

Promoting Equality and OKness—Ensuring Healthy Couple Relationships by Psychotherapy Services - A Research Outcome of Psychotherapy Service of PRERONA

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Introduction

It is better to have in a relationship where there is equality, mutual trust, respect, bonding, love, and understanding. Be in a long term healthy Couple relationship often based on social support. Social support can derived from a number of sources, comprising family, friends, coworkers, medical professionals, mental health professionals, and communal members. Equality or OKness initially comes from the family.

Our patriotic society demonstrates authority and dominates women's attitude where they become victims and interactions end with a Game of 3rd degree where in most cases women suffer from depression. Ensuring couple psychotherapy services are crucial for an incouple connection between equality and Okness.



Key Literature References

Couples' adjustment does not evolve in a vacuum, though, and contextual factors most probably shape couples' experiences and adaptation in important ways [1].

Bangladesh is a region of strong patriarchal values, imposing many rules of seclusion, taboos for the female members of the society [2]. Our patriotic society shows power and dominates approach towards women where unfortunately they become victim and relationship ends with 3rd degree Game.

There is a belief that disturbance of the relationship between a couple is not directly related to the behaviors of the other side or hard failures of life, but it is mostly due to the beliefs and views that the couple maintains in connection with such behaviors and failures since it is the belief which widely leads to either anger and turbulent relationship of couples or patience and forbearance [3]. They also showed that the transactional analysis-based treatment was efficient in decreasing marriage burnout and improving couples' tolerance.

The literature suggests that people who perceive more conflict and overload due to work and family roles are likely to show more emotional distress and lower subjective well-being which are associated with long-term negative consequences, e.g. negative interactions among family members [1, 4-6].

Psychological disorders can make females susceptible to repeat victimization, which can further affect their long-term health and increase the likelihood of suicidal behavior [7].

Women in violent interactions often turn for advice to friends or family. This sort of informal social support could be a significant means to perpetuate and enforce cultural norms about acceptable and unacceptable behavior [8]. Psychological trauma on a long-term basis makes an individual worst.

Objective

The objective of this research is

- To promote equality and Okness to ensure healthy couple relationships
- To find out the relationship pattern scenario within couples by defining their conflict/GAME.
- To determine the couple's problem by focusing on Impasse pattern of wife and its Degrees and work out for intervention
- On the other hand, the pattern of discounting was also

observed including degrees of discounting.

- The main purpose of this research is to analyze the psychotherapy service outcome.

Methods

- This is a retrospective study which is descriptive and analytical.
- The study includes 30 couples who received more than six psychotherapy sessions based on Transactional Analysis since 2016 to 2017. They received psychotherapy services including need based physical health support by multi-professional team.
- Psychotherapy support was provided to clients based on Client centered counseling approach and Non directive Transactional Analysis approaches.
- Husband wife relationship was observed based on socio demographic scenario. Self-Report Questioner (SRQ) was applied to clients.
- Script questioner was administered by psychotherapist.
- All data was analysed by SPSS program.
- Both husband and wife signed the consent letter before starting therapy.
- Escape hatches closer was done based on clients need to confront their self-harm.
- Improvement was categorised by observing of pre and post therapeutic outcome based on application of Transactional Analysis techniques and tools (Contamination, Discounting, Game, Impasse, Life position).
- Wife's stress was measured by Self report Questioner (SRQ) scale.
- Outcome of therapy has been observed by changing in the components of the script matrix and mental health services were evaluated based on results of the assessment.

Results

- 67% wives are house wives and 33% wives are service holder whereas only 3% men are doing their work from home. 66% family are from higher (more than BDT 50,000 per month) income group.
- 76% are single family, 50% husbands and 73% wives are highly educated. 35% women were confronted Discounting as they were discounting self, Situation & others. Their self-esteem were very low and they cannot find any other option instead of sufferings.
- Wives' stress was measured by Self report Questioner SRQ scale. 0-20 scale where 7 is cut-off point. Pre therapy result showed 14 women were in severe stress, 11 women were in moderate stress level and 5 women were in mild stress.
- Post therapy result shows that 15 women in moderate stress level, 8 women in severe stress level, and 7 women in mild stress level which represents significant changes after receiving psychotherapy services. Those 8 women who scored severe even in post therapy, were victim of violence.
- 25% couples received psycho education of Game and 75% did not receive psycho education about Game.
- 25% couples received game intervention as they were involved in Game and they were confronted Game during the therapy session.
- Game analysis result shows that 50% women played "Poor me/kick me" Game, 30% husbands played "Now I got you" Game, 22% husbands played "If I were not for you" and 14% husbands played Courtroom Game, who were involved in violence.

Discussion

Life after marriage for any couple is not a bed of roses. Everyone

requires their own time to adapt and better comprehend their spouse to their new lives. While little arguments, misunderstandings and struggles are a component of this relationship, there are moments when a couple is in love but their relationship may still go through a rough patch. The fights and arguments may not be due to their compatibility issues or misunderstandings, and there may be "internal variables" that are component of culture that harm their relationship, be it in-laws, economic or professional problems.

This study shows that though study sample women are highly educated, they feel helpless and hopeless. Often they become victim of violence. They are suffering from long term emotional abuse by husband and mother in laws. And their SRQs - The self-report questioner scales score were more severe than others. Dowry is still a major burning issue and risk factor for couple conflict in our country. Many families become dysfunctional due to dowry and children are more vulnerable and emotionally unstable and stay in insecure attachment in these types of families. Not only that women are always in victim position and play poor me or kick me game. My study represents that sometimes they are playing Game and in Drama triangle, they are in victim position.

Another risk factor of couple conflict is couple are not intimate emotionally and sexually. They are staying at the same house but in separate room. In this study it was found the many couples are not intimate sexually for more than 5 years. They actually blame each other. Finding is they maintain cross transaction and ulterior transaction. Due to lack of awareness and fear of stigma, people are not willing to receive psychotherapy services. But the research result represents that if they become aware and receive psychotherapy service then they can process within self by Script CURE and also can have Game free Environment. One of the theories that have effective applications in improving human relations is the theory of Transactional Analysis.

Conclusion

A relationship have to be based on equality. Men and women differ in their perception and reporting of gender equality. Equality in a partnership implies respecting and fulfilling the interests and wishes of each person to a fair degree as opposed to the requirements of only one partner dominating the relationship. In relationship without equality one partner tries to control the other.

It would be hard to suggest any specific reason for marital instability from this research, but owing to cultural impact it can be said that the work of a woman impacts her ideology of gender and procedures within a marriage. We must all realize that culture is dynamic, enabling ongoing change.

Although this research does not suggest any solution for marital instability, but in the situation of "dual career couples" we would be able to promote marital harmony if we could create harmony within the current social structure, financial reality and the needs of people. This would involve a redefinition of the position of married females employed; otherwise marital conflict will continue [9-12].

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