The Relationship between sexual dysfunctions and marital satisfaction in Iranian married students

Mahmoud Khazaei\textsuperscript{a*}, Reza Rostami\textsuperscript{b}, Atefe Zaryabi\textsuperscript{c}

\textsuperscript{a}Allame Tabatabayi University, Olampic Square, Tehran, 1489684511, Iran
\textsuperscript{b}University of Tehran, Jalal-AL-Ahmad, Tehran, 11455/6456, Iran
\textsuperscript{c}University of Tehran, Jalal-AL-Ahmad, Tehran, 11455/6456, Iran

Abstract

The purpose of this study was to examine the relationship between components of sexual dysfunction and marital satisfaction in couples. The study population include married students at Tehran University. 150 couples (mean age 24.6, SD 2.4) were selected as a targeted sample. They answered to demographic, sexual dysfunction and Enrich marital satisfaction questionnaire. Our findings suggest that there is a negative relationship between the types of sexual dysfunction and marital satisfaction. In addition, the most common male sexual dysfunction was erectile dysfunction and in women was sexual desire disorder. This study indicates the necessity of increasing the sexual knowledge and facilitate marriage counseling for married students.

Keywords: sexual dysfunction, marital satisfaction, married student.

1. Introduction

Marriage is a social phenomenon which in two persons live together with relative independence in order to develop their personalities, abilities and capabilities. During the marital living, various factors such as income, employment, child health, disease and sexual satisfaction have effect on how couples communicate with each other. Marriage is known as the most important incident in everyone's life after birth. As the most important and divine social custom it has, usually been approved of to achieve an adult’s security and emotional needs (1).

Conditions, social-economic and cultural factors are extremely effective on person’s perceptions of sex, sexuality and sexual behaviors. By passing of time and changing of conditions, personal beliefs, interpretations, habits and social norms about sex and sexual behaviors will change. So sex and sexuality are the related concepts to culture and time (2). Sexual dysfunctions are not deviant behaviors and they don’t harm others. The term sexual dysfunction refers to person's sexual dysfunction response (3).

In our country due to religious beliefs and cultural values, the intensity of family problems are not like some other countries. Despite this, we can’t neglect various problems and dissatisfaction in this area.

Marital satisfaction is probably different in various working environments, so the present study assess marital satisfaction in married students, with regard to sexual dysfunctions.
2. Method

The study population included married students at Tehran University in 2009-2010 years. Participants in this study included 40 male married students (mean age = 64.27, SD = 52.3) and 60 female married students (mean age 17.26, SD = 89.4) who were selected intentionally. After explaining the purpose of this research and gaining participant’s consent, they were asked to complete the questionnaire of the study. In order to provide an environment that participants trust us, we use both female and male interviewers.

To investigate sexual dysfunctions, Sexual dysfunction Interview was used (Esprouko, Wizburg and Barlow, 1992). This pencil-paper interview includes several sexual dysfunctions which are classified according to DSM-IV-TR. It be used in two male and female versions. One of it’s main advantages is that there is no need to professional interviewer and clinical judgment has no effect on ti.

Also, 47 questions form of Enrich test (4) was used to measure marital satisfaction. The reliability of this form based on PiAah coefficient is 0.92. Mahdavian’s result (5) for getting the reliability of Enrich test based on Pearson correlation coefficients and using test-retest (one week interval) for men and women separately become 0.94. The way of scoring this test is according to the likert scale and has five options. The average score in this test is between 60-41, so people who get score in this range meet the average marital satisfaction criteria and are considered desirable. Ordinary, lower of 41 score or higher than 60 are considered as low and high marital satisfaction (4).

3. Results

Data were analyzed by SPSS statistic software 18th edition. About 80 percent of the participants declared that their sexual and marital relations are satisfactory. However, about 38 percent Erectile problems in men and 63 percent orgasm problems in women were reported. They were reported as an occasionally problems not dysfunctions. Pearson correlation between marital satisfaction and sexual dysfunctions was -0.7 (p<0.01). The analysis of results by t-test, indicates that men who suffer sexual dysfunctions significantly have less marital satisfaction in comparison with women in same situation. (t = 69.3 and p<0.05). The rate of women sexual dysfunctions in table 1 and men sexual dysfunctions in Table 2 are indicated.

Table 1 – frequency of sexual dysfunctions in women

<table>
<thead>
<tr>
<th>Arousal disorder</th>
<th>Orgasm disorder</th>
<th>Sexual pain disorder</th>
<th>Sexual aversion disorder</th>
<th>Hypoactive sexual desire disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.7</td>
<td>5</td>
<td>16.3</td>
<td>6.2</td>
<td>40</td>
</tr>
</tbody>
</table>

Table 2 – frequency of sexual dysfunctions in men

<table>
<thead>
<tr>
<th>Erectile dysfunction</th>
<th>Premature ejaculation</th>
<th>Sexual pain disorder</th>
<th>Sexual aversion disorder</th>
<th>Hypoactive sexual desire disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>5</td>
<td>10.4</td>
<td>5</td>
<td>5.7</td>
</tr>
</tbody>
</table>

4. Discussion

In the third millennium, however family remains as the most important elements of community and be deciton by educators. Marital satisfaction are related to the level and quality of general health, life satisfaction and loneliness sense. In this study, the relationship between sexual dysfunctions and marital satisfaction in married Tehran University students was examined. The findings indicate a significant relationship between sexual dysfunctions and low marital satisfaction. This results are congruent with research literature and Byers (6), Nichols
Sexual perceptions have positive relationship with behaviors that can give continuity to marriage and in fact is a miniature of general relations. Sexual activity is important to the point that sexual inactivity could be a sign of marriage problems (9). Gue and Huang finding shows that impact of sexual satisfaction on marital satisfaction can be moderated by gender and education. The research data also is congruent with Nurbala, Ramezan zadeh, Malek Afzali Ardakani, Abedinia, Rahim Foroushani, and Shariat (11) which express about 67 percent of couples have relative marital satisfaction and 17 percent have high marital satisfaction. The results showed that sexual satisfaction is related to the length of marriage; those with marital life less than 15 years were more satisfied with their sex than spouses living together for many years (>15). Chien (12), Jos (13) et al found the same results too. Hoseini and Hajkazemi (14) in a study about women in Sari found that the highest frequency of sexual disorders is related to spouses with marriage length of 16-20 year.

The necessary thing to have ability for a good sex is gaining skills which can be learned. So, behavioral-cognitive methods should be an effective approach to increasing marital satisfaction in couples with sexual dysfunctions.

References


Chien L (2003). Does Quality of Marital Sex Decline with Duration? Archives of Sexual Behavior, 32(1): 55-60


Hosseini Tabaghehi M. Hajkazemi E (2006). Exploring the factors related to the frequency of sexual function disorder in the women referring to health-care center. [MS thesis]. School of nursing and midwifery, Iran University of Medical Sciences, Iran