

The relationship between marital communication patterns with sexual problems in married Students

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Abstracts: Sexual problem are some of the most popular basic problems of married people that can effect on psychological condition in such a way that cause breaking marriage and marital relationship is so helpful for health of both partners. This research has been done with the aim of studying the relationship of Couples communication models and sexual problems in married students. The present research is descriptive and has been done in correlation manner. Among married students of Isfahan university 200 persons were selected randomly. Research tools were Questionnaires of Couples communication models and sexual problems. That all the sample people answered them. After gathering data , they were analyzed through correlation test.Data showed that there is a negative meaningful relationship between models of mutual constructive relationship and sexual problems . But integrity among other models of marital relationship and sexual problems was positive and meaningful.Concerning resultant conclusion, necessity of notice and modifying destructive relation models is clear. And marital satisfaction requires continuous effort of partners for establishment of constructive communicative models that psychologists and counselors for helping this subject are in priority.

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social, psychic needs and also for continuing generation , and solving different kinds of problems(4).

Relationship among family members makes them able to share their needs, wishes and interests with others. They are able to express their love, kindness and affection to each other and they can solve problems and inevitable affairs in family easily and well. But lack of their intimate skills change their relationship to a parallel and without intimation one. When an intimate relationship is stopped, love energy is changed to anger and annoyance and as a result it cause creating many struggles, shameful sarcasms, repeated criticism, no sexual interest, and remaining silent(5).

Nowadays sexual health is known as a part of general health. Bankraft (1983) asserted that 65% of women and 40% of men suffer from sexual action disorder.(6) In studying family structure on of the solutions, is considering communication canals of family members specially husband and wife. Communication canals that are used repeatedly are named communication models (7).

Chrstensen and Sullaway have emphasized on three important marital communication models: (8)

1- Mutual constructive communication

During which each of the couples try to communicate about the problem, they discuss their feelings toward each other and express and

1- Introduction

Relationship is spread in whole human life and life is starting by relationship and is ended by ending relationship. Human being is born in relationship domain and fulfills all kinds of his/her needs; s/he lives, grows and improves by relationship. Humans' happiness is mainly dependant on his/her relationship with others. But some kinds of relations are more important than others, because some kinds of relationships are commercial. Some are social; some are biologic and psychic or spiritual. But one of the longest and deepest relationships that have all above dimensions is marital relation. It is a relationship that we expect it to fulfill all our needs and meet all of our wishes (1). Satisfying marriage is so useful for physical health of both partners (2). In comparing divorced or unmarried people, married and specially people who are justified with their marriage, have had long life and less sexual problems, and other disease (3).

Marital relationship is a process during it wife and husband exchange their feelings and thoughts locally or no locally. Such a kind of relationship is one of the most important justification sources in human life. Marriage is a kind of perfection for human being. Man has a collection of needs and instincts that not fulfilling or bad fulfilling of each one can cause instability in personality and based on creation rule human needs to be married to fulfill his/her different

This kind of criticism can make the person feel the inefficiencies and in response s/he shows fight or flight reactions.

By considering the mentioned affairs and studying other researches the purpose of this research is studying the relationship between marital relationships' models and sexual problems in married students .

2- Method and material:

Research method in this research study is descriptive and correlation and because purpose of researcher has been defining amount of correlation between two variables of marital relation models and sexual problems, so research method has been two variable correlation. Statistical society of this research has composed of all married students of Literature College of Isfahan University in 2009-2010 that were 450 people. Research sample were 200 people of statistical society that were chosen randomly.

Tools:

Golombok -Rust Inventory of Sexual Satisfaction (GRISS) (1986)

This questionnaire is test with 28 questions. Questions measure kind and intensity of sexual problems in seven fields and in two separate forms for men and women from zero to four score. The lowest score in this scale is 0 and the highest one is 112. Subscales of women's questionnaire include infrequency, non-communication, dissatisfaction, avoidance, non-sexuality, veganism and anorgasmia and in men they include impotence, premature ejaculation, non-sexuality, avoidance, dissatisfaction, infrequency and non-communication.

In addition of balanced scores of subscales, the total balanced score of each testes shows intensity and weakness of his/her sexual problems in a 9 graded chain that number 1 show the least sexual problems and number 9 shows the most sexual problems.(12)

The design, construction and item analysis of the GRISS are described. It is shown to have high reliability and good validity for both the overall scales and the subscales. In the Iranian version of this scale, the Cronbakh alpha coefficient of each of the scales for female subjects is 0.84, 0.87, 0.94, 0.89, 0.91, 0.93 respectively; and for male subjects is 0.93, 0.89, 0.92, 0.94, 0.87, 0.90. (10) The correlation coefficients among the female and male subjects' scores is 0.89, 0.92 which indicates excellent stability of retest of the scale.

Questionnaire of communicational models

This questionnaire has been made by Christensen and Sullaway in 1984 in California University (13). It is a 35 questioned self measuring tool that has been

propose solutions to the problem of communication and give some talks and both feel that they understood each other.

2- Mutual avoidance of communication

During which couples try not to talk about the issue

3- Demand-Withdraw

During which a couple tries to enter the other one in that issue by criticizing, nagging, or proposing some changes, while the other one tries not to talk at all, to change the subject in order to avoid discussing the subject, to remain silent or even leave the room

Sentiment should be known as one of important dimensions of marital interactions and it is a good separative agent among helpless and unhelpless couples. Noller and Fitzpatrick (1990) believe that having less positive emotion, having more negative emotion and expressing more mutual negative emotion are some of specifications of emotional atmosphere of helpless couples. Bradbery et.al states that sentiment is one of the important factors in estimating marriage quality variance (9).

Quality of couples' relationship is origin of many sexual problems. Lack of relationship, hostile relations and inability in showing and exchanging emotions are some of characteristics of couples that suffer from bad sexual action. Sexual problems and having bad relations in no sexual background are so related to each other .Most of couples have marital problems and most of them suffer from sexual disorders too.(6) In Sigers' studies (1974-1976) 75% of couples who referred for marital problems, complained sexual disorders too and 70% of couples who their main problem was bad sexual action had some unisexual problems too. In fact sexual problem is a reason for couples' inconsistency and couples' inconsistency is a reason for sexual problem. The mutual reason, joins sexual and nonsexual problems. Interactive nature of sexual relations shows definitive role in couples' relationship in sexual function and dysfunction.(10)

By regarding these studies, In a case in which couples face a problem in their marital relationship and cannot find solutions efficiently through dialogue with each other to reach an agreement, and due to lack of ability in conflict resolution and the issue itself they ignore themselves and try not to express it, this mutual avoidance can be associated with increased problems. Gatman 1994 found that one of the early signs indicating that the marriage is at risk is of severe criticism of the two parties. (11) . In a right type of criticism any of a couple clearly states that what upsets her/him and s/he just criticize the action not the person him/herself. But in an incorrect criticism, each of the spouses uses a special case of dissatisfaction to have an overall attack to the other.

It should be mentioned that questions in questionnaires of communicational models are made in such a way that answering each one of couples to questions can define models of their marital communication and high coordination among independent answers of couples in subscales of this questionnaire has been 71% in American sample in all models (13) and in Iranian sample, it has been 62%, quoted by Ebadatpour, in 2000 that its statistical society was chosen from Tehran that it is meaningful in level of 0/05. (9)

In this research in order to analyze data, descriptive statistics methods like mean, standard deviation and etc and also in inferential statistics T test, Pearson alliance factor and analyzing variance were used.

designed to measure marital relation of couples, and it measures couples' behaviors in three steps of marital conflicts. These steps include:

1-When there is a problem in couples' communication. 2- Length of time that problem is discussed about. 3- After discussion about communicational problem.

Couples grade each behavior on a 9 graded scale that its range is from 1 (impossible) to 9 (very possible). Questionnaire of communication models is composed of three subscales:

1-Mutual constructive communication 2- mutual avoidance communication 3-Demand-withdraw communication that has two parts: A) scale of demand (man)/ withdraw (woman) B) scale of demand (woman) / withdraw (man)

3- Result:

Table 1: studying mean and standard deviation of questionnaire of models of marital communication

Series	Sample index	Men			Women			Whole		
		M	SD	N	M	SD	N	M	SD	N
		marital communication models								
1	Mutual constructive communication	57.18	9.45	100	56.40	8.70	100	56.80	9	200
2	Mutual avoidance of communication	49.29	5.98	100	49.99	6.07	100	49.67	6	200
3	Demand - Withdraw	48.12	9.36	100	52.45	9.98	100	50.49	9.9	200

Regarding the table1, model of mutual constructive communication has the highest mean with mean $X=57$ in all three groups of men, women and whole of testes and model of demand-withdraw in men group has the least mean of $X=48/12$. The most standard deviation which is $S=19/45$ is for mutual constructive communication in men and the least standard deviation is $S=5/98$ for model of mutual avoidance communication in men group, and also by using table's data it can be said that the average scores of mutual constructive models and mutual avoidance are almost equal in three groups and in model of demand-withdraw the average of women group which is $X=52/42$ is more than men group and whole group. Standard deviation of three mentioned models is almost equal in three groups.

Table 2: studying the mean and standard deviation of scores of sexual problems' questionnaire

Series	Sample	Men		Women		Whole	
		M	SD	M	SD	M	SD
		Sexual problems Index					
1	Infrequency	23.73	3.21	24.05	3.15	23.89	3.19
2	non-communication	14.87	2.61	15.03	2.87	14.90	2.75
3	avoidance	12.92	1.51	12.90	1.41	12.91	1.45
4	dissatisfaction	13.17	2.48	13.52	2.51	13.35	2.49
5	non -sexuality	12.44	2.16	12.41	2.26	12.43	2.23
6	impotence	17.13	2.11	-----	-----	17.25	1.02
7	premature ejaculation	16.18	2.44	-----	-----	16.31	2.31
8	vaginismus	-----	-----	16.15	2.55	16.24	2.50
9	anorgasmia	-----	-----	9.44	2.60	15.44	2.50
10	Total	111.44	16.52	103.05	17.35	142.72	20.44

Regarding the mentioned data in table 2 in all three groups, men, women and the whole, frequency with $X=23/89$ has the highest mean and then non sexuality that is $X=12/91$ has the lowest mean in all 3 groups. The highest standard deviation equally in all three groups $SD=3/19$ refers to infrequency dimension and the lowest SD equally in all three groups $SD=1/45$ refers to avoidance dimension. The lowest mean in women has been anorgasmia and in men it has been non sexuality. Also data of the above table suggest that standard deviation numbers of men and women in each of 7 dimensions of sexual problems are almost equal, average numbers of all dimensions in men, women and the whole are $X1=111/44$, $X2=103/05$, $X3=142/72$ respectively and their standard deviation are $SD1=16/25$, $SD2=17/35$, $SD3=20/44$ respectively.

Table 3: Relationship between Marital Communication Models & Sexual Problems

Variance analysis	R	Sig
Marital communication models & Sexual Problems		
Mutual constrictive communication	-0/196	0/010
Mutual avoidance of communication	0/156	0/042
Demand - Withdraw	00/17	0/026

In order to study the relation between model of mutual constructive communication with sexual problems, Pearson correlation factor has been used that resultant Pearson R was -0/196 in 0/010 level, results showed that calculated correlation is bigger than the mentioned correlation in a meaningful level ($P=0/05$). As a result the relation of these two variables is meaningful and direction of this relation is negative and reversed it means that people who have constructive communication model have less sexual problems and vice versa.

Pearson correlation factor was used for variable of mutual avoidance communication model and sexual problems that the resultant R has been -0/156 and its level has been 0/42. Results showed that the calculated correlation is bigger than correlation of table in a meaningful level ($P=0/05$). It means people who have more sexual problems, have high scores in mutual avoidance model too.

In relation to sexual problems and model of demand-withdraw communication the resultant Pearson R has been 0/17 and in level of 0/02. Results showed that the calculated correlation is bigger than correlation of table in a meaningful level 0/05. So the relation of these two variables is meaningful. Direction of relation is positive and straight that is people with more sexual problems have higher scores in model of demand-withdraw communication and vice versa.

Table 4: results of T test for men and women in choosing marital communication models:

Variance analysis	Sex	M	SD	df	Difference of means	T	Sig
Mutual constrictive communication	M	57.18	9.45	197	0.78	.80	$P<0/05$
	F	56.40	8.07				
Mutual avoidance of communication	M	49.29	5.98	197	0.07	0.07	$P<0/05$
	F	49.99	6.07				
Demand - Withdraw	M	48.12	9.36	197	4/43	4.142	$P<./001$
	F	52.45	9.98				

In order to study the relation of gender and using models of marital communication T test, variance analysis and LSD were used. This hypothesis studies the relation between gender differences and using marital communication models in which each model was compared in two genders.

The resultant conclusions of doing T test show that the difference between men and women in using model of mutual constructive communication and model of mutual avoidance is not meaningful statistically and the observed T is bigger than critical T, so regarding this explanation women use mutual avoidance model more than men.

Table 5: results of variance analysis for identifying difference of men and women in using marital communication models

Variance analysis	Sex	Source of changes	Total of squares	df	M	F
M		Error Factors	486.48	1	644.8	67.42
			141921.6	99	95.65	
F		Error Factors	1476.31	1	1476.31	17.09
			15580.18	98	82.43	

The resultant conclusions of doing variance one variable analysis by repeated measuring shows that in both groups of men and women variance difference of at least one of the factors is meaningful statistically and the observed F in both groups in level $P=0.001$ with 67/42 and 17/9 is bigger than critical F, so by considering resultant data and by using the above description it can be concluded that hypothesis 4 has been confirmed that is there is a meaningful difference in using marital relation models in men and women. LSD test has been used for studying the observation differences in the mean of factors that its results will be brought in table 6.

Table 6: Studying observation differences in the means of factors (LSD test)

Sex	mean	factors	M	49.29	48.12
M		Mutual constrictive communication	57.18	7.89	9.06
		Mutual avoidance of communication	49.29		1.17
		Demand - Withdraw	57.17		
		factors	mean	49.99	52.47
F		Mutual constrictive communication	56.04	6.04	3.09
		Mutual avoidance of communication	49.99		2.46
		Demand - Withdraw	52.45		

discussion in their life and they try to offer suggestion and express their feelings to each other, so they can have more justification about their marital life.

5-Conclusion

Christensen & et al (1986) Research showed that the pattern of constructive is seen less in problematic couples. It clears the necessity of paying attention to correct the wrong communication patterns. (8)

In fact, people who mostly use mutual constructive models, have less sexual problems, so they are personally more organized and mentally more concentrated people. These people have based their life on progress and so they are so less damageable to their marital problems. Negative behavioral models in couples are changeable through suitable intervention. These suitable interventions are possible through sexology and marital therapy that are designed to reduce or remove critical exchanges or extravagant demands and expectations and prevent increasing negative tensions among couples. Except mutual constructive model the other models are not suitable and if people use these models they will encounter with many problems in their life that sexual problem is one of them. Sexual problems are so important in marital life and they need required training and special therapy that therapists, consultants, psychologists and sexologists play important roles in improving and removing them. Finally it is suggested that some guidelines for sexual training and correct models of communications should be offered to couples. Perhaps one of these guidelines is training correct models of communication by TV programs that address many people and also suitable sexual training shouldn't be taboo for all groups of age according to their needs.

Aknowlejment:

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The resultant conclusions of performing LSD test show that in men group just difference of style (model) mean of one with two and three is meaningful statistically. So men mostly use mutual constructive communication model more than two other styles. Also the results of the above table show that women use all three communicational models and mutual constructive communication, mutual avoidance and demand-withdraw are important respectively. So these results in addition of variance analysis will confirm the forth hypothesis.

4-Discussion

Conclusion of this research showed that there is a meaningful positive correlation between marital communication models and sexual problems. And also by considering data we understand that there is a meaningful and reversed relation between models of mutual constructive communication and sexual problems, that is the more we use mutual constructive model we'll have less sexual problems. It means that people who use mutual avoidance models, model of woman demand-man withdraw, model of demand man-withdraw woman and model of demand-withdraw have more sexual problems. Also it is shown in hypothesis of gender and using models of marital communication that men mostly use mutual constructive model and women mostly use avoidance model. Sexual justification requires continuous affair of couples to establish model of constructive communication and some of the main specifications of these models are sharing sentiments, feelings and sexual feedbacks.(15)

Conclusions about this study are correlated with Sharafi research about meaningful correlation between models of mutual constructive communication and health of psyche (16) and Sasanpour research about the Relationship between Couples communication models and Sexual problems (17) , Safiee nia research about positive effect of teaching skills of removing conflicts on improving positive constructive relation.(18) Also that are coordinated by researches of Chrstensen (1986) and Jacobsen(1992) in which they understood that model of constructive communication is less in problematic group.(9) So it can be said that people who have sexual problems try to use a more suitable way of

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