



Research Article

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***The relationship of the physical texture and patterns of family communication with marital compatibility regarding the mediation of mind reading ability theory among couples in Kerman***

**Azadeh pooladi<sup>1</sup>, Mahsa Khajeh<sup>2</sup>**

<sup>1,2</sup>MA of Counseling, Department of Psychology, Islamic Azad University, Kerman, Iran.

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**ABSTRACT**

*The present study was conducted to evaluate the relationship of the physical texture and patterns of family communication with marital compatibility regarding the mediation of mind reading theory among couples in Kerman in 2015. In this cross-sectional study, 160 couples were selected using simple random sampling method among married teachers of the district 2 of Education. The research tools were researcher-made questionnaire of Physical texture, Family Assessment tool based on the communication pattern of McMaster 1984, marital compatibility of Graham. B. Spanier 1976 and mind reading of Baron and Cohen 2001. The data was analyzed using amos- 21 software and bootstrap test. The results were shown based on hierarchical regression analysis. Mind reading has the mediating role in the relation between physical texture and communication patterns in marital compatibility. In addition, the present study represented the significance of physical texture and communication patterns indexes in marital compatibility. It also indicated that due to the mediating role of mind-reading theory, the variables could be significant predictors of marital compatibility.*

**Keywords:** *physical texture, family communication patterns, marital compatibility, mind-reading theory*

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**INTRODUCTION**

Family is an entity that is in communication with the bigger community on one hand, and is directly associated with the person, on the other hand. Significance of such entity is so much that some scholars account on it as one of the fundamental foundations of community. In addition, they consider that healthy society depends on achieving a healthy family (Bernstein and Bernstein, 1002, quoted from Afzali, 2005).

One of the most important factors that affecting the survival of family life and growth is healthy relationships based on compatibility and understanding between members of family, particularly, the couple. Marital compatibility is one of the factors affecting performance of family (Sinha and Mukherjee, 1999). Therefore, for a satisfying marriage, couples need to establish an effective and efficient communication (Karahana, 2007). Communication is an important variable in understanding marital performance, and it includes a process in which couples may communicate their thoughts and feelings both verbally and nonverbally in the form of listening, pausing, and different facial expressions and gestures (Rasouli, 2002). In this regard, many studies show that marital relationship is a strong predictor of marital quality (Guttman, 1999; Markman, 1989; ESCAP 1986; according to the Pour, 2001). In addition, spouses who are experiencing marital disputes and conflicts have defects in the field of communication skills and are involved with unproductive communication patterns (Weiss and Hayman, 1997; Gottman, 1994; Laver, 2005).

If couples do not obtain proper communication skills and conflict resolution, conflicts will continue verbally and then behaviorally, and the gradual destruction of the marital adjustment begins (Douglas Frasier and Douglas, 1995).

Accordingly, it can be stated that communication problems are common and most devastating problems in failed marriages (Nazari, 2008; Garman, 2008; Yalisen and Karahan, 2009), because dysfunctional communication patterns cause major issues of marital life remain unresolved, and they will be a recurring source of conflict between couples (Halford, 2009; Frank, 2007).

According to the mentioned matters, role of communication is effective and essential in the lives of the couples. The type of communication of couples in their life environment is in direct relation to their misery or happiness. Usually, the couples experiencing deep, logical, friendly, and intimate emotional relation are successful, confident, optimistic, happy people with feeling of happiness. In contrary, couples not having appropriate emotional feeling are isolated, bad-tempered with very low levels of compatibility in society, unsuccessful, always despair, and always with negative feelings of misery individuals. Good communication can enhance relations, and increase friendship confidence, and support among couples. Ineffective communications can weaken links and create distrust, and hatred (Gilpatrick, 2008).

Mind reading, as one of the social cognitive abilities of brain, refers to understanding and making judgments about mental states (objectives, intentions, and beliefs of self and others) (Singer, 2006). The related literature is indicative of the necessity of utilizing this ability to perform daily tasks and social behavior (Wang, Wang, Chen, Chu et al., 2008). Premack and Woodruff (1987) used the theory of mind term for the first time in order to test the hypothesis that if the monkeys are capable of attributing mental states for understanding and predicting the behavior. Researchers have used two factors: emotional and cognitive theories of mind for theory of mind.

During the last two decades, the studies conducted on this concept in the field of developmental psychology, social psychology and cognitive neuroscience have shown that theory of mind is often associated with empathy, psychological disorders and have determined the neural basis of it.

Common understanding of communication patterns between couples is in fact the same clear positive marital interactions that assist couples on the path of obtaining and growing communicative skills. Communication skills are in fact the behavior that is the holder of marriage and marital link. Couples require expert help to improve their relationships and patterns of relationship. Due to the changes and the increasing complexity of society and development of social relationships, teaching communicative skills to prepare individual to cope with others and hard conditions of marital life seems urgent. Undoubtedly, if the couples have skills in communication techniques, they can solve many things in life, enjoy life, and have more compatibility. Therefore, by preparation of this thesis, we decided to represent more effective and efficient strategies about physical texture and communicative patterns and their effects on marital compatibility of couples regarding the mediation of ability of mind-reading theory.

Many studies are conducted about the importance of communication patterns and its effect on marital satisfaction and marital compatibility. Conflict resolution skills, communication skills, and applying different approaches of family therapy, such as family therapy of Satir have been recommended as some strategies for correctly using communicative patterns. In the present study, by reviewing conducted studies and summing them up, it was attempted to take a new and effective step in enhancing communication patterns and emphasizing the importance of their role in marriage and relationships between couples.

### **The necessity and importance of research**

According to findings of various researches, in early years of marriage, all couples report almost high marital satisfaction (Broman, 2000). However, in many marriages, signs of discontent appear in the first few years of life (Halford, Saunders, and Behrans, 2001) and a decline in marital satisfaction is associated with a high risk of divorce. So that in the recent years, a large part especially in the first seven years, leads to divorce and it has been increased divorce (Gottman and Levenson, 2002). Therefore, according to the mentioned issues, it is urgent to study marital satisfaction as an important topic, and it must be referred to from new angles and in combination with psychological and sociological issues. In addition, the factors affecting it must be surveyed. As family and couple System are considered as a whole and a system, the relationships of all its members affect each other and they are affected by each other (Jafari, Sadri, Fathi, 2007).

Therefore, it is essential to study the physical texture and patterns of family communication and functions of marital compatibility that are the premises of this research. In addition, physical texture and patterns of family communication are factors that might lead to an increase in marital satisfaction. According to the above-mentioned measures, the objective of this study is to investigate the causal relationship of family function and communication patterns with marital compatibility. Therefore, communication patterns affect personality, learning, self-confidence, ability to

choose, and rational decision making of family. Accordingly, application of optimized skills training for marital compatibility in schools and universities is necessary, and it can prevent negative behaviors affecting marital incompatibility.

### Research hypotheses

#### The main hypothesis

There is a relation between physical texture and communication patterns of family with marital compatibility regarding the mediation of mind-reading theory.

#### Secondary hypotheses

- There is a relation between physical texture and marital compatibility regarding the mediation of mind-reading theory.
- There is a relation between communication patterns of family with marital compatibility regarding the mediation of mind-reading theory

### Method

According to the topic, objectives, assumptions, or information related to this study, a descriptive-correlational method is used. It must be noted that a descriptive study includes a set of methods with the objective of describing the studied conditions or phenomena. Conduction of a descriptive study can be due to understanding the current situation or helping in the process of decision-making. A descriptive study is conducted to determine the features of variables of a condition.

#### Population, size and sampling method determination

Population refers to all the people, event, or things that the researcher wants to study them. Population includes elements, components, people, or units that have at least one common attribute (Sakaran, 2008). Population of the present study was 270 couples of Kerman city in 2015.

To determine the sample size, the ratio of sample size to the observed variables was used. In the present study, 40 people were considered for each observed variable, and 160 couples were considered as the samples according to Morgan table.

Sampling method, in the present study, will be simple random sampling. Couples will be selected from the married teachers of district 2 of Education in Kerman city. The method is that the questionnaire will be handed to one of the couples and will be asked to give the questionnaire to his/her spouse, and then return it after responding.

#### Data collection

In the present study, to collect the required data, library studies were used to develop principles, definitions and theoretical concepts, that the most important and useful references have included web browsers, information and library banks and resources of universities of country. In addition, in the field- section, four types of questionnaires (physical texture, marital compatibility, family assessment tools, and Cohen's test of theory of mind) were used.

#### Data analysis method

Data analysis includes descriptive methods, such as charts and graphs, descriptive and inferential statistical methods including regression analysis that is done using amos-21 software. Checking indicators of normality and mode fitness assumptions were calculated. In addition, to evaluate and test mediating hypotheses, boot- strap method was used.

**Table 1:** The values of relationship between the structure and communication patterns, marital compatibility, and mind reading

Predictor	Model	Sum of squares	Degree of freedom	Mean Square	of F	Significance level	R	R2
Structure and communication patterns	regression	257.74	2	128.87				
	remaining	2158.34	157	46.92	2.74	0.06	0.10	0.012
	Total	21842.082	159					
Structure and communication patterns and mind reading	regression	2858.55	3	952.85				
	remaining	18983.52	156	41.35	23.03	0.01	0.36	0.13
	Total	21842.08	159					

As the results of hierarchical regression show, in the first phase of the independent variable (structure and communication patterns) with critical value of ( $F=2.74$ ) and with freedom degree of (2 and 460) is significant at the level of (0.06). As a result, it can be stated that structure and communication patterns are not direct and significant predictors for marital compatibility. Multi-variable correlation coefficient equals to (0.10). By calculating determination coefficient ( $R^2=0.10/102= 0.10 * 100 = 1$ ), it can be concluded that 1% of the marital compatibility of the studied sample is predictable and explainable by the structure and family function. In the second phase, the mediator variable (mind reading) entered to the regression equation that at this point, the critical value of ( $F=23.03$ ) with freedom degree of (3 and 156) is significant at the level of (0.01). Added mind reading has created a significant change in the multivariate correlation coefficient and the explanations.

Table 2 shows the hierarchical regression analysis to investigate the significance of change in the index explanatory regression model in the second stage rather than the first stage.

**Table2:** Checking the significant explanatory indexes of regression model

phase	variable	B	Standard error	$\beta$	t	Level of significance	Changes index		
							R <sup>2</sup> change	F	Level of significance
1	Constant value	39.06	1.92	--	20.50	0.01			
	Family Structure	0.10	0.05	-0.09	-1.97	0.05	0.012	2.74	0.06
	Communication patterns	0.02	0.04	-0.02	-0.51	0.60			
2	Constant value	46.98	2.06	--	22.70	0.01			
	Family Structure	-0.148	0.05	-0.14	-2.95	0.01			
	Communication patterns	-0.09	0.04	-0.10	-2.23	0.02	0.119	65.88	0.01
	mind reading	-0.51	-0.06	-0.36	-7.93	0.01			

The review of standard regression coefficients shows that the regression coefficient of family structure in the first phase (0.09) is significant at the level of (0.05) and regression coefficient of communication patterns (0.02) is not significant at the expected level. However, in the second phase, mind reading has entered to the prediction equation

with standard regression coefficient of (0.36). Given that by change measures, the amount of R<sup>2</sup> increased about (0.119), and this change is significant, so it can be stated that mind reading has a mediating role in the relation between structure and function of family and marital compatibility.

**Table 3:** direct, indirect effects of physical texture on marital compatibility

Variables	Type of impact		Low level	High level
	direct	indirect		
Physical texture	0.09	0.14	%10	%17

As the results of above-table, show the direct effect of family structure is (0.09) and indirect effect is (0.14). The direct effect of physical texture is (0.02) and indirect effect is (0.01). The direct effect of mind Reading is (0.36).

**Table 4:** direct, indirect effects of family communication on marital compatibility

Variables	Type of impact		Low level	High level
	direct	indirect		
Communication pattern	20.0	0.10	%8	%12

As the results of above table, show the direct effect of family communication is (0.02) and its indirect effect is (0.10). Also according to bootstrap test, the low level of the mediating role is (0.08) and its high level is (0.12) that shows the mediating role is significant.

## Conclusion

The present study was conducted to "evaluate the relationship of the physical texture and patterns of family communication with marital compatibility regarding the mediation of theory of mind reading among couples in Kerman. In this regard, a main and two secondary hypotheses were raised. In this part, the research findings about each of the hypotheses were examined, and the obtained results were compared with the results of previous studies associated with each of the hypotheses. Then, the researcher has proposed personal reasons to accept or reject each of the hypotheses according to the own findings and the findings of predecessors. At the end, there was a reference to the limitations of the research and some suggestions were submitted to the authorities and researchers.

- The first secondary hypothesis

"There is a relation between physical texture and marital compatibility regarding the mediation of mind-reading theory."

The results of the mediating role analysis showed that there is a relation between physical texture and marital compatibility regarding the mediation of mind-reading theory, and the first secondary hypothesis is accepted.

Physical texture includes; number of siblings and if there is emotional link at home, and finally if the number of children, being many or few, is important or not.

- The second secondary hypothesis

"There is a relation between communication patterns of family with marital compatibility regarding the mediation of mind-reading theory"

According to the results of the mediating role analysis, there is a relation between communication patterns of family with marital compatibility regarding the mediation of mind-reading theory, and the hypothesis is accepted.

Communication pattern is related to the style of family, and if it is dominance -oriented, aggressive, or passive family.

Therefore, the results of the present study show the significance of physical texture and communication patterns in marital compatibility. They are also indicative that the variables can be significant predictors of marital compatibility due to mediating role of mind reading.

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