

The Effect of Training on Spirituality Therapy on Marital Infidelity of Betrayed Spouses

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Abstract : Increasing family betrayal and conflicts can be serious threats to the society and the community; and upbringing a healthy generation could be a challenging task for the society to have a peaceful and safe environment. Accordingly, the present study sought to investigate the effect of training on spirituality therapy on marital infidelity crisis of betrayed spouses in Isfahan, Iran. For this purpose, 60 participants were chosen by simple random sampling, and were placed into two groups named test (n=30) and control (n=30). Subsequently, each participant answered three questionnaires namely: Enrich Marital Satisfaction Questionnaire, Mississippi after Event Questionnaire, and The Effect of Spirituality on behavior questionnaire by Avant and his colleagues. In this study, the test group received the treatment based on spirituality for 8 sessions of one and half hour long group training. To obtain the results, the descriptive and inferential statistics were used for data analysis, and the Kolmogorov-Smirnov test was utilized to verify the normal distribution. Afterwards, the statistical results of the study showed that the group training based on spirituality therapy on reduction of marital infidelity crisis of betrayed spouses is meaningless ($P > 0.05$), and it only effected factors such as: stress, depression, spirituality, personality, financial management, religious orientation. These changes were obtained over one month investigation.

Keywords: betrayed, couples, infidelity, marital, spiritual, therapy, training

I. Introduction

In general, humans are social creatures. This feature makes them attract relationships with the environment and others. Since the ancient time this social instinct has been seen and studied in many books and articles. Perhaps somehow these close contacts provide comfort for them. It also seems that man has abundant needs, in which above all are the physical needs, then the affection; but to meet the physical needs, emotional needs are not too difficult to overcome (Ghobadian, 2000).

The family is a natural and social system with a complex structure that affection, loyalty and continuity of commitment are its most important corner stones (Goldenberg, 2000). If the intimate relationship between husband and wife are distorted, destructive and negative effects are created on mental health and well-being of the family (Momeni, Shoakazemi, 2010). In early stages of a relationship, couples are more tolerant of each other and accept each other's differences better. Many couples recognize these differences as attractive qualities in their relationships, but, after sometimes things begin to change (Christensen, & Jacobson, 2000). A family's survival is dependent upon marital satisfaction. Marriage is a process that occurs during the life of the couple and requires conformity of behaviors, recognition of personality traits, and the formation of interactive patterns. (Ahmadi, Fathi, Ashtiani, Arabnia, 2006).

Marital satisfaction is an important issue in families, and in some ways it ensures its survival and health. Winch believes that conformity between a person's marital satisfactions in marriage is the expected situation, feeling, happiness, satisfaction, and experienced joy by the couple (Soleimani, 1994).

According to Gottman in 1994, marital relationship is the core of the family system, and its disorders are serious threat to the family's survival. Satisfaction of the marriage means satisfaction of family, and family satisfaction means overall satisfaction with life. A strong predicted positive marital relationship for marital quality and negative correlation is criterion for differentiating between problematic couples. Cold, and impermeable, or ineffective relationship is an important predictor for divorce couples (Gottman, 1994).

According to Forgas (1985), when conflicts occur a lot in marriage and couples are unable to cope with it effectively, many negative consequences for physical and mental health of the family will appear. Marital conflicts are considered commonplace even in successful marriages, and an intimate relationship between husband and their children will overshadow the beneficial aspects of marriage. Intimacy is often reached

through successful resolution of marital conflicts in a manner that satisfies the whichever. So, not the conflict but how to cope with the conflict is what can be destructive or constructive (Forgas, 1985).

II. Literature Review

According to Glasser(1996), couples begin their married life with love, but observed that first intimacy gradually fade. Over time, some couples get divorced, but the majorities continue their married life with a tedious and monotonous tone, and to sustain the life, they turn to alcohol, overeating, drug use or illicit relations. The most important motive for married men and women who are drawn to the illicit relationship is personal intimacy and sexual experience; the thing which they do not have in their life, so the attractiveness of illicit relations is because none of the parties cavil, blame or nag (Glasser, 2004).

Satisfying relationships among couples through the mutual love, care for each other, acceptance and understanding with each other can be measured (Sinha&Mukerjee, 1991). Marital adjustment affects many aspects of individual and social life. Marital adjustment is the foundation of family, it makes playing the role of parents easier, extends the life of husband and wife, and increase health and economic development and satisfaction with life. On the other hand, existence of marital discord will cause difficulty in social relationships, the tendency to social deviations, and perversions of moral, and declining of social values among couples. Achieving marital adjustment requires a set of knowledge and information in order to have a successful marriage. So happiness, satisfaction and prosperity do not just happen in life, they need work and an endeavor by couples. As a result, marriage can be successful or failure (Safari, 2012).

Betrayal crisis is an issue that makes life different and stormy, and the scourge, regardless of their response to the crisis, leaves a direct impact on all aspects of individual life of the person who has been betrayed. Infidelity happens in all aspects of life and its first and greatest damage is that trust, integrity, and intelligence of the person are hurt. Betrayal crisis is a process in which the person who has been betrayed goes through several mental shocks and anger to the question of "why me"?, and after thinking for a long period of time, the acceptance is obtained. This process is hard, painful, and has a lot of ups and downs, and depends on the individual strength, physical ability, and the individual's support system. He hopes that the sense of "heart-broken" and drowning in emotional shock will mend toward finding better ways to live and deal with the negative factors of this tragedy. Parallel relations in society are like a virus that provide a deep psychological-emotional pain to the person whose wife or husband is gone, but why? No doubt, the lack of emotional intelligence, emotion management, and involvement in wrong decisions are a few examples and the results of the behavior that can be called betrayal. Betrayal crisis leaves severe emotional and psychological pain for the person who is betrayed, as well as a sense of stupidity, anger, hatred, and mistrust for a long time (Pouregbal, 2015).

A betrayal, wife or husband, is a complicated yet two-way affair. Therefore, it must be understood that both parties are involved in this matter and they should acknowledge their roles in the scenario. Emotional neglect, lack of sexual satisfaction, problems in interpersonal relationships, and other similar shortcomings are some reasons to trigger the issue. Betrayal can be emotional or sexual. Research shows that emotional betrayal for women and sexual betrayal for men are more unforgivable, and more difficult to tolerate. Usually, when marriage is faced with such betrayal, it will not have the freshness and vitality of past, unless you have a sufficient mental capacity, and know that yourself are also one of the contributing factors. When a partner betrays secrecy starts and this is the beginning of the crisis, and blaming the other side does not help the crisis (Abdolahi, 1987). Marital betrayal is one of the main reasons for divorces and breaking up the marriages (Shackelford, Besser& Goetz, 2008).

Frankel states that even a human with no religious beliefs thinks of God and Meta physical forces in critical situations unconsciously and wants help from him. Thus a religious feeling rooted in the depths of the unconscious mind of man, one of the first people who propound about this subject was, the American psychologist and philosopher William James. He says: "undoubtedly faith is the most effective treatment for anxiety." He adds: "faith is the force that must exist to help humans in life. Lack of faith is a warning that shows people's disability against the hardships of life"(Rezaee, 2013).

Frankel (1997) says: "There is an inseparable relationship between us and God, if we cast under the chieftain of God and submit to Him, we will realize all of our dreams and aspirations." And elsewhere states that: "As the rolling waves of the ocean can not disturb its deep tranquility, and confuse its security, it is worthy that the superficial and temporary changes in life, do not confuse the inner peace of man who deeply believes in God, because a real religious man, do not surrender by anxiety, and retain his balance of character, and always is ready to deal with unpleasant issues that probably may happen to him"(Franckle, 1977).

Scott and Bergin have considered the spiritual a status of life, which is sacred in order to achieve God, which leads the life, and brings order and harmony (Scott & Bergin, 2006). Psychoanalyst Carl Jung says: "Over the past thirty years, many people of different nationalities of civilized world consulted together, and I've treated and cured hundreds of patients, but among patients who are living in the second half of their life, I have not seen

even a patient who basically did not need for a religious tendency. I dare to say that each one of them were victims of mental patients because they did not have what religions made available at any time on their own, and all of one of them were completely cured only when they had returned to religion and religious views "(Jung, Carl Gustav, 1991).

III. Statement of the Problem

Family is a natural and social system with a complex structure that affection, loyalty and continuity of membership are its important features (Goldenberg, 2000). It is a common knowledge that marital satisfaction is an important issue in families, and in some ways it ensures its survival and health. This study is an attempt to offer some guidelines in solving some of the existing problems in this respect, and also seeks answers to the following questions:

IV. Research Questions

1. Does a group spiritual therapy improve marital satisfaction of betrayed spouses?
2. Does a group spiritual therapy reduce post-traumatic stress disorder (PTSD) of betrayed couples?
3. Does a group spiritual therapy enhance forgiveness and continuing marital life of betrayed couples?

V. Method

5.1 Participants

This study was conducted with 60 randomly selected betrayed spouses (men and women). The participants were selected from betrayed couples in the city of Isfahan, Iran, who were divorce cases at the city judicial/court system.

5.2 Instruments

In this study, the instrumentation of data collection consisted of Enrich Marital Satisfaction Questionnaire and Mississippi After event Questionnaire. The validities and the reliabilities of these questionnaires had been validated.

5.3 Procedures

To investigate the effects of group-training based on spirituality therapy on reduction of crisis among betrayed spouses, both groups were administered a pre-test and a post-test. The treatment for the experimental/test group was an eight sessions of Spiritual Therapy. In this study spiritual therapy is considered as an independent variable and reduction of infidelity as a dependent variable. (See table 1)

Table (1) lists of spiritual therapy sessions

sessions	The Content of meetings
Individual meetings before group therapy	Explain the teamwork process and expectations of people. Introduction of norms and rules of the group and provide scientific information.
First session	Administer pre-test, evaluate the participants, have diagnostic interviews and treatment below the norms, describing the group members' expectations of the treatment, and boosting the motivation for involvement during treatment.
Second session	Being acquainted with the concepts of spirituality treatment (Acceptance and Commitment), Perusing the seventh prayer of "Sahife Sajadiye", and its Persian translation with interpretation.
Third session	Relaxation: listening to lyrical music and words of prayer.
Fourth session	Deep breathing: Participants were instructed to close their eyes and breathe deeply and focus on inhalation and exhalation then ask themselves: "what impact will deep breathing have on their bodies"?
Fifth session	Control the speaking: the first thing that should be noted in anger is the controlling of speaking.
Sixth session	Correct attitudes: this technique focuses on changing the framework of attitudes from negative to positive side.
Seventh session	Thinking patterns of magnifying and averting a catastrophe: in this pattern of thinking, a person magnifies his/her weaknesses and failures, and he/she is not able to perceive the real significance of issues.
Eighth session	Compassion: process of eliminating the errors and its complication (holding at post-test)

VI. Results

6.1 Data Analysis

The data analysis of this study is comprehensive and through discussions of the results by the author. In marital satisfaction questionnaire, the satisfactory score was calculated by considering the total scores of each question (Table 1). In Table 2, descriptive indicators of marital satisfaction and its scales in pre-test, post-test and follow-up period are mentioned in both test and control groups. As the averages indicate, in the control group, satisfaction scores and elements of personality issues do not have clear changing in the pre-test and post-test; but, in the test group, only some of the components such as personality, financial management and religious orientation in the post-test showed significant increases from the pre-test. Satisfaction scores and its components in the follow-up period did not change from the post-test in the control group. Furthermore, in the test group, scores in the follow-up period did not change in comparison with the post-test, but the components of personality, financial management and the religious orientation have increased in comparison with the pre-test.

Table(1): Descriptive indicators related to marital satisfaction and its components in the pre-test, post-test and follow-up, in both control and test groups.

group		Lowest score	Highest score	average	The standard deviation
control	Personality issues 1	.00	15.00	6.2667	4.16830
	Personality issues 2	2.00	15.00	6.6333	4.07248
	Personality issues 3	.00	7.00	3.4000	2.14315
	marital relation 1	.00	15.00	5.4667	3.98041
	Marital relation 2	.00	14.00	6.0333	4.21396
	marital relation 3	1.00	12.00	5.7333	2.89986
	Conflict resolution 1	.00	14.00	6.2667	4.16002
	Conflict resolution 2	.00	14.00	6.3000	3.87877
	Conflict resolution 3	2.00	12.00	7.7333	2.59885
	Financial Management 1	.00	13.00	6.2000	4.31037
	Financial Management 2	1.00	14.00	6.9000	4.30997
	Financial Management 3	.00	15.00	6.1667	3.95739
	Leisure time 1	.00	15.00	5.8667	4.63669
	Leisure time 2	.00	15.00	6.3667	4.52185
	Leisure time 3	2.00	10.00	6.2000	2.21904
	Sexual relation 1	.00	13.00	5.8333	4.06060
	Sexual relation 2	.00	15.00	6.5333	3.91930
	Sexual relation 3	1.00	11.00	7.4000	2.83573
	Marriage and children 1	.00	15.00	6.6667	4.31783
	marriage and children 2	.00	15.00	7.2333	4.46197
	Marriage and children 3	2.00	16.00	9.6667	4.33378
	friends and relatives 1	.00	15.00	5.7667	3.90122
	friends and relatives 2	.00	13.00	6.0000	3.76004
	friends and relatives 3	.00	10.00	4.2000	2.74678
	religious orientation 1	1.00	16.00	6.7333	4.20946
	religious orientation 2	.00	15.00	7.1333	4.09148
	religious orientation 3	2.00	18.00	6.6667	3.67032
total satisfaction 1	16.00	130.00	55.0667	34.47331	
total satisfaction 2	18.00	119.00	59.133	33.54434	
total satisfaction 3	21.00	92.00	57.166	20.21280	
Test	Personality issues 1	.00	15.00	5.5333	4.10551
	Personality issues 2	2.00	15.00	10.833	4.37141
	Personality issues 3	.00	7.00	6.2000	1.96053
	marital relation 1	.00	14.00	5.4333	3.90122

Marital relation 2	.00	15.00	6.0000	4.35494
marital relation 3	1.00	111.00	5.3333	18.90691
Conflict resolution 1	.00	14.00	6.1000	3.97709
Conflict resolution 2	.00	14.00	6.5667	3.72025
Conflict resolution 3	5.00	12.00	7.6667	1.44636
Financial Management 1	.00	13.00	6.1667	4.27570
Financial Management 2	.00	13.00	9.2333	3.82986
Financial Management 3	3.00	15.00	10.333	3.66092
Leisure time 1	.00	15.00	5.9000	4.44390
Leisure time 2	.00	15.00	6.7667	4.50045
Leisure time 3	2.00	10.00	6.3333	1.74856
Sexual relation 1	.00	13.00	5.8333	4.06060
Sexual relation 2	1.00	13.00	6.9000	3.42758
Sexual relation 3	5.00	11.00	6.8000	1.62735
Marriage and children 1	.00	15.00	6.6333	4.13132
marriage and children 2	2.00	15.00	7.9000	3.78153
marriage and children 3	6.00	16.00	6.9000	2.60437
friends and relatives 1	.00	13.00	5.7000	3.64975
friends and relatives 2	.00	13.00	6.7667	3.90122
friends and relatives 3	.00	10.00	4.6333	2.65854
religious orientation 1	1.00	15.00	6.6000	4.09878
religious orientation 2	1.00	15.00	9.7333	3.34183
religious orientation 3	2.00	18.00	10.400	3.30725
total satisfaction 1	16.00	124.00	53.899 9	33.19917
total satisfaction 2	19.00	124.00	70.7	29.72535
total satisfaction 3	41.00	184.00	64.599 9	23.38867

Table 2: Descriptive indicators of post-traumatic stress and its components in the pre-test, post-test and follow-up in both control and test groups.

Group		Lowest score	Highest score	Average	Standard deviation
control	Intrusive memories 1	12.00	33.00	18.133 3	5.27671
	Intrusive memories 2	12.00	33.00	17.900 0	4.84483
	Intrusive memories 3	12.00	33.00	18.033 3	4.82439
	Communication problem 1	13.00	28.00	23.066 7	3.37673
	Communication problem 2	13.00	28.00	22.666 7	3.49318
	Communication problem 3	13.00	26.00	21.766 7	3.28721
	Emotional inability 1	22.00	41.00	29.400 0	4.62825
	Emotional inability 2	22.00	37.00	27.900 0	3.92472
	Emotional inability 3	19.00	37.00	27.533 3	4.04912
	Loss and depression 1	16.00	37.00	23.000 0	5.42663
	Loss and depression 2	16.00	37.00	21.966 7	4.31903
	Loss and depression 3	17.00	35.00	22.966 7	4.26278
	Total stress 1	81.00	125.00	93.900	12.13530

				0	
	Total stress 2	63.00	121.00	90.8333	10.74174
	Total stress 3	64.00	118.00	90.3000	10.71303
Test	Intrusive memories 1	12.00	33.00	18.2667	5.13227
	Intrusive memories 2	11.00	30.00	18.8333	3.93116
	Intrusive memories 3	12.00	29.00	18.0333	3.45895
	Communication problem 1	13.00	28.00	23.2000	3.87209
	Communication problem 2	12.00	24.00	22.5000	3.24569
	Communication problem 3	13.00	24.00	23.0667	3.19410
	Emotional inability 1	22.00	37.00	28.7333	3.90343
	Emotional inability 2	22.00	36.00	27.9000	3.07773
	Emotional inability 3	19.00	36.00	27.5333	4.67372
	Loss and depression 1	16.00	37.00	23.0667	4.40950
	Loss and depression 2	16.00	34.00	19.7333	3.41329
	Loss and depression 3	16.00	37.00	19.0333	4.09780
	Total stress 1	53.00	125.00	93.2667	12.56157
	Total stress 2	62.00	108.00	88.9666	11.05311
	Total stress 3	63.00	119.00	87.6666	12.91117

Table (2) shows descriptive indicators related to amount of stress on the pre-test, post-test and follow-up period, which is given in both test and control groups. As it is clear from the averages, in the control and test groups, the stress level in post-test did not change dramatically comparing with pre-test. Moreover, the stress results of follow-up period barely changed in comparison with the post-test and pre-test. Just in the test group, the score of depression component in the pre-test, reduced more than other components, in comparison to the pre-test.

Table 3: Distribution of subjects according to the frequency of stress in both control and test groups and three periods including pre-test, post-test and follow-up

group	Stress intensity	Pre-test		Post-test		Follow-up	
		frequency	percentage	Frequency	Percentage	Frequency	percentage
control	Low stress	0	0	1	3.3	1	3.3
	Moderate stress	26	86.7	27	90.0	27	90.0
	High stress	4	13.3	2	6.7	2	6.7
	total	30	100.0	30	100.0	30	100.0
Test	Low stress	1	3.3	10	33.3	16	53.3
	Moderate stress	27	90.0	19	63.3	13	43.3
	High stress	2	6.7	1	3.3	1	3.3
	total	30	100.0	30	100.0	30	100.0

According to Table (3) in the pre-test, level of stress in both groups are very similar. In the post-test, low stress of control group is (3.3%) and in test group is (33.3%). During follow-up period, low stress in control group is (3.3%) and in test group is (35.3%).

Following Table 4: Results of covariance analysis to assess the effect of group-training based on spirituality therapy, on marital satisfaction.

Source of changes	Sum squares	Level of freedom	Average squares	F statistic	Significance level	Level of influence
Personality issues 1	3.571	1	3.571	.850	.360	.015
Personality issues 2	6.254	1	6.254	1.489	.227	.026
Group	38.793	1	38.793	9.236	.004	.142
Error	235.208	56	4.200			
Total	312.933	59				
Marital relation 1	68.625	1	68.625	.370	.545	.007
Marital relation 2	191.648	1	191.648	1.034	.314	.018
Group	376.906	1	376.906	2.034	.159	.035
Error	10376.847	56	185.301			
Total	11263.933	59				
Conflict resolution 1	.783	1	.783	.176	.676	.003
Conflict resolution 2	32.269	1	32.269	7.278	.009	.115
Group	8.015	1	8.015	1.808	.184	.031
Error	248.288	56	4.434			
Total	312.600	59				
Financial management 1	37.583	1	37.583	3.084	.085	.052
Financial management 2	103.684	1	103.684	8.509	.005	.132
Group	159.692	1	159.692	13.105	.001	.190
Error	682.385	56	12.185			
Total	1103.250	59				
Leisure time 1	1.549	1	1.549	.423	.518	.007
Leisure time 2	22.631	1	22.631	6.179	.016	.099
Group	5.626	1	5.626	1.536	.220	.027
Error	205.105	56	3.663			
Total	250.733	59				

Source of changes	Sum squares	Level of freedom	Average squares	F statistic	Significance level	Level of influence
Sexual relations 1	33.209	1	33.209	6.906	.011	.110
Sexual relations 2	39.958	1	39.958	8.310	.006	.129
Group	.870	1	.870	.181	.672	.003
Error	269.280	56	4.809			
Total	396.400	59				
Marriage and children 1	89.560	1	89.560	7.372	.009	.116
Marriage and children 2	60.978	1	60.978	5.019	.029	.082
Group	.004	1	.004	.000	.986	.000
Error	680.347	56	12.149			
Total	898.183	59				
Relatives and friends 1	84.697	1	84.697	14.004	.000	.200
Relatives and friends 2	84.593	1	84.593	13.987	.000	.200
Group	6.015	1	6.015	.995	.323	.017
Error	338.695	56	6.048			
Total	600.583	59				
Religious orientation 1	28.585	1	28.585	2.644	.110	.045
Religious orientation 2	62.857	1	62.857	5.814	.019	.094
Group	121.757	1	121.757	11.263	.001	.167
Error	605.398	56	10.811			

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Total	916.933	59				
Total satisfaction 1	5241.925	1	5241.925	13.064	.001	.189
Total satisfaction 2	5194.701	1	5194.701	12.946	.001	.188
Group	3.085	1	3.085	.008	.930	.010
Error	22470.127	56	401.252			
Total	40124.850	59				

Based on the analysis of total satisfaction in the table (5) group-training based on spiritual therapy has no significant effect on enhancing the marital satisfaction of betrayed couples ($F = 0/008, P > 0/05$). The significance level of the pre- test is less than 0.05, so the pre-test has a significant effect on the satisfaction of follow-up. In this view, satisfaction of people in the follow-up period is influenced by the level of their satisfaction in the pre-test. Moreover, the significance level of the post-test is less than 0.05. Thus, the post-test has significant effect on follow-up period's satisfaction. It can be perceived that satisfaction of people in the follow-up period affected by their satisfaction in the pre-test and post-test. The significance level of the group is greater than 0.05. Thus, the average of satisfaction in the follow-up period of both control and test groups, are not significantly different, the influence level of group-training based on spirituality therapy on increasing marital satisfaction is only 1% in the follow-up period. So, based on the covariance analysis, we can conclude that group-training based on spirituality therapy has no significant effect on enhancing marital satisfaction of the betrayed couples.

Table (5): Results of covariance analysis to assess the effect of group-training based on spirituality therapy, on reducing stress

Source of changes	Sum of squares	Level of freedom	Average of squares	F statistic	Significance level	Level of influence
Intrusive memories 1	11.829	1	11.829	.750	.390	.013
Intrusive memories 2	137.227	1	137.227	8.706	.005	.135
Group	48.016	1	48.016	3.046	.086	.052
Error	882.682	56	15.762			
Total	1156.933	59				
Communication problem 1	2.739	1	2.739	.323	.572	.006
Communication problem 2	134.241	1	134.241	15.827	.000	.220
Group	20.805	1	20.805	2.453	.123	.042
Error	474.989	56	8.482			
Total	940.583	59				
Emotional inability 1	65.119	1	65.119	4.204	.045	.070
Emotional inability 2	212.489	1	212.489	13.719	.000	.197
Group	.308	1	.308	.020	.888	.000
Error	867.351	56	15.488			
Total	1348.933	59				
Loss and depression 1	.600	1	.600	.038	.846	.011
Loss and depression 2	126.409	1	126.409	8.065	.006	.126
Group	129.696	1	129.696	8.275	.006	.129
Error	877.715	56	15.673			
Total	1246.000	59				
Total stress 1	303.082	1	303.082	3.306	.044	.156
Total stress 2	2961.506	1	2961.506	32.306	.000	.366
Group	106.711	1	106.711	1.164	.285	.020
Error	5133.585	56	91.671			
Total	11828.983	59				

Based on the analysis of the stress in the table (5) group-training program on spiritual therapy has no significant effect on post-traumatic stress disorder of the betrayed couples ($F = 1/164, P > 0/05$). The significance level of the pre- test is less than 0.05, so the pre-test has a significant effect on the stress of follow-up. So stress of people in the follow-up period is influenced by the level of their stress in the pre-test. Moreover, subjects' Stress in the follow-up period is affected by levels of stress in the pre-test. The significance level of the group is more than 0.05. Thus, the stress average of control and test categories has no significant difference in the follow-up period. The last column of table (5) presents the influence level of the independent variables in group and stress

of the pre-test and post-test in the follow-up stress. Accordingly, the influence level of group-training based on spirituality therapy is only 2% on stress reduction of the follow-up period.

Based on the covariance analysis, we can conclude that group-training based on spirituality therapy has no significant effect on reducing stress disorder of the betrayed couples.

Table (6): the result of covariance analysis to assess the impact of group-training based on spirituality therapy on enhancing forgiveness and marital continuation.

Source of changes	Sum of squares	Level of freedom	Average of squares	F statistic	Significance level	Level of influence
Problems in comm. 1	2.739	1	2.739	.323	.572	.006
Problems in comm. 2	134.241	1	134.241	15.827	.000	.220
Group	20.805	1	20.805	2.453	.123	.042
Error	474.989	56	8.482			
Total	940.583	59				

Based on the analysis of table (6), group-training on spiritual therapy, has no significant effect on enhancing the level of forgiveness and marital continuation of betrayed spouses. (Statistic $F=2/453$, $P>0/05$). The significance level of pre-test is more than 0.05, thus the pre-test has no significant effect on follow-up; however, the significance level of post-test is less than 0.05, so the post-test has significant effect on follow-up. It means that subjects' scores in follow-up period are affected by their scores in the post-test. The significance level of group is more than 0.05. Therefore, the averages of forgiveness and marital continuation in both groups of control and testing follow-up period, have no significant different from each other. Thus, the effect's level of dependent variables of group, pre-test and post-test, on the follow-up period, is just 4.2 percent. By considering the covariance analysis, we can perceive that group-training based on spirituality therapy has no significant effect on enhancing forgiveness and marital continuation of betrayed couples.

VII. Conclusions

This study aimed to evaluate the effect of group training in spiritual therapy on the reduction of crisis among betrayed spouses in city of Isfahan, Iran. For this purpose, sixty betrayed spouses were taken into consideration for one month of evaluations and testing by using random sampling. The applicants were asked to answer two different questionnaires: Marital Satisfaction and Post-traumatic Stress as pre-test, post-test and follow-up. There were 16 men and 44 women.

First hypothesis: *A group training based on spiritual therapy, affects on improving marital satisfaction of betrayed spouses.*

The dependent variables, satisfaction and its components are included in the follow-up period, and pre-test and post-test satisfaction is highly correlated with follow-up satisfaction due to the uniqueness of individual characteristics. Using covariance analysis model, the effects of the pre-test and post-test adjusted, and by removing the effects of these two variables on the dependent variable, follow-up satisfaction was considered in both investigative studies. Based on the analysis of total satisfaction, group-training of spirituality therapy has no significant effect on improving marital satisfaction of betrayed spouses. ($F = 0/008$, $P> 0/05$). The significance level of pretest is less than 0.05, so the pre-test has a significant impact on follow-up satisfaction. It means that the consent of people in the follow-up period affected their satisfaction in the pre-test. As well as this, the significance level of post-test is less than 0.05, so the post-test will have significant effect on follow-up satisfaction. It can be mentioned that, the consent of subjects in the follow-up period affected their satisfaction in the pre-test and post-test. The significant level of group is greater than 0.05. Thus, the average satisfactions of control and test groups during are not significantly different in the follow-up period. The effect of group-training based on spirituality therapy, is only one percent on the marital satisfaction in follow-up period. *So by considering the covariance analysis, we can conclude that group-training of spiritual therapy had no significant effect on marital satisfaction of betrayed spouses.*

The second hypothesis: *Group training of spirituality therapy can effect on reducing post-traumatic stress disorder (PTSD) of betrayed couples.*

Dependent variables, stress and its components in the follow-up period and stress of pre-test and post-test, correlated with the amount of follow-up stress, due to the uniqueness of personal characteristics. By using analysis of covariance (ACNOVA), the effects of the pre-test and post-test were adjusted, and by removing the effects of these two variables on the dependent variable, the level of follow-up stress was considered in both investigative studies. Based on the analysis of total stress, group-training of spirituality therapy, has no significant effect on improving marital satisfaction of betrayed spouses. ($F = 1/164$, $P> 0/05$). The significance

level of pretest is less than 0.05, so the pre-test has a significant impact on follow-up stress. It means that the stress of people in the follow-up period affected their stress in the pre-test. Furthermore, the significance level of post-test is less than 0.05, so the post-test will have significant effect on follow-up stress. On the other hand, people's stress in the follow-up period was influenced by their stress in pre-test and post-test.

The significance level of the group is more than 0.05, so the average of stress in both groups: control and test, are not significantly different from each other. In the last column, the effect size of the independent variables and pre-test and post-test stress is presented in follow-up stress. Accordingly, the effect level of group-training of spirituality therapy on reducing stress of follow-up period is just 2 percent. *Therefore, based on covariance analysis, we can conclude that group-training of spirituality therapy had no significant effect on reducing stress disorder of betrayed couple.*

The third hypothesis: *Group-training of spirituality therapy influences on enhancing forgiveness and continuing marital life of betrayed couples.*

In this case, the dependent variable is the extent of problem in interpersonal communication in the follow-up period. By using analysis of covariance, the effects of the pre-test and post-test were adjusted, and by removing the effects of these two variables on the dependent variable, the problem of interpersonal communication in follow-up period was considered in both investigative studies. Based on the analysis, group-training of spirituality therapy has no significant effect on forgiveness and continuing marital life of betrayed couples (Statistic $F = 2/453$, $P > 0/05$). The significance level of the test is more than 0.05, so the pre-test has no significant effect on the follow-up. But the significance level of the post-test is less than 0.05, thus the post-test has a significant effect on the follow-up. It means that, the scores in the follow-up period, is affected by scores in post-test. The significant level of group is greater than 0.05. Therefore, the average of forgiveness and continuance of marital life, in both groups of control and test are not significantly different from each other in the follow-up period. By considering the effect of group-training based on spirituality therapy on the forgiveness and marital continuation, follow-up period is only 4.2 percent. *Thus, based on the covariance analysis, we can conclude that group-training of spirituality therapy has no significant effect on enhancing forgiveness and marital continuation of betrayed couples.*

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