

Designing a family concept model in successful young couples based on Grounded theory

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Abstract

The present study has been a qualitative study of Grounded theory and the foundation has tried to design a model of family concept in the lived experience of successful couples. Research data were collected using semi-structured interviews from 7 couples (14 people) which is purposeful and theoretical through sampling method. Also, data analysis of this study was collected through semi-structured interviews and basic theory method was used to analyze the data. The findings of the study include 12 main categories, 34 sub-categories and 112 concepts.

From family social capital, the existence of expressive interaction and lack of instrumental interaction, intervention conditions include: having life skills and separation of private and public spheres. The central category, balanced family development and action and interaction in the lived experience of successful couples Meetings include empowering women and providing family support.

Keywords: Family concept, lived experience, successful couple, Grounded theory.

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1. Introduction

The family is one of the first institutions that is considered the foundation of social life and is also of special importance as a mediator in the socialization of the individual and his compliance with social values and norms (Vosoughi and Nikkhalq, 2016: 174-173). This valuable institution is at the highest peak in terms of importance and is considered one of the basic pillars of society and achieving a healthy society is possible in the shadow of a healthy family (Mehdi Iraqi, 2003: 2). According to tradition, the family is seen as a place where love, understanding and support can be achieved, to the point where one can breathe new life and gain new strength to face the outside world (satir, 1987; translated by Behrooz Birshak, 1391: 22). When the family includes a healthy environment and warm relations and sincere interpersonal interaction, it can cause the growth and development of family members (Salimi et al., 2005: 2).

Family definitions vary from country to country as well as within a country. Given this issue and the changing realities of the present, in order to study the family as a factor in health and other variables of interest, we need to redefine the family and the types of common family structure (Sharma, 2013: 306). Nazari (2013: 15) has described the concept of family as follows: Family is not just the presence of a number of people who are together in a physical and psychological space. The family is considered as a socio-cultural system that, along with all its other characteristics, has a set of rules and each of its members has a specific role. This system has a power structure by which different forms of communication occur. The members of this system have a deep and multi-layered relationship with each other.

Family members also have, to a large extent, shared backgrounds, shared internalized perceptions, assumptions and views about the world, and shared perceptions of life goals.

According to family sociologists, it has a special importance and position. A group of sociologists point to the effects of society's cultural system and assess family health in adhering to values and, on the contrary, family imbalance in disregarding those values (Farjad , 1382: 148). Some sociologists study the family with a functionalist and systematic approach (Brad Shaw,

2007: 46) and give a special role to each of its members. They consider a family to be healthy if all its members perform their duties and roles well. Another group of sociologists look at the family with a contradictory approach and believe that the family, like any other social system, is organized on the basis of conflict, and that its members each compete with each other to increase their power and dominance over others (Chibucos & Leite, 2005: 184).

In recent times, due to the extensive changes that have taken place, the traditional family system has been affected and the internal structure of the family has undergone many changes. Mass media and access to cyberspace and employment are two effective factors in this field. Also, the globalization and increase of relations between countries, has introduced a different model of family relations for people and has opened the field for people to choose different patterns of life with unknown issues. It also seems that the changes that have occurred have changed the personality and desires and expectations of couples. This has changed the quality of marriage and the meaning of the family, and of course divorce has increased every year according to official statistics. Now, there are families that have undergone less structural changes or structural changes have had little change in the concept of family for them, and these changes have not been able to disrupt the strength of the family and the stability of their marriage.

Therefore, the researcher in this study seeks to extract the concept of family from the lived experience of successful couples. In this study, the purpose of expressing the title of lived experience of successful couples, attention and emphasis on the immediate experience that couples have from their life together; Because in order to understand this performance and the success factors of the couple, it was necessary to put oneself in the place of the actors (couples) during an empathetic interaction and look at the issue from their perspective. Various studies have been conducted on successful families and couples, some of which have been quantitative, some qualitative and some combined. Therefore, the results of research on different cultures can not be generalized to each other. Internal research has often examined issues such as marital adjustment and marital satisfaction and successful marriage, while no research has been found on the concept of family among Iranian families, nor

any research on the experience of successful couples. What is the meaning of family, not paid. The aim of this research is to examine what is the concept of family in the lived experience of successful couples based on data Grounded theory? Also, what are the basic, secondary and main categories of the concept of family among successful couples?

2.Review of Literature

The results of the research of Mohammadpour et al. (2009) under the title of tradition, modernization and family show that the family institution and kinship system, affected by the process and consequences of modernization, has experienced profound change at both objective and subjective levels. Quantitative findings It shows that the three components of modernization, namely urbanization, modern education and communication media, have been effective in the decline of the traditional dimensions of the family and the emergence of its modern form. Its consequences are thoughtfully aware and of particular sensitivity. This qualitative study was conducted by studying 20 local in-depth interviews.

Janadaleh and Rahnama (2014) (in a study entitled Transformation in the Conventional Model of the Iranian Family) Secondary analysis of national data is a secondary analysis study. The most important data of this study are taken from a national survey in 2005. Based on The results of the most important characteristics of the Iranian family can be expressed as follows: 1 - The importance of the family and the necessity of marriage 2 - Marriage based on parental orientation and traditional values Marriage framework 5 - The importance of having children 6 - The presence of both parents in the family 7 - Traditional gender attitudes and the breadwinner of the father and the mother housekeeping. In Asadeh et al.'s (2011) study, it was found that happy and successful couples have four important characteristics that include the ability to solve their problems, have mutual understanding and manage income and expenses, spend leisure time with their family and love and respect In this study, out of 365 couples, 11 couples who had the highest score in the Enrich questionnaire were selected.The couples underwent an in-depth and semi-structured interview and the above results were obtained.

Zarean, Mansoureh (2013) in a study entitled Family Success and the Impact of the Orienteering Family on It through a survey method and the statistical population of Tehran families. Explanatory results also showed that a strong and significant relationship between family success with There is success for the orienteering family, and every action and reaction that takes place in the orienteering family is directly imitated by the children and will be reflected in their future lives.

A study by Elgar, Grieg, and Tretitz (2012) (quoted by Khodadadi et al.) (2015) showed that in successful marriages, couples spend more time together, show more positive and encouraging behaviors, express emotionality, and They have cognition, have an effective parent-child relationship, and have warm relationships with others in the social sphere.

(Scott, 2006) examined the meaning of married life and the system of adult beliefs about marriage. His aim in this study was to search for the meaning of expressing marriage for young people and single adults based on their system of beliefs or memories about marriage. The meaning of marriage implicitly refers to how human beings behave before and during the marital relationship and can be related to marital performance.

A review of previous research has shown that studies have presented different results in the field of meaning of life and the meaning of marriage and family functions. Some of these studies have been quantitative, some qualitative and some combined. Most studies have also examined the components that make a family a healthy family.

In general, most of the researches done in the country have been done on the changes and changes that have taken place in the family context and its structure. Parental consent, prohibition of sex outside of marriage, the importance of having children, etc. have undergone major changes. Obviously, the formation of a successful family can not be far from cultural and ethnic effects. Culture is one of the most important factors that affect the processes within the family. Cultural values, beliefs, and norms, in addition to shaping people's views of themselves, guide their view of intimacy, love, and close relationships. Given the period in which our society is moving towards

modernity, it is necessary to conduct research on family change in the indigenous and cultural context of society.

The institution of the family and the marital relationship between couples, as its main pillar, are influenced by other areas of social life and affect them (Moslehi and Ahmadi, 1390: 76). We live in a pluralistic society that is constantly evolving. Changes in family structure, lifestyles, and inevitably family life patterns.

Today's families represent a variety of organizational patterns and arrays of life. Marriage represents a change in the two established family systems and the formation of a sub-system within each of them, rather than merely the union of two people. Couples today are less dependent on family traditions, and therefore have fewer patterns to imitate (Barn Hill and Lango, 1978; Shahi Barwati et al., 2007: 37-38).

First, we examine the definition of the word "concept" in Dehkhoda dictionary, which is: the sum of common attributes from which the general meaning is composed, or "known or recognize" or in another synonymous definition, "content". And in his definition (Goldenberg, 2000; Shahi Barwati and Naqshbandi, 2008: 12) of the family: It lives, produces and transmits it to its members, so according to previous definitions, the concept of family is produced within the family and affects people's attitudes towards society and their interpersonal relationships. What has happened in the structure of the Iranian family over time from tradition to modernity, the researcher decided to know what the content of the successful Iranian couple in the present era, the content of the Iranian family and what components the family has in the mind of every successful couple. The results of the semi-structured interview are the common concepts that make up the concept of family in the minds of successful couples. The researcher seeks to find out how structural changes in the family have changed the concept of family in the minds of Iranian couples.

3. Methodology

The present study in terms of the nature of research in the field of exploratory research; In terms of the type of applied research and in terms of research strategy, it has an inductive strategy and in terms of the nature of the

data is in the category of qualitative research project and of the type of Grounded theory (Foundation 1 based on the paradigm model of Strauss & Corbin, 1990).

The statistical population was selected from couples who participated in couples relationship enrichment workshops in 1398. These couples did not have any particular problems in their life together and only entered the workshop to benefit from the latest scientific methods to improve the quality of the relationship. Also, to make sure that they can be considered as successful couples, so they (Spanier DAS Marital Adjustment Questionnaire) were administered and couples who had a high compatibility score entered the interview phase. Also, because it was necessary to have a moderate level of cognitive ability to answer the interview questions, their minimum level of education was considered a diploma, and those who had good cognitive ability to answer the interview questions, as well as factors that were considered for The couple has been compatible for at least 10 years of their life together. To keep some of the underlying factors constant, only couples up to 35 years old were selected for the interview.

Because the present study is a qualitative research, the number of samples was selected based on the field theory method used to analyze the data so that the maximum qualitative content of the concept of family in the lived experience of couples is extracted and the so-called Interviews should be saturated (Strauss & Corbin, 1998). Because the criterion for achieving theoretical data saturation and general agreement on questions related to the phenomenon under study.

Research sampling method, theoretical sampling which has been a form of purposeful sampling; Done. Theoretical sampling (Glazer & Strauss, 1967) is the process of data collection for theorizing, through which the analyst simultaneously collects, encodes, and analyzes his data and decides what data to use. In the next step, he collects them and where to find them, in order to formulate his theory during its formation. The developing theory controls the data collection process (flick, 2006: 138). In the present study, after a semi-structured interview with 7 successful couples (14 people), their responses became saturated and the interview was stopped.

The process was such that, observing the ethical principles of the research and obtaining permission from the interviewees, the interviews were accurately recorded and then recorded point by point on paper. Due to the conversational nature of the interview, the interviewer is free to Change the questions or move their order more appropriately (Biabangard, 2007, quoted by Rezapour Mirsaleh, 2013). Considering the general purpose of the research, the interview questions were designed. The family and its meaning were explored in the minds of successful couples, and all interviews were recorded with the permission of the participants and nicknames were used for the participants to maintain secrecy and commitment to confidentiality. The overall purpose of the research and the agreed-upon aspects of successful couples were to design interview questions, and a total of 19 questions were selected for the interview by summarizing the opinions of knowledgeable experts to ensure content validity.

The pilot study was performed on two couples and some questions were reviewed with their feedback. In the lived experience of successful couples, the theoretical coding process has been done in three stages of open coding (discovery of concepts (axial coding), discovery of sub-categories (and selective or selective coding), discovery of main categories (in the form of Strauss and Corbin's grounded paradigm. On the other hand, in order to validate (reliability) basic, secondary and main categories as well as the constructed model of the concept of family in the lived experience of successful couples, there are two methods: a- Valid evaluation by communication means The sub and main statistics will be controlled by the interviewed members (flick, 2006: 415) and also b- The audit method has been used by asking the opinion of professors and experts in the field of psychology and family sociology. Reproducibility and generalizability (basic, sub-categories) Both the main and the model constructed from the agreement coefficient method between the two coders (researcher and collaborator researcher) have been used in the coding process.

Table 1 : axial and selective coding process for constructing the concept of family in the lived experience of successful couples based on Grounded theory

Main categories	Selective coding	Axial coding	Open coding
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Causal conditions	Rejection of structural and ideological transformation of the family	Rejection of ideological transformation of the family institution	Necessity of gender segregation, the role of intimacy in the family, observance of hijab and religious norms, consistent and harmonious readings of marriage, respect for reciprocity, non-acceptance of premarital sex, belief in building a life not divorce, belief in family structure (status of individuals) Acceptance of roles in the family, belief in the existence of hierarchy in the family
	cultural factors	Family cultural capital	Being educated and aware, getting used to buying books, going to the cinema with his wife The influence of the family on the culture of society, the cultural interaction of society and the family, the impact of the cultural environment on the family, the cultural influence of the media on the family
		cultural values	Modeling a successful marriage, Positive family successful model
		Family cultural pattern	Rejection of premarital sex, Having ugliness in the custom of society, Underlying doubt and pessimism
		Cultural rejection of premarital sex	The effect of economic factors on the family, Having financial means, Lack of importance of economic values in financial shortages, , Lack of economic orientation of couples, Lack of participation in the financial dimension, The same goal in financial matters
Economic factors	The effect of economic factors on the family		
Underlying conditions	Lack of instrumental interactions	Lack of tendency to selfish	Lack of pride, lack of arrogance and pride, unity of expectations
		Lack of inclination to force-based interactions	Less conflict and stress, avoiding quarrels, no conflicts and tensions, use of negotiation method
	Existence of declarative interaction	Existence of emotional interaction	Warm and intimate, intimacy is the main pillar of the family, being a friend
		Existence of discourse interaction	Verbal communication, ease of verbal interaction, verbal and behavioral caress, special time for family conversation Reasonable level of expectations, unity of expectations, companionship, mutual understanding, all-round closeness, ability to solve problems, acceptance of each other, having reasonable expectations, having logical demands
Enjoy family social capital	Informal norm	Having special trust	Lack of lies and hypocrisy, having forgiveness and sacrifice, friendship of parents with children, having commitment and loyalty Transparency, mutual trust, honesty
		Having interaction and participation	Collective decision making, assuming conflict in all lives and being solvable, lack of selfishness and selfishness

Intervention conditions	Enjoy life skills	Self-awareness skills	Awareness of rights and responsibilities, responsibility and management, better performance of elders, better awareness of elders, having adequate education about the relationship, proper education of children, specificity, responsibilities, responsibility of couples
		Decision making skills	Purposefulness in life, mutual decision making, awareness of divorce and its consequences, purposefulness of family, having purpose in life
		Empathy skills	Couples support and cooperation, mutual respect, empathetic relationships, mutual understanding, companionship and empathy of couples
		communication skill	Newness of couples for each other, positive behavior of spouse, interaction
		Problem solving skills	Ability to solve problems, ability to negotiate
Axial category	Separation of private and public areas	Creative thinking skills	Positive thinking, recognizing change, recognizing other choices
		Separation of private and public areas	Not allowing others to interfere in life, bilateral decisions
Action and interaction	Balanced family development	Balanced family development	Multidimensionality of life, stability of family structure, desirable social capital, meeting the needs of family members
Action and interaction	Meeting needs	Meeting the physical need	Providing welfare of life, having financial means, sex half of married life, having great importance of sex, sex is the basis of married life, sex is complementary to spiritual satisfaction, Marital sex-stimulating sex, accepting sex because of a breakup, sex, strengthening marital life
		Meeting the psychological need	Peace and comfort, the existence of love and peace, peace and happiness, contentment and peace in life, creating a safe environment, peace and respect, feeling safe
		Meeting the need for a sense of belonging	Having successful children, complementing couples, sweetening life by having a child, acceptance between families, completing a married life by having a child, paying attention to each other due to having children, having children, being a family
		Achieving self-fulfillment	Achieving perfection
Consequences	Women's empowerment	Feeling of independence and autonomy	Women's participation in society, financial empowerment through employment
		Feeling meaningful	Changing attitudes through employment, increasing self-confidence
		Feeling competent	Cognition and self-discovery of women, courage
		Feeling effective	Emergence of women's abilities,

Enjoy family support	Emotional family support Assistance and attention of family members	synchronization and power Empathy of family members, the cause of happiness and joy Individual and social motivation, comprehensive partnership, help to progress
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Inconsistencies have been eliminated through data review. Also, in order to be generalizable, it was tried to use successful couples belonging to different socio-economic levels in Karaj as much as possible in the research; That is, theoretical sampling has been tried to be regular and comprehensive (Strauss & Corbin, 1990: 283-284).

4. Findings

In order to construct the concept of family in the lived experience of successful couples based on the paradigm of grounded theory, a semi-structured interview was conducted with successful couples. The women interviewed had occupations such as secretary, housewife and psychologist, and their education level ranged from diploma to master's degree. The men were mainly undergraduates and two masters, and occupations such as psychologist, secretary, freelancer (producer, employee). The average number of children was two. In the interview process, by identifying 112 basic concepts and categories, the coding stage. After the coding process, axial category called Balanced Family Development was finally extracted.

Therefore, according to Table 1 and the process of axial coding and selection of concepts derived from open source based on the elements of the paradigm of grounded theory, it can be said that the concept of family in the lived experience of successful couples from 12 main categories, 34 sub-categories (components) and 112 concepts It has reached theoretical saturation and therefore, based on the paradigm of grounded theory, the concept of family in the lived experience of successful coples can be shown in the form of Model 1.



Figure 1: Modeling the concept of family in the lived experience of successful couples based on grounded theory

The research findings are presented in Table 1 by concepts and codings. In total, 12 main categories were obtained from the extraction of codings, which were as follows:

The three main categories of causal conditions include: a- not accepting the structural and ideological change of the family b- cultural factor and c- economic factor. Rejection of structural and ideological transformation of the family means that successful couples, while maintaining their traditional values towards the family, do not easily accept the structural and ideological transformation of the family. Also, in the field of family change, structural conditions have always been emphasized and less attention has been paid to the factors of resistance. In addition, they are aware of the impact of the economic factor on the institution of the family and try to overcome it through partnership in providing living expenses.

The three main categories of contextual conditions include: a- lack of instrumental interactions b- existence of declarative interaction and c- having family social capital. This means that successful couples have expressive interaction with each other as well as other family members, ie interaction that is warm, confident, intimate, comfortable and reasonable. At the same time, successful couples with each other, as well as other family members, avoid instrumental interactions, that is, interactions that are accountable, selfish, non-participatory, based on coercion and aggression. The result will be the

emergence of informal norms such as commitment and loyalty, forgiveness and camaraderie in the family environment and also having trust and positive interaction of family members towards each other. This strengthens and develops the family social capital over time, and therefore successful couples can easily pursue common life goals by having family social capital.

The two main categories of intervention conditions: a) having life skills b) is the separation of private and public areas. This means that successful couples with life skills in various dimensions of self-awareness, decision-making, empathy, communication, problem solving and creative thinking while advancing life goals, solving problems and improving family relationships, allow others to intervene in their private lives. They will not give.

The central phenomenon or category in the concept of family in the lived experience of successful couples is the balanced development of the family. In other words, all of the above categories revolve around the central category of balanced family development; That is, a family that is multidimensional and cares about all aspects of the family institution. Such a family due to the acceptance of power relations and gender segregation of roles in the family environment as well as cultural and economic factors affecting the fate of family members along with the use of life skills in various walks of life and the separation of private and public spheres due to lack of permission They produce and reproduce the interference of others in private life, paying attention to expressive interactions, and avoiding instrumental interactions in the family environment. This strengthens social capital in the family environment. The result of this balanced development of the family is the fulfillment of the needs of family members in various dimensions. Meeting the needs of family members in various dimensions will also have positive consequences such as empowering women and family members having emotional support and assistance to each other.

Action and interaction in the concept of family in the lived experience of successful couples (consisting of meeting the needs of the family) includes sub-categories of meeting the physical, psychological, sense of belonging and self-fulfillment needs. In addition to the contextual and intervention categories mentioned above, along with the central phenomenon of balanced family

development with each other, the needs of family members will be met in various dimensions.

The two main categories in the consequences section consist of: a) Empowerment of women b) Having family support. This means that action and interaction meet the needs of family members in various dimensions, in addition to empowering women in the dimensions of feeling of independence and autonomy, meaning, competence and effectiveness; It helps family members to have emotional support and help each other.

5. Conclusion

According to the theory of exchange, it is acknowledged that the attractiveness of a marriage is proportional to the rewards that are obtained, minus the costs that are incurred in the relationship. Rewards include positive aspects of the relationship, such as love, sex, companionship, emotional support, and daily cooperation, and costs reflect negative aspects of the relationship, such as verbal and physical aggression, generally, temporally. When the relationship rewards are high and the relationship costs are low, people are willing to stay in marriages. The model constructed from the lived experience of successful couples has also achieved these rewards and costs, because under the background conditions, the role of expressive interactions and the absence of instrumental interactions in the success rate of the family has been reached.

According to network theory, the less dense the network relationship, the better the couple performs their duties, but the more dense the network, the couple will not be able to make the necessary decisions alone; Because they have to act according to the conditions and relationships of the network and accept the interference of others in their lives. Therefore, according to this theory, the interference of those around them in the life of the couple and the intensity of the relationship with those around the intervention intensifies the atmosphere of incompatibility, failure to meet the expectations of the couple and the tendency to divorce. The constructed model has also achieved the role of non-interference of others in the life of the couple, because under the conditions of intervention, the role of separation of private and public spheres

(non-interference of those in the life of the couple) has reached the success rate of the family.

According to the theory of the crisis of values, a sudden and drastic change in values and norms, weakens the social organization that is based on traditional norms of society and modern values can not quickly become the basis for social order, resulting in norm-breaking and disorganization. Order in society increases. Therefore, in a society where traditional values have diminished and modern values are well established, it can cause contradictions. In married life, one couple may still follow the old values and traditions, but the other couple may Modern values tend to and this leads to conflict between them.

The constructed model has also achieved the role of not accepting the structural and ideological change of the family in the success rate of the family under the causal conditions. Therefore, in this regard, with the studies of Janadleh and Rahnama (2014) and Mohammadpour et al. (2009) that due to structural changes due to modernization and expansion of modern values and individualism and independence, the autonomy of individuals has undergone significant changes in the Iranian family. It has affinity and harmony.

According to Lor's theory (1990), items such as: personal responsibility, interpersonal awareness, interpersonal responsibility, valuing, empathy are considered as the measure of a couple's success in marriage. Because under the intervention conditions, the role of couples in having life skills in the success rate of the family has been achieved.

Therefore, in this regard, the research findings with the studies of Cinder (1979) on problem management, Kramer (1998) on effective dialogue and internal skills, and Ratings and Bobals (1983) on the ability to express emotions as the most important factors in successful marriages and Stable shares and matches.

In addition, the findings of the present study with Previti & Amato (2003) studies on the reasons for couples to maintain marital relationship in the components of respect, trust, commitment to marriage, commitment to spouse with components of family social capital as background conditions. Also in the components of economic needs, sexual intercourse, emotional security with the

components of meeting the need as action and interaction in the lived experience of successful couples.

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