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The Effectiveness of Pre-marital Group Training on the Adaptability, Life Quality and Emotional Maturity of Asylum Seeker Girls

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Abstract

The research aimed to determine the effectiveness of pre-marital group training on the adaptability, life quality and emotional maturity of asylum seeker girls. The research method and design were semi-experimental and one group pre-test post-test, respectively. The population included all the girls residing in the Welfare Organization of Rasht City during August 2013 until June 2014 from whom 15 people were selected through sampling. For this purpose, 3 questionnaires of social adaptability, life quality and emotional maturity were filled by the participants with the reliability indices of 0.93, 0.94 and 0.84, respectively. Data was analyzed by SPSS software through the t-correlated method . The results indicated that pre-marital training may affect and develop adaptability, life quality and emotional maturity of asylum seeker girls up to 95% (p< %5).

Keywords: pre-marital training, adaptability, life quality, emotional maturity.

Introduction

A runaway adolescent is not a person who leaves home suddenly at night to accompany his friends. Escape means living a home without the intention of coming back. Escape can be short-term, temporal and or continual (Conner, 2001). Escaping from home means to be absent at least for one night and without the consent of parents or legal protectors (Sharlin and Mor-barak 1992) defined escape as going away from home for 24 hours or more without or against the awareness of parents. The age range of runaway people is between 12-19 years old. In America 1.7 million children or adolescents run away from home or refer to care centers in America (Mac Kiev and Osku Lor, 2012)

As long as these people stay at houses of friends and acquaintances, the danger is not so deep but when they choose streets as their home, the matter enters a complex and dangerous phase, as 75% of these people tend to stealing, addiction, carrying drugs and prostitution in 2 to 3 weeks. Finally they turn into widowed mothers without social and familial support who hurt themselves and society every moment (Deman, Dolan, Pelletier & Reid, 1994).

Cavalla (2001) categorized elements which effect on running away into 3 important classes: familial, school-related and personal issues.

Financial poverty, addiction, parents' addiction, emotional defect, generation gap, immigration and illegal inhabitance (marginalization), the adolescence and puberty phase, low level of happiness and joy among teenagers and youngsters, academic failure, inappropriate friends, parents' severe reaction to intersexual relationships, threat to forced marital, familial tension and disorders, friends and academic context, sexual offence and child abuse, religious extremism, Rejection and humiliation, neglect, of parents extreme control and supervising, uncontrolled population growth, immigration from village to city and mental disorders have been considered as the reasons of girls escape from homes (Moghimi Fam and Saghazadeh, 2004 Gharibi, 2007; Navabakhsh and Ghayed Mohammadi, 2007; Balali,2013).

The following factors may be comprehensively mentioned in terms of the diagnostic variables of runaway girls which illustrate various mental vulnerabilities in these people:

Low level of responsibility-centeredness and adaptability, also openness to experience in interaction with prematurity which lead to the increase of dangerous behaviors in girls (Markey & Tinsle, 2003). Extroversion in girls is a negative predictor of cooperation in dangerous behaviors. Girls with hazardous behaviors are shy and their motivation for cooperation is attracting peers' confirmation or confronting their negative temper (Erickson & Tinsle, 2006). Depression, tendency to physical beauty and social-mental deviance, lack of skill to control impulse, inadaptability, confusion, hate, criticality, uncertainty, emotional immaturity, social activeness insufficiency, tendency to suicide (Khodabakhsh, 2012), low self-respect, low level of welfare, lack of reality evaluation and sensational self-awareness, stress intolerance, low flexibility, social irresponsibility and problem-solving (Shareh and et al., 2007), lack of independence and predictability, lack of adherence to moral principles, stress, tendency to travel and new business (Bazyari, 2006), feeling of guilt and finally needing others' confirmation (Bazyari & Meimandi, 2003) Using incompatible strategies, Rumination, catastrophizing, blaming others, refocus on planning and reappraisal low positive (Hasani & Ghaedi nia 2013), less use of problem-oriented and emotion-focused approach dealing with stress than normal girls (Jamshidi & Hosseini, 2013) Incompatibledemonstrate a psychological profile of runaway girls.

To prevent mental-social harms including the dire phenomenon of girls' running away from homes, the society and its institutions should perform practical researches to control causes, receive psychological services, consult and guide to empower families and treat their runaway girls. One of the most effective treatments may be pre-marital training.

Marital begins with obvious proposal, continues with constant beliefs and is expressed in a clear agreement in which the rights of couples and future children are determined and expressed. Marital is often accompanied with the birth of children and independent home tasks and is finally expressed as an important event in life in which the person matures (Asoudeh, 2011).

Pre-marital training is defined as a process which has been designed in order to reinforce and enrich the pre-marital relationship to make a satisfying and constant marital and prevent divorce (Faghirpour, 2005).

The effect of pre-marital training circles around increasing identification and solution of diagnostic elements and communicational problems between couples, commitment in marital, lower level of conflict, focuses on reducing the divorce rate (Stanley, 2006) also help them to reach satisfaction and adaptability in their matrimony relationships (Rahnama, 2002).And increases their information in the field of marital relationship and healthy

family (Mc George, 2006) And the unique needs of couples who are on the verge of remarital because of the collapse of first marital resolves with the second marital. (Francesca,

2004). in this respect, the runaway girls are appropriate target groups who can obtain such mental solidarity through pre-marital trainings and establish strong marital relationships. One of the satisfactory elements in couples' relationships is adaptability.

Adaptability is not restricted to human beings and any creature tries to adapt itself to its surrounding environment to survive. In this respect, human beings acquire actions through thinking and learning which guide them toward social adaptability (Baron and colleagues ,2011).

Considerable discrepancies exist between two sexes and among various nations in respect to adaptability in marital (Aishah Hassan, 2011). Compatibility in marital between religious men and women and also between people from the same religious parties is more than unreligious people or between people from different religious parties (Schramm, 2011). Personality characteristics of couples influence on each other, also there is a relationship between personality and compatibility in marital (Knabb and Vogt, 2011). Compatibility in marital prevent the emergence of metabolic syndrome specifically in women (Whisman,Mark,uebelacker, 2012). And immunizing education against stress helps women on compatibility and social support. (wichereski, 2005)

_Adaptability in couples' relationships brings desirable life quality for the family.

_ Life quality means people's perceptions of the situations in their lives which are related to their cultural texture, lives' environmental value systems, aims, principles and interests. The above-mentioned quality is affected by elements such as person's health, life status, religiousness of relations and finally contextual factors (Hedayatifar, 2012)

_Tehran has received the 178th global rank among 215 cities around the world and the 7th regional rank in terms of life quality ,Lower quality of life and family unhealthy functioning is the reason of girls

running away from home. (Rezaeian, 2011) . Reason the low level of life quality in Iran indicates lack of appropriate policy-making for developmental programs in order to improve this element. Based on the available statistics, women's life quality is lower than men. The statistical project of the year 2007 shows that the amount of literacy growth between the years 1998 to 2007 has been 5/26 for men and 7/8 for women. This growth is obvious in all the school years but we are faced a social issue in terms of women's occupation. Based on the above scheme, the amount of occupational growth was 4/14 for men and 0/2 for women between the years 1998-2007. The consequences of unemployment for women are lack of major needs providing, lack of people's satisfaction from life and life negative evaluation which is one of the mental elements of life quality and causes a decrease of joy among women and has increased the amount of suicide in women more than men (Asheghi, 2011).

_Factors which increase marital quality in life have been prioritized as following: education, occupation, marital age and the number of children (Allendrof and keera, 2012).

_ Lack of children in couples' lives increases depression, stress and smoking, also influences their life quality (Onat.Guliz &Kizikayabeji, 2012).

_A positive attitude toward the effect of marital on couples' relationship is a predictor of people's judgment about an experience of a pleasant or unpleasant life (Reigio, 2008). Realistic expectation from spouse and positive attitude toward matrimonial life has positive correlation with emotional maturity.

A successful marital not only needs physical puberty, but also emotional maturity accompanying emotional readiness which is a necessary condition in order to be realized.

_ Emotional maturity is one of the growth phases of any person during his life which may be considered a major step for obtaining prosperity and welfare beside physical, social, financial and mental maturity (Birshak, 2010).

Mental, emotional and physical maturities mean the period of anxieties, fears and mutation in growth of body parts at the start of maturity, respectively (Yousefi, 2008). In respect to emotional maturity, the mere specific identification of couples' appropriate relationships is not enough, but an awareness of mental characteristics of self and spouse, and also the possibility of managing emotions correctly are necessary.

The young should possess a common feeling or potential of putting themselves in others' shoes and also be aware that no social phenomena including marital and marital life lack negative and dangerous aspects. Immaturity of one of the couples or both of them will lead to selfishness and self-centeredness and will decrease their satisfaction up to a great extent.

_in relationships with their wife, probably the most major challenge for men originating from the lack of emotional maturity will be their inability to talk about their feelings which is even considered a weakness. During the last forty years, as a result of women's financial independence and self-sufficiency, their dependence to men has decreased which has challenged the structure of men's sexual identity and is considered as a good opportunity for men to explore and expand their unknown emotional world.

Symptoms of emotional immaturity in both women and men include: emotional inconstancy, emotional return, social inadaptability, personality collapse and lack of independence (Bahargava, 1974). Finally, emotional need is the quality of a relationship and emotional maturity is the attraction of a relationship (Vierra, 2013).

Therefore based on the above-mentioned subject matter, this research aimed to investigate the effectiveness of pre-marital training on the adaptability, life quality and emotional maturity of escaped girls. Three hypotheses were expressed:

1. Pre-marital training influences on social adaptability of escaped girls.
2. Pre-marital training influences on life quality of escaped girls.
3. Pre-marital training influences on emotional maturity of escaped girls.

Material and Methods

Statistical population, Sample and Sampling

The current research included one-group and was performed in a pre-test post-test design. The statistical population included all asylum seeker girls and women living in Gilan Welfare Organization during August 2013 until June 2014. The number of these women was 21in two health centers of 1 and 2 at the time of research, but among them 15 people were selected based on a purposeful sampling who were qualified to incorporate in the study for reasons such as permission, illiteracy and running away. They responded to the research questionnaires after announcing their consent.

Instruments

1. Adaptability questionnaire: this test was developed by Behiram Bell_ an American psychologist_ in 1961 and was normalized by Simon in Iran (1987). Bell's adaptability questionnaire is a160-item test which investigate participant's (adult) adaptability in five aspects of home, health, emotion, occupation and society. The validity of this test has been standardized by Delavar for the stuntmen athlete community in Iran. Bakhtiarifar (2010) utilized two measures of Cronbach Alpha and bisection in order to determine a constant social adaptability measure which two numbers of 93% and 87% were reported for the total measure, respectively that denoted a desirable constancy index for the above-mentioned measure.How to respond is as yes or no and high scores indicate incompatibility of respondent.
2. Life quality questionnaire: this 36-item test was developed by Waroshre bon in America at 1992. The purpose of designing this questionnaire was evaluating the physical and mental health condition which is acquired by the eight domains generating health. The physical aspect (10 items), physical role (4 items), physical aches (2 items), general health (5 items), fatigue or exhilaration (4 items), social performance (2

items), emotional role (3 items) and mental health (5 items) evaluate people's life quality. (item number 2 was not put in any of the sub-scales and was calculated only by the total amount). The lowest and highest scores in this questionnaire are 0 and 100, respectively. The score of each aspect was calculated by the score of each title in that aspect. The stability and reliability of the Persian version of this questionnaire were proved in Iran (70%-90%). The validity of the above-mentioned questionnaire was calculated as 0/73 through utilizing the Cronbach Alpha. How to respond is as yes or no and high scores indicate incompatibility of respondent.

3. The emotional maturity questionnaire: this measure was developed by Yasho Persing and Mahish Bahagava (1974) and was translated and published by Karami (2002) in Iran. The designers of the questionnaire listed 5 general elements of emotional immaturity including: 1. Emotional inconstancy, 2. Emotional return, 3. Social inadaptability, 4. Personality collapse, and 5. Lack of independence. The emotional maturity measure includes 48 fifth-choice items ranging from very high (5), high (4), I don't know (3), probably (2) and never (1). Therefore higher scores denote higher amounts of emotional immaturity and vice versa.

Validity and stability indices of the questionnaire are 0/64 and 0/75, respectively. The validity and stability of the questionnaire were measured as 0/84 and 0/76 by Samadi (2008) and Ebrahimnejad (1999) in Iran, respectively.

Procedure

The current study was a T-correlated one which covered a population of all and women inhabiting in Gilan Welfare Organization during August 2013 until June 2014. After coordinating with the Welfare Organization and the shelter seeker preservation center, the total number of escaped girls and women in health centers of 1 and 2 was reported as 21 but finally only 15 people were qualified to participate in the research for reasons such as permission, defect, illiteracy and low level of IQ. These 15 people were selected based on availability sampling. They participated in a pre-test in the asylum-seeker preservation center. Then they received 10 sessions of individual pre-marital training, two hours per session. The pre-marital training programs for maiden and women were different. Immediately after the end of training sessions, the questionnaires were distributed among participants for the second time and the results were analyzed statistically.

The pre-marital skills training package was codified by experts and supervised by specialists of Gilan Welfare Organization at 2008. The trained items included acquaintance, love, correct and incorrect reasons of marital, problematic conditions in marital, engagement, wedding and common life challenges in the first year of marital life.

Pre-marital training method

Session	profusion	session	Profusion
fist	The necessity of pre-marital training	sixth	Correct and incorrect reasons of marital, the characteristics of people inappropriate for marital
second	Definition of acquaintance Problems of acquaintance	Seventh	Problematic conditions in marital and unsuccessful relationship
third	Incorrect definition in the process of acquaintance	Eights	Engagement item, difference between engagement and acquaintance, fear of engagement
fourth	Who is a lover? What is love? finishing an uncompleted job, house practice with purpose of finishing an uncompleted job	ninth	Definition of engagement, difference between engagement
fifth	Awareness of love, expressing love, accompaniment and separation during love period, the buried alive love, myths of love fox	Tenth	The first year of common life, the competitors of common life, readiness for giving birth to children, awareness of desire for change and dominance on others, awareness of the importance of commitment in common life

Findings

Regarding the fact that the current study included one group and was performed as pre-test post-test design, also because of quantitativeness of variables and considering related presuppositions, the T-correlated test was utilized to analyze data. The qualitative description of data is represented in the table 1.

Table1. Descriptive indices of research variables

variables	**Pre-test**		**Post-test**	
	Mean	**Standard deviation**	**mean**	**Standard deviation**
Social adaptability	73/47	9/71	63/07	6/58
Life quality	75/93	3/49	71/8	3/59
Emotional maturity	111/8	4/29	97/13	8/45

As the findings of table1 indicates the means of adaptability, life quality and emotional maturity of the pre-test are 73/47, 75/93, and 111/8, and means of post-test are 63/07, 71/8 and 97/13 respectively. The T-correlated test was used to investigate the significance of measured discrepancy which its findings were represented in table2.

Table2. The results of T-correlated for variables of social adaptability, life quality and emotional maturity.

variables				
	Mean difference	**d.f**	**T**	**Significance level of p**
Social adaptability	10/40	14	2/185	0/04
Life quality	15/87	14	5/16	0/001
Emotional maturity	14/67	14	2/17	0/02

Based on the data represented in table2, a significant discrepancy observed between the pre-test and post-test scores (t=2/185, p=0/04). It may be concluded with 95% confidence that the pre-marital group training had a positive effect on the increase of runaway girls' social adaptability. The difference between pre-test and post-test means of life quality was statistically significant (t=5/61, p=0/001). Therefore it may be concluded with 99% confidence that pre-marital group training had effect on the increase of escaped girls' life quality. Finally the difference between score means of pre-test and post-test emotional maturity was statistically significant (t=2/71, p=0/02), so it may be concluded with 0/95 confidence that the pre-marital group training had effect on the increase of escaped girls' emotional maturity.

Discussion

The result of first hypothesis indicates that pre-marital training influences on the amount of social adaptability of protection seeker girls. The findings of the current study are convergent with findings by Stanli and et al. (2006), Rezaeyan (2012), and Ferasiska (2004). In order to explain the hypothesis it may be mentioned that the familial problems of these girls is one of the elements which influence on their escape from home. Some of these problems include: an unstable family, poverty, familial tensions, familial inadaptability, emotional abuse, sexual abuse, rebellion and low level of life quality. They influences on the relationship between runaway girls and their family and social groups which has a very important protective role and impose a negative effect on their expectation from future and experiences of life. Pre-marital training balances the relationship between the above-mentioned girls and others including friends, acquaintances and family, improves and stabilizes their social adaptability, decreases their feelings of depression, anxiety and impulsivity mutiny, and prepares them for a real life and healthy relationship. This and such trainings may be influential and cause constant change in case of constancy.

Pre-marital group training influences on the life quality of runaway girls. The findings of the current study are convergent with findings of researches done by Rezaeyan (2012), Rahnama (2003), Mcgeorge (2006). To provide an explanation of the findings it may be mentioned that the life quality of runaway girls and the young, their relationship issues can be considered as the most important causes of conflict and contradiction in their families in a way that many numbers of runaway people try to escape from situations which are considered problematic or intolerable. However, some of these teenagers are thrown out by their pesky parents. In the current study, pre-marital training has succeeded to influence on the life quality of runaway girls but the poor quality of pre-marital life has effected on their life quality, too. The poor and bad quality of life originates from causes including addiction, sexual activity and illegal sexual relationships with children and teenagers in family, lack of financial supply of the young, lack of appropriate response to financial pressures and low level of educational success which may impose negative effects if these training don't continue.

Pre-marital group training influences on the emotional maturity of runaway girls. The obtained result may be explained as following: children who have been grown up in a supportive and stable familial environment usually adopt themselves with life conditions. While people who are emotionally abused in an environment full of violence are more probable to show behavioral and emotional issues. Each person has his own specific risk-making elements. Vulnerability refers to a person's preparedness and tendency to be caught by a form of illness or compromise. Vulnerability increases during change, for instance during puberty or changing the location. During these ages, intensive emotions and excitements and puberty crisis _which starts simultaneously with this period_ force the teenager to search for his identity who often find it among his peers. In the current study we succeeded to impose effects on the emotional maturity of these girls through using the related pedagogic packages, but when conditions are provided, the depression and mollification of these girls will be a stimulus of establishing standard relationship with the other sex and finding an alternative for father. Parents' inappropriate behavior encourages them to intensify outdoor relationships which itself may turn into one of the reasons of escape.

Suggestion

The related questionnaires ran for the runaway girls residing in Gilan's Welfare Organization who are probably different from girls who live in other places or organizations and/or don't believe that change is essential. Therefore generalizing the results of the current study to all the runaway girls and women must be done with precaution. It is recommended that the further more comprehensive researches be done in this field with larger samples in various provinces, be analyzed and compared to provide more reliable generalizations. Findings of the current study may be applied as a training period with theme of girls' mental health in national media, schools, The Young Organization, rehabilitation centers and prison organizations.

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