A SUGGESTED COUNSELING PROGRAM ACCORDING TO THE REALITY COUNSELING THEORY TO DEVELOP MARITAL COMMUNICATION SKILLS AMONG MARRIED UNIVERSITY STUDENTS

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Abstract

The current research aims to identify marital communication skills among married university students and build a guiding program (proposed) to develop marital communication skills among married university students .

The sample of the study amounted to (238) female students from the two majors (scientific and human) from the female students of Al-Qadisiyah University for the morning study. The sample was chosen in a stratified random way. To achieve the goal of the study, the scale of marital communication skills was adopted for (Awadeh, 2019), and the scale in its final form consisted of (42) paragraphs The psychometric properties of the scale were verified and its validity and reliability extracted. The researcher applied the scale on a sample of female students chosen in a random stratified manner consisting of (238) students. The second tool is building the counseling program (proposed) according to the theory of realistic treatment (Glaser), and the researcher used the appropriate statistical methods For the first objective, the virtual validity of the counseling program was extracted, and the results showed that married university students have marital communication skills less than the arithmetic mean, and the researcher presented a set of recommendations and suggestions .

Keywords: marital communication, reality guidance

Problem of The Research

Poor communication between spouses makes life routine, neglect and indifference prevail, and the vast majority of problems between spouses may emerge when the bridges of communication between them are broken, and lack of communication between spouses is a sure indicator of the absence of happiness between them and a strong precursor to the presence of so-called marital disorders.

(Bornstein and Bornstein, 1986) confirm this fact, as he mentioned that the lack of good communication between the spouses is considered one of the most important basic reasons that create problems that neither of them can solve. Communication takes place with mutual participation between the spouses in many matters, and this is confirmed by Gutman. And Leveson in another research entitled: Stable is marital interaction "how over time" that the nature of interaction and emotional communication between spouses is considered the decisive thing in overcoming marital problems, as the persistence of marital conflict and disagreement over time is not due to the degree of ability to solve problems and the methods of solving problems as much

as What is essentially a basis because of the nature of the emotional interaction within which most couples were unable to solve their permanent problems (Asiri, 2013: 155).

The research problem is summarized in answering the following question

(Is there an effect of real-world counseling on developing marital communication skills among married university students?)

The importance of research:

Marriage is one of the most sacred human relationships because it is the natural means and the first step in forming a family. There is no doubt that marriage is a fertile place for communication, which represents one of the most important components or methods of achieving satisfaction in the spouses, as it is an extension of the existing marital relationship between them, where communication occurs on a daily basis between the spouses together on the one hand, and between them. And their children on the one hand, and between them and the outside community on the other. Communication generates a sense of familiarity and a sense of reassurance.

The family is one of the strongest social institutions that affect the formation of the individual's personality and behavior, and the conscious family can positively affect its children through the way it communicates with its members, because of its strong and effective impact on children and the family receives the attention of many researchers working in various humanities because of its fundamental role in shaping society and preparing generations that .reflect the identity of this society and its distinctive characteristics for its members

Because all husbands and wives want a happy marriage, they may all realize that good communication between husband and wife is what keeps them together within the framework of marital happiness, and despite this certainty, some wives get lost amid many problems. Where the family relationship between husband and wife is affected by modern technology, so both husband and wife are preoccupied with it, and dialogue and discussion on issues of family life decrease, which led to the weakness of family ties, due to their acquisition of a lot of time, including the time of family meetings (Ezz Al-Arab, 2003: 23)

many studies have found that marital communication is a safety valve that ensures the internal cohesion of the family structure, which is reflected in the psychological and social tranquility of the spouses and children together, as well as ensures positive communication between spouses and the continuation of married life.

Therefore, teaching spouses communication skills and increasing their sense of value and importance towards each other would achieve a kind of satisfaction and stability between spouses, and the higher the nature of communication between spouses, the more it contributed to improving the quality of the relationship between them and reducing marital disputes and problems, and the study of Margolin et al. (1988) confirmed that violence may begin with a wrong understanding of verbal, non-verbal, negative, hostile, and withdrawal messages between spouses (Qawarj and Al-Shara, 2018: 300).

Communication is one of the components of the compatible family, where understanding and dialogue between family members is a way for each individual to convey his feelings, desires and thoughts to others, and communication is either through words, gestures and verbal or non-verbal expressions and in order for marriage to succeed and lead to marital satisfaction and happiness, both partners must master a set of marital skills, where communication and **communication** skills come At the beginning of marital skills in couples' understanding of each other, since having ineffective communication is part of marital suffering, and then the couple

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becomes unable to manage the conflict, communicate effectively and not listen and listen to each other, some couples may tend to withdraw, contributing to the survival of the problem as it is. Reality counseling is one of the important contributions to help married women develop their skills in marital communication because the main idea of realistic counseling is to take responsibility for our behavior, and that our behavior is our choice and that we have control over our behavior and we have no control over the behavior of others, guidance in reality is one of the modern trends and is one of the rational trends in counseling and psychotherapy developed by William Glasser, who was born in 1925 in Clinland, Ohio (Al-Zayoud, 2008: 349).

counseling program, the need for counseling programs today is more urgent, as this is due to the changes that have occurred in society, which included all aspects of personal, social, family, educational and professional life, and the large number of concerns and technological development that made some couples immerse themselves in virtual reality away from their real lives (Al-Hammadi and Al-Hajin, 2006: 12).

Counseling programs are sequential organized steps carefully developed on the basis of the priorities of the elements of the phenomenon and their consistency in the thinking and behavior of the target and work out in order to achieve new behaviors that result in satisfying the needs of the participants in the program of knowledge, skills or values and behaviors required as final results of the program in their behavior and personalities   is the sequential steps through which counseling services are provided from the mentor to the mentor, and counseling programs are the practical side of guidance and without it, guidance becomes just opinions or Tips or guidance The goal of counseling programs is for the mentor to reach self-direction, that is, the ability of the individual to direct his life by himself, set long-term goals according to prevailing social standards, achieve comprehensive growth, psychological maturity, self-adaptation, achieve independence, develop self-responsibility and build a healthy personality. (Abu Asaad, 2009: 16). Hence the importance of theoretical and applied research

Theoretical Significance: Theorrtical Importance
1. The researcher adopted a theoretical framework based on the theory of guidance by reality (Glasser, 1965)
2. It is the first local study aimed at developing marital communication skills among married university students, according to (the researcher's science).
3. Arousing the interest of researchers in the importance of studying marital communication and its skills.
4. It may be possible to benefit from the results of the current study and the recommendations that will come out of it.

Practical Importanc
1. Building and preparing a counseling program according to the theory of guidance in reality with the variable of marital communication skills, where counselors can benefit from it in the future.
2. Benefiting from the scale of marital communication skills in developing or improving the marital communication skills of married women.
3. There is no local or Arab study (as far as the researcher knows) relied on the theory of counseling in reality in developing marital communication skills among married university students, so it is a new addition in the field of specialization.

Aims of the Research

This research aims to:

((Building a proposed counseling program based on the theory of counseling in reality to develop marital communication skills among married university students))

Limitation of the Research

The current research is determined by married female students of the University of Al-Qadisiyah for the morning preliminary study of scientific and humanitarian disciplines for the academic year (2022-2023).

Fifth: Definition of terms:

First: Impact

- Impact Language:

Known by Ibn Manzur (1968)

"The rest of the thing, and the plural raised and raised, and came out in its impact, that is, after it, and the effect of the survival of the impact in the thing, left a trace, the effects of the media" (Ibn Manzur, 1968: 19).

- Impact idiomatically:-

-:Defined by

1- Al-Hefni (1991) that: -

"The amount of change that occurs in the dependent variable after being exposed to the independent variable" (Al-Hefny, 1991: 253).

2- Ibrahim (2009)

"The ability of the worker under study to achieve a positive result, but if this result is selected and not achieved, the worker may be one of the direct causes of sound repercussions" (Ibrahim, 2009: 30).

Second: Guidance in reality

Defined by:

1- (Shenawi 1994)

One of the streams of psychological counseling developed by William Glaser based on a theory" of realistic therapy based on the theory of choice" (Shennawi1994,235).

2- Rashidi, 2005

"A method that involves the mentor providing assistance to the mentor and enabling him to positively face reality, agree with it and satisfy the needs within its framework in accordance with the concepts of responsibility, reality and correctness" (Al-Rashidi, 2005: 15).

Theoretical definition: - The researcher adopted the definition of (Al-Rashidi 2005) in order to adopt the theory of choice for (William Glasser)

Procedural definition: It is a planned and organized program based on the principles and foundations of the theory of reality guidance byWillim Glasser to provide group counseling services to married university students in order to help them develop their marital communication skills.

Third: Marital Communication Skills

Skill: Khalaf (1980) defines it as "the ability of an individual to perform certain types of tasks more efficiently than usual compared to the quality of the results" (Khalaf, 1980: 17).

Communication: Defined by (Abu Al-Nasr and Shalabi, 2015) "the process of sending and receiving information, ideas and opinions between the two parties (sender, receiver), that is, interaction and sharing between them about a certain information, idea, opinion, trend, behavior or experience using an appropriate means of communication" (Abu Al-Nasr, Shalabi, 2015: 48).

Marital communication: defined by:

1- Awawdeh, 2019

"The language of understanding that conveys each other's thoughts, feelings, desires and attitudes to the other person, and this language carries explicit meanings that determine the form of interaction that is characterized by understanding between spouses and the attraction of each party to the other" and includes five skills (dialogue skill, listening skill, comprehension skill, problem-solving skill, emotional expression skill) (Awawdeh, 2019: 20).

2- (Shalabi, 2018)

"A continuous dynamic process that is honest and necessary for the continuation of life between spouses in particular, and family life in general, including this process of expressing the positive and negative feelings of the spouses in an acceptable manner that does not carry the meanings of insult to others" (Shalabi, 2018: 14).

3- (Albalawi 2019)

"The ability to express the feelings and desires of each spouse to the other while exchanging ideas, opinions, points of view and objective discussion regarding their married and family life without harm or insult" (Al-Balawi, 2019: 518).

4- Bafleh (2020)

"It is the positive intellectual and emotional participation between the spouses, which takes place through the transfer of feelings and feelings to each party to the other in order to achieve the desired happiness" (Baflah, 2020: 19).

The researcher has adopted Awawdeh's definition of marital communication skills for its suitability to the subject of the research.

The researcher defines it procedurally as : **It is the degree obtained by the respondent through his answer to the paragraphs of the marital communication skills scale for the purposes of this research.**

Theoretical framework and previous studies

Theoretical Framework

❖ **Theory of guidance in reality**

Reality counseling based on the theory of choice is one of the modern trends in the field of psychological counseling and the founder of this trend is the American doctor William Glasser, who has published his views through a series of books over five decades through a historical development, and realistic counseling (RT) based on the theory of choice (CT) is a basic current in psychological counseling, and is currently offered in many psychological counseling programs in colleges, institutes and universities around the world (Mayahi, 2010: 20). mentor) aware of behavior and control, and to help individuals reconnect with others through reality guidance

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based on the belief that we all choose what we want to do in our lives and that we are responsible for our choices, and realistic theory differs from other theories such as psychoanalysis and behavioral therapy in that it is not limited to patients, homosexuals and problem people, but it is a system of ideas that helps the individual learn what helps him achieve a successful identity (Mohammed, 2018: 214).

mentor's knowledge of the theory of choice, and then the mentor's education is based on the idea that people have limited control over their feelings and thoughts, and that they can easily control their behavior and actions, rather than controlling their thinking and feelings., and that they act towards each other in a conscious and responsible manner, because this indirectly leads to the formation of good feelings associated with)this relationship, as good feelings are an indicator of a good relationship Shenawy, 1994: 234- 235)

The basic principles of the theory of guidance in reality

1- **Responsibility: -** Responsibility is a basic concept of realistic treatment, and means the ability to meet the needs of the individual, and do so in a way that does not deprive others of the ability to meet their needs, (Glaser 1965) The responsible person is the independent individual, and has sufficient internal psychological support to determine what he wants from life, and can develop responsible methods to meet his needs and goals, but the irresponsible person is lacking responsibility, he may meet his need even if it harms others (Al-Rashidi, 2005: 18)

 Responsibility is a cornerstone of reality guidance, as it includes accountability when others are seen as responsible for meeting their personal needs (Abdullah, 2012: 228-229).

2- Identity: Glasser believes that people should recognize themselves as individuals with - importance, independence and individuality, and Glasser has called this need the term identity Identity It is the most important requirement for all human beings and there are two types of :identity

A- The identity of success: the individual sees himself as skillful, capable, important and has the ability to influence his environment and satisfy his needs, but not at the expense of others.

B- Failure identity: The identity formed by people who did not have close relations with others and do not act responsibly (Abu Assad, Arabiyat, 2015: 316).

3- **Reality** : - It is real experiences, that is, everything that is not ideal or fiction, and this concept includes behavior and its results, and accept and develop a sense of reality and not deny it (Al-Rashidi, 2005: 19).

 The individual's responsibility requires him to confront reality and the individual who is aware of his needs must satisfy these needs under the constraints of reality, and the current behavior is part of reality, but the feelings of the individual are less in contact with reality, and therefore the guidance of reality focuses on behavior more than feelings, behavior accepts change before feelings, and the present is very important for guidance reality, the past can not be changed, and the denial of the guide to reality carries with it a lack of responsibility, and the goal of guidance reality is to help the guide to to face reality so that it can solve its problems by carrying out more responsible behaviors   (Abdullah, 2012: 229).

4- **Right**

actions of the individual become volatile if they are not viewed from a value perspective, that is, if they are right or wrong, and there are general standards agreed upon in every human society The standards of correctness are derived from the culture, religion and traditions of that society, and they are closely related to the needs of the individual, and may take a general character to include almost all human societies, just as some of them are specific to one society and not others Or some societies but not others, but in the end they represent the standards of right and wrong, and they differ in their severity, and therefore, in the implications of whether or not they are adhered to, and the behavior may be wrong because it is immoral, socially unacceptable, self-destructive, inconsistent with religion and virtue, and in all cases contrary to responsibility (Al-Ukaili, 2019: 21).

Needs

explain the process by which they are met in a nutshell. We must partner with other people, or at least one person, but hopefully more than one person at all times in our lives. We must have at least one person who cares for us and takes care of them. If we don't have this essential person, we won't be able to meet our basic needs A man stranded on a desert island or held in solitary confinement may be able to meet his needs enough to survive if he knows that someone is caring for him and his circumstances. He dies or goes crazy, for example there is an incident of two people who stayed after a plane crashed into the snowy wilds of northern Canada A young woman and an experienced pilot lived forty-nine days without food before being rescued Not only were they in remarkably good physical condition but they didn't describe their overall experience as horrific Both said they supported each other and believed in the ultimate rescue. Even though they were involved with each other through circumstances, both were involved Also enough with the other so that they do not give up they have survived by not losing touch with reality and meeting their needs as much as they can it is necessary to meet our needs with someone, preferably a group of people, with whom we share emotionally from the time of our birth to the time of our death (1965:26-25, Glasser).

Realistic guidance in the light of the theory of choice:

characterized by its generalizability as a theory that explains human behavior, as it applies to all behavioral levels and problem areas that include manifestations of behavior, and although the theory of choice has arisen and developed in the educational field, it later extended to other areas such as marriage, family, professional field, addiction, and psychological problems (Al-Sareeh, 2019: 48).

Where reality counseling is one of the important entrances in family and marital counseling, as it works to help the family and the couple in particular in overcoming the problems facing them, because the main idea of reality guidance is based on taking responsibility, i.e. taking responsibility for our behavior and that our behavior is of our choice and we have control over our behavior and we have no control over the behavior of others. (Majdalawi, 2019: 286)

Therefore, the researcher relied on this theory in the current study and through the researcher's review of previous studies, she found that guidance in reality focuses on a set of basic concepts, the most important of which are (responsibility, love, belonging, identity) where each

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individual seeks to form a successful identity and consists through the establishment of good relations with others, and when the individual fails to achieve this, he has a feeling of pain due to the failure to integrate with others, which leads to the individual merging with himself, and then consists The identity of failure has it, so the individual must communicate with others, and love jealousy and love others and then there must be someone who shares his life and although these two needs are separate, there are common elements between them as the achievement of one leads to the verification of the other and then the successful identity of the individual is formed.

❖ **Marital communication**

Communication is a fixed and important pillar for the development of family members from the premarital relationship to the marital relationship, as it is one of the most important factors that help the success of the marital relationship and its continuation, as effective communication between spouses contributes to the success of the marital relationship and makes it flexible and strong at the same time (Aref, 2002: 27)

Without communication, life cannot continue, and all living beings communicate in one way or another, but communication in humans may be more complex than other beings, so ,communication is one of the main reasons for the success or failure of the marital relationship and there is no doubt that the difference in the environment of each of the spouses has a great impact in creating varying reactions in responding to situations, as well as the natural differences between men and women and the interests of each of them, as well as the great development in the means of Communication, which led to poor bonding between family members and lack of dialogue within the family and between spouses due to the acquisition of time allocated for .family meetings

The results of the study (Aisha, 2004) confirm the existence of a great relationship between positive communication and love, because the nature of communication interactive reciprocal make it a relationship of influence and influence and this is reflected in determining the type of relationship between spouses and the degree of compatibility and harmony between them and pointed out Dan Williams (Dan Williams: 2004) that effective communication between couples is characterized by moving away from blaming the partner and not taking responsibility for all the problems that occur.

 Michael (Michele, 2003) stated that the more communication between spouses is characterized by clarity, safety, flexibility and interpretation, the closer it is to improving the marital relationship, ease of communication, and finding alternatives and solutions to the problems facing them (Daher, 2018: 2).

The concept of marital communication

The origin of the word linguistic communication is derived from (arrived) any link thing to the thing, and connected any language and ended to him and was not interrupted, and in the dictionary mediator came the word communication in the door (connected) terminated or informed him, and reached the thing ended and reached him, and reached the thing up to any language.(,Solomon 24-23 :2014)

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Communication occurs at different levels and images and it surrounds us everywhere in speeches, advertisements, movies, etc., we receive messages constantly and answer them, and through communication we can stay connected to the world around us and send and receive messages from others, and communication is a very complex thing we do not keep in touch with others by talking, or writing only, but we express ourselves using sign language or body language.

The communication is not for silver only, and that is confirmed by the French psychologist Albert from Harvard University that (93%) of communication processes are non-silver and divided as follows (tone of voice, words and way of speech and are all factors affecting the communication process.

Marital communication : Each husband is a sender and at the same time a recipient of messages, as he processes them and sends them to the other spouse, and their communication channel is (silver communication or non-silver communication). (Shadman, 2007: 3) Shibli (2018) defined marital communication as "a continuous dynamic process that is honest and necessary for the continuation of life between spouses in particular, and family life in general, including this process of expressing the positive and negative feelings of the spouses in an acceptable manner that does not carry the meanings of insult to others" (Shalabi, 2018: 14).

Jent (2012) defined marital communication as "the continuous exchange between spouses of information and messages, possibly by speech or writing, involving facial expressions and body gestures" (Jent, 2012: 100).
:Patterns of marital communication
1. **Al-Mustaza** : It is a weak and reluctant husband who tends to always apologize and denies the existence of conflicts and disagreements and generally seems nice as he agrees to almost everything.
2. **Blame** : He who finds a partner full of mistakes as he does not bear responsibility in resolving conflicts and is characterized by control and judgment on his partner and others and always sees himself as right and partner of the wrongdoer and denies the cycle when problems occur.
3. **Ideal** : This pattern is characterized by rigidity and rigidity and is very rational and far from others and quiet and does not show feelings as it controls his emotions and uses a rational and logical method in communicating with a partner
4. **Distracted or unrelated to anything** : This pattern is isolated from family events and seems to have nothing to do with anything to avoid conflicts instead of resolving them and tries to change the subject during the dialogue and seems not connected with a partner and does not provide him with help.
Harmonious: This style is characterized by flexibility and openness as it expresses the feelings and emotions of a partner in a way that helps to resolve conflicts as it is characterized by harmony between verbal and non-verbal messages in addition to harmony with a partner in his visual communication (Neil and Sielverberg, 2012: 1-27
Dimensions of marital communication skills

Skill is defined as "the ability of any individual to perform certain types of tasks with greater efficiency than usual measured by the quality of the results, and it is also known as the ability to apply theoretical knowledge effectively and effectively, leading to the exercise of this knowledge

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easily and perfectly." (Khalaf, 1980: 17)

As for marital communication skills, they are defined as a set of skills that make communication between spouses positive and effective, which is reflected in marital stability on the one hand and family stability on the other hand, where marital communication skills are an indicator of marital stability and deficiencies in marital communication skills lead to weak interaction between spouses and the inability to exchange dialogue between them. (Shalaby, 2018:71)

Marital communication requires a set of skills that should be developed for each of the spouses, which leads to the crystallization of a general goal for the marital and family context, such as family balance, concern for the future of the family, achieving legitimate goals and the correct education of children, as many studies confirm that the couple's loss of marital communication skills is a key factor in marital instability, marital collapse, loss of positive marital and family relations, or the inability to make sound decisions in the family (Awawdeh, 2019 : 25)

Although some researchers differ in determining the dimensions of communication skills, they unanimously agreed on some general basic skills that should be present in the couple, as follows:

Dialogue skills: It is one of the forms of verbal communication using words, phrases and sounds and in order for the individual to succeed in this skill needs to (encouragement, listening, clarity, repetition, questions, persuasion, and suggestion) and this skill is one of the basic ingredients for the success of the marital relationship and its continuation as the ability of each of the spouses to express in front of each other makes each of them understand the behavior of the other and interpret it correctly.

Listening skill: The skill of listening is one of the most important skills necessary for the stability of marriage and the success of the marital relationship, as each party must listen to the other party and understand his feelings accurately and try with him to communicate with him to solve the problems facing them with respect between them and the presence of this skill makes each of the spouses good at listening and listening to the other spouse so that he can understand the content of the message frank and not explicit before interacting with it and responding to it, for example, if one of the spouses speaks and the other spouse listens with all Attention and respect and encourage him to express his performance and did not interrupt him in speech The message is transferred from the sender to the receiver easily and marital communication is good and in order for listening to be good it is necessary to pay attention and activate the role of visual communication and understand the diversity in the tone of voice and not to interrupt or change the subject and deep attention to the sender while following up what happens from verbal or non-verbal communication and understanding what the speaker means from his speech, and good communication between spouses requires that one of them be a speaker and the second listener and that The speaker is good to express the message he wants to deliver and the listener to be good listening, accurate observation and attention to the speaker and his message, good communication requires the skill of expression and the skill of listening.

Comprehension skill: The lack of adequate understanding in married life of the messages received from one of the parties plays a major role in the widening gap between them, successful couples in communicating and understanding messages are those who are able to understand the

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feelings, ideas and meanings of the messages received and sent, and effective communication is the search for all means that improve the relationship with the other (Huston, caughlin, Houts g Georg, 2001

Problem-solving skills: These skills aim to enable couples to deal efficiently with various life problems and these skills play an important and effective role Skills lead to marital disputes and that the lack of possession of these problems between spouses to appear during the early years of marriage and must master problem-solving skills between spouses as problem-solving skills are an organized process consisting of a series of sub-processes and steps that are the feeling and sense of the existence of the problem, Identify the problem, formulate it, and make hypotheses that are possible guesses to solve the problem, select possible solutions and evaluate the results (Al-Qudah, 2016: 22).

Emotional expression skills: It is one of the most important communication skills between spouses, through which the couple expresses their feelings and ideas, and studies that dealt with the field of married life have confirmed that experimental skills are important to confirm the feelings of love for the other party because marital interaction is based on emotional participation and empathy between spouses and the centering of each other sacrifices for him and loves to cooperate with him and that emotional expression has a major role in alleviating feelings of anxiety and depression that may affect married life Through emotional participation, which has a major role in the stability of the couple and satisfying their feelings (Awawdeh, 2019: 26)

Previous Studies

1.Previous studies dealt with reality guidance

•Al-Mayahi Study 2010 In Amman :

(The effectiveness of a collective counseling program based on the theory of reality therapy in developing social skills among students of basic education in the Sultanate of Oman)

This study aimed to identify the effectiveness of a collective counseling program for the development of social skills in the light of the theory of reality therapy among students of basic education in the Sultanate of Oman The sample of the study consisted of (20) students from the eighth grade, who obtained the lowest scores in the scale of social skills applied to the study community of (98) students, and the members of the experiment sample were randomly distributed into two experimental and control groups, where the experimental group underwent the program consisting of (16) Session while the control group was not provided with any program and the researcher used the Man-Whitney test to test the differences between the averages and the results of the study found that there are statistically significant differences between the performance of the experimental group and the control group after the application of the program and in favor of the experimental group.

•Passport study 2019 In Jordan

(The effectiveness of a realistic counseling program in developing marital quality and social skills among newly married women in Karak Governorate)

This study aimed to identify the effectiveness of a counseling program based on guidance in reality in the development of marital quality and social skills among a group of newly married women, whose number reached (24) wives aged 25 to 35 years and their marriage did not pass five years, and the Tarawneh scale 2017 was used in the quality of marital life and the scale of social skills, and the counseling program was applied to the experimental group consisting of

(14) Counseling session The results of the study found that there were statistically significant differences between the average ranks of the scores of the two groups on the scale of quality of married life and social skills on the pre- and post-test and the differences were in favor of the experimental group.

2.Previous studies dealt with marital communication

A. Arabic Studies

• Ibrahim's study 2007 In Amman

(Building a collective counseling program to train mothers on communication and problem-solving skills and measuring its impact on improving family relations)

 This study aimed to build a collective counseling program to train mothers on communication skills and problem solving and measure its impact on improving family relations in their families and the study sample consisted of (30) wives who suffer from family problems in the Institute of Family Health Care and those with the lowest scores in the scale of family relations The study group was divided randomly into two groups (15) experimental and (15) officers and the experimental group was subjected to a program of training on communication skills and problem solving for a period of (15) weeks at a rate of one session per week and the duration of each session (90) minutes and to achieve the objective of the study was applied scale family relations before and after to measure the level of improvement in family relations they have and the data was analyzed statistically using the method of analysis of covariance (ANCOVA) and the results of the study found that there are statistically significant differences between the experimental group that received training on communication skills and problem solving and the control group that did not receive training on those skills and for the benefit of the experimental group.

• Abu Asaad's study 2014 In Jordan

The effectiveness of realistic therapy in developing the communication skills of those about to get married

This study aimed to identify the effectiveness of realistic therapy in developing communication skills among a sample of those about to get married, consisting of 18 male individuals who are about to get married, all of whom were considered an experimental group and the study was applied to them, and the study found that there were statistically significant differences at the level of (0.05) between the averages of the sample in the scale of communication skills in the pre- and post-measurement, as the results of the study found that there are no differences between the members of the sample after the experiment and two months after marriage.

• Shalabi's study 2018 in egypt

(The effectiveness of cognitive therapy practice in developing marital communication skills)

This study aimed to develop and improve the marital communication skills of Ain consisting of (20) wives at the Family Court in Port Said, where they were distributed into two groups (10) experimental group and (10) control, where the researcher intervened with the experimental group through cognitive therapy and the scale of marital communication skills was applied before and after on the two groups to identify the results reached by the researcher due to the indicative intervention, where she analyzed the data statistically using the Man Whitney test and reached The results of the study indicate that there are statistically significant differences between the average grades of the experimental and control groups in the dimensional measurement in favor of the experimental group.

in.Foreign Studies

•Study of Haohlog et al. 1984 (Hallweg Revenstorsf & Schindler)
(The effect of behavioral therapy on improving family communication and problem-solving skill)
This study aimed to identify the impact of the use of behavioral therapy in improving communication skills and problem-solving skill in family communication, and the study sample consisted of (29) husbands and wives with an average age of 33.5 years and a marriage period of 5 years, all of whom are middle-income, and the study used multiple behavioral therapy methods and techniques and came out with the following results:
- Family behavioral therapy was effective in changing the pattern of marital communication and family communication..
- Behavioral family therapy has been successful in improving skills such as: Self-disclosure Expressing feelings Understanding and discussing any family problem.

Chapter Three
Research Methodology and Procedures
"This chapter includes a presentation of all the procedures conducted by the researcher to achieve the objectives of the study, in terms of describing the research methodology, experimental design, society, specimen identification and method of selection, as well as describing the procedures followed by the researcher in building and preparing the two research tools as follows":
Research Methodology :

The empirical method is defined as a deliberate and controlled change of the specific conditions of a particular event, and the observation and interpretation of the resulting changes in that same event (Kandilji and Al-Samarrai, 2009: 196).

The researcher adopted the experimental approach by selecting two groups, one experimental and the other a control for the purpose of evaluating the counseling program based on reality counseling and identifying its impact on developing the communication skills of married university students through statistical analysis of the results of the application of the research scale after the end of the counseling sessions prepared for this purpose.

Research Community:
The research community consists of all married female students at the University of Al-Qadisiyah for the morning study for the academic year (2022-2023), numbering (411) students distributed among the faculties of the University of Al-Qadisiyah (18) colleges,

Research sample:
Due to the difficulty of studying the original community for research, we usually resort to choosing a representative sample, as the integrity of the sample selection entails that it represents the community from which it was withdrawn correctly, and then generalize the results obtained to the community (Al-Kandari and Abdel Dayem, 1998: 181).
For this purpose, the researcher visited the faculties of the university and after obtaining the approval of the Deanship of Colleges and Heads of Departments and in cooperation with the teaching gentlemen at the University of Qadisiyah reached the researcher to the married students directly and explained to them what are the objectives of her research and the need to cooperate with her in the service of scientific research and the researcher reached (238) married students counted by the researcher sample to apply all the procedures of her research, including the sample of construction and application.

Search Tools :
Anastasi (1976) defines a research tool as: a codified objective tool for determining a sample

of behavior (Maamaria, 2009: 112).

☐ First tool :- Marital Communication Skills Scale .

☐ The second tool: A counseling program based on reality counseling theory

☐ First tool :- Marital Communication Skills Scale .

A scale instrument is an objective method of measuring a sample of behavior (Anastanzi, 1976: 159).

After reviewing the previous standards, studies and literature, the researcher adopted the scale (Awawdeh, 2019)

Logical analysis of paragraphs of the marital communication scale : -

1. **Believe the scale Instrument validity**

It is intended to measure the scale property that was actually designed to measure (Azzawi, 2008: 129) and to achieve the sincerity of the scale and its ability to achieve the goals the researcher presented it to a group of arbitrators with competence in educational and psychological sciences and psychological counseling and educational guidance and measurement and evaluation.

2. **Virtual honesty Face validity**

This type of honesty is represented by the presentation of the researcher paragraphs of its scale, alternatives and instructions to a group of arbitrators who are characterized by experience that enables them to judge the validity of the paragraphs of the scale in measuring the property to be measured and the validity of the scale instructions and alternatives so that the researcher is reassured of their opinions and takes the provisions agreed upon by most of them, specifically 80% or higher (Al-Kubaisi, 2010:35).

The scale was presented to a number of arbitrators and experts, who numbered (25) arbitrator annex (5) in order to know their opinions on the validity of the paragraphs of the scale, the researcher has adopted a percentage of agreement 80% as a minimum to accept the paragraph in the scale or not and after collecting the opinions of arbitrators and analyzing the researcher adopted the creation of a chi-square for independence by comparing the calculated value with the tabular value at the level of significance (0.05) and the degree of freedom (1) of   (3.84) , to take into account the opinions of the arbitrators who agree to accept the paragraph and amend some of them and take their opinions in deleting the paragraphs that are less than this value, so that no paragraph of the scale was dropped

- Statistical analysis of the paragraphs of the scale:

Statistical analysis works to reveal the extent to which the content of a paragraph relates to the attribute that was prepared to measure it (Al-Kubaisi, 1987: 86).

Statistical analysis of scale items contributes scientifically to the achievement of the standard indicators of the paragraph, specifically its ability to distinguish between respondents (Al-Kubaisi, 1995: 5).

This in itself enhances the validity of   the test or measure because it is a construct validity and deals with paragraphs as structural units that make up the scale in its final form, relying on statistical and mathematical means (Best, 1981: 178).

In order to achieve this process, it is necessary to choose a sample to which the measure or test is applied, called the statistical analysis sample. In light of this, a random sample of university students was selected of (238) married students. This analysis includes the following stages:

First: Factor Factorial Confirmation Analysis

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The researcher conducted a confirmatory factor analysis to confirm the areas (skills) that make up the marital communication skills scale of five main skills (dialogue or speaking skill, listening skill , comprehension skill, problem-solving skill, emotional expression skill) and the affirmative factor analysis was carried out according to the following steps:

A- Type of factor model including number of factors: There are types of confirmatory analysis, as there is a single, bilateral or even multi-stage factorial model, and since the communication skills scale consists of five main areas:: (Dialogue or speaking skills, listening skills, comprehension skills, problem-solving skills, emotional expression skill) And each area of it is made up of a number of paragraphs saturated on it, so the model was single-stage.

in- Identify measurement errors: represented by the rest of the variance that the factor could not explain for each of the measured indicators (Tigaza 2012: 189).

There are some important indicators that must be achieved to accept or reject the model called quality of conformity, when there is high acceptance of these indicators, then the measure will be accurate, and on the contrary, it will be weak and therefore that model can be rejected (Byme, 2021: 4).

The following actions using AMOS-26 include checking the conformity quality indicators of the Marital Communication Skills Scale.

1. Ratio indicator between values (X2) and degrees of freedom (Chi square: df) or the probability ratio of chi-square.(The Likelihood Ratio of Chi Square) :

This indicator is one of the most important indicators of good conformity between the variance matrix of the sample and the variance matrix of the assumed model, and it is based on the ratio between the values of (X2) and the degrees of freedom (df), unlike what is recognized in traditional statistics about the statistical significance of differences, as the statistical significance using the chi-square in the context of the model with the structural equation indicates that the variance matrix for the assumed model differs from the variance matrix for the sample, while the value of the chi-square is not statistically significant It indicates that there are no substantial differences between the variance matrix of the assumed model and the variance matrix of the sample, i.e. the assumed model matches the sample; the higher the value of the chi-square, the matching of the model worsens; and therefore the chi-square is an indicator of poor conformity and not good conformity (Tigaza, 2011: 114), if the value of this indicator is less than (5) indicates the acceptance of the model, it was found that the calculated value reached (2.83), which means that it is a good value.

2. Square root index of approximate mean error RMSEA

This indicator is based on the assumption that the models are not actually exactly the same, but rather converge to it; therefore, they are approximate models, and thus it measures the level of lack of conformity, in other words, it focuses on the disparity and variance between the matrix of variance and heterogeneity of the assumed model and the matrix of variance and heterogeneity of society. The RMSEA value of the current model is (0.038), which means that the value is good and indicates conformity, as values less than (0.05) indicate a good match (Tigaza 2012: 230).

3. Comparative Conformity Index (CFI):

This indicator ranges in value from (0 – 1), and whenever its value is high and close to (1), it will indicate the acceptable match of the model with the sample data. Its calculated value here is (0.873), which means that its value is high and therefore its quality.

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Based on the above indicators, the researcher has verified the quality of the model used in building the marital communication scale in extracting the results and in assuming the correspondence between the covariance matrix of the (42) For the scale that entered into the analysis and the assumed matrix of the model". and shape (5) Shows the theoretical construction of the marital communication skills scale as drawn in the Alamos program.

Scale Stability:

For the purpose of completing the psychometric properties of psychometric tools, it is necessary to unite the stability of these tools, and statistical and mathematical methods that enabled the researcher to check on his tools, and make them ready for application in their final form, as stability refers to the amount of consistency of the scale, stability and harmony with itself, and through the answers of respondents from a sample.

In order to find the stability of the current research scale of the marital communication variable, the researcher verified the stability of the scale by the Cronbach alpha equation.

The final image of the marital communication scale:

After the researcher has taken a set of scientific steps and procedures that make the research scale possess psychometric properties represented by honesty, stability and objectivity, and make it ready to be applied to the members of the basic and final research sample, she can provide a description of the marital communication scale as follows:

It consists of five areas that have been presented in the description of the scale, and a total number of paragraphs of the scale and within its fields of (42) paragraphs and in front of each paragraph the ladder of alternatives to the five-answer consisting of alternatives (happens a lot, always happens, little occurrence, rare, never happens), as it takes weights or estimates (5, 4, 3, 2, 1), and thus becomes the highest degree of the scale (210), and its lowest score is (42), with an assumed average of (126), which makes the marital communication scale for married university students ready for application in its final form on the members of the research sample

The second tool: Mentorship Program:

It is defined as a planned and organized scientific program to provide a set of direct and indirect counseling services, individual or group, to the mentors inside or outside the family with the aim of helping them achieve proper growth, mental health and psychological, family and social compatibility properly, and these programs vary according to the approach followed and the theory on which it is based and the nature of the problem and its severity between preventive programs, development, and other treatment, development programs - the type adopted in research - It aims to help individuals in their life years to develop their positive aspects and introduce them to their abilities and invest them optimally in a way that reflects on their psychological and social compatibility (Al-Asimi, 2011: 155).

Mentorship Program Planning:

The guidance program is based on sound and sequential scientific steps, that is, planning represents the basic characteristic of the requirements for building the extension program, and there are many models that represent the steps of building the guidance program, including the model (Abu Ghazaleh 1985): the model (Abdul Maqsoud, 1998) and the model of Borders and Drury (Borders & Drury 1992) and the model of Al-Dosari (Planning, Programming and Budgeting), Model (1994 Sqnder, & Border) and Model (Tanoubi, 1997).

The researcher adopted a model (planning, programming and budget), because it is consistent with the objectives of this research in terms of the steps adopted in the implementation of its

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paragraphs according to the system (planning, programming and budget).

Setting priorities and session titles: The researcher identified the priorities of the guiding needs by arranging the paragraphs of the scale ascending according to the paragraph of the small noticeable in the weighted medium and a decrease in the percentage weight, and after consulting the specialized arbitrators, the researcher chose all the paragraphs of the scale and thus the titles of the sessions of the indicative program were determined and presented to the arbitrators and the researcher took their opinions in making the necessary adjustments, Table (1) shows that

Table 1

Session Titles	Paragraphs	t
Dialogue Skills and talking	When I want to end a discussion with my husband, I use sentences like: I enjoyed talking to you	1
	Avoid discussing my husband in controversial matters	
	When talking to my husband, I try to put myself in his shoes.	
	I wait for my husband to finish his speech before I make a judgment on what he says	
	Be sure to use some words that help clarify my thoughts	
	Use the pronoun "we" when talking to my husband about our marital relationship	
	Mild tones of voice when talking to my husband	
	Praise my husband during our conversation	
	I encourage my husband to complete a hadith using expressions like: complete, really, yes, I understand you, aha	
	Listen to my husband while he talks	
	I appreciate my husband during our conversation.	
Emotional expression skill and Disclosure of feelings	I express my emotions towards my husband in a verbal way	2
	It's easy to find words that express my feelings to my husband	
	I thank my husband constantly for the kind treatment he gives me	
	My feelings are clear in front of my husband	
Praise and praise between spouses	I choose my phrases carefully so that I can attract my husband's interest.	3
	I throw love phrases to my husband	
Body language	I express my emotions towards my husband in a non-verbal way	
	When I listen to my husband while talking, I look into his eyes.	

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	I am aware of the gestures my husband uses while talking to him	4
	I can understand what my husband is aiming for by looking at him while talking to him.	
	I smile when I talk to my husband	
Problem solving skill	Recognize the problem as soon as it occurs	5
	I work on formulating the problem in a way that helps solve it	
	I resort to dialogue with my husband when the problem occurs	
	I'm trying to find a satisfactory solution to the problem we face.	
	I put many solutions to any problem facing my married life	
	I try to avoid the reasons that lead to disturbing our marital relationship	
	I joke and laugh with my husband to alleviate the problem	
	I'm trying to understand the problem in order to solve it	
Comprehension skill	I can understand my husband's point of view when he gets angry.	6
Support in difficult times	I put alternatives with my husband to choose the right alternative	7
	Show empathy for my husband when he goes through a crisis	
skill Listening and intellectual engagement	My husband is always welcome from me to listen to his thoughts without getting bored.	8
	I understand my husband through both his language and body movements	
	Give my husband enough time to express his opinion	
	I understand my husband's feelings through his actions	
	I can detect my husband's mood when talking to him	
	Respond to what my husband wants	
Opposite of feelings	Listen to my husband attentively	9
	Show my husband feelings of interest	

Identification of activities and techniques

Activities have been identified commensurate with the procedures of the mentoring program, which will be clarified in the presentation of the content of the counseling sessions later to achieve the objectives of the program according to (guidance in reality), as the researcher will adopt

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multiple techniques in the implementation of the program according to the need of each of the counseling sessions, as the guidance techniques are a key element in building the program, as more than one technical can be adopted within the framework of guidance in reality to work with the guides, namely:

☐ **Dialogue and discussion :**

Group discussions are important counseling technical methods in all psychological theories and take the character of verbal interaction organized in a joint cooperative counseling and educational position that allows members of the counseling group an opportunity to express themselves, feelings, ideas and problems, and that the most important characteristic of group discussion is that each individual is equal to others in terms of opportunities to speak and listen, (Al-Shehri, 2010, :181-182).

"The mentor used this technique during the counseling sessions, through which the mentors were provided with many concepts, information and skills, followed by discussions between the mentor and the mentors in order to understand, clarify and agree on the rules and plans on which the mentoring program is going, exchange opinion and dialogue on the subject of the session, clarify ambiguous points and respond to questions in order to learn to identify the problem." etc.

☐ **Integration:**

The first step to the success of the mentoring process is the success of the mentor to integrate with the mentee in a relationship based on trust and interest, and this relationship is required not only because it is necessary for the success of the mentoring procedures, but also because it resonates well with the mentor. (Al-Rashidi, 2008: 56)

☐ **Focus on the present**

That is, focusing the client's attention on the current behavior as a mentoring strategy, and this is difficult, especially at the beginning of the mentoring process, and many mentors have a misconception that it is useful for the mentoring process to allow the mentee to discuss the past, failed experiences, mistakes, and events that contributed to the creation of his current misery. (Khawaja ، 2012 : 241) .

☐ **Avoiding punishment**

Since it teaches the individual what he does not like to do and does not teach him what he likes to do, that is, it does not lead to the desired behavior but only stops the unwanted behavior (Zahran 1977: 11) and the use of critical and defamatory phrases such as "I knew you would not do this" or "See: Here you are" again   , this method of ridicule would help to establish his identity of failure. (Shennawi, 1994: 240)

☐ **Discussion of actions, not causes**

In reality counseling, we rarely ask why, but the usual question begins with what, i.e. what do we do? And not why? That is, why do you do that? So why do you refer to the reasons for behavior in the past and until the customer becomes responsible, he will not be able to change his behavior and behave differently when he knows the reason; all the causes of the world will not lead the alcoholic to stop consuming them, but change will only occur when he satisfies his needs and then the reasons become unimportant because the need to drink alcohol You will have disappeared.

☐ **Confrontation**

Since realistic therapy emphasizes responsibility, and there are no excuses, it is natural to believe in confrontation (confronting the mentor) as a guiding and strategic method necessary and

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effective to achieve these principles that confronting the mentor should be aimed at helping and not retribution and discipline, i.e. the goal of helping the mentor and not disciplining (Gorey, 1977: 17).

 A question from reality

The mentor asks many important questions to explore the overall behavior, evaluate what people are doing, and make specific plans, and the questions are useful in the realistic treatment of the reasons for interfering in the inner world of the mentee, to collect information, give information, and help the mentee to have more effective control, and important questions: What does he really want? What does he do? What is his plan? When information is collected, it reveals the overall behavior of the mentor (Blanc, 2015: 472 (472).

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