

## عنوان مقاله:

The Effectiveness of Teaching Intervention Internal Locus of Control on Increasing Marital Adjustment and Satisfaction

## محل انتشار:

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## نویسندگان:

Askari Asghari-Ganji  
Shokouh Navabinejad  
Kamo Vardanyan

## خلاصه مقاله:

Background and purpose: Satisfaction with marital life is the most important issue in the joint life, which has the greatest effect on durability and failure of couple's lives. Based on this, the main goal of the present research is to study the effectiveness of teaching intervention based on internal locus of control in increasing marital adjustment and satisfaction has been investigated. Materials and Methods: The research design was pre- and post-test with control group. Statistical population of this research includes ۱۰۰ married students of Farhangian University of Babol, Iran. To determine the sample, initially ۱۰۰ questionnaires of Rotter's locus of control and Spanier's marital adjustment were distributed among the married students. Among this population, ۴۲ couples both had external locus of control and suffered marital maladjustment, ۲۰ couples were selected by simple randomized method and were placed into two experimental and control groups, such that ۱۰ couples were placed in the experimental group and ۱۰ couples were placed in control group. Data were analyzed using the independent t-test method. Results: Research results showed that, since effectiveness of training communicational skills based on internal locus of control on increasing marital attachment of couples was calculated t-value ( $t = ۶.۰۴$ ) and ( $t = ۴.۷۱$ ) for women and men, respectively with degree of freedom of ۱۹ is bigger than t-value in the table ( $t = ۲.۵۳$ ) therefore, null hypothesis is rejected and with confidence degree of ۹۹%. Conclusion: Teaching intervention based on internal control can be used as one of the intervention .models for couples who suffer from marital dissatisfaction and think of divorce

## کلمات کلیدی:

Internal locus of control, Marital adjustment, Marital satisfaction

## لینک ثابت مقاله در پایگاه سیویلیکا:

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