Study relationship between Conflict Management Styles and Marital Life Quality among Spouses, Parents of Elementary School Students of 3 District in Esfahan City

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Abstract:
The aim of this study is to determine the effects of conflict management styles on the quality of the marital relationship. Descriptive research method was descriptive and correlational research design was a path analysis model. Therefore, parents, students, 464 of whom married the Isfahan region of the cluster were single step. This questionnaire marital quality and conflict management style questionnaire (ROCI), respectively. The results using Pearson correlation and multiple regression analysis showed that there is a relationship between marital quality and conflict management styles (0.01> P) based on regression analysis and domineering style of conflict management to avoid negative effects on the quality of the relationship revealed but the style of cooperation, compromise and show the kind of positive relationship (0.01> P).

Keywords: quality of marital relationships, conflict management style

Introduction
Family First, and most important social institution in human history, which is the highest area of development, social and emotional growth and development of its members provides Marriage is the most sensitive and emotional commitment that people enjoy warm relations of mental peace and accepts it. The results show that the problems of the day in our family are on the increase and marital quality drop. Increase in divorce and family conflict not only threatens the family, it is a serious threat to society and social systems. The training of mental health to the next generation of healthy and enjoys a burden on society, in an environment of peace and security in the least, is not. Couples severe and pervasive problem in our country during the relationship and keep the experience. The problem of marital distress than any other category would be referred for counseling services (Faqirpoor, 2004). No relation to the size of the marital relationship is prone to conflict. In marriage, couples of all things interact with each other and the substrate is much conflict in intimate relationships (Carlson and Dinkmeyer translation Firoz Bakht, 2008). Issues outlined above makes clear the importance of marriage for couples. The factors affecting the quality of marriage and predictions on the basis of psychological concepts can be very important for the intervention to improve it.

Conflict Management
Marital conflict is the struggle over the ownership of the site and power supplies in order to remove the points and increase your score occurs (Barati, 1996). Marital conflict can be caused by lack of coordination couple of needs and their satisfaction, self-centered, differences in preferences and behavioral patterns and irresponsible behavior attributed to marital and marriage (Sharf, 1996; quoted Farahbakhsh, 2004). Conflict management styles in a response or set of behaviors are patterned that people use them during conflict. (Wilmot and Hacker, 2000).
Marital life quality

Marital quality integrated structures that are useful in marital and marital happiness. The high level of quality reflects the objective characteristics of the relationship (between spouses) as accompaniment, good communication and conflict, which are adaptive characteristic equation, the satisfaction of the relationship and the wife is also on. Quality of life is a multidimensional concept that includes not only within individual characteristics, but also the characteristics of the individual partners as well. Gong (2007) agreed a couple of important issues, work sharing and joint activities and quality of marital love to know each other.

The research Goal

The relationship between marital quality and conflict management styles

Theoretical background

Reginald Adkins (2006) argues that none of conflict management styles are inherently inefficient; it is the position of incompetence marks. Modern theories of conflict management styles in the Styles of the opinion it should be managed, that is the appropriate style to be used in appropriate situations. Due to this fact should be fully aware of the couples on the subject: 1) The advantages and disadvantages Styles 2) Appropriate use of each style

Improving conflict management skills

The needs and characteristics of their personality are influenced by cultural learning and social learning. Believed Fiedler (2004) is a reflection of the person making the necessary leadership styles and motivation (character). Therefore, to improve the management of conflicts of personality and consequently need to change attitudes, styles and behavioral patterns of manager’s step. However, changes in personality and behavior patterns of the process difficult, time consuming and expensive that require creative planning and patience is high. According to Fiedler (2004) under the best conditions, it takes one or two or three years of intensive psychotherapy with a focus on sustainable changes in the character of the building. Changes in personal conflict management style require patience and long-term planning.

Quality of life

The quality of the marital structure with significant contribution in the field of research is dedicated to the enrichment and marital satisfaction. But despite this, couples and family therapy researchers in the conceptualization and measurement of quality of life are less agreement and unique theoretical approach to the study of this variable does not exist (Custer, 2009). In this article a theoretical background of these structures is discussed. Nature of marital quality many concepts such as adaptation, satisfaction, happiness and marital quality, integrity and commitment are used to describe the meaning of any of these concepts, there is no agreement (Lewis and Spanier, 1979). Here, before the definition of marriage should be, to clarify further the concept of the structure, first, it should be the other structures in the study of research and marital most are distinguished. Marital satisfaction research structure, consistency and quality of life, structures are more than all, and sometimes interchangeably, have been used (Accordino, 2002).

Literature

Dehghani (2001) research 'marital conflicts divorce compared with women for marriage counseling or divorce" receive, cooperation between the two groups of women in the areas of reduction there is a significant
difference increased emotional reactions, child support, reduce family relationship with his wife, family and friends. However, the areas of decreased sexual relationships, increase personal relationship with your family, finances separate, significant differences were observed between the two groups. In general, women in divorce and marital conflicts, most of the women admitted to marital counseling. Moradi (2001) showed that the structural family therapy, marital conflicts decreases between men and women regarding the effectiveness of family therapy the method of making a significant decline in marital conflicts. Shafie Nia (2002) study, "Effects of marital conflict resolution skills to improve bilateral relations," showed the effectiveness of the training.

Etemadi (2004) study, "Evaluation of the dimensions of marital conflict in couples counseling centers in the city and its comparison with healthy couples" on a sample of 60 subjects was administered questionnaire marital conflicts. The results showed that the highest odds of couples referred to the counseling centers. Various dimensions of conflicts in group counseling centers was significantly higher the only significant difference was the increase in child support. Bashardost (2005) in his study entitled "The relationship between marital conflicts with the consistency of school girls in Tehran" to achieve these results. Between frequency of family conflicts, knowing solve conflicts, the content of conflicts, stability conflicts and their parents cope and deal with conflicts and the desired consistency of Tehran there was no girls. But the intensity of family conflicts, threats from family conflicts, blame and conflicts with the consistency of the three daughters of a significant relationship was found. The relationship between family conflicts and self-schools in Tehran and the relationship between frequency of family conflicts, and its application to some extent suggest that may be what the age of early adolescence (schools) for adjustment in adolescents is important, intensity and frequency of their family conflict. Golparvar, Vaseghi, Mosahabi and Javadian (2012) in a study to investigate the functions of interpersonal conflict and conflict management in the link between stress and burnout with aggression began. The results showed that job stress and conflict with colleagues, with the attendant conflicts, emotional exhaustion, and to avoid aggression, conflict, working with conflict with a supervisor, emotional exhaustion, aggression, force, and to avoid conflict with a supervisor with emotional exhaustion, and to avoid aggression with aggression and emotional exhaustion, to surrender, by force and by avoiding their relationship. Also, the results showed that the yield of high emotional exhaustion and aggression, in collaboration and problem solving low emotional exhaustion and aggression, coercion and avoid the high emotional exhaustion showed a stronger association with aggression. Jalali, Saroqad and Samani (2012) investigate the role of mediator schema incompatible with the process and content of family conflict and adolescents coping with paid. Path analysis in AMOS indicated that, given the independent variable content models of the family in relation to methods of conflict resolution and mother (excluding hegemonic style) and methods of conflict resolution with the Father (excluding kindly way, hegemonic and compromise ongoing) were all certified. The remaining models are not supported.

Methods

Methods this cross correlation and path analysis is a research project. In this case the causal relationships between variables in the model are discussed.

The population

The study consisted of three training foster parents, students, the city was in 2014.

Sampling

According to H. (2012) for each variable in the model revealed that between 10 to 20 people is enough? According to the variables entered in the model is 21, so the sample size was estimated to be between 210 to 420 people. The initial sample size was 540 and the total of 497 questionnaires were returned to the researcher of which 464 cases were interpreted and scoring and the remainder of the questionnaire because of flawed or too many unanswered questions were excluded from the analysis. The single-stage cluster sampling was used.

In this way, among all elementary schools in Isfahan region, of which there are 127 school, 18 schools were selected randomly. After coordination with the directors of the schools, the training sessions for families to visit...
places of meetings, and after explaining the purpose of the study, questionnaires were distributed among those present to cooperate after completing the questionnaire, parents, was taken from them.

The hypothesis

There is relationship between the conflict management styles and the quality of the marital relationship.

Research Tools

Inventory of Conflict Management

This questionnaire is designed to measure five interpersonal conflict management style. Many educators and researchers have applied the approach and the application supports five light has been reported (for example, Wilmot and Hacker, 1996; Dee Cook, 1995; Abochy and Takahashi, 1994; Doan, 1989; Tang and Kirk Baird, Griffey and Barioneh 2000; Wilmot and Hacker, 2000). Reliability and validity of conflict management styles: the tools of internal consistency and test-retest reliability was compared with other devices and it seems that the power - forcing the construct validity of the test. The reliability of the test results are consistent with a rate above average in other styles. 0.71 is the average correlation to the questionnaire. The questionnaire translated marital conflict management styles and to assess the content validity of the items was given to a number of specialists and tutors and confirmed its content validity, then in order to determine the reliability of the questionnaire, questionnaire in a pilot study on a group of 105 persons of ordinary men and women were executed. Cronbach they were looking for an integrated light 0.92, for the light hearted or compromise of 2011-style domination 0.82 and hegemony avoidance 0.87, and to compromise style 0.76, and 0.87 for the conflict management styles a respectively.

Marital Quality of Life Questionnaire

This questionnaire by Busby, Karan, Larsen and Christensen (1995; quoted Holist and Miller, 2005) is built. The main form of this scale by Spanier (1979), based on the theory and Spanier Livaeiez (1979) built on marital quality (Adital and Levi, 2005). Fincham, Bradbory and Beach (2000), after discussing his theory of marital quality, the questionnaire was introduced as a useful tool for evaluating the quality of life. The tool consists of three subscales - consultation and consensus, satisfaction, integrity - of which a total of marital quality scores show high scores, indicate higher marital quality (Holist and Miller, 2005). Confirmatory factor analysis, factor structure and validity in the US have confirmed it has been shown (Busby et al., 1995). In this study, Cronbach's alpha reliability method Holist and Miller (2005) from 0.80 to 0.90 reported. The Cronbach's alpha for the total scale factor of 0.82 and cohesion, accord and satisfaction, respectively, 0.78, 0.77 and 0.81 reported.

Data analysis tool

To investigate the hypothesis test of matrix correlation and regression analysis were used. Finally, the effects of conflict management styles and marital quality were investigated. Path analysis was used for this purpose and effect analysis (regression weight) was estimated direct and indirect. In order to analyze the findings of the software SPSS AMOS 21 was used.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Sex</th>
<th>Mean</th>
<th>SD</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of relationships</td>
<td>Woman</td>
<td>49.1078</td>
<td>6.71056</td>
<td>232</td>
</tr>
<tr>
<td></td>
<td>Man</td>
<td>49.0302</td>
<td>6.69134</td>
<td>232</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>49.0690</td>
<td>6.69383</td>
<td>464</td>
</tr>
</tbody>
</table>

Table (1) The mean and standard deviation of marital quality
The mean and standard deviation above table shows the quality of the marital relationship. The mean scores of marital quality are obtained very close in both sexes.

Research hypothesis

There is a relationship between marital conflict management style and quality of marital. There is strongly correlated with the quality of marital conflict management styles in the range of 0.68 to 0.71, not as the relationship between variables. Communication styles, conflict management cooperation, compromise and kind of positive marital quality and the average Karan. But avoiding conflict management style and domination relationship with marital quality and reverse negative (0.01 > p).

<table>
<thead>
<tr>
<th>Predictive variable</th>
<th>Non-standardized regression coefficients</th>
<th>Beta</th>
<th>t</th>
<th>p values</th>
<th>ΔR²</th>
<th>F</th>
<th>p Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoidance</td>
<td>-1.395</td>
<td>.645</td>
<td>.138</td>
<td>2.164</td>
<td>.031</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kind</td>
<td>1.236</td>
<td>.619</td>
<td>.134</td>
<td>1.999</td>
<td>.046</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Domineering</td>
<td>-1.372</td>
<td>.541</td>
<td>-.166</td>
<td>2.536</td>
<td>.012</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reconciliation</td>
<td>1.531</td>
<td>.628</td>
<td>.161</td>
<td>2.438</td>
<td>.015</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooperation</td>
<td>1.543</td>
<td>.503</td>
<td>.213</td>
<td>3.066</td>
<td>.002</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The table above factors influences the quality of marital conflict management style shows. The adjusted coefficient of determination obtained 0.56 and 0.56 variances indicate that marital quality on conflict management styles explained. Avoiding conflict management style and domineering negative impact on the quality of the show but the style of cooperation, compromise and show the kind of positive relationship. The relationship of the standard impact Cooperation (0.21 = Beta) and all coefficients are statistically significant (0.05 > p).

Conclusion

Based on the correlation matrix, the correlation between marital quality and conflict management styles in the range of 0.68 to 0.71 located. Communication styles, conflict management cooperation, compromise and gentle positive marital quality and the average Karan. But the relationship between conflict management and avoid domination by the quality of marriage and reverse negative (0.01 > p). Based on regression analysis and findings of the structural model, avoiding conflict management style and domineering negative impact on the quality of married life revealed but the style of cooperation, compromise and show the kind of positive relationship. The relationship of cooperation is related to the standard and all coefficients are statistically significant (0.05 > p). The possible explanation for this finding could be that the nature of marital quality and marital adjustment or strength and the joy or satisfaction in order and positive relationship with efficient style of conflict management styles ranging from the principle of win-win cooperation and compromise governed and both spouses leads to maximum goals and a negative correlation with the quality of marital conflict management styles ranging from avoiding inefficient and domination that the loser - the loser is governed and marital satisfaction and stability target, they noted. Due to the characteristics of the load force and domineering style, power, control, competition and explicitly demonstrate that the use of methods that reveal an authoritarian, autocratic and domineering control of the conflict, there is the case that one of the parties to the conflict, intense desire to achieve their desired goals or desires and ignores the other side wants or has very little tendency to satisfy the interests of his wife shows (Rahim, 2001) individualistic or competitive behavior, verbal and the losers - those governing the winner (Thomas, 1976) and also due to characteristics such as denial of conflict avoidance, double speak, instead of avoiding debates and issues, non-compliance and humor instead of dealing with conflict and how to avoid, prevent a person from resolving conflict and instigates the notion that terrible conflict and should be avoided and that the best way to avoid any of the parties in relation go your way
and pretend that they have on each other when they are really effective, there was no interaction effect on each other. Finally, avoid conflict, protect and prepare the stage for an explosion, or a severe reaction (Rafal, 2008).

**Suggestions:**

It is suggested to be evaluated in other countries. So as thereby to improve the quality of marriage and subsequently to improve the quality of life of families and the community is actually recommended that further research in this area is done so in the case of other communities. It is recommended that local intervention model is developed based on the quality of marriage couples and its effectiveness evaluated.

**References:**


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