The Relationship between Sexual Adjudication, Education, and Depression: A Model for Life Satisfaction Prediction

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Abstract: The present study was conducted to examine the relationship between sexual adjudication, education, and depression in order to evaluate the hypothesized model of life satisfaction prediction. In this regard, a sample of 205 female employees employed in University of Medical Sciences were selected using simple random sampling and analyzed using Halbert sexual adjudication, Goldenberg Depression and life satisfaction questionnaires. The calculated correlation results indicated a significant relationship between sexual adjudication and life satisfaction (0.64) and depression (-0.45) and also indicated a significant relationship between components of sexual relationships and expressing emotions and with life satisfaction and depression. After developing heuristic model, fitting indices showed the significance and fitting of the model. Results of pathway analysis also showed significant direct impacts (0.592) and indirect impacts (0.05) of sexual adjudication on life satisfaction. While the indirect effect of education through depression on life satisfaction was significant but negligible (-0.03).
Key Words: Sexual adjudication - education–depression- life satisfaction

INTRODUCTION

Subjective well-being is generally defined as dominance of positive emotion over negative emotion and life overall satisfaction[1]. Life satisfaction, can be regarded as the most essential component of subjective well-being. Life satisfaction refers to a judgmental-cognitive process[2] in which individuals evaluate the quality of their lives based on a set of criteria[3]. In the definition presented by Lyubomirsky of life satisfaction, she has defined it as subjective evaluation of individual's quality of life which has cognitive components and is considered as a powerful predictor for mental health. In fact life satisfaction is virtually the satisfaction from all aspects of life[4]. Life satisfaction plays a significant role in human health, economics and development of nations. Researchers in their studies[5, 6] have found a relationship between life satisfaction and mental health and have found that lower life satisfaction is associated with various mental disorders particularly depression and anxiety.Salmans[7] suggests: Depression is a state beyond sadness or is intense sorrow due to the lack of an instinct which affects on the feelings, thoughts, behavior and physical health of a person. On the other hand, sexual instinct is also one of latent instincts of human being which has a great psychological performance

in his life. Human deals with this instinct throughout his life and its satisfaction with sexual relations is not bounded by time. Therefore, paying excessive attention to this instinct not only brings about social adverse effects, but also drives one's living out of the natural state and will have detrimental effects on his/her body and soul[8].Sexual adjudication requires individual's effort to secure his/her rights within the specified time or to realize internalized expectations of his/her own through the interaction with others[9].

According to Asadi[8] the right of sexual enjoyment is one the main axes for the family formation and according to the opinions of jurists majority any condition contrary to this condition is a contrary and diriment condition for a marriage contract. Compliance has both the general and special meanings. Specific compliance means that the wife accepts to sleep with her husband and general compliance means that the wife fulfills her obligations and duties towards her husband according to common and legal laws. Unilateral violation of this rule results in "sheepishness" and bilateral violation of this rule results in "schism". However, today women will spend less time for their own sexual issues, because they are unaware that regular and satisfying sex, is effective in their sexual and mental health. About 68% of marital problems are reported to be caused due to sexual issues. Most of women find most of their dissatisfaction of their lives in bed and having sex with their husbands. They just focus on their partners demands in their sexual relationships and do not enjoy their sexual relationships themselves and also men's inability to recognize women's emotions is the women's cause of dissatisfaction about marital life. This dissatisfaction is accompanied by symptoms such as emotional withdrawal or isolation or women's lack of interest towards marital issues. If this sense continues, it will cause low self-esteem and self-contempt in women and as a result their daughters imitate their mother's behaviors, so some kind of potential and probable hatred will be brought about men[10].

In numerous and comparative studies it has become clear that the culture of different societies with draconian abuse of dominant position and power by constraining the women in stereotyped defined patterns of the sexual behavior, has a perception outside the framework of dependent role for women's sexual desire the manifestation of which is incomprehensible, ugly and undesirable for men and women. Following the acceptation of such a role, the women have also lost their power of sexual adjudication, because acquisition of such a power is considered as acquisition of implications of pornography, lack of shame and infallibility by the dominant culture of the communities. Fear of the gaining power within such offensive words, has made women to surrender and accept the role due to their femininity[11]. A study by Sadeghi conducted in 1987 in Tehran for investigating the causes of divorce, found these results: 82% of women did do not have sexual satisfaction, 4.61% of the reasons for their request for a divorce was their dissatisfaction from sexual relations, 74 percent of men were dissatisfied with
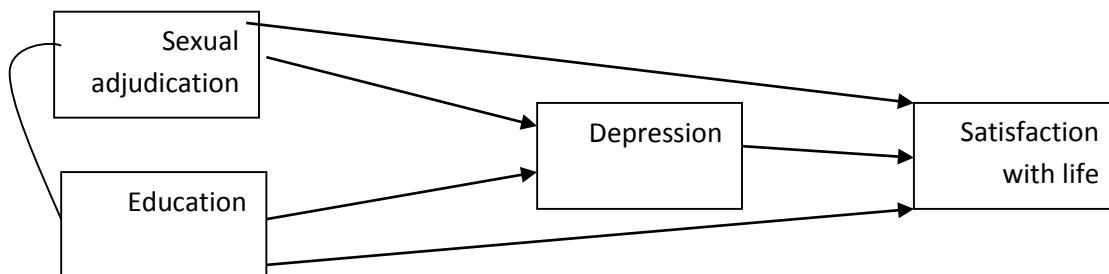
their sexual relationships due to sexual reluctance of their wives and lack of interest in their spouses, and 10% of men had asked for a divorce due to sexual dissatisfaction[12]. Halbert et al.[11] suggest that dissatisfaction with sexual performance not only is related to divorce, but is also closely related to social problems such as crimes, sexual assaults or mental disorders. In this regard Bentovim quoted Masters and Jansen, who consider 50% of the failures in marriages due to sexual dissatisfaction[11]. Since a little analysis has been conducted about the relationship between sexual adjudication, depression and life satisfaction, in this study we have decided to study the relationship between sexual adjudication, depression and life satisfaction.

MATERIALS AND METHODS

Research Plan

The current study is a descriptive study of the correlation and path analysis type. Descriptive study describes and interprets the existing beings and concentrates on existing conditions or relationships, common beliefs, the ongoing processes, evident effects or expanding trends and its attention is oriented toward the present time[13]. In this studied model of present study, sexual adjudication, education are (exogenous) independent variables, satisfaction with life is (endogenous) dependent variable and depression is the mediator variable. Figure 1 shows the conceptual model of the research.

Data and information collection instrument

Sexual Adjudication Questionnaire

This questionnaire was created by David Halbert in 1990 to measure female sexual adjudication of interactive females which consists of 25 questions with 5-point Likert scale. In all the questions of this questionnaire except for questions number 20, 14, 13 the scorings of which are reversed, the answer "Always" scores 1 and the answer "Never" scores 5. So the range of scores is between 25 and 125. 80 is the cutoff point in this questionnaire. In other words if an individual scores lower than 80, it means that his sexual adjudication is low. In this questionnaire, questions 1-6, 8, 9, 11, 12, 21, 25 refer to emotional responsiveness and sexual feelings components and questions 7, 10, 13-20, 22, 23, 24 refer to sexual relationships component.

Halbrt has reported the reliability of sexual adjudication questionnaire equal to 0.91 and found its structured content validity reasonable. Through an opinion

poll administered for professors and experts, Khoshkonesh et al. found the content validity of this questionnaire reasonable and by administering this test for 40 married university students and according to the calculated Cronbach's alpha coefficient of 0.87, they found its reliability.

Goldberg Depression Questionnaire

Questionnaire used to determine the rate of depression in this study, is Goldberg 18-item questionnaire (1990). This questionnaire contains 18 items with 6 options to answer for each. In all the questions of this questionnaire, the subject should determine the options which conform to his conditions and circumstances during the last week. The subjects' answers to each question has been specified using a six-degree Likert scale (very high, high, medium, low, very low, none). In all the questions "very high" scored 5, "high" scored 4, "average" scored 3, "low" scored 2, "very low" scored 1 and "none" scored zero. Since each item has a score between 0 and 5, 90 is the highest score and 0 is the lowest score each person can gain. Soltanifar et al. reported a high content validity and a 78% formal validity for this questionnaire and noted that its reliability is 84% according to Cronbach's alpha method.

Life Satisfaction Questionnaire

This questionnaire was built by Khorrami Nejad which has 20 two-options questions (true, false) in which selecting the true option presents high life satisfaction, and vice versa, selecting the false option means that the life satisfaction is low [6]. The reliability of this questionnaire in this study has been calculated as 0.829 according to Cronbach's Alpha method, and formal validity of the questionnaire has been calculated 0.93 with numerical sigma method and according to the viewpoints of 4 Professors of Educational Sciences Department of Shahid Bahonar University.

Statistical population, sample size and sampling method

Statistical population of the present research is composed of all female employees of Kerman Medical Sciences University who are working there in 2010. In order to obtain a sample size based on the proposed volume, researches related to model fitting (path analysis) were used. According to experts and researchers viewpoint, for analyzing structural models, sample size should be at least 200 subjects[13]. In this regard the sample size should be in such a way that according to the developed model and its variables, its results can be trusted and generalized. According to what has been said, the sample size of present study is 205 subjects which have been selected by simple random sampling.

Data analysis tools and methods

For analyzing the simultaneous effect of research variables on each other and evaluation of their direct and indirect effects on each other and examining model fitness indicators, pathway analysis was used in AMOS GRAPHIC-19 software.

RESULTS

Table 1 shows the calculated correlation for examining the relationship between the studied variables in the present study.

Table 1. Correlation matrix of study variables

Studied variables	Depression	Expressing Emotions	Sexual Relations	Sexual Adjudication	Life Satisfaction
Depression	1				
Expressing Emotions	-0.45**	1			
Sexual Relations	-0.43**	0.76**	1		
(Total) Sexual Adjudication	-0.45**	0.91**	0.95**	1	
Life Satisfaction	-0.38**	0.58**	0.60**	0.64**	1
Education	-0.27**	0.04	0.03	0.07	0.02

P<%1* p<%5*

According to the results obtained from the correlation computation, it can be said that with the exception of the correlation between education and sexual adjudication, and between education and life satisfaction, all other obtained correlations are significant. According to results obtained from the correlation, hypotheses 1, 2, 5, and 6 are confirmed. Based on the resulted correlations, pathway analysis was used to explain the endogenous relations of the variables. For this purpose, initially the main assumptions of path analysis were analyzed and then the considered model was analyzed and studied.

To evaluate the variables distribution normality in the studied sample, kolmogorove-smirnov test was used. Table (2) shows that in all cases, the variables distribution normality has been confirmed and it was found that distributions are normal.

Table 2. Kolmogorove-smirnov test results

variable	Sample size	z.ks value	Significance Level
Depression	205	0.57	0.41
Expressing Emotions	205	0.26	0.54
Sexual Relations	205	0.78	0.27
(Total) Sexual Adjudication	205	0.65	0.39
Life Satisfaction	205	0.92	0.21

Table 3 shows the fitting indices for the initial model.

Table 3. Fitting indices for the initial model.

Tolerance	Calculated value	Index name
Less than 3	1.18	chi-square against degrees of freedom
Higher than 0.9	0.997	GFI (goodness of fitting)
Less than 0.09	0.030	RMSEA (root mean squared error of the estimate)
Less than 3	0.99	CFI (modified fitness)

Higher than 0.8	0.971	AGFI (Adjusted Goodness of Fitness)
Higher than 0.9	0.993	NFI (softened fitness)

One of the main indices of the model fitting indicators overview are the amount of chi-square against degrees of freedom and root mean square of estimation error (1.18). Since in the studied model, analyzed indicators indicate model fitness, the considered model can be accepted for the data fitness. Table 4 below shows the available paths in the model with standardized coefficients.

Table 4. Available paths in the model

path	Regression coefficient	Significance Level
Life satisfaction→ sexual adjudication	0.592	0.01
Life satisfaction→ Depression	-0.11	0.05
Depression→ sexual adjudication	-0.46	0.01
Depression→Education	0.28	0.01

Table 5 shows direct, indirect and total effects of predictor variables on the dependent variable (life satisfaction).

Table 5. Indirect and total effects of predictor variables

predictor variable	direct effects	indirect effects	total effects
sexual adjudication	0.592	0.051	0.64
Depression	-0.113	-	-0.11
Education	-	-0.031	-0.031

According to the above table results, the direct effect of sexual adjudication on life satisfaction is 0.592, while the it's indirect effect through depression is 0.051. Also according to the fitted model, depression only has direct effect on life satisfaction the coefficient of which is (-0.11). Education also has a direct effect on life satisfaction (-0.03). From the above results it can be understood that depression acts a mediator between sexual adjudication and education with life satisfaction. Bootstrap tests were used to to analyze the significance of this mediation which showed the significance of mediating role of depression (Upper bound -0.21, Lower bound -0.03). According to the results of this test, if the estimated path coefficient domain (upper and lower bounds)-provided and calculated by software based on 2000 samples – does not include zero, this means the mediation is significant. Also given that in the studied model, the path coefficient of sexual adjudication to life satisfaction (dependent variable) it is still significant concurrent with depression, it can be said that the mediation role of depression is not a complete one. In fact, Depression is a partial mediator.

DISCUSSION

To assess the internal relationship between the studied variables and life satisfaction, according to the resulted correlations, a model was tested heuristically. Path analysis results showed that the fitting indices represent the fitting of the developed model.

According to standard path coefficients in the fitted model, education did not show a significant association with sexual adjudication. The regression coefficient of sexual adjudication with depression (-0.46) and depression with life satisfaction (-0.11) was significant. However the direct effect of sexual adjudication on life satisfaction (0.592), was also significant. Among the studied variables in model, sexual adjudication with direct effect (0.592) and indirect effect through depression (0.051) and the total effect (0.64), has had the highest association with life satisfaction. Also, given that the relationship between education and life satisfaction has been considered in the investigated model indirectly and through depression, its indirect effect was through depression (-0.031). Overall, the investigated model explained 35% of life satisfaction variance in the studied sample. According to this theory, seeking sexual pleasure is not limited to a certain age and education, in other words it is independent of age. All pleasures, including sexual pleasure are instinctual and God-given for all ages, and for all people with any level of education. Life satisfaction depends on multiple factors such as dominance, punishment, jealousy, fear of disloyalty and continuing conflicts in other areas of life that can play a more prominent role than education. Research related to sexuality and its problems, is still a young field of study.

So until Kaplan study[14] in which a clear distinction was made between sexual desire and arousal disorders, and numerous studies which have recently failed to distinguish between these anomalies, we cannot find any other studies in this field.

Hence a tendency was created to investigate the characteristics of samples who had a "lack of sexual responsiveness" or "have a very low sexual desire" label and included a combination of different types of sexual anomaly. Given that such studies had varying degrees of reliability and provided a minimum insight into the causes of low sexual desire disorder, could not be interpreted. Fortunately, recent studies have concentrated on the field of sexual satisfaction and its impact on human life more carefully. Several studies have investigated the potential consequences of sexual desire. Some attempts have been carried out to identify certain personality characteristics that are associated with satisfaction or dissatisfaction which can achieve significant findings. However, Stewart et al (1978)[15] found evidence that the unhappy group of sexual relations reported significantly lower levels of marital satisfaction and less emotions of an imaginary love toward their spouses compared with a group who have normal sexual satisfaction and they had high levels of anxiety and depression. Thus, it is likely that sexual dissatisfaction can be associated with relationship problems between couples and depression and anxiety. But some other believe that depression is not associated with low sexual desire.

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