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A relationship between forgiveness, family performance with marital conflicts among married personnel of Ahvaz Jihad-e-Jihad Center

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Abstract

In relationships, couples who forgive each other are happier than those who don't – and happier couples are in any case more likely to forgive each other than those who have been making each other miserable for years. This study aimed to investigate the relationship between forgiveness and family functioning and marital conflict on married employees of Ahvaz Jihad-e-Jihad Center .To do this, aim, 132 of the workers targeted sampling methods available were selected as a sample using Morgan table. To collect the data, a boon in the family was used to assess family functioning and marital conflicts. The research design was a correlation. In order to analyze the data Pearson correlation and regression analysis were used. The results showed that the relationship between forgiveness and performance, multi-family and marital conflict there. Between forgiveness and family function and there is a significant negative relationship with marital conflicts. The multivariate regression analysis showed that thirty-seven percent of the variance of marital conflict predicted. The significance level in this study ($p = 0/05$), respectively.

Keywords: Forgiveness; Family Functioning; Marital Conflict

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1. Introduction

The family is the essential element of society and the main focus of human development. The formation of this sacred institution is due to the marriage between men and women. A person's satisfaction from marital life will be his satisfaction with the family and the satisfaction of the family with the satisfaction of the life of the woman and the man. When a person has a level of satisfaction with this relationship, he will provide a platform for the growth and prosperity of the society and the material and spiritual progress of the society (Edalati and Redzuan, 2010, quoted by Mashal Pourfard et al., 2016). Several psychological structures have been investigated by family psychologists and family counselors in the field of marital affairs. One of these structures is marital satisfaction is a general assessment of the status of marital relationship or the current romantic relationship of a person, and can express the degree of happiness of individuals from Marital relationships or a combination of pleasure through many factors related to the marital relationship (Ahmadi et al, 2010). If marital life creates unsatisfactory conditions for satisfying the various needs of the spouses, not only the positive aspects of marriage will not be realized but will have a negative and sometimes irreparable effect. These negative effects are not just for spouses, but also a range of disturbances in their children, among which it can be, noted that depression, weakness in social competence, weakness in academic performance, and communication problems (Danesh, 2008). Differences between couples are the result of marital conflicts. Contrary to marital satisfaction due to the heterogeneity of husband and wife in the type of needs and the method of satisfying them, self-orientation, the difference in desires, behavioral patterns and irresponsible behavior toward marriage and marriage. Clashes and conflicts in husband-to-wife relationships are commonplace because of the common decisions that they make.

Conflicts arise when there is substitution behavior and stresses are not resolved as a contradiction in which it is created. Controversial disturbances include emotional, cognitive and physiological disorders. A controversial, emotional disorder is distortion, anxiety, agitation, anger, and depression and sincerity. In addition, the conflict also affects the stimulus, causing cognitive impairment. Under conflicting conditions, one's thinking patterns often get disturbed and memory and so on. Conflict affects the quality of decision-making, rational decision-making and active search-seeking information and an unbiased understanding of the individual (Shamloo, 2005). In Experimental Theory, Whitaker believes that family disorder is being considered both in terms of both structural and procedural aspects. Structurally, the inflated family boundaries can lead to inefficient substitutions, destructive collisions of the inflexibility of the roles and segregation of generations. Process problems can break the potential for negotiation and agreement of members to resolve conflicts and may cause endures, attachment, or trust. In general, Whitaker assumes that symptoms of a disorder occur when processes are And disrupted construction continues for a long time and blocks the ability of the family to carry out living assignments (Goldenberg Goldberg, et al., 2013). The intensity of the conflict can be in a range of obvious differences in the monitoring of couples to serious differences in values and aspirations (Farahbakhsh, 2004). Researchers have shown that the negative effects of conflict (anger, hatred, discomfort, and fear) in couples' interaction are related to violence and conflict .These malicious links or negative interactions between couples lead to a reduction in satisfaction with the relationship and an increase in the likelihood of divorce (Lembke, 2015). Conflict occurs naturally in all areas of occupation, education,

family, marriage and at the individual and collective levels. Family relationships are the most difficult situation for interpersonal conflicts. Family-related divorce and family functioning are factors that are associated with family conflict and increase or decrease it. Considering the important role of the family in the development of personality and the physical, emotional, rational and moral development of individuals and the growth of the growth of talents and the adverse effects of family disruption on its members, effective use of spiritual strategies can be used to improve family problems. One of these spiritual strategies that have a special power in family relationships is forgiveness, which can be very effective in increasing marital satisfaction.

Worthington defines forgiveness couples as a process that increases their perception of one another, and their relationships and their sides from the domination of thoughts, feelings and negative behaviors after experiencing an interpersonal inconvenience (Worthington et al., 2010). The family center is a refuge and a special focus for emotional needs, problem solving, healthy relationships, and family role processes. The family plays a very important role in the development and promotes of the abilities and talents of its members, in other words, the roles and responsibilities that each family member assumes are in close confrontation with one another, and the role of each member can lead to growth and excellence Provide the family. Forgiveness is an emotional and emotional process that intertwines with features such as empathy and acceptance. Forgiveness is the process of reducing or relieving anger, dissatisfaction or hatred of others or others. In the process of forgiving man, he overcomes his negative feelings, but denies his own right and tries to find some sort of benevolent and compassionate view of the pervert. But the perpetrator, morally and legally, may not deserve such an answer (Meneses, and Greenberg, 2014). In the process of forgiving mention emotions such as kindness and empathy are replaced by negative feelings of hatred, revenge, malice, and anger. According to McCullough (2009), forgiveness and revenge are both evolutionary. Revenge is a kind of defense to save and survive and to forgive help to maintain friendly relations and strengthen cooperation. Thomson (2005) and Anderson and Nathanjian (2016), regards forgiveness as an adaptive behavior to cope with another or position that is related to the mental health of the individual, and reluctance to forgive or malice and insist on revenge with psychological stress and personality disorders in a person. In any case, these differences and inconsistencies either lead to divorce or not, not only with self-decreasing physical and mental health of the spouses, helplessness, overall loss of life, loss of life satisfaction , depression, anxiety, obsession And coercion and disturbance in the physical and mental health of the spouses, but also to feelings of loneliness, emptiness, low self-esteem, psychological disturbances, and difficulty in performing parental duties and interruptions in relationships and practices Social wives (Danesh, 2008).

Therefore, in view of these issues, it is necessary to discuss marital conflicts as an important subject of scientific study and to refer to it from a new angle, with a combination of psychological topics and various disciplines, and the effective factors on it are actually investigated.

The main purpose of this study was to determine the relationship between forgiveness and family functioning with marital conflicts in married workers in the academic Jihad. According to the purpose of the research and theoretical considerations and the existing research findings, the hypotheses and research questions were tested as follows:

1) Determining the relationship of forgiveness with marital conflicts in a married staff of Ahvaz city university Jihad 2) Determining the relationship between family functioning and marital conflicts in married workers in Ahvaz city of the Jihad - city between forgiveness and marital conflicts in married workers in university Jihad?

Is there a relationship between family function and marital conflicts in married university academics?

There is a positive relationship between forgiveness and family functioning with marital conflicts in married university academics.

There is a negative relationship between forgiveness and marital conflicts in the married college student jihad.

There is a negative relationship between family functioning and marital conflicts in married workers in the academic Jihad.

2. Materials and methods

The statistical population of this research includes all male and female employees of Ahvaz Jihad-e-Jihad Center who is working at this center in 1394. According to the unit statistics, the number of these staff is 200 people. In this study, Morgan table has been used to determine the sample size. The sampling method in this research is a targeted and accessible sampling method and a sample size of 132 people. The research is a type correlation. In a correlation research, the researcher has two or more categories of information about a group or a bunch of information from two or more groups, this method are to study the degree of variation in one or more factors and the effect of changes in one or more factors. In this plan, only the levels of correlation and relationships between variables are examined.

3. Measuring tool

3.1. Family, forgiveness questionnaire (FFS)

The original text of this scale, designed by Pollard and Anderson in 1998, is designed and screened for family allowances. According to Pollard and colleagues (1998), this scale, seeks to find out the amount of forgiveness in families and the dimensions of forgiveness. The main form of this scale consists of 40 words of the type-built-response, which is evaluated through the forgiveness of a family member and the family system. Each phrase contains a four-dimensional spectrum of "almost always the same", "it's often the case", "rarely is", "not at all." The validity and reliability of this questionnaire in the research of Seif and Bahari, (2006). The reliability of this questionnaire was obtained by Pollard et al. (1998) by Cronbach's alpha method for the whole scale of 0.93 and for the subscales from 0.55 to 0.86. Saif and Bahari (2006), the reliability of this questionnaire was 0.86. In this study, Cronbach's alpha was used to determine the reliability of this questionnaire, after calculating the coefficient of 0.81.

3.2. Family performance measurement questionnaire (FAD)

This tool is a 53-item questionnaire that is designed to measure family performance based on McMaster's model. This tool was developed by Epstein et al. in 1983 with the aim of describing the organization and structural characteristics of the family, which assesses and assesses the ability of the family to adapt to the scope of family duties with a self-assessment scale. The six-item questionnaire describes the family function, which includes problem-solving, communication, roles, emotional accompaniment, emotional association, and behavioral control. In addition, a subscale of the seventh is related to the overall performance of the family (Sananee, 2000). To score the test, each question is, given 1 to 4 grades using these keywords: I totally agree: 1, agree: 2, opposite: 3, and completely opposite: 4. In Amini's research (2000), the alpha coefficients of the whole scale and the subclass of problem-solving, communication, roles, emotional attachment, emotional association, behavioral control, and overall performance were 0.61, 0.38, 0.72, 0, 0.65 and 0.81 respectively

3.3. Marital conflict questionnaire (MCQ)

The questionnaire was prepared by Sanaee and Barati (1979) and has 42 questions, which measures seven dimensions or areas of marital conflict. In this questionnaire, a Likert method has been used. The highest score of the entire questionnaire is 210 and the lowest is 42. Cronbach's alpha for the whole questionnaire was 0.33 for a group of 32, and for 7 the subclass it was: reduction of cooperation 0.3, decrease in sexual intercourse 0.51, increase of emotional responses 0.73, increased support gain The child was 0.66, the increase in personal relationship with her relatives was 0.64, the reduction of husband's and friends' family relationships and 0.64, and the separation of finances from each other was 0.51. The Cronbach alpha (2011) altogether included the entire questionnaire in a group of 32 (53/0) and for 7 sub-scales: reduction of co-operation of 0.20, reduction of sexual relation, 0.50, increase of emotional reactions 0.73, increase of individual relation with Their relatives 0.44, the reduction of family relationship with relatives and friends of the wife, 0.44, separation of financial affairs from each other, 0.51, and increasing the cooperation of the child is 0.60.

4. Results

Table 1. Descriptive statistics by gender for all subjects

Descriptive statistics of variables	Mean	SD	Min	Max	R
Marital conflicts	90.34	22.35	55	154	99
Family function	157.90	19.35	122	190	68
Forgiveness	97.72	13.7	73	120	47

As shown in Table 1, descriptive statistics of research variables. As seen in the table, the average marital conflicts of respondents are about 90.34 and the standard deviation is 22.35. The table shows that the minimum and maximum score of marital conflicts is respondents 55 and 122, and the range of changes is 99. The average family function among respondents is about 157.92 and the standard deviation is 19.35. The table below shows that the minimum and maximum performance scores of respondents are 122 and 190, and the range of changes is 68. The average forgiveness among respondents is about 97.77 and the standard deviation is 13.7. The table shows that the minimum and maximum rates of forgiveness in the family of respondents are 73 and 120, and the range of changes is 47.

4.1. Findings related to research hypotheses

The main hypothesis between forgiveness and family functioning with marital conflicts, there is a multiplicity of relationships between married university academics.

Table 2. Summary of multivariable regression analysis of predictor variables on criterion variables (marital conflicts)

Criterion variables	Predictor variables	SD	B	Beta	T	Sig	MR	RS
Marital conflicts	Family functioning	0.129	1.02-	0.56-	7.92-	0.000	0.61	0.37
	Forgiveness	0.182	0.427-	0.17-	2.35-	0.021		

Table 2 shows the results of variance analysis of multivariable regression analysis of marital conflicts. Based on the multivariate regression test in determining marital conflicts from the total of independent variables (family function and family, forgiveness), it is seen that multiple correlation coefficients ($R = 0.61$) and coefficient of determination ($R^2 = 0.37$) That is, from the independent variables in the model, it is possible to predict up to 37% of the variance of marital conflicts. That is, with 95% confidence, there is a relationship between family functioning and family, forgiveness and the marital conflicts of married university scholars.

Hypothesis 1: There is a negative relationship between forgiveness and family functioning with marital conflicts in the married staff of university jihad.

According to the results of Table 3, there is a negative and significant relationship between forgiveness and marital conflicts in married workers ($p = 0.002$ and $r = -0.264$). Therefore, the above hypothesis, which claims that there is a relationship between forgiveness and marital conflict, is confirmed. In other words, the hypothesis is acceptable with 95% confidence. In other words, the greater the forgiveness of employees, their marital conflicts will decrease. According to the results of the table, there is a negative and significant

relationship between family performance and marital conflicts in married workers in the academic Jihad ($r = -0.59$, $p = 0.000$). Therefore, the above hypothesis, which claims that there is a relationship between family function and marital conflicts, is confirmed. In other words, the hypothesis is acceptable with 95% confidence. In other words, as family function increases among employees, their marital conflicts are reduced.

Table 3. Pearson correlation coefficient related to the relationship between forgiveness and family functioning with marital conflicts

Variable		(r)	(p)
Forgiveness	Marital conflicts	0.264-	0.002
Family functioning	Marital conflicts	0.59-	0.000

5. Discussion

The purpose of this study was to determine the relationship between forgiveness and family functioning with marital conflicts in the married staff Ahvaz Jihad-e-Jihad Center.

As it was observed, in determining marital conflicts from the totality of the existing independent variables (family function and forgiveness in the family), there was a relationship between family functioning and family forgiveness and the marital conflicts of the married staff. In the possible explanation of the outcome of this research, it can be said that family function shows the family's adaptive skill that leads to its transformation and performance, and the dimensions of family function indicate that the family's desirable condition in terms of growth, problem solving, Roles, emotional reactions and emotional interactions; therefore, families with a good level of these dimensions have higher efficiency (Jafari Sadri and Fathi Aghdam, 2006), and in this situation, the power of the conflicting elements of the family is reduced and Couples instead of conflicts move towards more positive and more efficient interactions.

Therefore, the efficiency of couples in each of the family functioning structures may be a time spent on conflicting conflict causing conflicts in couples. Accordingly, the results of this study are not expected. In addition, forgiveness can be effective in solving emotional injuries in the family and liberating the forces that once devolved into psychological defenses and working towards a healthy family performance. Forgiveness targets the emotional dimension of couples. Eliminates the negative engagement of couples and brings them together in an alliance. The result of such an alliance is to increase the satisfaction of common life and a reasonable attempt to resolve the inevitable conflicts of common life, which, as a result, can regain their health performance and this pattern, in addition to ensuring mental health in later generations Continue to. As it was observed, there was a negative and significant relationship between forgiveness and marital conflict in the sense that, as the forgiveness of employee's increases, their marital conflicts are reduced. The findings of this study are consistent with the results of Fincham's research (quoted from Derkhatkar and Ahangarkani (2016), Worthington et al. (2010). In explaining this result, it can be said that confessing to the mistake and apologize in the sincere relationships leads to forgiveness and, as a result, to reduce the distress and conflict between

the couples. Because forgiveness is a process aimed at liberating or reducing distress, anger, revenge or hatred. Forgiveness can act as a redefinition in the family and provide a different way to experience the painful events of the past, thereby releasing positive energy within the family system and by releasing couples from negative emotions. Increase mental consistency. Those who do not choose forgiveness actually hurt themselves because they do not allow themselves to have loving relationships that they need. People like Hoop (1987) deal with the potential for forgiveness in repairing family relationships and patterns. As you have seen, there is a negative and significant relationship between family function and marital conflicts. In other words, as family function increases among employees, their marital conflicts are reduced. The findings of this research are based on the results of the researchers of Derakhtkar and Ahangarkani (2016), Zahed Babolan et al. (2013), Qari et al. (2013), and Afkhami et al. (2007).

In the possible explanation of this finding, it can be said that the performance of the family functions with the ability of members to coordinate with changes, resolve contradictions and conflicts, solidarity among members, and success in applying disciplinary patterns, observing the boundaries between individuals, implementing the rules and principles governing this institution With the aim of protecting the entire family system (Kadivar et al., 2005). Hence, it can be said that as couples work more efficiently, they will experience a better, more coherent relationship that reduces marital conflicts. Also, according to Young and Lang (1998), there is a conflict of time when couples show varying degrees of independence and solidarity, due to their shared partnerships and decisions. To the extent that couples in each dimension of family function include problem-solving, communication, roles, emotional attachment, emotional interactions, and successful behavior control, they have more solidarity in the marital system and, consequently, conflicts Their marriage in general and in each of the marital conflict structures, namely, segregation of finances, increasing relationships with their relatives, reducing partnerships, reducing sex and increasing support for children, is reduced. In the same vein, Interventional research by Soleimani et al. (2015) in a research entitled Effect of coupled emotional therapy on sexual satisfaction and marital adjustment of couples with marital conflicts (marital maladjustment) found that couples' focused emotional treatment had a significant effect on improving Satisfaction, consistency, and expression. This approach affects the emotional and the physical, sexual satisfaction of infertile couples.

6. Conclusions

Consequently, the generalization of results is limited to society. In this research, the control of variables such as issues of the work environment, social status, cultural, and economic status of the employee. They were no conflicting marriages. One of the limitations of research was the lack of access to the respondent's spouses, in order to make a comparative study of the variables studied among couples. It is recommended that similar investigations be carried out taking into account other moderating variables, such as the social and economic status of the family, education, work experience, etc. In future research, other variables that predict marital conflicts, such as marital infidelity and fairness, are to be evaluated. It is suggested that in the future research of the spouses of the sample individuals, a study should be conducted to compare the couples in terms of variables. Appropriate measures are also needed to identify and reduce environmental pressures and control

them. Attending forgiveness at different levels of growth and utilizing all the various facilities and methods as a suitable strategy to reduce marital conflicts and family through media and apprenticeship classes. Establishment of a psychotherapy and counseling center at all centers of Jihad University to train couples to improve family function.

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