

# Effectiveness of Marital Conflict Management Training on Strengthening Conflict Avoider Style of Marriage among Couples with Marital Conflicts: Examining the Moderation of Couples' Sexual Dissatisfaction and Controlling the Marriage Elapsed Time

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## Abstract

**Background:** Marriage requires a lasting commitment between a man and a woman, and it is crucial for both spouses to be content and happy in their relationship. This research examines how training in managing marital conflicts can improve conflict-avoidance in marriages with conflicts.

**Methods:** The current research is a randomized clinical trial design, including pre-test, post-test and follow-up stages, and control and experimental groups. The statistical population included couples experiencing marital conflicts who referred to counseling in Tehran during the summer and fall of 2013. The sample consisted of 60 people who were selected by purposive sampling. Training sessions were held for 90 minutes in six sessions. Once a week, the evaluation tools used included Marital Conflicts Questionnaire (MCQ), Sexual Satisfaction Index (ISS) and Conflict Avoidance Marital Style Scale (CASMS-29). Data were analyzed using SPSS version 27 software, including multivariate analysis of variance tests.

**Results:** According to the study's findings, the p-value for the analysis of between-subjects' effects in the conflict avoider style of marriage variable was significant for the group ( $P < 0.001$ ). Furthermore, significant interaction effects were observed between time and sexual satisfaction ( $P = 0.009$ ) in the study.

**Conclusion:** The findings of the present study support the effectiveness of marital conflict management training in increasing the conflict-avoider style of marriage, and the use of this training is recommended to improve the relationships of couples with marital conflicts.

**Keywords:** Marital Conflict Management Training, Conflict Avoidance, Marriage Styles, Couples' Sexual Dissatisfaction, Duration of Marriage

## 1. Background

Marital Conflicts are common among couples, with most newlyweds experiencing a high level of satisfaction initially. However,

satisfaction tends to decrease over time (1). Marital conflict is characterized by disagreements and struggles between spouses over various issues such as needs, beliefs, and values (2). Maintaining a healthy and conflict-

free marital relationship can lead to better health and overall quality of life (3). Experts suggest that there are different conflict managements, including accommodating, competing, avoiding, compromising, and collaborating. Collaborating and compromising styles are seen as positive predictors, while avoidant and accommodating styles are considered negative predictors (4). Studies have shown that an avoidant conflict management style is connected to neuroticism, while a compromise style is associated with accommodating (5). The consequences of marital conflict may include stress, depression, sadness, worry about others' opinions, and feelings of hopelessness. Strategies for managing conflicts often involve cooperation, compromise, avoidance, adaptation, and seeking help from a third party (2).

Marital disputes typically arise from psychological, gender, sociocultural, economic, and sexual factors (6). Research indicates that many conflicts in marriages stem from sexual interactions that are not appropriate. If a healthy sexual relationship is not established between partners, one of them may feel unhappy, frustrated, and distressed, leading to conflicts and issues in the relationship (3). Problems with sexual satisfaction can be caused by a lack of desire, physical limitations, premature ejaculation due to fear and anxiety, as well as shame and embarrassment impacting sexual fulfillment. Additionally, other factors such as physical ailments, depression, and dissatisfaction can contribute to marital conflict, potentially resulting in separation or divorce (7). A study found that factors like lack of attractiveness, sexual discontentment, issues from previous emotional relationships, and personality problems play a role in marital conflicts (8). Another study revealed that sexual performance and negative emotional regulation are significant predictors of conflicts in marriages (3).

Furthermore, as time passes, the dynamics of a couple's relationship evolve, with stages such as getting to know each other better,

raising children, and other life events contributing to changes in their marital life. It is commonly accepted that the duration of a couple's relationship can impact their level of marital satisfaction (9). Marital duration refers to the length of time partners spend together in a committed relationship after getting married, and marital satisfaction may vary based on age and relationship stage. Over time, partners tend to become more alike, which can strengthen the bond and stability of their relationship, although declining sexual satisfaction may impact overall satisfaction levels (10). A study by Kamali et al. (2020) identified factors that enhance marital intimacy, including family, length of the relationship, expressions of gratitude, parental influences, and religious beliefs (11). Additionally, research comparing couples in early adulthood with nine years of marriage to those in later adulthood with 42 years of marriage found that younger couples reported more significant issues compared to older couples (12).

Conflict management in romantic relationships plays a crucial role in the well-being of individuals and their relationships. Maladaptive conflict management can lead to negative interaction patterns escalating into more serious conflicts, increasing the risk of intimate partner violence. Interventions are necessary to help conflicted couples and prevent distress among vulnerable couples who may struggle with relationship dissolution (6). Couples with dysfunctional relationships may benefit from learning skills to effectively express their feelings and address problems. Maladaptive interactions often stem from a lack of skills, leaving couples feeling frustrated and unfulfilled in meeting their needs, creating problems (13). Learning conflict management skills such as time management, stress management, and negotiation roles can significantly reduce stress caused by role conflicts in the family, improving adaptability and overall quality of life (14). Couples who engage in constructive communication

patterns, particularly in conflict management, are more likely to address and resolve issues as they arise, fostering a healthier relationship (15). Research has shown a positive correlation between the effective management of marital conflicts and the overall stability of the family in various aspects (16). Four common conflict management strategies include volatility, dominance, separation, and third-party intervention (17).

Conflict and distress pose significant risks for psychosocial issues. Couples facing challenges in their relationship are more likely to face problems such as anxiety, depression, suicide, substance abuse, and various medical conditions (1). It is crucial to find ways to reduce marital conflicts and promote conflict avoidance strategies among partners. Despite the importance of this topic, there is a lack of research examining the impact of marital conflict management training on enhancing conflict avoidance style of marriage among couples with marital issues, while considering factors such as sexual dissatisfaction and marriage elapsed time. Therefore, there is a

gap in research in this area, and this study aims to investigate the effects of marital conflict management training on marital styles, taking into account the moderating influences of sexual dissatisfaction and duration of marriage.

## 2. Methods

The current research is an applied type of study, specifically a randomized clinical trial with pre-test, post-test, first-week follow-up, and second-week follow-up phases. The study's population included all couples experiencing marital conflicts who sought help from counseling and psychological centers in Tehran during the summer and fall of 2023. The sample size for the study was 60 individuals, with 30 in the experimental group and 30 in the control group, selected through purposive sampling and random pairing by coin toss. The sample size was determined using G-Power software, with parameters set at  $\alpha = 0.05$ , effect size = 0.25, power test = 0.90, and number of groups = 2 (18) [Figure 1](#).

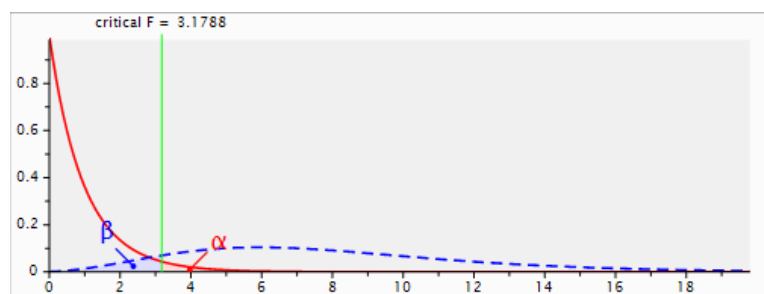


Figure 1. Sample size calculation with G\*Power software

According to this formula, the initial sample size was 54 individuals, but to account for potential attrition, the researcher opted for a sample size of 60 participants. To be eligible for the study, individuals had to be at least 20 years old, possess the physical and mental capabilities required to participate in research training sessions, have sought counseling for marital conflicts within the past three months, provide informed consent, and not be involved in any other programs. Criteria for discontinuation from the study included any

disorder that hindered attendance at training sessions, missing more than two sessions, being consistently late for training, or voluntarily withdrawing. Researchers obtained necessary permissions from their university before approaching counseling centers selected in collaboration with faculty members. After organizing the event, notifications were shared through both digital platforms and in face-to-face interactions, drawing in married couples experiencing relationship difficulties who fit the

requirements to join.

During the initial interview conducted in person at a counseling center, the research objectives and ethical principles were explained to the couples, addressing any questions they may have had. Individuals were assessed at this stage, with couples who did not meet the necessary criteria for participation in the research being excluded. A total of 60 individuals (30 couples) were selected by the researchers. A pre-test was administered to gather information from the 60 participants, who were then randomly assigned to groups for training. Educational sessions consisting of 6 sessions, each lasting 90 minutes and held twice a week, were conducted for the experimental group at an appropriate office in the psychology clinic. The implemented protocol was based on the research of Askari et al. (2012) (19). The

control group did not undergo any formal program during this time. Post-test evaluations were conducted for both groups after the training sessions, with follow-up assessments conducted in the first and second weeks following the training. The results from the pre-test, post-test, and follow-up assessments were compared between the two groups. To adhere to ethical standards, the control group also received training sessions post-research. A total of 12 participants from the experimental group and 8 from the control group discontinued or were removed from the study. Ethical considerations included obtaining informed consent from participants and ensuring the confidentiality of their information. A summary of the marital conflict management training sessions can be found in Table 1, while Figure 2 displays the CONSORT flow diagram.

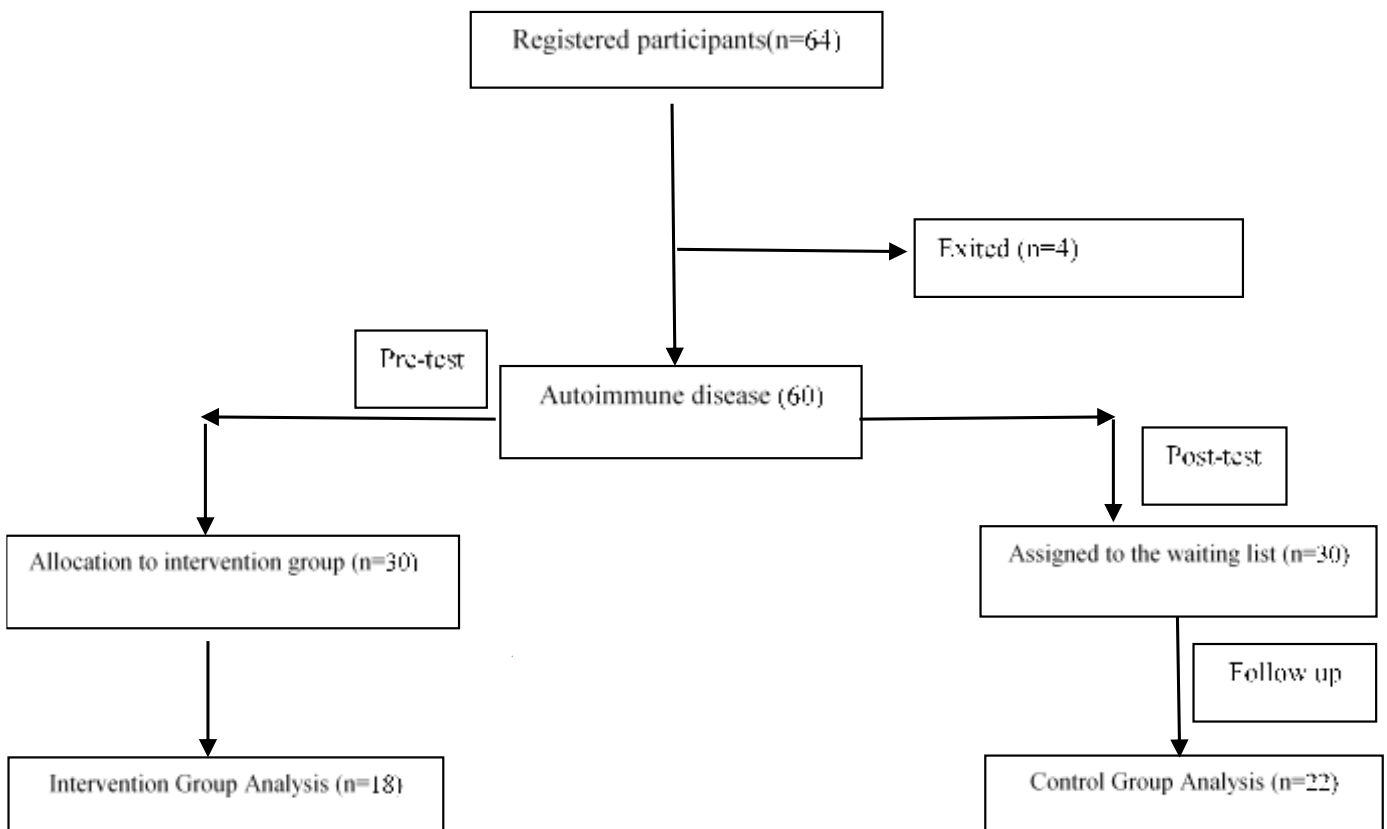


Figure 2: The flow diagram of the study

**Tools**

Marital Conflicts Questionnaire (MCQ):

Zaker and Barati (2008) developed this questionnaire to measure seven main

dimensions of couple conflicts (20). The questionnaire consists of 42 questions and is based on the clinical experiences of the supervisor. This instrument measures seven aspects or seven dimensions of marital conflicts, which are: 1- Decreased cooperation (questions 3, 9, 19, 21, 27). 2- Decreased sexual intercourse (questions 4, 10, 15, 28, 33) 3- Increased emotional reactions (questions 5, 11, 16, 22, 29, 34, 39, 41) 4- Increased child support (questions 7, 18, 24, 31, 36) 5- Increased personal relationships with relatives (questions 12, 6, 17, 23, 30, 35) 6- Decreased family relationships with relatives, spouse and friends (questions 1, 19, 25, 37, 40, 42) 7- Separation of finances from each other (Questions 2, 8, 13, 20, 26, 32, 38) The scoring process involves the evaluation of five options for each question, with each option being graded from 1 to 5. The questionnaire score is 210, while the lowest attainable score is 42. Each section of the questionnaire has a maximum score equivalent to the number of questions of that subset multiplied by 5. A higher score on this assessment indicates greater conflict. This questionnaire indicates a healthier relationship. The reliability of this questionnaire was calculated to be 0.95 in a study in Iran.

Index of Sexual Satisfaction (ISS): The Hudson Sexual Satisfaction Scale was created in 1998 and updated in 2013 to assess sexual satisfaction among couples (21,22). It consists of 25 questions utilizing a 5-point Likert scale, measuring desire for sexual activity, sexual attitude, quality of sexual life, and sexual compatibility. The revised version has 17 questions graded on a five-point Likert scale ranging from never to always. Scores on the scale range from 17 to 85, with higher scores indicating higher levels of sexual satisfaction. A study in Iran found that the questionnaire had a reliability coefficient of 0.85 using the two-half method and 0.92 using the Spearman-Brown method. In the same study, the Cronbach's alpha reliability coefficient was calculated to be 0.87 for this questionnaire.

Conflict Avoider Style of Marriage scale (CASMS-29): In 2012, Gottman and researchers at the University of Minnesota developed a questionnaire to assess the level of conflict avoidance style of marriage (23,24). The questionnaire consists of 29 true or false questions, with scores ranging from 0 to 29. Higher scores indicate a higher tendency for conflict avoidance in individuals. The questionnaire was created on the belief that couples who avoid conflict in their marriage tend to have a successful and satisfying relationship. The questions on the questionnaire aim to measure how effectively couples manage and prevent conflicts, as well as their ability to communicate their thoughts and feelings without fear of backlash. The Conflict Avoidance Marital Style Scale should be utilized alongside other evaluations of marital happiness and strategies for resolving conflicts (25). The researcher utilized the questions in this survey for the first time in their study. They began by translating the questions and then sought validation of face and content through a qualitative method with university professors at the research site. This questionnaire includes the following questions:

1. I will often hide my feelings to avoid hurting my spouse.
2. When we disagree, I don't believe there is much point in analyzing our feelings and motivations.
3. When we disagree, we often solve the problem by going back to our basic beliefs about the different roles of men and women in marriage.
4. We have a lot of separate friends.
5. It is important to attend a mosque regularly.
6. Many marital conflicts are solved just through the passing of time.
7. We each do a lot of things on our own.
8. During a marital conflict, there is not much to be gained from figuring out what is happening on a psychological level.
9. Our religious values gives us a clear sense of life's purposes.
10. When I'm moody I prefer to be left alone until I get over it.
11. I don't feel very comfortable with strong displays of negative emotion in my marriage.
12. We turn to our

basic religious or cultural values for guidance when resolving conflicts. 13. I just accept most of the things in my marriage that I can't change. 14. We often agree not to talk about things we disagree about. 15. In our marriage there is a fairly clear line between the husband's and wife's roles. 16. We just don't seem to disagree very much. 17. When we have some difference of opinion we often just drop the topic. 18. We hardly ever have much to argue about. 19. A lot of talking about disagreements often makes matters worse. 20. There are some personal areas in my life that I prefer not to discuss with my spouse. 21. There is not much point in trying to persuade my partner of my viewpoint. 22. There's not much to be gained by getting openly angry with my spouse. 23. Thinking positively solves a lot of marital issues. 24. In marriage it is usually best to stick to the traditional values about men and women. 25. I prefer to work out many of my negative feeling on my own. 26. Coping over a lot of negative feeling in a marital discussion usually makes things worse. 27. If you just relax about problems, they have a way of working themselves out. 28. When

we talk about our problems we find they just aren't that important in the overall picture of our marriage. 29. Men and women ought to have separate roles in marriage.

By conducting exploratory factor analysis using the noblemen rotation method, researchers were able to pinpoint a dominant factor. This factor had an eigenvalue exceeding one, indicating its significance. This factor accounted for a substantial 69.4% of the variance observed in the data. The scale's internal consistency was confirmed with Cronbach's alpha index and composite reliability values of 0.936 and 0.938, respectively. The Average Variance Extracted (AVE) index represented a moderate value of 0.503. Moreover, the model fit statistics further supported the validity of the factor structure. The Root Mean Square Error of Approximation (RMSEA) was calculated at 0.099, indicating a good fit for the model. Additionally, the Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), and Normed Fit Index (NFI) values were reported as 0.931, 0.942, and 0.933, respectively, further confirming the robustness of the factor analysis results.

Table 1. Summary of marital conflict management sessions

Session	
First	<b>Objective:</b> To establish a secure atmosphere and establish shared objectives. <b>Actions:</b> Introduction: Every pair shared introductions and discussed the obstacles in their marriage. Recognize mutual objectives for enhancing the relationship and handling disagreements. Discussion on the meaning of conflict and its significance in managing marital relationships.
Second	<b>Objective:</b> Recognize behavioral and emotional trends during disagreements. <b>Actions:</b> Group conversation: Partners discussed their conflict trends and exchanged stories. Practicing recognition of trends: Each pair recognized their behavioral trends during arguments. Techniques for self-awareness: Instructing methods of self-awareness to recognize emotions and responses during conflicts.
Third	<b>Objective:</b> Enhancing communication abilities for conflict resolution. <b>Actions:</b> Educating on communication skills like active listening and expressing emotions and needs. <b>Practice sessions:</b> Organizing group activities to improve communication. Setting aside designated times for discussions: Establishing specific times to address matters and disputes.
Fourth	<b>Objective:</b> Educating individuals on successful conflict resolution strategies. <b>Actions:</b> Instructing individuals on conflict management strategies. Application of conflict management skills: Couples selected a genuine conflict and successfully resolved it by applying the skills they learned. Analysis of outcomes: Evaluating the outcomes of the activity and the emotional responses of each couple post-conflict management.
Fifth	<b>Objective:</b> Assisting couples in handling their emotions when facing conflicts. <b>Actions:</b> Instructing on emotional regulation techniques like stress management and deep breathing. Engaging in exercises to recognize and communicate emotions positively. Encouraging discussions on emotions: Couples shared their feelings during conflicts and brainstormed on strategies to deal with them.
Sixth	<b>Objective:</b> to summarize the encounters and assess the development of couples. <b>Actions:</b> Group discussion: Couples discuss their experiences during sessions and convey their emotions. Evaluating how couples have managed their conflicts and the transformations they have experienced in their relationship. Implementation of post-test evaluations.



**Statistical analyses**

This study utilized descriptive statistics such as mean and standard deviation to describe the data. In analyzing the research hypotheses, Kruskal-Wallis H and covariance analysis were conducted at a significance level of 0.05 using SPSS version 27 statistical software. To assess the effectiveness of the interventions in the present study, the researchers utilized interaction effects between time and groups, as well as Within and Between Subjects Effects. They also analyzed the impact of moderating variables by examining interaction effects between variables, time, and groups. Levene's test was employed to investigate the equality of variances, while Shapiro-Wilk's test was used to confirm the normal distribution of variables. Additionally, the researchers conducted Bonferroni's post hoc test to compare means.

**3.Results**

This study gathered information about the participants through four stages: pre-test, post-test, first follow-up, and second follow-up in both experimental and control groups. Initially, the researcher analyzed and described the research variables (Table 2). Participants were separated into male and female groups and placed in pairs to ensure they had company. They were further categorized by age: 20-25 years old, 25-30 years old, and 30 years old and above. Participants were divided into six groups based on their level of education: high school, diploma, associate degree, bachelor's degree, master's degree, and Ph.D. "The findings from the Kruskal Wallis Test indicated that there was no significant difference among the participants when considering demographic factors (P>0.05).

**Table 2. Demographic characteristics in the experimental and control groups**

Variables	Groups	Marital Conflict Management Training	%	Control Group	%	Kruskal Wallis	P-value
Gender	Man	9	50.0%	11	50.0%	0.000	1.000
	Female	9	50.0%	11	50.0%		
	Total	18	100.0%	22	100.0%		
Age	20 - 25	5	27.8%	4	18.2%	0.786	0.375
	25 - 30	4	22.2%	4	18.2%		
	30 and up	9	50.0%	14	63.6%		
	Total	18	100.0%	22	100.0%		
Education	High school	0	0%	0	0%	1.931	0.165
	Diploma	6	33.3%	2	9.1%		
	Associate Degree	9	50.0%	15	68.2%		
	Bachelor's degree	1	5.6%	3	13.6%		
	Master's degree	1	5.6%	2	9.1%		
	P.H.D	1	5.6%	0	0.0%		
Total	18	100.0%	22	100.0%			

The mean and standard deviation of the variables Marriage Elapsed Time, Sexual Satisfaction, and Marital Conflicts were also analyzed by the researcher in Table 3. It is

important to note that these variables play a significant role as controlling and moderating variables due to their similarities across groups.

**Table 3. Description Statistics**

Variable	Groups	N	M	SD	Min	Max
Marriage Elapsed Time	Marital Conflict Management Training	18	2.444	1.423	1	5
	Control	22	2.545	1.335	1	5
Sexual Satisfaction	Marital Conflict Management Training	18	42.889	3.324	38	50
	Control	22	44.818	3.290	39	50
Marital Conflicts	Marital Conflict Management Training	18	138.167	3.434	134	147
	Control	22	139.909	4.898	134	149

Similarly, the researcher in Table 4 analyzed the distinctions between background variables and controlling and modulating variables using

the multivariate analysis of variance technique.

**Table 4. Multivariate analysis of variance**

Dependent Variable		SS	df	MS	F	p
Group	Marriage elapsed time	0.101	1	0.101	0.0534	0.819
	Sexual Satisfaction	36.849	1	36.849	3.3738	0.074
	Marital Conflicts	30.057	1	30.057	1.6217	0.211
Multivariate Tests						
Group		Value	F	df1	df2	p
	Pillai's Trace	0.117	1.59	3	36	0.208
	Wilks' Lambda	0.883	1.59	3	36	0.208
	Hotelling's Trace	0.133	1.59	3	36	0.208
	Roy's Largest Root	0.133	1.59	3	36	0.208

It is evident from Table 4 that there was no significant distinction between the two study groups ( $p > 0.05$ ). Simultaneously, the researcher analyzed the descriptive statistics

for the Conflict Avoider Style of Marriage variable in Table 5, comparing the groups at different stages of the research.

**Table 5. Description of Conflict Avoider Style of Marriage**

TIME	Groups	N	M	SD	Min	Max	Shapiro-Wilk	P-value
Pre-test	Marital Conflict Management Training	18	11.444	1.688	9	14	0.912	0.094
	Control	22	12.273	1.518	9	14	0.888	0.017
Post-test	Marital Conflict Management Training	18	15.167	0.857	14	17	0.877	0.023
	Control	22	11.818	1.790	9	15	0.935	0.154
Follow up 1	Marital Conflict Management Training	18	17.500	1.200	16	20	0.907	0.077
	Control	22	11.591	1.681	9	14	0.906	0.039
Follow up 2	Marital Conflict Management Training	18	19.389	1.092	17	21	0.916	0.110
	Control	22	11.591	1.709	9	15	0.937	0.170

Table 5 displays the mean and standard deviation of the participant's scores on the research variables. It is evident from this table that the mean score for Conflict Avoider Style of Marriage in both the Marital conflict management training group and the control group was similar during the pre-test phase. However, the mean scores for this variable

increased in the Marital conflict management training group compared to the control group in the Post-test, Follow-up 1, and Follow-up 2 stages. The control group did not show any substantial differences. In Table 6, the researcher analyzed the results of the repeated measures covariance analysis and explored the impact of the moderating variable.

**Table 6. Covariance analysis test**

Variable	Source	SS	MS	F	P-value	$\eta^2$	
Conflict Avoider Style of Marriage	TIME	1.186	0.593	0.659	0.521	0.018	
	TIME * Group	92.504	46.252	51.366	< .001	0.595	
	TIME * Pre-test	6.888	3.444	3.825	0.027	0.099	
	TIME * Marriage elapsed time	1.817	0.909	1.009	0.370	0.028	
	TIME * Sexual Satisfaction	9.145	4.572	5.078	0.009	0.127	
	Residuals	63.031	0.900	-	-	-	
	Group	822.161	822.161	179.707	< .001	0.837	
	Pre-test	6.137	6.137	1.341	0.255	0.037	
	Marriage elapsed time	0.354	0.354	0.077	0.783	0.002	
	Sexual Satisfaction	0.855	0.855	0.187	0.668	0.005	
Residuals	160.126	4.575	-	-	-		
The Effect of the Moderating Variable	Within Subjects Effects	TIME * Group * Sexual Satisfaction	0.432	0.216	0.235	0.791	0.007
	Between Subjects Effects	Group * Sexual Satisfaction	0.030	0.030	0.006	0.936	1.852*10 <sup>-4</sup>



Based on the findings presented in Table 6, the P-value in the Between-Subjects Effects for the Conflict Avoider Style of Marriage variable showed significance among groups ( $p < 0.001$ ). Consequently, after controlling for the pre-test stage and adjusting for Marriage elapsed time, a noticeable variance was observed in the research groups, reflecting a significant distinction between them. Similarly, the significance in the Within Subjects Effects for the Conflict Avoider Style of Marriage variable indicated significance in the interaction

between time and groups ( $P > 0.05$ ). Furthermore, the interaction effects between time and Sexual Satisfaction also displayed significance ( $p = 0.009$ ). Given the importance of these interaction effects, the researcher delved into them further through pairwise differences tests. Moreover, the effects of the moderator variable were deemed not significant ( $P > 0.05$ ). In Table 7, the researcher analyzed the pairwise comparison between different stages of the research and groups.

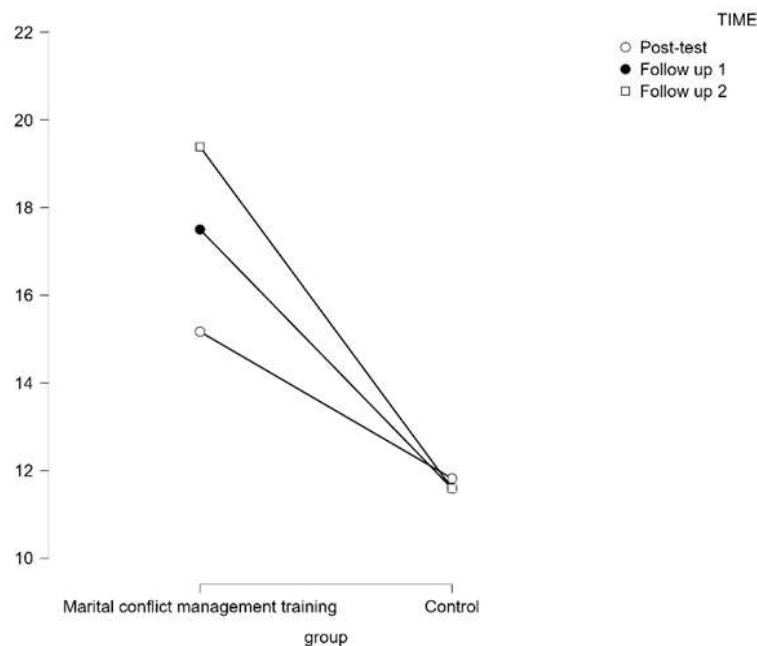


Figure 3. Pairwise analysis of the interaction effects between TIME and Groups for Conflict Avoider Style of Marriage

Table 7. Bonferroni's post hoc test

Variable	Groups	MD	SE	t	p <sub>bonf</sub>
Marital Conflict Management Training, Post-test	Control, Post-test	3.241	0.488	6.646	< .001
	Marital Conflict Management Training, Follow up 1	-2.344	0.327	-7.161	< .001
	Control, Follow up 1	3.477	0.482	7.219	< .001
	Marital Conflict Management Training, Follow up 2	-4.281	0.327	-13.07	< .001
	Control, Follow up 2	3.517	0.482	7.300	< .001
Control, Post-test	Marital Conflict Management Training, Follow up 1	-5.585	0.482	-11.59	< .001
	Control, Follow up 1	0.236	0.294	0.802	1.000
	Marital Conflict Management Training, Follow up 2	-7.522	0.482	-15.61	< .001
	Control, Follow up 2	0.275	0.294	0.935	1.000
Marital Conflict Management Training, Follow up 1	Control, Follow up 1	5.821	0.488	11.937	< .001
	Marital Conflict Management Training, Follow up 2	-1.937	0.327	-5.917	< .001
	Control, Follow up 2	5.861	0.482	12.167	< .001
Control, Follow up 1	Marital Conflict Management Training, Follow up 2	-7.758	0.482	-16.10	< .001
	Control, Follow up 2	0.039	0.294	0.133	1.000
Marital Conflict Management Training, Follow up 2	Control, Follow up 2	7.798	0.488	15.989	< .001

According to [Table 7](#) and [Figure 3](#), the Conflict Avoider Style of Marriage variable showed significant differences between the Marital conflict management training group and the Control group in the Post-test, Follow-up 1, and Follow-up 2 stages ( $P < 0.001$ ). The positive mean difference suggests that the Conflict Avoider Style of Marriage has increased in individuals over time compared to the control group, indicating the effectiveness of the Marital conflict management training method in enhancing Conflict Avoider Style of Marriage. In all stages of Post-test, Follow-up 1, and Follow-up 2, significant differences were observed ( $P < 0.001$ ) while controlling for control variables and pre-test results. The negative difference between the initial stages and follow-up stages confirms the stable and increasing effects of the Marital conflict management training method on the Conflict Avoider Style of Marriage variable over time.

## 5. Discussion

The present study aimed to investigate how providing marital conflict management training can improve the conflict avoidance style of marriage experiencing conflicts by impacting sexual dissatisfaction and marriage elapsed time. The study found that there was no significant impact on the moderating variables, and the only effective way to improve the conflict-avoider style of marriage was through consistent marital conflict management training, which led to increased conflict avoidance over time.

The results of this study, which demonstrated that marital conflict management training can lead to an increase in conflict avoidance behavior, are consistent with previous research (16, 26-28). Previous studies have shown a strong connection between effective marital conflict management and overall stability within the family unit (16). Another study found that utilizing conflict management strategies frequently is associated

with positive outcomes and reduced use of conflict and withdrawal behaviors by both spouses (26). Additionally, research has indicated that engaging in constructive conflict management techniques can enhance marital satisfaction and compatibility (27). Furthermore, a study revealed that participating in training courses focused on conflict management can enhance skills in this area, decrease marital conflicts, and improve the mental well-being of couples (28).

Describing this finding involves discussing how the way couples manage conflicts impacts not just their marital dynamics but also the structure of the entire family. Conflict management within couples can involve either constructive or destructive methods. Constructive approaches consist of acknowledging the other person's perspective, being willing to discuss the reasons for the disagreement, and attempting to find a solution. Conversely, destructive approaches involve hostility, competition, and other behaviors that can hinder constructive conflict management tactics in the long run (29). Marital conflict management training can lead to an increase in positive behaviors, such as using kind and calm language. Couples who undergo this training learn to communicate constructively with each other, address issues that affect them, and positively express their emotions. When couples interact positively, discuss problems, and actively listen to each other, they engage in constructive communication that prevents conflicts from escalating (30). Programs that provide marital conflict management training offer strategies to help them maintain healthy, fulfilling, and stable relationships while also preparing them for potential issues that may arise in the future. "These trainings aim to improve active listening skills, encourage receptivity to feedback and effective handling of anger, promote more positive interactions and reduce negative interactions, as well as fostering a preference for conflict avoidance

in the long run (26)."

In the discussion section, the limitations of the research are explained.

Although this research has important implications, it also has specific constraints that must be recognized. One limitation is the individual differences among subjects, including variances in motivation and interest in the subject matter, which could impact the research outcomes. Additionally, other limitations include the unfulfilled promises of some individuals with marital conflicts to attend meetings and adhere to meeting schedules, as well as the inability to control variables such as family support for these couples. The data collected relied on self-report measures, which may introduce biases like mood-dependent memory, memory lapse, and social desirability. Furthermore, the questionnaire included sensitive topics related to personal issues and sexual relations between couples, leading to potential conservative responses from participants. A way to reduce response bias is to use a mix of self-report surveys, observations, and interviews.

"Thus, because of the constraints, it is advised to consider using other forms of gathering data, like interviews and observations, along with surveys in upcoming research." Some participants were uncooperative due to their heavy workloads and fatigue, making it challenging to differentiate between housewives and working women. Different cultural backgrounds can lead individuals to cite varying reasons for their conflicts, and what may cause marital conflicts in one culture might be acceptable in another, underscoring the need for results to be broadly applicable across cultures. Cultures erred on the side of caution. Additionally, the limited number of available surveys was another constraint in the present study. Only the association between background variables and marital conflict was explored, prompting a recommendation for future research to delve

into the influence of relational and individual factors in couples' conflicts. It is proposed that upcoming studies investigate the relationship between variables like marriage elapsed time and sexual dissatisfaction with various family structures, such as family cohesion and the well-being of couples. Given that marital relationships are subject to change over time, research outcomes may not fully capture the evolving nature of conflicts and resolutions. "Hence, it is recommended for additional researchers to investigate this matter in future research studies. "

## 6. Conclusion

The results of the current study indicate that getting instruction on how marital conflict management training effectively increases the conflict-avoider style of marriage. It is recommended that couples experiencing marital conflicts utilize this type of training to enhance their relationships. The findings of this study have practical applications in educational settings, family counseling, and further research on marital conflicts. Therapists working with couples are encouraged to consider these research findings to help improve marital satisfaction and conflict management styles. This research emphasizes the significance of how couples address disagreements rather than the disagreements themselves, indicating that reducing disparities between partners in different areas can decrease the chances of conflicts. Therefore, marriage counselors are advised to remember this during therapy sessions.

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