

EXAMINING EFFECTIVENESS OF TRAINING TO ADOPTIVE PARENTING STYLES ON STEPMOTHERS AND THEIR MARITAL SATISFACTION: A MANAGEMENT PERSPECTIVE

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Abstract

This study examined the effectiveness of training to adoptive parenting styles on stepmothers and their marital satisfaction. Research method is quasi-experimental. The study population included all 30 stepmothers who consulted with Isfahan Welfare in 2012-13. Marital Satisfaction Questionnaire was used to collect the data. Data analysis using frequency, mean, standard deviation and variance and inferential, analysis of covariance, were performed. Results showed that after stepmother's adoptive parenting practices training, marital satisfaction also increased. Also, analysis of the data showed that the post - training parenting practices for stepmothers significantly increased marital satisfaction.

Keywords: Stepmother, Adoption, Parenting, Marital satisfaction, Training, Management

INTRODUCTION

Throughout live, the promotion of children's mental health is important. An everyday pressure on families, implementing positive parenting style has been a big challenge for parents. Improving social skills in children with an opportunity to talk with them, not transferring stress from work to home and family, supporting radical and constructive criticism, are all issues that need discussion in parenting (Erfani 2013). Childhood is the most important stage in a person's life that his characteristic will form base on it. Most conflicts and behavioral problems in adolescence and adulthood are due to the neglect of emotional and behavioral problems in childhood and lack of proper guidance through development and growth process. Based on this

fact, recently an increasing attention has been paid to the prevention and treatment of childhood disorders (Cartwright-Hatton 2005).

A considerable number of childless couples who are planning a adoption; anticipated that they will face many difficulties in child upbringing. This may unconsciously affect their marital satisfaction. Further, in this process, there is a less attention on stepmother's health and marital satisfaction. Hence, it is necessary to do some research in this area. This research aims to determine the effectiveness of training on adoptive parenting style for stepmothers on increasing their marital satisfaction.

Marital Satisfaction

Marital satisfaction is a positive attitude and enjoyment that couple have from different aspects of the marital relationship (Holist et al. 2005). Encyclopedia of Philosophy and Psychology defined satisfying as "pleasure derived from the consciousness in a comfortable status". It is created between individuals from social interactions and emotional expressions. In other words, satisfaction is the balance between pleasant emotions and mental states of the individuals (Abedini. 2012). Marital satisfactions are inevitable for marital life and enjoy being together (Noorkhani 1998).

Research shows that marital satisfaction decreases during the first years of marriage because couples need to be consistent with the new requirements that force them to agreement about responsibilities and also they face the realities of marital life (Amato, Johnson, Booth & Rogers 2003). It also reduces marital satisfaction when couples lose the positive attitude toward marriage under parenting training pressures (Lorenz et al. 2008).

Factors Influencing Marital Satisfaction

Effective communication for marital satisfaction is must, which widely depends on couple's willingness and ability to communicate with each other (Noller et al. 2002). Research shows that the dynamics of a relationship bring sense of security for people in a close relationship (Stanley& colleagues 2002, quoted from Keikhosravi 2012).

Expression of love is an important factor to distinguish between happy and unhappy couples because these factors will help to increase the intimacy between them (Kathryn & Timmerman 2003). Expression of love requires meaningful activity and couples who can express their love are more likely to experience greater satisfaction in their relationship (Sanderson & Evans 2001).

According to Mccarthy (2000), satisfying sex life includes 15 to 20 percent of marital satisfaction. On the other hand, sexual dysfunction has a negative relationship with quality of life

(Lorman et al, 1999). So there are differences in sexual intimacy between couples who are satisfied with the marriage and couples who are dissatisfied (Olson, 2000).

Doing things together is another important component of marital satisfaction. Putman (1990) reported that being with each other is an important factor in spouses' marital satisfaction. (Sanderson et al 2001), For example, couples who participate in common activities to those couples who do not, have a sense of satisfaction (Baldwin, et al 1999). This indicates that common activity raises quality of marital life (Aaron et al 2002). Spending time together even without verbal communication can lead to marital intimacy (Marston et al, 1998).

If the couples are not completely separated from their parents, there is likelihood to have problem in their marriage. Some parents do not like to separate from their children and prefer to live beside them but they do not consider that this may be causing problems in the lives of their children. Several studies have shown that interfere of couple's family members can reduce satisfaction of marital life (Roberts. 2000).

Values and beliefs influence the couple's compatibility and satisfaction. Burleson (1997) in an article of marriage and faith stated that marriage between a man and woman of different faiths can lead to variety of personal and family problems. According to previous research, religious nature influenced conflicts and marital satisfaction.

Role of Training

One of the largest studies by Zurich (2001) was conducted on 718 parents of preschool students and was followed up for 2 years. The results showed that taking part at the "Positive Parenting Program" has been significant changes in behavior disorders of children and parents when compared to the control group. He also concluded that due to training, depression, anxiety and stress, and parental – children conflicts are reduced and increased marital satisfaction is observed post training by 89 percent (quoted from Sanders 2005).

Ambert (1999) in a research showed that hiding problems between children and their foster parents and denying emerge stress cause serious problems in their relationships and behavior. Irun studied the adopted child of divorced women and showed that stress, pain and frustration is more pronounced (quoted from Walsh 2001).

The research hypothesis: Training on adopting parenting practices for stepmothers will increase their marital satisfaction.

METHODOLOGY

Population

Study included all foster mothers who went to Isfahan Welfare for adopting a child in 2012-13.

Sampling

Participants in this study consisted of 30 foster mothers referred to Isfahan Welfare for adopting a child in school year 2012-13. In this study a random sampling was selected.

Data Collection Tool

Tool for data collection was Enrich marital Satisfaction Inventory. This scale was created in 1989 by Olson and consists of 47 self-report articles. Each option includes a 5-grade scale that ranged from 1 to 5. High score shows greater marital satisfaction.

Investigation Procedure

In this study a quasi-experimental investigation procedure was used which included pre-test, post-test with a control group. Random sampling has been conducted. At first authors visited Isfahan Welfare and got permission of the organization for study. At the branch of the family division in Ahmadabad, 30 stepmothers were randomly selected. 15 of them were selected in the control group and the other 15 were selected in experimental group. Then in both groups, marital satisfaction questionnaires were distributed. Control group received no training.

ANALYSIS & FINDINGS

Table 1 shows the mean and standard deviation scores of marital satisfaction in experimental and control groups at pre-test and post-test.

Table 1: Descriptive Statistics

Statically indicators	stage	Mean	Standard deviation	min	max
Experimental	Pre-test	53.07	14.12	33	79
Experimental	Post-test	60.87	14.86	18	80
evidence	Pre-test	42.53	13.82	25	68
evidence	Post-test	42.93	13.93	20	70

Inference findings

It was used for analyzing the data obtained from analysis of covariance with pre-test control. For using analysis of covariance we must prove two assumptions of data normality and

homogeneity of variances. In order to prove normality of data Kolmogorov-Smirnov test (Table 2) has been used and for homogeneity of variances Levine test has been used.

Table 2: Results of Kolmogorov-Smirnov

Variable	Mean	SD	k-s-z	Significance level
Marital satisfaction	47.8	14.74	0.96	0.31

Kolmogorov-Smirnov statistic shows that $\alpha=0.05$ is not significant, so this assumption of normality is accepted. Further, in Levine's test higher than 0.05 was used to check the assumption of equal variances. Usual assumption of equal variances is confirmed.

Table 3 presents the results of one-way analysis of covariance comparing post-test scores of marital satisfaction in experimental and control groups with pre-test control

Table 3: Results of one-way analysis of covariance

Resource Changes	Total Squares	degrees of freedom	Average Squares	F	significant level	Eta squared	Power Statistical
Pre-test	4501.83	1	4501.83	93.01	0.001	0.77	1
Group	456.94	1	456.94	9.44	0.005	0.25	0.84
Error	1306.82	27	48.4				

Observed at level $\alpha < 0.05$ shows significant difference between control groups and evidence in post-test's mean. So we can conclude that training to adoptive parenting style will increase marital satisfaction therefore the hypothesis set forth is accepted.

DISCUSSION AND CONCLUSIONS

We can conclude that training of adoptive parenting style for stepmother will increase marital satisfaction. In several studies, training on adoptive parenting style causes a significant reduction of depression, anxiety and stress. In this research mean scores about marital satisfaction at pre-test was 53.07 and at post-test was 60.87. The significance level of the hypothesis in the previous chapter was confirmed, hence it can be concluded that after training in the field of children rearing couples marital satisfaction has increased.

Reason may be that parenting styles training for stepmothers and knowing child rearing practices caused to stepmothers transfer this information to their husbands, so marital satisfaction between spouses has been created. During the training sessions stepmothers stated that the issues between themselves and their husbands is solved and spouse does not have any problem to make a difference in this regard and they were very pleased. Thus establishing the validity of findings

Considering increased marital satisfaction in stepmothers, we can use this training program as a supplement to improve the lives of couples in counseling and educational center through adoptive parenting practices.

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