

THE EFFECT OF COGNITIVE RECONSTRUCTION TRAINING ON SEXUAL PROBLEMS OF COUPLES

Introduction:

Often, couples don't have enough awareness about decisions that fulfill their partners' desire. Because of this when problems appear and conflicts increase, the couple will forget positive aspect of each other and gradually the principle of marriage is questioned and the main problem starts (1).

Sexual relationship is more than a simple physical demand, because it strengthens the relation between people and is a good index indicates that in spite of oldness and disability, everything is progressing well. (2) A healthy sexual relation causes enjoying both mentally and physically, and assures generation and security feeling in relations. Sexual disinterest in marriage is an indicator of dissolved problems in marital life. Lack of sexual desires is a sign of a serious danger and it shouldn't be regarded unimportant. (3).

Methods of changing behavior and cognition can make relation to be positive, cognition therapy view is a kind of systematic and short time psychotherapy for removing signs of disorders by identifying or changing thought patterns that generate conflicts. Therapy process has been designed in such a way that has studied determined automatic and negative thoughts or cognitions, links among identified cognition, emotion and behavior and some evidences opposite perverted automatic thoughts to replace realistic change to perverted cognitions and can be successful in accomplishing sustainability (4).

Reasons of marital problems from a logical, emotional, behavioral view are related to illogical believes of a person. When one or both of couples have illogical believes about their relational events, they show negative and sickly reaction. In fact, marital conflict in Elice point of view is resulted from illogical believes about events and behaviors between man and woman. For treating marital problems the best way is changing their illogical believes. In fact, Elice wants to solve marital problem and improve the relations through changing believes and thoughts. (5). Formal beginning of this therapy was at the beginning of 1960s. That is the time that Aron beck and Albert Ellis provided their cognitive theories. (6).

Behavioral approach to couples' problems is also an experienced and reliable. (German.1973, Jacobson et.al 1979,quoted by Besharat) (3).This approach emphasizes on practical aspects of relationship like association and division of rights and tasks, ability of bilateral discussion, generating transparent relation and adequacy and ability of progressing and guidance of relationship.(7). Also adjustment of observed behavior of couples through approaches like teaching relation and bilateral discussion are some of basic techniques of this approach.(8)

Researchers have found that the level of illogical beliefs in marital relationship anticipates a power for disturbance of marital life. So they suggest that treatment plans for inadequacy of relation should be based on cognitive reconstruction of partners (9).

Bradbury and Fincham (10) showed that disturbed couples assume that negative events of marital life are stable and collective and know them mainly toward their partners and in addition they suppose that their partner's negative behavior is forethought, spontaneous and blameful. Some of researchers like Stiven and Daniel (11), Kasler (12) have emphasized marital consistency from sexual relationship point of view.

Spenes (13) reminds that the cognitive behavioral approach in sexual disorders, is an approach that pays attention to change of person's Inconsistently cognition meanwhile focuses on behavioral methods.

Jacobson et.al (14) showed that marital satisfaction level increases when we teach skills of solving problems, communication, and behavioral interaction.

This research tries to provide an approach to help reducing marital sexual problems.

- Research hypothesis

- Training recognition reinstruction influences reducing couples' sexual problems.
- Training recognition reinstruction influences reducing men and women sexual problems differently.

Method and material :

Research sample includes 40 couples that are selected random and will be divided to two groups of control and test. Before starting training both groups answer the sexual problems' questionnaires and then test group will be trained for 10 sessions in 2 hours. At the end of this course again the sexual problems' questionnaires will be completed by both groups. To analyze data description statistics methods like mean, standard deviation and also in consequential statistics, T test and bilateral variance analysis are used.

Characteristics of Research Material

1) sexual position questionnaire of Larson (1986)

The questionnaire contains 25 questions and they were five choice questions and based on Likert scale, a scoring between 1-5. In questions 1-2-3-10-12-13-16-17-19-21-22-23 option "Never" points 1 and option "always" receives 5 points. and questions 4-5 - 6-7-8-9-11 - 14-15-18-20-24-25 option "Never" has 5 scores and "always" could receive 1 score. Scores 25-50 show Lack of sexual satisfaction, 75-51 scores show less sexual satisfaction, 76-100 scores show mean sexual satisfaction and 101 to 125 score show high sexual satisfaction. (15) This questionnaire has been normalized in Iran, in Shams Mofarache research entitled "studying marital counseling effect on couples' sexual satisfaction", this

questionnaire had acceptable validity.(16) Data collection methods was self-reporting by studied people through completing self-report questionnaire.

2) Cognitive behavioral training include :

A)Precognitive framing training

Include: awareness of couples about kinds of illogical and spontaneous thoughts, training A-B-C principles, confrontation methods with illogical believes, teaching discussion method for altering illogical believes.

The main goal of teaching reasonable renewal is that a person learns to understand environmental signs more precisely, to determine clearly the difference of really dangerous situation from situations that their danger source is completely unreal. It seems that reasonable renewal is used in many forms of disharmonious sensations. ELICE (17) have reported some cases in which reasonable – emotional remedy has been successful in solving problems like frigidity, sexual disability, marital complaint and psychosis.

Denomination of recognition is based on this hypothesis that some of disharmonious behaviors and sensations results from unrealistic expectations. With regard to ELICE'S research in cognitive renewal, people can learn reasonable renewal of their unrealistic believes and in this way they can remove what we call a collection of well-learned but disharmonious behaviors.

By using these steps we can be aware that our justifications in relation to our partner and marital life are correct or incorrect.

- 1_ Cognition of spontaneous thoughts.
- 2_ To relate spontaneous thoughts with emotional reactions.
- 3_ Investigate spontaneous thoughts.
- 4_ Use logical reactions.

Suitable behavior suitable emotion B: reasonable belief (event): A

Unsuitable behavior unsuitable emotion B: unreasonable belief (event):A

Suitable emotion helps us to remove life problems and unsuitable emotions interfere with things we wish to obtain them in life.

To change our unreasonable believes (each kind of thought that causes negative sensation or self destructive behavior and its important results are disruption in pleasure, happiness and health of a person. Some believes those are inflexible, is opposed to reality and are illogical, they are disruptive for psychic health and prevent the person from reach his/her aims), first we should know them.(18)

Kinds of illogical thoughts and sexual incompatible cognition

- 1- Extravagant generalization
- 2- 'None or all' thought
- 3- Overstatement in negative issues and understatement of positive affairs
- 4- Personalization
- 5- Negative monolog about the relation
- 6- Negative monolog about the partner

- 7- Negative monolog about him/her self
- 8- Must, obligations and necessities that are clear in monologs
- 9- Selected abstraction

B) Improvement sexual relationship training

Include: expressing importance of sexual relationship, expressing sexual problems cycle, preventive factors of a correct sexual relation, determining incorrect sexual myths.

*** Expressing importance of sexual relationship:**

Without having sexual relationship, marital relation would be cold, and one or both of them may sense that is ignored. Sexual relation is more than a simple need and it affects quality of marriage. Generally, it seems that in many of marriages, sexual relation is very important for enduring satisfaction of life. Because it strengthens the relations between couples.-

*** Expressing sexual problems cycle: (Desire, arousal, orgasm, extinction)**

*** Sexual awareness:** (Each one of couple should know sensitive points of his/her body). Correct awareness not only increases possibility of improvement of practical skills but also reduces serious fidelity to many of myths in society about sexual function. Some important areas that must be considered in sexual awareness include: sexual anatomy, status of sexual reaction in human and relative methods to self arousal and partner arousal.

*** Preventive factors of a correct sexual relation**

Sexual function disorder is a situation in which sexual behavior or lack of sexual behavior, results in anxiety, anger and frustration that finally can create non satisfaction and stress in couple's relations.

Kinds of sexual function disorders in men include:

- 1- Erection function disorder or sexual disability
- 2- Early or rapid ejaculation
- 3- Slow ejaculation
- 4- Failure in ejaculation
- 5- Painful intercourse

In women include:

- 1- Vaginismus
- 2- Non orgasmia
- 3- Early orgasm
- 4- Sexual arousal disorder
- 5- Painful intercourse

Factors creating sexual function disorder include:

- A) Physical factors: diabetes, pelvic disorder, cystic problems and....
- B) Psychological factors: infidelity, pessimism, negative attitude of family toward sexual relation, harmful experiences of childhood or adolescence period and the conflict that person has about his/her sexual identity.

C) Cultural and social factors

* Identifying incorrect sexual myths (19)

Result:

Research Findings , We have used descriptive statistics including mean, standard deviation, and ... and also in inferential statistics we have used T-test and, two-way analysis of variance to analyze data.

Mean and standard deviation of testes' scores of both groups have been given in pre-test of sex questionnaire in table 1.

Table 1 : mean and standard deviation in pre-test of sex questionnaire.

Groups sex	Experimental Group			Control Group		
	N	X	S	N	X	S
Women	20	101.80	16.118	20	101.08	18.752
Men	20	104.76	18.426	20	106.96	17.505
Total	40	103.28	17.058	40	104.02	18.005

To observe the lack of differences between groups comparison was done using t test between two groups that its results have been presented in Table 2.

Table 2 Comparison of mean in test and control groups in pretest

Groups	N	X	S	T	sig
Experimental	40	103.28	17/058	0.102	0.724
Control	40	104.02	18.005		

Results of table 2 show that the calculated T, (0/102) with significance level of 0.724 is less than 0/05, so zero hypotheses won't be rejected and it can be said that there is no statistically significant difference in sexual problem questionnaire. This means that there is no difference between two groups in sexual problems in pretest.

After performing cognitive restructuring, sexual problem test was given again. The results can be seen in Table 3.

Table (3) Mean and Standard deviation of testes' scores of both groups in post-test

Groups sex	Experimental Group			Control Group		
	N	X	S	N	X	S
Women	20	89.640	6.117	20	102.80	18.403
Men	20	92.560	7.419	20	106.76	17.088
Total	40	91.05	6.772	40	104/78	17.758

Considering results of table 3 it is obvious that there is obvious increasing in scores of sexual satisfaction questionnaire after using independent variable. That is statistically significant.

Table 4 shows mean and standard deviation of scores difference of test and control groups in pre-test and post- test of sexual satisfaction questionnaire.

Groups sex	Experimental Group			Control Group		
	N	X	S	N	X	S
Women	20	11.36	15.104	20	-1.72	4.403
Men	20	11.44	7.52	20	0.2	2.102

Total	40	11.95	11.720	40	-0.76	3.491
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For the first hypothesis testing, we compared the difference between mean scores in two groups at pretest and posttest.

Table 5: T test on Groups in pre-test and post - test

Index	no	mean	SD	df	T
Experimental	40	11.95	11.720	98	21.33
Control	40	-0.76	3.391		$\alpha=0.0000$

Results of table 5 show that because the calculated t (21/33) significantly (0/000) is larger than 0/01, it is possible to conclude that there is statistically meaningful difference between scores of pre-test and post-test and so our hypothesis is confirmed. In other words we can say that cognitive restructuring training causes reducing sexual problems.

Table (6) two-way variance analysis of difference in test and control groups in pre-test and post-test of sexual satisfaction questionnaires

Index	SS	df	MS	F	Sig
A (Groups)	2678.51	1	2678.51	23.19	0.001
B (Sex)	246.59	1	246.59	0.508	0.345
AB	423.130	1	423.130	1.132	0.168
Total	6695	39	675.47		

Results of table 6 shows that the test and control groups differ in terms of sexual satisfaction and reduction of sexual problems in test group is higher than control group, and sexual problems in men and women is almost equal.

Conclusion

Statistical data illustrate that training cognitive restructuring has reduced sexual problems. Couples training in increasing sex knowledge and modifying beliefs and attitudes, results in changing cognition of these testees, reducing sexual problems and significant increase in adaptive cognitions compared to the pre-test. The hypothesis is consistent with research of Spence (13) and Skole (1988) Steven & Danie (11), Kastle (12) and Jacobsen (14). These research results are coordinated with Ellis hypothesis principle that claims that reducing irrational beliefs using the techniques of cognitive, behavioral, emotional skills, will reduce marital conflicts. (5).

In Jacobsen opinion (14) one of the main features of marital problems is using annoying stimulant by each spouses to control other's behavior. This training will teach couples the skills they have to learn to be witness of their interpretations of marital events and learn some skills to examine validity of these interpretations by collecting and processing data.

Finally, cognitive reinstruction training in reducing sexual problems in women and men is not so much different and of course training effectiveness in both men and women has been high. One of the strengths and unique features of this study was involving both spouses in training procedure. Perhaps in other researches women were used more because of inconvenient access to the men

and of course it seems to me that women are more enthusiastic in these things trainings and dedicate more time to these trainings, but this research showed that if there is a chance for men they are also seeking such relations trainings and try more to improve their relations and maintaining their married life.

Finally it is suggested to hold some training classes to provide correct information to fiancés, married couples and families and also there is some needs to train physicians and other therapists who can have effective role in curing people with sexual problems.

Abstract:

In this research experimental methods with preparing pre_test and post_test with control group were used. That has been done in order to determine the effect of cognitive – behavioral training on sexual problems of couples in Isfahan.

The samples of this research were 40 couples (80 men and women) that were selected randomly from the research community and were classified in two groups of test and control. Evaluation tool was Larson Questionnaire sexual problems and Cognitive Reconstruction training.

Before starting training both groups answered the questionnaire of sexual problems and then experimental group was trained for 10 session , each session 2 hours, and at the end of this term , again the questionnaire was completed by both groups. And by using T-test and analysis of data variance, were analyzed.

Data showed that Cognitive Reconstruction trainings can reduce sexual problems of couples. And doing these trainings has helped raising quality of marital life of experimental group.

Key words: Sexual problems – Cognitive Reconstruction- couples

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ՀԱՆԱԶՈՂՈՒԹՅԱՆ ՎԵՐԱԿԱՌՈՒՑՄԱՆ ՈՒՍՈՒՑՄԱՆ ԱՁԵՑՈՒԹՅՈՒՆԸ՝ ՁՈՒՅԳԵՐԻ ՍԵՌԱԿԱՆ ԽՆԴԻՐՆԵՐԻ ԿՐԸԱՏՄԱՆ ՀԱՐՑՈՒՄ

Հոդվածում ներկայացվում են զույգերի սեռական խնդիրների նվազման գործում ճանաչողության վերակառուցման ազդեցության մասին կատարված հետազոտության արդյունքները: Հետազոտությունը կատարվել է մեր կողմից Իրանի Իսֆահան քաղաքի զույգերի շրջանակում, որոնցից պարզ պատահականության սկզբունքով ընտրվել են 40 զույգեր (80 կին և տղամարդ) և իրականացվել է փորձնական մեթոդով նախափորձնական, հետփորձնական և կոնտրոլ խմբերի բաժանմամբ: Հետազոտության բազան բաժանվել է երկու փորձարկվող և մեկ կոնտրոլ խմբերի: Գնահատման գործիքը Լարսոնի սեռական դժվարությունների հարցաթերթիկն է և ճանաչողության վերակառուցման ուսուցումները: Հետազոտության արդյունքները մշակվել են T փորձարկման և վարիացիայի վերլուծման միջոցով:

Արդյունքներն արձանագրեցին, որ ճանաչողության վերակառուցման ուսուցումը նպաստում է զույգերի սեռական խնդիրների նվազմանը և բարձրացնում նրանց կյանքի որակը: