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Posted in Vol. 40, 2014, 1

Current Issue

Impact Factor: 0.146

5-Year Impact Factor:
0.083

Imprint:
RRAMT France Ltd.

ISSN: 1607-7393

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[The Relationship between Early maladaptive schemas and marital adjustment: The spiritual intelligence as a mediator](#)

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Available online at www.behaviorsciences.com

Reef Resources Assessment and Management Technical Paper

ISSN: 1607-7393

RRAMT 2014- Vol. 40, 2014, 1



The Relationship between Early maladaptive schemas and marital adjustment: The spiritual intelligence as a mediator

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Abstract:

Introduction: Infertility is a major health problem worldwide, with physical, mental, and social and as an event stressful, exciting and frustrating for couples arises that can give negative effect on marital adjustment. The purpose of this study was to determine the relationship between early maladaptive schemas and spiritual intelligence, infertile couples with marital adjustment.

Method: Study, a cross - sectional study is of correlation type. The study population consisted of infertile couples attending the Infertility Center novin Mashhad, which was among the 102 persons (51 couples) volunteered and were selected based on sampling. The data of the Young Schema Questionnaire (Short Form), and marital self-spiritual intelligence collection and analysis of data, Structural equation modeling techniques were used.

Findings: Correlation coefficients showed that in infertile couples, all aspects of early maladaptive schemas, a significant negative correlation with marital and between all dimensions of spiritual intelligence and marital adjustment, there was a significant positive correlation. Results of regression analyzes showed that the maladaptive schemas, schema cuts and rejection of spiritual intelligence scales, personal meaning production had the greatest role in predicting marital adjustment.

Conclusions: According to recent research findings, we can conclude that, regardless of possible infertility, maladaptive schemas, especially the feeling of rejection cuts, lack of children, have negative effect on marital adjustment in infertile couples or vice versa, spiritual intelligence, especially the ability to produce personal meaning in life, the child is absent, it can be positively associated with marital adjustment. So maybe we can plan appropriate intervention strategies to increase marital adjustment helped.

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Keywords: Infertility, early maladaptive schemas, marital adjustment, spiritual intelligence

Introduction

In recent years considerable attention has been the role of psychological factors in infertility, and medical knowledge suggests a link between infertility and psychological factors. Infertility is actually a complex crisis of life, is psychologically threatening and stressful. Infertile women, infertility is often the most stressful events in your life and ruled successively repeated courses of treatment are described as repeated periods of crisis. Stress, a contributing factor in the cause of infertility. (Naderzadeh Ghooshvaraki,2011).

The importance of spirituality and spiritual growth in the lives of people in the past decade, a growing number of psychologists and mental health professionals have been attracted to. Divine Intelligence that is, we identify and articulate its needs and we are using that we can apply to our lives and the quality of those that follow, the meaning of terms, richer and wider be put.(Haditabar et al. 2011).

Stressful life events can reduce feelings of internal control, and when people feel they have control over events, are more willing to adapt. Studies have shown that internal control reduces feelings of infertility. People, who are under stress, are more prone to the disease, depression, anxiety and low self-esteem and dissatisfaction are higher than others. (Khaneghaei, 2011).

Yang, early maladaptive schemas and cognitive-emotional patterns - which define harmful, are formed early in the evolution of mind and repeated on how to interpret life experiences and relationships with others influence. Another recent developments, combined with spiritual matters has been the treatment of Schemas, the schema approach the transcendental meditation universal consciousness are combined. (Yang, 1950).

Object of research

Maladaptive schemas mediated the relationship between spiritual intelligence in marital adjustment in infertile couples.

Research Hypothesis

Maladaptive schemas and marital adjustment among infertile couples are associated with the mediation of spiritual intelligence.

Background research

In research Nilforooshan and colleagues (2006) examined the impact of cognitive behavioral counseling change the attitudes of infertile couples were studied. The results showed those counseling infertile couples' attitudes toward positive change and its impact on fertility in males and females is equal. In a study by Noorbala and colleagues (2007) took place, the effectiveness of psychological interventions (drug - Psychotherapy) on marital satisfaction of infertile couples is effective, Although marital satisfaction prior psychiatric treatments for men than women, and more women than men responded to treatment.

Tamanaei Far research results (2009) Showed that mental health and marital There is a significant difference between fertile and infertile women. Infertility can lead to certain psychological problems, but these problems can exacerbate the underlying cause of infertility.

In research by Kalkhoran et al (2011) As compared with anxiety, depression, and marital satisfaction in fertile and infertile women in Tehran were selected in two groups with 55 cases of infertile patients (25 men and 35 women), the results showed that anxiety and depression in infertile couples out there, and most of its attitude control of life and social acceptance.

In research by Berg et al (2012) was done, it was obvious emotional problems infertile infertility was higher in the first year, and during the second year is normal, and again after the third year of increases. As a result, over time the intellectual and emotional issues couples struggle not only did not improve, it may be more psychological problems may increase with time.

Research Methods

The study was descriptive research (non-experimental) is a correlation research. According to the present study, structural equation modeling technique was used for data analysis.

Sampling procedure and sample size

The sample consisted of infertile couples who, in a period of two months, we have referred to the Infertility Center novin, and voluntarily participated in the research. 130 questionnaires were prepared for the 65 couples who, from among the 102 people (51 couples) responded to the questionnaire completely.

Research Tools

1-Marital Adjustment Questionnaire (DAS):

Marital Questionnaire tool 32In other words, to assess the quality of the marital relationship of husband and wife in 1976 made by Spinner. Factor analysis tests have shown that the scale measures four dimensions, the dimensions are as follows: Couple satisfaction (satisfaction with various aspects of the relationship) between spouses (participation in joint activities), Couples agreement (agreement on issues such as finances, family relationships, child rearing, etc.) and express nurturance.

2-Yang Schema Questionnaire-Short Form (YSQ-SF):

The Questionnaire was designed in 1998 and a self - report measure of schemas. The Questionnaire (short form), which is comprised of 75 questions, the questionnaire measures five areas (1-25) cut areas and exclusion questions (26-45) domains of functional autonomy and questions (46-55) In other areas to qualify, questions (56-65) listen to the alarm and deter excessive and questions (66-75) will measure the area of the impaired limits.

3 - Questionnaire self-spiritual intelligence ((SISRI):

King based his theory of spiritual intelligence supplied through a questionnaire survey. The Questionnaire contains 24 words, and the spiritual intelligence capabilities in four key measures. Spiritual intelligence mental abilities are examined in this scale, although four critical thinking abilities, personal meaning production, transcendental awareness and expanded consciousness.

Descriptive tables

Descriptive data of the study population are given below.

Table (1): Frequency and percentage of infertile couples Education

Scientific level	Frequency	Percent
Below Diploma	29	29.9
Diploma	29	29.9
Associate Degree and Bachelor's Degree	37	38.1
MSc and PhD	2	2.1
Unknown	5	
Total	102	100

According to the above table, the sample of 102 patients selected from 29 infertile couples (29.9%) Below the diploma, 29 (29.9%) diploma, 37 (38.1%) and a bachelor's degree, 2 people (2.1%) are the MA and PhD.

The findings of the research hypothesis

The hypothesis is that the maladaptive schemas and marital adjustment in infertile couple’s relationship is mediated by spiritual intelligence and this relationship in the form of a causal model includes direct and indirect relationships can be drawn. Based on this model, schemas inefficient direct effect on spiritual intelligence and spiritual intelligence indirectly through their effect on marital adjustment.

Table (2): Indicators of goodness of fit for the first research hypothesis

Model	2%	df	2%/df	RMSEA	GFI	AGFI	NFI	CFI	NNFI
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The three factors	69.66	56	1.24	0.049	0.90	0.84	0.89	0.96	0.95
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According to the above table, the result of the degree of freedom chi-square is less than 2, indicating that the model fit well. It measures GFI=0.90 and AGFI=0.84 obtained indicate that the model has good fit, it is confirmed. According to the model, the RMSEA equal to 0.049, it enjoys a good fit. In the model presented NFI and NNFI, respectively, 0.89 and 0.95, which indicates a good fit of the model. (* **Significant at 0.01).

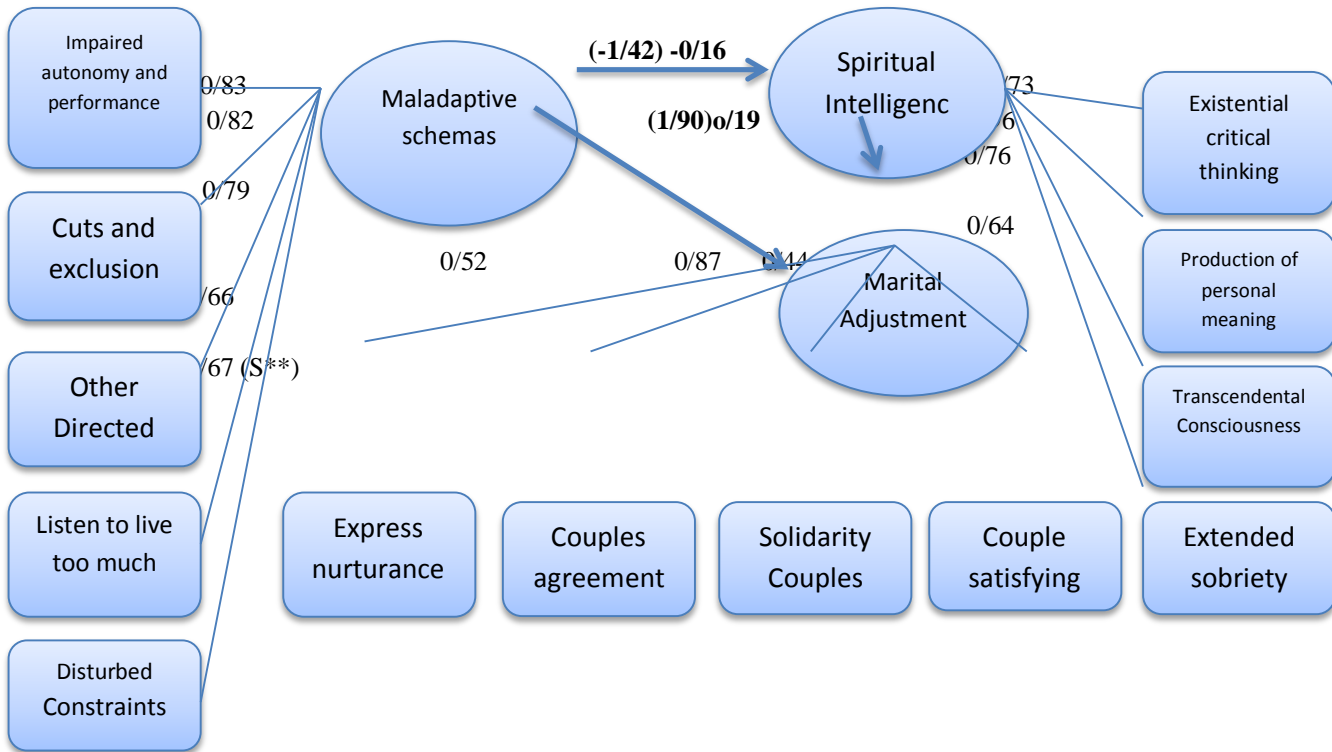


Figure (1): The direct effects of the existing path and the pattern of significant

The proposed scheme incompatible elements and spiritual intelligence Structural equation model of the production indices of overall model fit indices are not limited to, The standard parameters β and γ and t values corresponding to each of the causal paths of exogenous variables maladaptive schemas Endogenous variables spiritual intelligence and marital adjustment in infertile couples (gamma coefficients) and the latent variables mediating spiritual intelligence endogenous latent variable of marital adjustment (beta coefficients) are available. The coefficients and parameters, the relative strength of each path shows. Standardized regression coefficients β and γ their value must be between zero and one. Figure (1-4) is observed for each of the variables to mediate maladaptive schemas and marital adjustment path of spiritual intelligence factor gamma (γ) and beta (β) and the corresponding values of t there. Path coefficients gamma (γ) maladaptive schemas spiritual intelligence (-0.16) is a negative path coefficient is low. The significant t -test showed that this route is not statistically significant ($p > 0.05$, $t = -1.42$). Path coefficients gamma (γ) scheme incompatible marital adjustment (-0.67) is a negative path coefficient is high. Path

coefficients gamma (γ) maladaptive schemas in marital adjustment (-0.67) is a negative path coefficient is high. The significant t-test showed that the path is statistically significant ($p < 0.05$, $t = -4.20$). Path coefficient β of spiritual intelligence marital adjustment (0.19), which has a low coefficient significant t test showed that this value is not statistically significant ($t = 1.90$, $p > 0.05$).

Research results

The couple's marital agreement is highest. express nurturance, happy couples, and good correlation coefficients couples, but couples are lower than agreed. Personal meaning is Production of to the highest spiritual intelligence. existential critical thinking, transcendental awareness and expansion of consciousness are good, but the lower amount Production of personal meaning, Early maladaptive schemas highest in the area of the incision and exclusion. Other components of good values, but are lower than the cut area. In general we can say that the overall proposed model has good fit. Path γ two incompatible schemas path to spiritual intelligence and spiritual intelligence marital adjustment was not significant, but the direct path to marital conflict schemas have been confirmed. This means that, assuming a direct causal pathways are not well established general model, only direct path to marital conflict schemas have been confirmed. $\lambda \times \lambda \gamma$ coefficients and showed that the well can reduce the variables, and can produce a latent variable. Each of the paths in the model proposed in previous research is done, but relations had been done along these three paths, or in this case the result was not achieved. Therefore, the results obtained have been effective mediator. Clinical observations and research literature indicates that the response is associated with severe adverse reactions to infertility. Infertile couples, various forms of mental stress, emotional face. This ultimately can make them prone to depression. This may further reduce their chances of conceiving. Infertile women in his life with a variety of psychological problems including anxiety, depression, stress, etc. are grappling. It's a vicious cycle that is fomenting disorder, resulting in decreased quality of life, and consequently exacerbates psychological disorders and marital adjustment is reduced.

Conclusions

Its resourcefulness to solve problems and strengthen the child's family structure is an important factor that has received much attention, and couples who for whatever reason are deprived of divine grace, many psychological and social problems caused by the lack of children are facing. In addition, it appears that infertility is a major life crisis, leading to stressful experiences and psychological problems. Infertility is one of the possible consequences of neurosis. Neurosis is mild mental disorders, a person with it, is incapable of resolving conflicts and problems and develop some of the symptoms are sick. Numerous studies have shown that high levels of distress are infertile couples.

Infertility care in underdeveloped or developing countries is more pronounced; because no child in the community, lack of security and stability in marriage is a social label. This conflict creates communities around the head fractures in women with infertility and its causes are irrational thoughts towards infertility. Infertile people spend a lot of effort to diagnose and treat infertility, and yet due to the effects of physical, psychological and social treatment of infertility, psychological stress is abundant; In fact, infertility is associated with increased psychological stress. (Heidari et al, 2011).

Infertility as a factor causing stress in both women and men are affected, and for many couples involved, as Stressful most difficult times of their lives. Even infertility treatments for couples as well as the stress are because, in most cases beyond the resources of the physical, emotional and financial attributes. Success rates of infertility treatments as well as economic problems, including extreme stressors for people who are infertile, assisted reproductive therapies such as infertile after one or two experiences, due to financial pressure and emotional stress release during treatment. Irrational beliefs by being unchangeable, resistance to change and are understood to be non-functional and environmental stress started and mainly by the parties as to the facts of experience. A vicious cycle can be

downloaded relationship between the experience of anxiety and dysfunctional beliefs and attitudes are there any other ways to strengthen. Couples who have similar characteristics in terms of expressing emotions, feelings and beliefs are explicit, of course, are more satisfied with their lives. (Kermani et al, 2001).

According to the results, we can say that the existence of incompatible schemas and irrational thoughts, depending on how intimate relationships and consequently has an effect on marital adjustment in infertile couples. Infertile couples due to the crisis in the early years of marriage encounter it is obvious that such events are incompatible schema activation and being unaware of their incompatible schemas, and also highlighting schemes and fear of the future causes, good people cannot be spiritual intelligence in order to better adapt to take advantage of this crisis.

Suggestions:

In the case of patients who have mental health needs, experience less stress and increases the chances of fertilization. It is suggested that the infertility treatment should be combined with psychological treatment. Psychological Treatment for Infertility associated with the program, raising levels of mental health, infertile individuals made more resistant against stress and further increase the effectiveness of infertility treatments, infertility patients are encouraged to seek treatment. Individuals learn how to form different patterns and inconsistent inefficient and irrational thoughts (such as the need to have children to experience a happy life), and his negative emotions to communicate spiritual intelligence training causes an increase in awareness and application of the distressed position and associated it with negative thoughts and emotions and high quality of life and marital satisfaction. To this end it is recommended that the treatment centers, the classes will be held by professional psychologists. It is also necessary for women and infertility in hospitals, psychologists, cognitive problems and compatibility of couples, infertile couples, and family counseling are active.

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