Predicting the Family Function based on Early Maladaptive Schemas and Couples Communication Patterns (Case Study: Education)

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Abstract

Purpose: The aim of this research was predicting the family function based on early maladaptive schemas and couple's communication patterns.

Methodology: Present study was descriptive from type of correlation. The research population was married female employees working in public and non-public schools of Tehran city and their spouses in 2017-2018 academic years. The research sample was 482 people (241 couples) who were selected by multi-stage cluster random sampling method. The research instruments were the questionnaires of family function (Epstein and et all, 1983), early maladaptive schemas (Young, 1998) and couple's communication patterns (Christensen and Sullaway, 1984). Data were analyzed by Pearson correlation coefficients and multivariate regression methods in SPSS software version 24.

Findings: The results showed that the schemas of disconnection and rejection, impaired autonomy and performance, impaired limits, other directedness and excessive vigilance and inhibition, constructive communication pattern, avoidance communication pattern and demand/retiring communication pattern had a significant relationship with family function. Also, early maladaptive schemas and couple's communication patterns significantly could predict 52.9 percent of variance of family function (P<0.05).

Conclusion: Based on the results of the present study, to promote the family function can be decrease the rate of their early maladaptive schemas and improve the rate of couple's communication patterns, who for this purpose the use of psychological interventions include schema therapy can be useful.

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1. Introduction

The family is the first and most important founder of personality, values and human standards that play an important role in determining the destiny and lifestyle of individuals (Thornock & et all, 2019) and family function plays an effective role in physical, social, emotional and psychological health of family members. The family context learns the rules and demands of society (Robson & et all, 2020). This structure means how to communicate, interact and maintain relationships, how to make decisions and solve family members' problems (Zhao & Yiyue, 2018). Proper functioning in the family refers to the ability to adapt to change, resolve conflicts and conflicts, solidarity between members and success in carrying out disciplinary patterns and enforcing family rules and regulations whose ultimate goal is to protect the entire family system (Balistreri & Alvira-Hammond, 2016). Family function has an effective role in increasing the adjustment, health and flexibility of family members and reducing stress, depression, and the possibility of stressful events (Giusto & et all, 2019).

One of the factors related to family functioning is early maladaptive schemas (Dehghani & Esmailian, 2017). Schemas are cohesive and consistent patterns for processing experiences that have their roots in childhood and usually persist throughout life (Gong & Chan, 2018). Early maladaptive schemas refer to negative beliefs about oneself, others, and the world that negatively affect people's perceptions and evaluations (Shute & et all, 2019). These schemas are dysfunctional and self-destructive emotional and cognitive patterns created by the satisfaction of basic childhood needs (Shorey & et all, 2015). Early maladaptive schemas include the five domains of cut-off and rejection, impaired autonomy, impaired constraints, other orientation, and excessive ringing and inhibition. People whose schemas are in the realm of cutting and rejection, unable to form secure and satisfying attachments to others, have cold and callous families, and believe that their need for stability, love, affection and belonging will never be met. People whose schemas are in the realm of self-government have expectations of themselves and the environment that hinder their ability to separate themselves from their parental symbol and achieve independent functioning, and their families sometimes strongly support them and sometimes seldom support them. They take care. People whose schemas are in the realm of excessive listening and restraint are emotional and repel spontaneous impulses, they often try to act according to their inflexible and internalized rules, and these people were not encouraged to have fun as children. Instead, they learned to be alert to negative events (Turner & et all, 2019). Little research has been done on the relationship between early maladaptive schemas and family functioning. For example, Keshavarz-Afshar et al. (2019) in a study concluded that all early maladaptive schemas had a negative and significant relationship with family functioning. The results of Dehghani & Esmailian (2017) showed that cut-off and rejection schemas, impaired self-governance, impaired constraints, other orientation and excessive listening and inhibition had a negative and significant relationship with family functioning. In another study, Taylor & Harper (2017) reported that early maladaptive schemas had a negative and significant relationship with appropriate social functioning. Another factor related to family functioning is couples' communication patterns (Koerner & Fitzpatrick, 2002). Couple communication is a process in which a couple verbally and non-verbally exchange feelings and thoughts in the form of listening, pausing, facial expressions, and various gestures (Farrell & et all, 2020). A shared understanding of communication patterns between couples is the illumination of positive marital interactions that help couples acquire and develop communication skills (Chi & et all, 2013). Improper communication patterns reduce couples 'understanding of each other, reduce spouses' health and support for each other, and increase conflict in married life (Bernhold, 2020). There are three types of communication patterns, including constructive communication pattern, avoidant communication pattern, and expectation / withdrawal communication pattern. In a constructive communication model, couples explore all possible solutions and use them logically to solve problems. In the avoidant communication pattern, each couple refuses to communicate and the couple lives in parallel with each other, and these couples have the least possible relationship with each other. In the

communication pattern, one spouse expects / withdraws from the relationship and blames the other, while the other tries to withdraw from the relationship (Bornstein & et all, 2017). Little research has been done on the relationship between couples' communication patterns and family functioning. For example, Farshad et al. (2018) in a study concluded that couples' communication patterns had a significant relationship with family functioning.

The results of Parvandi et al. (2016) showed that constructive communication patterns had a positive and significant relationship with marital satisfaction and avoidant communication patterns and the expectation / withdrawal communication pattern had a negative and significant relationship with marital satisfaction. In another study, Schrodt & Shimkowski (2017) reported that family communication patterns were significantly related to perceptions of parent-child relationships. Koerner & Fitzpatrick (2002) while researching concluded that family communication patterns and family functioning were significantly related. On the one hand, teachers have an effective role in educating students and improving their family status is essential to achieve this goal. On the other hand, the function of teachers 'families can improve students' academic, social, emotional and psychological status by improving their health and quality of life. Leave. Also, few studies have been conducted to investigate the relationship between early maladaptive schemas and couples' communication patterns with family functioning, and no research has been conducted to investigate the relationship between early maladaptive schemas and communication patterns with family functioning in couples. Previous studies have examined either women or men, and this study predicts family functioning based on the views of couples (both women and husbands). Therefore, according to the proposed concepts, the purpose of this study was to predict family functioning based on initial maladaptive schemas and couples' communication patterns.

2. Methodology

The present study was a descriptive correlational study. The study population consisted of married female employees working in public and non-public schools in Tehran and their spouses in the 2017-18 academic years. The research sample was 482 people (241 couples) who were selected by multi-stage cluster random sampling. In this sampling method, first the city of Tehran is divided into five parts: north, south, east, west and central, and then two regions are randomly selected from each region, and then a number of schools are randomly selected from each region and all married female employees and wives. They were selected as a sample after reviewing the inclusion criteria. Inclusion criteria include marriage, living with a spouse, willingness to participate in research, no addiction and use of psychiatric drugs and no occurrence of stressful events such as divorce and death of loved ones in the past three months and exclusion criteria include refusing to complete questionnaires and completing They were incomplete. To collect data, in addition to the demographic information form, all married female employees and their spouses responded to the following statements.

Family Functioning Questionnaire: This questionnaire was developed by Epstein et al. (1983) with 60 items. Phrases are calculated on a four-point Likert scale from one to four scores and the instrument score is calculated with the total score of the phrases, so the range of scores is 60 to 240, and a higher score indicates weaker or unhealthy family functioning. Epstein et al. (1983) confirmed the construct validity of the instrument by factor analysis and its reliability by Cronbach's alpha of 0.92. In Iran, Bakhshipour et al. (2012) reported the reliability of the instrument by Cronbach's alpha method of 0.89. In the present study, the reliability value was estimated to be 0.85 by Cronbach's alpha method.

Early maladaptive schema questionnaire: This questionnaire was developed by Young (1998) with 75 items and five dimensions (cut and rejected 20 items, impaired self-control and performance 25 items, restricted restrictions 10 items, other 10 items orientation and excessive ringing and inhibition 10 phrases) was made. The expressions are calculated using a six-point Likert scale from one to six scores, and the dimensional scores are calculated with the sum of the scores of the next expressions, so the cut-off

and exclusion scores range from 20 to 120, self-regulation and dysfunction 25 to 150, impaired constraints, other orientation and Excessive ringing and inhibition are 10 to 60 each, and a higher score indicates more of that schema. Young (1998) confirmed the construct validity of the instrument by factor analysis method and the dimensional reliability by Cronbach's alpha method in the range of 0.83 to 0.96 (quoted in Young, 2005). In Iran, Jalali & Sarvghad (2012) measured the reliability of Cronbach's alpha method for cutting and rejection of 0.90, self-management and impaired performance of 0.89, impaired limitations of 0.74, other orientation of 0.76 and excessive ringing, and reported inhibition of 0.75. In the present study, the reliability of Cronbach's alpha method for cut and rejection dimensions was 0.91, self-regulation and impaired performance were 0.86, impaired limitations were 0.82, other orientation was 0.83 and excessive ringing and inhibition were 0.89. .

Couples Communication Patterns Questionnaire: This questionnaire was developed by Christensen & Sullaway (1984) with 35 phrases and three dimensions (constructive communication pattern of 4 phrases, avoidance communication pattern of 18 phrases and expectation / withdrawal communication pattern of 13 phrases). Phrases are calculated using a nine-point Likert scale from one to nine scores, and the dimensional score is calculated with the total score of the expressions after that, so the range of dimensional scores of the constructive communication pattern is 4 to 36, avoidance communication pattern 18 to 162 and expectation / withdrawal communication pattern 13 to 117 and a higher score indicates that it has a higher communication pattern. Christensen & Sullaway (1984) confirmed the construct validity of the instrument by factor analysis and the reliability of the dimensions of the constructive communication model, avoidance communication model and expectation / withdrawal communication model by Cronbach's alpha method of 0.91, 0.74 and 0.88, respectively. . In Iran, Mohannaee et al. (2019) reported the reliability of constructive communication model, avoidant communication model and expectation / withdrawal communication model with Cronbach's alpha method of 0.79, 0.75 and 0.85, respectively. In the present study, the reliability of Cronbach's alpha method for the dimensions of constructive communication model, avoidant communication model and expectation / withdrawal communication model were estimated to be 0.71, 0.74 and 0.72, respectively.

Data were analyzed at both descriptive and inferential levels in SPSS software version 24. At the descriptive level, central tendency and scatter indices were used to describe the distribution of variables and at the inferential level, Pearson correlation coefficients and multiple regressions were used to test statistical hypotheses.

3. Findings

In this study, 241 women and their husbands, ie 482 people (241 couples) were present; the age of 53 women and 43 men was in the range of 26-35 years, 159 women and 164 men were in the range of 36-45 years, 29 women and 34 men were in the range of 55-46 years. Education was 50 women and 42 men associate, 145 women and 154 men bachelor, 38 women and 34 men master and 8 women and 11 men doctorate. Also, the duration of marriage was 29 couples 1-10 years old, 151 couples 11-20 years old and 61 couples 21-30 years old. Mean, standard deviation, skewness and elongation of early maladaptive schemas, couples' communication patterns and family functioning are reported in Table 1.

Table1. Mean standard deviation, skewness and elongation of research variables

Variables	Average	Standard deviation	tilt	Elongation
Scheme of cut and rejection	48/347	5/940	-0/189	0/069
Autonomy and dysfunctional schema	72/209	8/114	0/298	-0/186
Disorder of disrupted constraints	23/275	4/216	0/080	-0/416
Another orientation scheme	19/688	3/830	0/373	-0/295
Excessive ear-ringing and inhibition schemas	20/044	3/715	0/145	-0/445
Constructive communication pattern	25/622	3/248	-0/092	-0/318

Avoidance communication pattern	75/853	7/362	0/279	-0/703
Expectation / withdrawal communication pattern	56/361	5/840	-0/355	-0/144
Family function	96/359	11/266	0/066	0/525

Based on the results of Table 1, the assumption that the variables of the initial maladaptive schemas, couples communication patterns and family functioning are normal due to the amount of skewness and elongation in the range of +1 to -1 is confirmed. Also, the value of variance inflation factor for the predictor variables ranged from 1.168 to 2.845, which was a long distance from 10, so the multiple-linear hypothesis was rejected. In addition, the Durbin-Watson value was 1.820, which ranged from 1.5 to 2.5, so the residual correlation hypothesis was rejected. Therefore, there are assumptions for using multivariate regression. The results of Pearson correlation coefficients of early maladaptive schemas and couples' communication patterns with family functioning are reported in Table 2.

Table2. Pearson correlation coefficients of early maladaptive schemas and couples' communication patterns with family functioning

Predictor variables / criterion variable	Family function	
	Correlation	meaningful
Scheme of cut and rejection	0/562	0/001
Autonomy and dysfunctional schema	0/472	0/001
Disorder of disrupted constraints	0/398	0/001
Another orientation scheme	0/458	0/001
Excessive ear-ringing and inhibition schemas	0/514	0/001
Constructive communication pattern	-0/331	0/001
Avoidance communication pattern	0/501	0/001
Expectation / withdrawal communication pattern	0/513	0/001

Based on the results of Table 2, there is a positive and significant correlation between the scores of cut-off and rejection schemas, self-management and impaired performance, impaired constraints, other extreme orientation and restraint, and avoidance and expectation / withdrawal communication patterns with the family functioning score. There is a significant negative correlation between constructive relationship and family functioning score (P <0.001). Since a higher score in the Family Functioning Questionnaire indicates its lesser performance, by reducing cut-off and rejection schemas, self-regulation and dysfunction, impaired constraints, other extreme orientation and inhibition, and avoidance and expectation / withdrawal and increase communication patterns. The constructive communication pattern improves the functioning of the family. Multiple regression results for predicting family functioning based on initial maladaptive schemas and couples' communication patterns are reported in Table 3.

Table3. Multiple regressions to predict family functioning based on initial maladaptive schemas and couples' communication patterns.

Predictive variables	R	R²	meaningful	Beta	The value of t	meaningful
Scheme of cut and rejection				0/246	4/376	0/001
Autonomy and dysfunctional schema				0/157	3/795	0/001
Disorder of disrupted constraints				0/012	0/128	0/762
Another orientation scheme	0/728	0/529	0/001	0/152	3/421	0/001
Excessive ear-ringing and inhibition schemas				0/139	2/980	0/001
Constructive communication pattern				-0/086	-2/062	0/005
Avoidance communication pattern				0/119	2/573	0/002
Expectation / withdrawal communication pattern				0/205	4/855	0/001

Based on the results of Table 3, the initial maladaptive schemas and communication patterns of couples were able to significantly predict 52.9% of the changes in the functioning of the couple's family (P <0.001).

4. Discussion

Considering the role of family functioning on the performance of education staff, the aim of this study was to predict family functioning based on initial maladaptive schemas and couples' communication patterns. Findings showed that early maladaptive schemas including cut-off and rejection schemas, self-regulation and dysfunction, impaired constraints, other extreme orientation and inhibition, and inhibition had a positive and significant relationship with family functioning. Therefore, according to the scoring method of the Family Functioning Questionnaire, the rate of family functioning improves by reducing the initial maladaptive schemas. These findings are in line with the findings of Keshavarz-Afshar et al. (2019), Dehghani & Esmailian (2017) and Taylor & Harper (2017). Explaining these findings based on the research of Turner et al. (2019) it can be said that people whose schemas are in the area of cut and rejection, cannot establish safe and satisfying attachments with others, have cold and heartless families and believe that they need stability, love. , Love and belonging will never be fulfilled. People whose schemas are in the realm of self-government have expectations of themselves and the environment that hinder their ability to separate themselves from their parental symbol and achieve independent functioning, and their families sometimes strongly support them and sometimes seldom support them. They take care. People whose schemas are in disarray, their inner limitations of mutual respect and self-control are not sufficiently developed, they have difficulty respecting the rights of others, cooperating, committing and achieving long-term goals, and their families are very easy-going. And they were very kind.

People whose schemas are in another direction seek to satisfy the needs of others instead of addressing their own; they were not free in childhood to follow their natural inclinations and in adulthood instead of being directed from outside and by others, were guided. People whose schemas are in the realm of excessive listening and restraint are emotional and repel spontaneous impulses, they often try to act according to their inflexible and internalized rules, and these people were not encouraged to have fun as children. Instead, they learned to be alert to negative events. These characteristics cause people with high health schemas and low quality of life to use less adaptive coping strategies and more incompatible coping strategies, and to have weak and undesirable interpersonal and interpersonal relationships, which cause these schemas, Decreased family performance.

Other findings showed that the constructive communication pattern had a negative and significant relationship with family functioning and avoidance and expectation / withdrawal communication patterns had a positive and significant relationship with family functioning. Therefore, according to the scoring method of the Family Functioning Questionnaire, the rate of family functioning improves by increasing the constructive communication pattern and by decreasing the avoidant communication patterns and expectation / withdrawal. These findings were in line with the findings of Farshad et al. (2018), Parvandi et al. (2016), Schrodt & Shimkowski (2017) and Koerner & Fitzpatrick (2002). In explaining these findings based on the research of Bornstein et al. (2017), it can be said that in the constructive communication model, couples consider all possible solutions and use them logically to solve problems. In the avoidant communication pattern, each couple refuses to communicate and the couple lives in parallel with each other, and these couples have the least possible relationship with each other. In the expectation / withdrawal relationship pattern, one spouse initiates the relationship and blames the other, while the other party tries to withdraw from the relationship. As a result, couples with constructive communication patterns, unlike couples with avoidant communication patterns and expectation / withdrawal, use more appropriate coping strategies to solve marital challenges and problems, so it makes sense to increase constructive communication patterns and decrease avoidance and expectation / withdrawal patterns. Improve family functioning.

Other findings showed that early maladaptive schemas and couples' communication patterns were able to significantly predict family functioning. Explaining this finding, it can be said that early maladaptive schemas are deep and pervasive patterns or themes that are formed as a result of unpleasant interpersonal

experiences in the first years of life inside and outside the family and are at the core of personality disorders and specific vulnerability to various psychological disorders. And create personality pathology. In addition, couples 'communication patterns are rooted in individuals' personalities, and the health and high quality of family life play an important role in forming a constructive communication pattern and avoiding the formation of avoidant and expectant / withdrawal communication patterns. So, in general, in married life, people with early maladaptive schemas and avoidant communication patterns and expectations / withdrawal, unlike people with constructive communication patterns in work, personal and family life, face more problems and even when faced with problems, inappropriate and incompatible solutions to Use to deal with problems and challenges. As a result, when early maladaptive schemas and couples' communication patterns enter into a regression equation, early maladaptive schemas and avoidance and expectation / withdrawal communication patterns will be positive and constructive communication patterns will be negatively able to predict family functioning.

The most important limitations of the research included the use of self-reporting tools and the limitation of the research community to education staff working in public and non-governmental schools in Tehran and their spouses. Another limitation is that the present study is a cross-sectional correlation and has all the limitations of this research method. The mentioned limitations in the use and generalization of the results should be considered. Based on the limitations, it is recommended to use structured interviews to collect data and conduct research on the administrative staff of Tehran Education and the staff of the Education Department of other cities and even other departments and organizations. The results of this research have practical implications for specialists and planners of the education system. To improve the functioning of their employees 'families, they can reduce the amount of early maladaptive schemas through schema therapy, increase the couple's constructive communication pattern by improving interpersonal and interpersonal communication skills, and reduce couples' avoidance and expectation / withdrawal patterns.

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