

The Relationship between Personality Characteristics and Methods of Conflict Resolution with Dyadic adjustment

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ABSTRACT: The purpose of study is to examine the personality characteristics and methods of conflict resolution with dyadic adjustment of parents of secondary school students in Kermanshah. The statistical population included the parents of elementary students of Kermanshah in 2011. They were selected using random cluster sampling and data was collected using The NEO Five-Factor Inventory, dyadic adjustment Questionnaire (Spinner) and Conflict Tactics Scale. From among the distributed ones, 161 ones were returned. The findings showed that the correlation coefficient is meaningful between dyadic adjustment and psychosis (-0.332 and at the level of $P < 0.001$), dyadic adjustment and extroversion (0.0250, $P < 0.005$), dyadic adjustment and openness (0.220, $P < 0.005$), and dyadic adjustment and being conscientiousness (0.203, $P < 0.01$). There is no meaningful relationship between dyadic adjustment and acceptability (-0.108). Also, the results showed that there is a meaningful relationship between dyadic adjustment and methods of conflict resolution and there wasn't any meaningful difference in mean of dyadic adjustment in two groups of males and females. This study shows the importance of factors of personality characteristics and the methods of conflict resolution with dyadic adjustment. It shows that personality characteristics and methods of conflict resolution can be the meaningful predictors of dyadic adjustments.

Keywords: Personality Characteristics, Methods of interpersonal Conflict Resolution, Dyadic Adjustment.

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INTRODUCTION

Family is an institution which interacts, on the one hand, with a larger society, and it interacts with individual, on other hand. The importance of this institution is to some extent that some of the scholars consider it as one the main basis of society, and they believe that achieving a healthy family leads to a healthy society [1].

The dyadic adjustment regarding the importance of family institution in modern societies, its relationship with the quality of life and having influence on various aspects including physical and mental health have been considered from 1990s. Dyadic adjustment can be defined as a condition in which couples often have feelings of happiness and satisfaction from each other and it can be a process which is produces over the life of couples. It requires having conformity with tastes, cognition and personality characteristics, providing behavioral rules, and forming Interactional patterns. Dyadic adjustment is one of the most important effective factors on the family performance [2]. It affects the parents 'performance, longevity, health, life satisfaction, loneliness levels, growth and education of children, social relationships and tendency toward social deviance. Researches show that couples, who have marital disputes and conflicts, have defects in the area of communication skills and they haven't learned communication patterns, communication skills, and conflict resolution; therefore, at first, the conflict continue verbally, and then behaviorally. Gradual destruction in dyadic adjustments begins. Regarding this fact, one of the most effective factors on dyadic adjustment is personality variables. Conducted studies generally indicate that personality characteristics are related to all the human's performances. According to Kooper, there are meaningful interpersonal differences among individuals, and these differences can be predicted and justified in a reasonable manner by interpersonal differences in personality. Personality affects the communication process of couples as an effective factor directly. The personality of a person calls certain and various types of interactions from the other person and it affects the marital satisfaction and the level of adjustment consequently. In the present era, following rapid economic and social changes, marital and family relationships have been weaker to some extent. The weakening of marital relationship leads to weaken the marriage, relationship, and provides abnormalities in family. This leads to disruption of family relationships and the occurrence of large and small deviations within the family [3]. Many couples live in a family in which psychological divorce plays role. It means that there is no relationship between husband and wife and the life is somehow mandatory and it goes on with the lowest interaction. Therefore, it's necessary to examine the relationship between personality characteristics and interpersonal conflict resolution styles with dyadic adjustment. Since, parents are the most important element of family and they have effective role in children training. Lacking strength in family brings negative consequences for family and society.

Individual factors, sociocultural factors, the current conditions of life, bilateral communication factors, and interpersonal processes play role in dyadic adjustment. Results of the studies showed that there is a relationship

between negative interactive patterns among couples and lacking dyadic adjustment. In these studies, interactions combined with hostilities intensify and lacking intimacy and kindness are considered as the predictors of lacking dyadic adjustment. Although it seems that personality characteristics affect the dyadic adjustment by increasing and decreasing the frequency and intensity of interactive behaviors, studies focus on examining the Neuroticism and dyadic adjustment in the field of five factors of personality and dyadic adjustment. The study of Watson et al. [4] showed that accommodation and conscientiousness is positively correlated with the consistency of the relationship. Allport also highlights the links of various cognitive and emotional features of human to the personality and he believes in the character of the intrapersonal dynamic organization which is formed from physical-mental systems and these systems provides the index patterns of behavior, thoughts, and feelings of a person. Attari et al. [5] also argue that there is a relationship between family factors, level of education, and the duration of marriage with dyadic adjustment.

Attari [5] by conducting a study entitled examining the simple and multiple relationship of personal characteristics (neuroticism, extraversion, openness, conscientiousness and agreeableness) and individual-family factors (duration of the marriage, economic status, number of children, education, age differences, type of marriage and age at marriage) with dyadic adjustment showed that there is a negative relationship between neuroticism personality factors with dyadic adjustment, but there is positive relationship between personality characteristics of extraversion, openness, and conscientiousness and agreeableness with dyadic adjustment. Women compared to men get higher scores in neuroticism and openness and get lower scores in extraversion and marital satisfaction. Also, in some secondary personality characteristics, some differences can be seen in male and female. Regression analysis showed that all the five personality characteristics can be a meaningful prediction for marital satisfaction both in men and women [7].

The results of findings of researchers including Donnellan et al. [7], Gattis et al. [8], Abbasi and Rasoulzadeh [9], showed that personality characteristics of couples are among the most effective factors of life satisfaction which are important in explaining the changes in marital satisfaction and personality factors are the experimental predictors of dyadic adjustment.

Cuperman and Lckes [10] believed that five great personality factors can predict the behavior and perceptions in binary interactions. They also found that marriages that are stable and healthy at the onset of marriage in which couples' personalities are similar. Personality similarity leads to balance and fairly good and successful relationship.

Humbad et al. [11] study on 1805 couples showed that personality characteristics of couples are important as the mental predictor of dyadic adjustment. According to Klarkwest intellectual and behavioral differences and other features of couples play role in increasing the disintegration of marriage. More similarity between couples leads to higher level of marital satisfaction and lower level of negative emotions and these couples are more compatible and happier. The findings of Mohammadzadeh Ebrahimi's study showed that there is meaningful relationship between similarity in happiness and extroversion with marital satisfaction and there is negative relationship between Complementarity in neuroticism with marital satisfaction.

Jarvis [12] believes that conscientious individuals do more targeted efforts to maintain and stabilize the marital relationship. Additionally, Watson et al. [4] reported in their study that agreeableness, conscientiousness and extraversion have positive correlation with marital satisfaction.

Jalili et al. [13] pointed that openness to experience is an important factor in marital relationship and they believed that low level of openness to experience in individuals leads them not to have flexibility, divergent thinking, and constructive powers to solve marital problems.

Ghaliliranani examined the effect of effective methods of discussion and marital conflict resolution of couples in Isfahan and showed that the training methods of effective discussion and conflict resolution were effective in decreasing the marital conflicts. Moradi [14] in a study showed that family therapy in a constructing method decrease the marital conflicts. Hannson and Lundbland [14] in a study showed that training the communication skills and conflict resolutions to couples who had problems in marital interactions, lead to improve the marital relationship of couples and decrease the conflicts. The studies of experts at the University of Denver emphasized and showed that the greatest predictor of divorce and marital satisfaction can be a method by which the couples manage their conflicts at the time of conflict. These researchers found out that couples who are successful in their conflict resolutions can learn solving the problems successfully [16].

According to above issues and studies, the present study was conducted with the purpose of examining the relationship between personality characteristics and the methods of conflict resolution with dyadic adjustment of parents of secondary school students of Kermanshah.

MATERIAL AND METHODS

The Present study is a correlational descriptive study. The statistical population of this study consisted of all the parents of secondary school students of Kermanshah who were studied in the academic years of 2013-2014. Three schools were selected using the random cluster sampling among the secondary schools of multiple areas. From among these schools the sampling were done using the simply stratified randomly method and their parents were selected considering their sex and in an equal manner from the students' list. The volume of sample was determined 220 individuals using the sampling tables of Jersy and Morgan. After determining the volume of

samples, the purpose of study was explained to the parents in a meeting coordinated by the administrators of schools; then, the questionnaires were delivered to them. 190 questionnaires were returned from among the 220 delivered ones. After studying them, 29 questionnaires were removed and 161 ones were analyzed using the statistical methods.

Instruments of measuring the variables

a. Demographic questionnaire includes questions on age, sex, level of education, and the number of children.

B. NEO-Five Factor Inventory: in the present study, the NEO-Five Factor Inventory (Costa & McCrae 1989). Was used for measuring the five great factors of personality. Short and long forms of the revised questionnaire of five great factors of personality were not different in terms of reliability and validity [17]. In Ahahdi's study, the reliability of the subscales was calculated 48%-68% by Cronach's alpha coefficient.

c. Dyadic Adjustment scale (DAS): This scale is an instrument of 32 questions to assess the quality of the marital relationship. It has a remarkable internal consistency by Cronach's alpha of 0.96. The internal consistency of subscales is among good to excellent: Twosome satisfaction= 0.94, twosome agreement= 0.90, and expression of kindness: 0.95. In the study conducted by Mollazadeh [18] the internal consistency of this instrument is calculated 0.95.

d. Conflict Tactics Scale: Conflict Tactics Scale is a 15-question instrument which has been developed to measure the three conflict resolution tactics (i.e., reasoning, verbal aggression and violence) has been developed between family members. The internal consistency of subscales reasoning, verbal aggression and physical aggression have been approved. The range of 12 alpha's coefficient for reasoning subscale is from 0.42 to 0.76. There are 16 alpha's coefficients for verbal aggression and their range is from 0.62 to 0.88. There are 17 alpha's coefficients for physical aggression and their range is from 0.452 to 0.96. In another study, the alpha's coefficient for girls and mothers in reasoning subscales was 0.58 and 0.49, in verbal aggression subscales was 0.65 and 0.65, in physical aggression subscale was 0.82 and 0.74, and in total scale was 0.74 and 0.73, respectively [19].

Methods of data analysis: findings were analyzed statistically by SPSS19 and using descriptively statistical methods: Frequency, percentage, mean and from dispersion parameters such as: standard deviation, variance and from inferential statistical methods: Pearson correlation coefficient, Independent t-tests, and stepwise regression.

RESULTS

Table 1 showed that the age mean of male with Associate and Bachelor Degree is lower than the other two levels of education and mean age of female with diploma and low literate is lower than master and higher levels. In addition, the mean age of subjects is 40.66 years.

Table 1. Age mean of subjects according to educational level

sex	Educational level			Total mean
	Diploma and low literate	Associate and Bachelor	Master and higher	
Male	43	41.08	43.13	42.40
female	40.47	38.39	37.86	38.91
Total mean	41.74	39.74	40.50	40.66

Table 2. Descriptive indices of main variables

	group	numbers	Mean	Standard deviation
Reasoning	Male	85	10.69	4.554
	Female	76	11.18	4.560
Mental violence	Male	85	5.09	4.852
	Female	76	4.50	4.081
Physical violence	Male	85	2.54	5.093
	Female	76	1.92	4.667
Neuroticism	Male	85	21.20	4.353
	Female	76	22.79	4.804
extroversion	Male	85	29.33	4.249
	Female	76	29.22	4.117
Openness	male	85	27.54	4.344
	Female	76	27.79	3.043
Acceptability	Male	85	26.27	3.714
	Female	76	25.86	3.621
Conscientiousness	Male	85	29.84	3.464
	Female	76	29.88	3.581
Dyadic adjustment	Male	85	117.61	22.570
	female	76	112.53	23.780

As it can be seen in table 3 the amount of two descriptive indices of mean and standard deviation for main variables of the study for two groups of male and female have been shown. The amount of two indices in all variables is approximately equal.

The First research hypothesis: there is a relationship between personality characteristics and dyadic adjustment.

Table3. Correlation coefficients between dyadic adjustment and personality characteristics

Index	Neuroticism	extroversion	openness	acceptability	Conscientiousness
Pearson correlation coefficient	-0.332	0.250	0.220	-0.108	0.203
Dyadic adjustment Meaningful	0.000	0.001	0.005	0.174	0.010
Numbers	161	161	161	161	161

Table 3 shows the Correlation coefficients of the dyadic adjustment and personality characteristics scores. As it can be seen the correlation coefficients between dyadic adjustment and neuroticism is -0.332 and it is meaningful at the level of $P < 0.001$. It means that there is negative relationship between them. Additionally, the correlation coefficient between dyadic adjustment and extroversion is equal to 0.250 and between dyadic adjustment and openness is equal to 0.220, which is meaningful for both of them at the level of 0.005. It means that there is meaningful relationship. But correlation coefficient between dyadic adjustment and acceptability is equal to -0.108 which is not meaningful at any levels. Therefore, the null hypothesis that there is no relationship between the two is accepted. Finally, the correlation coefficient between dyadic adjustment and conscientiousness is equal to 0.203 which is meaningful at the level of $P < 0.01$.

The Second research hypothesis: There is relationship between conflict resolution methods and dyadic adjustment.

Table4. Correlation coefficients between dyadic adjustment and conflict resolutions methods

Index	reasoning	Psychological violence	Physical violence
Pearson correlation coefficient	0.179	-0.508	-0.551
Dyadic adjustment Meaningful	0.023	0.000	0.000
numbers	161	161	161

The results show that the amount of correlation coefficient between dyadic adjustment and reasoning is equal to 0.179 and it is meaningful at the level of $P < 0.05$. Also, the correlation coefficient between dyadic adjustment and psychological violence is equal to -0.508 and between dyadic adjustment and physical violence is equal to -0.551, and both of them are meaningful at the level of $P < 0.001$; Therefore, the null hypothesis is rejected. It means that there is negative relationship between dyadic adjustment and psychological violence and also between dyadic relationship and physical violence.

The Third research hypothesis: the level of dyadic adjustment in two various groups of male and female.

Table5. Comparison of means dyadic adjustment

variable	group	m	sd	t	df	Meaningful
	85	117.61	22.570			
Dyadic adjustment				1.392	159	0.166
	76	112.53	23.780			

As shown in table 5, the obtained amounts of tests with the equal variance of hypothesis of two groups were used. According to table 5, $t = 1.392$ which is not meaningful at the level of $P < 0.05$; Therefore, the research hypothesis is rejected and the null hypothesis is accepted. It means that there is no meaningful difference between the mean of dyadic adjustment in two groups of male and female.

The Fourth research hypothesis: conflict resolutions methods and personality characteristics predict the dyadic adjustment.

Table6. Predicting dyadic adjustment

	Model						
	B	SE	β	P	R	R'	F
Dyadic adjustment				0.000	0.652	0.425	22.915
Consistency of Model	110.454	11.796		0.000			
Physical Violence	-1.642	0.429	-0.346	0.000			
Neuroticism	-0.070	0.328	-0.213	0.000			
Psychological Violence	-1.027	0.457	-0.199	0.026			
Openness	0.007	0.401	0.164	0.013			
reasoning	0.818	0.322	0.160	0.012			

Table 6 showed the prediction of dyadic adjustment according to personality characteristics and conflict resolution methods. The results of linear regression analysis showed that three variables of extroversion, acceptability, and conscientiousness were excluded from the model and the multiple linear regression coefficients

were meaningful the remaining variables in the model ($P < 0.001$, $F = (5,155) = 22.915$, $R^2 = 0.425$, $R = 0.625$). Accordingly, the multiple correlation coefficient between the linear combination of the five variables and dyadic adjustment was 65. These five predictor variables determined the dyadic adjustment as 0.43. Also, the table showed that the dyadic adjustment scores decreased 0.346 per unit increase in scores of physical violence.

In addition, the dyadic adjustment scores decreased 0.213 per unit increase in scores of neuroticism. The dyadic adjustment scores decreased 0.199 per unit increase in scores of psychological violence. The dyadic adjustment scores decreased 0.164 per unit increase in scores of openness. The dyadic adjustment scores decreased 0.160 per unit increase in scores of reasoning.

DISCUSSION

The present study showed that there is a positive and meaningful relationship between personality characteristic of extroversion with dyadic adjustment. Some of the studies pointed to the influence of this characteristic on marital relationship. For example, the results of the studies of Abdollahzadeh [20], Attari [5], Watson et al. [4] which showed that there is positive relationship between personality characteristics with dyadic adjustment and extroversion were in line with the present study. The results of this study showed that there is meaningful a positive relationship between dyadic adjustment and openness and it was in line with the studies of Attari [5]. In their study, they also concluded that the consistency of the flexibility and openness is one of personality characteristic that is positively related with dyadic adjustment. But Mani didn't report any meaningful relationship. Correlation between dyadic adjustment and conscientiousness are meaningful in this study which were in line with the studies of Attari [5]. They showed that there is positive relationship between conscientiousness factors with dyadic adjustment. Watson et al. [4] and Jarvis [12] found out that there is positive correlation between sense of duty and conscientiousness with adjustment of relations. These researchers believed that high level of compatibility leads to adjust the excitements at the time of interpersonal interactions and they may show milder behavior and do more targeted efforts for maintaining the marital relationships. Since this group of people can resolve the conflicts caused by relationships more easily, the frequency and intensity of their negative interactional behaviors will be reduced. They refuse to show violent behaviors in marital relationship and they control their impulses. The findings on dyadic adjustment and neuroticism were meaningful and negative relationship was reported. The findings of this study were in line with the results of the studies conducted by Attari [5]. Finally, the results of correlation between dyadic adjustment and acceptability were not meaningful at any level; thus, the null hypothesis of lacking relationship was rejected. The results were not in line with the results of studies conducted by Attari [5] and Watson et al. [6].

The findings of the second hypothesis showed that correlation between dyadic adjustment and reasoning, psychological violence and physical violence was meaningful. Thus, the null hypothesis was rejected. It means that there was negative relationship between dyadic adjustment and psychological violence and physical violence. The results of this study were in line with findings of GhaliliRanani which showed that the method of effective discussion affects the subscales of increasing the emotional reactions. Hannson and Lundbland showed that communication and conflict resolution skills lead to improve the marital relationship and decrease the conflicts [15].

The findings of the third hypothesis showed that there was no statistically meaningful difference between two groups of male and female in terms of the level of dyadic adjustment. Findings of this section were in line with findings of Rejaie et al. [21]. Previous studies on dyadic adjustment generally showed that the sex of individuals cannot predict the adjustment. However, Oliveira and Costa [21] in studying the marital satisfaction observed that men compared to women reported their marriage considering the financial, parental, family, friends, and personality of their wives indices positively. However, dyadic adjustment is related to experience and learning than sex.

Findings of the fourth hypothesis showed that the methods of interpersonal conflict resolution and personality characteristics predict the dyadic adjustment. These results showed that three variables of extroversion, acceptability, and conscientiousness were excluded from the model and the multilinear regression coefficient for remaining variables was meaningful in the model. The results of the present study were in line with the studies conducted by Gattis et al. [8], Abbasi and Rasoulzadeh [9], Attari et al. [5], Humbad et al. [11], Cuperman and Lckes [11]. In this regard, the results of various studies such as showed that different dimensions of personality play a significant role in determining the dyadic adjustment.

Despite of different results of studies, this study showed the importance of personality characteristics factors and conflict resolution with dyadic adjustment and it pointed that personality characteristics and conflict resolution methods can be meaningful predictors of dyadic adjustment.

Finally, it is suggested to implement continuous programs in the field of making familiar the families especially the parents with the problems of marital life by emphasizing on the role of personality characteristics and conflict resolution methods. Family counselors consider the personality and homogeneity in marital interferences. They identify the conflict resolution methods and training the reasoning method. It is suggested to conduct the same study in larger and more diverse societies and compared them to each other. The effectiveness of conflict resolution method for conflicting couples in the framework of pilot plans. Also, it is suggested to use the Eysenck questionnaire to operationalize the constructs the personality in future research.

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