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Effect of Non-Violent Communication Skill Training on Overall Marital Satisfaction According to Demographic Variables

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Abstract:

The present study aims to investigate the effect of Non-violent Communication skill training on overall marital satisfaction according to demographic variables. Samples were collected from five universities in Hyderabad (Jawaharal Nehru Technological University Hyderabad (JNTU), Osmania University (OU), English Foreigner Language (EFLU), University of Hyderabad (UOH), and Maulana Azad National Urdu University (MANUU). The researcher administered marital satisfaction questionnaires on 500 foreigner and Indian students couple as a pre-test, the couples who had low scores on marital satisfaction were chosen, 64 couples were selected, after that they divided into two groups with simple randomize sampling, 32 couples were selected for experimental group, and 32 couples were selected for control group. Researcher has administrated Non-violent communication technique for experimental group, In 10 sessions, each 2 hours to investigate the effect of Non-violent Communication skill training on overall marital satisfaction according to demographic variables (namely, : Gender, age, Education status, Duration of marriage), In the control group, nothing was introduced. After three months, a follow-up test was administered to assess the stability of experiment. Research tools include marital satisfaction questionnaire. The results show that training in Non-violent Communication has no significant difference effect on overall marital satisfaction of gender groups, age groups, education status and duration of marriage.

Keywords: Non-violent communication, marital satisfaction, gender, age, education status, duration of marriage

1. Introduction

Communicative skills, as idiosyncratic individual abilities, help people to act adequately in conveying symbolic messages to one another and create a sense of pleasure in their partner (Karney & Bradbury, 2000).

Virginia Satir believes that communication is a fateful issue in the family foundation. She states that communicative models form a basic principle of the behavior of family members. Studies have shown that in families which suffer agitation, communication models are stricter and more rigid and any treatment of such families might need a transformation of communicative models in such families (Street, translated into Persian by Alawinia et al, 1997).

Non-violent Communication model which adopts humanistic approach is an interactive process which helps; develop a peaceful relationship and blocks contradiction or helps resolves it, if any, thus helping individuals to have an easy relationships with others (Center for Non-violent Communication, 2005).

Different theories blame different factors for the development of marital agitations and abnormalities. In humanistic point of view, a faulty behavior is blamed on a problem in an individual's perfection; only families would grow towards perfection that their members maintain a free relationship with one another and freely express their feelings while paying attention to the differences of one another and consider the idiosyncrasies of each other (Sharf, 1995). The theory calls for establishment of good-will relationship, active listening, unconditional acknowledgment of one another, free expression of feelings, emphatic understanding, admission of responsibility and avoiding any sort of judgment. These behaviors substantially facilitate human relationship and help individuals to boost their personalities. They would help an individual to find their own method of expressing oneself and choose appropriate words for the expression of his or her feelings while similarly revising his or her statements and feelings. (Shafi'abadi & Naseri, 2006).

A poor interaction leads to poor understanding in a couple and prevents the spouses from supporting one another and striving to satisfy the needs of each other. Sloppy communicative models are of little help to resolve crucial relationship abnormalities, causing such problems to become a constant source of quarrel. Many couples always have similar disputes over a certain problem without any resolution of the problem. Moreover, communicative problems is usually followed by development of mental abnormalities like depression in women, alcohol abuse in men, sexual abuse in both sexes and personal problems in children, especially in boys (Halford, translated into Persian by Tabrizi, 2008).

In any relationship, one can express himself or herself demonstratively and sincerely while keeping respect and sincerity to others. Gandhi, quoted in Bode (1995), believed that violent relationship proves harmful, adding however that Non-violent relationship by application of techniques like leniency and freedom facilitates a favorable relationship.

In Non-violent Communication model, an individual begins to change by revising its previous discourse and communicative model. The model guides an Individual on how to reconstruct his method of expression and how to listen to others so that conscious utterances, chosen based on responsibility and knowledge about the personal needs, take place of unintentional reactions and habituated conduct (Rosenberg, 2003).

2. Research Hypotheses

1. Non-violent Communication skill Training has different effect on overall marital satisfaction according to gender.
2. Non-violent Communication skill Training has different effect on overall marital satisfaction according to age.
3. Non-violent Communication skill Training has different effect on overall marital satisfaction according to duration of marriage
4. Non-violent Communication skill Training has different effect on overall marital satisfaction according to education.

3. Sampling

Samples were collected from five universities in Hyderabad (Jawaharal Nehru Technological University Hyderabad (JNTU), Osmania University (OU), English Foreigner Language (EFLU), University of Hyderabad (UOH), and Maulana Azad National Urdu University (MANUU).

4. Procedure

The researcher administered marital satisfaction questionnaires on 500 foreigner and Indian students couple as a pre-test, the couples who had low scores on marital satisfaction were chosen, 64 couples were selected, after that they divided into two groups with simple randomize sampling, 32 couples were selected for experimental group, and 32 couples were selected for control group. Researcher has administrated Non-violent communication technique for experimental group, In 10 sessions, each 2 hours. In the control group, nothing was introduced. After three months, a follow-up test was administered to assess the stability of experiment.

5. Intervention Technique

Communication skills training were given to the experimental group using Non-violent communication technique for 10 sessions:

- Session 1: To introduce the participants to each other, to inform them of the attendance policy and their responsibilities, to describe of secession goals, To discuss the importance of communication and Non-violent Communication skills in increasing marital satisfaction.
- Session2: To identify blocking factors on compassion
- Session 3: To learn new methods of self expression and listen to others with Non-violent Communication process, to introduce distinguishing observations from evaluations.
- Session 4: To identify and express feelings, to provide a vocabulary for expressing feelings, to distinguish between what we feel and how we think.
- Session 5: To identify of our needs, to take responsibility for our feeling and introduce the factors that create our feelings.
- Session 6: To introduce four options for receiving negative messages.
- Session 7: To gain the ability to express our requests:
- Session 8: To develop correct and advanced empathy between spouses, to identify some common behaviors that prevent spouse to connect empathically with others.
- Session 9: To provide spouses with anger management skills.
- Session10: To share the feeling of the group regarding this program and evaluating the process of group therapy

6. Research Tools

6.1. Marital Satisfaction

The prepare/enrich inventory was applied in this research. This questioner has been designed by Olson, Olson-Sigg & Larson (2008).

6.1.1. Validity

Prepare has high validity in that it discriminates between premarital couples who get separated/divorced from those that are happily married with about 80-85% accuracy. This study was done by Dr. Blaine J. Fowers and replicated in a separate study by Dr. Andrea S. Larsen (Fowers et al., 1986).

Enrich marital satisfaction also has high validity. It can discriminate with 85% accuracy between couples with marriage problems with those who are happily married (Olson, Olson-Sigg, and Larson, 2008).

6.1.2. Reliability

Reliability of Prepare/Enrich core category scores is high (alpha reliability of .75-.85). Test/Retest Reliability of inventories is high (average correlation is .80).

7. Statistical Analysis

Variable	Gender		Age		Duration of Marriage		Education Status		
	Female	male	20-30 years	31-43 years	2-7 years	7-10 years	Bachelor	P.G	PhD
Frequency (percent)	32(50%)	32(50%)	44(68.8%)	20(31.3%)	48(75.0%)	16(25.0%)	20(31.3%)	28(43.8%)	16(25.0%)

Table 1: Demographic Characteristics of Participants

Overall Satisfaction	Pre-test			Post-test			follow-up		
Gender	female	male		female	male		female	male	
Mean ± Std.	88.46± 7.12	88.00± 9.12		118.06± 35.46	118.50± 35.85		113.43± 30.60	114.93± 30.50	
N	32	32		32	32		32	32	
Age	20-30 Years	31-43 years		20-30 Years	31-43 years		20-30 Years	31-43 years	
Mean ± Std.	88.46±7.12	88.00±9.12		118.06±35.46	118.50±35.85		113.43±30.60	114.93±30.50	
N	32	32		32	32		32	32	
Duration of marriage	2-7 years	7-10 Years		2-7 years	7-10 Years		2-7 years	7-10 Years	
Mean ± Std.	88.72±8.54	87.75±7.70		118.60±35.54	117.31±36.01		114.79±30.19	112.37±31.61	
N	48	16		48	16		48	16	
Education status	bachelor	P.G	PhD	bachelor	P.G	PhD	bachelor	P.G	PhD
Mean ± Std.	87.30± 9.11	89.21± 7.87	87.68± 7.56	119.15± 34.39	118.67± 37.57	116.50± 34.79	115.50± 30.57	114.92± 31.02	111.25± 30.53
N	20	28	16	20	28	16	20	28	16

Table 2: Mean and Standard Deviation of Overall Marital Satisfaction in Three Levels of Pre-Test, Post-Test and Follow up according To Gender, age, Education status, Duration of marriage

This table shows that mean of overall marital satisfaction in pre-test , post-test and follow up levels between female and male are same .Also mean of overall marital satisfaction in pre-test are same in two age groups, but in post-test and follow up levels means of overall marital satisfaction are not same between two age groups. And means of overall marital satisfaction in post-test and follow up levels of couples whose duration of marriage is between 2-7 years is higher than couple whose duration of marriage is between 7-10 years. As well as means of overall marital satisfaction in post-test and follow up between couples whose study for bachelor is higher than couples whose study for P.G and PhD.

Source		Sum of Squares	f	Mean Square	F	Sig.
training * group Sphericity Assumed	Gender	31.07	2	15.53	.04	.95
	age	27.19	2	13.59	.03	.96
	Education Statues	107.18	4	26.79	.072	.99
	Duration of Marriage	7.71	2	3.85	.01	.99

Table 3: Tests of Within-Subjects Effects for Interaction between Training and Gender, age, Education status, Duration of marriage

The above tables indicate the following.

- There is a meaningful and positive relationship ($p < 0/01$, $r = 0/86$) between emotional intelligence and quality of life. That is to say the research hypothesis is confirmed with $p = 0/99$
- There is a meaningful and positive relationship ($p < 0/01$, $r = 0/84$) between emotional intelligence and mental health. That is to say the research hypothesis is confirmed with $p = 0/99$
- There is a meaningful and positive relationship ($p < 0/01$, $r = 0/80$) between emotional intelligence and physical health. That is to say the research hypothesis is confirmed with $p = 0/99$
- There is a meaningful and positive relationship ($p < 0/01$, $r = 0/72$) between emotional intelligence and social relationship. That is to say the research hypothesis is confirmed with $p = 0/99$

		Mean Difference	Std. Error	Sig.
Gender	Female	.49	5.66	.93
	male			
Age group	20-30 Years	2.13	6.10	.72
	31-43 years			
Duration of marriage	2-7 years	1.89	6.53	.77
	7-10 Years			
Education Status	bachelor	P.G	6.68	.96
		PhD	7.65	.77
	master	bachelor	6.68	.96
		PhD	7.15	.73
	PhD	bachelor	7.65	.77
		P.G	7.15	.73

Table 4: Mean Difference in Overall Marital Satisfaction according to Gender, age, Education status, Duration of marriage.

As it is obvious in this table ($P > 0.05$) so;

1. There is no significant difference between this two gender groups In terms of overall marital satisfaction. HENCE Hypothesis 1 was rejected.
2. There is no significant difference between these two age groups (20-30 & 31-43 years) In terms of overall marital satisfaction. HENCE Hypothesis 2 was rejected.
3. There are no significant differences between two groups with duration of marriage (2-7 years and 7-10 years) in overall marital satisfaction. HENCE Hypothesis 3 was rejected.
4. There are no significant differences between education statuses in overall marital satisfaction. HENCE Hypothesis 4 was rejected.

8. Discussion and Conclusion

With regard to the result of the first hypothesis training in Non-violent Communication has no significant difference effect on overall marital satisfaction of male and female ($p > 0.05$). In follow up level overall marital satisfaction of male is higher than female, but this difference is not statistically significant.

Finding in this part is consistent with those of Jackson, Miller, Megan Oka & Ryan (2014), Mathews (2011), and Levenson et al. (1994). They mentioned that there is no gender difference with regard to marital satisfaction. In contrast, Guo & Huang (2005) found that marital satisfaction for male respondents was significantly higher than female respondents. According to Clements & Swensen (2000) men report higher levels of marital satisfaction than women, and that women's experiences of marriage are more negative than those of men (Heaton & Blake, 1999:30).

Result of this hypothesis is different with result of previous researches, The causes of difference is that, in previous studies just examined the effect of gender on marital satisfaction, and communication skills was not introduced to participant. When one learns how to connect with her or himself and how to express her or himself and select the words on the base of awareness, she/he will have a healthy relationship regardless of gender.

In humanistic point of view, a faulty behavior is blamed on a problem in an individual's perfection; only families would grow towards perfection that their members maintain a free relationship with one another and freely express their feelings while paying attention to the differences of one another and consider the idiosyncrasies of each other (Sharf, 1995).

With regard to the result of the second hypothesis the group whose age is between 20-30 years in post-test and follow up levels has higher overall marital satisfaction than the group whose age is between 31-43 years, but this difference is not statistically significant ($p > 0.05$). So training in Non-violent Communication has no significant different effect on overall marital satisfaction of two age groups. Alder (2010) claimed that there was no significant relationship between marital satisfaction and age. in contrast, Madanian & Syed Mansor (2013), Amato & Booth (1997) and Jose & Alfons (2007), stated that younger people had more marital satisfaction than older.

Result of this hypothesis is different from result of some previous researches, the cause of difference is, and that previous studies just examined the effect of age on marital satisfaction, and communication skills was not introduced to participant. When one learns how to request (avoid from demand), how to observe (avoid from evaluation) and use positive sentence instead of negative sentence one

will experience satisfaction in life, Non-violent Communication is Understandable and usable for different age groups, so it can increase insight of couples as how they can communicate to each other, so in this model age is not an important factor.

With regard to the result of the forth hypothesis, overall marital satisfaction's mean in group of bachelor in post –test and follow up levels are higher than means of overall marital satisfaction in P.G and PhD groups, but this difference is not statistically significant ($p>0.05$). So training in Non-violent Communication skill has no significant different effect on overall marital satisfaction according to education status. The result is consistent with those of Bakhshayesh, Mortazavi (2010), Alder (2010) which approve that there is no relationship between level of education and marital satisfaction.

In contrast Luckey(1966), Renne (1970), they have found positive relationship between education and marital satisfaction.

Result of this hypothesis is different from results of some previous researches, the cause of difference is, previous studies just examined the effect of education on marital satisfaction, and communication skills were not introduced to participants, also all participants in present research studied at university. According to Al-kholidy (2008) when couples are similar in their educational status, married life would be more suitable than when one of them be uneducated and other one be educated.

With regard to the result of the third hypothesis the group whose duration of marriage is between 2-7 years has higher overall marital satisfaction than the group whose duration of marriage is between 7-10 years, but this difference is not statistically significant ($p>0.05$). So training in Non-violent Communication skill has no significant different effect on overall marital satisfaction according to duration of marriage. The finding is consistent with the results of Osiki (1995), Mathews (2011), Alder (2010) they claimed that there is no relationship between marital satisfaction and duration of marriage. In contrast, Animasahun & Oladian (2012), Madanian & Shafeq Syed Mansor (2013) mentioned that duration of marriage has effect on marital satisfaction.

The cause of difference in result is due to the fact that; participant in present research learned communicative skills (Non-violent communication). This skill improved their knowledge about correct relationship, so this skill had same effect on overall marital satisfaction of the participant with different duration in marriage, but previous studies only examined the relationship between duration of marriage and marital satisfaction.

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