

The Effectiveness Integrative Behavioral Couple Therapy on Sexual Intimacy and Marital Burnout in Conflicting Couple's Marital in Kermanshah

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Abstract

Introduction: The statistics available in the last few years show that one of the reasons for couples to go to counseling centers is the failure to communicate, which ultimately leads to symptoms such as; Marital boredom manifests itself in psychological and emotional disabilities, so the purpose of this study was the effectiveness of combined behavioral couple therapy on sexual intimacy and marital boredom of couples with marital conflict.

Method: The present study was used in terms of applied purpose and in terms of quasi-experimental method of pre-test-post-test with control group. The statistical population of this study was all maladapted couples who referred to Pooyesh counseling centers in Sanandaj in the first 6 months of 1398. The research sample consisted of 20 couples of these individuals who were first purposefully selected and randomly divided into two experimental groups (20 people) and control group (20 people). Were selected and to obtain information for research from two standard questionnaires; Sexual intimacy and marital boredom were used. They received and no intervention was performed for the control group and one-way and multivariate analysis of covariance were used in data analysis.

Results: The results of this study showed that couple behavioral therapy combined therapy can significantly improve sexual intimacy and marital boredom ($p < 0.001$).

Conclusion: Based on the findings, it can be concluded that couple therapy is a behavioral combination that can be considered as an effective intervention to improve sexual intimacy and marital boredom.

Keywords: behavioral couple therapy, sexual intimacy, marital burnout

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