



# Teaching of Communication Verbal, Emotional and Sexual Based on Islamic Views on Married Couple's Satisfaction

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**ABSTRACT:** The present study aimed to evaluate the effectiveness of verbal communication skills on the Islamic perspective on the emotional satisfaction of the married couple and had sex, Semi-empirical research before test, post-test and follow-up, which was held in the control group. Statistical research community consists of husband and wife in the city of Isfahan in a year (2010). Random selection and sample into two groups and put about thirty were husband and wife: experimental and control. Used tools that Enrich the questionnaire 47 (1989). The experimental intervention (Islamic-based communication skills) in the experimental group in the last six sessions, each session is 90 minutes once a week lasted, After the completion of the educational program, and test track after having tests in both groups after a month. For data analysis, variance and Covariance analysis using multiple items (methods). The results show that of the Islamic view of communication based on satisfaction of the married couple in the track and after the oral exam and emotional and sexual education ( $p=0.01$ ).

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## INTRODUCTION

The family institution is one of the most important social institutions, it is important to identify and examine the factors that led to the consolidation and strengthening of social institutions, Can be a useful step in order to improve society. Different factors affect the strength and durability of the family, including the couple's consent. All couples are looking for, marital satisfaction, and have fun. Marital satisfaction is a subjective feeling of contentment, satisfaction and pleasure experienced by the wife or husband when they consider all aspects of marriage. Determinants of marital satisfaction, it is important that marital satisfaction is an important part of an individual's health (AbasiSarcheshmeh, 2005).

Communication is in the living human. Human connections, survives, grows and evolves and the prosperity and happiness depend largely on how his relationship with others. However, marital relations, was always regarded as the longest and deepest relationship, because marital satisfaction, mental and physical health is very good wives (Siavashi et al., 2005).

Marriage is one of the most important events in life occurs while some marriages is that couples growth and prosperity, Many couples also can be exchanged against each other disasters, Establish and maintain

intimate relationships and emotional and psychological needs satisfaction in the marriage of art and skill in addition to mental health and primary health expertise is required to achieve a reasonable attitude, communication skills, life skills and perform his duties (Etemadi et al., 2006).

Effective communication skills, which can help to create and maintain intimacy, verbal communication skills, Well, when you're listening, you know better partner, you'll enjoy more harmonious relationships with their and without it you have to mind reading understand why the other person says and does so (Yadavaran, 2006).

Technical dialogue on marital satisfaction and communication behaviors affect couples (Cornelius et al., 2007). Superior communication skills therapy for primary prevention and treatment that are used in solving marital problems the literature review focused marital therapy, couples therapy that promotes maximum listening Activity and validate the position of the spouses and to encourage discussion nondefense (Bray and Jouriles, 2002).

GarL and Dlana (2003) the study noted that, couples who had been trained in the skills of active listening, Understanding of the attitudes and feelings were more significantly wife. The training leads to



increased marital satisfaction enhance communication and empathy was increased.

Sternberg (Khamseh et al., 2008) in their model, the triad of love, intimacy feel different with regards and that equitable participation in family life, your intimacy will follow (Waring, 2004).

Intimacy between couples sharing of ideas and values, shared activities, sexuality, understanding and loving acts knows. Enjoyment of intimacy among married couples, it is important to create stable marriages and avoidance of intimate relationships, are the factors that lead to failure in family life (Blome, 2006).

Also express the quality of intimacy between the two genders is different. Hook, Gerstein, Detterich and Gridly (2003) the research concluded that women's intimacy, to show love, affection and warm feelings and more Men and intimacy show, participate in activities, physical contact, intimacy and sexual behavior in spending time.

One of the purposes of marriage is sexual needs. Sexually active couple is just one example of the interaction and obviously the satisfaction of sex is closely linked to the overall relationship between husband and wife. A sexual problem may have a deleterious effect on public engagement couple (Salarifar, 2008).

McNulty et al. (2008) the study showed that physical attractiveness and sexual satisfaction, and ultimately the formation of relationships between couples in marital satisfaction is important. Couples who had the same charm, the charm they had no role in behavior and spousal consent. That woman was more attractive than their husbands, couples, couples in relationships had a positive attitude. But those whose husbands were more attractive than their husbands' negative communication behavior. According to Beck, one of the highest numbers of problems related to sexuality revolves around sex, time and quality satisfaction rounder. Couples often disagree about the frequency of sex, and when they find it. His opinion, too often pride plays a role in sexual relations. Female and male perceptions of female masculinity is associated with the opponent reactions, Feeling of warmth, acceptance and joy to be mutually reinforcing and reducing the feeling of love, lust, intimacy and acceptance of its debilitating (GharachehDaghi, 2003).

The effect of religiosity on marital satisfaction research Khodayarifard et al. (2007) is verification.

Hu et al.(2005) As reported, the religious attitude can be effective in relation to marriage. It includes guidelines for religious life, beliefs and values system

provider. Features that make can affect the marriage. The difference is that the study of literature, association verbal content of training sessions, emotional and sexual Quranic verses and sayings of the Prophet and the Imams had been set. Most research and related studies demonstrate the importance of communication skills in marital satisfaction and marital satisfaction of couples are together.

Garfield (2010) In their study using a direct expression of emotions, get feedback and develop friendship skills.( transmission, Communication, Commitment) Increased emotional intimacy in men. Alexandra et al. (2008) Self-disclosure and empathic response to the conclusion that the most important factor in creating intimacy between couples. But the manner in which spouses are working sincerely to intrusion behavior is different for the two sexes.

Tolsted and Stokes (2007) to investigate the relationship between physical intimacy, emotional and verbal dealt with marital satisfaction, the three of devotion to the conclusion that the strongest predictor for marital satisfaction and the thoughts and behaviors are conducive to a good scale. Verbal and emotional intimacy with physical intimacy predicted marital satisfaction has a greater share. McCarthy (2006) have examined the relationship between marital satisfaction and sexual satisfaction and concluded that the sex is good, marital satisfaction increases. On the other hand, when sex is not doing well, others affect the relationships wives. Increasing sexual intimacy within marriage is vigorously .Khojastehmehr et al. (2012) Have investigated the role of perceived fairness, and marital quality. Results showed that perceived fairness has a positive effect on marital quality. The issue of fairness is emphasized in Islam .Khoshkharam and Golzari (2011) Married students tested positive affect on marital satisfaction. Concluded that positive affect to creativity, flexibility, problem solving, and communication and also increases the efficiency and accuracy in decision-making. The result is a creative and flexible way to increase pleasure and lovemaking are looking for new ways to solve problems and thus leads to increased sexual satisfaction. Kermanimamazandi and Danesh (2011) the religious attitude adjustment marital marriage began. To the conclusion that the religious attitude adjustment marital been married effective. Results indicated that marital adjustment (gamut sex) in religious attitudes among high, low and medium. Unlike the rules can be deduced that sexual relations between husband and wife is giving special importance. These people knew the sex evil things that they refused to talk about it.

In the Qur'an (Noor 24) verbal and nonverbal communication is addressed component of strengthening the family and the strength of such behavior can be verbal, non-verbal aggression and softness language (Loghman: 19 - Taha: 46) and calling each other names and titles pretty well noted. Feelings, gift, Greeting (Hashr: 23) and the like can help couples become productive relationships (Jadidi et al., 2010).

Verbal communication, the factors that create understanding, is of critical importance. Couples who know how to use expressions and words to express meaning, Are well paved, his path in life. Each word or word is a kind of mental and emotional load, and the obvious and lasting impact on the listener leaves. A successful verbal communication, relationships that foster the growth and prosperity and happiness in life (Hosseini, 2010).

In the Qur'an (Ghesas: 34) the influence of the word is mentioned. Also (Dekhan: 58-Ahghaf: 12) this refers to people who actually speak the language, it becomes more understandable. One of the factors affecting verbal communication, judgment and forecast, sometimes those things as an expression of the meaning of words, involves judgments that are used and this causes unwanted, turning to arbitration (Salarifar,2008). In the Qur'an (Ghiamat: 16) with hasty judgments and estimates have been warned. Also (Noor: 15) People talking without knowledge is forbidden and it is considered a serious crime.

Sound and tone of the speech, in the speech and its effect in the listener's role is to be pleasant, the sound track is softened, words to be enchanting. Accustomed to this way of speaking and queen, it needs to be practiced and circumspect spouses and gentle nature, it must bring the action in his daily life (Amini, 2004).

Imam Ali (AS) says: "good words, because of the abundance of wisdom, and gentle words of the righteous." In the other words, Imam says if your tongue into a pretty bad habit to blame stays safe. For men, it is important to note that they often cannot be used to treat women with stress and violence, Man through emotional conflicts that cannot seem to attract women to him, fascinated (Amini, 2004). In the other words, relationships, superior seeing his, and arrogance (Alasra': 37) is a factor in the dispute. Arrogance often occurs in the individual postures. It seems self-centered and denial of the uniqueness of others, from family life is important for understanding and cooperation (Salarifar, 2008).

Other factors in the selection of verbal communication reticence and accountability, the

attractiveness and effectiveness of signs and words that are least satisfied with the best words choice. Verbosity and lengthy speech, in addition to the object and purpose of man gradually away, the wife is tired, bored and boring; because one often gets repeated and repeated with the Holy Imam Ali (AS) is boring (Akbari,2004).

Talk time In the word impact is important. Fatigue, boredom, sickness, take a good heart and embrace one another's speech. The Holy Imam Ali (as) heart is always ready to words and talk, I go to him, is a state of joy and accepting (Akbari, 2004).

More effective than verbal communication, "love" to each other. Love the clear favorite to heart; But the different languages and showed compassion. When a woman is faced man with love, passion and wanted to show his wife over the past and his motivation to work more and more men are serving. Hence the Prophet (AS) said: Someone tells her: I love you; these words will never be out of his heart (Kashefi, 1997).

In the tradition Imam Ali (AS) says: "However, women can compromise and tolerance." Imam Sajjad said: "Good speech, a lot of money and provisions of the will; The popularity of In the family and entering heaven (Hosseini et al., 2009).

The effects of verbal communication, the lark, the messenger of Allah (PBUH) said: All gaming and entertainment vicious and wrong practice is recommended that they play and joke with his wife. Joke of good morality arises (Horolameli, 1988). These traits are what good wives, as part of their daily lives it's so light and the fatigue life and the lives of other people who are outside, it is worthwhile to worship (Sharif Ghoreishi, 2003).

Addressing each other as well as the stability and lively life is important. Call type, indicating that the relationship verbal and leading a healthy and productive emotional connection or association is cooled and strained. When couples meet with a prefix or suffix to the name of the desired or appropriate, or hear tone pleasant and relaxing, besides being exhaustion and heartache of her life and do you, do you understand him, you love him;(Kashefi, 1997) In the Quran (Nesa: 86) Found that, When someone praised you and say hello, say hello loved it and the answer better than it or like it, calculating that everything is God. Because Islam, all Muslims a lesson of love, especially the couple, Order the audience to name call and call the word, and let him appear more like (Mostafavi, 2006).

Muslims greet each other, creating familiarity and intimacy that, hatred, and their opacity eliminates, thus, familiarity and intimacy, and intimacy in couples who

need more, the order must be more to follow. And in greet each one takes precedence over another.

Imam Ali said: Word of the tongue smoothly and say hello used to do; so many friends and enemies are few.

The Prophet said: The most helpless of people is one who is unable to pray and curmudgeon who has the most people, and say hello hesitate to insist (Mostafavi, 2006). Very attractive and passionate relationship builder hostility between the spouses in the form of prayer for each other, are placed. Prayers read as (Forghan,74) O Lord, give us wives and offspring the joy of our eyes. Go ahead and make us pious leader is effective in strengthening relationships (Akbari,2004). In discussing the relationship between emotional traits affecting the integrity of the family that is the basis of trust and relationships. Dishonesty In the couple, family room leads to distrust and cynicism and provides background to the dispute and God(Nahl,105) People believe that the criterion of truth (Hosseini et al., 2009).

Imam Ali (AS) said: Honesty and truthfulness, and adorn the human being is the root and basis of faith. The Lord is, there is love between couples can relax together. The principle of family life, there is a calm and loving atmosphere and the members of the couple should try to come to peace and the day to day emotions and love to be more. God created human being. Define their needs and interests when they meet each other, there is little relationship between them, the whole family plays an important role in providing expedient (Heydari, 2008).

The Qur'an (Ahzab: 19) of the bite of and bitterness of tongue mentioned, because it is jealous. Men and women shall enjoy beauty of the tongue used; the tone is sweet and catchy words, Words, the benevolent and compassionate and intentions and evil intentions may not get the words. The Quran (Nisa: 19) states that "any woman can compromise and tolerance (Hosseini, 2009).

Beautiful tone and avoiding abusive and violent to the extent that the recommendations of our leaders, Imam Sajjad as it brings many provisions and the popularity of the family to enter Heaven (Ghaemi Amiri,1994).

Some people are fascinated by the character of the others and expect them to be good and do nothing to help the people and character of the creditor and the receiver, and God always (Najm: 32) says: "Do not vainglorious" and will discourage people from doing this. Imam Reza said: Whoever does not thank the slave that he has good the place has not, thank God, the Exalted and the Sublime (Majlesi, 1993).

So thanks and help the couple to each other, the intimacy between the two of returns based. The smallest word of thanks that this is their tongue, the greatest and most profound psychological effects on the opposite side of leaves (GhaemiAmiri,1994). Good ethics is one of gratitude and thanksgiving, The password is attracting charity, Even God, who, no longer need the acknowledgment of the favor favors as a condition of continued and (Ibrahim: 7) states: "If you give thanks, I will increase my blessings." Imam Ali (AS) said: thank explains the intent of the tongue. Socialization is one of the good effects against greetings to others; it does give a better answer. Sadness and shock at the time, asking why they are trying to fix it and compensate Ghaemi Amiri, 1994).

### **The research question**

Are verbal communication skills, emotional and sexual satisfaction with marital couples Isfahan Islamic approach is effective?

### **Research hypotheses**

Communication skills, verbal, emotional and sexual satisfaction with marital couples Isfahan Islamic approach is effective.

### **Method**

Methodology, statistical population, sample and sampling method: The research design was a quasi-experimental pre-test and post-test and follow-up control. The population of married couples over a period of 3-7 years in Isfahan in 2010,Through advertisements in local newspapers, voluntarily communication skills training from an Islamic perspective on marital attitudes held at the Centre participated. Among the volunteers, 90 pairs of research criteria were selected and Enrich Marital Satisfaction questionnaire pre-test questionnaire. The 30 couples inpre-test scores were one standard deviation below the mean, Selected randomly assigned to experimental and control groups were replaced.

### **Methods and Analysis**

Intervention trials in three sessions of 90 minutes each were conducted on groups. The control group received no intervention. On the Quran verses and sayings of the Prophet and the provisions of this prayer meeting was arranged and was approved by the faculty. The content of the training sessions is as follows: First session:

Meet the members were talking to each other about how meetings. The purpose of marriage between

men and women and couples mutual rights from an Islamic perspective was discussed. In the discussion of the concepts of reciprocal rights (Baqarah: 228), Duties of Man (Baqarah: 34), Companionship and love (Nesa: 19) and maintain modesty (Nesa: 34) was used.

Second session: The importance of effective communication and its role in marital satisfaction, unhealthy methods were discussed. In this discussion of the implications of welcome and escort (Nesa: 86), Smooth tongue (Baqarah: 83), Honesty (Nahl: 105), Adhering to commitments (Moemenoon 8, Maarej: 32), Interview excerpts (Nahjolbalaghe - H 193); Gratitude and thanks (Ibrahim: 7), Talk time (Ghorrorolhekam, vol 2, p 331), Sarcastic (Hajarat: 12), Blame (Ghorrorolhekam, vol 2, p 42).

Abuse and invective (principles of al-Kafi, vol 2, p 325), Softness tongue (Taha: 46), Judgment (Noor: 15) were used. The third session: Associated with a variety of entertainment shared intimacy, sexual and spiritual relationships are discussed from an Islamic perspective. In the discussion of the concepts of love (Romans: 21), Forgiveness (Makarem al-Akhlaq -219), Whitewashing (Baqarah: 187), Fidelity (Baqarah: 177), Good speculation and optimism (Ghorrorolhekam, vol 3, p 388), Intimacy and rational deliberation (Ghorrorolhekam, No. 4270), Sexual intimacy (Bihar al-Anwar, vol 71), Time intimacy (Vasaelo AL-Shieh, vol 2, p 225), Gift giving (Hashar: 23), Speaking people (Dokhan - 58) was used.

Fourth session; Couples will review and discuss the factors that make a difference in terms of virtues and moral corruption of the title. The topic of Islamic concepts of unbelief (Baqarah - 187); Humor (Baharoolanvar, vol 103, p 226), Soft tongue (Imran: 159), the patience of (Baharoolanvar, vol 100, p 244), Stay away from cynicism and despair (Ghorrorolhekam, vol 3, p 388) was used.

Fifth session; Of Islamic management, family titles like: Hierarchy of the family, the advice, keep the family system, and economic issues such as waste of time, was to communicate with relatives. In the discussion Of Islamic the concepts of family management (Nesa: 34), Being modest (Baharoolanvar, vol 100, p 244), Contentment (Alasra': 27), Socialize with family (the poets: 214), Need to communicate with relatives and friends (MostadarekAlvsael, vol 15, p 239), against responsible relatives (Nisa: 1), Reconciliation and reform of individuals (Hajarat, verse: 10) were used.

Sixth Session; the Islamic parenting topics such as: Expression of love, cute child model, error ignore, playing with children, fidelity, escape with the obstinacy of a child, avoiding spoil, and encourage the child to

punish mentioned. This issue of children's rights in Islamic concepts (MostadarekAlvsael, vol 2, p 618), Need to express affection and love for children (Makarem al-Akhlaq, 219); Playing with children (Vasaelo AL-Shieh, vol 5, p 126), avoiding the extremes of love (Al-Imran: 188), the child's ability (principles of al-Kafi, vol 6, p 50), To fulfill that promise (Makarem al-Akhlaq, p 219) was used. At the end of the session, and a month later, both test and control groups completed the Marital Satisfaction Inventory. Data obtained from the pre-test, post-test and follow up through multivariate analysis of variance and covariance (Mankuva) was analyzed. Data analysis was performed using the software SPSS15.

### Research Tools

Questionnaire of 47 questions, ENRICH Marital Satisfaction: Olson the questionnaire was used to assess marital satisfaction and believes that each of these issues in relation to questions of subject matter. In this paper, the three components of communication, verbal, emotional and sexual violence were used. Five-choice questions are (Strongly agree, agree, neither agree nor disagree, disagree and strongly disagree). And the option is granted from one to five points. Cronbach's alpha reliability test, by Oliaie, 0.91 is reported (Oliaie,2006). Also Mahdavian (1997) about the validity of the work using the Pearson correlation coefficient test and retest ENRICH (one week interval) Reliability test for men 0.93 and for women 0.94 and for men and women 0.94 won. In this study the reliability coefficient, Cronbach's alpha equal to 0.82. To test the validity of this Sanaei (2000) showed that all subscales of the questionnaire ENRICH satisfied and dissatisfied couples distinguishes and this shows that the question of validity is of a good standard.

The correlation of family satisfaction questionnaire scale from 0.41 to 0.60 and the life satisfaction scale from 0.32 to 0.41 that is a sign of validity (Sanaei and Bagherinejad,2003).

### DESCRIPTIVE FINDINGS

As shown in Table 1 is considered, Mean and standard deviation scores on verbal communication varies couples participating in the test and control groups at pre-test and post-test is indicated the mean score of the experimental group increased from pre-test (10.47) to posttest (11.93) and this is followed by an increase in test scores (12.2).

The mean score of the experimental group pre-test variable emotional connection (21.13) to posttest (26.63) increased and is followed by an increase in test scores (27.37). The sexual relationship variable, the

mean score of the experimental group, the pretest (13.13), to the post-test (15) has increased. Follow this increase in test (15.13) is reached.

The test results show that the method of teaching approach on the relationship verbal, emotional, sexual, is affected. Also, according to the results of the test indicated that the training itself still retains a month

after the intervention. But in the control group, the mean of the three variables is reduced.

Assumption of equal variances in the two groups Under this assumption it is assumed that the variance of the scores of the two groups is equal and there is no statistically significant difference. To test this hypothesis test is used levenes test.

**Table 1.** Mean and standard deviation of the components of marital satisfaction in the pre-test and post-test and follow-up

		Pretest		Posttest		Follow-up		
Variable	Group	Number	Mean	Standard deviation	Mean	Standard deviation	Mean	Standard deviation
Verbal communication	Test	30	10.47	1.83	11.93	1.76	12.2	1.95
	witness	30	10.8	2.37	10.59	2.39	10.2	2.01
Emotional connection	Test	30	21.13	3.76	26.63	3.43	27.37	3.13
	witness	30	22.83	3.76	22.53	4.01	22.07	4.1
Sexual intercourse	Test	30	13.13	2.22	15	1.6	15.13	1.43
	witness	30	13.43	2.16	13.39	2.45	13.4	2.3

As can be seen in Table 2, Null hypothesis of equal variances for the two groups in marital satisfaction variable test is not rejected. The assumption of equal variances in both test and control groups at post-test scores for this scale was confirmed.

**Table 2.** Results, livens test the assumption of equal variances in the two groups.

Scale	F	The first degree of freedom (invoice)	Two degrees of freedom (Denominator)	Significant (P)
Marital Satisfaction Posttest	8.576	1	54	0.055

**Assumption of normal distribution of scores in the sample group**

This assumption is based on the assumption of normal distribution of scores and if the sample groups derived tilting and stretching, due to the random selection of people. In this study, to test this hypothesis, Shapiro – vilk test was used. Results for hypothesis test in Table 3 are presented.

As shown in Table 3 are observed, the null hypothesis of normal distribution of marital satisfaction scores between the two groups was confirmed. The assumption of normal distribution of the pre-test scores in both test and control groups was confirmed.

**Table 3.** Results Shapiro – vilk assumption of normal distribution of scores

Normal distribution of scores	Groups	Shapiro – vilk		
		statistic	Degrees of freedom	Meaningful
Marital Satisfaction	Test	0.980	30	0.827
	Control	0.936	30	0.069

**DISCUSSION**

The present study examined the effectiveness of teaching communication, verbal, emotional and sexual Islamic perspective on marital satisfaction in Isfahan. The results of the analysis of the data revealed that learning verbal communication, emotional and sexual satisfaction with marital couples Isfahan Islamic approach is effective. The research findings Gray Field (2010), Alexandra et al. (2008); Tolestdo Stoke (2007); Mac karsy (2006); KhojastehMehr et al.(2012); KhoshMaram and Golzari (2011); KermaniMamazandi and Danesh (2010) is consistent.

Gray Field (2010) using a direct expression of emotions, get feedback and develop friendship skills, emotional intimacy in men increased. Alexandra et al. (2008) Self-disclosure and empathic responding on intimacy between couples is considered as the most important factor. Tolestdo Stoke (2007) Physical

intimacy, emotional and verbal marital satisfaction as the most important factor.

Mac karsy (2006) sexual satisfaction as the factors influencing marital satisfaction. KhojastehMehr et al.(2012)Showed that the perceived fairness of marital quality has a positive effect. KhoshMaram et al. (2011) Positive affect, pleasure, love, and solve problems will increase and thus leads to increased sexual satisfaction. KermaniMamazandi et al. (2010) it has been concluded that religious attitudes on marital adjustment.

According to what was said and the impact that religion has on performance. The couple's communication skills can be taught from an Islamic perspective. The couple's most important pillars of the Islamic perspectives, honesty and trust (Nahl: 105) Imam Ali socialize the means to continue the good links stated (HosseiniSoudeh et al., 2009)

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