

## The effects of emotion regulation training with an Islamic approach on depression in women betrayed

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**Abstract:** This study aimed to "effective emotion regulation approach to religious (Islamic) on anxiety and depression in women betrayed". Quasi-experimental, pretest - posttest control group. The study population included women in Yazd province was betrayed. Among them 20 women qualified for participation in the study and were selected and randomly divided into two experimental groups and one control group. Instruments included a questionnaire and Beck Depression and Anxiety Emotion Regulation Questionnaire was Garnfsky for data analysis Spss software using descriptive statistics and analysis (ANCOVA) was used. The results showed that, emotion regulation training intervention on depression and anxiety in betrayed women with an Islamic approach is effective. [Mahtab Hasani Hossienabadi. **The effects of emotion regulation training with an Islamic approach on depression in women betrayed.** *N Y Sci J* 2017;10(1):47-52]. ISSN 1554-0200 (print); ISSN 2375-723X (online). <http://www.sciencepub.net/newyork>. 8. doi: [10.7537/marsnys100117.08](https://doi.org/10.7537/marsnys100117.08).

**Keywords:** emotion regulation, Islamic approach, depression, anxiety, betrayed women.

### Introduction

Among all social institutions, the family's most valuable and most effective impact on society. Family is the most pervasive social unit and not any social damage, regardless of family influence. (Navabee Nejad, 2004) The family can be an emotional unit and a network of relationships interwoven knew that marriage between men and women is established. And the consent of a person of the family is marriage constitutes consent. And thus facilitate the growth and development of material and spiritual progress of society pose. Marital satisfaction can be considered as psychological position that does not come by itself but requires the efforts of both couples, Especially in the early years is very unstable marital satisfaction and relations, are at greatest risk. (Ahmade et al, 2010)

While certainly important component of satisfaction and stability of marriage, other variants are also increasingly deserves attention. In particular that deserves more attention is variable, marital commitment (Ghanbaree hashem abadee, 2011). As long as the couple's marriage commitment ignore them, they will not be able to structure healthy sex life. Commitment enables trust (Nicle, 1996) Accordingly, any relationship without commitment, would be superficial and without direction In the case of couples unable to depths of love and intimacy in the shadow of loyalty and commitment to his wife and marriage, there will be live. (Floren at el, 2002)

Religion as a set of beliefs, values and specific dos and don'ts generalized, is one of the most effective psychological bearings to be able to the meaning of life is provide moments of life and in certain circumstances also provide explanatory bearings, suspension and meaninglessness person save. (Bahrame, 1999) However, the ability to control one's

emotions is one of the most important features that must be learned. The excitement means an attempt to affect what type of people, when and how to experience and express, change the duration and severity of cognitive processes, emotional or physical, empirical, and automatically or controlled, conscious or unconscious through emotion regulation strategies will be done. (Salehi, 2011)

In fact, the setting of emotional suppression is not only emotional but calm and quiet person should always be in a state of emotional arousal. Instead, emotional regulation, including processes to monitor and change a person's emotional experiences. (Tompson, 1994)

Thus, according to the material presented in this study will answer the question that whether using religious teachings can be an effective step to reduce tensions, emotional and moral increase the affection between couples and between them picked up? In other words, emotion regulation training with an Islamic approach (religious) scholars will be effective on anxiety and depression population? The answer to this question also needs to provide training package with an Islamic approach (religious) population is to reduce anxiety and depression. This paper examines the effects of emotion regulation that the Islamic view on anxiety and depression in women to determine betrayed.

### Research hypotheses

The main hypothesis

Emotion regulation training on anxiety and depression in betrayed women with an Islamic approach is effective.

### Sub assumptions

- Teaching emotion regulation with an Islamic approach effects on depression women betrayed.

**Literate**

- Sudan and colleagues (2012) examined the effectiveness of couple therapy in reducing damage caused by marital infidelity began.

- Basharpoor (2012) to evaluate the effectiveness of cognitive processing therapy on posttraumatic symptoms, quality of life, self-esteem and marital satisfaction in women with marital infidelity pay. experimental research design. Results showed that the mean difference of three phases of pre-test, post-test and follow-up of participants in terms of posttraumatic symptoms, quality of life and self-esteem is statistically significant. The post hoc test showed that the difference between pretest and posttest, and follow:

- Danesh (1383) The influence of Islamic self-studied in the treatment of marital disputes. Results showed that the rise of significantly increasing marital compatibility.

- Gratz and Gunderson (2006), this research showed that teaching emotion regulation, reducing the symptoms of depression in people with borderline personality disorder to follow. In the background, negative emotions and an inability to proper management of one of the important drivers for the resumption of substance abuse, as has been. Empirical research conducted in this area has shown that consumers who abuse the better emotion regulation strategies used, the more successful the treatment period. On the contrary, people who are not able to

control your emotions, most likely drug consumption are permanent (Doran, 2007).

- Myrjan and Cordora (2007) the relationship between emotional skills, intimacy and marital satisfaction were examined. The results showed that sustained emotional skills can be effective in relations between spouses and marital satisfaction. The intimacy and emotional skills and set meaningful relationship with marital satisfaction.

- Morris et al (2007) in their research found that parents in their children's emotion regulation through specific reactions to positive and negative emotions children affect. And long-term analyzes of the same group in 1998 and 1999 showed a negative balance of parents with their children's emotions leads to poor performance is social and emotional adjustment problems Moreover, the relationship between behavior problems and discipline, founding parent or disturbed interactions they cause reactions in children is faulty.

- Glenn (1982) and Heaton and Pratt (1990) explores the relationship between religious devotion and marital satisfaction at the fruitful marriage of payments and their findings suggest that the marriage is not religious devotion, low marital satisfaction and the likelihood of divorce in they have to marriages of religious devotion.

Descriptive statistics of anxiety Scale between different groups.

Table 1. Descriptive statistics of variables describing the characteristics and anxiety

Group test after test	The experimental group pretest	control group After the test	control group pre-exam	Descriptive statistics Anxiety Scale
231/24	875/54	711/52	502/51	Average
432/8	959/3	056/4	266/5	Standard deviation
0/11	0/20	0/18	0/21	(min)
0/57	0/63	0/63	0/63	(max)
459/0	397/0	711/0-	659/0	Skewness
566/0	865/0-	927/0-	378/0	Elongation

Descriptive statistics depression scale among various groups

Table 2. Descriptive statistics describe the attributes and variables of depression

Group test after test	The experimental group pretest	control group After the test	control group pre-exam	Descriptive statistics Depression Scale
359/27	002/60	625/55	314/57	Average
971/9	234/2	642/6	353/5	Standard deviation
0/9	0/17	0/12	0/15	(min)
0/55	0/63	0/61	0/60	(max)
379/0-	768/0	998/0	459/0	Skewness
511/0	711/0	816/0	259/0-	Elongation

The results of inferential  
**The first hypothesis:** emotion regulation training with an Islamic approach effects on depression women betrayed. In order to carry out the second hypothesis,

the hypothesis of co-variance analysis, data normality, homogeneity of regression slopes, and homogeneity of variances in the variables we examined depression.  
 Default First: Kolmogorov-Smirnov test

Table 3: test data normality (Kolmogorov-Smirnov test) in the variable depression

Kolmogorov-Smirnov test						Groups	variable
		pre-exam					
p		Number	p		Number		
992/0	431/0	10	916/0	557/0	10	the experiment	Depression
451/0	860/0	10	386/0	905/0	10	Control	

Second default: the homogeneity of regression slopes in the variable depression

Table 8: Conformance test variable regression slopes depression

sig	F	average of squares	Degrees of freedom	sum of squares	
273/0	298/1	289/30	1	818/32	Group * Variable pre-training
		331/25	9	940/404	Error

Given that the level of error significantly larger than assumed in the study is 0/05 thus the interaction between the two variables control and experimental groups) depression before intervention is not

statistically significant, so assuming homogeneity of regression slopes were confirmed.  
 Third Default: the homogeneity of variances

Table 4: Test than the variance in anxiety variable

sig	Degrees of freedom 2	Degrees of freedom 1	F	examination group
072/0	19	1	522/3	pre-exam
153/0	19	1	984/0	After the test

Due to the significant level test given in error Levin larger than 05/0 research is therefore equal variances will be accepted.

depression in women betrayed with both control and experimental groups in the time before and after the intervention of covariance was used.

The hypothesis Home test: covariance.

The results of the test are as follows:

In order to investigate the effects of emotion regulation training with an Islamic approach

Table 5: Results of covariance analysis to examine the effect of education on depression in women betrayed emotion regulation with an Islamic approach in the post-test

The impact	Sig	F	average of squares	Degrees of freedom	sum of squares	
618/0	000/0	450/21	342/552	1	342/552	pre-exam
513/0	004/0	262/9	505/338	1	505/338	group
			750/25	17	758/437	Error

According to Table 10 and 0/004 to 0/05 significantly lower level is a significant difference between the mean estimate depressive symptoms in the experimental group and control the differences suggest that 51.3 percent of covariance grades due to the impact of emotion regulation training on depression in women with an Islamic approach is betrayed. Therefore, intervention on depression in women betrayed emotion regulation with an Islamic approach is effective and is based on the mean reduction in depression scores.

**Discussion and conclusion**

"In previous research study to evaluate the effectiveness of teaching emotion regulation with an Islamic approach focused on anxiety and depression in women is betrayed, not found And in this sense to find a basis to compare our research findings faced challenges and constraints; the comments in this section are some studies that were somewhat close to our research results are pointed out."

In terms of individual variables and psychological effects of medical teaching emotion

regulation, our research findings with the results of some research including research (Narimani et al (2013) Ismail et al. (2011); Abolqasemi and colleagues (2011), Graz and Gunderson, 2006; Graziano et al. (2006 "were consistent, And is consistent. Ismaili et al study examined the effectiveness of cognitive-behavioral intervention, emotional regulation psychological well-being of adolescent girls with epilepsy concluded that cognitive-behavioral intervention of emotional regulation on enhancing psychological well-being of girls with epilepsy.

NARIMANI and colleagues in a study focused on the effectiveness of emotional regulation on reducing symptoms of stress, anxiety and depression concluded that emotion regulation training stress symptoms, emergency and depression significantly reduces these results have important implications in improving the mental health of students. Educational and therapeutic interventions in terms of effectiveness as well as spiritual-religious approach, promising Commitment acceptance to improve cognitive and psychological variables and mental health of betrayed; Our research findings with research results (FHR (2014); Basharpour, 2012; Sudan and colleagues (2012); Momeni and Javed Kazmi, 2011; risks and Ashnayk, 2013; Hrnz and Rksfld, 2002; Munson et al., 2006; Lavarz et al., 2011) is consistent. Sudan and colleagues compared the effectiveness of this research as an integrated and holistic Emotionally Focused Couple Therapy on symptoms of depression and post-traumatic stress resulting from extramarital relationships in the couple came to the conclusion couples between experimental and control groups in the dependent variables (depression and post-traumatic stress symptoms) there is a significant difference. The study findings also suggest that couples the integrated treatment of prospective and psychological problems caused by the impact of couple therapy can reduce the betrayed wife.

**The first finding:** emotion regulation training on depression in women with an Islamic approach is effective betrayed.

Analysis of covariance (10) showed that the difference between the experimental and control groups was significant ( $p=0/004$ ). These results mean that emotion regulation training on depression in women with an Islamic approach has been betrayed and extent of this impact is 61/8percent. So the second hypothesis, based on emotion regulation training intervention on depression in women with an Islamic approach is confirmed betrayed and according to the average depression score was reduced.

In terms of individual variables and psychological effects of medical teaching emotion regulation, our research findings with the results of

some research including research (Narimani et al (2013) Ismail et al. (2011); Abolqasemi and colleagues (2011), Graz and Gunderson, 2006; Graziano et al. (2006 "were consistent and compatible.

Also, in terms of the relationship between religion religious adherence and compatibility with higher marital satisfaction, our research findings with research results (Glenn (1982, Heaton and Pratt, 1990); Khodayarifard et al. (2007); Hashemian and Amir (2007) A., et al (1383 'is consistent.

#### **The first explanation:**

Clinical observations and scientific studies show that exposed the destructive effect of marital infidelity, shocking and severely affected couples. Clinicians report that the person affected by marital infidelity often intense feelings of anger towards the wrongdoer and the Operator and the inner feelings of shame, depression, exhausted overwhelming feeling of victimization and abandonment are varied.

Of course, depression is a common gynecological problem is betrayed because he betrayed women, seen their homes to the wind, and life to the safe haven of hope and self-aware, now in prison for his infidelity has become, and this psychological conditions and distracted thoughts, mental disorders, depression and psychological consequences to follow.

Betrayed and betraying the man's wife at first glance seems to be a phenomenon; This problem must be considered a very serious social problems hidden.

With the assistance of emotion regulation based meetings with an Islamic approach, based on the (teaching the basics of healthy communication within the family, self-understanding, forgiveness, understanding and enhance confidence and to build on their knowledge assets and identifying the couple's expectations with regard to emotion regulation; to understand their way of expressing emotions and desires, etc.) causes betrayed women were better able to bow, Have good judgment, and stay away from depression and mental disorders; by the same token, it is possible to resolve interpersonal conflicts and children can grow in a healthy psychological environment. Children who develop in affected families may not be able to trust the opposite sex, because early childhood experiences can affect individuals and families now and in the future. Participants in the meetings of emotion regulation with an Islamic approach, skills and learn to deal constructively with the damage left from a passive role, learning situations more effectively address their future. The psychological adversity and overcome their depression and, relying on God hopes to continue living and mental health will be higher.

## Suggestions

### Practical suggestions

Since women are betrayed in need of assistance, be related social institutions such as welfare, counseling centers, etc., who are charged with the responsibility to protect the vulnerable segments of society, and rush to the aid of people with the proper training of health promotion psychological help them cope with difficult life; Therefore it is recommended, mentioned centers and other centers linked to the affected families and betrayed the training courses (medical intervention, emotional regulation with an Islamic approach) is used to help such families.

Also, workshops on the promotion of married life skills, sexuality, useful and constructive ways to interact with the opposite sex and raise awareness about their needs and how to respond appropriately to them by family counseling centers, both academic centers and awareness via the media is essential.

Require couples counseling before marriage and the knowledge necessary for their emotional adjustment is also necessary.

### Research limitations

The most important limitation of this study, the sensitivity of the issue, and the subjects rights and respect for the privacy of their.

The limitations and challenges of this study is to find a basis for comparing the results with previous studies because in previous studies, studies that specifically examined the effectiveness of the intervention (teaching emotion regulation with an Islamic approach to women betrayed anxiety and depression), respectively, was limited.

On the other hand the limited sample size and mass of the second research topic and the variables limitations of this study.

Also, due to the nature of this study was quasi-experimental and requires training course for women was betrayed, constraints of time, cost, licensing training course, coordinating with families, attracted the participation of women to participate in training courses, also increased research challenges, And more importantly, gain the trust of women to training, motivation, interest and cooperation with the course of the challenge, the researchers applied all their efforts to overcome these limitations.

According to the research data collection tool was a questionnaire, and then fill out the questionnaire in the community, has its own problems, because the culture of questioning and accountability still has not gained its rightful place in our society (especially among women treason there are a lot of problems and concerns and were involved), and most importantly in this process should be completed questionnaires among the participants carefully and well, responding

to questioning and self-confidence, they respond with openness and honesty... so that the results be trusted; on the restriction also, research efforts and its ability to win the confidence and precision applied to women, so that we can more confidently rely on the findings.

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