



The Relationship between Sensation Seeking and Marital Satisfaction among Women in Sirjan

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ABSTRACT: This study examined the relationship between sensation seeking and marital satisfaction among women in Sirjan. The research is a descriptive study using correlational method. The study sample was composed of 150 women. Cluster random sampling method was applied and the data collection tools include the questionnaire of Zuckerman sensation seeking Fifth Form (SSS) and Enrich marital satisfaction questionnaire. Pearson correlation method was used to test the research hypotheses in variables of sensation seeking and its dimensions (experience seeking, adventure, boredom susceptibility, and escape from inhibition) and the marital life satisfaction of the sample. Correlation analysis results showed that there is no significant relationship between sensation seeking and marital satisfaction with the following information ($r = 0.01$), and also there is a significant relationship between marital satisfaction and adventure with the following information ($r = 0.18$). There is no significant relationship between marital satisfaction and experience seeking with the following information ($r = 0.89$). There is a significant relationship between marital satisfaction and escape from inhibition with the following information ($r = -0.18$) and between marital satisfaction and boredom susceptibility with the following information ($r = -0.18$).

Keywords: Sensation , Sensation Seeking , Marital Satisfaction

INTRODUCTION

Although marriage tie is very decent, research findings suggest that the couple satisfaction will not be easily achieved. Consequently, the strongest human bond, the marriage, in its strongest base, the family system, is exposed to peril. Increasing rate of divorce in various communities including Iran country confirms this fact ¹.

Marital satisfaction, families adjustment and their strength is a process affected by many factors such as the level of understanding before marriage, cultural and economic compatibility, personality and mood health, values, attitudes, interests and tastes compatibility, common objectives, families concordance and the level of interference by others, the quality of family management, the amount of family happiness factors, family emotional atmosphere, the amount of life's problems, stressors and stress ².

Marital satisfaction is an overall assessment of the individual present marital relation or amorous relation. Marital satisfaction could be a reflection of the level of the individuals' happiness of marital relation or a combination of being pleased by many factors that are unique to the marital relationship. Marital satisfaction can be considered as a psychological situation that does not exist by itself, but requires the efforts of both spouses. Especially in the early years, marital satisfaction is very unstable and relationships are at greatest risk³.

Satisfaction or dissatisfaction with family members, and on the first onset the wife and husband, must be sought in the components that play a decisive role in the continuity or discontinuity of family. In this context, sensation seeking as a personality trait of emotional range is a highly significant subject, which has evident effects and undeniable results on interpersonal relationships⁴.

Sensation seeking is a common term that is applied for the tendency of people to seek different types of stimuli, from a simple touch and look to ostentation resulted from different activities⁵. Lazarus argues that when a person engages in a work and realizes that it was his own purposes, emotions come into existence. He has known sensation seeking in four dimensions^{6,7}.

1. Sensation seeking and adventure: a desire to exercise that has speed, risk and newness;
2. Experience seeking: searching new experiences by the means of traveling, music, art and lifestyle heterogeneous with people who have similar interests;
3. Inhibition elimination: the tendency to be impulsive, rebellious against social norms and preferring non- predictable positions and
4. Sensitivity to uniformity: aversion to repetitive experiences, routine tasks, and predictable individuals. In addition, Zuckerman describes sensation seeking as the individuals' need for achieving an optimal level of arousal and keeping it. Zuckerman believes that, the arousal optimal level of sensation seeking individuals is higher than those who do not have this feature⁸.

As sensation seeking degrees in individuals is very different, it appears that the cognitive and emotional state of each individual should be organized based on this feature. So, in relation to the others a kind of proportion should be considered to imagine two persons, that is to say two-characters, "co- horizon". In this case, there should be a significant correlation between the rate of sensation seeking of the men and women who have wedding contract, so that both of them can move on a single scope and a single way. Therefore, we can expect that sensation seekers who are in extreme levels of sensation seeking tend to marry people like themselves. The same trend is also observed in sensation seekers who are at low levels of sensation seeking. To be more precise, concordance of the spouses should be considered as the reason for their marital life strength and in contrast, the inequality of sensation seeking level of the couple is the resource of conflicts such as differences in the use

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of leisure time, keeping company with friends, performing travel programs, expressing cultural interests and showing feedbacks on the field of children training and leads to marital dissatisfaction and breakdown⁴.

Research results have shown that sensation seekers who are in extreme levels of sensation seeking have more tendencies to those who have severe sensation seeking. In contrast, sensation seekers who are at low levels of sensation seeking have more tendencies to those who have mild sensation seeking⁹.

Sangkyu and Heuikwang examined the predictor factors of marital satisfaction in Korean cleric leaders and their wives in America. Selected factors that seemed to contribute to marital satisfaction included: communication, emotional expression, sexual satisfaction, as well as doing things together. The sample was comprised of 85 clerics and their wives. The results showed that each of the individuals has high satisfaction with their marital relationship. For every Korean cleric expressing excitement and doing things as a group were the main causes of marital satisfaction¹⁰.

This study attempts to answer this question that whether there is a relationship between sensation seeking and marital satisfaction among women in Sirjan. In fact, this research will try to study the connection between sensation seeking and marital satisfaction among women in Sirjan.

MATERIALS AND METHODS

The purpose of this research is to explain the relationship between sensation seeking and marital satisfaction among women in Sirjan. The research is a descriptive study applying correlation method .

The study population has consisted of all married women in Sirjan. The research sample volume is consisted of 150 individuals who were selected by cluster sampling method .

To conduct this research, library and field data are used. In order to explain the theoretical basis of the research library references are employed and to collect field data the questionnaire is used. The questionnaires are as follows.

Ummary form of the fourth form of Marvin Zuckerman sensation seeking scale, which has been prepared in 1978. Fifth Form Sensation Seeking Scale, which has been arranged for the assessment of sensation seeking factors, is consisted of four sub-dimensions including "sensation seeking and adventure", "experience seeking", "escape from inhibition" and "boredom susceptibility" and ten tests are considered for each factor. The overall forty substance scale in the fifth form shows a good internal reliability in the range of 0.83 to 0.86⁴.

For the grading of the questionnaire, first the obtained scores will be extracted from each of the questions based on the test key. Therefore, the given answers to each question are accorded with test key. If the given answer matches the provided option in the key, the point 1 is given; otherwise the point 0 is given to it. To obtain the score of each dimension, the sum of the achieved scores from each of the questions are added together. Obviously, the higher the point of a dimension or

overall score of the questionnaire is, the stronger is the sense in that dimension or generally, the higher is the sensation seeking of the respondent and vice versa.

Enrich Marital Satisfaction Questionnaire:

To explore women's marital satisfaction, Enrich Marital Satisfaction Questionnaire will be used. This questionnaire form is consisted of 35 questions. Cronbach's alpha coefficient in the 48-question form of the questionnaire in Mirkheshti study is 0.92 and in the 47-question form of Soleimani is obtained 0.95.

The questionnaire is in the form of five-choice (which essentially is a Likert-type attitude test) is. These questionnaires for each of provisions have five options of "totally agree", "agree", "neither agree nor disagree", "disagree", and "totally disagree" for each of which a score from 1 to 5 is awarded.

The scales of the questionnaire are as follows :

1. Ideal Distortion: Questions of this scale of the modified questionnaire are consistent with the marriage customs of Edmund. This scale measures couples tend to answer questions based on acceptable social behavior. The above score illustrates the unrealistic relationship about marital relation .

2. Marital Satisfaction: This scale measures satisfaction and adaptation of individuals with 10 aspects of marital relation, including: issues of personality, marital relation, conflict resolution, financial management, leisure activities, sexual relationships, marriage and children, family and friends, egalitarianism roles and religious orientation. The higher score indicates higher marital satisfaction.

3. Communication: This scale evaluates the person's feelings, attitudes and beliefs regarding the extent of marital relationship. The higher score indicates the awareness and satisfaction of the wife and husband with the level and type of communication in their relationships, and low score indicates a lack of satisfaction with communication.

4. Conflict Resolution: This scale evaluates the spouse's attitudes, feelings and beliefs in making or resolution of conflict and also the ways of the spouses in ending the disputes. The higher score represents the realistic attitude towards the conflicts regard to the marital relation. Low score indicates dissatisfaction with the way to resolve conflicts.

Calculation of the scores scales :

Marital Satisfaction: Questions 1-5-9-13-17-21-24-27-30-35

Communications: Questions 2-6-10-14-18-22-25-28-31-34

Conflict Resolution: Questions 3-7-11-15-19-23-26-29-32-33

Ideal Distortion: 4-8-12-16-20 questions (snug et al, 2000)

In order to analyze research data spss statistical software will be used and the following statistics were used to analyze the data .

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1. To determine descriptive data of the study the statistics of frequency, frequency percentage, mean, standard deviation and variance are used .
2. To investigate the correlation of variables correlation statistic methods such as Pearson correlation coefficient and multiple regressions are used.

Table 1. Mean, standard deviation, minimum and maximum score of the sample on sensation seeking scale and its dimensions

	Mean	Standard deviation	Minimum	Maximum
Sensation seeking	73.17	64.6	9	59
Experience seeking	4.4	2.3	0	26
Adventure	81.4	34.3	1	29
Boredom susceptibility	71.4	94.1	1	16
Escape from inhibition	8.3	45.2	0	26

Table 2 shows the mean, standard deviation, minimum and maximum scores of the sample at Marital Satisfaction Scale and its dimensions (ideal distortion, marital satisfaction, communication, and conflict resolution) .

Table 2. Mean, standard deviation, minimum and maximum scores of the sample at Marital Satisfaction Scale and its dimensions (ideal distortion, marital satisfaction, communication, and conflict resolution)

	Mean	Standard deviation	Minimum	Maximum
Marital Satisfaction	19.117	29.12	90	150
Ideal Distortion	42.17	51.3	6	24
Marital Satisfaction	9.35	21.5	21	47
Communication	88.32	66.4	20	45
Conflict Resolution	30/99	4/36	18	60

Table 3. Pearson correlation between the score of sensation seeking and its dimensions

	Marital Satisfaction	Ideal Distortion	Marital Satisfaction	Communication	Conflict Resolution
Sensation seeking	01.0	07.0	08.-0	003.0	07.0
Significance Level	87.0	33.0	29.0	96.0	38.0
Experience seeking	01.0	04.0	05.-0	04.0	008.0
Significance Level	89.0	55.0	52.0	59.0	92.0
Adventure	18*.0	14.0	09.0	11.0	16*.-0
Significance Level	02.0	07.0	23.0	16.0	04.0
Boredom susceptibility	06.-0	03.0	08.-0	06.-0	02.-0
Significance Level	44.0	71.0	27.0	39.0	78.0
Escape from inhibition	18*.-0	07.-0	22**.-0	15.-0	02.-0
Significance Level	02.0	36.0	005.0	06.0	76.0

(Significance Level $\alpha=0.01^{**}$) (Significance Level $\alpha= 0.05^{*}$)

As Table 3 contents show the relationship between marital satisfaction and sensation seeking equals to 0.01 in 0.87 level; experience seeking and marital satisfaction equals to 0.01 in 0.89 level; boredom susceptibility and marital satisfaction equals to -0.06 at 0.44 level, whose correlations are not significant at the mentioned level.

Table contents also show that the relationship between marital satisfaction and adventure equals to 0.18 at 0.02 level and escape from inhibition and marital satisfaction equals to -0.18 at 0.02 are significant. With regard to the positive relationship between adventure and marital satisfaction as the adventure increases marital satisfaction increases and vice versa. Also, considering the negative correlation between marital satisfaction and escape from inhibition as one increases the other one increase and vice versa.

Table 4. Analysis of variance between variables (sensation seeking, adventure, experience seeking, boredom susceptibility, and escape from inhibition) and marital satisfaction

Variation Source	Sum of Squares	Freedom Degree	Mean of Squares	F	P-Value
Sensation seeking	63.3	1	63.3	0.02	0.87
Adventure	71.781	1	71.781	5.32	0.02
Experience seeking	66.2	1	66.2	0.01	0.89
Boredom susceptibility	91.90	1	91.90	0.6	0.44
Escape from inhibition	63.758	1	63.758	5.15	0.02

As the results in table 4 show the significant linear relationship between the variables of adventure and escape from the inhibition and marital satisfaction is confirmed ($p=0.02$). Therefore, the null hypothesis (there is no significant relationship between the variables of adventure and escape from inhibition and marital satisfaction) will be rejected. But given the significance level the linear correlation between variables of sensation seeking, experience seeking, boredom susceptibility and marital satisfaction were not significant .

Table 5. Predictor multivariable regression of marital satisfaction

Variable	R	R coefficient	R		
Adjustment	B	B Standard deviation	Beta	t	sig
Sensation seeking	0.01	0.001	-0.007	0.02	0.15
Adventure	0.18	0.03	0.02	0.68	0.29
Experience seeking	0.01	0.001	-0.007	0.04	0.31
Boredom susceptibility	0.06	0.004	-0.003	-0.4	0.51
Escape from inhibition	0.18	0.03	0.02	-0.91	0.4

As table 5 contents show the beta values for the variables of adventure (0.18) and escape from inhibition (-0.18) are significant at the level of ($p=0.02$). Therefore, these variables can predict marital satisfaction. The table results also show that

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adventure and escape from inhibition contributes to the prediction of marital satisfaction ($r^2=0.03$) equally. That is to say, 0.03% of the marital satisfaction variance is predicted by adventure and 0.03 % of its variance is predicted by escape from inhibition. With respect to the above mentioned significance level other variables (sensation seeking, boredom susceptibility and experience seeking) do not contribute in predicting criterion variable (marital satisfaction).

DISCUSSION

This study examined the relationship between sensation seeking and marital satisfaction. Results showed that there is no significant relationship between marital satisfaction and sensation seeking with the following information ($r = 0.01$, $a = 0.87$).

The results of this study are not consistent with the study results of ⁴ who examined the relationship between sensation seeking and the amount of marital satisfaction and showed a significant negative correlation between sensation seeking and marital satisfaction. The results of the present study is aligned with¹¹ research results which investigated the relationship between attribution style and personality traits and marital satisfaction among women nurses in Ilam and showed that there is not significant relationship between marital satisfaction and attribution style.

According to the above results, in explanation of the above research it can be said that: as the present study has been done on all married women in Sirjan, in addition to cultures and subcultures of persons belonging to the study sample, the following factors can be considered as an explanation:

A: Sensation seeking and adventure are willingness to engage in physical and adventure activities. These activities include outer and non- competitive activities that have the risk of personal challenges and risk taking in it. These activities are socially acceptable. Zuckerman also stated that as high sensation-seeking individuals are constantly looking for new experiences, if they fail to find them in outer events, they may turn to their inner and create their own world ^{7, 12}. Thus it can be said that even if the sample subjects are sensation seeking, given the deterrent culture, they may rationalize and control it in their own world.

B: Ellis argues that marital satisfaction is subjective feelings of happiness, satisfaction and experienced pleasure by the wife or husband when all aspects of their marriage are considered ¹³.

Given the traditional context of Sirjan city socially and culturally, in the tradition considering the life generality and considering all aspects of life are emphasized. Even if people are sensation seeking, they manage it and do not mingle it with their marital life.

C: Zuckerman et al found that sensation seeking would change as a result of aging, younger people more than older people are seeking adventure, risk, and new experiences. SSS scores of young subjects up to 60 years old showed that sensation seeking declines with aging and it begins about 40 years old. Since the sample belongs to married subjects with different ages, one reason of not being significant

for the above hypothesis could be the factor that the number of older people is more than the younger ones in the sample¹⁴.

D: There is a relationship between religious attitudes and sensation seeking. Religious believers and behaviors have sensations modulating power. Many religious people use religion as a coping resource. Research shows that many religious people use religious confronting in response to diseases and destructive behaviors. Given the above issue, and since Sirjan is a city with deep religious beliefs and affiliations, this can lead to controlling sensations by people through their religious beliefs.

Zuckerman et al on their study found that significant gender differences were found between the four components of sensation seeking. So that men have achieved higher scores in scales of sensation seeking and adventure, escape from inhibition and sensitivity to uniformity, but women have achieved higher scores in experience seeking scale¹⁴.

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