

EVALUATING THE EFFECTIVENESS OF BEHAVIORAL AND SOLUTION-ORIENTED COUPLE THERAPY ON MARITAL CONFLICTS AND SEXUAL INTIMACY

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Abstract

The aim of this study was to evaluate the effectiveness of behavioral and solution-oriented couple therapy on marital conflicts of sexual intimacy with quasi-experimental research method and pre-test-post-test and control group design. The population of this study includes all teachers who had problems in their married life and had referred to counseling centers in Department of Education District 3 of Kermanshah in 2019. Sixty people were selected as a statistical sample by simple random sampling method and were divided into 3 groups of 20, two experimental groups and one control group. For data collection, marital satisfaction tools and Enrich couple scale (marital conflict and sexual intimacy) were used. Also, marital consistency and inconsistency tools (I) with two indicators of togetherness and marital satisfaction were used. One experimental group received behavioral couple therapy in 8 sessions of 2 hours and the other group received solution-oriented couple therapy in 8 sessions of 2 hours and the control group did not receive any treatment and after the treatment program, the post-test was performed. Data were analyzed by MANCOVA analysis of covariance using SPSS26 software.

Results: The results of multivariate analysis of covariance (MANCOVA) showed that both behavioral and solution-oriented couple therapy were effective on marital conflict and sexual intimacy.

Conclusion: The results of the present study show that behavioral and solution-oriented couple therapy educational programs, both before training and one month after training, are effective in resolving conflicts and sexual intimacy of couples. Therefore, it is recommended to hold training sessions based on enriching couples' relationships (behavioral couple therapy, solution-oriented couple therapy) to prevent and solve marital problems in counseling medical centers.

Keywords: Behavioral couple therapy, Solution-oriented couple therapy, Marital conflicts, Sexual intimacy.

INTRODUCTION

The family is the most important human community and plays an important role in strengthening social relationships and the development of individuals in the community. Efforts to strengthen the family and its health provide the basis for public health and well-being. The type of relationships and emotional communications of family members, especially husband and wife, are the most important characteristics of family health and success or its weakness and inefficiency. Achieving this family strength requires the efforts of the wife and husband and identifying the factors that strengthen the relationship and its obstacles (2). But unfortunately, there is a lot of evidence that couples in today's society have severe and pervasive problems to establish and maintain intimate and friendly relationships; One of the most common problems in couples' relationships that has been considered by therapists is marital conflict (3). Due to the role and importance of the family, the existence of problems, conflict and ultimately the breakdown of the family can have detrimental effects on couples and society. Research on the destructive effects of marital conflicts shows that these conflicts have detrimental effects on the physical and mental health of the family (4). Another factor that affects the survival, durability and growth of the family is a healthy relationship based on compatibility and understanding between members, especially the couple. Marital satisfaction is one of the effective factors in the stability and reliability of families and at the same time the mental health of spouses and children as well as society (5). In fact, marital satisfaction can be considered the result of general satisfaction with cohabitation, sexual satisfaction and emotional satisfaction (6). Marital quality and similar structures such as marital adjustment and satisfaction have been the subject of study by many researchers in the field of family (7).

Marital conflict is caused by the incompatibility of the couple in the type of needs and the method of satisfying it, self-centeredness, differences in desires, behavioral trends and irresponsible behavior towards the marital relationship and marriage (8). An act or state of conflict between male and female beliefs that can be reinforced by many factors, such as religious cause, including religious differences, cultural cause,

including differences in the way they look at cohabitation (9), conflict over the acquisition of bases and sources of power, and elimination of the other's privilege (10).

Despite the high divorce rate, it is not surprising that social scientists are eager to answer the question, "What is the secret to a couple's survival?" Research emphasizes that lack of marital intimacy and destructive marital conflict are among the most dangerous factors in most psychological disorders and injuries (11). One of the most common problems in couples' relationships that has been considered by therapists is marital conflicts (12). Ability and constructive conflict resolution can form a strong relationship in couples and help couples to establish a close and intimate relationship. Studies show that couples who resolve their conflicts peacefully report higher marital satisfaction (5). Sexual intimacy is one of the factors that increase marital compatibility. Studies and clinical experiences have shown that couples experience severe and pervasive problems when establishing and maintaining intimate relationships and compatibility with each other. Intimacy involves behaviors that increase emotional closeness. Emotional closeness includes mutual support and understanding, communicating and sharing ourselves, our activities, and our possessions with another person. Dmmtt and Cox believe that intimacy is one of the basic human needs. Intimacy is the closeness, resemblance, and having loving relationship with a person, which requires awareness, deep understanding, acceptance and expression of thoughts and feelings, compassion, and commitment. Ata and Eryilmaz also believe that intimacy includes issues such as commitment, emotional intimacy, cognitive intimacy, sexual intimacy, and behavioral confrontation. Studies have shown that intimacy between married couples is an important factor in creating a lasting marriage and avoiding intimate relationships is one of the factors that cause failure in family life. In fact, intimacy is one of the fundamental factors in creating satisfaction and dissatisfaction with marital life, because it strengthens the commitment of couples to establish a relationship and is positively associated with marital happiness and compatibility (13). Intimacy plays an important role in the satisfaction of marital relationships as well as the continuity of those relationships in the long run (14). Research shows that high levels of

sexual satisfaction are associated with greater quality and stability of sexual relationships (15). Hasibrook and Fahr (2002) in their study of factor analysis showed that sexual satisfaction is a major component of the marital relationship quality model. Intimacy plays an important role in the satisfaction of marital relationships as well as the continuity of those relationships in the long run (14). There is a significant relationship between relationship scores with marital intimacy and quality of life of couples (16). One of the most important factors in a successful married life is marital intimacy. A person who experiences a higher degree of intimacy is able to present himself in a more desirable way in relationships and to express his needs in a more effective way to his partner and spouse. Marital satisfaction can be higher in couples who have a higher degree of intimacy (17) and in other words, couples who have high sexual satisfaction have less marital conflicts. This sexual satisfaction has a significant relationship with marital conflicts (18). Research has shown that sexual satisfaction is vital to an intimate relationship; Insofar as it is considered the cause of failure or success of the marital relationship (19). Sexual satisfaction can have a significant effect on the marital relationship and satisfaction with it, there is a significant correlation between sexual fulfillment, sexual dissatisfaction, marital conflict and marital apathy; That is, the less sexual fulfillment, the more marital conflict and marital unhappiness, And with increasing sexual dissatisfaction, marital conflict and unhappiness increase. It can also be said that marital conflict plays a mediating role between the variables of sexual fulfillment and marital unhappiness as well as between sexual dissatisfaction and marital unhappiness (20). One of the important factors that play an essential role in the health of the family and society is the quality of communication, sexual intercourse and the degree of satisfaction with it, sexual health and its proper functioning within the family. Sexual instinct and its proper satisfaction are one of the goals and effects of family formation. Sexual need is a basic and important need in stabilizing the strength of the family. Sexual activity is an example of marital interaction, and it is obvious that sexual satisfaction is closely related to the overall relationship between a couple. A problematic

sexual relationship and sexual dissatisfaction may have a detrimental effect on the general interaction of the couple. In practice, a vicious cycle of influence may occur in which marital disharmony interferes with successful sexual function and sexual abnormalities lead to incompatibility, conflict, and psychological stress between couples (21). Roland and Inkros also found in a study that sexual dysfunction is a major source of marital and relationship conflicts and can lead to doubts about love and affection and increase couples' concerns about the stability of the relationship (22); Therefore, considering the importance and role of compatibility in couples' relationships and increasing the quality of marital life, and considering the results of various studies in this field, It is necessary to pay attention to these variables in order to reduce conflicts, problems and improve the increase of satisfaction in marital relationships in order to deal with the factors related to marital incompatibilities and unsuccessful marriages with a pathological look (23). Now, according to the many researches that have been done, they have not compared any of the important treatment methods (solution-oriented and behavioral couple therapy); Therefore, this study seeks to evaluate two treatments on marital conflict and sexual intimacy. Solution-oriented couple therapy can be an appropriate treatment to increase marital satisfaction and marital compatibility in couples (24). Solution-oriented couple therapy significantly increases the stability of marriage and marital intimacy of couples (25). Behavioral couple therapy has a significant effect on intimacy and psychological security of couples and improves intimacy and psychological security of couples (26). Behavioral-cognitive couple therapy significantly increases couples' marital intimacy (25). The results showed that the application of techniques based on cognitive-behavioral theory (couple therapy) has increased the level of intimacy and sexual emotional intimacy of couples (27). Given the necessity and importance of counseling and choosing the best treatment method in counseling centers for the use of psychotherapists, counselors and psychologists, it is necessary to complete this research, In particular, a small but groundbreaking step should be taken for indefatigable teachers, so that with medical trainings and workshops, their problems can be turned into educational opportunities and motivate them to pay attention to themselves and

their families, and let them take action themselves and involve other loved ones in this field, so that they become aware that their mental health guarantees the health of society; Therefore, the present study sought to test the following hypotheses:

Behavioral and solution-oriented couple therapy is effective on marital conflicts.

Behavioral and solution-oriented couple therapy is effective on marital intimacy.

Research Method

The present research is applied and its method is descriptive-analytical. In this study, we seek to evaluate the effectiveness of behavioral and solution-oriented couple therapy on marital conflicts and sexual intimacy in 2019. Participation in the research will be voluntary and informed with satisfaction for the subjects and the necessary instructions will be provided for them when completing the questionnaire. The statistical population of the present study was all teachers who had problems in their married life and had referred to counseling centers in Kermanshah Department Education District 3 in 2018. In this study, due to its nature and considering the probability of dropout, 60 people were selected as a statistical sample by simple random sampling. The sample members were divided into three groups of 20 people. The quasi-experimental research method and the pre-test and post-test design of the control group is used. Experimental and control group members complete the pre-test before the sessions begin. The couples of the two experimental groups then participated in the couple therapy and solution-oriented sessions as a group. In fact, the experimental group and the control group completed the pre-test before starting the treatment sessions. The experimental group couples then participated in solution-oriented couple therapy sessions as a group and were tested. Finally, the experimental

and control groups were tested again after one month.

Tools

Enrich Marital Satisfaction Inventory: This 47-item inventory was compiled by Olson (1989) and consists of 12 subscales. Answers to the items are in the Likert method and in the form of five options (strongly agree, agree, neither agree nor disagree, disagree and strongly disagree) and the scoring is done as 1, 2, 3, 4. A higher score indicates high marital satisfaction and a lower score indicates marital dissatisfaction of couples. In this study, two subscales of marital conflict and sexual intimacy have been used. Elson obtained the reliability coefficient of the marital satisfaction list using the Cronbach's alpha method of 0.92. Also, Soleimani, 1994; Sharifonia, 2001 and Motamedin, 2004 reported its reliability coefficient of 0.86 and 0.93, respectively (28). The alpha coefficient of the questionnaire for the subscales of conflict resolution and sexual intimacy of couples was reported to be 0.80 and 0.83.

Procedure

After selecting the sample and performing the pre-test, 9 training sessions were performed in groups once a week for one hour. These sessions were for 20 people who had to be taught the behavioral couple therapy method, and another 20 people were trained in the solution-oriented method for 8 one-hour sessions; These sessions were conducted in groups and the control group did not receive any intervention. Subjects responded to the research tools again after the training sessions, and after one month of training and the second test, the test was performed again from two groups. The summary of the content of the training sessions and therapeutic interventions of the behavioral and solution-oriented couple therapy approaches was as follows:

Table 1. Behavioral couple therapy sessions (Source: Authors)

Session	Description of treatment sessions
The first session	Familiarity with couples and establishing emotional communication with them, scientific explanation of therapeutic methods of behavioral therapy
The second session	Design a problem-solving circle in order to maintain the principle of marriage and use the negotiation method to create balance and coordination in meeting the needs (homework presentation)
The third session	Problem-solving assignment, Joint rewarding activity and day care are taught (giving a list of joint activities)

The fourth session	Examining problem-solving assignment, teaching good and effective speaking and listening skills, types of communication (non-verbal and verbal), communication barriers and effective speaking skills (my message).
The fifth session	Assignment review (my message), special positive request training according to three components (special, positive, request), requests (children, assignment, etc.)
The sixth session	Assigning Positive Special Requests, Negotiating Positive Special Requests, Discussing Positive Special Requests, and Using the Art of Listening and Understanding in Session (Assignment)
The seventh session	Assess the assignment of their agreements on specific positive requests, assess the needs, control and select the behavior of internal and external psychology and couples' perceptions of it, task (what methods to resolve conflicts?)
The eighth session	Assess the assignment of their conflict resolution methods, teach problem solving skills, explain the problem-solving method to couples c, S - O I - V. E
The ninth session	Assess problem solving skills assignment, summarize educational methods

Table (2). Description of short-term solution-oriented treatment sessions (Source: Authors)

Session	Description of treatment sessions
The first session	Perform pre-test, The goal is to familiarize group members with each other, the therapist, group leader, and the principles, goals, and effects of the solution-oriented perspective, setting frameworks, and articulating the general principles of solution-oriented counseling. Assignment: For the next meeting, write down your goals for participating in the meetings and bring them to the group. Goals focus on the changes that will be made to the group.
The second session	Helping couples to formulate their goals based on a solution-oriented approach in a positive, definite, tangible and measurable way. Assignment: Write down the expectations and other goals they have of their spouse and their life in a positive, tangible, accurate and measurable way and bring them to the next session.
The third session	The goal is to help them realize their potential and be able to admire each other at the right time and realize that there are different interpretations of an event in the family. Assignment: Next week, do not criticize your spouse in any way, and instead praise and appreciate any positive work and activity that they see from their spouse, and bring the report to the session and express it.
The fourth session	The goal is for couples to recognize the positive exceptions in life and with their spouse, and thus make them hopeful reduce their marital problem. Assignment: Participants were asked to think more about the questions raised and to identify the exceptional positive moments in their lives and express them for the next session.
The fifth session	The goal is to help couples break down the disruptive behavioral patterns designed by participants using a miraculous question. Assignment: Think about the question raised in the session at home and bring the answers to the next session.
The sixth session	The purpose of this session is for couples to take another approach to their way of thinking, feeling and behaving and to experience new feelings by using the very important word "instead".

	Assignment: Participants were asked to toss a coin into the air at a specific time each day and the winner would complain to his or her spouse for 10 minutes, and when 10 minutes had elapsed, the other person would complain for 10 minutes and then bring the result to the next session.
The seventh session	Summarize past content, draw conclusions, and determine if members have achieved their goals. Perform the post-test.
The eighth session	Perform a preventive test one month after the post-test.

Table (3) Short-term therapeutic interventions (Source: Authors)

Session	Purpose	Solution-oriented	Assignment
First	Treatment start, Problem definition	Techniques for Inviting Clients to Say the Problem in a Word and Turn That Word into a Sentence - Turning the Problem into Achievable Goals	Discussion about the pre-test problem
Second	Reviewing complaints resolver solutions	Formulation of problem-solving circles	Bring the other expectations and goals they have of their spouse and their lives in a positive, tangible, accurate way.
Third	Summary of the previous session and review of the problem	Use the technique of exceptions and miraculous questions and find a positive story	Do not criticize your spouse in any way next week.
Fourth	Review of assignments and summary of the previous session. Explain the king key technique and use it	Use the technique of scale questions	Think about the questions raised and identify the exceptional positive moments in their lives and bring them to the session.
Fifth	Checking last week's assignment	Use the technique of pretending assignment	Think about the questions raised in the session at home and bring the answers to the session.
Sixth	Summary of the previous session and review of the assignment done	Use graded questions	Complain to each other for 10 minutes each.
Seventh	Summary of past content	Discussion	Have the members achieved their goals (Performing post-test)

Eighth	Performing the test	Perform a preventive test one month after the post-test	Performing the post-test
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Table (4) Behavioral couple therapy therapeutic interventions (Source: Authors)

Session	Purpose	Techniques	Assignment
First	An overview of the treatment	Getting to know couples and establishing an emotional connection with them	Performing pre-test
Second	Attracting love, action and intimacy of the spouse. Not accepting excuses	Form a problem-solving circle and negotiate to agree on the satisfaction of needs	Provide a list of joint activities for couples "care day"
Third	Use the negotiation method to create balance and coordination in meeting needs and training	Spouse Positive Matching Game - Caring Behaviors	Pay attention to a good action of your spouse every day. Write in the relevant form and bring it to the session as an assignment.
Fourth	Check the need for happiness. Check the differences between couples Investigate the current behaviors of couples	Effective communication skills Effective speaking skills from "My Message"	Practice effective listening at home. Practice expressing emotions directly "My message"
Fifth	Improving communication Explain the special request	From special techniques, positive, request	Practice listening and comprehension techniques.
Sixth	Share special positive requests and negotiate	Steps to negotiate agreements	Practice listening and comprehension techniques.
Seventh	Work on the concept of needs, control and choice of behavior	Five Common Responses to Conflict Management and Conflict Resolution	Use trained methods to resolve conflicts.
Eighth	Problem solving skills training	Problem solving steps	From silence, peace, understanding the problem, outline of solutions ...
Ninth		Performing the post-test	

Data Analysis

Descriptive and inferential statistical methods are used to analyze research data. The descriptive statistics section also includes tables, graphs, means, and standard deviations. In the inferential statistics section, the data are analyzed using SPSS.26 software from multivariate analysis of variance (MANOVA) statistical test.

Research Findings

The results show that the level of education of undergraduate participants in all three groups (control 55%, solution-oriented 50% and couple

therapy 60%) had the highest percentage of participants. Most participants in all three groups of the sample population were married between the ages of 11 and 20 (marriage duration) (with percentages: control group 45, solution-oriented experimental group 50 and couple therapy group 55, respectively). The age group of 41-50 years in the three groups of control, solution-oriented and couple therapy, with 40, 35 and 35 percent, respectively, constitute the largest statistical population of participants. Kolmogorov-Smirnov test was used and the significance level is above 5%, so it is assumed that the data are normal for analysis of MANCOVA covariance analysis.

Table (5). Checking the table of regression coefficients (Source: Authors)

Not standardized coefficients					Standardized coefficients
Significance Level	t	Beta	Standard Deviation	B	Model
0.001	3.459-	-	2.611	-9.031	
0.000	9.260	0.771	0.151	1.402	Solution-oriented marital conflict experimental group one month after training
0.014	2.591	0.216	0.088	0.228	Couples therapy in Marital Conflict experimental Group One month after training

Table (6). Results of multivariate analysis of covariance on post-test scores of the effectiveness of couple therapy and solution-oriented on resolving marital conflicts in the experimental group and the control group (Source: Authors)

Test	The value	DF Hypothesis	df error	F	Significance level	Eta square	Power
Pillay effect	0.995	2	56	6012.210	0.001	0.995	1
Wilks Lambda	0.005	2	56	6012.210	0.001	0.995	1
Hotelling effect	214.722	2	56	6012.210	0.001	0.995	1
The largest root on	214.722	2	56	6012.210	0.001	0.995	1

As can be seen by controlling the pretest, the significance levels of all tests indicate that there is a significant difference between the subjects of the experimental and control groups in terms of at least one of the dependent variables ($P / 0.001$, $F = 602/2102$). The square of the test was equal to 0.995, which shows that the amount of

0.995% of the difference in scores in the post-test of the research variables is due to the effect of couple therapy and solution-oriented educational program on resolving marital conflicts. Also, the test power is equal to 1, which indicates that the second type of error is not possible.

Table (7). Check the table of regression coefficients (Source: Authors)

Not standardized coefficients					Standardized coefficients
Significance Level	t	Beta	Standard Deviation	B	Model
0.001	-3.806	-	3.711	-14.121	
0.020	2.423	0.297	0.109	0.265	Solution-oriented sex population experimental group one month after training
0.000	4.701	0.576	0.124	0.583	Couple therapy sex population experimental group one month after training

The results of the table show that the significance level is less than 5%, i.e. the experimental group of solution-oriented sex population one month after training and the experimental group of couple therapy sex

population one month after training have an effect on the control group of untrained couple sex population.

Table (8). Results of multivariate analysis of covariance on post-test scores of effectiveness of couple therapy and solution-oriented on sexual intimacy of couples in the experimental group and the control group (Source: Authors)

Test	The value	DF Hypothesis	df error	F	Significance level	Eta square	Power
Pillay effect	0.985	1	57	3808.924	0.001	0.985	1
Wilks Lambda	0.015	1	57	3808.924	0.001	0.985	1
Hotelling effect	66.823	1	57	3808.924	0.001	0.985	1
The largest root on	66.823	1	57	3808.924	0.001	0.985	1

As can be seen, with pre-test control, the significance levels of all tests indicate that there is a significant difference between the subjects of the experimental and control groups in terms of at least one of the dependent variables ($P / 0.001$, $F = 602/2102$). The square of the test was equal to 0.995, which shows that the difference of 0.995% of the difference in scores in the post-test of research variables is due to the effect of couple therapy and solution-oriented educational program on sexual intimacy of couples. Also, the test power is equal to 1, which indicates that the second type of error is not possible.

Discussion and Conclusion

The aim of this study was to evaluate the effectiveness of couple behavioral and solution-oriented couple therapy on marital conflicts and sexual intimacy. The results showed that behavioral couple therapy training is effective on managing conflict and sexual intimacy of couples. Also, based on the research findings, solution-oriented education is effective on managing conflict and sexual intimacy of couples. The results showed that couples need counseling and relationship strengthening to resolve conflicts. One of the most common problems in couples' relationships that has been considered by therapists is marital conflicts (29). There are two types of conflict in marital relationships: constructive conflict and destructive conflict. In constructive conflict, the focus is on problem solving, and there is closeness, respect, trust in each other, and a bit of negative emotion and verbal response between couples. In destructive conflict, couples attack each other instead of the problem. In this conflict, through blame and criticism, each tries to influence the other and use very negative comments against each other, in which case a proper relationship is not established between them (30). All couples become conflicted at some point in time, and therefore a vital skill in maintaining family harmony is conflict resolution (31). Studies have shown that cognitive factors and sexual satisfaction have an excellent relationship with the quality of marital relationship and marital stability (32). Sexual intimacy is one of the factors that affect the increase of marital

compatibility. Studies and clinical experiences have shown that couples experience severe and pervasive problems when establishing and maintaining intimate relationships and compatibility with each other (33). Sexual satisfaction can have a significant effect on marital relationship and satisfaction.

There is a significant correlation between sexual fulfillment, sexual dissatisfaction, marital conflict and marital insecurity, that is, the lower the sexual realization, the more marital conflict and marital insecurity, and as sexual dissatisfaction increases, marital conflict and apathy increase. It can also be said that marital conflict plays a mediating role between the variables of sexual fulfillment and marital unhappiness as well as between sexual dissatisfaction and marital unhappiness (20). Another category that causes marital conflict is the inconsistency of the couple in the type of needs and their satisfaction, self-centeredness, differences in desires, behavioral schemas and irresponsible behavior towards marital relationship and marriage (34). The main features of behavioral family therapy are: 1) Accurate assessment to determine the frequency of problematic behaviors to guide treatment and reflect on the treatment situation, 2) Design strategies to improve reinforcement associations in each family in particular (29).

The first finding of the research is that the effectiveness of the behavioral and solution-oriented couple therapy approach is different on marital conflicts; Findings showed that both solution-oriented and behavioral couple therapy approaches are effective on marital conflicts. This result is consistent with the findings (24, 35-42). Numerous studies have shown that the implementation of couple therapy on couples has reduced conflict. Most research has been done on the effectiveness of behavioral couple therapy, and its effectiveness has been repeatedly confirmed in the United States and other countries. Meta-analytical studies show the effect size for the treatment of marital conflict in behavioral couple therapy as 0.76, cognitive therapy as 0.61 and relationship education as 0.90 (40). In fact, both treatments can be effective on marital conflicts, solution-oriented couple therapy can be a good treatment to increase

marital satisfaction and marital adjustment in couples (24). The solution-oriented approach has significantly improved couples' marital adjustment (43). The results obtained from analysis of variance assume that the relationship between marital conflict control group and solution-oriented marital conflict and couples therapy groups is linear after training and results in regression coefficients showed that the significance level is less than 5%, that is, the solution-oriented marital conflict experimental group and the couple therapy marital conflict experimental group after training have an effect on the untrained marital conflict control group. The results of multivariate analysis of covariance (MANCOVA) on the post-test scores show the effectiveness of couple therapy and solution-oriented solution on resolving marital conflicts in the experimental group and the control group. By controlling the pretest, the significance levels of all the tests indicate that there is a significant difference between the subjects of the experimental and control groups in terms of at least one of the dependent variables ($P / 0.001$, $F = 6012.102$). The square of the test was equal to 0.995, which shows that the amount of 0.995% of the difference in scores in the post-test of the research variables is due to the effect of couple therapy and solution-oriented educational program on resolving marital conflicts. Also, the test power is equal to 1, which indicates that the second type of error is not possible. According to the results of the research, therapists are recommended to use solution-based therapies and behavioral couple therapy in resolving marital conflicts.

Today, various approaches to couple therapy and family therapy have been developed with the aim of reducing conflicts and confusing relationships between couples. The goal of couple therapy is to help couples better adapt to current problems and learn effective communication methods. Marital conflict is a serious threat to the marital life that challenges the stability and quality of marriage and reduces happiness, reduced life satisfaction, decreased self-esteem, problematic attachments for spouses and increased distressing and psychological symptoms, also, the normal and daily relations of the couple are

disrupted, and their cooperation and assistance in matters related to each other is reduced. Conflict in relationships occurs when one person's behavior does not match the other person's expectations. The effect of couple behavioral therapy on increasing marital satisfaction is highly evaluated. Conflict arises when couples show varying degrees of independence and solidarity because of the cooperation and joint decisions they make.

Also, the next finding of the research is that the effectiveness of the behavioral and solution-oriented couple therapy approach on sexual intimacy is different; Findings showed that behavioral and solution-oriented couple therapy is effective on sexual intimacy. These findings are consistent with the results of research (13, 23, 25-27, 44-49). The results obtained from the analysis of variance assuming the relationship between the couple's sexual intimacy control group with the solution-oriented sexual intimacy and couple therapy groups after training are accepted, and the results show that the significance level is less than 5%. That is, the solution-oriented sexual intimacy experimental group after training and the couple's sexual intimacy experimental group after training have an effect on the sexual intimacy control group of untrained couples. The results of multivariate analysis of covariance (MANCOVA) on post-test scores show the effectiveness of couple therapy and solution-oriented approach on sexual intimacy of couples in the experimental group and the control group. By controlling the pretest, the significance levels of all the tests indicate that there is a significant difference between the subjects of the experimental and control groups in terms of at least one of the dependent variables ($P / 0.001$, $F = 6012.102$). The square of the test was equal to 0.995, which shows that the difference of 0.995% of the difference in scores in the post-test of research variables is due to the effect of couple therapy and solution-oriented educational program on sexual intimacy of couples. Also, the test power is equal to 1, which indicates that the second type of error is not possible.

One of the most important factors in a successful married life is marital intimacy. A person who experiences a higher degree of

intimacy is able to present himself in a more desirable way in relationships and to express his needs in a more effective way to his partner and spouse. Marital satisfaction can be higher in couples who have a higher degree of intimacy. Sexual satisfaction can have a significant effect on marital relationship and satisfaction. Intimacy, which has been recognized as an important process in developing friendly relationships, is currently a major concern for family counseling professionals. Given that sex is one of the most important issues in married life in terms of importance and acts as an emotional barometer in relationships, it can reflect the couple's satisfaction in other aspects of the relationship. Therefore, it is a good measure of the overall health and well-being of couples. In line with this research, there were some limitations such as students' unfamiliarity with the questionnaire and ambiguity for them took up more time. Quid 19's difficult and emergency situation in the distribution of questionnaires and the conduct of treatment sessions and a lack of cooperation of learners in answering the questionnaires due to ethical considerations. Researchers are advised to give members more time and more therapy sessions to achieve better results, and in addition to these therapies, to teach life skills and to emphasize that they cooperate more with education and training in the field of specialized counseling. Help dear teachers in this way to ensure the mental health of the community.

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