

## Iranian Women Challenges In Childless Couple stage: A Qualitative Study

### Abstract

The childless couple stage is one of the most significant points of marriage. This stage depends on the compatibility of the couple, as well as new responsibilities that must be taken. In some cases, the challenges the women face in this stage may lead to marital frustration, an extramarital relationship, and even divorce among Iranian couples. Therefore, this study aimed to investigate women's challenges during the childless couple stage. The study adopted a qualitative research design. A convenience sample of married women in their first five years of marriage, parents, and family counselors, provided the data through interviews. These interviews were digitally-recorded and transcribed. After analyzing the data using grounded theory, 13 categories and 3 themes were obtained, including Family-related issues, marriage-related issues, and social-related issues. The Iranian women participating in this study indicated that sexuality, lack of marital skills, and their husband's extended family as their most significant challenges. This study has some implications for practitioners and researchers.

**Keywords:** Iranian women, childless couple stage, qualitative study, sexuality, marital skills.

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### Introduction

Marriage is a unique relationship between two specific people. This relationship is different from any other interpersonal relationship. It is only within marriage that any kind of sexual expression is normalized and sexual love can actualize its true purpose (1). Marriage leads to changes in the lives of the couples and their social status(2). Scarf (3) believes that love before marriage is based on physical attraction, intimacy, and enthusiasm, but love after marriage is determined by the sense of affection and fidelity. In addition, it is not uncommon for couples to experience less affection and enthusiasm after marriage. Knobloch-Fedders and Knudson (4) discovered that when the marital ideals of couples over the first five years of marriage were investigated they are qualitatively different from those in the dating stage of relationships. They reported the couples' primary marital ideals were intimate and traditional, while these ideas were practical over time. The early years of marriage are an ideal time to study the direction of the relationship between marital satisfaction and observed communication associations because they are a period of significant risk and change for many couples(5).

In this regard, Aghajanian and Thompson (6) suggest that the marital relationship within Iranian couples contains developmental stages usually starting with enthusiasm and high expectations. Iranian couples usually start their marital life without any formal education, and therefore, undergo many stresses, such as marital dissatisfaction, tension, and conflicts. Aghajanian and Thompson(6), believe that these problems could be traced back to a lack of skills.

The first two years of marriage are a crucial period for Iranian couples. Couples develop arrangements in the initial period of their marriage that determine how the marriage will play itself out for the years to come (7). These arrangements are based on

a realistic assessment of the strength and weaknesses of the couples, their behaviors, as well as their personality traits (8). To maintain a stable lifestyle, couples have to undergo a few adjustments, including the transition from romantic love into realistic life, maintaining boundaries, developing rules, and the determination of a balance between individual and marital roles and responsibilities (9). The initial five years of marriage are of utmost importance to the family system. According to official statistics, 30 percent of divorces happen during the first year of marriage (10).

In a study investigating the predictor of divorce in Iranian families, Sabour Esmaeili and Schoebi (11) reported the main reasons for divorce to include psychological needs, social and cultural factors, sexual problems, economic hardship, and violence. It is also suggested by Barikani and Ebrahim (12) that socioeconomic changes related to modernization and urbanization, women's empowerment, and the decreasing stigma of divorce are among the most important reasons for the increase in the rates of divorce in Iranian couples. These causes overlapped with previous studies that listed cultural differences, drug abuse, insufficient understanding of each other, second marriage, interference of the spouse's family, age differences, loveless marriage, reduced sexual desire, and sexually transmitted disease as the important causes of divorce (13).

Every individual acquires a specific set of behaviors, expectations, and lifestyles through a defined process within their original family. In marriage, the couples must find a new pattern of interaction (14, 15). One of the reasons that the initial five years of marriage are crucial to the stability of the marriage is that this period is the time of adjustment to the new life.

During the first five years of marriage, couples deal with many problems, many of which are quite different from those

reported by researchers in other societies and cultures. Therefore, the purpose of this study is to investigate the Challenges of Iranian Women during their first years of marriage.

### **Method**

To investigate women's common challenges in the childless couple stage, a qualitative method was employed in this study. Qualitative research is concerned with the data which represent and analyze the facts in verbal or visual forms. For this purpose, grounded theory was used. The grounded theory is a qualitative research method in which a theory is developed through a set of data so as this theory explains a process, an act, or an interaction to a large extent (16). In this study, women's problems in the childless couple stage their perspective, their parents, and family counseling experts were collected via semi-structured interviews. Following open, axial, and selective coding three cores were obtained.

### **Participants**

The interview is the most common form of data collection in qualitative research methods and can be adapted to a variety of research situations(17). In this study, the convenience sampling method was utilized, whereby participants are selected most conveniently and are often allowed to choose or volunteer in the study (18).

Interviews reached the saturation point with 15 women, 10 parents, and 10 experts. The demographic characteristics of the participants in the qualitative stage are as follows. In the group of women, 33% were 20-25 years old, 47% were 26-30 years old, and 20% were 30-35 years old. 53% of women were employed while 47% were housewives. 53% of women were undergraduates while 47% had master's degrees. In the parents' group, 100% of mothers participated in interviews. 30% of mothers were employed while 70% were housewives. The education level of 40% of mothers was less than a high school diploma whereas 60% of mothers had a high school diploma and higher education. In the group of experts, 80% were female and 20% were male. 40% of experts had undergraduate and 60% had postgraduate education. 30% of experts had less than 5 years of experience providing consulting services, whereas 70% were experienced in this field for 5 years or so.

### **Procedure**

In this study, semi-structured interviews were used. These interviews were started using a qualitative approach with a broad and general question "What are the most important problems in the childless couple stage" and then followed by

exploratory questions and questions to encourage a deeper understanding of the research question. In this type of interview, while the interviewers control the process of data collection from the interviewee, they are free to follow new routes that arise from the interviewee's responses(19). The interview time was about 60 minutes for each participant. All the interviews were digitally recorded and they were immediately transcribed. Before the interviews, permission to record the participant's answers and their consent to participate in the study was obtained. Some explanations were also provided in terms of the objectives of the study, the reasons for the recording, and ensuring the observance of data confidentiality and the identity of the individuals. The interview process continued until data saturation (20).

### **Data Analysis**

Data analysis was conducted through a systematic method and at the same time as data collection. In this method, the qualitative data obtained from the interviews were manually coded via coding in three stages open, axial (two-stage), and selective coding, and then analyzed. In open coding, a researcher transcribes the interviews and provides the concepts through detailed information. In this study, the second-type open coding was used in which the sentences or paragraphs were coded, the important ideas in each sentence or paragraph were identified, and proper names were applied(16).

In axial coding, the data dissected in the open coding are linked in a new way by re-establishing the relationship between the categories and sub-categories. Axial coding is based on specifying a category and considering the circumstances leading to its creation or the context in which the category is located (16). In the selective coding stage (optional), researchers develop a theory about the relationship between the categories obtained in the model's axial coding. At this stage, the theory is almost as strong as possible and a researcher has achieved a few categories after doing some theoretical reform. The categories are used to theoretically reach saturation; each one is reasonably placed together based on open and axial coding. Finally, a researcher focuses on selecting the core categories.

### **Findings**

As it was stated, the main question addressed in this study was "What are the most important problems among women in the childless couple stage from the perspective of the women themselves, parents, and experts in the city of Isfahan?|" According to the coding results, the semi-structured interviews of the three groups of women, parents, and experts were presented in Table 1.

**Table 1- Core categories of coding women's problems from semi-structured interviews with women, parents, and experts**

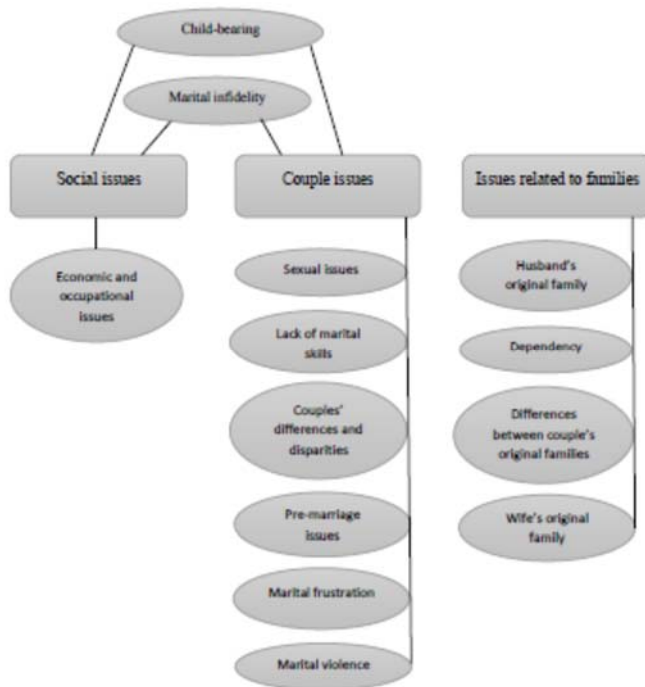
| Second Axial Coding                  | First Axial Coding  |
|--------------------------------------|---|
| Sexual issues                        | characteristics of conventional sexual relationships  |
|                                      | importance of sex   |
|                                      | husband's indifference to his wife's sexual needs   |
|                                      | lack of sexual relationship skills  |
|                                      | husband's unconventional sexual expectations  |
|                                      | wife's sexual dissatisfaction   |
|                                      | rejection of husband's sex demands  |
|                                      | sexual disorders  |
| Lack of marital skills               | love and spouse's love absorption skills  |
|                                      | communication skills  |
|                                      | conflict resolution skills  |
|                                      | problem-solving skills  |
|                                      | marriage diversification skills   |
|                                      | housekeeping management skills  |
| Husband's original family            | interference by the husband's original family   |
|                                      | husband's extreme love for his original family  |
|                                      | husband's inappropriate behavior with his wife in the presence of his original family       |
|                                      | lack of support for the couple from the husband's original family                           |
|                                      | disregard from husband's original family  |
|                                      | wife's inappropriate relationships with the family members of her husband's original family |
|                                      | improper conduct of husband's original family members                                       |
|                                      | husband's unusual behavior with his original family   |
| Couples' differences and disparities | couple's personality differences  |
|                                      | annoying habits and traits  |
|                                      | husband's clinical and mental disorders   |
|                                      | couple's differences in religion and values   |
|                                      | couple's political discrepancies  |
|                                      | couple's cultural differences   |
| Economic and occupational issues     | providing housing   |
|                                      | husband's insufficient income   |
|                                      | husband's economic expectations toward others   |
|                                      | husband's financial dependence on his wife's income   |
|                                      | lack of job stability   |
|                                      | husband's inability to meet his wife's financial expectations                               |
| Dependency                           | husband's dependence on his original family   |
|                                      | original family's dependence on a husband   |
|                                      | interdependence between the husband and his original family                                 |
| Pre-marriage issues                  | continuing pre-marriage relationships   |
|                                      | changing mental image of prosperity into reality  |
|                                      | harassment from those who have already been in a relationship                               |

|   |   |
|---|---|
|   | discussing pre-marital relationships with husband   |
| Differences in couples' original families | differences in original families' customs   |
|   | differences in main families' moral characteristics                                       |
|   | cultural differences of the original families   |
| Wife's original family                    | interferences from the wife's original family   |
|   | husband's unwillingness to have relationships with his wife's original family             |
|   | inappropriate behavior from the wife's original family with their son-in-law              |
| Child-bearing                             | The right time for child-bearing  |
|   | child's role in strengthening relationships between the couple                            |
|   | child's role in reducing husband's moral and behavioral defects                           |
| Marital frustration                       | lack of love and interest between couples   |
|   | change in the husband's behavior compared with the time of signing the marriage agreement |
|   | frigidity in couple's relationships due to media damage (satellite)                       |
|   | impact of social networks in reducing the quality of relationships between spouses        |
| Marital infidelity                        | possibility of husband's infidelity   |
|   | suspicion about husband's infidelity  |
|   | husband's infidelity  |
|   | husband's virtual infidelity  |
|   | husband's suspicion about his wife's infidelity   |
| Marital violence                          | wife's infidelity   |
|   | physical violence   |
|   | emotional and verbal violence   |

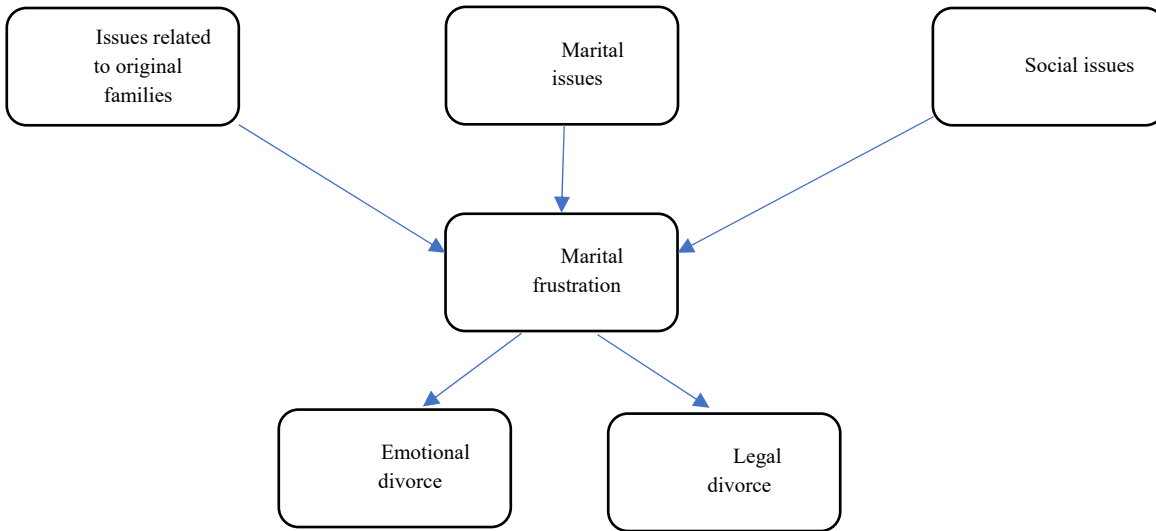
After examining the 13 categories obtained, they were classified into three core categories, namely couples' issues, issues related to families, and social issues. The core category of couples' issues included sub-categories of sexual issues, lack of marital skills, differences and disparities between the couple, pre-marriage issues, marital frustration, and marital violence. The core category of issues related to families was composed of sub-categories of husband's original family, dependency, and major differences between the wife's(husband) family and her (wife's) original family. The core category of social issues involved sub-categories of economic and occupational issues. Among these three core categories, the most abundant concepts in terms of the frequency raised by the respondents were associated with a couple of issues. However, the two categories of child-bearing and marital infidelity were substitutable between marital issues and social issues and shared between both groups. The final grounded model obtained for women's problems and the grounded relationship pattern in terms of women's problems

during a childless couple stage is shown in Figures 2 and 3, respectively.

**Figure (1)** The grounded model of women’s problems during a childless couple stage



**Figure 2-1.** The grounded pattern of women’s problems based on marital frustration



**Figure 2-2.** The grounded pattern of women’s problems based on marital frustration



**Discussion**

**Categories**

As demonstrated in the previous section, data analysis using grounded theory showed that 13 categories and three themes were obtained regarding the challenges of women in their primary five years of marriage. The themes include Family-

related issues, marriage-related issues, and social-related issues. Based on the interviews with women, their parents, and family counseling experts, the most prominent challenge expressed by women was sexuality. Studies report that marital satisfaction is dependent upon certain other areas of marital relationship such as sexual satisfaction, which is a key component of a woman’s marital satisfaction. Sexual satisfaction is the main factor in one’s marital satisfaction and

satisfaction with life. Lack of sexual satisfaction has been shown to lower marital and life satisfaction in women (21). In the Iranian family, it is not easy to talk about sex and sexual relationship, therefore, parents usually do not educate their children about sexual relationships. In addition, Iranian culture, which is influenced by Islamic beliefs, is not in favor of openness about sex between family members.

Sex is a physical, psychological, and interpersonal event. The treatment of sexual problems should take account of all three aspects. Couple relationship problems that can affect sexual interaction include pervasive hostility, poor communication, lack of trust, and disparate levels of sexual desire. The most common pattern, especially in younger heterosexual couples, is for the male partner to be keener on sex, while the female partner accepts it more or less readily, depending on the stage of her menstrual cycle, her feelings about her partner, and her state of tiredness or anxiety (22).

Lacking sufficient ability to create orgasm for themselves or their spouse is one of the most important problems mentioned by couples that the beginning of their marriage. This finding is consistent with [Kaighobadi, Shackelford \(23\)](#), [Lykins, Janssen \(24\)](#), and [Hatfield, Pillemer \(25\)](#).

Apart from possible physiological and psychological reasons, most of these problems are caused by a lack of sexual education among Iranian newlywed couples. It has been established that having enough knowledge about sexual relationships affects their marital quality (26).

[Oakley \(27\)](#) suggests that sex has a different meaning for men and women in their lives. For men, sexual relationship is not only an essential factor to consider when getting married, but also is an important issue that determines their marital satisfaction. Unlike men, emotional factors are the key element in marital satisfaction among women. Therefore, lack of sexual relationship is interpreted as a sign of lack of intimacy, no matter what the reason for lack of sexual relationship might be. Surprisingly enough, none of the parents in this study did mention sexuality as a perceived problem for their daughters. We think this is mainly because of the taboo nature of the sexual relationship that makes it difficult to comment on it, especially when talking about your daughter. On the other hand, mothers could be the best source of sexual education for their daughters and it is needed to empower mothers to provide education to their daughters (28).

As sex is one of the determinants of marital satisfaction (29, 30). [McNulty and Wenner \(31\)](#) suggest that higher levels of marital satisfaction predicted more positive changes in sexual satisfaction and higher levels of sexual satisfaction predict more positive changes in marital satisfaction. In addition, a partner's sexual satisfaction and frequency of sex are positively associated with one another.

Women also reported another challenge they were facing during their initial years of marriage was not having enough marital skills, such as conflict resolution. Describing the importance of conflict resolution, [Gottman \(32\)](#) focuses on the essential importance of the first few minutes in determining conflict resolution in newlywed couples. The divorced couples in their study had more negative interactions compared to couples with stable marriages. In addition, other researchers, such as [Ajeli Lahiji and Behzadi Pour \(33\)](#) demonstrated the effect of providing problem-solving training on conflict resolution in Iranian newlywed couples.

Almost all participating women mentioned how their husbands' extended and original family influenced their life. In Iran, it is assumed more support and help could help newlywed couples' lives? Many modern couples interpret this traditional notion of help as interference in their personal lives (34). This difference between the ideas of parents and their children usually leads to many problems among families.

While Iranian families are composed of distinctive sub-categories including husband and wife, parents, and children, as a whole it is also considered as a sub-category of larger units, the extended family, neighborhood, and society. Communications or interactions within these sub-systems might lead to many conflicts. The clear boundaries between the sub-systems of the family maintain the privacy of the individuals as well as acknowledge their sense of belonging to the entire family system (35).

Ideally, the clarity of the boundaries improves the well-being of the entire family by providing support and easy access to communication and agreement between the sub-systems in times of crisis. In addition, it encourages independence and freedom of the experience by the members of each of the sub-systems. Family members do not sacrifice autonomy; in the meantime, these boundaries are flexible enough in that family love, support, and participation are available to every member of the family to some extent. When a family attempts to make structural changes to adapt to the changing conditions of life over time, the benefits of clear boundaries are evident (35). In healthy functioning families, clear boundaries provide a sense of individuality with the feeling of being in a group, i.e. each member will maintain their individuality, but not at the expense of losing a sense of belonging to the family (36).

The marriage of the son is accompanied by his detachment from the family of origin. Many families stated that the daughter-in-law is to be blamed for his detachment. This misconception about family interaction is the result of conflicts between sub-systems (37) and might be the reason for the maltreatment of the daughter-in-law. This should be noted that not paying attention to parents in a traditional society like Iran might be the reason for the guilty feeling.

In some cases, at the beginning of the marriage, women do not have a well-established definition of how to communicate with the original family of their husband and this goes back to a lack of communication and conflict resolution skills. At the beginning of the marriage, women notice how different they are from their husband and his family. Not knowing what to do, they usually use malfunctioned strategies such as violence or avoidance to resolve their conflicts. These patterns have long-term damage to their relationships (38).

On the other hand, Individual differences are an undeniable principle that is essential to society and nature. Following this natural principle between the couple, there is a difference in various fields including personality traits. While couples cannot or do not want to accept these differences and get along with each other's personality differences and try to change these features in their spouses, there will be conflicts and differences (37).

In a study by [Shackelford and Besser \(39\)](#), the researchers concluded that personality traits such as neuroticism, agreeableness, conscientiousness, empiricism, expressiveness, kindness, and other characteristics have relatively stable effects on marital relationships.

In addition, [Fisher and McNulty \(40\)](#) studied the relationships between neuroticism and marital satisfaction. The results of this study showed that there is a strong correlation between neuroticism and lack of marital satisfaction.

It has also been demonstrated that economic and occupational issues predict the amount of challenges couples might have during the marriage. The economic decline during the last decade has placed significant pressures on many families in terms of financial distress, reduced employment opportunities, and fewer resources to help family members pursue their educational goals(41). Low income or material hardship is associated with a serious threat to marital quality and stability(42).

The inability of men to buy a house and the obligations of the newlywed couple to bear the burden of paying rent for a house is one of the inflicting problems on many Iranian families. However, many young couples are forced to live at their parents-in-law's houses, which in turn sets the stage for problems caused by economic dependence on parents.

In addition to the concept of housing, lack of job stability for men in the present society and the likelihood of periods of unemployment for the husband as well as a lack of sufficient income and the husband's inability to meet the financial expectations of women within the limits of her original family leads to marital conflict and dissatisfaction. Job-related stress and inappropriateness of working conditions, as well as the obligations for working on the second and third shifts for men,

play an important role in their level of burnout and mental disorder.

It has been also demonstrated that issues before marriage are also another determinant for challenges in a couple's lives.

Factors such as lack of sufficient knowledge by couples towards each other, marriage based on false love, doubt about the correct spouse selection after marriage, and continuing pre-marriage relationships. In Iranian society, many marriages take place without knowledge in a completely traditional way (43). Some couples get married because of their optimism about the future and early and inappropriate confidence in the opposite sex. They usually ignore any inquiry to learn more about their future partner. In Addition, in marriages that take place based on false love and infatuation; at the beginning of this mania, even offensive behaviors have positive justifications. In such circumstances, one loses their ability to analyze, or they can be extremely weak (43).

The next category that has been problematic in a woman's life during this stage is the differences between the couple's original families. Women entering married life are involved in many questions to adapt themselves to the different customs of their husband's original family and sometimes these discrepancies lead to resentment and annoyance between the husband's original family and the new member(44). This comes back to the insufficient inquiry in the pre-marriage stage. Checking out the cultural and moral differences among families is an issue that should be performed by parents and during the match-making course, while these investigations are not enough, and after marriage and at some points in particular occasions create conflicts between families and consequently between couples. If there are differences between families, the best strategy is to manage these differences by the couple themselves and inform the partners about the different customs of the original family.

Marital infidelity is another category that is divided into three groups: a) emotional infidelity, b) sexual infidelity, and c) mixed infidelity (emotional, sexual).

The infidelity steps are composed of 1) mental involvement: in this step, a spouse's disloyalty is related to a mental aspect in the form of a preoccupation and the mind; 2) familiarity and emotional relationship: in this step, a spouse begins an emotional connection with a person, but the effects are not noticeable in their life and nobody knows about it; 3) deepening relationships and having sex: in this step, there are sexual relationships and an individual spends more time outside of marriage and their family members and some relatives notice suspected cases; 4) intensity of relationships and informed wife: the relationships are very advanced at this



stage in a way that the spouse and others are fully informed about it (45).

In terms of marital infidelity, the best strategy is to learn marital skills and prevent marital dissatisfaction which is an introduction to extra-marital relationships in the family. On the other hand, proper and regulated management of using social networks, preventing boundaryless communications in the workplace, and promoting ethics within the community can reduce the risk of infidelity a little bit. Also, opportunities to have a marital affair were represented by direct attempts, flirtatious behavior, and establishing emotional intimacy. Finally, the barriers to marital infidelity were love, religious values, commitment, and communication(46).

The final issue is marital violence which in general refers to the mistreatment of spouses by each other and leads to physical or mental harm to the partners. According to Razera's research, a negative correlation was found between violence and marital quality. Possible naturalization of violence was found, especially psychological, which was the dimension with the highest predictive power for marital problems(47).

Intimate partner violence (IPV, physical aggression) is a common problem in romantic and marital relationships, with research suggesting that IPV between partners occurs in between one-third and two-thirds of young couples in dating, cohabiting, and newlywed relationships(48)

Spousal abuse is in various forms, such as aggression and physical violence, humiliation and blame, criticism, defensive behavior, disrespect and insult, threatening, bitterness, squib, and mocking. Domestic violence and abuse are associated with an increased risk of mental illness. Women, who seek support from Domestic violence and abuse services have recently experienced high levels of abuse, depression, anxiety, and especially PTSD(49).

Marital conflicts and violence are often associated with a lower educational level of the spouses, especially in common sense(47). It is noteworthy that the results of the dimensions of violence correlated with marital quality showed that the violent practices reduced the couples' perceived marital quality. Regardless of the victim or aggressor position, psychological aggression was the variable with the greatest power to predict lower marital quality in men and women(47).

Violence as well as harsh and severe reactions, either by the wife or the husband undermine tolerance by each partner and make life difficult for them.

## **conclusion**

Frustration occurs when couples realize that despite all their efforts, their relationships are not meaningful and are no longer sensible. Marital frustration arises because of unrealistic expectations and vicissitudes of life. Unlike the majority of clinical approaches that are advocated in couple therapy, marital frustration is not due to problems and impairments in one or both partners in a relationship. Being fed up with love is a gradual process and it rarely occurs suddenly. In fact, intimacy and love begin to fade away gradually, thereafter, a sense of fatigue occurs. In the worst cases, frustration is accompanied by a collapse of the relationships. In short, frustration is a chronic mismatch between expectations and realities(51).

Marital burnout is a painful state of physical, emotional, and psychological fatigue, which is created in conditions of long-term conflict with emotional demands and over time, the love and affection between couples become more diminished and sometimes fade completely. The reason for undesirable and destructive effects on marital relationships and the creation of psychosocial distances in couples is one of the main causes of emotional divorce, which, in the absence of treatment, prepares the ground for the formal divorce of couples(50).

An interesting perspective on the need for fulfillment in intimate relationships derives from Self-Determination Theory ('SDT'). SDT argues that people have three universal psychological needs, essential for their physical and psychological well-being: the need for autonomy, competence, and relatedness. Fulfillment of these needs is important in any particular social environment, including the intimate relationship. SDT makes an explicit distinction between need satisfaction and needs frustration in intimate relationships, as partners can be either supportive or frustrating towards each other's needs. More specifically, a lack of need satisfaction involves being indifferent toward the partner's needs, whereas need frustration involves a more active and direct way of undermining the partner's needs. Regarding the specific types of needs, the satisfaction of one's need for autonomy refers to partners feeling a sense of volition, willingness, and agency in their pursuits, perceiving their behaviors as authentic and personally endorsed, and experiencing psychological freedom in their intimate relationship (52).

However, the need for autonomy is frustrated when individuals get the feeling of being controlled by their partner or pressured to behave in a certain way (i.e. autonomy-frustration).

When the need for competence in an intimate relationship is satisfied, partners experience effectiveness and mastery in their actions and feel capable of attaining desired goals in their relationships. On the contrary, one's competence need is

frustrated when the partner has vague and unreasonable expectations and provokes feelings of failure and doubts. Satisfaction of one's need for relatedness reflects partners experiencing a successful stable bond with the partner, in which one feels cared for and loved. This need will be frustrated when partners are cold, rejecting, and distant towards each other and when they incite tension and loneliness in the relationship.

Following the examination of all the categories, and their relationship with marital frustration, it seems that most couples' challenges can be solved by providing conditions for learning marital skills.

Couples have to learn to satisfy each other's needs for autonomy, competence, and relatedness. They need to learn boundary-making abilities between the sub-systems in extended families and get into autonomy. They should know communication skills, conflict resolution skills, problem-solving skills, healthy sexual relationship skills, anger management skills, etc. So in our opinion, establishing centers for training marital skills before marriage is necessary.

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