



An Overview of the Study of Factors That Affect Marital Satisfaction among Iranian couples

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A B S T R A C T

One of the important areas of adaptation in human life is the issue of marriage and marital satisfaction. Marital satisfaction is a state in which the husband and wife are married to each other and feel happy and happy with each other. Spouses who have high marital adjustment have more self-esteem and more consistent in social relationships. Marital adjustment is the result of marital process and includes factors such as expressing love and spouses love, mutual respect, sexual relations, attitude similarity, and how communication and problem solving. Several factors affect the marital satisfaction of couples, including the satisfaction of the husband's mood, trust, loyalty and love, and the income and employment of his wife. The high education level and high socioeconomic status are among the factors affecting marital satisfaction. There is a significant relationship between educational level and success in life, both in husbands and in spouses. There is a significant correlation between the satisfaction of each spouse with their age, education, and family income.

Keywords: Marital Satisfaction, Homogeneous Marriage, Education Level, Spouse's Income.

INTRODUCTION

Marriage is described as the most important and fundamental human relationship. Because it provides the initial structure for building a family relationship and educating the future generation (Bulanda, Brown, & Yamashita, 2016; Larson & Holman, 1994). One of the most important aspects of the marital system is the satisfaction of married couples (Amato, Lundberg, Ward, Schaalje, & Zabriskie, 2016; Taniguchi, Freeman, Taylor, & Malcarne, 2006). Divorce rates are the most significant marital disturbance, indicating that marital satisfaction is not readily available. Basically, psychological compatibility and satisfaction with life have complex dimensions. One of the important areas of reconciliation in human life is the issue of marriage and marital satisfaction, inasmuch as successful and satisfying marriage entails a constant level of adaptation by couples. Marriage is considered as a kind of transitional event in the life cycle, and being married is one of the most complex and difficult transitions in the life cycle. Marital satisfaction is one of the most important determinants of the healthy performance of the family institution. Marital advancement is a condition in which the husband and wife are happy and happy with each other and with each other (Weiss, Lavner, & Miller, 2018). Ellis (1962), Marital Satisfaction defines marriage in an objective sense of pleasure, satisfaction, pleasure, husband and wife of all their relationship. Although marriage is understood by

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DOI: [In pressing](#)

To cite this article: Moeini, M., Ramezan AliPour, M., Samimi, F. (2018). An Overview of the Study of Factors That Affect Marital Satisfaction among Iranian couples. *Iranian Journal of Positive Psychology*, 4 (4), 111-121.

couples with the least complexity and the greatest pleasure, this event still has a strong capacity. Researchers emphasize that quality and marital status have many implications for parental roles, mental and physical health, and job satisfaction (Morris & Carter, 1999). On the other hand, a satisfying marriage is a good environment for crossing and sharing emotions and positive emotions between couples. Therefore, the ability to understand and accept the thoughts, feelings and emotions of each other in marital life is associated with a greater sense of satisfaction.

BACKGROUND RESEARCH

Research shows that the communication method has a significant effect on the successful resolution of couple conflicts and there is a positive and strong correlation between social adjustment and marital adjustment. In addition, the coordination of values has a positive correlation with the marital satisfaction of couples. Couples who easily share their thoughts and feelings with one another, and are able to accept and understand each other's feelings, have more marital satisfaction. Couples who have the ability to communicate properly have better marital relationships (Brown & Weigel, 2018; Gadassi et al., 2016; Litzinger & Gordon, 2005; Muusses, Kerkhof, & Finkenauer, 2015).

Several studies have shown that couples engage in negative attitudes and the occurrence of divorce or separation is a powerful predictor variable, and the teaching of communication skills and Marriage is effective in obtaining marital satisfaction (Azizi, Esmaeli, Dehghan Manshadi, & Esmaeli, 2016; Rahnema, 2002). Other researchers acknowledge that satisfied couples use better solutions to problem solving in comparison with disgruntled couples and their effect on marital satisfaction (Molazadh, 2002; Shakerian, 2010). Other studies show that marital satisfaction is compatible Marital adjustment is the result of the marital process and includes factors such as expressing love and spouses love, mutual respect, sexual relations, attitude similarity, and how Communication and problem solving (Morris & Carter, 1999). Various factors affect marital satisfaction of couples, such as satisfaction with husband's mood, trust, loyalty and love, and income and employment of a spouse. Newman regards high education and high socioeconomic status as an effective factor in marital satisfaction. Banijamali, Nafisi, and Yazdi (2004) also showed that there is a meaningful relationship between the level of education and success in life, both in husbands and in spouses. Green showed that there is a significant correlation between the satisfaction of each spouse with their age, education, and family income. Recent research has shown that mutual respect, consistency of couple beliefs, age of marriage, the length of a shared life, and the number of children are effective in satisfaction (Forste & Heaton, 2004). In a marital satisfaction survey, Fawrz observed that men more than women reported their marriage more positively according to financial indicators, parents, family, friends and spouse's character. Forste and Heaton (2004), indicate that high marital adjustment leads to psychological well-being in spouses.

Research by Dixon (1991), shows that sexual satisfaction, the quality of sexual intercourse between husbands and husbands, and expressing affection increase marital satisfaction and determinants of marital satisfaction. In another study, Jalili (1996), has shown that the length of the marriage years affects the husband's cooperation at home and the extent of his affection for the spouse, which results in marital satisfaction. Also, the level of education of the spouses and the number of children are considered effective in marital satisfaction. Continuous economic

pressures have also been mentioned as a factor affecting the relationship between husband and wife (Carlson, 2008). In general, the results of numerous studies show that the similarity between spouses in dimensions such as social, economic, educational and educational background, age, ethnicity, religion, physical attractiveness, intelligence, attitudes and values, higher levels of marital satisfaction and lower probability of divorce Predicts (Shiota & Levenson, 2007).

Evidence suggests that over 90% of women and men in different societies, on average, marry at least once during their life (Lundberg, Pollak, & Stearns, 2016). The most important goals of marriage are to achieve peace and quiet, to meet the sexual needs and survival of the generation, human development, and peace and social security (Khazaeia, Rostamib, & Zaryabic, 2011). In the divine system and the Quranic culture, the main goal of marriage is to achieve peace and tranquility, to progress, to achieve human perfection and to approach the essence of the truth. There is no doubt that from being alone, getting together, getting married, having an independent family, satisfying emotional stretches and natural instincts, and giving birth to the violent results of marriage and, consequently, one of the most important factors affecting the peace of mind and comfort of thought, life, and inner sense of satisfaction (Rasolipour, Roshan, & Nikandam, 2016). Marriage has a major role in the excellence and mental health of humans, in which many studies have shown that married people are healthier and happier (White, Martin, & Adamsons, 2018). In fact, for many, enjoyment of marital relationships is the most important source of pleasure even more important than resources such as work, friends and even children (Farah & Shahram, 2011).

Wendorf, Lucas, Imamoğlu, Weisfeld, and Weisfeld (2011), describe the concept of marital satisfaction: Adaptation of marital behaviors of couples to each other and the existence of understanding, empathy and love between them. In other words, marital satisfaction is the existence of a friendly, logical relationship, understanding, understanding, and satisfying the material and spiritual needs of men and women (Kavoosi, Ebadi, & Moussavi, 2016).

Kaplan and Sadock (2002), Stutzer and Frey (2006), also state that marital satisfaction is an individual experience in marriage that people evaluate with respect to the amount of pleasure and marital life, they believe that this depends on the expectations, needs, aspirations and desires of individuals in their marriage. Marital satisfaction refers to the degree of satisfaction between couples, which means the level of satisfaction that couples feel in their relationships.

One of the rational reasons for studying the details of marital satisfaction is to understand the centrality of the health of the family and individuals (Seltzer, 2000), its importance for the community, in the case of successful marriages, the abandonment of the crime (Laub, Nagin, & Sampson, 1998), the need to expand experimental interventions for couples in order to prevent or reduce marital and divorce pressures. Divorce is one of the most harmful phenomena that has a close relationship with marital satisfaction. According to the statistics of the divorce registration organization in Iran, in the past five years, the growth has risen and in the first six months of the year 89 compared to the same period last year, 6.2 Percentage increase. According to the organization, in the first six months of the same year, an average of 354 divorces were registered every day. Thus, it can be said that the phenomenon of divorce in Iran has increased from 9% to 14%. In fact, the lack or reduction of marital satisfaction can create incentives for separation and divorce, and its devastating and life-threatening effects are not covered by anyone (White et al., 2018). With regard to the above, it can be said that implementation such

researches are of great importance for the more accurate identification of the causes of divorce and in the opposite point. Satisfaction with marital life in the country is of great importance, because according to the findings of such studies, on the one hand, costs and material problems the mental disorder caused by family disputes and the phenomenon of divorce and, on the other hand, increased knowledge and knowledge. In particular, the findings from applied research have provided useful suggestions for macroeconomic policy making and planning in order to find more solid foundations of the family. For any research, previous researches and its achievements should be aware, previous researches, they are supportive of new research and can inspire new and new ideas for researchers. They can lead to quick progress, more research, and avoid ambiguity and confusion and repetition. Some foreign studies have concluded that variables such as family size, number of children, income, and ethnicity of couples have a significant relationship with their satisfaction with marital life (Baumeister, 2001). Findings of other research indicate that the relationship between the variables of the socioeconomic status, age maturity at the time of marriage, religious consistency, the maturity of the education and the duration of the couple's marriage are related to the degree of their satisfaction with marital life (Vaijayanthimala, Kumari, & Panda, 2004; Wendorf et al., 2011). Another part of the research on marital satisfaction shows that there is a significant relationship between cultural homogeneity, gender socialization, the distribution of power and family structure of couples and the attractiveness of women with their satisfaction with marital life has it. Meanwhile, the findings of this study indicate that men are more satisfied than women in authoritarian families. This study is due to the presence of dominant and supreme leader in such families (Weisfeld, Russell, Weisfeld, & Wells, 1992).

Finally, another group of research has concluded that the amount of love and interest of couples to each other, shared values, duration of marriage, commitment, loyalty and respect for marital relations, support and support of couples from each other, faith and firm religious beliefs Couples had a significant relationship with their marital satisfaction (Rosen-Grandon, Myers, & Hattie, 2004). In researches on the degree of satisfaction with marital life inside, some have concluded that the status of female employment (housewife or occupation), the level of education of employed women and housewife in marital life, maturity of couples education, duration Marriage, having an acquaintance before marriage, capital and economic facilities, having consent and consent of parents and marital affiliation have a significant relationship with marital satisfaction (Farah & Shahram, 2011; Keshavarz & Amrgha, 2013; Tazekand, Nafar, & Keramati, 2013; Ziaee et al., 2014).

Another category of domestic research suggests that the amount of love and interest of couples to each other, the degree of respect of couples to each other, family social capital, understanding of beliefs and religious beliefs, and the amount of communication within and outside the family with the amount of life satisfaction Marriage has a significant relationship (Khadivzade & Arghavani, 2014; Ramezanzadeh, Aghssa, Jafarabadi, & Zayeri, 2006; Sadeghi, Mazaheri, Motabi, & Zahedi, 2012; Zarei & Ahmadisarkhooni, 2013).

Finally, in another study, it was concluded that there is a significant relationship between the false and irrational beliefs of couples and their degree of satisfaction with marital life (Janjani, Momeni, Rai, & Saidi, 2017). In a summary of the researches done, it can be said that research Various studies have been done on the degree of satisfaction with marital life and the factors affecting it, but most researches are internally with a psychological approach.

However, major research on factors such as homosexuality in terms of educational level, the age of married couples, the duration of marriage, economic facilities, the use of media and the amount of love and interest of couples to each other in terms of marital satisfaction of couples have emphasized.

METHODOLOGY

The present study, in addition to paying attention to these factors, has tried to study the satisfaction of marital life with a sociological approach. The main factor and direction of each research are the theories used in it. In this section, theories and approaches are used that are directly or indirectly related to the subject of research. However, it should be stressed that this research never claims to have established a comprehensive study. In Maslow's view, the needs of man appear with precedence. Every need, after being totally or relatively satisfied, brings its place to an unmet need, or the need for it to emerge in a more and more intensive way. These needs can be subdivided into physical or primary needs and secondary or psychological needs. Maslow's categorization of human needs is as follows: 1) physiological or physical needs; 2) need for security; 3) group and social needs; and need for love and affection; 4) need for respect and position; and 5) need Self-discovery and self-esteem (Rowan, 1999). Accordingly, in marital satisfaction, it should be noted that how marriage is responsive to the needs of a person dominant. One may need a person to respond to a sexual need, if for another, there are other needs such as love. Marital life spatial theory and marital satisfaction indicate that there is a relationship between marital satisfaction and life-style relationships that results in the reduction of marital satisfaction with the birth of children and, in short periods of middle age, marriage satisfaction. With the advent of children, life satisfaction increases dramatically. Levenson (1999), argues that marital satisfaction decreases over time. In this regard, Rollins and Feldman (1970), also, based on their studies, present a U-shaped model of marital satisfaction, in which marital satisfaction decreases during the years of child-rearing, and during marital lifetime when the home is from children Emptying, marital satisfaction increases. In terms of the forum, the need for love and affection is strong in every human being. Love from marriage is the closest human relationship. With the help of the development of modern urban life, the impact of Western culture, modern education, changing values and ideas, the growing importance of sexual life, etc., the emotional relationship between husband and wife has become important considerably, to meet the needs. The basic psychic such as love, affection, sympathy, each person depends on his family. He believes that love is a solidarity and unity with a person, subject to the preservation of individuality and standards of individual character. Love means sharing and sharing that empowers all the inner activities of a person to appear, fertile love always points to the signs of attention, responsibility, respect, and recognition. Other components of love are support and appreciation. Also, in examining the relationship between gratitude and husband's support and marital satisfaction on working couples, it was revealed that the wife's appreciation and support was positively associated with marital satisfaction, and this is more than women among women.

THEORIES OF SOCIOLOGY

Parsons, by designing a personality system, in his theory defines satisfaction. He calls the organized system of personality's aspirations and motivation to act. The main element of the personality system is tendencies. Intrigue tendencies are achieved in the process of action and

in social situations. Based on Parsons' theory, the satisfaction of the output of the internal motivational sub-system has resulted from over-rewarding rewards. Therefore, according to Parsons, within the framework of the personality system, if one gives a person an incentive to give too much praise to a person who believes that he himself has believed such a virtue, he will be satisfied. According to the Parsons definition, in the general form of the personality system, there is also a distinction between satisfaction and satisfaction. Satisfaction is presented as an inwardly opposed state of affection, which is apparent. Considering the above definitions, one can conclude that satisfaction in the form of a person's personality system is meaningful, but how is satisfaction obtained? Rewards of over-time type can be satisfactory to make an assessment based on internal (social-individual) criteria to have a positive and positive result, that is, from the beginning there is a criterion for evaluation, then the existing situation by the same criterion The degree of compatibility between these two states will result in varying degrees of satisfaction. The criteria are always ideal and desirable, and a situation based on which, based on their degree of distance and proximity to them, and is a reality in the husband's shared life. Therefore, satisfaction with the internal criteria is also linked, which may include various aspects of social life. Based on the idea of a homogeneous wife, man is consciously or unknowingly looking for a wife with similarities to her, and then it concludes that people of all ages associate with others in a larger field than an accident can employ it. In terms of each individual's luck, marital status is the same as their own. According to Bergs and Locke, he works more closely in the same way as an alternative marriage to the unequal (Burgess & Locke, 1945). In fact, man naturally wishes to choose a wife that is more homogeneous than the inequality of the two, not only attracts them to each other, but also strengthens their bondage and friendship. Equally, marriage is the basis of a strong and lasting marriage. Thousands of people in the world are alike in terms of age, education, social status, religion, but it should be noted that same-sex marriage alone does not guarantee satisfaction in marital life. But people have a strong desire for communication and durability with those who are similar to them, emphasizing that what is first and foremost related to marital satisfaction is the consistency of the characteristics and social characteristics, particularly couples who match in some cases, such as socio-economic status, education, religion, race, and intelligence, are more satisfied with their marriages. In other words, these similarities and similarities make it easier to get close ties in marriage (Le Poire, 2006). According to Kurdek (1991), spouses with social, psychological, and physical similarities are more likely to experience marital satisfaction in their lives. The inequality between the two spouses is the source of conflicts. According to Wood, in his famous "marriage from a religious point of view," the more similar the two spouses are in terms of religion and race, the more their differences and conflicts are. In 2010, Sheng, in a study of marriage between the various races and the divorce in Hawaii, concluded that as the ethnic and cultural ties between the husband and wife were more difficult, the risk of separation was far less than among them (Cheng, 2010). According to Alan Girard, people want to choose who they are like, and the higher the degree of maturity of their spouses, their marriage is stronger and more stable. Baumeister (2001), points out that the sexual relationship is more profitable for men than men, and men have a sexual relationship with women who experience more pleasure than women, and women are more likely to experience unhappiness (White et al., 2018). Based on the theory of acceptance of traditional sexual role, the acceptance of leadership and power documents to man is more than a power document to a

woman, and in the traditional families of women and men, they have unequal roles, but traditional women of inequality Do not consider roles in marriage as an undesirable factor and enjoy their marital life; non-traditional women when Enjoy their marital life, enjoying equal rights. Some of these theories can be cited in the context of the impact of mass media on the level of marital satisfaction. For example, in the spiral theory of silence, Neumann argues that the three characteristics of mass communication, density, space, and sound, are combined together to create powerful effects on public opinion, and the sound refers to coherent images of an event or topic that can be developed and Often, there are common newspapers, magazines, TV channels and other media.

The coherent effect is that spiral silence overcomes selective encounters so that individuals can not choose another message, suggesting that most people look at the subject matter that the mass media presents. Also, the theory of planting does not reduce the importance of specific programs, but claims that a variety of programs follow common styles and patterns. Repeating the content plays an important role and is unavoidable for the permanent audience. Assigning a particular finder to watching a particular program ignores the fact that high-end viewers are likely to see other programs and that the main content is the same in the main applications. From the point of view of planting, television has long-term effects, indirect, gradual and small effects, but increasing and significant, and focusing mainly on attitudinal effects rather than behavioral effects. People who see a lot of TVs are likely to be more influential than those who watch TV less, especially about things that the viewers experience less direct and firsthand experience. In the review section of studies related to the topic of research and theoretical literature, a number of issues have been raised, each of which is directly or indirectly related to the subject of research, namely, marital satisfaction, but it should also be noted that none of these theories It alone cannot explain the problem and look at various aspects. Therefore, by developing a theoretical framework that integrates and combines the theories, the subject is examined more precisely. In fact, it should be noted that the satisfaction of physiological needs (housing, food, clothing) is usually possible with money: what money can buy, satisfying physiological needs, and not making money and money can satisfy physiological, safety and even social needs. Also, according to Maslow's theory, it can be said that the satisfaction of individuals depends on the provision of their financial and material needs. Also, Burgess and Locke (1945), consider economic and economic adequacy as the main determinant of marital satisfaction and divorce. Couples who are seeking divorce have severe financial problems the topic is a major issue. According to the concept of homogeneous wifehood, most people always tend to choose to be individuals of one another for their marriage, because according to this theory, the coherence of individuals in many the directions will make the marriage last longer and lasting, and it will also increase the satisfaction of marital life. In fact, man naturally wants to choose a wife that is more homogeneous than he is, disparate with him. The two individuals' maturity does not only lead them to one another Attracts, but strengthens his bondage and friendship. Many studies also confirm that the greater the degree of maturity of couples from different aspects, the more marital satisfaction is obtained. According to this theory, the degree of marital satisfaction is different in each stage and in the life cycles. In fact, the amount of marital satisfaction during a marital life follows a U-shaped curve. So that from the early years of marriage, the amount of satisfaction also decreases. On the other hand, it can be said that the level of love and interest of couples is mutually dependent on their life satisfaction. In this regard, Eric Forem believes love in the relationship

between couples includes expressing positive emotions, attention and care, empathy and kindness, support and appreciation. Forum believes that love is solidarity and unity with a person, provided that individuality and individual personality standards are maintained. Love means sharing and sharing that allows all the inner activities of a person to appear, fertilizing love always points to the signs of attention, responsibility, respect, and cognition (Molazadh, 2002). Considering the needs of the spouse should be at least as much as paying attention to one's own needs and it has been observed that expressing affection and affection will lead to the quality of marital relations. The rate of media use is related to marital satisfaction. According to Neumann's spiral theory of silence, mass media have major implications for public opinion. He believes that the three characteristics of the media, density, all-around, and the soundness and combination of each other, have a great influence on public opinion. In the theory of planting that George Grebner has developed and expanded, it is argued that the mass media, especially television, affects our perception of the real world.

From the point of view of planting, television has long-term effects, indirect, gradual and small effects, but increasing and significant, and focusing mainly on attitudinal effects rather than behavioral effects. Grebner and his colleagues believe that television shows have a dramatic effect on the attitudes, beliefs, and judgments of high-value viewers about the social world. People who see a lot of TVs are likely to be more influential than those who watch TV less, especially on issues that the viewer's experience less direct and first-hand experience.

CONCLUSION

Since the media have a special role in today's life, many people spend hours using their media every day. Therefore, it is natural that the use of media types can have close links with different aspects of the life of the people and affect the attitudes and attitudes of individuals. Various aspects of individual and social life as well as interpersonal relationships can undergo changes and changes.

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