Evaluation of Psychometric Properties of Marital Boredom Tools among Middle School Teachers

Rafideh Fakhari Shiraz[*1], Maisa Behnam[2]

1. M.A of Counseling, Islamic Azad University, Azadshahr Branch, Iran.
2. M.A of Counseling, Islamic Azad University, Azadshahr Branch, Iran.

A B S T R A C T

Marital boredom is a painful condition of physical, emotional and psychological exhaustion that affects those who expect the love of confrontation and marriage to give meaning to their lives. Marital boredom occurs when a person's current situation in a relationship does not match what he or she expected, and marital dissatisfaction occurs when a person's current situation in a relationship does not match the person's desired expected situation. It means a situation in which a couple does not feel happy and satisfied with being married to each other and being together. The aim of this study was to evaluate the validity and reliability of the marital boredom tool (CBM) among teachers in Shirvan city (in Iran). The statistical population included all married middle school teachers in Shirvan city in the academic year of 2015-16. The sample size was 202 using Krejcie and Morgan (1970) table and the participants were selected using stratified random sampling. Subjects were asked to answer a set of questions that included 4 questionnaires: 1- Personal Information Questionnaire 2- Marital Boredom Tool (CBM) 3- Enrich Marital Satisfaction Scale (ECS) and 4- Diner Life Satisfaction Scale (SWLS). Data were analyzed at the level of descriptive statistics (frequency distribution, center orientation measures and dispersion measures) and inferential statistics (Pearson correlation coefficient, etc.) using SPSS software package. Between marital boredom tool (CBM) And Inrich Marital Satisfaction Scale (ECS) and Diner Life Satisfaction Scale (SWLS) obtained correlation coefficients of -0.31 and -0.30, respectively, which were significant at the level of $p = 0.0001$. Months) and the internal consistency of marital boredom izar were 0.89 and 0.87, respectively. The findings of this study showed that the Persian version of the marital boredom tool in a sample of teachers has good validity and reliability.

Keywords: Marital Boredom, Marital Quality, Marital Boredom Tool, Validity, Reliability, Teachers.

INTRODUCTION

The family, as a small social unit, is one of the most important institutions of society. In fact, every family should be a strong institution for lasting social relations between relatives, the source of expression and the manifestation of emotions should be considered as the center of the most intimate relationships between individuals and the cultivation of thought, mind, morality and the promotion of the soul(Cupach & Metts, 1986). The family is the most important unit of society. Marriage has been described as the most important and fundamental human relationship

because it provides the basic structure for establishing a family relationship and nurturing the next generation. Evidence shows that more than 90% of the world's population will get married at least once. While marriage seems like a very desirable relationship, statistics show that marital satisfaction is not something that can be easily achieved. Therefore, the level of marital satisfaction is one of the important factors that affect the family in general(Leopold, 2018). Marriage, which is the basis of forming a family, is one of the most important interpersonal relationships in human life. Spanier (1976), defined marital adjustment as the couple's adjustment to daily life and the change of living conditions and the appropriate change of these conditions in a certain period of time. Samadi and Dostkam (2017), defines marital compatibility as a marital relationship in which the partners can communicate with each other and there is no conflict in important areas of the marriage, or if a conflict arises, in some way. It is resolved that will lead to satisfaction for both couples. Marital conflicts are also considered as an indicator of marital compatibility. As conflict in a couple's relationship increases, incompatibility increases and more dissatisfaction results. Marital conflicts have detrimental effects on physical, psychological and family health. Marital conflicts with low psychological well-being, insecure attachment styles, psychiatric disorders, depression, anxiety disorders, sexual dysfunction and physical health problems such as high blood pressure, chronic pain and ischemic diseases The heart is positively correlated(Miner, Dowson, & Malone, 2014; Muris, Meesters, van Melick, & Zwambag, 2001).

Previous research has identified two factors for distress and confusion in marital relationships: overt marital conflicts or disagreement and discouragement and indifference or in other words boredom(Sherman & Fredman, 2013). Kayser (1993), defined marital boredom as the gradual loss of emotional attachment, which includes a decrease in attention to the spouse, emotional alienation, and an increase in feelings of discouragement and indifference toward the spouse, and consists of three stages: This is the stage of frustration with marital relationships. At this stage, the bored person rumbles the frustration towards his wife in complete silence; Anger and hatred: The clearest feeling at this stage is the feeling of hatred, which seems to be due to the recurrence of negative and harmful behaviors of the couple. Because it is difficult to ignore the mistakes of the spouse, which was easy in the first stage, at this stage; Discouragement and indifference: Emotional and physical distancing is characteristic of the last stage of the boredom process. Unlike the previous stage, anger and hatred are somewhat reduced and emotional coldness is significantly increased. Also, the restorative behaviors of the previous stages do not take place in this stage due to blaming the spouse for causing the problems. Boredom in a marital relationship means a negative and unsatisfactory attitude that a couple has from different aspects of their marital relationship(Masoumi et al., 2017). On the other hand, Kayser (1996), and Hojatifar, Zadeh, and Noori (2017), in a study concluded that frequent marital conflicts also facilitate the occurrence of marital boredom. Marital boredom is a complex phenomenon that, while involving many couples, is influenced by many factors, including marital conflict.

Marital boredom tool is a self-assessment tool designed to measure the degree of marital boredom among couples. This scale is adapted from another self-assessment tool used to measure boredom, which was developed by (Atashbeik & Jahangiri, 2000). In general, it can be said that a good test should have desirable characteristics such as objectivity, practicality, ease of implementation, ease of interpretation, validity and reliability to lead to correct results. Among these features, validity and reliability are more important.

There is potential for conflict in every human being, and some inconsistencies may be normal in any relationship. Some couples experience more conflict than others, and some are able to deal with conflict more constructively. Conflicting couples show a high level of negative emotions, complaints and isolation compared to efficient couples due to their inability to resolve

conflicts. Although some conflicts are unavoidable, there is no reason why these conflicts should always be desirable or beneficial. Conflicts can destroy love and even a good marriage. On the other hand, tensions can be relieved and two Put people together better than before. This depends on the general conditions, the type of conflicts, the method they rely on and the final result.

METHODOLOGY

The method of this research is descriptive-research field design. In this type of research, information is obtained directly from the study group. This research is used when the researcher wants to know the opinion of a large statistical community on various topics by consulting the selected sample group. The purpose of this type of research is more on three areas, facts, beliefs and behaviors. The studied variables are limited and what is studied is related to the present. To collect information in field research, usually interviews and questionnaires are used. One of the most important advantages of field research is that if the selected sample is accurate and correctly selected, relatively accurate information about a large population can be obtained using this sample group.

In this study, the researcher seeks to find the validity and reliability of the Persian version of the tool of marital boredom among middle school teachers in Shirvan city in Iran.

Statistical population, sample and sampling method: The statistical population of this research consists of all middle school teachers in Shirvan city (in Iran) in the 2015-2016 academic year, which is equal to 540 people who are married to Shirvan city education, of which 500 are married. To determine the sample size according to Krejcie and Morgan table, 217 people were selected using stratified random sampling method. In order to observe the research ethics, the subjects participated in a briefing session and then they were asked to answer a set of questionnaire tests which include: Personal Information Questionnaire, Pinez Marital Boredom Questionnaire, Inrich Marital Satisfaction Questionnaire, Weiner Life Satisfaction Questionnaire After collecting the required information, the data were analyzed.

In this study, 4 questionnaires were used, which are:

Personal information questionnaire: This questionnaire was used to obtain demographic information of the subjects. This questionnaire was developed by the researcher and includes questions about gender, age, level of education, duration of marriage and number of children.

Pains Marital Boredom Tool: The Marital Boredom Tool is a self-assessment tool developed by Pines (2013), to measure the degree of marital boredom among couples. The questionnaire consists of 21 items, 17 of which include negative phrases such as fatigue, discomfort and worthlessness, and 4 items. It includes positive expressions such as being happy and being energetic. Scores on this scale are on a 7-point Likert scale in the range between 1 (never) to 7 (always), in which the subject determines the number of times the issues raised in his or her marital relationship occur. The scoring of 4 items (3, 6, 19, 20) is done in reverse. The higher score of the subject in this instrument is a sign of more boredom. The score range of the questionnaire is between 21 and 141. The reliability coefficient of the scale was calculated to be 0.76 by the retest method in a one-month period. Also, the reliability of this scale has been calculated using Cronbach's alpha method in the range between 0.91 to 0.93.

Inrich Marital Satisfaction Scale: This questionnaire to assess marital satisfaction and believe that this scale is sensitive to changes in the family. It is possible to distinguish between satisfied and dissatisfied couples with 95-95% accuracy. Each of the topics in this questionnaire is related to one of the important areas. Assessing these areas within a marital relationship can describe the potential problems of couples, or it can identify areas of strength and empowerment.

This tool can also be used as a diagnostic tool for couples who are looking for marital counseling and seeking to strengthen their marital relationship. This scale includes 4 subscales of 35 items that can be used as a research tool including satisfaction, communication and conflict resolution. The Inrich Couples Scale is a general measure of marital relationships including ideal distortion, marital satisfaction, personality issues, communication, conflict resolution, financial management, leisure activities, child sex and parenting, family and friends, egalitarian roles Men and women include religious orientation, marital solidarity, and marital change. The range of scores of the questionnaire is between 35 and 175.

The subscales of this questionnaire are as follows:

Ideal Distortion: The questions on this scale are from the modified Edmund (1967) Marriage Agree Questionnaire. This scale measures a couple's tendency to answer questions based on socially desirable behaviors. A high score indicates an unrealistic relationship about a marital relationship.

Marital Satisfaction: This scale measures people's satisfaction and adaptation to 10 aspects of marital relationship, including: personality issues, marital relationship, conflict resolution, financial management, leisure activities, sex, marriage and children, relatives and friends, egalitarian roles, and Measures religious orientation. A high score indicates high marital satisfaction.

Communication: This scale measures a person's feelings, attitudes, and beliefs about the extent and nature of marital relationships. A high score indicates the couple's awareness and satisfaction with the level and type of relationship in their relationship. And a low score indicates a lack of satisfaction with the relationship.

Conflict Resolution: This scale assesses the spouse's attitudes, feelings, and beliefs in creating or resolving the conflict, as well as the couple's methods in ending the argument. A high score indicates realistic attitudes about conflicts in marital relationships and a low score indicates dissatisfaction with the method of resolving conflicts.

Life satisfaction scale of Diner et al: The Life Satisfaction Questionnaire, developed by Diner et al. (1985), is a 5-item scale (each item ranges from strongly disagree 1 to strongly agree 7). So that the probable range of scores on the questionnaire will vary from 5 low satisfaction to 35 high satisfaction. Regarding the reliability of the test, the alpha coefficient was equal to 0.87 and the retest coefficient after two months was reported to be 0.82.

In the form of a 7-point Likert, I totally agree to strongly disagree:

Scale sentences:

1. In most cases, my life has been close to my ideals.

2. My living conditions are excellent.

3. I am satisfied with my life.

4. So far, I have achieved everything I wanted in life.

5. If I could live again, I would change almost nothing.

In the main version of the questionnaire, the reliability of the questionnaire by test-retest method was 0.82 and the reliability by Cronbach's alpha method was 0.87.

In the Iranian sample, the validity of the Life Satisfaction Scale using Cronbach's alpha method was 0.83 and with the retest method was 0.69 and the construct validity of this questionnaire was reported to be appropriate using two other questionnaires.

To analyze the data, descriptive statistics (frequency distribution, center orientation measures and dispersion measures) and inferential statistics (Pearson correlation coefficient), Cronbach's alpha and syntactic alpha were used using SPSS software package.

According to the results, most of the respondents are male and often have a bachelor's degree. Their average age is 38.66 (and often 40 years). The average life expectancy of the respondents among the respondents was 13.94 years (and often 20 years) and they had an average of 1.81 children (with 2 children).

RESULTS

Table 1. Calculation of skewness and elongation to check the normality of data distribution

Variable	skewness	Elongation
Marital boredom	-0.13	-0.87
Marital Satisfaction	0.08	-0.81
Life satisfaction	-0.33	0.72-
First time marital boredom	-0.62	0.11
Second time marital boredom	-0.03	0.71-

According to Table 1, the amount of skewness observed for the variables is in the range (2, -2). That is, the variables are normal in terms of skew and their distribution is symmetric. The amount of elongation is also in the range (2, -2). These findings show that the distribution of variables has a normal elongation. Kolmogorov-Smirnov test was used to evaluate the normality of data distribution.

Table 2. Kolmogorov-Smirnov test to check the normality of data distribution

Variable	The value of z	sig
Marital boredom	1.002	0.26
Marital Satisfaction	1.11	0.16
Life satisfaction	1.45	0.07
First time marital boredom	1.21	0.98
Second time marital boredom	1.20	0.99

According to Table 2, the significance level in the Kolmogorov-Smirnov test, which is represented by sig in this table, is greater than 0.05, and the data can be assumed to be normal with high confidence.

The Shapiro-Wilk test was also used to check the normality of the data. In this way, box diagram, branch and leaf diagram and histogram related to marital boredom, marital satisfaction, life satisfaction and finally marital boredom for the first time and turn The second was drawn. For all variables, the branch and leaf diagram was bell-shaped and a box diagram was placed in the center of the diagram, both of which indicate that the distribution of variables is normal. The histogram diagram also showed the normality of the distribution of variables.

In order to evaluate the reliability of the retest, this scale was performed on 30 teachers in two shifts with a time interval of one month and the correlation coefficient of their scores was calculated in two shifts, the results of which can be seen in Table 3.

Table 3. Correlation matrix of two tests

Marital boredom test scores(Second time)	Marital boredom test scores(first time)		
0.89	1	Pearson correlation	Marital boredom test scores(first time)
		Significance level	
30	30	Number	
1	0.89**	Pearson correlation	Marital boredom test scores(Second time)
	0.000.	Significance level	
30	30	Number	
** The correlation is significant at the level of 0.01.			

According to Table 3, the correlation of the scores of the two tests was equal to 0.89, which is significant at the level of 0.01. The degree of this correlation indicates that the marital boredom test has a high reliability.

In internal consistency, the homogeneity or uniformity of the materials or components of a test is emphasized (Seif 2005). In this study, the internal consistency coefficient was calculated in two ways: Cronbach's alpha and compositional alpha, the results of which are presented below.

Cronbach's alpha coefficient is one of the most common methods of measuring the reliability of questionnaires, which emphasizes the internal consistency. This coefficient is used to measure the one-dimensionality of attitudes, judgments, opinions, and other categories that are not easy to measure. In fact, we want to see to what extent the respondents' perceptions of the questions were the same. It is very appropriate. The closer the Cronbach's alpha index is to a nearer one, the greater the internal correlation between the questions and consequently the more homogeneous the questions (Sarmad et al., 2000).

Cronbach suggested a reliability coefficient of 45% low, 75% moderate and acceptable, and a high 95% coefficient (Cronbach, 1951).

In the present study, Cronbach's alpha coefficient was calculated for the whole scale, which is shown in Table 4-9. Considering that Cronbach's alpha coefficient is approximately equal to 0.87, it can be concluded that the questionnaire has a high reliability and If repeated on other samples will lead to similar results.

Table 4. Cronbach's alpha statistics

Number of questions	Alpha coefficient
21	0.87

Table 5. Composition alpha coefficient statistics

Cronbach's Alpha Part I		Cronbach's Alpha Part II		Correlation coefficients between the two halves		Guttman coefficient
Alpha	N of questions	Alpha	N of questions	Simple coefficient	Spearman	
0.793	10	0.796	11	0.718	0.836	0.836

Table 6. Correlation matrix of different indicators

		Marital boredom	Marital Satisfaction	Life satisfaction
Life satisfaction	Pearson correlation	1		
	Significance level			
	N	202	1	1

Marital Satisfaction	Pearson correlation	0.24**		
	Significance level	0.001	202	202
	N	202	0.31**-	
Marital boredom	Pearson correlation	0.30**-	0.000	
	Significance level	0.000	202	
	N	202		
The correlation is significant at the level of 0.01**.				

According to this table, the marital boredom index has a correlation coefficient of -0.301 with the life satisfaction index and a correlation coefficient of -0.308 with the marital satisfaction index, both coefficients of which are significant at the level of 0.01; This means that the total marital boredom index is different from the two indices of total life satisfaction and marital satisfaction and the divergent validity of the total marital boredom index is confirmed.

CONCLUSION

In a retest that was performed on 30 teachers with an interval of one month, the correlation coefficient between the scores of the two performances was 0.897, which was significant at the level of $P < 0.01$. This finding shows the appropriate reliability of test scores over a period of one month.

This finding is consistent with the findings of Pines (2013), who reported the reliability of retesting this questionnaire in a period of one month of 0.76. There is a small difference in the findings, since people's perceptions and attitudes towards living together in Western societies are different from those in Eastern societies, this difference seems logical. In addition, the existing differences can be due to the differences in the study population and sample size. In another study, Pines reported a retest of 0.89 for a period of one month, which is consistent with the findings of the present study.

In calculating the reliability of the test by internal consistency method with calculating Cronbach's alpha, all the questions of the questionnaire were used. Considering that Cronbach's alpha coefficient was equal to 0.878, it can be concluded that the questionnaire has a high reliability among teachers. This finding is consistent with the research of Paynes (1996) who reported the internal consistency of the whole scale as 0.91.

To calculate the reliability by the bisection method, Cronbach's alpha was calculated separately for each half, which was 0.80 for the first part and 0.79 for the second part. The correlation between the two halves of the scale was 0.72, which indicates a favorable correlation between the two halves of the test. The correlation coefficient between the two halves was 0.44 and the correlation coefficient of Spearman Brown and Guttman coefficient were 0.83 and 0.83, respectively, which shows the desirable and appropriate reliability of the questionnaire.

Divergent validity method was used to evaluate the validity of CBM tool. For this purpose, this questionnaire, along with the Inrich marital satisfaction scale and life satisfaction comparison, was administered to the subjects simultaneously and the correlation coefficient between their scores was calculated. The correlation coefficient between marital boredom instrument and marital satisfaction scale was -0.31 which was significant at the level ($p = 0.0001$) and the correlation coefficient calculated with the life satisfaction scale was -0.30 which was at the level of ($P = 0.0001$) was significant.

These findings show that what is measured by this scale is different from what is measured by the Life Satisfaction Scale and the Marital Satisfaction Questionnaire. The negative

correlation coefficient with these scales indicates the divergent validity of the marital boredom scale.

Therefore, marital boredom is approved as a suitable tool to measure the degree of marital boredom among teachers. Findings from studies conducted with the CBM questionnaire showed that this questionnaire is one of the important tools to determine the degree of marital boredom of couples.

REFERENCES

Atashbeik, Danial Ghoochi, & Jahangiri, Ali. (2000). The prediction of marital boredom based on sexual attitude and sexual satisfaction. *Borneo Research Bulletin, 31*, 45-56 .

Cupach, William R, & Metts, Sandra. (1986). Accounts of relational dissolution :A comparison of marital and non-marital relationships. *Communications Monographs, 53*(4), 311-334 .

Hojatifar, Yasamin, Zadeh, Mina Hosein, & Noori, Abolghasem. (2017). Predicting marital disaffection based on marital conflict and attachment styles. *Indian Journal of Public Health Research & Development, 8*(4), 79-83 .

Kayser, Karen. (1993). *When love dies: The process of marital disaffection*: Guilford Press.

Kayser, Karen. (1996). The Marital Disaffection Scale: An inventory for assessing emotional estrangement in marriage. *American Journal of Family Therapy, 24*(1), 83-88 .

Leopold, Thomas. (2018). Gender differences in the consequences of divorce: A study of multiple outcomes. *Demography, 55*(3), 769-797 .

Masoumi, Seyedeh Zahra, Khani, Somayeh, Kazemi, Farideh, Kalhori, Fatemeh, Ebrahimi, Reyhaneh, & Roshanaei, Ghodratollah. (2017). Effect of marital relationship enrichment program on marital satisfaction, marital intimacy, and sexual satisfaction of infertile couples. *International journal of fertility & sterility, 11*(3), 197 .

Miner, Maureen, Dowson, Martin, & Malone, Kim. (2014). Attachment to God, psychological need satisfaction, and psychological well-being among Christians. *Journal of Psychology and Theology, 42*(4), 326-342 .

Muris, Peter, Meesters ,Cor, van Melick, Marion, & Zwambag, Linda. (2001). Self-reported attachment style, attachment quality, and symptoms of anxiety and depression in young adolescents. *Personality and Individual Differences, 30*(5), 809-818 .

Pines, Ayala. (2013). *Couple burnout: Causes and cures*: Routledge.

Samadi, Hamideh, & Dostkam, Mohsen. (2017). Investigating the effectiveness of Acceptance and Commitment Therapy (ACT) on marital compatibility in infertile women. *Thoughts and Behavior in Clinical Psychology, 12*(43), 67-76.

Sherman, Robert, & Fredman, Norman. (2013). *Handbook of structured techniques in marriage and family therapy*: Routledge.

Spanier, Graham B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family, 38*(1), 15-28 .