

## عنوان مقاله:

The Effectiveness of training the acceptance, commitment and problem-solving skills on reducing the emotional divorce and the marital frustration

## محل انتشار:

فصلنامه تخصصی تحقیقات سلامت, دوره 10, شماره 4 (سال: 1400)

تعداد صفحات اصل مقاله: 10

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## خلاصه مقاله:

This study aimed to investigate the effectiveness of the acceptance, commitment and problem-solving skills training on reducing the emotional divorce and the marital frustration. The research method, with regard to the quasi-experimental nature of the subject, was selected with a pre-test post-test design with a control group. The statistical population was the couples attending the Family counselling centers in Kerman city in ۲۰۱۹. The study sample involved ۳۰ participating couples who were selected using available and simple random sampling and were divided into two experimental and control groups. Training the acceptance, commitment and problem-solving was presented to the couples in the experimental group during eight two-hour sessions, while the control group was in the waiting phase. To assess the subjects in both groups, the Emotional divorce questionnaire (Guttman, ۱۹۹۴), and the Marital Frustration questionnaire (Nihouse and Bartel, ۲۰۰۶) were used. The results of the covariance analysis showed that training the acceptance, commitment and problem-solving was effective on reducing the emotional divorce and frustration. This effect was stronger on reducing the frustration. According to the results, maybe we need to consider a more serious role for training the acceptance, commitment and problem-solving in the educational and therapeutic interventions related to reducing the emotional divorce and the marital frustration of the couples.

## کلمات کلیدی:

پذیرش, تعهد, حل مساله, طلاق, training, acceptance, commitment, problem solving, divorce, واژگان کلیدی: آموزش,

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