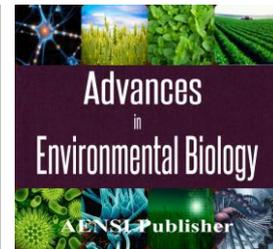




AENSI Journals

## Advances in Environmental Biology

ISSN-1995-0756 EISSN-1998-1066

Journal home page: <http://www.aensiweb.com/AEB/>

# The Effectiveness of Training Internal Locus of Control Based Communication Skill on Increasing Marital Satisfaction

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### ARTICLE INFO

#### Article history:

Received 15 July 2014

Received in revised form

31 August 2014

Accepted 10 September 2014

Available online 25 August 2014

#### Keywords:

Internal locus of control, external locus of control, marital satisfaction.

### ABSTRACT

Marital dissatisfaction is one of the prevalence problems in today families. Counselor and psychotherapist notice to these problems because of its effects on family and mental health of family member. The goal of the present research is to examine the effectiveness of training internal locus of control based communication skills in increasing marital satisfaction. The research design was pretest- posttest with control group. Research sample includes 20 couples who were selected by available sampling method and they were studied in two groups control, experimental while have been 10 Couples at experimental group and 10 Couples at group control. Research tools were clinical interview, locus of control and Dyadic Adjustment Scale. The data were analyzed by independent t-test. The findings showed that, effectiveness of training internal locus of control based communication skill on significant decrease in marital dissatisfaction, and increase marital satisfaction, cohesion, consensus and affection expressed at the post treatment follow-up in comparison to the control group.

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**To Cite This Article:** Askari Asgharianji, Kamo Vardanyan, Shokouh Navabinejad., The Effectiveness of Training Internal Locus of Control Based Communication Skill on Increasing Marital Satisfaction. *Adv. Environ. Biol.*, 8(12), 480-488, 2014

## INTRODUCTION

One of the very important aspects of a marital system is the satisfaction which the couples experience it in the marriage [1]. According to Bird & Melville [2], the marriage means to make attached and bound of an interested and trusted person for several reasons which one of the most important of them is marital satisfaction.

Beginning the marriage and creating marital relationships, marital satisfaction is changed into important changes in relation to the quality of marriage. Marital satisfaction is concrete feeling about satisfaction and pleasure experienced by wife and husband regarding to all aspects of marital relationship. Marital relationship is regarded as one of the most important factors for affectionate stability and durability of couples [3]. Marital satisfaction is a situation in which wife and husband have a feeling resulted from happiness and satisfaction with each other most of the times [4]. A satisfactory relationship between the couples is assessed by mutual interest, level of taking care of each other and acceptance and understanding each other [5].

Winch [6] believes that marital satisfaction is conformity between the existing situation and the situation which is expected. According to this definition, there is marital satisfaction when there is conformity between the existing situation of the person in marital relationship and the expected situation. Winch determined eight criteria for marital success which are applied during the last three decades which include: stability, satisfaction, compatibility, consolidation, happiness, companionship, growth of personality and social expectations. Also, Rho [7] considers several aspects for marital satisfaction including: positive feelings, loving, sexual satisfaction, and agreement in economic affairs, housekeeping and rearing children.

Marriage may be best understood in terms of need to belong. Baumeister & Leary [8] suggests that need to belong is a very powerful motive which leads people to have social attachments and to form and maintain enduring interpersonal relationships. Having a long-term intimate relationship generally produces positive emotions. However, losing attachments generally results in pain and disappointment even if there is no plausible reason to maintain them; or even if maintaining them is too costly. On the other hand, the need of belongingness can be met only in pleasant or satisfactory relationships. Additionally, belongingness have large positive effects on the health and well-being.

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Happy marriages make valuable contributions to person's life. Marital happiness is found to be associated with physical and psychological health [9]. In addition, the benefits associated with marriage are greater for women than it was for men [10]. These positive effects of marital happiness may be better understood with the following statement "A supportive romantic or marital partner acts as a kind of buffer or barrier between us and the problems of life" [2].

Although the positive associations related to happy marriages have been indicated, there is still a conceptual confusion in the term "marital satisfaction". Several related terms, such as marital happiness, marital adjustment, marital stability and marital quality are commonly used in the literature instead of the term marital satisfaction [2]. Timm [11] criticizes that, because these terms refers to different meanings, summarizing the research under the same term might lead faulty inferences. In this study, definition of Hawkins *et al.*, [12] is preferred for use. He defines marital satisfaction in such a way: concrete feelings about satisfaction and enjoyment experienced by wife or husband when they consider all aspects of their marriage.

Besides the conceptual confusion on the term marital satisfaction, theories on marital satisfaction do not also point the same construct. Warren [13] states that, there is no unique and consistent theory of marital satisfaction. Authors explain this inconsistency by pointing out the broad, subjective and complicated nature of the marital satisfaction.

Some marriages are really "marital" however; some others are "martial" [13]. It is criticized that, research has not been very successful in the prediction of which married couples separate or divorce and which stay together [14]. Although it is found that marital satisfaction is relatively stable over time and initial levels of marital satisfaction predicted the partners' later satisfaction [15], questions such as "What differentiates a happy marriage from an unhappy one?" and "What qualities that martially satisfied couples have but others do not?" are still remains unanswered.

As a result, "Marriage typically begins as a source of satisfaction, but often end as a source of frustration" [16]. Converse to the positive effects associated with marriage that are stated above, marital dissatisfaction have many negative effects on both the individual's and their offspring's life. Lantz & Snyder [17] suggests that, marriage gathers different person's different lifetime habits, values, and attitudes. Interaction and integration of these different qualities inevitably produce difficulty or conflicts. It is likely that parental conflicts negatively affect children since they threaten their feeling of security and identity. In addition, it is also likely that when parents are aggressive to each other, they also exhibit aggressive behaviors to their children [18]. Considering these negativities related to marital dissatisfaction, it is clear that assuming satisfactory marriages and preventing the unsatisfactory ones is very important.

Research literature referred to several variables related to marital satisfaction. There is a general and popular assumptions including marital problems are resulted from defects in their communicational skills [19]. This general opinion including communication skill is the main determinant of marital satisfaction and compatibility is examined by couple-therapy theories and multiple researches. Researches show that communicational problems are the main source of interpersonal problems and many of marital problems are resulted from misunderstanding and ineffective communication which its result includes feeling of disappointment and anger because of dissatisfying the hidden expectations and desires. For this same reason, Brezsnayak [20] express: the core for treatment of marital problems is to modify the communicational skills. Following the review of multiple papers, Bird & Melville [2] observed that a high number of them emphasized explicitly or implicitly on the importance of communicational skills in marital conflicts and their findings confirmed it. In their researches and studies, Burleson & Denton [19] found that marital conflict is directly resulted from defect in communicational skills of one couple or both of them.

Bird & Melville [2] states that, when compared to their unhappy counterparts, happy couples are more sensitive to each other's feelings are more supportive during arguments, and they are more flexible and cooperative. Intimacy and marital satisfaction were found to be correlated in another study. Specifically, sexual and emotional intimacy predicted marital satisfaction for men; however, recreational and emotional intimacy predicted marital satisfaction for women [21].

Findings of a recent study [22] also indicate that, problem solving abilities of the couples predict their level of marital satisfaction. Furthermore, it is reported that communication patterns and marital adjustment of a couple are related, and couples with lower marital adjustment exhibit more destructive communication patterns [23]. Results from these studies may be indicators of the importance of relationship variables such as problem solving and communication on marital satisfaction.

The importance of problem solving and communication may be better understood in terms of marital conflicts. Lantz & Snyder [17] suggests that, marriage gathers different person's different lifetime habits, values, and attitudes; and interaction and integration of these different qualities inevitably produce difficulty or conflicts. However, researchers also claim that, marital conflict is not always harmful or destructive. If the conflict does not involve attacks to the other partner's self-worth, it serves some useful purposes such as helping the partners to understand the other more realistically and help them to appreciate their commitment to the marriage [17]. From this perspective, it can be said that, persons might need to have effective communication

skills and problem-solving skills to solve the discrepancy between their qualities and their spouse's qualities and to make the marital conflicts useful.

But the other is some studies and researches which show locus of control is included in factors which play an important role in marital satisfaction. Locus of control as a psychological structure was first proposed and developed by Rotter [24]. Rotter was seeking for some justifications for the behavior and personality inside and outside the organism and aimed to examine external reinforcement factors and internal cognitive processes. During an extensive research plan, Rotter found that some people believe that reinforcement factors depend on their own behaviors and practices. While the others believe that their reinforcement factors are controlled by others and external forces. He first called this concept as reinforcement control and then as locus of control satisfaction [24]. Based on Rotter's theory, each person encounters with some expectations against a special situation which involves probable results of his/ her possible behaviors; on the other hand. Locus of control is perceived as a personality characteristic titled as a generalized opinion or expectation which is the outcomes of person's behavior or practice and is under the control of himself/ herself (internal) or under the control of external forces such as chance, fate or powerful individuals. Persons, who have external locus of control, believe that their behavior and attitude have an effect on the reinforcement factors which they receive and inevitably, they don't grant any value to improve their conditions (Doherty, 1981).

The growth and development of locus of control has been increased since some researchers were studying and investigating in respect of understanding the reasons of behavior in the laboratory. Among these, William Glasser was introduced in to control theory system through the writings of William powers during the late 70s. by invention of a new theory in psychology called as selection theory (internal control), Glasser [25] helped significantly to understand the behaviors of human- being under various conditions and situations. The selection theory is based on that we are the same persons whose behaviors are under our control and authority. On the other hand, based on selection theory, the only person who can have control on us, are us ourselves.

Psychiatrists of selection theory believe that the fundamental problem of most couples is the same. In marital relationships, the resort on external control psychology and seek to change their couples. In each relationship, of any kind and form, everyone is merely able to change himself and nobody else [25] the fundamental principle of selection theory which its understanding is highly important for the couples is that the only person you can control, are yourself. And the only person who can change, are you. If you have unsuccessful and dissatisfied marital relationships, you should examine and see that what you can do to improve your relationship and not try to change couple. Almost in all cases when you give up the external control and use internal control and its attractive communicative methods instead of it (listening, support and fidelity, encouragement and assurance, respect, trust, acceptance and friendship and permanent dialogue on the differences) in your marital relationship, your couple will change [26]. Also in view of Glasser [25], internal control is the only way to maintain a satisfactory and permanent marital life. Many researches are performed about internal and external control psychology which is very similar to the concept of Rotter's locus of control and Glasser's selection theory.

What breaks marital union is neither compatibility, nor lack of love, but it is destructive behavior of external control which the wife and husband choose some time after marriage. It is enough they choose this behavior once; in this way, its durability becomes inevitable and after some time, both of them feel marital dissatisfaction and misfortune [26].

For this same reason, Glasser & Glasser [25] named this destructive psychology as external control psychology in which the husband (who is outside of his wife) tries to control his wife and the wife (who is outside of her husband) tries to control her husband. Some signs from which one of them or both suffer; such as depression, anxiety, anger and fear are either the effect of their unsuccessful attempt to control each other, or the effect of their unsuccessful attempt to escape for controlling each other, on in many cases, the effect of unsuccessful attempt of both of them to control each other.

Therefore, seven lethal factors (habits) are the behaviors of external control which unsuccessful and dissatisfied couples apply them continuously in their marital relationships when their shared life goes through descent direction. These factors are known as the most important destructive factors for marital life which include: criticism, blaming, complaint, threat, punishment, grumbling and bribing to make the couple under control.

According to these researches, the presence and increasing internal locus of control cases to increase in satisfaction and compatibility. Parvin [27] reports that many researches show that the presence of internal locus of control has a high and positive correlation with marital satisfaction and compatibility. Also, the study of locus of control and marital satisfaction show that couples who have locus of control, will have high marital satisfaction [28]. Camp & Ganong [29] showed in a research, when internal locus of control increases both in male and female, marital satisfaction and compatibility will be increased. In view of comparison between two genders, when internal locus of control increases in males, in comparison to when internal locus of control is

high in females, marital satisfaction and compatibility will further be increased. But when this is high in females, compatibility and satisfaction with marital life will not change.

Madden & Janoff-Bulman [30] claimed that, blaming the spouse for marital problems is associated with low perceived control which may result in poor coping and indirectly, marital dissatisfaction. On the other hand, if a spouse blames him/herself for a negative event, s/he may believe that he can control such similar situations next time. After their study on married women, Madden & Janoff-Bulman [30] reported that the most satisfied wives were those who don't blame their husbands and who feel they have control over the negative marital events. However, wives who are blaming their husbands regard the marital problems as relatively irresolvable and the marriage as unsatisfying. Moreover, it is claimed that, not assuming responsibility for one's own problems and discomforts, and blaming the other spouse for the tensions and unhappiness in marriage generally result in marital conflict and prevents a meaningful marital relationship [17]. Berg-Cross [18] claims that instead of seeing oneself as a victim of the environment or others, one must see him/herself as the one who is capable of making the situations better.

It is also reported that, the most satisfactory and less conflict marriages occur among spouses who feel they have control over marital events [31]. Moreover, it is concluded that, internal locus of control is generally found to facilitate better interpersonal relationships [32]. On the contrary, external locus of control was found to be related to higher frequency of negative tactics to resolve conflict, being less committed to the relationship, lower levels of marital satisfaction and higher levels of verbal aggression, physical violence, and angry response style [31]. Furthermore, it is concluded that, for spouses with greater sense of control, it is less likely to expect their marriage would end in separation [33].

The studies show that durable and deep relationships are created by those who know and apply the fundamental interpersonal skills [34]. Therefore, the successful couples enjoy special skills and competencies to create the sincere marital relationships. For this same reason, teaching of marital skills as preventive mediators to meet the potential marital problems is necessary before their occurrence and severity.

Teaching of marital skills to the couples is one of the enrichment procedures of marital life which seeks to address the problems before their becoming critical and equip the couples with the required skills and insights to encounter with the future problems. The infrastructure goal of many of the enrichment procedures of the marriage is to help the reinforcement of the more permanent marital associations of the couples.

Based on the literature, it can be said that, the causal attributions or control senses of the individuals may affect the marital satisfaction. If one's sense of control is high, in other words, if s/he has an internal locus of control, it can be expected that s/he can get the responsibility of his/her life and try to change the conditions to make him/her more satisfied with his/her marital relationship.

## METHOD AND MATERIALS

The research design was pretest- posttest with control group. The population were consists of 47 married students of Farhangiyani university of Babol. Research sample includes 20 couples who were selected by available sampling method and they were studied in two groups control, experimental while have been 10 Couples at experimental group and 10 Couples at group control.

### 2.1. Instruments:

Two instruments were used in the present study. Participant's perceived marital satisfaction was assessed through the Dyadic Adjustment Scale (DAS). Rotter's Internal-External Locus of Control Scale (I-E).

#### 2.1.1. Dyadic Adjustment Scale (DAS):

DAS is a 32-item scale developed by Spanier [35] to assess the quality of the relationship of both unmarried cohabiting and married couples. Although the present study is interested in marital satisfaction instead of marital quality, the DAS which measures marital quality was preferred to use since marital satisfaction also refers to the quality of the relationship [21]. DAS is a Likert-type scale with 5, 6 and 7 point items ranging from always agree to always disagree or all the time to never. It also consists two items which are answered as yes or no [36].

The scale measures four dimensions of a relationship which are dyadic consensus, dyadic satisfaction, dyadic cohesion and affection expression. Possible total score range from 0 to 151 with higher scores demonstrating greater marital satisfaction [13]. In addition to the total score, subscale scores can be used for specific questions [35]. In relevance to the aim of the current study, only the total score of the DAS was preferred to use.

In terms of internal consistency reliability, Cronach's alpha of .96 for the total scale and that alpha for subscales ranging from .73 to .94. Were reported [35]. Test-retest reliability of the DAS was reported as .87 [37]. Good content validity is reported by three judges. Additionally, in terms of criterion validity, DAS significantly and positively correlated with Locke-Wallace Marital Adjustment Test which is a similar

instrument (.86 for married respondents, .88 for divorced respondents, and .93 for the combined sample) [38]. Additionally, DAS is suggested as a reliable and valid instrument in much research [39].

Reliability and validity of the DAS for the Iran culture was made by Movaffagh [40] on 264 married individuals (132 males and 132 females). Indicating high internal consistency and reliability, Cranach's alpha of .92 for the entire scale, and that alpha ranging from .75 to .83 for subscales were reported. Additionally, in terms of split-half reliability Cranach's alpha of .86 was found to be impressive. Construct validity which is assessed through Principal Component Analysis confirmed the original sub dimensions (factors) in the Turkish version. The Turkish DAS also positively correlated with Locke-Wallace Marital Adjustment Test ( $r = .82$ ) which proves the criterion validity of the scale. In brief, statistical findings supported that the DAS can be used as a reliable and valid instrument to assess the marital satisfaction of the individuals in Iran.

### 2.1.2. Rotter's Internal-External Locus of Control Scale (I-E Scale):

I-E Scale is a self-report instrument which was developed by Rotter [41] to evaluate the generalized control expectancies of the persons on an internality-externality continuum.

The scale is consisted of 29 forced-choice items 6 of which are filler items that are used to cover the purpose of the scale. Other 23 items are scored as 0 or 1 point. Items indicating an external control orientation are scored as 1 point and higher scores indicates higher levels of external locus of control. Possible scores on the scale range from 0 to 23 [41].

In terms of reliability, internal consistency of the original scale was reported as .77; split-half reliability was reported as ranging from .65 to .79, and test-retest reliability was reported as ranging from .49 to .83 [41]. Correlation of the scale with other scales measuring locus of control ranged between .25 and .55 [42]. In addition, camp & Ganong [29], durability of Rotter's locus of control scale by test-retest method by an interval of one month with 60 male and female students was reported as 0.73. To determine the reliability of locus of control scale, Parvin & John [27], by performing the agent analysis on the scores of 1000 students, found that all questions have a meaningful correlation with general personal agent. Also, split half method of spearman-Brown and Koder Richardson obtained a correlation more than 0.70 in different samples.

In Iran, Movaffagh [40] used the simultaneous criterion reliability to examine the reliability of Rotter's internal-external locus of control scale And Nowiki-Strikland's internal-external locus of control scale was used as the criterion of this study which the obtained reliability by the above-mentioned method was equal to 0.69. Rasouli & Farahbakhsh [43] reported the durability and validity of this scale on 537 people of Iranian students by Koder Richardson method as 0.72 and 0.63, respectively.

### 2.1.3. Results and findings:

For data analysis, independent t- test method for differential scores was used and the following results were obtained.

**Table 1:** Independent t- test internal locus of control Communication skill teaching in decreasing marital maladjustment.

Groups	parameters	Number	mean	Standard deviation	Standard error	t	Freedom degree	Significant level
men	Experimental	10	-14.29	7.83	2.60	-6.04	19	*0.001
	control	10	2.56	4.96	1.44			
woman	Experimental	10	-13.75	11.29	3.75	-4.71		
	control	10	3.12	5.60	1.61			

Based on the results mentioned in table 1, since the calculated t- value ( $t = 6.04$ ) and ( $t = 4.71$ ) for women and men, respectively with degree of freedom of 19 is bigger than t- value in the table ( $t = 2.53$ ); therefore, null hypothesis is rejected and with confidence degree of 99%. We conclude that, internal locus of control Communication skill teaching is effective in decreasing marital dissatisfaction of couples. Therefore, the research hypothesis is confirmed.

**Table 2:** Independent t-test internal locus of control Communication skill teaching in increasing marital attachment of couples.

Groups	parameters	Number	mean	Standard deviation	Standard error	t	Freedom degree	Significant level
men	Experimental	10	1.30	2.05	0.69	2.25	19	*0.003
	control	10	-0.32	1.30	0.76			
woman	Experimental	10	1.85	1.91	0.60	3.23		
	control	10	-.59	1.60	0.47			

Based on the results mentioned in table 2, since the calculated t- value ( $t = 2.25$ ) and ( $t = 3.23$ ) for women and men, respectively with degree of freedom of 19 is bigger than t- value in the table ( $t = 2.53$ ); therefore, null hypothesis is rejected and with confidence degree of 99% and we conclude that, internal locus of control

Communication skill teaching is effective in increasing marital attachment of couples. Therefore, the research second hypothesis is confirmed.

**Table 3:** Independent t- test for internal locus of control Communication skill teaching in increasing marital agreement of couples.

Groups	parameters	Number	mean	Standard deviation	Standard error	t	Freedom degree	Significant level
men	Experimental	10	7.65	4.56	1.02	-5.63	19	*0.001
	control	10	-0.90	2.60	0.75			
woman	Experimental	10	7.40	6.03	2	2.90		
	control	10	1.25	3.60	1.50			

Based on the results mentioned in table 3, since the calculated t- value ( $t= 5.63$ ) and ( $t= 2.90$ ) for women and men, respectively with freedom degree of 19 is bigger than t- value in the table ( $t= 2.53$ ); therefore, null hypothesis is rejected and with confidence degree of 99% and we can conclude that internal locus of control Communication skill teaching is effective in increasing the marital agreement. Therefore, the research third hypothesis is confirmed.

**Table 4:** Independent t- test for internal locus of control Communication skill teaching in increasing the marital affection expression of couples.

Groups	parameters	Number	mean	Standard deviation	Standard error	t	Freedom degree	Significant level
men	Experimental	10	2.56	2.30	0.75	3.52	19	*0.001
	control	10	-0.40	1.55	0.45			
woman	Experimental	10	3.86	3.05	1.01	4.44		
	control	10	-0.80	1.82	0.50			

Based on the results mentioned in table 4, since the calculated t- value ( $t=3.52$ ) and ( $t= 4.44$ ) for women and men, respectively with degree of freedom of 19 is bigger than t- value in the table ( $t= 2.53$ ); therefore, null hypothesis is rejected and with confidence degree of 99% and we can conclude that, internal locus of control Communication skill teaching is effective in increasing marital affection expression. Therefore, the research fourth hypothesis is confirmed.

**Table 5:** Independent t- test for internal locus of control Communication skill teaching in increasing the marital satisfaction expression of couples.

Groups	parameters	Number	mean	Standard deviation	Standard error	t	Freedom degree	Significant level
men	Experimental	10	3.50	2.69	0.89	5.10	19	*0.001
	control	10	-1.24	1.61	0.47			
woman	Experimental	10	5.60	4.03	1.35	4.70		
	control	10	-.90	2.25	0.64			

Based on the results mentioned in table 5, since the calculated t- value ( $t=5.10$ ) and ( $t= 4.70$ ) for women and men, respectively with degree of freedom of 19 is bigger than t- value in the table ( $t= 2.53$ ); therefore, null hypothesis is rejected and with confidence degree of 99% and we can conclude that, internal locus of control Communication skill teaching is effective in increasing marital satisfaction expression. Therefore, the research fourth hypothesis is confirmed.

### 3. Discussion and conclusion:

In the current paper the effectiveness of internal control psychology focused communication skills teaching on increasing marital satisfaction. The results were illuminated that effectiveness of training internal locus of control based communication skill on significant decrease in marital dissatisfaction, and increase marital satisfaction, cohesion, consensus and affection expressed at the post treatment follow-up in comparison to the control group.

In description of this finding, it can be said that the application of the techniques internal control psychology based communication skills causes to increasing marital satisfaction. The results of this research are compatible with the studies and findings of Glasser & Guttman. In view of Glasser [25], external locus of control and its destructive communicational methods (criticism, blaming, complaint, nagging and grumbling, threat, punishment, and bribing to overcome the other) are cancer of marital life. Also, in view of Guttman [14], the couples have not a satisfactory marital relationship when they have special negative interactions (criticism, irrespective, aggressive and defensive mood and behavior, and not on speaking terms).

Many researches are performed in respect of internal and external control psychology which is very similar to the concept of Rotter's locus of control and Glasser's choice theory which are compatible with the results of this research. According to these researches, the existence and increase in internal locus of control in the couples cause to increase the satisfaction and compatibility. Parvin [27] reports that many researches show that having

internal locus of control has a positive and high correlation with marital satisfaction and adjustment. Also, the study of Farez (1993) shows that the couples, who have internal locus of control, have high marital satisfaction in the life. In a research, Camp & Ganong [29] showed that when internal locus of control increases both in man and in the woman, marital satisfaction and adjustment will increase. Also, the results of researches by Agostini & Spanhole [44] showed that the couples with internal locus of control have more satisfaction with marital life compared to the couples with external locus of control. The studies of Glasser [26] show that internal control psychology is the just way to maintain a permanent and satisfactory marital life and external control psychology is the main source of misfortune and sadness and grief of marital life.

Madden & Janoff-Bulman [30] claimed that, blaming the spouse for marital problems is associated with low perceived control which may result in poor coping and indirectly, marital dissatisfaction. On the other hand, if spouses blame him / herself for a negative event, s/he may believe that he can control such similar situations next time. After their study on married women, Madden & Janoff-Bulman [30] reported that the most satisfied wives were those who don't blame their husbands and who feel they have control over the negative marital events. However, wives who are blaming their husbands regard the marital problems as relatively irresolvable and the marriage as unsatisfying. Moreover, it is claimed that, not assuming responsibility for one's own problems and discomforts, and blaming the other spouse for the tensions and unhappiness in marriage generally result in marital conflict and prevents a meaningful marital relationship [17]. Berg- Cross [18] claims that instead of seeing oneself as a victim of the environment or others, one must see him/herself as the one who is capable of making the situations better.

It is also reported that, the most satisfactory and less conflict marriages occur among spouses who feel they have control over marital events [31]. Moreover, it is concluded that, internal locus of control is generally found to facilitate better interpersonal relationships [32]. On the contrary, external locus of control was found to be related to higher frequency of negative tactics to resolve conflict, being less committed to the relationship, lower levels of marital satisfaction and higher levels of verbal aggression, physical violence, and angry response style [31]. Furthermore, it is concluded that, for spouses with greater sense of control, it is less likely to expect their marriage would end in separation [33].

The studies show that durable and deep relationships are created by those who know and apply the fundamental interpersonal skills [34]. Therefore, the successful couples enjoy special skills and competencies to create the sincere marital relationships. For this same reason, teaching of marital skills as preventive mediators to meet the potential marital problems is necessary before their occurrence and severity.

Teaching of marital skills to the couples is one of the enrichment procedures of marital life which seeks to address the problems before their becoming critical and equip the couples with the required skills and insights to encounter with the future problems. The infrastructure goal of many of the enrichment procedures of the marriage is to help the reinforcement of the more permanent marital associations of the couples. Based on the findings of this research and other studies, external locus of control is the main source of marital life griefs. And Glasser [25] introduces it as the cancer of marital life. Unfortunately, a few people know that how this kind of psychology destroys their relationship.

Awareness surrounding internal and external locus of control in establishing the correct relationship with the couple through the existence of enrichment plans for marital life can prevent to create tensions which result in occurrence of marital disagreements and/or decrease the level of marital satisfaction. Therefore, using the findings of this research and study-based resources in this respect, whether in the form of family training courses and/or in the form of personal study, is beneficial for all persons who want to have dynamic, happy and solid shared lives.

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