions of two opposite sexes (man and woman or girl and boy) in order to make a mutual life accompanying understanding, affection, vividness, productivity, and targetedness. The great prophet (pbu) says " To God, There is nothing in Islam more desirable than marriage "The aim of the research in hand is to investigate the impact of pre-marriage education on the girls' misbelieves. In the relation between two people intending to marry, they have started the relation with certain beliefs and expectations which affect their behavior in an either positive or negative way. However, most people have unrealistic expectations and misbelieves of the conjugal life. They expect their spouses to compensate for all the shortcomings of their lives before marriage (Mansfield, 2007). In fact, conjugal satisfaction will decrease in case the spouses' expectations are not based on realities and will lead to devastating results for the conjugal life (Mc Nutly, 2007).

In recent years, a lot of attention has been paid to the effects of stereotypes about sex role and its harmful consequences especially in women. However, there are lots of barriers which keep women from realizing their

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capabilities as members of human society. Today women are trained for living in a world, the expectations of which are different from those of the old world. Sharp and Ganeng (2004), inspecting the influence of methodical education on unrealistic and sentimental beliefs of the students, found out methodical education would meaningfully decrease sentimental beliefs of the students. Dual (1965), when investigating the effects of pre-marriage education courses, found out these courses can make remarkable changes in the students' views (quoted by Omidvar, Fatehi Zadeh & Ahmadi, 1388). Educations on preparation for marriage is a relatively new approach to avoid dissatisfaction and failure in conjugal life which is based on the idea that couples can learn how to have a successful and stable life; Therefore, pre-marriage education is therapeutic and precautionary (Khaleqi Nejad et al, 1387). Regarding the importance of people's beliefs and views on marriage, especially misbelieves of the girls in terms of selecting a spouse and their views on marriage, and also considering the fact that pre-marriage education is known as an effective way of changing misbelieves and skill training, Stanly et al (2006) realized that participating in pre-marriage educational programs will result in high levels of satisfaction and commitment in marriage and in return, low levels of conflicts and reduction in number of divorces. Carol and Doherty (2003, quoted by Omidvar et al, 1388) in a study on Pre-marriage education concluded that the average of conjugal life satisfaction for those who took part in pre-marriage education was 80% higher. Omidvar et al (1388) in a study on the effects of pre-marriage education on conjugal expectations of students on the verge of marriage realized that pre-marriage education meaningfully decreases the conjugal expectations of the students on the verge of marriage. Enzevae(1388) in a research on pre-marriage counseling has concluded that the average of conjugal satisfaction in couples attending pre-marriage counseling is more than that of couples not attending pre-marriage counseling.

2. Heading styles

Research approach: The approach is semi-experimental which uses pre-test and post-test with the control group.

Population: All 17-year-old students in third grade high schools of Mashhad who have gotten married. Sample: Includes 60 students, chosen randomly out of a list of 120 names. The sample being studied will be put randomly into two groups of experimental and control.

3. Method of performance

After picking sample and putting it into two groups of experiment and control, sessions of pre-marriage education for the subjects of experimental group will be held. The number of these sessions will be 17 and they will be held twice a week for 45 minutes. Before the beginning of education and after it's over, questionnaires will be provided to two groups, asking about the misbeliefs of marriage and general health. The headlines of presented subjects in the sessions are as follows:

Making a relation, the goal, significance and necessity of pre-marriage education, investigating the right and wrong reasons for getting married, characteristics and criteria for a successful marriage, sexual differences between men and women, the criteria of marriage in appropriate levels such as age and education...(16 cases), criteria of marriage in the level of differences and performing agreement and understanding test, getting familiar with misbeliefs and reaching rational beliefs, the concept of love and its different types. Aims, ways, restrictions and privileges of getting acquainted and the etiquettes of the proposal. Looking into the subjects of the proposal, engagement meeting and marriage. The aim and role of counseling in decision making and selecting a spouse. The role of parents' guidance and counseling in marriage. Skills of living. Bolstering the relationship between spouses. The theory of family and marriage. The role love in selecting the spouse and the theory of love. Discussing again the misbeliefs and closing session.

Research tools: The questionnaire of disbeliefs about marriage which is devised by the researcher on scale structure. First, the categories related to marriage misbeliefs are determined by regarding basic theories and

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