

عنوان مقاله:

The Effectiveness of Training of Cognitive-Behavioral Skills on Marital Satisfaction and Marital Exhaustion in Married Women Teachers of Kish Schools

محل انتشار:

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خلاصه مقاله:

The present study was done in order to study the impact of cognitive- behavioral skills training on improvement of marital satisfaction and marital burnout. Statistical population in this study consisted of studying married teachers of kish state schools in ۲۰۱۵-۲۰۱۶ academic year that ۶۰ teachers were selected using the screening method and were placed in two groups as experimental group and control group. The used tools include the job burnout Questionnaire and Sanaei marital satisfaction Questionnaire. This study was a semi- pilot design and its research design (plan) was the pretest - posttest with control group. The data analysis was performed by the Single-Variable Covariance Analysis Test and Multi-Variable Covariance Analysis. The results showed that cognitive-behavioral skills training have a significant effect and positive on the marital satisfaction and reduced job burnout in married teachers of experimental group. The difference between experimental and control group was significant. In other words, cognitive-behavioral skills training results in the improvement of marital satisfaction and reduced marital burnout in teachers of experimental group.

کلمات کلیدی:

Cognitive- behavioral, Skills training, marital satisfaction, Marital burnout

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