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MARTIAL SATISFACTION AND CHARACTER

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ABSTRACT

This study was a cross-sectional study to determine personality factors associated with marital satisfaction with multi-stage cluster sampling of 382 couples living in 22 districts of Tehran. Data are perpetrated by self-report using Enrich marital satisfaction questionnaire and NEO-Five Factor, validity and reliability were confirmed. Data analysis was done by software R (version 3.2.1) and chi-square tests, t-test, Pearson correlation coefficient and at the level of 5 percent. Results: The mean age of wives was 34 and it was 38 years for husbands and the majority (62.8%) had a college degree, there was no significant difference between the level of education between women and men in the study. The correlation coefficient between satisfaction and their spouses was 0.701 ($p \leq 0.001$) which indicates high correlation between couple's satisfaction. In the personality dimension, there is a significant relationship between neuroticism factors, extroversion, agreeableness and conscientiousness, there is an inverse correlation between neurosis and marital satisfaction ($r = -0.488$) and of extroversion ($r = 0.438$), agreements ($r = 0.421$) and conscientiousness ($r = 0.352$) at the error level of less than 0.001 was significantly correlated with marital satisfaction ($p \leq 0.001$) and there was no significant correlation between chunky and marital

satisfaction ($p=0.246$). Results: There is a correlation between the neuroticism factors, extraversion, agreeableness, conscientiousness and marital satisfaction that indicates the couples' personality characteristics can be a strong predictor for achieving the marital satisfaction which can be helpful in counselling based on the personality characteristics.

Keywords: Marital satisfaction, personality factors

STATEMENT OF PROBLEM

Marital satisfaction, the satisfaction between couples is the most important factor in the couples' relationship that positively affects the personality development and mental health (Fahimi, 2002).

When the couples feel happy, it means that when the conditions are as they like, the marital satisfaction would be achieved, unless they feel that their needs cannot be fulfilled due to a lot of problems (Behbahani, 2014). Factors affecting the marital satisfaction is important that marital satisfaction is an important aspect of personal health.

The relationship between couples is a turning point in emotional and social life and dissatisfaction can damage the couple's marital satisfaction and consensual relations with children and other people outside the family (Moetamedin, 2009).

The studies show that there is a significant correlation between the communication skills among the couples and their physical and sexual health, it means that it can be said that the couples who have the same communication skills, they would satisfy each other better and their health status is

high. Also, it has been showed that marital adjustment between the couples who have high communication skill is so strong (Rezazadeh, 2006).

In the case of marital satisfaction in other countries have statistics at hand. The study of Heyman and colleagues in 2004 showed that 25 to 63 percent of the general population of the UK are affected by marital satisfaction. This figure was 25 percent in the study of Bancroft and his colleagues in the Netherlands which was done in 2003. The studies in Iran have reported marital satisfaction in women is very different and range from very high to low marital satisfaction. (King et al., 2011). The personal traits are the factors examined in marital satisfaction between couples. Personality traits as an organized series and relatively stable unit consists of characteristics that distinguish one person from others, it can affect marital satisfaction (Khosravi, 2008). Marital quality as an independent personality is so blinded with the person's character that it is impossible to know it independent and many psychosocial factors affect that (Heidari et al., 2007). The personality traits

that lead to many characteristics have caused to classify and organize the mental and physical health, most of the physical diseases are the results of the personality characters (Sabeti, 2007).

Personality traits similarity of views between partners in different fields such as habits, attitudes, socio-economic situation affect the person's character and personality traits can also play a role in marital satisfaction (Shiota et al., 2007). However, some researchers have found a relationship between personality traits and marital satisfaction (Watson et al., 2004). The similarity of couples in terms of personality traits, beliefs and positive affect their marital satisfaction (Chroncet al., 2009). Deviations in dimensions of personality and the strengthening of personality make the person suffering from mental and physical symptoms such as chronic stress, psychiatric problems, and cardiovascular disease occur in him (Taqvaand Refahi, 2009). Some researchers suggest that the personality of the spouse can have an important impact on a person's ability to cope and recover from a fatal disease and even depression can predict the future wife of eighteen months (Santania, 2007). Their characters are among the important factors that affect the quality of relationship of the couple. Bradbourni and Fyncham believe that the interactive pattern

of couples is affected by their personality traits (Beers, 2005).

On the other hand Midwifery is an interdisciplinary science and one of its objectives is to maintain and improve the health of the family and community. Midwives play an important role in counseling and management of reproductive health, not only for women, but for society and family. Also, due to the recognition of women's health and continued deviation from its relationship with the community, they are as the professional advisors in order to obtain family satisfaction. Regarding that the researchers tried to determine the factors associated with marital satisfaction among couples living in Tehran.

METHODOLOGY

After obtaining written permission from the ethics committee of the University of Medical Sciences and municipality of Tehran, the researcher started a cross-sectional study with a sample cluster through direct reference to the door, on 382 married couples of normal reproductive age living in 22 districts in Tehran from July to the beginning of 11 August in 2015.

Inclusion criteria consisted of getting couples to infertility, disease, life-threatening, chronic and incurable physical and psychological According to the same study, no incidents of tension in the 3 months prior to sampling, the lack of

women during pregnancy and breast-feeding exclusively, Women 15 to 49 years old, a couple of current addiction to psychoactive substances, drugs, alcohol and tobacco, passing at least a year of marriage, both families and couples, the spouse at home when you visit one researcher had to sampling.

Sample size according to research conducted in the same areas, the average marital satisfaction in couples using ENRICH Questionnaire was between 95 to 153 points between 8.89 and 9.5 with a standard deviation and by taking into account the 95% confidence level with a 15 percent probability sample, the sample size of 382 was calculated Couples (Bakhshayesh, et al., 2009, Dehkordi, 2012 and Chavo Books, 2008).

Multi-stage cluster sampling was conducted. That is, referring to homes and sampling was carried out without entering the residence. 22 districts of Tehran, the similarity of cultural, social, economic and level of development are divided into 5 groups.

Districts of 1, 2, 3, and 6 were located in the first group, districts of 4,5,11,21,22 were located in the second group, districts of 7,12,13,18 were located in the third group, districts of 10,14,15,16,20 were located in the fourth group, and districts of 9, 17,19 and 8 were located in fifth group (Mosaei, 2007).

In the first phase of each of 5 categories of city, a region was selected through random cluster. That these regions, including regions were 5,6,7,10,19. In the second stage of each of the 5 clusters, three quarters and in every neighborhood, three streets at random with the help of a satellite map of Tehran, Tehran's municipality provided that the site was chosen.

In the third step, given the sample size was chosen so that the number of homes on every street accompanied by two researchers and the trained research assistant to areas 5,6,7,10,19 in the morning and evening hours and randomly assigned to be selected, and each of the couples were given questionnaires to complete them, and after two days given time, this was going door to door to collect the questionnaires and the results were evaluated.

Data was collected through self-reporting with three tools: a questionnaire on demographic information, tools 5 factors NEO tools Enrich marital satisfaction 47 questions were used to evaluate potential problematic areas or identify areas of strength and marital relation.

An enrich measuring scale test of the distorted ideal of marriage, marital, personal issues, communication, conflict resolution, financial management, leisure activities, sex, children, parenting, family and friends, egalitarian roles related to

gender, religion, marital solidarity couples and changes to be included.

Answering the questions has 5 options (strongly agree (5) - agree (4) - neither agree nor disagree (3) - against (2) - quite the opposite (1). The questionnaire given to each option from has 1 to 5 points and eventually the scores are added together.

Tools personality NEO-FFI has 60 questions to assess concise and main cause of neurosis, extroversion, openness to experience, agreeableness and conscientiousness is designed. The test of five sets of 12 a sentence on each of the indicators has been established.

Five personality traits are: Neuroticism (N) that nervousness, neurosis or also called emotional instability. Extraversion (E), openness to experience (O), Agreeableness (A) and conscientiousness (C). Style questions are Likert scoring five options from strongly disagree (0), Disagree (1), idea (2) agree (3), completely agree.(4) The scores for each factor are ranged from zero to 48 that the options are obtained by the simple sum of each factor score.

The validity and reliability studies have been approved. Mahdavian in Iran (1997), Moradi (2001), Sanaei (2000) have shown that the Enrich scale and Persian translations of validity and reliability are required. Olson and others (1989) reported recent validation using alpha 0.92. Also in this study, firstly, the questionnaire was

approved by 10 professors and experts in Department of Nursing and Midwifery, Iran University of Medical Sciences, and secondly with a pre-test was completed for 20 couples of reproductive age and reliability (Cronbach's alpha) for marital satisfaction was calculated as 91.9 that the validity is high. Validity and reliability have been confirmed in several studies.

Kaffash (2007) reliability was obtained using Cronbach Alpha 72. The short form questionnaire lot of research, including research by Farnam and colleagues was conducted on patients with irritable bowel syndrome (Farnam et al., 2007).

In the first phase, a questionnaire was approved by 10 professors and experts in Department of Nursing and Midwifery, Iran University of Medical Sciences, and secondly a pre-test was completed for 20 couples of reproductive age, and reliability (Cronbach's alpha) for the 5-factor was calculated for personality questionnaire of 70.5 that the reliability is high.

Upon completion of data collection are coded and entered into the computer, then researchers studied couples to describe the features of descriptive statistics, including tables, graphs and central and dispersion parameters were used. In order to determine personality factors influencing marital satisfaction first by calculating the correlation coefficients between the five personality factors and marital satisfaction

factors were identified. After entering and processing data, analyzing data was performed by statistical software SPSS (version 22). All tests were performed at the 5% level.

RESULTS

More women and men have been studied and least Ethnicity men and women studied Persian, Arab.

The majority of men and women were between 22 and 35 years old and there was no significant difference in the mean age of wives. So that the average age of wives was 34 years and the husbands were 38 years old, almost four years older than their wives were.

The results showed that the majority of couples are married between the ages of 22-35 years, however, there was no significant differences between the mean age at marriage for men and women.

Almost all men were three years older than

their wives. More households (1.38 per cent) and the lowest percentage were single children (3.6%) for the families who have had four or more children, and on average each family had two children.

Most women and men (62.8 percent) have a college education and there is no significant differences in the education of the studied men and women.

This is the lowest level of education of men and women is illiterate.

More women (58.4 percent) were housewives and men (92.1 percent) were employed. Most men and women are employed in administrative jobs. The employment rate of men in office jobs is much more often than women. Post service with a small percentage difference between men placed in the next category. Most of the subjects had moderate economic situation.

Table 1- Demographic characteristics of the studied couples

Variable		Wives		Husbands		Sum		Sum
		Number	Percent	Number	Percent	Number	Percent	Mean (SD)
Age	14-21	15	3/9	2	0/5	17	2/2	(5/70) 3/18
	22-35	217	56/8	161	42/1	378	49/5	
	36-45	106	27/7	144	27/7	250	32/7	
	>45	44	11/5	75	19/6	119	15/6	
	Sum	382	100/0	382	100/0	764	100/0	
Degree of education	illiterate	2	0/5	3	0/8	5	0/7	(0/645) 3/59
	reading and writing	21	5/5	21	5/5	42	5/5	
	Diploma or less	114	29/8	113	29/6	227	29/7	
	Collegiate	241	63/1	240	62/8	481	63	
	Seminary	4	1/0	5	1/3	9	1/2	
	Sum	382	100/0	382	100/0	764	100/0	
Job	* Unemployed	223	58/4	30	7/9	253	33/2	(5/14) 1/63
	Employed	157	41/3	352	92/1	509	66/8	
	Sum	380	100/0	382	100/0	762	100/0	

Number of children	Zero					93	24/4	2/26 ±1/002
	1					145	38/1	
	2					102	26/8	
	3					31	8/1	
	4 and more					10	2/6	
	Sum					381	100/0	

* The unemployed women are housewives

Table 2: Correlation matrix couples of marital satisfaction and personality factors

	Marital Satisfaction	Neurosis	Extroversion	Openness to experience	Agreement	Conscientiousness
Marital Satisfaction	1					
Neurosis	-0/436**	1				
Extroversion	0/438**	-0/487**	1			
Openness to experience	0/018	-0/008	0.040	1		
Agreement	0/421**	-0/348**	0/513**	0/058	1	
Conscientiousness	0/352**	-0/331**	0/530**	0/157**	0/554**	1
Mean	156/29	22/92	26/51	24/11	27/62	30/73
Standard deviation	22/783	6/909	5/75	4/37	5/87	7/52

*Correlation coefficient at the error level of 0.05 was significant.; ** Correlation coefficient at the error level of 0.01 was not significant

As it can be seen in the above table, the average of marital satisfaction is 156.29 and among the personality factors, neuroticism and conscientiousness with an average of 30.73 and 22.92, respectively have the highest and lowest average. Also in the above table, the correlation matrix between marital satisfaction and personality of the couples are stated that according to the results, of the correlation can be seen that the factors of neuroticism (r=-0.436), extraversion (r=0.438) Agreement (r=0.421) and conscientiousness (r=0.352) at the error level of less than 0.001 are significantly correlated with marital satisfaction and there is no significant correlation between marital satisfaction and pleasing 0 (.018)and neurosis is inversely

related to the marital satisfaction, it means that by increasing the score of neurosis, the marital satisfaction decreases and vice versa. Other factors (extroversion, agreeableness and conscientiousness) have a direct correlation with marital satisfaction. This means that with the increase of extroversion, agreeableness and conscientiousness in couples, the marital satisfaction would increase.

DISCUSSION AND CONCLUSION

The personality factors can affect the dimensions of couples' life such as health and their relations, and finally, these factors directly or indirectly affect the marital satisfaction. The main aim in this article is to investigate the five factors of personality with the marital satisfaction. Generally the

results showed that neurosis is as the negative aspects of character and effective marital satisfaction, so that with the increase of neuroses, marital satisfaction decreases. The results of this part of the hypothesis are consistent with the results provided by (Kent et al. (1999), Twain (1997), Markman et al. (1994), King (1993), Kaglynet al. 2002, research by Gholizadeh et al., 2008, Attarzadeh, 2006, Mani 2006, Rasti, 2004.

Neurosis has the highest share in marital satisfaction. People with high scores tend to states such as anger, aggression, fear, sadness, vulnerability and instability and the problems of the methods they use emotion-focused contrast, those who score Low in neuroticism are business-focused, problem-solving methods used are entitled as a result of high mental health that this approach affected the relationship between the couple and the marital satisfaction.

In this study, extroversion is significantly correlated with marital satisfaction in a way that increases the extroversion, sexual satisfaction increases with the decrease of marital satisfaction score increased extroversion. The findings of the research are consistent with the results of Gholizadeh et al., 2008, Atarzadeh et al. 2006, Mollazade 2002, Kaglyn (2002). But Ahadi (2008) and (Watson, 2000) in their study have not found a correlation between extroversion and marital satisfaction that is

inconsistent with the results. Extraversion with positive emotions, optimism and happiness and the people associated with high scores against the stresses of everyday were able to respond better. As a result, all will affect the relations between spouses.

Desirability was a dimension of interpersonal desires. A desirable person empathies with others and he is eager and believes that they are helpful. In contrast, non-militant pleasant, self-oriented and suspicious of others and be competitive rather than cooperative. In this study, there was no significant correlation between marital satisfaction and pleasing. And this result was not consistent with the results of previous researches, such as research Twain (1997), Markman et al. (1994), Gholizdeh, 2007, but the results are consistent with the research of Asgari et al. (2010), Ahadi in 2007, Fatehizadeh 2012. However, according to statements by McCrae and Costa among five personality factors, openness to experience is one of the most complex factors and it is understood that further researches on the relationship between marital satisfaction and pleasing are needed.

Accountability and marital satisfaction were significantly correlated with the increase of the responsibility and duty of couples, marital satisfaction increased and vice versa. The findings of the research

were inconsistent with the results of Gholizadeh et al., 2008, Atarzadeh et al 2006, but in line with the results of Asgari and colleagues in 2010. Responsibility describes the ability to control impulses, so that society considers desirable and task-based and goal-driven behavior. Duty features such as thinking before acting to delay the fulfillment of desires, rules and norms, organize and prioritize tasks involved. Next agreements between individual desires that people with a high score on this factor have high spirit. The findings showed that people with high scores on the deal have reported higher marital satisfaction, the results are consistent with Attari's research (2006), Gholizadeh et al. 2008, Asgari, 2010, but the results are inconsistent with the research of Fatehizadeh et al, 2012. In addition, the correlation between satisfaction and their spouses was 0. 701 ($p \leq 0.001$) which indicates high correlation between couple satisfaction. That is as one of the couples is happier, the other one would be happier. The results of this study are consistent with the results of Vaei (2008) and Mirqafourvand (2012).

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