

Original Article

The explanation and effectiveness of intellectual and behavioral components in satisfying the lives of married women

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Abstract

Background: The aim of this study was to determine the components of the educational model of intellectual and behavioral principles in healthy interpersonal relationships based on the Holy Quran and its effectiveness on marital satisfaction of married women. Research was arranged in two sections.

Materials and Methods: The research method was qualitative in the first part and was quantitative in the second part. In the qualitative section, after researching and searching in the sources of the Quran, which was carried out by a qualitative method in the form of thematic analysis, ultimately the intellectual and practical principles in the healthy interpersonal relations based on the Holy Quran were determined and explained. The method of the second part of the research is quantitative and of type Semi-experimental, with pre-test-posttest design with control group and random selection. For this purpose, 30 married women with children from Tehran selected in a sample of 30-97 years old and randomly assigned to two groups of 15 subjects. The instrument of this research was a survival satisfaction questionnaire (SWIS). The experimental group was placed under the training of the principles of intellectual and behavioral training in healthy interpersonal relationships based on the Holy Qur'an for two months.

Results: The results of the hypothesis test showed that the components of the educational model of intellectual and behavioral principles in healthy interpersonal relationships based on the Holy Quran On the other hand, life satisfaction variable (83.36, $F=0.001$) had a significant effect. This power is 100%. In other words, there was a significant difference between the experimental group and the control group in terms of the variables.

Conclusion: In explaining this finding, it could be said that the sacred religion of Islam in various aspects of family life has provided useful commands and teachings. In Islamic religion, marriage and family are declared the most beloved and dearest human institution to God, and the adoption of these orders can affect the satisfaction of couple's life.

Keywords: Teaching the principles of thinking and behavior in healthy interpersonal relationships based on the Holy Qur'an, Satisfaction with life, Married women

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Introduction

A brief look at the situation of children, adolescents

and adults in our society, as well as in many parts of the world, brings us to the huge problems and problems of human relationships that arise from

different variables, because the relationship The ineffective causes an intersubjective deepening that is also experienced in all aspects of life, including occupational, family, educational, social, and all parts of society. The weak relationship is one of the main sources that causes conflicts between people and seems to be the root of many problems and incompatibilities¹. If we can properly examine the process of communication between humans and understand the rules governing it, this will undoubtedly be created in a person who is more successful in dealing with others². One of the vital aspects of a marital relationship is the satisfaction that spouses feel and experience in their relationship. Marital Satisfaction is a process that occurs during couples life and includes four areas of gravity (physical, sexual), understanding, attitudes and investment³. Marital satisfaction is effective on mental health, physical fitness, life satisfaction, job success and social relation and is one of the most important indicators of life satisfaction. Various factors such as interpersonal relationships can affect the satisfaction of couples life⁴. The relationship of couples is one of the most complex human relationships, and none of human relations has a wide and multiple dimensions, such as the relationship between couples, because human communications each one dimensional aspects of life, but the relationships of couples have the same All dimensions are biological, economic, emotional and also psychosocial. Marriage in general requires efficient and effective communication⁵. Based on practical findings, individuals are assessed for their mental health regularly in terms of the degree of value or importance they attach to different areas of life such as occupation, Health, leisure, education, or romantic life⁶. Sang, Carpenter, Robert, Freis and Carlisle⁶ In the study of why materialists are less happy? The role of gratitude and the need for satisfaction in the relationships between materialism and life satisfaction have concluded that appreciation and the need for satisfaction are mediatorial between the relationship between materialism and the level of satisfaction with life. Acknowledgment was a direct mediator, while the need for satisfaction through its relationship with appreciation has an indirect role. Isa Nejad et al,⁷ conducted a study to compare happiness

and life satisfaction among the types of night-time activities. The results of the study indicated a difference between life satisfaction and happiness among the types of daily activities, and low levels of happiness in people with an age-old type. In Iran's World Report on Living Satisfaction, Iran is among the top 90 in the thirty-sixth ranking⁸. The study of couples' relationships today has become an important challenge for research. In many couples, the initial positive emotions decrease over time, and the average level of satisfaction of the relationship decreases in each year (at least during the first ten years)⁹. Satisfaction is one of the primary goals And the essence of every marriage, and all couples are demanding that they live with satisfaction¹⁰. Marital satisfaction is one of the most important determinants of the healthy functioning of the family institution and as an interpersonal relationship of proximity It is known to allow humans to be accepted, valued, respected and loved, and have the opportunity to interact¹¹. In other words, marital satisfaction is an objective sentiment of pleasure, satisfaction and pleasure experienced by a woman or husband¹². This satisfaction is influenced by several factors that can be attributed to factors Economic, religious, customs and social traditions, physical factors, intellectual understanding, etc¹⁰. As the recognition of the main personality traits of life satisfaction among married students, which was examined by 158 Iranian married students in Malaysia, showed that the main traits, such as trust, extroversion and Flexibility has a strong impact on life satisfaction. On the other hand, in Islamic society - that is, a country that the majority of its people have chosen Islam as the right (expressing the universal and the standard system) - the Islamic thought, belief and value system should be discussed to understand the underlying foundations. Because the fundamental propositions derived from religious texts that describe the truth (God and the world), man, human knowledge, and the drawing of a system of values can be found under the basic principles of thought¹³. The human consciousness of this dimension will help him to understand his efforts in achieving his goals and desires¹³. Considering that religious and spiritual thoughts are now entering counseling and psychology, research should indicate that treatment based on religious variables is as effective and even

more effective than standard approaches. Recent findings also provide evidence of religion as a source of health in the lives of patients¹⁴. But this does not mean that counseling and psychotherapy will only have a positive impact on the counseling of religions and reliance on religion in the counseling outcomes. Temarani Far et al,¹⁵ conducted a research entitled Life Expectancy based on personality traits, social support and spiritual well-being. The results showed that there is a significant relationship between personality traits, social support and spiritual well-being with life satisfaction. Therefore, it is necessary to use religious strategies with proper planning and according to the needs of the people, and this requires detailed and scientific studies. From here, attention is drawn to the Quran on intellectual and behavioral principles. The rights and duties of women and The husband has been emphasized in marital life, especially in the religion of Islam. For example, the Holy Qur'an, in verse 72, mentions the marriage as one of the blessings of God, or in verse 189, Surah al-Arafi introduces the marriage as a traditional divine and peaceful, and in verse 21 of surah Roman introduces marriage from divine verses and signs, while the Holy Qur'an emphasizes the identification of stressors among spouses, prevention, treatment and promotion of family mental health. For example, in verse 35 of the Surah al-Nisaa, he says: "If there is a difference between men and women, they must be reconciled by a judge by a woman and a judge from the man"¹⁶. It should be noted that the nature and sometimes content of communication skills are influenced by cultural conditions, context and social norms, common traditional customs and religious and religious values governing the community, and at the same time it can be Skills based on the potential of any culture are more than worthy. In our Islamic culture, one of these influential factors is to pay attention to the teachings of the Holy Qur'an in the field of interpersonal and social relations in order to improve the communication skills of individuals. Given this viewpoint, the rational and rational intellectual beliefs and principles that are very effective in creating healthy interpersonal relationships and the training of healthy interpersonal intellectual and behavioral principles lead to improvement of in-

person experiences and the growth of quality of life for Therefore, consideration of the issue of satisfaction with negation can be considered on the basis of the principles of good and interpersonal behavior that is based on the Holy Qur'an. Moreover, the logical and irrational beliefs and principles that make healthy healthy relationships very effective How can it be explained? Here, the necessity and necessity of the principles of thought and behavior consistent with the view that comes from the explicit text and explicit interpretation of the Holy Qur'an is revealed. Therefore, the purpose of the present research is to elaborate and determine the components of the educational model of the intellectual and behavioral principles in the relations between A healthy person based on the Holy Quran and its effectiveness on the satisfaction of the lives of married women.

Methods

The method of this study had two qualitative and quantitative components. The statistical society in the present study was the Qur'anic verses in Quranic verses, translation and interpretation of verses. In the experimental part, the statistical population included married women with children from Tehran in the year 97-96. In the experimental part, the statistical society included married women in Tehran in 1996-97. The above community is due to the availability and anticipation of practical considerations and executive issues (for example, the problem of coordinating common times for regular attendance at a fixed hour during two months that could not be possible for married women at the end of the week) and previous experience In the implementation of the group, was considered. Initially, about 55 people were registered. In the qualitative section, the community and the sample are equal and contain all Quranic verses. After collecting data and categorization with the benefit of the method of thematic analysis in the qualitative section will be carried out. In the quantitative part in order to evaluate the interventions and compare them, the sample size was 30 married women. This sample was selected after the interview and review. A total of 30 married women were randomly assigned to the experimental group and the control group and then responded to the questionnaire of life satisfaction questionnaire (SWIS). The experimental group spent

two months under the training of the principles of thinking and behavior in healthy interpersonal relationships based on the Holy Qur'an. There was no

Table 1: Summaries of training sessions on the principles of thought and practice based on the Quran.

Session	The goals of teaching the principles of thought and behavior based on the Qur'an	Solutions to be applied
1	Meet the members together and get acquainted with the goals of the meetings. Teaching how the thoughts function and how it relates to behavior	Use icebreaking activities and perform communication shows along with analyzing relationships with the creation of discussion space. Homework: Attention to communication formed in the week and its relation to the thoughts and interpersonal relationships of clients (customer behavior)
2	Understanding the way in which thought works and the need to have the right intellectual principles, to establish healthy relationships and promote peace.	Use lectures and leaflets together with group activities to find the right intellectual principles Task: Writing and reviewing thoughts that challenge the users.
3	Teaching the principles of thought. The patrons believe that all things of the world are at the hands of the Lord, and that every human being will be the result of his actions in his interpersonal relations, and by using it, while creating a more saline relationship with the satisfaction of life and the higher welfare of the hands To find	Teaching the relevant verses and discussions on challenging communication stories, which, in this way of thinking, becomes a healthy and calm relationship. Task: Continuing practice and indoctrination of these weekly trained principles, each participant should consider a challenging relationship that can be changed with these intellectual principles during the week.
4	To teach the principles of the hereafter to the world, the clergy refer to the principles that all things of the world are at the hands of the Lord, and each human being will be the result of their actions in their interpersonal relations, and by using it, while establishing relations between the hall and the mates They will achieve a higher level of satisfaction with life and well-being	Use of lectures, pamphlets, use of communication shows and discussions Task: Rewriting, reviewing and reviewing thoughts that are related to interpersonal relationships that are challenging and can be modified with these intellectual principles.
5	By recognizing the root of their negative thoughts in interpersonal relationships, participants recognize that according to the Quran many of these thoughts are from the footsteps of the devil. Therefore, they try to think positively by rejecting them. Also, realize that every human being should be cherished. But everyone works on the basis of his own contours.	Group activities in categorizing negative thoughts, using communication stories, teaching with lectures on mentioning verses Task. Finding and categorizing negative thoughts during the week and writing on the thought-changing philosophy of thinking positively
6	Teaching Behavioral Principles Establishing crude relations, modesty and politeness, using the promise of Hassan. Participants will be trained to work with all human beings in accordance with the Quranic Qur'an and to improve interpersonal relationships with dignity, humility and politeness. Use Hasan's promise in their conversations.	Use of communication shows, expressing special stories, and sayings and narrations in relation to the promise of Hassan. homework. Implementing trained practices in everyday communication.
7	Disclaimers of Cancellation, Establishing Peace-Based Relationships and Avoiding Controversy Participants in tense interpersonal relationships, without entering into a peaceful conflict and reconciliation with others, avoid avoiding abandonment, which leads to the formation of many inappropriate communications.	Use of communication stories, group activities, question and answer methods Task: During the week, examine the tense relations of your past and see how much calm it created if it was formed in the manner described above.
8	Reforming your own circumstances and helping each other in a tense relationship with forgiveness Participants will find that after experiencing conflicting and tense interpersonal relationships, they need to modify their inner self by forgiving and helping to seek God. It is also appropriate for the opposing party to forgive and to reconsider the consultation.	Teaching with lectures, discussions and discussions, performing activities, group activities Task: Performing forgiveness and mentioning for yourself, and the other, correcting past relationships that were distorted.

intervention in the control group and the two months later, when the group was tested, both groups were returned to the questionnaire of satisfaction with life (SWIS) Responded.

Life satisfaction questionnaire (SWIS): Dyér et al. (1985) provided a measure of life satisfaction for all age groups. This scale was initially composed of 48 questions that reflected the level of satisfaction with life and well-being. Factor analysis studies showed that the scale was composed of three factors: 10 questions related to life satisfaction. This scale, after numerous studies, ultimately fell to five questions (in spite of the statement, little and Goodarzi, 2007). For each question, there are seven options opposite to completely agree that there is a completely opposite option the equivalent of the score of 1 and the perfectly agreeable option is equivalent to a score of 7. The overall score of each person is derived from the sum of five options, which can range from 5 to 35. The higher scores indicate higher satisfaction and low scores indicating lower satisfaction. This scale has always been associated with other indicators of well-being, such as trust and affection (Lucas, Diner and Sue, 1996). Diner et al. (1985; in addition to Nusayri and Jokar, 2008) reported reliability (0.85 Cronbach alpha) for scale. Asterger and Mayer (2005) also reported an alpha of 0.84 for this scale. Khair and Samani (notably Nasiri and Jokar, 2008) have adapted this scale for use in Iran. In Joker research (2006, in comparison with Nasiri and Jokar, 2008), 577 high school students, the Cronbach's alpha coefficient is equal to 0.80. The results indicate that there was a general factor on the scale that could account for more than 54% of the variance. Also, Diner and his colleagues (1985; in addition to Nasiri and Jokar, 2008) reported narrative (in a coherent and differential manner) as good as the scale. In Joker's research (2006; beyond Nassiri and Jokar, 2008), the validity of the scale was obtained by factor analysis using the main components of the varimax

rotation. The KMO index was 0.86 and the Bartlett spherical coefficient was 854.23, which was significant at the level of 0.0001, indicating the sufficiency of the sampling of the options and their matrix correlation. In the explanation and colleagues (2007) Structural validity was achieved through convergent validity (using concurrent implementation) with the Oxford Happiness Index (OHI) and the Beck Depression Index (BDI), which showed a positive correlation with the happiness index and showed a negative correlation with the Beck Depression Directory. Based on the results of this study, life satisfaction scale is a useful measure in Iranian psychological research. In the first part, in the qualitative section, the study of the verse was discussed with the translation of the verses of the Qur'an. By choosing verses that express the principles of interpersonal relations, the scholar sought to interpret the verses and types of principles of intellectual and behavioral beliefs of healthy personal relationships and after analyzing the qualitative method with the method of analysis of the subject, the indexes of the principles of the belief beliefs of healthy personal relationships were discovered. In the second part, after the coordination and recall of the married women who had previously sought counseling and assistance, and holding a screening interview (having faith in the religion of Islam and the Holy Qur'an) to identify the principles of intellectual beliefs of healthy personal relationships, Action was taken.

Results

In order to analyze the research data, we used descriptive statistical methods such as mean and standard deviation, and inferior statistics, the statistical analysis of variance with repeated measures was used to compare the differences between the pretest, posttest in group Tests and controls were used.

Styles among the recovered without returning with the recovered. On the other hand, a meaningful level

Table 2: Mean and standard deviation of the variables of the two groups in the pre-test and post-test.

Life satisfaction	Pre -test		Post -test	
	Control group,	Experimental group	Control group,	Experimental group
Mean	21.40	21.53	21.40	26.13
SD	2.32	2.50	1.95	1.95

indicates that there was a significant difference between the mean of the two samples ($p > 0.05$). In other words, our research hypothesis was based on the difference between the mean of the coping styles of the two groups.

The temptation-based beliefs among those who have recovered without return were less diverse than those who have recovered. As the results of the table 8 shows, there was a difference between the average temptation-based beliefs among the recovered ones without returning to the recovered. On the other hand, a meaningful level indicates that there was a significant difference between the mean of the two samples ($p > 0.05$). Our research hypothesis was based on the difference between the mean of the two-group temptation-based beliefs, and those who have improved without return have fewer deviations.

The results (Table 2) indicate that the difference between the mean scores of the experimental and the control group in life satisfaction is low in the pre-test stage, whereas in the post-test stage, the difference in mean of the test and control group is high. While in the control group, no significant change was observed. Research hypothesis: The teaching of the principle of intellectual and behavioral principles of healthy interpersonal relationships based on the Holy Qur'an is effective on the satisfaction of the life of married women. The comparison between independent variable and dependent variable indicates that the independent variable has a significant effect on life satisfaction variable ($p = 0.001$, $p = 36.83$). The amount of power in the life satisfaction variable is 100%. In other words, there is a significant difference between the experimental group and the control group in terms of the variables.

Discussion

The purpose of this study was to determine the components of the educational model of intellectual and behavioral principles in healthy interpersonal relationships based on the Holy Quran and its effectiveness on marital satisfaction of married women.

According to the research hypotheses, the results of the hypothesis test showed that the components of the pattern of teaching the principles of thinking and behavior in healthy interpersonal relationships based on the Holy Quran on the life satisfaction variable has a significant effect. In addition, the amount of power in life satisfaction variable is 100%. In other words, there was a significant difference between the experimental group and the control group in terms of the variables

This finding is based on the results of many studies^{6,10-12}. Is the same. Due to the fact that in Islam, marriage and family is declared the most beloved and dearest human institution to God¹⁷.

In the explanation of this finding, it can be said that since all philosophers and experts in the humanities have made recommendations on the satisfaction of life in the family from the beginning of scientific writing. Divine religions have provided important teachings in this regard due to the role of the family in the ethics and spirituality of humans. In this regard, the sacred religion of Islam in various aspects of family life has provided useful commands and teachings. According to Enrique's theory, marital satisfaction is the general psychological form of a person's marital relationship and the extent to which they meet the needs, aspirations and aspirations of a person and a couple⁶. Couples in today's society have many and widespread problems in establishing and maintaining intimate

Table 3: Results of the analysis of covariance analysis of the pattern of intellectual and behavioral principles of healthy interpersonal relationships based on the Holy Quran on life satisfaction.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	54.71	1	54.71	28.07	.001	.51
Intercept	162.46	1	162.46	83.36	.1	.75
Total	217.17	30	7.23			

relationships and understanding emotions from their spouses. It is clear that the shortcomings in the affective and emotional needs of the spouses have an adverse effect on marital life. It can be said that marital satisfaction is significantly related to the sense of happiness and pleasure in couples' relationships¹⁸. In addition, considering the new and important aspects of the research, the form of correlation between variables in the married women's society, it is suggested that the comparative study of comparative variables in this statistical society be compared. The implementation of this study in other groups with larger dimensions and using causal and comparative methods to provide empirical evidence, and longer time intervals and longitudinal studies to provide accurate results recommended. The effect of the training package on the principles of thinking and behavior in healthy interpersonal relationships based on the Holy Quran on the satisfaction of life and the introduction of other variables affecting the satisfaction of married women, especially social support, separated by different groups (family, friends, Others, etc.) will be proposed in future research.

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