The Relationship between Marital Satisfaction (Based on Religious Criteria) and Emotional Stability

Javad Khalatbari a*, Shohreh Ghorbanshiroudi a, Kiomars Niaz Azari b, Nikta Bazleh a, Niayesh Safaryazdi c

a Department of Psychology, Islamic Azad University, Tonekabon Branch, Tonekabon, Iran
b Department of Educational Management, Sari Branch, Islamic Azad University, Sari, Iran
c Young Researchers Club, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

Abstract

This paper aims to examine the relationship between marital satisfaction and emotional stability with an analytical approach. According to the aim of the study, 110 students from the Imam Sadeh University were selected by a random cluster method and then responded to two questionnaires namely Islamic Marital Satisfaction and the five factor Personality Questionnaire of NEO-FFI. The research results were analyzed using descriptive analysis and inferential analysis. The results indicate that there is a significant relationship between marital satisfaction and emotional stability. This means that the more their marital satisfaction grade, the less their neuroticism grade and people are more acquired with emotional stability. It is achieved by this research that there is a relationship between marital satisfaction and emotional stability.

Keywords: marital satisfaction, emotional stability, marital satisfaction scale.

1. Introduction

People who are married expect to live with happiness and satisfaction and enjoy every moment. Therefore, what is more important than marriage itself is getting succeeded in marriage or satisfaction between couples. Marital satisfaction is a condition in which a married couple feels happy and satisfied with each other (1).

Yung (1991) and Nels (1991) mentioned some components as understanding in goals of life, spouse’s moral attitudes, having a relationship with causal relatives and friends and appreciating and supporting spouse as the factors of marital satisfaction. Also, Kaslo, et al. (1994) believes that the couples who have a strong sense of belonging and dependency are more acquired with marital satisfaction. He comes to this conclusion in his studies that the highest amount of marital satisfaction is among the spouses who are compatible with each other concerning philosophy of life, their perceptions of sexual satisfaction, the amount of time they spent with each other and how they spend leisure time with each other.

* Corresponding author : Javad Khalatbari Tel.: +00 00000000
E-mail address: j.khalatbari@toniau.ac.ir
Some studies showed that components such as level of cooperation, emotional reactions, family relationships with spouse’s relatives and friends, personal relationships with one’s own relatives, economical conditions and financial issues management, sexual relationship, how to spend leisure time, ethical and religious beliefs and doing them practically, social customs and traditions, emotional satisfying, cognitive and intellectual understanding, level of education and beauty are among the factors affecting marital stability and satisfaction. Taking these factors into consideration, marital satisfaction and dissatisfaction dimensions are identified and categorized by experts in various areas (2). The emotional stability or instability, as a feature in the range of characteristics, can make clear an important field of the issues related to family relationships in the form of interpersonal relationships; an issue that has less been researched. Emotional intelligence includes: emotional development, being emotionally stable, being calm and realistic in life, lack of nervous exhaustion and having comfort. The research shows that some strains of negative emotion such as impulsivity, emotional instability, being fearful and depressed are poor predictors of marital adjustment. The weaker the adjustment, the less the amount of satisfaction. Several studies examined the effect of personality factor such as neuroticism in marital life (10,11,12,13).

People respond to these situations with general neurotic simulations in the form of fear, psychosomatic disorders, sleep disorders associated with hysterical behavior and obsession. Neurotic people are usually anxious, depressed with feelings of guilt, low self-esteem, irrational and angered state, shy, moody and emotional and have physical pains such as headache, upset stomach, dizziness and unstable mood state. One of these five factors of neo questionnaire is neurotic factor which is introduced as the N factor by Mercury and Kousta. These people are quirky and oversensitive and are not satisfied with many aspects of life. In these individuals, there are high levels of negative emotions and periods of psychological distress (15). These ones usually have low self-esteem and may also have unrealistic ideas and expectations. They are usually concerned and have a sense of insecurity regarding themselves and their future plan. These individuals are introduced by their friends and neighbors as anxious, responsible with great anxiety and vulnerable compared with normal people. These people are usually anxious, fearful and are prone to convergence and are usually angered by other people (16, 17)

Systematic desensitization, using Ellis’s rational emotional therapy methods, training detention therapy along with making lifestyle tranquil and training monotheistic detention with religious attitudes are among interferences that increase the cause of emotional stability in individuals (18).

The main issue of this research is that whether there is a relationship between emotional stability and marital satisfaction as a personality component which can be assessed within the subject’s framework, such as five factor test, in the way that its components are determined in Islam? In other words, if emotional stability is a personality factor which determines most of neurotic components and if this factor has a relationship with marital satisfaction based on conducted studies, is there any significant relationship between religious factors of marital satisfaction with this factor? Therefore, the main issue in this study is the relationship between marital satisfaction marital stability based on religious components as a preservative factor in marital life

2. Method

The current study is a correlation descriptive one. The statistical community includes all married men students aged between 20-50 years at the Imam Sadegh University with undergraduate and postgraduate in the academic year 89-90 which at least one year of their marriage is passed over. Regarding the nature of the present study which is a correlation type, 110 questionnaires were used for final analysis. Due to the fact that some questionnaires were not returned and some others were defected, 110 questionnaires were obtained out of 200 distributed ones. The sampling method in this study is a cluster random sampling. For this reason, 5 fields of economics, management, educational sciences, theology, religious studies and psychology were randomly selected out of 12 active academic fields and then 10 classes were randomly selected out of current classes in these fields in both undergraduates and masters. Therefore, the entire people of the class including 20 ones formed the study sample. Having referred to classes and presenting explanations regarding the questionnaire and research for considering their rights and satisfaction, they are asked to cooperate in conducting this research. 110 people were analyzed among them. There is no information available of those who did not return the questionnaire.
**Marital satisfaction questionnaire based on Islamic criteria:** This questionnaire includes 50 dimensions and 10 components which the amount of marital satisfaction is assessed. The components of this questionnaire include: verbal and nonverbal communication, religious commitment, conflict resolution, financial management, sexual relationship, free time activities, personality issues, children and parenting, the role of men and women and having kind relationships. These components are achieved by religious text analysis in the field of Koran and Imam’s narrations. The Marital Satisfaction Questionnaire validity was 81% by making a division and the internal consistency (Cronbach’s alpha) was obtained 87%. The test content validity was obtained 0.90 using Spearman correlation. The criterion-related validity of the concurrent type was obtained using equivalent test. To check the validity of this type of validity, the correlation coefficient between the aforementioned total score and total score of Enrich’s Marital Satisfaction Questionnaire, and correlation coefficient of 0.726 was less than 0.01 on a significant level. The obtained results indicate that the Islamic Marital Satisfaction Questionnaire is of high validity.

**Neo-FFI Questionnaire:** Kousta and McCarry designed a questionnaire in three stages of test construction and revision which is known as the Revised Personality Questionnaire in which five main factors are assessed. They firstly emphasized on three personality factors namely neuroticism, extraversion and openness and entitled their questionnaire as the NEO Personality Questionnaire. Then, consensus-oriented and conscientious were added to. In addition, the alpha coefficient of this questionnaire was between 0.86 - 0.95 in various stages of test.

Kosta and McCarry have also tried to more optimize and use the test. One of these efforts is providing a summarized test and its validity. This test is useful for the subjects who have not enough time or at the time which general information is needed. This test has 60 dimensions and five main descriptions are assessed and 12 factors are designed for each factor. Each dimension is graded between 0-40 based on the response achieved. It is worth mentioning that to conduct this test the individual’s age must be more than 17 years. In the research conducted by Amani, Khodapanahi and Heydari, the results of Cronbach’s alpha for each consensus dimension was 0.66, 0.79, 0.84 and 0.5, respectively. In addition, the results of Cronbach’s alpha using internal consistency for each neuroticism, extraversion, experienced-based openness consensus and conscientious were 0.86, 0.73, 0.56, 0.68 and 0.87, respectively by Garousi Farshi. This test correlation reliability was used between two forms of personal report (S) and the form of observer’s analysis (r), which the maximum amount of correlation was 66% in extraversion factor and the minimum amount was 0.45 in consensus factor.

### 3. Findings

In the following tables, the relationship between neuroticism component and each sub-components of Islamic marital satisfaction has been studied using stepwise regression analysis.

<table>
<thead>
<tr>
<th>Significance level</th>
<th>F</th>
<th>Mean square</th>
<th>Freedom rate</th>
<th>Total of squares</th>
<th>Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0010 (a)</td>
<td>590.14</td>
<td>983.404</td>
<td>1</td>
<td>983.404</td>
<td>Regression</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>0.0010 (b)</td>
<td>879.9</td>
<td>202.265</td>
<td>2</td>
<td>405.530</td>
<td>Regression</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>0.0010 (c)</td>
<td>549.6</td>
<td>353.177</td>
<td>3</td>
<td>058.532</td>
<td>Regression</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>0.0100 (d)</td>
<td>898.4</td>
<td>761.133</td>
<td>4</td>
<td>046.535</td>
<td>Regression</td>
</tr>
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<td>4</td>
</tr>
</tbody>
</table>

1. Predictor variable (stable): the role of man and women
2. Predictor variables (stable): the role of man and women, religious commitment.
3. Predictor variables (stable): the role of man and women, religious commitment, verbal communication.
4. Predictor variables (stable): the role of man and women, religious commitment, verbal communication and sexual relationship

Dependent variable: neuroticism

Table 2: stepwise regression significance to predict neuroticism with sub-scales of Islamic marital satisfaction

<table>
<thead>
<tr>
<th>Statistical changes</th>
<th>Standard error analysis</th>
<th>Adjusted square R</th>
<th>Significance level of F variable</th>
<th>Freedom rate 2</th>
<th>Freedom rate 1</th>
<th>F change</th>
<th>R square change</th>
</tr>
</thead>
<tbody>
<tr>
<td>0001.0</td>
<td>10</td>
<td>1</td>
<td>590.1</td>
<td>119.0</td>
<td>265.5</td>
<td>111.0</td>
<td>119.0</td>
</tr>
<tr>
<td>033.0</td>
<td>107</td>
<td>1</td>
<td>672.4</td>
<td>037.0</td>
<td>181.5</td>
<td>14.0</td>
<td>156.0</td>
</tr>
<tr>
<td>805.0</td>
<td>106</td>
<td>1</td>
<td>061.0</td>
<td>0001.0</td>
<td>204.5</td>
<td>132.0</td>
<td>156.0</td>
</tr>
<tr>
<td>741.0</td>
<td>105</td>
<td>1</td>
<td>109.0</td>
<td>001.0</td>
<td>226.5</td>
<td>125.0</td>
<td>157.0</td>
</tr>
</tbody>
</table>

1. Predictor variable (stable): the role of man and women
2. Predictor variables (stable): the role of man and women, religious commitment.
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Dependent variable: neuroticism

As the above table illustrates, the role of man and woman variable is able to predict 0.12 of criteria variable changes as one of the components of marital satisfaction scale. Having added the religious commitments vary as one other variety of marital satisfaction variable to the explanation coefficient equation, it has increased almost 6.15. In other words, among the various components of marital satisfaction, only 15.6 changes of criteria variable, that is emotional stability, is resulted from marital satisfaction, especially two components of the role of man and woman and religious commitment. The other two variables namely verbal communication and sexual relationships has no significant role in predicting criteria variable, though having a significant correlation with criteria vary

Results and Discussion

This study examined the relationship between marital satisfaction based on religious criteria and emotional stability. Therefore, the Pearson correlation method was used for this purpose. The results obtained from this study showed that there is a direct and significant relationship between marital satisfaction and student’s emotional stability. Marital satisfaction is a condition in which couples are more satisfied to get married to each other and they are happy and satisfied by being together. This feeling is occurred when a couple can significantly meet their needs and expectations of their spouse in the marital relationship. On the other hand, emotional stability is as follows: emotional maturity, emotionally stable, being calm and real, having no nervous exhaustion and having relaxation.

The relationship between marital satisfaction and emotional stability has been confirmed in various studies.

In the research conducted by Bouth, Kordak (1997) and Jest and Gilbert, it was found out that there is a negative relationship between neuroticism and various marital indicators. Danilan, Kanger and Brint, concluded, by
observing 400 couples relationship, that there is a positive correlation between neuroticism and negative interactions for marriage and also a negative correlation with general assessments of marriage. The current research findings are consistent with the one conducted in Iran.

Emotional stability or instability as one of the personality traits in marital life has an important and influential role.

According to the research results and that neurotic factor can be changes affected by therapeutic interventions; this factor can therefore be changed through interventions before or during marriage and help life to be stable.

To obtain a better result, this study can be performed for both couples. In addition, conducting this research is more appropriate for the couples who are about to be divorced and increasing the sample volume can be more trustful for the results.

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