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EFFECTIVENESS OF THE EMOTION-FOCUSED-COUPLE-THERAPY AND SOLUTION-FOCUSED-COUPLE-THERAPY ON HAPPINESS AND INEFFICIENT MARITAL COMMUNICATIONAL ATTITUDES

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ABSTRACT

The purpose of the present study is to determine the effectiveness of emotion-focused and solution-focused couple therapy on increasing the happiness and improving the communicational attitudes of couples in Neyshabur. Happiness is a component that has entered to the psychology field from positive perspective psychology. Also, attitudes have important role in improving psychological health and inter-personal relationships; and according to this theory, our personal withdraws can lead us toward healthy relationships or disorder in relationships. Emotion-focused strategy that focuses on interest emotions of couples is following couples relationships by increasing positive emotions. Solution-focused strategy is also helping couples to be powerful to solve their problems.

Material and Methods: the present study is practical and due to the performance it is semi-experimental (by pre-test and post-test with Control group). Statistical community consisted of all conflicting and incompatible couples of Neyshabur in 2013-14, and 15 couples have been selected by available sampling and have been placed randomly in two groups of Experimental and Control. Data have been obtained after screening level (interviewing with concentration on history, marital problems and control variables) by marital Happiness Scale (MHS) and Relation Beliefs Questionnaire (RBQ). The independent variable was emotion-focused and solution-focused couple therapy that experimental group received couple therapy for 8 sessions (1.5 hours). During this time the control group did not receive any specific intervention. After the end of these sessions, research tools were represented. So, by mixed covariance analysis and obtained data covariance has been analyzed.

Results: The result of this research demonstrated that although both therapy methods are effective on improving happiness and inefficient marital communicational attitudes ($P < 0.001$), but emotion-focused couple therapy is more effective in contrast with solution-focused strategy ($P < 0.001$) and solution-focused method in improving marital communicational attitudes is more effective than emotion-focused method ($P < 0.001$).

Discussion: The results of the research showed that short-term treatment couple therapy, such as emotion and solution focused couple therapy can help improve marital relationships and happiness. As a result, it is recommended that therapists use these two approaches.

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Introduction

Marriage is one of the oldest links of humans, that was satisfying and developing human personality and most of the people at least once choose a partner in their lives. Nowadays "family" has been attentioned among psychologists and counselors, some of them have put the family in the spotlight and believe that the root of all psychological problems is in the family [1]. Marital relationships in a family can make happiness or it can be the source of problems and sadness [2]. So, one of the components of marital relationships quality is marital happiness that shows general level of happiness of different aspects of marital relationships in each person [3].

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marital happiness has close relationship with the concept of marital interaction, marital problems and tendency to divorce [4], income, spouse selection and friends and family networks [5, 6]. Recent studies demonstrate that corresponding respect, similarity of couples' beliefs, age of marriage, duration of common life and the number of children are effective in marital satisfaction [7;3].

Cognitive model is one of the psychological models that recently has been proposed in explanation of family problems and has been considered by theoretical foundations and strong empirical support. In accordance with this model, irrational beliefs and cognitive distortions are important factors in establishment and continuation of pathological behaviors [8].

The recent concentration of psychologist on emotions established emotion-focused couple therapy as the main factor of marital problems, and also created a revolution in couple therapy approaches [9]. In EFCT approach, reference-oriented, Gestalt and systematic approach with simulated thoughts, willingness and responsibility and romantic relationships which are explained in affection theory, combine with each other [10] and its concentration is on emotional process in the present time, emotional processing factors, original empathic relations, making responds and new interactive patterns, changing inflexible interactive patterns of turbulent couples and increasing their relations [8] and helping couples to change their unsafe affection style [11].

Conflict is the base part of each relationship such as marital relationships and the most important element in relationships is how to solve the conflict. De Shazer (1991) states: «the ways that people use are just problematic, not problem» [12]. So couples' problems are not only from communicational skills, but also sometimes couples efforts to solve some parts of problems that are from primary experiences [13].

Solution focused brief therapy (SFBT) has been established in 1970 and 1980 in brief family therapy centers in Milvaki and Viskansi by De.Sharez and et al. Solution focused approach is interested in changing family and does not have much attention in the way of presenting problem in the family [14].

In accordance with the fact that family is the most valuable and effective entity of the society and according to the high rate of divorce, the researcher is to compare the effectiveness of EFCT and SFCT approaches on changing the level of marital happiness and modifying the inefficient marital communicational attitudes and also about the fact that it is possible to modify the inefficient attitudes significantly by working on emotions (emotion-focused treatment) and vice versa, it is possible to increase marital happiness significantly by working on solutions and cognitive processes (solution-focused), to provide a situation for counselors to use the most effective method saving client's time and money.

Method

The present study is practical and semi-experimental with post-test and pre-test on Control group. To test the research hypothesis, ancova has been used.

Statistical community and Sample

Statistical community included all couples that because of marital maladjustment and disagreement have referred to the law offices of Neyshabur in 2013-14. Available sampling has been used.

15 couples have been placed randomly in EFCT, SFCT and Control groups (5 couples in each group). the reason of using available sampling in this research is that if researchers don't use of this method, their research will be difficult or impossible. To test the research hypothesis, ancova has been used.

The research tools

Marital happiness scale: this scale has been provided by Azrin, Naster and Jones (1973) in order to measuring the level of marital happiness. This tool with ten questions is a behavioral approach in marital counseling which uses to test the corresponding observational effects. This scale evaluates the whole level of marital happiness in nine different situations by general single article indexes. Each question can be used as an index for marital happiness in special fields of marital interactions. To achieve general marital happiness indexes total scores of questions can be summed. In front of each proposition there is a range of 1 to 10 which respondent grades the level of his or her happiness according to proposition. The results demonstrates that this tool is sensitive in measuring changes and has significant relation with Look-Valas couple adjustment. Also, in the level of cohesion has obtained 0.71 by revised dyadic adjustment scale Spanner (RDAS) and the results of confirming factor analysis has confirmed its single-factor structure –with the best processing indexes–for Iranian society. The reliability of this questionnaire has been obtained 0.09 in Haring, Hewitt and Felts research (2003) and 0.94 in (6) by Internal consistency method (Cronbach's alpha)[15].

Communicational beliefs questionnaire (RBQ); Romance and De.Bord (1995) is one of the relatively practical scales in measuring inefficient and irrational thoughts and beliefs in marital relationships which has been developed to understand couples' relationships, examine the position of cognitive mediation in the emotional and behavioral reactions of each couples in marital relationships and also understanding the nature and meaning of their interactions. In order to examine the validity of RBQ, especially by factor analysis, several studies indicate that this scale has 9 factors: 1) being quietly honest in all situations, 2) reading each other thoughts, 3) doing everything with each other, 4) satisfying all needs, 5) the ability and tendency to make change in himself or herself for others, 6) perfection in marital relationships, 7) easily maintain good marital relationships, 8) goodness and perfection of romantic relationships and 9) romantic orientation. The result of validation of extracted factors of RBQ scale in Azkosh and Askari (2008) research, obtained the validity of internal consistency and re-testing in one month interval respectively 0.945 and 0.925. The results demonstrate that all scale buoys

have appropriate accuracy, confidence, capability of repetition and reliability. So, the results of measuring the effectiveness of treatment interventions and counseling and also feature studies and researches in relevant fields are trustable. RBQ correlation with irrational beliefs test of Jones (1968) has emphasized its convergent validity ($p < 0.001$, $r = 0.32$). Content structure of this factor is significantly along with Elistheory (2000, 2001).

Findings

The purpose of the present study was to compare the effectiveness of emotion-focused couple therapy and solution-focused couple therapy on inefficient attitudes and the happiness of couples. Obtained data form the effectiveness of above-mentioned approaches on attitudes and happiness has been analyzed by descriptive and inferential analysis. Initially, the research is presented in table 1 in terms of type of employment and level of education (that we have matched them within possible limits).

Table 1. Frequency of participants in research by separating the level of education and type of employment

Type of employment				Level of education				Group variable
total	employee	Self-employed	housekeeper	total	M.A.	B.A.	diploma	
10	4	2	4	10	2	4	4	Control
10	3	4	3	10	1	3	6	Solution-focused
10	5	4	1	10	1	4	5	Emotion-focused

In table 2, mean and standard deviation of post-test and pre-test of marital happiness scales and marital inefficient communicational attitudes of each group are presented separately.

Table 2. Mean and standard deviation of marital happiness and inefficient attitudes of post-test and pre-test in each group

Post-test		Pre-test		group	variables
S _x	X	S _x	X		
4/69	38/3	6/31	40/1	Control	happiness
14/04	81/6	3/63	41/9	Emotion-focused	
5/85	73/5	3/07	40/9	Solution-focused	
6/98	94/9	27/51	91/5	control	attitudes
15/98	190/5	10/33	92/4	Emotion-focused	
21/01	192/3	8/04	90/1	Solution-focused	

According to the presented data in table 2, mean 40.1 and standard deviation 6.31 are obtained from marital happiness variable of Control group and pre-test also respectively are obtained 38.3 and 4.69 in post-test. Mean and standard deviation of happiness in emotion-focused therapy and pre-test are respectively obtained as 41.9 and 3.63 and in post-test are 81.6 and 14.04. Mean and standard deviation of happiness for solution-focused therapy and pre-test are 40.9 and 3.07 and in post-test are 73.5 and 5.85. Also, mean and standard deviation of inefficient attitudes of Control group and pre-test are 91.5 and 27.51 and in post-test are 94.9 and 6.98. In emotion-focused therapy and pre-test, 92.4 and 10.33 and in post-test 190.5 and 15.98 are obtained. Mean and standard deviation of these variables are 90.1 and 8.04 in pre-test of solution-focused therapy and for post-test are 192.3 and 21.01.

Table 3. Covariance analysis of the effectiveness of emotion-focused couple therapy on increasing the marital happiness

Observed power	Level of significance	F	Mean of squares	Degrees of freedom	Total squares	The diffraction source
0/049	0/363	0/873	0/274	1	0/274	Pre-test
0/795	0/000	65/86	20/675	1	20/675	group
			0/314	17	5/33	Error
				20	26/887	total

Table 3 demonstrates that the hypothesis of the present research is confirmed and adjusted mean demonstrates that the effects of emotion-focused couple therapy are confirmed. In another word, after adjusting pre-test scores, there is a significant effect of the factor ($F(1&17)= 65.86, P<0.001$).

Table 4. The results of the Covariance analysis for the effectiveness of emotion-focused couple therapy on modifying inefficient communicational attitudes

Observed power	Level of significance	F	Mean of squares	Degrees of freedom	Total squares	The diffraction source
0/057	0/326	1/02	0/392	1	0/392	Pre-test
0/666	0/000	33/95	13	1	13	group
			0/383	17	6/5	Error
				20	21/16	Total

Table 4 demonstrates that hypothesis of the present research has been confirmed and adjusted mean scores prove that the effects of the emotion-focused couple therapy on reducing inefficient attitudes of couples are confirmed. In another word, after adjusting pre-test scores, there is a significant effect of the factor ($F(1&17)=33.95, P<0.001$).

Table 5. The results of covariance analysis of the effectiveness of solution-focused couple therapy on increasing marital happiness

Observed power	Level of significance	F	Mean of squares	Degrees of freedom	Total squares	The diffraction source
0/113	0/159	2/17	0/351	1	0/351	Pre-test
0/708	0/000	41/29	6/67	1	6/67	group
			0/162	17	2/74	error
				20	14/56	total

Table 5 demonstrates that the hypothesis of the present study has been confirmed, and adjusted mean scores proved that the effect of solution-focused couple therapy on increasing the marital happiness of couples is confirmed. In another word, after adjusting pre-test scores, there is a significant effect of the factor ($F(1&17)= 41.29, P<0.001$).

Table6. the results of the covariance analysis for the effectiveness of solution-focused couple therapy on modifying inefficient communicational attitudes

Observed power	Level of significance	F	Mean of squares	Degrees of freedom	Total squares	The diffraction source
0/014	0/634	0/234	0/092	1	0/092	Pre-test
0/645	0/000	30/95	21/13	1	12/13	Group
			0/392	17	6/66	Errorb
				20	21/62	Total

Table 6 demonstrates that the hypothesis of the present study has been confirmed, and adjusted mean scores prove that the effect of emotion-focused couple therapy on modifying inefficient attitudes of couples are confirmed. In another word, after adjusting pre-test scores, there is a significant effect of the factor ($F(1&17)=30.95, P<0.001$).

To compare the effectiveness of groups, ancova has been used. Before test implementation, the assumption of covariance analysis implementations will be examined. It is determined that the relevant assumption to the homogeneity of variances

has been observed in group which received solution-focused therapy ($F=0.071$, $p=0.79$) for marital happiness and ($F=1.92$, $p=0.81$) for inefficient attitudes. This assumption for group solution-focused therapy and in marital happiness ($F=1.56$, $P=0.22$) and inefficient attitudes variable ($F=1.22$, $P=0.28$) is observed as well. And also it is determined that assumption related to homogeneity of slopes, in solution-focused therapy and for marital happiness ($F=0.47$, $P=0.78$) and inefficient attitudes variable ($F=2.73$, $P=0.06$) is observed. This assumption is also observed in emotion-focused therapy group and for marital happiness ($F=0.74$, $P=0.3$) and inefficient attitudes variable ($F=0.02$, $P=0.98$). After observing the assumptions of parametric test of covariance, the results of covariance analysis has been presented in table 8.

Table8. The results of covariance analysis to determine the effectiveness of performed treatments

Observed power	Level of significance	F	Mean of squares	Degrees of freedom	Total squares	variable
0/593	0/000	18/938	8/131	1	12/262	Marital attitudes
0/766	0/000	42/53	10/477	2	20/95	Marital happiness

Table 8 indicates that emotion-focused and solution-focused therapies had significant effect on increasing marital happiness ($F(2&26)=42.53$, $P<0.001$). Tukeytest has been used to compare the effectiveness of performed treatments. The results are presented in table 9.

Table9. The results of Tukeytest in order to compare the effectiveness of performed treatments on marital happiness and attitudes

significant	Mean differences	Diffraction source	variable
0/000	-0/895	Solution-focused emotion-focused	Marital happiness
0/000	1/85	Solution-focused emotion-focused	Marital attitudes

In accordance with table 9, it can be found that mean differences between solution-focused therapy and emotion-focused therapy has been significant in marital happiness variables ($P<0.001$). So, according to the first hypothesis it can be concluded that emotion-focused therapy had more effect in increasing marital happiness than solution-focused therapy. And also it can be understood that mean differences between solution-focused therapy and emotion-focused therapy has been significant in inefficient communicational attitudes variable ($P<0.001$). So, according to the first hypothesis it can be concluded that solution-focused couple therapy could be more effective in modifying inefficient communicational attitudes of couples than emotion-focused couple therapy.

Discussion And Conclusion

According to table 6, the results of ancova test proved that emotion-focused couple therapy

Discussion And Conclusion

According to table 6, the results of ancova test proved that emotion-focused couple therapy had significant effect on increasing marital happiness. The results of this research were consistent with findings of Dorana. Dorana has focused on emotion and emotional discharging and believes that by presenting an educational program in emotions of couples, can facilitate and set their attachment. Also, the result of the researches of Gottman, Goghbin and Hotson (2002) has confirmed the result of this study. [26] have confirmed the effectiveness of emotion-focused approach on increasing marital happiness. Flora and Segrin (2000) in a research about emotions found that having positive and pervasive feelings toward relationship, even during arguments prevents couples from suffering from negative emotions [31]. Also, it can be referred to the results of the research of Gorman and Jicson (2002) that they have reported the effectiveness of emotion-focused approach on reducing marital incompatibility.

In Iran, [32] suggested the effectiveness of emotion-focused couple therapy in reducing the depression that is in result of marital problems. It indicates that this approach can manage negative emotions and replace positive emotions and leads to marital happiness and satisfaction.

To explain the above results, it can be said that emotional expression leads to inter-personal satisfaction, happiness, cheerfulness, intimacy and warmth between couples and make the less vulnerable toward negative feelings. Conducted researches in marital problems indicate that people who express more emotions, experience more marital satisfaction. Also, happiness includes some variables such as life satisfaction, marriage satisfaction, lack of depression and anxiety, and positive mood and emotions. According to Dyner (2004) the evaluation people do for their personal life, can be done in two ways: 1) cognitive evaluation which is the evaluation that individuals do by awareness of whole life or special aspects of their lives such as, job, recreation, and marriage. 2) affective evaluation which is the evaluation that is in the format of feelings and emotions such as, judgement about pleasure emotions (e.g. pleasant) or displeasure emotions (e.g. depression) and also those feelings and emotions that he or she experience in interacting with his or her life (33). Ayzang (1997) has described happiness as the most positive emotion and the least negative emotion that it is the most practical description of happiness. As Scott and Cordova (2002) has referred, the level and the type of attachment of adults toward each other is related to the marital compatibility [31].

In reviewing the second hypothesis, table 7, the obtained result of testing ancova indicate that emotion-focused couple therapy has significant effectiveness on communicational attitudes of couples. The result of this research is consistent with the research of Cord (2005) that they have tested emotional skills in marriage and its importance as a communicational link between emotional skill and marital satisfaction and they have found that emotional skill (specially creating emotional relationship) has an important role in increasing marital satisfaction. Also, the results of the research of Gorjian, (32) indicate that this approach is effective in improving inefficient communicational patterns of couples.

To clarify the above hypothesis, the creative-expanding theory of Fredrikson positive emotions (1980) can be used. Fredrikson suggests that by using positive emotions, the fleeting actions of people increases, and also person references will be created and it lets people to search thought-act pathways by new and creative methods. Fredrikson (1998) and Marthn (2003) suggest that positive emotion is one of the field studies in positive psychology and its enhancement leads to more creativity, cognitive flexibility, decision efficiency, and problem solving.

To explain above hypothesis, it can be referred to the point that recently, increasing awareness of effective power and new emotional and modifying experiences to make a change, even in cognitive therapy, has been created (8). The new researches indicate that emotion is necessary in some basic processes such as making decision and choose [21]

Findings of Karrer et al. (2000) proved that preceptions of new married couples will predict their marriage stability until nine years later accurately. It seems that negative or positive selective attention have effect on some aspects of partner and relationship, and generally on the stability of relationship. Positive perceptions such as "feeling of being we" leads couples to stay together, and negative perceptions such as "hopelessness and anxiety" leads to separation. It is proved that positive perceptions about "positive attachment", in marital life save relationship from separation such as strong bumpers and leads to marital happiness and satisfaction. Positive emotion that creates and increases in EFCT; increases creativity, flexibility in problem solving, discussion and also accuracy in making decision and other thought indexes Izen, (1987). Also, to explain above results, it can be said that after EFT, couples would perceive each other differently. They would experience each other in a new way and refer to each other by new attributions. Attributions of couples about the reaction of partner is different from past. Couples, to describe and explain "themselves and their partner" use of new elements; this new elements also includes attachment-oriented vocabularies. Special ideas of couples about "themselves in relation with others" has been modified. Since couples experienced their relationship in attachment theory, now they look to the relationship from a new perspective [31].

By reviewing the third hypothesis, it has been cleared that table 8 presents the results of covariance analysis that solution-focused couple therapy has significant effect on increasing marital happiness of couples. To clarify the above results, it can be said that the research is consistent with the result of the research of Nilson and Kelly (2001) and (34), and they have applied group solution-focused therapy for couples and at the end of the intervention, participants have reported a significant improvement in marital satisfaction scale. The result of the present research is also consistent with findings of [35] that state couples who participate in solution-focused counseling have improved in empathy and communication. Also, the result of the present study in this field is consistent with the research of [36], and found that couples who referred to solution-focused counseling, have been in higher level of marital consultation, emotional expression and marital attachment in contrast with Control group. [15] has studied the marital inefficient communicational beliefs and the results indicate that inefficient communicational beliefs in couples with low level of compatibility is more significant rather than couples with high level of compatibility. Also, Raz and Carman (1996) have reported that solution-focused therapy almost has been applied for all behavioral disorders and treatment patterns. Especially it would be applied for minor disorders and useful compatibility disorders.

To theoretically explain the result of the third hypothesis, happy individuals have the feeling of self-control, it means that people who feel empowerment usually have better function in their life and particularly in their job, in contrast with people who feel futility [33]. The solution-focused approach concentrates on positive aspects of client by emphasising on exception questioning and goal selection and that clients without any awareness have been solved their problems over and over [37]. Solution-focused approach has also emphasis on behavior in small and practical purposes and the self-control of client would be increased and it would empower him or her.

presents a general preception as follows: happy people start to think or behave in some ways to adapt themselves with problems, for example; happy people probably see better situations of their lives and fight with their problems directly and in their problem solving mayaks help of others. While sad people prevent to spend more time to solve their problems and in such a situation they will blame both themselves and others and they will be engaged in fantasies [38].

4th Hypothesis, in table 9, the result of ancova indicates that solution-focused couple therapy has significant effect on modifying inefficient attitudes of couples. In other words, this approach could significantly reduce the inefficient attitudes of couples. The researcher refers to the second hypothesis of the research which indicates that EFCT and SFCT are more effective in inefficient communicational attitudes. The necessary theoretical and research explanation has been presented, but to explain this hypothesis we can refer to:

The result of the present study in this field is consistent with the result of [39] who stated that the success of the solution-focused therapy is in order to improve the attitudes and behaviors of the criminal teenager. The result of this research is also consistent with the research of [15] who has studied on inefficient communicational belief of marital satisfaction and has reported that it is effective. It can be concluded that the effectiveness of dependent variable of this research (attitudes) has been proved with the solution-focused approach on other samples, that the researcher has been applied them on couples who have marital problems and the results indicate the effectiveness of this approach.

In Iran, [40], studied the effects of solution-focused group therapy on educational motivation and goal orientation of students and this research indicates that solution-focused approach has effect on some internal psychological components such as, goal orientation and individuals' attitudes; and it is consistent with the result of this research. Also, McCalom and Skinner (2011), has confirmed the effect of solution-focused consultation in math homeworks and the efforts of six fifth class students (primary school) who have been failed in math. So it can be mentioned that solution-focused approach effects on increasing decision making skill and cognitive processes.

The main purpose of solution-focused therapy is to help clients to change their attitudes and mode of expression about solutions. According to Banik, short-term solution focused therapy is one of the cognitive therapeutic behavior. As the effectiveness of cognitive-behavioral approach has been proved on beliefs and attitudes, it can be clarified that solution-focused therapy by behavioral focus in therapy and also working to make a new image and attitude toward that problem, direct them to change attitudes. Suggests that the level of success of solution-focused clients increased to 86 percents even while they have been treated [27].

From the review of the present research it can be concluded that EFCT and SFCT are appropriate approaches to improve marital situations and it can increase the level of marital happiness and modify the inefficient communicational attitudes of couples. In comparison of effectiveness of each approach it can be mentioned that emotion-focused approach increases the level of marital happiness in contrast with solution-focused couple therapy. It indicates that making safe attachment and the openness of couples in their marital relationships and preventing from defective communicational cycles increases happiness more than solution-focused approach. Also solution-focused couple therapy modifies the inefficient communicational attitudes of couples than emotion-focused couple therapy.

The first main hypothesis: as it is presented in table 5, Tukey's test indicates that hypothesis of the first and the second research has been confirmed. In other words, it has been observed that emotion-focused couple therapy is more effective in increasing marital happiness in contrast with solution-focused couple therapy.

Findings of the present research has been compared with most of the EFT studies, other psychological therapies and waiting list (27; 20) and all studies indicated that EFT was more appropriate in improving marital compatibility than treatments and waiting lists quoted by [18]. In these researches, emotion-focused approach has been compared with several approaches on marital happiness and satisfaction components that indicates more effectiveness of EFCT which are consistent with the result of the present research.

High effective process in emotion-focused couple therapy can be explained in marital happiness in contrast with solution-focused couple therapy as theoretically emotion-focused theory works more on emotions and emphasizes more on the first category and positive emotions. Findings of Gottman et al. [8] emphasis on the important role of negative emotions in increasing marital distress and also it emphasizes on the importance of helping to couples to find new methods to set negative emotions and their researches indicate that marital breakdown is the result of positive emotions and not to reduce negative emotions.

Also the marital happiness is a positive psychological component that emphasizes on emotions. Gottman and Co An, Carer and Swanson (1998) found that emotional support and engagement are the basic components of marital relationship and these factors can anticipate the future of the relationship strongly in contrast with the behavioral conflicts. The researches suggest that ability to emotional communication is related to the safe intimacy and marital compatibility significantly. In this study, the role of emotion identification and emotion expression, understanding and managing negative emotions in maintaining marital relationships has been confirmed, that emotion-focused approach works based on these principles.

Happiness includes some variables such as, life satisfaction, marriage satisfaction, lack of depression and anxiety and the existence of positive moods and emotions [33]. Izang (1997) explained happiness as the most positive emotion and the least negative emotions and it is the most practical explanations of happiness. In accordance with Argan (2004), happiness has three basic components, positive emotions, life satisfaction and lack of negative emotions. Also positive relationship with

others, aimful life, personal development and love are components of happiness. There are several negative moods (such as aggression, anxiety, depression), but in fact there is just one positive mood that is recalled as happiness.

The second main hypothesis: according to table 5, the result of Tukeyzemon indicates more effectiveness of solution-focused couple therapy approach in contrast with emotion-focused couple therapy on reducing inefficient attitudes of couples. In other words, it is clear that solution-focused couple therapy in contrast with emotion-focused couple therapy has more effect on reducing inefficient communicational attitudes. As a result, the hypothesis of the research is based on high effect of solution-focused couple therapy in contrast with emotion-focused couple therapy in modifying inefficient attitudes of couples.

The result of this research is consistent with the research of (39) which has been done to improve attitudes and behaviors of criminal teenagers by solution-focused therapy. Also, (15) has studied SFCT on inefficient communicational beliefs of marital satisfaction and suggested that inefficient communicational beliefs in couples with low compatibility of both partners had more significance than couples with high compatibility; and it is consistent with the present research. In another research, Berberi (2002) found that if couples start their relationships with negative attributions, by passing time it leads to reduce marital satisfaction and has reported that solution-focused approach is effective. This result is an explanation of the result of researcher's study.

One of the effective components in family and mental health is the attitudes of family members about family of origin. In this research, the researcher has used two different methods to modify inefficient attitudes, emotion-focused approach (by working on infrastructural emotions of couples) and solution-focused approach which are two post-modern methods in family therapy, to clarify the hypothesis it can be said that in this method, solutions would be obtained by cognitions and applying exceptions and not to explaining problems. As MRI model, the purpose of solution-focused therapy is to help clients to solve their problems by thinking or doing something different to attract more satisfaction of their lives. The purpose of treatment is just to help client that starts by talking about solutions instead of talking about problem. When people start to talk about what they can do effectively, what sources they have, what did they do in past that had been effective, then the therapist of solution-focused approach reaches to his or her primary purpose. Solution-focused approach has a cognitive component that problem-solving is one of its reasons, in this base, solution-focused counseling indicates a rotation of problem-solving approach to making solution. In solution-focused approach it would be worked on cognitive components clearly which have been presented in this research.

According to Bannik (2007) short-term solution-focused therapy is one of the cognitive-therapeutic behaviors that it would be used of similar principles of active and classical conditioning training in problem-oriented behavioral therapy. Behavioral analysis would be applied in short-term solution-focused therapy of exceptions not problematic behaviors. In short-term solution-focused therapy, discussing and applying pleasant behavior will be reinforced by therapist (positive reinforcement). Also this treatment uses the classical conditioning principles. It is possible that as determination, ask client to do something different or to pretend that a miracle has been occurred that it is also probable to be applied in other cognitive-therapeutic behavior forms Bannik, (2007).

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