

University of Tehran  
Faculty of Psychology and Education Science

Title:  
**The Effectiveness of Problem Solving Training  
On Marital Intimacy**

By:  
**Maryam Zarepour**

Under Supervision of  
**khodayari Fard, Mohammad (Ph.D)**

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## **Abstract**

*All couples who live together face conflicts and problems. It is inevitable. The disability to resolve these problems efficiently and the use of destructive problem-solving styles are an obstacle for intimate relationships. Problem-solving is necessary for improving the couple's marital intimacy. Using this method for training young couples can help reduce their problems and produce appropriate communication. The purpose of this study was to examine the effectiveness of problem-solving training on marital intimacy between married students at the University of Tehran in 2010. The research procedure was experimental with pre-test and post-test design and control group. The sample included 16 couples (32 subjects) that were selected goal-orientedly. They were placed randomly in experimental (8 couples) and control (8 couples) groups. The problem-solving skill was the independent variable and marital intimacy was the dependent variable. The experimental group was exposed to problem-solving training for six sessions. Measurement tools consisted of Intimacy Scale and Intimacy Needs Questionnaire. The findings were analysed with covariate. The results showed that problem-solving skill increased intimacy rate; psychological, intellectual and physical intimacy.*

**Keywords:** *Problem Solving, Marital Intimacy (Emotional, Psychological, Intellectual, Physical, Sexual, Spiritual, Esthetic, Social-Recreational)*