

Compare the Effectiveness of Mindfulness and Schema Therapy on Anger Management, Marital Conflict and Quality of Life

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Introduction

Humans go through sensitive phases in their lives, and one of the critical and decisive phases is the issue of marriage and the formation of a common life, and more importantly, the efforts of each couple to maintain this common life so that they can reach their desired goals. Today, it is very important to expand the horizon of psychological treatments, especially to find more effective treatments. Also, comparing different treatments can be a priority among researchers to choose the most effective treatment that can be more cost-effective. Therefore, the current research seeks to investigate whether mindfulness and schema therapy have an effect on marital conflict, anger management, and quality of life. And which one has more influence on the components of marital conflict, anger management and quality of life? The aim of this study was to compare the effectiveness of mindfulness and schema therapy on anger management, marital conflict and quality of life.

Method

The method used in this study was quasi-experimental, in which the effect of two independent variables, namely schema therapy and mindfulness, on the dependent variables, namely marital conflict, anger management and quality of life, was examined. The pre-test-post-test design with the control group was used. The statistical population of this study consisted of all men and women who referred to counseling centers. To measure independent variables such as mindfulness in this study, the

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mindfulness package based on the package written by Bowen, Chaula and Marlat (2011) was used to measure anger management using the Spielberger anger control questionnaire, to measure quality of life from 36-item quality of life questionnaire (SF-36) and to measure conflict from Zakir and Barati questionnaire (2008) to analyze information from software.

Results

The results showed that both therapeutic schemas and mindfulness training increased anger management, reduced marital conflicts and increased the quality of life of the experimental group compared to the control group. In addition, the results indicated that there is no difference in the mean total score of marital conflict, anger management and quality of life between the two groups of schema therapy and mindfulness, but between the control group and the two groups of schema therapy and mindfulness in all three conflict variables. There is a significant difference between marital, anger management and quality of life ($P < 0.001$). Therefore, both types of treatment had the same effect on marital conflict, anger management and quality of life in couples with conflict.

Discussion

In comparing the effectiveness of schema therapy and mindfulness on anger management, marital conflict and quality of life in this study, it was observed that the training of both schema therapy and mindfulness groups increased anger management, reduced marital conflicts and increased quality of life in the experimental group compared to the control group was. Therefore, the training of both therapy groups is effective in increasing anger management and reducing marital conflicts, as well as increasing the quality of marital life. In addition, both types of treatment showed the same effect on marital conflict, anger management and quality of life in couples with conflict.

Keywords: anger management, marital conflict, mindfulness, quality of life, schema therapy

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