

عنوان مقاله:

Evaluation of the Effectiveness of Acceptance and Commitment-based Education on Emotional Self-disclosure and Marital Commitment of Women Referring to Gonbad Kavous Clinics

محل انتشار:

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خلاصه مقاله:

Purpose: The aim of this study was to investigate the effectiveness of education based on acceptance and commitment on emotional self-disclosure and marital commitment of women referring to Gonbad Kavous clinics. **Methodology:** The method used in this study was pretest-posttest with a control group. For this purpose, ۳۰ people were considered among the subjects who were selected by available sampling. In this study, emotional self-disclosure questionnaire (Saadati Shamir, Gholami, ۲۰۱۴) and marital commitment questionnaire with Adams, Joens marital commitment scale (Saadati Shamir, Khorasanian, ۲۰۱۵) were used to assess the level of emotional self-disclosure. In this study, in order to analyze the data, descriptive statistics including minimum and maximum scores, mean and standard deviation were used. **Results:** By using acceptance and commitment based training techniques and cognitive reconstruction techniques, misconceptions and cognitive distortions related to couples can be identified and rational and appropriate thoughts can be replaced. In this way, marital commitment is increased and the quality of emotional self-disclosure is increased. Couples recover. **Conclusion:** Based on the research findings, education based on acceptance and commitment has a positive and significant effect on emotional self-disclosure and marital commitment of women referring to Gonbad Kavous clinics

کلمات کلیدی:

Acceptance and Commitment Therapy, emotional self-disclosure, Marital Commitment

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