

عنوان مقاله:

Effectiveness of Behavioral-Cognitive Therapy on Sexual Self-Esteem and Marital Commitment of Couples' with Troubled Relationships

محل انتشار:

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خلاصه مقاله:

Background: Health in families is rooted in sustenance and health of relationships between husbands and wives; and marital relationship is the core of families, disorders of which are threats to family survival. Objectives: The present study was aimed to examine the effectiveness of CBT on sexual self-esteem and marital commitment of couples' with troubled relationships in Tehran in ۲۰۱۷. Material and Methods: It was semi-experimental with a pre-test, post-test design as well as an experiment and a control group. The statistical population of the present research consisted of all couples with troubled relationships in Tehran, who were selected using a convenience sampling method and Cohen table for the sample size, and they were randomly divided into two groups: an experiment group (۱۵ individuals) and a control group (۱۵ individuals). The experiment group received ten ۹۰-minute sessions of group CBT interventions, and the control group remained on a waitlist. The measurement tools of the research included Dobel Naha and Schwarz's sexual self-esteem questionnaire and Adams and Jones' marital commitment questionnaire. The analysis of the data obtained from implementing the questionnaires was done through SPSS-V۲۲ software in two sections: descriptive and inferential. Results showed that CBT leads to an increase in sexual self-esteem in couples with troubled relationships. Therefore, it can be stated that group CBT is an effective method for improving self-esteem and marital commitment in couples. Conclusion: It can be stated that CBT helps family members to face problems effectively by resolving conflicts among family members and improving interpersonal relationships

کلمات کلیدی:

Behavioral-Cognitive Therapy, Marital commitment, Sexual self-esteem, Couples, CBT

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