

## عنوان مقاله:

The Effect of Compassion-Based Counseling on Marital Intimacy of Conflicted Couples

## محل انتشار:

دوفصلنامه تحقیقات رفتارهای اجتماعی و سلامت, دوره 3, شماره 2 (سال: 1397)

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## خلاصه مقاله:

Background: The occurrence of marital conflicts decreases the quality of communication between couples and marital intimacy. Therefore, the present study was conducted to determine the effect of compassion-based counseling on marital intimacy of conflicted couples in Isfahan. Methods: The research method was quasi-experimental with a pretest-posttest design and control group. The statistical population included all couples referring to Isfahan counseling centers in 1396. The sample size was 30 couples who were selected by purposive non-random sampling method and were randomly assigned to experimental and control groups. The intervention group received compassion-based counseling intervention for 8 sessions which lasted an hour and a half for 2 months. Then, subjects in both groups were examined. The instruments used were the marital conflict questionnaire and marital intimacy questionnaire. After collecting the questionnaires and extracting the raw data, data were analyzed by SPSS (version 23) using descriptive statistics and covariance analysis. Results: The results showed that compassion-based counseling had a significant effect on the marital intimacy of couples in the post-test phase ( $P < 0.0001$ ). This treatment could increase the marital intimacy of conflicted couples. Conclusion: Based on the findings of the present study, it can be concluded that compassion-based therapy using techniques such as mindfulness training, empathy, and sympathy for oneself and managing difficult emotions can enhance the marital intimacy of the conflicted couples. In this regard, compassion-based therapy can be used as an effective treatment to increase the marital intimacy of conflicted couples.

## کلمات کلیدی:

Compassion-Based Counseling, Marital Intimacy, Marital Conflicts

## لینک ثابت مقاله در پایگاه سیویلیکا:

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