

عنوان مقاله:

Effect of Self-healing Training on Marital Conflicts of Women Visiting Counseling Centers

محل انتشار:

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خلاصه مقاله:

Introduction: Marital conflicts impose tensions and psychological pressures on couples, leading to devastating impacts on their relationship. The present study aimed to investigate the effect of self-healing training on marital conflicts of women visiting counseling centers in Isfahan (Iran). **Method:** This was a quasi-experimental study with three stages (pre-test, post-test, and follow-up). The statistical population comprised of all women with marital conflicts visiting counseling centers in Isfahan in ۲۰۲۰. Sixty women were selected through convenience sampling and were randomly assigned to experimental (n=۳۰) and control (n=۳۰) groups. The experimental group received twelve (۹۰-minute sessions per week) self-healing training sessions. The research instrument was the Marital Conflict Questionnaire (MCQ). **Results:** Findings showed that self-healing training improved the components of marital conflicts in the areas of cooperation, sexual relationship, emotional reactions, attracting more support from children, and separation of financial matters ($p < 0.01$). Moreover, by considering the significant difference between the pre-test and follow-up stages, it can be stated that the effectiveness of the intervention remained stable after the end of the program. **Conclusion:** According to the results, it can be concluded that self-healing training, as a new approach, can reduce marital conflicts.

کلمات کلیدی:

Mental Healing, Marital conflicts, emotions, Women

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