



Relationship of Personality Traits with Marital satisfaction in Women

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ABSTRACT

Present article examined the relationship between personality traits and marital satisfaction of women. The statistical population of study is women who were married in Bandar Abbas that 100 subjects were selected by random sampling. Data collection instruments were NEO-PI-R personality traits and marital satisfaction (IMS). In order to analyze the data, mean, standard deviation, Pearson correlation test and multiple regressions is used. The results showed that each of the personality components has a significant relationship with marital satisfaction. In the end of paper, results are discussed and useful recommendations are suggested.

Key words: personality traits, marital satisfaction, women

INTRODUCTION

One of the most important factors which affect the effective performance of a family is the consent of family members of each other, especially spouses [1]. In addition, dissatisfaction in the relationships of spouses results in reducing the mental health, the level of life satisfaction [2] and causes difficulty in their social relationships [3].

According to definition, the marital satisfaction is a state in which the couples are happy and satisfied with their marriage [1, 4]. Winch et al believe that the marital situation is the consistency between the current situation and the expected one. According to this definition, the marital satisfaction is achieved as the current situation of marital relationship is consistent with the expected situation. Ellis expressed that the marital satisfaction is the subjective feeling of happiness, satisfaction and pleasure experienced by the husband or wife, as they consider all aspects of their marriage [5].

According to Hudson, perception of the husband or wife about the severity and extent of the problems in the relationship reflect their marital satisfaction level [6].

According to Glosser, the failure of most couples is due to the difference between the extents of basic needs of spouses as well as the use of external control trait. Glosser believes that all human beings are born with five genetic needs and all our behaviors are for fulfilling these needs. The needs include: the need for love and belonging, freedom, power, recreation and the need for survival. If the married people understand that they are affected by their five basic needs and if they employ the "Choice Theory" and try to satisfy these needs from the beginning of their common life, a remarkable progress will develop in their marital relationships. Recognition of these needs is the main key for improving strong and permanent emotional relationships of spouses. In the other words, the main objective of "Choice Theory" is to teach couples to understand their basic needs and avoid using external control psychology and try to have better choices considering the concept of general behavior [6].

Carl Jung, Karen Horney, Adler, Eric Fromm and Henry Murray proposed the new approach of psychoanalysis [7]. Eric Erikson introduced the social-psychological stages for different ages in the life span approach [8]. Humanist theorists, such as Maslow and Rogers have paid attention to human thoughts and desires and depicted an optimistic and pleasant picture for human beings.

The cognitive approach emphasizes on the perception, assessment and cognition of human about him/herself and the environment [8]. The behavioral approach rejects the internal processes in human beings with emphasis on exact quantifying of stimulus and response variables [9]. The social learning approach was proposed by Bandura and Rotter. This approach focused on clear behaviors, but unlike behaviorists, it considers the internal cognitive variables which mediate between the stimulus and response [10].

Shokrkon et al conducted a study on 128 couples seeking a divorce and 129 normal couples in Ahvaz, I. R. Iran. They found that the personality traits, social skills and demographic variables such as culture, age, mutual

respect, beliefs and cognitive patterns, intimacy, religious orientation, economic issues and problem solving skills affect the couples' satisfaction prediction and the prosperity of marital relationship [7].

Accordingly, the objective of the present study is to investigate the relationship between women's personality traits and their marital satisfaction.

MATERIALS AND METHODS

The present research is a descriptive-correlational study. The statistical population was all married women residing in Bandar Abbas. Among them, 100 women were selected using simple random sampling method. The research tools include:

The NEO-PI-R Personality Traits Inventory: the NEO-PI-R test is the revised form of NEO Personality Inventory and its alternative which has been developed by Paoletti Costa and Robert R. McCrae in 1985 [15].

Index of Marital Satisfaction (IMS): This index has two cut off score including 30 (+5) and 70 cut-off scores. The scores less and more than 30 indicate the absence of clinical signs of complications and significant clinical problems, respectively. The scores more than 70, always indicate severe stress and the possibility of using some kinds of violence for problem-solving. In this study, both cut-off points were used. The test reliability of 0.96 was obtained using re-test method. [16]. The collected information was statistically analyzed using descriptive statistical methods of mean, the standard error of the mean, standard deviation, minimum, maximum and inferential statistics of Pearson correlation coefficient and multivariable regression using SPSS software.

RESULTS

Table 1 represents the marital satisfaction of the sample in terms of clinical problems. According to the Table, among total 100 samples, 60 women have good marital satisfaction with the mean value of 14.94, In fact, they have no clinical problems. However, 40 women have clinical problems with the mean satisfaction of 43.33.

Table 1. The marital satisfaction of the sample in terms of clinical problems

Variable	Lack of clinical problems	Clinical problems	Severe stress
Mean	14.94	43.33	-
Std Error of Mean	0.938	1.523	-
SD	7.271	9.632	-
least satisfaction	4.67	32.67	-
Most satisfaction	27.33	67.33	-
N	60	40	-

Table 2 shows the status of personality traits of the sample. The table shows that the highest and lowest mean value of 104.45 and 84.75 are related to the neurosis and extroversion of women.

Table 2: The status of personality traits of the sample

Variable	Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness
Mean	104.45	84.75	104.14	97.86	93.89
Std Error of Mean	1.136	0.996	0.884	0.732	0.664
SD	11.367	9.969	8.846	7.32	6.645
least satisfaction	79	56	78	84	80
Most satisfaction	128	104	126	122	108
N	100	100	100	100	100

Table 3 shows the correlation coefficient between the personality traits and marital satisfaction of women.

Table 3: The correlation matrix of women's personality traits with their marital satisfaction

Variable		Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness
Marital	r	-0.495	0.396	-0.422	-0.15	-0.097
Satisfaction	p	0.001	0.001	0.001	0.1	0.3

The results showed that there is a significant inverse (negative) relationship between the personality traits of women's neurosis and resilience with their marital satisfaction. There is also a significant direct (positive)

relationship between extraversion and the marital satisfaction of women. However, there was no significant relationship between pleasantness and the conscientious of women with their marital satisfaction.

DISCUSSION

The present study was conducted to determine the relationship between the personality traits of women and their marital satisfaction. The results showed that the women's extroversion is one of factors which affect the marital satisfaction. This means that given the existing components of extroversion, those who have sociality aspects or those who have traits and tendencies such as loving people, preferring large groups and gatherings, being courage and talkative, tendency to sexual arousal and stimulating and those who are cheerful, energetic and optimistic have high marital satisfaction. The results of present study are consistent with the results of the Moradi et al [11] and Mahdavi [7] who found the effectiveness of communication skills and sociality on marital satisfaction. On the other hand, the results of current study are consistent to a great extent with the results of Askari et al [12] and Kaplan and Maddux [13].

Therefore, it can be said that the extroversion of couples or the community orientation (group orientation), intimacy (warmth), sensation seeking, activity and the other components of extroversion affect the marital satisfaction. According to previous studies, the women pleasantness which actually composed of personality components such as trust, candor, sympathy, companionship, humility and mercifulness has a negative impact on their satisfaction. On the other words, the couples with personality traits such as trust, candor, sympathy, companionship, humility and mercifulness have lower marital satisfaction. In fact, these personality traits have a negative impact on marital satisfaction of women. These results are not consistent with the results of other studies including Ehteshamzadeh et al [14], Bakhshayesh and Mortazavi, Roohani and Manavipour [15].

The study of couples' personality traits shows that the neurosis is at a higher level than other examined personality traits. This could be worrisome from different aspects. Neurosis as an undesirable personality trait has certain psychological and behavioral outcomes. Neurosis has negative social consequences in addition to failure of balance and consistency and developing undesired relationships, so that many individual and social problems in the family and community are due to neurosis trait. Consequently, addressing the neurosis of couples should be the priority of Mental Health authorities.

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