



**THE RELATIONSHIP BETWEEN THE STYLE OF DECISION-MAKING AND
COGNITIVE EMOTION REGULATION WITH CLIENTS MARITAL CONFLICTS
IN SHIRAZ COUNSELING CENTERS**

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ABSTRACT

This study aims to clarify the relationship between decision making styles and cognitive emotion regulation is marital conflict. The population of the city is referred to counseling centers. In order to measure variables of marital conflicts Sanaee questionnaire and decision-making style questionnaire Scott and Bruce and cognitive Granfsky questionnaire was used. And to analyze the data descriptive statistics (mean and standard deviation) and inferential statistics, correlation and regression analysis were used. The results showed that between avoidant style and instantaneous positive and significant relationship with marital conflicts and conflicts between intuitive decision making style and there is a significant inverse relationship ($P < 0.05$), As well as the dimensions of emotion regulation is not just about the adoption of significant conflicts and conflicts in general, emotion regulation is a positive and meaningful relationship. The results of this study show that the decision-making styles and emotion regulation are both predictive of marital conflict. Avoidant style of decision-making style of decision-making and self-blame are the dimensions of emotional regulation after a significant positive predictor of marital conflicts.

Keywords: Decision-making, emotion, counseling centers

INTRODUCTION

However, marry and family life is one of the best things that can cause growth and development of abilities and as well as the various human needs is followed by mental

relaxation, although this phenomenon must always be taken into consideration, Of struggle and conflict as an integral part of the eternal marriage and marital relations is

that if couples do it well fixDevastating effects for the spouses and children in the family brings. As the conflicted phenomenon of love in the marital relationship there and it is inevitable Devastating effects for the spouses and children in the family brings. As the conflicted phenomenon of love in the marital relationship there and it is inevitable And when it comes to the actions of a person interferes with the actions of another person, as the two are close to each other, the conflict increases (Bahmani, Fallahchai, Zarei, 2011).Marital conflict is a disagreement between two spouses who reported at least by one of them. The significant impact of this issue on the performance of the spouses and to the continuous reference to the differences that do not disappear over time (Halford, 2001;, Fowers, & Olson 1992).Conflicts on mental health, physical and familial influences and research related to marital conflict, depression, eating disorders and diseases, like cancer (Mrchand and Hook, 2000) incompatibility problematic for spouses, parent-child conflict and increase the likelihood of conflict between sister and brother (Fincham, 1999), Have confirmed. Thrilling play an important role in various aspects of life such as compatibility with stressful life changes and events plays. Basically excitement can be biological

reaction to situations such as basically excitement can be biological reaction to situations such as that it is an important opportunity or challenge our assessment and the biological reactions associated with the response to that event are called peripheral. (Garnfsky, 2002).The general concept implies cognitive manipulation excitement and thrill of calling data entry.(Oksenrogros, 2005).The structure is a complex concept that a wide range of biological processes, social, behavioral and cognitive processes involved in conscious, alert Vna (Garnefski, 2001). Including emotion regulation strategies that reduce, maintain or increase their excitement (German, 2006). And the idea that emotion regulation is an inherent feature (Plitery , 2009).Cognitive emotion regulation strategies are set, the object of interest of many researchers, theorists and clinical specialists. (Gross, 2003) even remotely justifiable that a person with an opportunity to face the emotional, feel good, good enough for excitation control but needs to be in this position are the best cognitive function. The study considered the relationship between decision-making styles, and is set to thrill with marital conflicts. It may be a step towards the consolidation of family foundation and improve the quality of married life.

RESEARCH METHODOLOGY

The research method was descriptive correlational variable light during which the public decision-making, emotional adjustment and marital conflict is studied.

The population and sampling:

This study was conducted in 2014 in Shiraz that killed four areas of choice for Shiraz population of the two areas 1 and Area 2,2 Center for Education Counseling Center is

both free and cultural references randomly selected population is also referred to counseling centers, women and men 100 people were randomly selected and licensed by the Gulf Research Council questionnaire distributed at the beginning of October and December were collected.

Sample size

Table 1: The mean age of the subjects studied

Standard deviation	Average	Group	Variable
7/37	36/03	Female	Age

RESEARCH TOOLS:

In order to measure variables of this study, the 3 following questionnaires were used:

1. The general decision making style questionnaire Scott and Bruce (1995) (GDMS).
2. Granfsky Emotion Regulation Questionnaire (2001) (CERQ).
3. Inventory and Barati andSanaee marital conflicts (2000).

Statistical Analysis Methods

To analyze the data in this study spss software was used and in addition to using descriptive statistics mean and standard deviation and correlation coefficient for harmony assumptions were used multiple regression analysis.

Table 2: The reliability of public decision-making style questionnaire calculated by Scott and Bruce

Avoidant style	Instant style	Attachment style	Intuitive style	Intellectual style	Scale
%87	% 94	% 86	%84	%85	Alpha

Table3: Pearson correlation coefficient between the general style decision samples

Avoidance	Annie	Dependent	Intuitive	Rational	Decision-making styles
* % 272	-% 226	% 256	-% 31	1	Rational
-% 07	-% 333	-% 121	1		Intuitive
**% 106	% 072	1			Dependent
*% 295	1				Annie
1					Avoidance

< 0/50 ,**</01p = 55 , *n

Table 4: Mean and standard deviation of emotional regulation and scale it according to sex in subjects

Standard deviation	Average	Group	Variable
4/87	12/79	Female	Self-blame
3/77	11/58	Man	
4/48	11/36	Female	Blaming others
4/2	10/86	Man	
5/58	12/13	Female	Rumination
5/02	11/76	Man	
4/45	13/25	Female	Disastrous
3/26	12/48	Man	
5/2	19/18	Female	Positive focus

4/38	19/25	Man	Assessment
4/95	20/6	Female	
4/63	19/37	Man	Admission
2/9	12/39	Female	
10/68	14/58	Man	Total score of emotional adjustment
22/4	96/87	Female	
17/67	96/09	Man	

Table 5: Mean and standard deviation of the decision-making styles according to sex subjects

Standard deviation	Average	Group	Variable
3/3	17/18	Female	Rational
4/19	15/81	Man	
2/84	16/32	Female	Intuitive
3/98	16/88	Man	
3/15	15/37	Female	Dependent
2/84	14/74	Man	
3/79	11/93	Female	Avoidance
3/41	11/44	Man	
3/58	11/41	Female	Annie
2/58	11/39	Man	

Table6: Mean and standard deviation of marital conflict

Standard deviation	Average	Group	Variable
17/79	84/18	Female	Conflicts
13/9	81/65	Man	

Table 7: Results of the correlation coefficient between decision-making styles with marital conflicts

Conflicts	correlation coefficient	Resource change
0/29	-0/106	Rational
0/03	-0/209	Intuitive
0/250	0/116	Dependent
0/0001	0/35	Avoidance
0/01	0/23	Annie

The second research hypothesis: there is a significant relationship between emotion regulation and marital conflicts.

Table 8: Results of the correlation coefficient between emotion regulations with marital conflicts

significance level	correlation coefficient	Resource change
0/0001	0/41	Set thrill with marital conflicts

The second research hypothesis: there is a significant relationship between the dimensions of emotion regulation and marital conflicts.

Table 9: Results of correlation between the dimensions of emotion regulation of marital conflict

significance level	correlation coefficient	Resource change
0/0001	0/669	Self-blame
0/0001	0/649	Blaming others
0/0001	0/675	Champ
0/0001	0/650	Disastrous
0/0001	0/348	Centralization
0/0001	0/410	Assessment
0/129	0/152	Admission
0/0001	0/412	Conflicts

CONCLUSIONS:**Hypothesis 1:**

The style of decision-making and there is a significant relationship between marital conflict.

As correlation coefficient between decisions making styles with marital conflicts show the desired style, and avoidant style of decision-making immediate and significant positive correlation with marital conflicts. It concludes with Hadi Zadeh Moghaddam et al. (2011), Salham (2008) Scott and Bros (1997), (fellop et al., 2006) Robbins, Stephen P., (2006), Robbins, Stephen P., (2006), partly aligned.

In order to explain this assumption should be psychological theory of decision-making, the prerequisite for any kind of perception, attention. Recognition is also based on the amount of care and attention that a person has cognitive environment, Acquired (Groundi, 1991), citing the destruction wreaked Porzaman Daghani, 2007) on this basis, we can conclude what is important in evaluating the information received, the amount of time that can be devoted and finally understand the issue. This causes a person to act selectively on the theory of features considering the amount of attention to analyzing the conditions are not necessarily fixed but may be affected by factors or variables over

time. And the since the decision of an internal nature the results obtained from this study proves is that people who are impulsive decision-making style People who live in stressful situations than a real-time, react And accuracy in decision-making will be less so because they are not able to analyze the current situation and less attention The results obtained from this study proves is that people who have decision-making style than are people who live in stressful situations than a real-time, react and accuracy in the decision as a result of making less because they are not able to analyze the current situation and less attention to interpersonal conflict in the face of the Gradnd Spayder, Salder Smith (2005), And also that people with avoidant style in dealing with issues as far as possible any action and reaction and action to solve problems, to postpone And the necessary conditions to avoid any decision resulting in the escape of the decision fail in solving daily problems that could be involved in a conflict. Parker (2007). But the relation of intuitive decision-making style was a significant negative correlation with marital conflicts and it means that people who are intuitive decision-making style, Relying on intuition and acumen because the inner light of the experiences of the past and face life issues In this study, the scale of the decision was not rational

and meaningful relationships. Therefore, based on the results of the hypothesis was confirmed, and the other was not approved.

Hypothesis 2:

There is a significant relationship between emotion regulation and marital conflicts.

The research findings show that, between the emotion regulations of marital conflicts with a correlation coefficient of 41% and there is a significant positive relationship. But the scale of scale acceptance of marital conflict is not significant.

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