The Role of Family Functioning, Couples Communication Patterns and Early Maladaptive Schemas Domains in Marital Satisfaction Prediction.

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ABSTRACT

Objective: The purpose of this study was the role of family functioning, couples communication patterns and early maladaptive schemas domains in marital satisfaction prediction.

Method: In this study, a descriptive and correlational design was used. For this purpose, from among teachers married men and women at the high school, 150 patients (75 males and 75 females), were selected with available sampling. Participants completed marital satisfaction Questionnaire (ENRICH) - short form (Olson, 1989), The Questionnaire of Family Functioning, Epstein et al (1983), couples communication patterns questionnaire; Christensen and Sullivan (1984), early maladaptive schemas Yung -75 questions form (1994) questionnaire. To analyze the data, Pearson correlation and multiple regression method was used.

Results: The results showed that among all the components of family functioning and marital satisfaction, there is a significant negative relationship. There is a positive relationship between Mutual constructive pattern and marital satisfaction and a negative significant relationship between demand / withdraw and avoid mutual Patterns with marital satisfaction. As well as all early maladaptive schemas domains with the exception of other-orientation domain, had significant negative relationship with marital satisfaction. Regression analysis showed that predictive variables, respectively 0/66,0/81 and 0/33 predict changes in marital satisfaction.

Conclusion: family functioning, couples communication patterns and early maladaptive schemas domains, predict marital satisfaction. Therefore, in the treatment of marital problems can be considered by the therapists.

Keywords: family functioning, communication patterns, early maladaptive schemas, marital satisfaction.

INTRODUCTION

Achieving a healthy society depends on family healthy and family efficient is dependent on the successful marital relationship. (Navabinejad, 2008). What is very important in marriage life is marital satisfaction. The existence of marital satisfaction is a criterion for the ability to deal with problems and psychological stress and improving the mental and physical health of couples (Abedi et al, 2012). And the lack of it is a very important predictor for psychological trauma, especially depression, physical illness, drug abuse, suicide, decrease quality of life, marital conflicts and divorce. (Gottman, 1983). For most adults, happiness in life depends on marriage successful and marital relations associated with satisfaction and happiness, compared to other areas of life such as work, friendships, hobbies, social activities and groups. (Mirkheshti, 1996). Marital satisfaction in marriage life is so important that some people count the having marital
satisfaction a factor for overall satisfaction of life. surely, Couples will do their duties completely, when they feel the satisfaction of their married life. (Soleimanian, 1994). The marital satisfaction is a state in which the couples are happy and satisfied with their marriage. (Sinha and Mukerjee, 1991).

Research focusing on marital satisfaction has a long history. Many evidence indicates that many factors affect the marital satisfaction. One of the factors, is the family functioning. Family functioning, is a joint effort to establish and maintain a balance in the family and ability to coordinate with changes, conflicts solving, the relationship between the members and success of doing models of discipline, respecting the boundaries between individuals, implementation dominant provisions and principles of this institution in order to protect the family system. It can be considered in different aspects such as problem solving, communication, roles, emotional responsiveness, emotional involvement, behavior control and general performance (Sanaee, 2008). According to Lindsey et al, (2006), family functioning is effective in create marital conflicts and satisfaction. Epstein et al., (1983) research, about the family functioning and efficiency, have shown that family efficiency related to characteristics of the family system, systemically methods and transactional models among members and is not related to the intra-psychological characteristics of family members. Other researches has shown that family structure is a main predictor of family functioning, marital satisfaction and low self-esteem (Al-Krenawi, 2010). Also Arkister and Stevenson, (1991) in a research showed that the emotional responsiveness and family roles components, repeatedly and frequently are associated with divorce.

Iniran Babakhipoore et al (2012) did a research asthe"relationship between family functioning and marital conflicts couples on the verge of divorce", showed that among predictor variables, general performance, problem solving, roles, emotional involvement, and emotional responsiveness have a significant relationship with criterion variable. Also Babakhani Poor (2009) in the "Comparison of family functioning and marital satisfaction of parents with adolescents are attempting suicide, in comparison non-attempting suicide", came to this conclusion that there is a significant positive relationship between the family functioning and parents' marital satisfaction. As well as the family functioning and parents' marital satisfaction can be a predictor of suicidal behavior in adolescents.

Another of effective factors in marital satisfaction is couple communication patterns. A process that during it, the couples either in the form of verbal and whether non-verbal, interact with each other. (Pourhossein et al, 2009). Christensen and Sullaway (1984) were divided couples communication patterns into three categories: mutual constructive pattern, mutual avoidance pattern and demand/withdraw pattern. (Heavy et al, 1996). Researches is done in this area, have shown that effective marital relationship is a strong predictor for marital quality (Ledbetter, 2009) and dysfunctional marital relationship is a major source of dissatisfaction. More than 90 percent of deranged couples, express inability to communicate as a major problem in their marriage (Bornstein and Bornstein, 2003). Efficient communication patterns is an important factor in marital satisfaction (Gottman, 2000). Noller (1994), states that mutual avoidance communication pattern associated with marital dissatisfaction. Also, mutual avoidance pattern in the first year of marriage was associated with dissatisfaction couples. Gottman (2000) and heavy et al, 1995) found that using couples of mutual avoidance and demand/withdraw communication patterns (especially when the woman is demanded and man is expected) decrease marital satisfaction and can predict divorce. Sanagooiet al, 2011) in a study with title "relationship couples communication patterns with marital satisfaction", indicated that mutual constructive communication pattern has a significant positive relationship with marital...
satisfaction. And there is a significant negative association between "demand / retiring" and mutual avoidance communication patterns with marital satisfaction. BidramGorgabi (2014) did a study to investigate the relationship between communication patterns and marital satisfaction. Regression analysis showed that mutual constructive communication pattern and mutual avoidance pattern can able to predict marital satisfaction. A sort of cognitions which are important and effective in marriage relationship, is Schemas. A schema is a cognitive framework or concept that helps organize and interpret information. Schemes, are the primary subjective structures of meaning to experiences which are created from the frequent interaction of environment and early internal schemas (Mootaby and Fata, 2013). One of the new theories in the field of schemas, is Young's early maladaptive schemas theory. Early maladaptive schemas, are self-defeating emotional and cognitive patterns established from childhood and repeated throughout life. They may be made up of emotional memories of past hurt, tragedy, fear, abuse, neglect, unmet safety needs, abandonment, or lack of normal human affection in general. Early maladaptive schemas can also include bodily sensations associated with such emotional memories. The current definition of an EMS is "a broad, pervasive theme or pattern, comprised of memories, emotions, cognitions, and bodily sensations, regarding oneself and one's relationships with others, developed during childhood or adolescence, elaborated throughout one's lifetime and dysfunctional to a significant degree" (Young et al, 2003).

Early maladaptive schemas Initially are adaptive and create a relatively accurate representation of childhood periods environment, but as they grow, become maladaptive state. They play a major role in how people think, feel and relationship with others. When people are faced with situations and environments reminiscent of their childhood, their schemas are excite (Young, 1999). EMSs are grouped in five broad domains: disconnection and rejection (abandonment, mistrust, emotional deprivation, defectiveness, social isolation), impaired autonomy and performance (dependence, vulnerability, enmeshment, failure), impaired limits (entitlement, insufficient self-control), other directedness (subjugation, self-sacrifice, approval-seeking), and over vigilance and inhibition (negativity, emotional inhibition, unrelenting standards, punitiveness. (Shariatazedehet al, 2014). Freeman (1998) in his research, examined the intellectual constructs and early maladaptive schemas as predictors of interpersonal adjustment and marital quality. Results showed that early maladaptive schemas are important in spouses relations and are the effective factors in establish and continuation their relationship and marital satisfaction. Other researches, shows that early maladaptive schemas, significantly associated with marital satisfaction, as well as schema-based intervention was effective in improving marital satisfaction (Yoosefiet al, 2010). And whatever increases early maladaptive, marital satisfaction and intimacy reduced (Zolphaghary et al, 2008). According to Motiee et al, 2013, early maladaptive schemas intermediary with love stories had significant correlations with marital satisfaction. In many families, marital problems secretly continuing and attack the family existence. In such families, couples not have the satisfaction, and because of divorce social and religious taboo, sentenced themselves to live in unfavourable conditions and gradually fell grief and distress and endanger their mental health that a large group of teachers are not excluded from this rule. (Ahmadzadeh, 2005). Schemes within the framework of partnership, affect and direct the partner behaviors. (Young, 2003). Education is essential and predominant institution in the process of growth and training the thoughts and behavior of individuals and in this process, teachers are the main implementers. Teachers who are experiencing conflict and marital satisfaction, may can't do their important task that is the
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education of future generations, therefore, attention to this valuable and effective group in society, and trying to solve their problems can be herald a valuable and noble community. Therefore, this issue felt that which factors predict marital satisfaction among teachers. Thus, among the many factors that influence marital satisfaction, because of the importance of the family functioning, couples communication patterns and early maladaptive schemas domains in predict the marital satisfaction, make effort to study share each of them in marital satisfaction prediction.

Research hypothesis
1. Family functioning, predict marital satisfaction.
2. Couples communication patterns, predict marital satisfaction.
3. Early maladaptive schemas domains, predict marital satisfaction.

Research method
In this study, a descriptive and correlational design was used. Statistical Society includes all the songhor city teachers that are in primary, middle and high schools, and includes those between the ages of 25 to 45 years, and at least has one child and past two years of their marriage. Sample size contains 150 participants (75 females and 75 males married teacher), who were selected by available sampling method. Statistical methods contains multiple regression analysis and pearson correlation coefficient.

Research tools
1. ENRICH- Marital Satisfaction Questionnaire short form (Olson, 1989)
   The questionnaire consists of 47 questions and 12 subscales. Answer to questions using Likert method and a 5-point (strongly agree to strongly disagree) and the way of scoring it directly and reverse. Higher scores indicate high marital satisfaction and lower scores indicate marital dissatisfaction (Ebadat poor, 2000). Olson, 1989, according to Mo'tamedin 2004, using Cronbach's alpha earned marital satisfaction questionnaire reliability Coefficient is %92 score.

2. FAMILY ASSESSMENT DEVICE (FAD)
   The Family Assessment Device (FAD) (Epstein, Baldwin, & Bishop, 1983) was developed 30 years ago as a self-report measure of perceived family functioning. It was designed to assess the six dimensions of the McMaster model of family functioning as well as a family's overall or general function. The first six scales of the FAD assess Problem Solving, Communication, Roles, Affective Responsiveness, Affective Involvement, and Behavior Control, while the seventh scale assesses general Function. In this test, a high score indicating family dysfunction and lower scores indicate a healthier performance (Epstein et al, 1983). The general scale alpha coefficients and Subscales Problem Solving, Communication, Roles, Affective Responsiveness, Affective Involvement, and Behavior Control, General Function (Amini, 2000) respectively was %92, %61, %38, %72, %64, %65, %61, %81 have been reported. The Family Assessment Device has Predictive and concurrent validity (Sanai, 2000). Zadehmohamadi and malekKhosravi (2006) have reported cronbach's alpha coefficient for the whole questionnaire %94 and for the subscales of general Function %78, roles, %71, communication %70 problem solving %72, affective Responsiveness %73, behavior %66 and affective involvement %71.

3. THE COMMUNICATION PATTERNS QUESTIONNAIRE—SHORT FORM (CPQ-SF)
   The Communication Patterns Questionnaire (Christensen and Sullaway, 1984)—Short Form (CPQ-SF) is an 11-item self-assessment of spouses’ perceptions of marital interactions. The CPQ is a relatively new questionnaire aimed at assessing marital communication at the dyadic level. It addresses communication patterns involving the behavior of both members of the dyad rather than just one partner. The CPQ permits the evaluation of communication in close relationships on three scales: (a) mutual constructive communication; (b) mutual avoidance of communication; (c)
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demand/withdrawal. (Guy Bodenmann et al, 2005). Heavy and et al (1996) in reliability and validity of a 7-item constructive communication subscale of the Communication Patterns Questionnaire, Cronbach’s alpha for men and women on the subscales, achieved respectively % 84 and % 81.

4- EARLY MALADAPTIVE SCHEMES QUESTIONNAIRE, YANG, 1994 (-75 QUESTIONS FORM)

This questionnaire has 75 questions and Young and Brown (1994) have made to measure 15 early maladaptive schemas. (Young et al, 2003). Reliability of all schemas is calculated from % 76 up to % 93. In addition, the reliability of the short form was calculated % 64 with the retest technique. Moreover, the results of the factor analysis supports the internal consistency of the questionnaire (Glasser et al, 2008). DivanDari, et al, (2010) have studied in a research the factor structure in short form of Young’s maladaptive schema questionnaire. The average of alpha coefficients was calculated 80%. Furthermore, its reliability was calculated 94% and its narrative was calculated 34% by the method of studying the correlation with the Irrational Beliefs Test (IBT). In this research the coefficient alpha of the questionnaire was calculated 95% (Falahatdoost et al., 2014).

RESULTS

Hypothesis 1: family functioning, predict marital satisfaction.

| Table 1: The correlation coefficient between the scales of family functioning and marital satisfaction |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| marial | Problem | communication | Roles | Affective | Affective | Behavior | General |
| satisfaction | solving | -0.670 | -0.483 | -0.673 | -0.699 | -0.686 | -0.580 | -0.692 |
| correlation | coefficient | 0.001 | 0.001 | 0.001 | 0.001 | 0.001 | 0.001 | 0.001 |
| significant | Number | 150 | 150 | 150 | 150 | 150 | 150 | 150 |

As the table 1 shows, there is a significant negative relationship between all subscales of family functioning and marital satisfaction among teachers. This means that with increase in each of these subscale scores, marital satisfaction decreases.

| TABLE 2: Marital satisfaction prediction with family functioning subscales |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Marital satisfaction | B | SE | Beta | P | R | R² | F |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Fixed model | .000 | 11.420 | .000 | 0.059 | 0.023 | 38/332 |
| Problem Solving | -1.066 | 4.397 | -.213 | .065 |
| Communication | -1.697 | 4.132 | -.025 | .682 |
| Roles | -2.256 | 5.148 | -.303 | .000 |
| Affective Responsiveness | -8.288 | 5.241 | -.116 | .119 |
| Affective Involvement | -5.104 | 5.427 | -.089 | .349 |
| Behavior Control | -4.327 | 5.993 | .052 | .471 |
| General Functioning | -46.133 | 7.121 | -.283 | .001 |

according to Table 2, multivariate linear regression coefficients for the independent variables and the criterion variable is significant. Multiple correlation coefficient between the linear combination of predictor variables and marital satisfaction was equal to 0.81. And predictor variables together explain 0.66 changes in marital satisfaction.

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**Hypothesis 2:** communication patterns of couples, predict marital satisfaction.

![Table 3. The correlation coefficient between couples communication patterns and marital satisfaction](image)

As the table 3 shows, there is a significant relationship between communication patterns and marital satisfaction among couples in teachers. This means that with an increase in marital satisfaction scores, increased mutual constructive pattern. also, with high scores in Man expected / Women retiring pattern, Women retiring / Man expected, Expectation - retreat pattern and mutual avoidance pattern, marital satisfaction decreases.

**Table 4. predict marital satisfaction by couples communication patterns**

![Table 4. predict marital satisfaction by couples communication patterns](image)

Results of linear multiple regression analysis, with simultaneous method, showed that regression coefficients for the independent variables in the model is significant (p<0.001, F(3,146)=203/435 ,R² = 0/807, R = 0/898). Therefore, multiple correlation coefficient between the linear combination of predictor variables and marital satisfaction is equal 0/90 and the three predictor variables explain 0/81 changes in marital satisfaction.

**Hypothesis 3:** Early maladaptive schemes predict marital satisfaction.

![Table 5. The correlation coefficient between early maladaptive schemes domain and marital satisfaction](image)

As the table 5 shows, the Pearson correlation coefficient for all early maladaptive schemes domain except other- directedness domain, is significant. This means that with an increase in scores in each of these domains, marital satisfaction score decreases.
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Based on the table 6, results of linear multiple regression analysis with simultaneous method, showed that regression coefficients for the independent variables in the model is significant. \( p<0.001, F(5,144)=13.939, R^2 = 0.326, R = 0.571 \). Therefore, multiple correlation coefficient between the linear combination of predictor variables and marital satisfaction is equal 0.57 and the three predictor variables explain 0.33 changes in marital satisfaction.

**DISCUSSION AND CONCLUSION**

This study with purpose investigate the role of the family functioning, couples communication patterns and early maladaptive schemas in predicting marital satisfaction at Sonqor city teachers done. The results showed that there are a significant negative relationship between all aspects of family functioning and marital satisfaction in teachers. This means that with increasing scores for each of the subscales of family functioning, marital satisfaction decreases. Because, the high score in test, indicates family dysfunction and lower scores indicate healthier Function. Also, regression analysis results showed that linear multiple regression coefficient, for aspects of family functioning and marital satisfaction is significant. So Predictor variables, explains changes in marital satisfaction. The results of these study, is consonant with Epestein, et al (1983), Mattis& King littie(1985), Arkister& Stevenson (1991), Porteset al(1992), Lindsey et al. (2006).

In explaining the findings, We can say that Family efficient function, accompany with the ability of members in accordance with the changes, conflicts and conflict resolution, attachment between Members, Success in enforcing discipline pattern, observance the boundaries between members, implementation regulations and principles ruling family institution with the aim of protection of the family system. As much that Couples in every aspects of family functioning be successful, will benefit of the more marital satisfaction. Also, among the couples communication patterns, there were positively correlation between mutual constructive communication and marital satisfaction that show this factor is a strong predictor of marital satisfaction. Also, with high scores in man expected / women retiring pattern, women retiring / man expected, expectation - retreat pattern and mutual avoidance pattern, marital satisfaction decreases. The results of this study, is consonant with the findings of Christensen (1984), Burleson and Denton ,1997);Pourhossein et al ,2009);Halford,2008); nazari , 2007);ahmadi and Fatehizadeh, 2005) ;sharafi, 2003);Gottman,2000);Ledbette,2009); Mills , 2008) and Glaser, 2006) that showed are communication patterns and marital satisfaction are related. Also, there is a significant negative relationship between all aspects of early maladaptive schemas with marital satisfaction, except other directedness domain, which indicates these areas are a strong predictor of marital satisfaction.

The results of this study, is consonant with the findings of Stiles (2004), Andooz and Hamid Pur,2006) ;Zolfaghari et al , 2008), Yousefi et
al.2010) and Nickparvar, 2009) that there is a relationship between early maladaptive schemes and intimacy in romantic relationships as well marital satisfaction and was in line and cooperate with them, suggests that the presence of early maladaptive schemas increase, satisfaction and marital intimacy is reduced, and cooperate with them suggests that as much early maladaptive schemas increase, marital satisfaction and intimacy is reduced. In explaining these results, it can be said that maladaptive schemas are a predictor of marital dissatisfaction, because they play a major role in how people think, feeling and relationship with people. And in the context of marriage, affect thinking and behavior partner((Young et al., 1997). It seems that the presence of early maladaptive schemas leads to vulnerability to different types of mental and personality disorders. This situation may prevent the life satisfaction of people. In summary, the results showed that couples communication patterns, Family functioning and early maladaptive schemas are correlated with marital satisfaction. Therefore, all three hypotheses of this study that before mentioned, was confirmed.

LIMITATIONS
Limitations of this study are as follows:
1- The main limitation of this study is that done married only on sonqhor city teachers, therefore, be precaution in generalize the results to other groups.
2- The large number of questionnaires and questions because of several variables. Although the short forms was but the number of questions may be tired the participants.
3- It is not possible to conclude cause and effect.

SUGGESTIONS
1. Other researches, try to enter fewer variables into the study. this means that a maximum of two variables examined in marital satisfaction.
2. Consultants, psychologists and marriage and family therapists, act with communication skills training, educational intervention based on the schema model, Family therapy based on schema therapy, Cognitive-behavioral couple therapy, couple therapy based on Schemas, Structural family therapy to improve family functioning, couple communication patterns, cognitions, couples irrational and maladaptive schemas and improving the quality of marriage life. So that, prevent from different personal and social damages caused by marital maladaptation and divorce.
3. This subject performed on other groups specially people who divorce applicant or divorced, to obtain stronger results.

REFERENCES
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