A Study on the Relationship between Religious Orientation and Communication Patterns in Couples

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ABSTRACT: This study examined the relationship between religious orientation and communication patterns in couples in Bandar Abbas in 2013. The research method was descriptive correlational. The population of the study consisted of all married couples of Bandar Abbas city. Research sample using Cochran formula was calculated 300 subjects. In this study sampling method is simple random. Data collection method of the study was field method and tools used in the research were religious orientation questionnaires (Allport), and communication patterns questionnaires (CPQ). For the analysis of collected questionnaire data two sets of descriptive statistics and inferential statistics were used, the results of which are as follows: There is a relationship between religious orientation and communication patterns between couples and elements of religious orientation can wholly explain approximately 31.1 % of the variance of communication patterns.

Keywords: Religious Orientation, Communication Patterns, Couples

INTRODUCTION

Research has shown that being religion can broadly adapt effects of life extreme crisis. There is also a positive relationship between religion and mental health. Thus, religious beliefs are an important issue in physical and mental health. Being religion can broadly adjust effects of life severe crisis[1]. Allport describes religion as a unifying philosophy of the life. He also argues that religious orientation is either intrinsic religious orientation or extrinsic religious orientation[2].

Friendly relationships, communication patterns and relationship satisfaction are issues that are focused both socially and psychologically on interpersonal behaviors and they are the main subjects that begin in childhood [3]. Wille believes that the spouses establish a set of communication patterns between themselves and problematic behaviors are simply implementing these patterns. Communication patterns considered by Wille include: "mutual isolationism, mutual blame and expectation / withdraw". Through years of research on interpersonal communication, several patterns are provided which indicate the nature and methods of communication[4].

Effective communication leads to identity flourishing and perfection of human and is the primary basis for his links with others and improves the quality of relations between people, while ineffective communication prevents human flourishing and destroys relationships. Thus, the basis of human life and happiness is formed by these interpersonal relationships. The spouses' pleasant communication allows them to discuss and exchange ideas with each other.

Koenig in a study entitled the relationship between religious beliefs and compatibility has found that people, who have stronger religious beliefs, are more compatible with their life situations[5].

Zhang in his study showed that the orientation of the dialogue is associated with positive and constructive expression of negative emotions, while the orientation of conformance is associated with negative and aggressive and isolation expression. Couples, who have poor marital adjustment, tend to relate their communication problems to the factors such as a personality trait that they have little control over them[6].

Baxter et al. on a research stated that high conformity orientation, interaction and communication patterns are associated with avoiding communication conflict[7].

This study has performed to examine the relationship between religious orientation and communication patterns of couples. The research hypothesis was that there is a relationship between religious orientation and communication patterns of couples.

MATREALS AND METHODS

The present study is a descriptive research because it seeks to investigate and understand the relationships between the variables in the existing conditions. On the other hand, in this study the researcher has attempted to select a definite population and sample to identify and explore the relationships between the research variables in viewpoints of the study participants. Finally, the study can be seen in the category of correlational research.

The research population consisted of all married couples of Bandar Abbas city. Research sample using Cochran's formula, was calculated (N = z2pq/d2 = (1.96) 2 (0. 5 * 0. 5) / (0. 57) 2 = 300) 300 subjects. In this study the sampling method was simple random sampling. Using the available couples, the studied sample was randomly selected and questionnaires were distributed among them .

 In order to collect the research required data the following questionnaires were applied. Religious Orientation Questionnaire (Allport): Allport and Ross provided this scale to assess the internal and external religious orientations. In preliminary studies conducted on this basis, it was observed that the correlation between the internal and external orientation is 0.21[8]. The test was translated in 1999 and it was validated that its validity is at an appropriate level. In this study, internal consistency using Cronbach's alpha coefficient, is calculated 0.61[1].

At this scale, the options are 1 to 12, which measure external religious orientation from totally disagree to totally agree. This means that the first option is

(a) totally disagree, the second option is (b) almost disagree, the third option is (c) almost agree, and the fourth option is (d) totally agree. In the next 9 provisions, that is to say, 13 to 21, which measure internal religious orientation, the answers are the opposite, the first option is (a) totally agree, the second option is (b) almost agree, the third option is (c) almost disagree, and the fourth option is (d) totally disagree1.

Communication Patterns Questionnaire (CPQ): this questionnaire is a self-assessment tool that has been prepared by Cristansen and Salavi. The questionnaire contains 35 questions. The spouses grade each behavior on a Likert 9 -point scale, which is arranged from 1 (totally impossible) to 9 (totally possible)[5].

CPQ is composed of three subscales:

1. Mutual constructive relationship

2. Expectation / withdraw relationship

The relationship of expectation / withdraw is made up of two parts:

1. The wife expectation / the husband withdraw

2. The husband expectation / the wife withdraw

3. Mutual avoidance relationship

The final results of Christensen and Hoi and Hoi and colleagues, using Cronbach's Alpha method with 5 CPQ scales have been reported from 0.44 to 0.85. Ebadat Pour reported the reliability of the subscales of mutual constructive 0.5, mutual avoidance 0.51, the husband expectation / the wife withdraw 0.53 and the wife expectation / the husband withdraw 0.55. Khojastemehr et al. have investigated the reliability and validity of the questionnaire in Ahwaz. The Cronbach's alpha of questionnaire has been calculated 0.60 to 0.73[8]. Convergence validity of the questionnaire for the scales of mutual constructive relationship, mutual avoidance relationship and expectation -withdraw relationship has been calculated respectively 0.46, 0.39 and 0.47, all of which were significant at 0.001 level. Reliability coefficient of the questionnaire in this study was calculated on a 300 subject sample and 0.857 was obtained.

In this study, the collected questionnaires were entered into SPSS software and to analyze the collected data two sets of descriptive statistics and inferential statistics were used. In the descriptive statistics part the indicators of mean, standard deviation and correlation matrix were used. The Cronbach's alpha reliability coefficient was used to assess the reliability of the instruments. In the inferential statistics part in order to explain and predict the criterion variable by the predictor variables, multiple regression analysis was employed.

RESULTS

The table 1 indicates the subjects' job that the highest frequency is 112 subjects for state and the lowest frequency is 58 subjects for private. The table 2 indicates the time of marriage of the subjects. Maximum frequency is 153 subjects for 5-10 years and minimum frequency is 4 subjects for more than 20 years. The

table 3 indicates the scores for the religious orientation and its components. The greatest mean is in the external religious orientation component, with 25.74 and the lowest mean is in the internal religious orientation component with 2045. The greatest amount of variance is obtained for external religious orientation component with 57.344 and the lowest amount of variance is obtained for internal religious orientation component with the 5.720. The table 4 indicates the scores for communication patterns and its components. The greatest mean is in during the problem component with 69.17 and the lowest mean is in the causing the problem component with 18.89. The greatest amount of variance is obtained for during the problem component with 502.599 and the lowest amount of variance is obtained for causing the problem component with 25.485 .

Table 1. Frequency and percentage related to the job of subjects participated in the present project

Job	Frequency	Percentage	Reliable percentage	Accumulation percentage
Unemployed	67	22.3	22.3	22.3
Free	63	21.0	21.0	43.3
State	112	37.3	37.3	80.7
Private	58	19.3	19.3	100.0
Total	300	100.0	100.0	

Table 2. Frequency and percentage related to the time of marriage of subjects participating in the present project

Time of marriage	Frequency	Percentage	Reliable percentage	Accumulation percentage
<5	97	32.3	32.3	32.3
5-10	153	51.0	51.0	83.3
10-20	46	15.3	15.3	98.7
>20	4	1.3	1.3	100.0
Total	300	100.0	100.0	

Table 3. Mean, variance, standard deviation for religious orientation and its components

Component	Number	Minimum	Maximum	Mean	SD	Variance
Religious orientation	300	33	62	46.19	7.198	51.807
External religious orientation	300	16	40	25.74	7.573	57.344
Internal religious orientation	300	13	28	20.45	2.392	5.720

Table 4. Mean, variance, standard deviation for communication patterns and its components

Component	Number	Minimum	Maximum	Mean	SD	Variance
Communication patterns	300	0	243	152.11	34.276	1174.843
Causing the problem	300	0	36	18.89	5.048	25.485
During the problem	300	0	132	69.17	22.419	502.599
After the problem	300	0	100	64.11	11.687	136.580

To assess the relationship between religious orientation and communication patterns simple regression test was used with simultaneous entry of variables method. Religious orientation has been considered as a predictive factor in determining dependent variable (communication patterns).

Table 5. Coefficient of determination related to the components of religious orientation and dependent variable of communication patterns

Coefficient R	R²	Adjusted R²	SD
0.558	0.311	0.306	28.545

In this table the coefficient of determination is $R^2=0.311$. This means that religious orientation components 31.1% could explain the dependent variable of communication patterns and data dispersion rate around this regression is 28.545.

Table 6. One-way ANOVA of regression analysis results related to religious orientation component and dependent variable of communication patterns

Variable Resources	SS	DF	MS	F	Sig.
Regression	109273.025	2	54636.513	67.052	0.001
Residual	242005.122	297	814.832		
Total	351278.147	299			

One-way ANOVA results in Table 6 show that the obtained relation value is significant by F = 67.052 at p <0.01level. So, the obtained relation is the best possible linear combination between religious orientation components and communication patterns dependent variable.

Table 7. β coefficients and t values and significance levels for religious orientation components and dependent variable of communication patterns

Resources	Non- standard coefficients		Standard coefficients	t	Significance level
	β coefficients of regression	Standard Error	β		
Fixed	191.559	17.681		10.834	0.001
External religious orientation	1.782	0.229	0.394	7.771	0.001
Internal religious orientation	-4.172	0.726	-0.291	-5.745	0.001

As can be seen in Table 7, external religious orientation component significantly predicts communication patterns. So that, with beta value of 0.394 and the value of t=7.771, at significance level of α =0.001 (less than P=0.01), it is a positive predictor of communication patterns .

Internal religious orientation component predicts communication patterns significantly. So that, with beta value of -0.291 and the value of t=-5.745, at significance level of α =0.001 (less than P=0.01), it is a negative predictor of communication patterns.

In general, the above-mentioned components, as noted in Table 5, can altogether approximately explain 31.1% of the communication patterns variance.

DISCUSSION

This study examined the relationship between religious orientation and communication patterns of couples. Results showed that the relationship between religious orientation components and communication patterns is significant at p <0.01 level. So, the obtained relation is the best possible linear combination between religious orientation components and communication patterns dependent variable. β coefficients and t values and significance levels for religious orientation components and dependent variable of communication patterns suggest that external religious orientation component significantly explains the communication patterns. In general, religious orientation components can altogether approximately explain 31.1% of the communication patterns variance. The research findings are consistent with previous findings that a number of them are mentioned below:

Thanagui et al. in their research on the relationship between religious commitment and couples' communication patterns showed that there is a significant relationship between religious commitment and type of communication patterns of couples[9]. Also, there is a significant difference between the communication patterns of couples (mutual constructive communication, expectation/ withdraw communication, the wife expectation/the husband withdraw communication, and mutual avoidance communication) in those who adhere to the religion compared to those who do not adhere to the religion. Couples' communication patterns can be predicted through religious commitment, and possibly by changing it, communication patterns can be changed. Ahmadi et al. on their research showed that religious beliefs and religious adherence influence all aspects of human life including family relationships. Thus, according to the results of previous studies and the findings of the present study, it can be concluded that there is a relationship between religious orientation and communication patterns of couples[10].

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