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article

Training in the skills of using virtual social networks on the marital satisfaction of couples seeking divorce

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Abstract

Introduction: Today, many people have been attracted to virtual social networks and this influence and spread has made virtual social networks as a part of people's daily lives. Therefore, the aim of this study was to determine the skills of using virtual social networks on marital satisfaction.

Methods: The present study was a quasi-experimental study with a pretest and posttest design with a control group. The statistical population of the present study consisted of couples working in government offices in the 12th district of Tehran in the first quarter of 2016. Sampling method was available; thus, among the couples seeking divorce who referred to the Moftah Court of Tehran, 16 couples were randomly divided into two groups, including 8 couples in the experimental group and 8 couples in the control group. To collect pre-test and post-test data, the research tool included Enrich Marital Scale (1983). The experimental group received 8 sessions, each session 90-minute, of virtual social networking skills. Analysis of covariance was used for statistical analysis of data.

Results: The results of the present study showed that training in the skills of using virtual social networks has been effective in increasing the level of marital satisfaction in the experimental group.

Conclusion: The skills of using virtual social networks, by increasing the self-awareness of each couple, cause awareness of personal needs, expectations and desires. This awareness, in turn, is expressed to the spouse through communication skills and leads to mutual understanding that this process increases marital satisfaction.

Keywords: Marriage, Satisfaction, Marriage, Social Networks

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Introduction:

The family is one of the most important foundations in societies, especially in Iranian society, and if it has a proper function, family members will also enjoy health and well-being. The institution of the family is divided into subdivisions, the most important of which is the marital system, the connecting point of which is the marriage contract (1). The family is a major cornerstone of human society that plays a key role in the stability of social relations and the growth of each of its members (2). Marriage has always been affirmed as the most important and supreme social custom for meeting the emotional needs of individuals (3). Marriage is one of the most important social customs that in the important and emotional decisions that people make, they commit to each other's rights in such a way as to meet each other's emotional and safety needs, commitment as an important concept, it has been the subject of many studies. (4). The necessity to strengthen family life, its stability and permanence, and the type of attitude and the way couples interact with each other, and the study of couples' relationships helps to clarify the structural frameworks in which couples' relationships are formed (5). In most societies, examining the quality of marital relationships plays a key role in assessing the overall quality of family relationships. Thus, the quality of marital relationships is a multidimensional concept that includes various dimensions of marital relationships, such as adjustment, satisfaction, happiness and cohesion (6). Couples who are compatible and agree with each other are relatively satisfied with their married life, they also express satisfaction with their partner's personality traits, they enjoy being with their family, they solve life problems together, and finally they are satisfied with their married and sexual life. . A compatible marriage is expected to last a long time and be satisfying for both couples (7).

Marriage is a relationship based on patience between an adult man and woman as two unique individuals, so the relationship between the two, has a key role in various aspects of their lives, affects their lifestyle and is the basis of marital satisfaction of couples (8). Marital satisfaction, which is the most important and fundamental factor in the stability and durability of cohabitation, is the existence of a friendly relationship with good understanding and mutual understanding and the existence of a logical balance between the material and spiritual needs of couples (9).

From an interpersonal perspective, unsatisfied interpersonal needs, especially in couples' relationships, affect the overuse of the Internet (10) and it seems that each couple's excessive use of social networks, causes them to move away from each other and reduces marital satisfaction (11). Findings of Rajaei and Heidari's study (12) showed the relationship between Internet addiction and marital satisfaction in married male and female students. The researchers concluded that it is necessary for people to manage their Internet use so that they do not become addicted to the Internet due to their overuse, so that their marital satisfaction is not negatively affected.

Today, with the use of the Internet, it is possible to use a lot of information in the shortest time and to communicate verbally, textually and visually at a relatively low cost. Many people are attracted to virtual social networks, and this influence and spread has made virtual social networks a part of people's daily lives; Even if this membership does not mean that these users are active, it will change their interactions and lives. The new age is the age of

human communication and encompasses various dimensions (13). The reduction of temporal and spatial constraints of the present age, compared to previous times, indicates the entry of human beings into a new age of communication in which "supercomputers" play the most fundamental role. Human departure from face-to-face communication and entry into a new type of instant electronic communication has been somewhat important and influential in human life (14). Over time, each generation becomes more familiar with and more reliant on the Internet (15). Of all the social institutions that prepare the individual for the acceptance of (governmental) authority, the family ranks first; because the family is one of the most important educational powers that takes care of the reproduction and personality of human beings and does this as social life demands. Individuals with the family acquire the ability to promise authoritarian behaviors on which the existence of bourgeois society depends. In other words, he believes that the family teaches authority relations to individuals and is the only place where individuals express their problems easily. "A place where the relations of individuals are not regulated by market rules and individuals do not consider each other as rivals and have the possibility of 'not being functional; "but be effective human beings." The family is the most basic and the first social foundation that maintains the emotional connection between its members through dialogue and communication and verbal interaction, and performs its most important function, which is the transmission of values and socialization of children. Virtual space depicts worlds that have emerged from science fiction; however, for many people, virtual space has become part of everyday life (13).

Decreasing marital satisfaction seems to lead people to destructive use of the Internet as a way to escape loneliness and face their negative emotions. When these people experience negative emotions, they turn to the Internet as a coping strategy, which in the long time is not only useless, but also takes the form of addictive and destructive behavior, and it is possible that the couple be in a vicious circle that has more negative consequences, which adds to the need to design appropriate interventions in this area; Also, the purpose of this study was to test the effectiveness of virtual social networking skills training on marital satisfaction.

Method:

The present study was a quasi-experimental study with a pretest and posttest design with a control group. The statistical population of the present study consisted of couples working in government offices in the 12th district of Tehran in the first quarter of 2016. Sampling method was available method; Thus, among the couples seeking divorce who appealed to the Moftah Court of Tehran, 16 couples based on the proposal of Van Wovarhis and Morgan (14) for the sample size and criteria for inclusion in the study, including 25 to 45 years, have a minimum literacy for completed the questionnaire and having at least two years of living together were selected; Thus, it was first announced in the municipality of District 12 that there is an intention to conduct such a research. Then, 16 couples were selected from the couples working in the municipality of District 12 who wanted to participate in this study and were randomly divided into two groups including 8 couples in the experimental group and 8 couples in the control group.

Research tools

Enrich Marital Satisfaction Scale, The Enrich Marital Scale, developed by Olson, Fournier, and Drochman⁵ 1983, includes 47 items, including 9 subscales of personality, marital relationship, conflict resolution, financial management, leisure activities, sex, marriage and children, relatives and friends, and evaluates religious orientation in a scale of 5 degrees from strongly agree = 5 to strongly disagree = 1 (15). Fours & Olson (15) report Cronbach's alpha coefficients for this instrument in the range of 0.71 to 0.86 and the ability of this test to differentiate between satisfied and dissatisfied couples as an indicator of divergent validity of this instrument.

Intervention plan. The members of the experimental group participated in 8 sessions, each session 90 minutes, once a week, as a group with the approach of using the skills of virtual social networks. No training was provided to control group members. At the end of the training sessions, post-test was performed on this group. (The description of group counseling sessions is given in the table below):

Table 1. Description of training sessions on the use of virtual networks

First Session	Agenda: Introducing and creating a good relationship, introducing yourself as a teacher, introducing members, expressing group rules, goals and introducing the workshop, taking verbal commitment from participants to attend meetings, examining the need to learn the skills of using virtual social networks and its impact on married life, perform Pre-test
Second Session	Subject: Training in the correct use of social networks Agenda: Review of the contents of the previous session, training in the skill of searching for useful information on social networks, summary of the discussion, providing feedback, assignment.
Third Session	Subject: Learning to use social networks to optimize relationships with your spouse. Agenda: Review of the contents of the previous session, teaching how to use social networks for proper communication with the spouse, summary of the discussion, providing feedback, assignment.
Fourth Session	Subject: Trust building training in virtual social networks. Agenda: Review of the previous session, trust building training in virtual social networks and the impact on marital relationships and life, discussion summary, providing feedback, assignment.
Fifth Session	Subject: Training to face strangers in virtual social networks. Agenda: Reviewing the contents of the previous session, teaching how to deal with strangers and examining the spouse's views on images and content posted on virtual social networks and familiarity with the positive effects of this skill on marital adjustment, discussion summary, providing feedback, assignment.

Sixth Session	Subject: Recognition of strengths and weaknesses and familiarity with different sections of social networks. Agenda: Review of the previous session, training to identify strengths and weaknesses and familiarity with different sections of social networks, focus on capabilities and limiting disabilities and its impact on marital satisfaction and couple relationships, discussion summary, providing feedback, assignment.
Seventh Session	Subject: Training to recognize thoughts and feelings. Agenda: Review of the previous session, teaching how to express feelings and emotions with the spouse in virtual social networks, expressing the benefits of recognizing thoughts and feelings and the important role of this skill on marital relationships, discussion summary, providing feedback, assignment.
Eighth Session	Subject: Summary of previous sessions. Agenda: Summarizing the topics of the previous sessions, appreciating the participants, receiving feedback for future work, holding a post-test.

Participants verbally expressed their consent and in order to express their written consent, an informed consent form was provided to the participants before entering the study. To analyze the data, the statistical method of analysis of covariance, Shapiro-Wilk, Levene and Mann-Whitney statistical tests and Ben Foroni post hoc test and SPSS software with significance level of 0.05 and 0.01 were used.

Results:

The mean and standard deviation of the age of the participants in the training group was 8.36 ± 40.31 and the control group was 8.54 ± 43.47 ; Comparison of the means of the two groups using the comparison test of independent groups showed that there was no significant difference between the mean ages of the two groups.

Table 2. Descriptive statistics of mean and standard deviation of marital satisfaction

Marital Satisfaction	Before training		After training	
	Standard Deviation	Mean	Standard Deviation	Mean
Control group	2.87	9.63	2.64	10.73
Examination Group	3.73	9.67	2.79	14.70

Table 2 shows that the mean of marital satisfaction before training was 9.67 on average and after training was 14.70 and in the control group this average was 9.63 before training and 10.73 after training.

Table 3. Group variance test using Levin test and uniformity of group regression line slope

The variable under consideration	Test the same regression line slope in groups		Test for the same variance of groups	
	P-value	F	P-value	F
Marital Satisfaction	0.063	3.602	0.888	0.020

Table 3 shows the same assumption of group variance and the same regression line slope for the marital satisfaction variable. In the following table, the results of analysis of covariance in examining the effect of training skills in using virtual social networks on the level of marital satisfaction are examined. In this analysis, the marital satisfaction variable was entered into the model as a covariance before the test to control its effect, and the education variable was entered into the model as an independent and effective variable, and the marital satisfaction variable was entered into the model as a dependent variable. The results are as follows:

Table 4. Results of analysis of covariance in investigating the effect of virtual social networking skills training on marital satisfaction

Variable	Eta	Potency	Eta squared	Significance level	F	Average squares
Marital Satisfaction	0.154	0.298	0.036	0.152	2.112	15.296
Training	-6.38	1.000	0.570	<0.0001	75.508	546.934

Table 4 shows that the effect of education on marital satisfaction was 0.01; Therefore, training in the use of virtual social networks has been effective on marital satisfaction. According to the beta value, it is concluded that on average, the marital satisfaction of the experimental group was 6,038 units higher than the control group.

Conclusion:

The results of the present study showed that training in the skills of using virtual social networks has been effective in increasing the level of marital satisfaction in the experimental group.

New media, especially the Internet and virtual social networks, have opened up new areas for modern man. The interactivity of these virtual networks and the Internet and their capabilities have made it possible for humans to communicate with each other via keyboards and forge a variety of virtual identities in virtual space. The way the Internet space becomes the space of interaction between virtual identities, in the virtual space of Internet social networks, philosophical definitions of identity, "I" and "self" change. Identity, which in virtual space is a variable component in a variable space; Sometimes it expresses the aspirations of the individual and sometimes it reveals the hidden aspects of his personal personality that he is

not able to express in the society under the mask he wears. In the real world, on the other hand, a person communicates with the other party with the same identity, but the Internet allows him to have several different and sometimes contradictory identities at the same time, so new media for Modern humans have created virtual spaces. The definition and perception of man in the present age has changed from time and place, and therefore in these virtual spaces, a virtual identity or in other words, "the Internet I" has emerged (18).

With the advent of cyber networks, a new form of life was formed in cyberspace, leaving an undeniable impact on people's social relationships. These networks are one of the most popular media that have a large audience, especially young people. Interactive features and the creation of a platform for social interaction are some of the reasons why cyber networks are so popular. People in cyberspace can have a completely desired identity and based on the same desired identity, expand their virtual communication with others. Nowadays, cultural changes have made people prefer to have wide connections with the world around them, while social networks have provided this demand. The features of electronic communications in cyberspace have provided different conditions for face-to-face relationships for users. The interactions that take place in this space confront users with a new mentality and tendency, and can change their behavior and interactions in the real world, even minor ones. Cyber spaces can provide more motivation for users to play with identity, experimental behaviors and present unrealistic images. Such an environment, despite its threats and limitations, has many opportunities and capabilities (19).

Virtual social networks provide a favorable environment for individuals to participate in the virtual community, establish symbolic relationships and rediscover themselves, and redefine religious, social, political, etc. identities, regardless of restrictions and repressive factors through virtual and symbolic interactions (20). Today, virtual network spaces have established different interactions with people in the traditional way, which has left an undeniable impact on people's social relationships, so people regardless of the requirements such as gender, class, ethnicity, race and place communicate with each other and according this basis shows new identities, so in this space, the cohesion, adaptation and social acceptance of users is reduced, and people after a while feel alienated from themselves and the community in which they are members. Also, in cyberspace, more people follow members. They are different and try to adapt to the patterns and criteria of people in the virtual society, so their social prosperity and individual creativity decreases and over time they become people who are not creative and imitate the values and interests of others. As mentioned, virtual social networks such as Facebook affect the family and individual community from different dimensions (21).

The dichotomy of the family is the most important change following the simultaneous emergence of communication and the formation of the virtual world. This fundamental change invisibly connects the individual to another world and extends the sphere outside the home into the family. In this process, three important communication changes occur: a) change in the space of interaction and social communication with outside the home: In the past, communication with outside the home and social communication links were present; But the emergence of the virtual world and the empowerment of this world has connected

family members at home with many different spaces; B) Change in the possibility of access outside the home: It will be possible to access many environments outside the home, momentarily and simultaneously. The transfer time in cyberspace is approaching the speed of light and in the Internet application, a speed equivalent to one hundred MB is possible; Thus, the individual is transferred to several different moral and value spaces in one minute; C) Change in personal self-discovery: The question arises that when a person lives only in the family environment and does not establish any different connection with the outside world through cyberspace, what does he consider himself and how does he find his identity. In this process, how much one finds oneself as a family member and how much virtual resources outside the home affect one's personal and family feelings. Ameli believes that in the new environment, we are facing a fundamentally different person and there is a change in the ways parents interact with their children. In the traditional family, the individual's independent identity from the family was dim; but in the new bi-globalized space, the expansion of individual ties and connections has strengthened the independent sphere of the individual within the family (22).

With the introduction of technology and mass media in families, the social values of families have been affected and have caused the society to witness changes in the behavior and discourse of the young generation. Among these means is easy access to virtual networks. In addition to strengths, networks also have weaknesses. The mass media make distances disappear. They also make the separation between human beings much clearer. The impact of social media has led to the formation of concepts such as intimacy and trust in cyberspace. On the other hand, some of the information provided by users can lead to a decrease in adherence to ethical issues, which can also affect the sustainability and strength of youth relationships. The more the Internet user feels that he or she is more accepted in the Internet environment, the more likely he or she is to influence family values, and the more users engage in group discussion and debate, the more likely they are to raise their own issues. They interact with the Internet through environments and raise less issue with the family, making family values less important to the individual (23).

Bipartisanship has lasting consequences for moral and family values. The negative effects of this space on moral values are seen in areas such as cognitive changes about life, the reduction of realism, and the spread of virtual values. In fact, cyberspace brings new realities to life, which is called virtual realities, and family members connected to virtual realities have completely different interactions with members who live only in real space. The emergence of new values, desires and expectations are transmitted to the family through media and virtual realities (22).

With this assumption, normative, authoritarian behavior, and a sense of definite direction in the family become the source of intra-family conflicts; That is, the new person needs an understanding interaction. Interaction within the family is seen in the process of creating alternative choices or expanding the choice of family members. With this in mind, definite choices should be avoided and respect for the individual values of family members should be the basis of family cohesion. The persistence or non-existence of values within the family depends on the valuable acceptance of moral meanings for the individual. In fact, the

continuation of value in the new space is conscious and is not subject to the general norms of society and the family (13).

It seems that a sense of satisfaction, is a require that almost all activities of individual concerned on it. Thus, training the skills of using virtual social networks helps these women to feel that they can act adaptably in different situations during their life together, and therefore feel the marital satisfaction of living together. Marital satisfaction means the objective feelings of satisfaction, and pleasure experienced by a spouse when all aspects of their marriage are considered. Marital satisfaction is achieved by adapting the situation that is expected to the current situation of the person in the marital relationship, and in fact it is a positive and pleasurable attitude that the couple has from different aspects of their marital relationship. Marital satisfaction is a structure in which components are present and each of them plays a major role in increasing or decreasing the overall level of marital satisfaction.

The skills of using virtual social networks, by increasing the self-awareness of each couple, cause awareness of personal needs, expectations and desires. This awareness, in turn, is expressed to the spouse through communication skills and leads to mutual understanding that this process increases marital satisfaction. Awareness of how to use social media is the ability to recognize oneself, strengths and weaknesses, desires, fears and disgusts. By raising self-awareness skills, people identify and become aware of their emotions and control those emotions. They become aware of their weaknesses and strengths and reduce their weaknesses by relying on their strengths. The type of self-awareness predicts a person's sense of satisfaction with himself and life. Satisfaction seems to be a need that almost all individual activities focus on. Women who are dissatisfied with the general process of life during their cohabitation with their husbands and feel that they cannot adapt to different situations have no sense of fulfillment of their desires and therefore do not feel the pleasure they need to have from cohabitation. This feeling of dissatisfaction is a sign that warns the person that she needs to change. The main and most fundamental part of this change is formed to the user on the individual's self-awareness of cyberspace. Awareness of social networks is the ability to know oneself, strengths and weaknesses, desires, fears and disgusts. By improving the skill of using virtual social networks, people identify and become aware of their emotions and control these emotions, and by relying on their strengths, they reduce their weaknesses.

Among the limitations of the present study, we can mention the researcher's time limit in conducting the follow-up period; Thus, it is suggested that the effect of the intervention be investigated in future research by conducting continuous follow-up courses.

Application of Research

The type of skills of using virtual social networks is a sensitive predictor of a person's self-satisfaction and life, and by teaching the skills of using virtual networks, possible marital harm can be prevented.

Ethical Considerations

After obtaining the informed consent of the participants and assuring them about the confidentiality of the research information, they entered the research in order to observe the ethical considerations of the participants.

Conflict of Interest

The authors thus declare that there is no conflict of interest.

Appreciation

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Marital Satisfaction Questionnaire

completely	I	disagree	agree	nor	I agree	I quite	agree	Phrases
								1- My wife and I fully understand each other.
								2- My wife fully understands and adapts to my mood.
								3- I have never regretted my relationship with my wife even for a moment
								4- I am not satisfied with my wife's personality traits and habits.
								5- We are happy that we are fulfilling our responsibilities well in our life together
								6- My relationship with my wife is not satisfactory and I feel that she does not understand me.
								7- I am very pleased with the way decisions are made on how to resolve disputes.
								8- I am not satisfied with the economic situation of the family and the way of making decisions related to it.
								9- I am very happy with the way I plan for leisure and also spending time with my wife.
								10- I am very happy with the way I express my love and feelings as well as my sexual relationship with my wife.
								11- I am not satisfied with the way I and my wife play the role and responsibility as "parents".
								12. Sometimes my wife is unreliable and always follows her own policy.
								13. My wife sometimes says things that cause humiliation.
								14. When I discuss problems with my spouse, I usually think he or she does not understand me.
								15. We have trouble making financial decisions.
								16. It bothers me that I can not spend money without my wife's permission.
								17- I do not like it until my wife is by my side.
								18. I am upset that my wife unjustly accepts or rejects intimacy.
								19. Disagreement over how far we should go to our children has become a problem for us.
								20. I feel that our parents create problems in our married life.
								21. My wife and I disagree on how to practice our religious beliefs.
								22. Sometimes my wife is very stubborn.
								23. Sometimes I am afraid to ask my spouse for my needs.
								24. Sometimes we have a lot of arguments about minor issues.

25. I am very satisfied with the way decisions are made about the amount of savings.
 26. My wife and I seem to be equally interested in parties and social activities.
 - 27- I am satisfied with the amount of love and affection (before intimacy) by my wife.
 - 28-My wife and I agree on how to control our children's behavior.
 29. We spend enough time with our relatives and friends.
 30. I believe that in our married life we have a difference of opinion.
 31. My wife's being late to house bothers me.
 32. I wish my wife was more willing to make me feel her partner.
 - 33- I do everything to avoid a fight with my wife.
 34. My wife and I are both aware of the basic idioms and as a result they are not a serious problem for us.
 35. I do not think my wife has enough time or energy to have fun and spend her free time with me.
 36. We are looking for ways to make our sex life more interesting and enjoyable.
 37. Children seem to be the main cause of problems in our relationships.
 38. I do not enjoy spending time with some of my wife's relatives.
 39. My wife and I do not agree on some of my religious teachings.
 40. Sometimes my wife is very tyrannical.
 41. Sometimes it is difficult for me to believe all of my wife's speech.
 - 42-Sometimes I think that the conflict between me and my wife continues and will not end.
 43. I am worried that my wife does not have enough personal interests and hobbies.
 44. I feel completely comfortable talking to my spouse about sex.
 45. Since we have children, as a couple, we rarely have enough time together.
 46. My wife spends a lot of time with her friends and relatives.
 47. My wife and I feel limited because of our religious beliefs.
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