The relationship between sexual issues & marriage satisfaction among married women

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ABSTRACT: The aim of this study is to examine the relationship between Sex issues and marriage satisfaction among ladies (married women); to do so, 100 ladies were chosen in a simple random method, from among the statistical universe that included married women. The only condition to enter the sample was subject’s willingness to cooperate in the study. The average age of the subject was 20-40, and the average of marital life was 10 years. The instruments used in the study included MSQ (multiphasic sex affairs Questionaire) by Fisher, Aasnal, Valtrs and marriage satisfaction questionnaire by Hodsan, Deblvo, Valtr . For data analysis, descriptive statistics indices; to check data normality, kolmogoroff- Smirnoff test, and to examine the hypotheses, Person correlation and multiple regressions in a phasic method were applied. The results showed that: there is a significant relationship between sex attitude, sex awareness, sex anxiety, sex depression, outer sex control, sex monitoring, and marriage satisfaction in married women. No significant relationship was seen between sex-related respect, sex stimulation, and marriage satisfaction among married women. Besides, sex monitoring and exterior sex control constituents were predictive of marriage satisfaction, according to the results arrived at from multiphasic multiple regression. Other variables had no role in predicting marriage satisfaction.

Key words: sex issues, marriage satisfaction

INTRODUCTION

A good and sound relationship which is based on compatibility and understanding between family members especially the couples is one of the most important elements affecting the survival, stability, and improvement of a family. Marriage satisfaction is one of the most prominent factors that affect family performance. All couples seek to enjoy their marriage life and experience satisfaction.

Compatibility and marriage satisfaction is a state in which couples most often feel happy and content with each other; this occurs through mutual love, taking care of one another, acceptance, mutual understanding, and need gratification including sexual needs. Compatible and materially satisfied couples are those who share many things, are happy with the kind and level of their relation ship, are happy with the way they spend their leisure time, and those who plan their time and financial issues in an acceptable way. On the other hand, maladapted relationships between couples bring about disordered social relations, tendency to social deviances, and reduction of cultural values between coupes. Sexual drives are considered one of the most eminent factors influencing peoples’ personal and social life (Nourani, Saadodin &associates, 2008). Sexual issues are ranked first class in any marriage life; adaptation in sexual relationships, keep balance in sexual drives in both sexes, are among the most outstanding reasons for happiness and success in marriage life.

Shamloo (2008) believed that although a happy life depends only to some extent on enjoyable sexual affairs, these affairs are among the most prominent reasons behind happiness mishap in marriage life. These affairs are so significant that can, directly or indirectly, impress couples’ relationship so broadly, by affecting their thoughts and feelings. Generally, for a sexual affair to be experienced completely and desirably, it should be accompanied by affection and love. This happens mutually; satisfaction in sexual affairs is accompanied by emotional satisifation (KHamsiey , 2010).

Many connoisseurs believe that (the kind of) sexual affair is actually an important indicator of their whole living condition. Those who experience desirable sex with their partners respond to different need and they are less
likely to be entrapped in such problems as illegal relationships. Other consequences of having pleasurable sex, particularly among women is that it softens their hearts, makes them feel relaxed and safe, and also it brings about permanent support from their partner. Brsniak (2004) in an article named "sex pleasure and its impact on marriage satisfaction" showed that marriage satisfaction is remarkably accompanied by sex pleasure, and the more sex satisfaction, the more marriedly satisfied they feel. Lack of sex awareness and information makes a person more vulnerable which lays the ground for malfunction, regarding sex (Bancroft, 1989. Cited from Dehghani, 2006). The results of a study conducted by Salari (2005) in relation to the prevalence of sex disorders among married women showed that most women suffer from various sex problems. Various studies have shown that marriage satisfaction affects many aspects of people's personal and social life, is the basis for desirable performance of a family and eases parental role, and also increases health and being content with one's lifestyle (Hosseini, 2009). The relationship between the original family of each spouse, discrepancies, maladjustment and marital problems of their partners will have a remarkable influence on the personality and mental status of the person who is willing to get married Davies, Sturgapple, Witner, Cummings & Farrell (2006) Goeke-morey, Cummings & Papp (2007).

In his study, yousefi (2005) investigated the relationship between the constituents of sex approach (sexual awareness and attitude) and marriage satisfaction. The results showed there is a positive and significant correlation between marriage satisfaction and sex knowledge and attitude. Regarding sex awareness and marriage satisfaction, there is no special difference between men and women, but regarding sex attitude the difference is significant.

**Hypothesis**
1. There is a relationship between sex attitude and marriage satisfaction among married women.
2. There is a relationship between sexual esteem and marriage satisfaction among married women.
3. There is a relationship between sex awareness and marriage satisfaction among married women.
4. There is a relationship between the sexual impulse and marriage satisfaction among married women.
5. There is a relationship between sex anxiety and marriage satisfaction among married women.
6. There is a relationship between sex depression and marriage satisfaction among married women.
7. There is a relationship between sex control and marriage satisfaction among married women.
8. There is a relationship between sex monitoring and marriage satisfaction among married women.
9. Constituents of sexual issues (sex anxiety, sex depression, sex control, sex monitoring) are better predictors of marriage satisfaction in married women.

**Instruments**
1. Multiphasic sex questionnaire (MSQ)
   Multiphasic sex questionnaire (MSQ; Fisher, Asnal, Valtrs, 1993) is an objective self-rating instrument that is designed to measure 12 subscales of human sexual issues. This questionnaire contains 60 sentences, and subjects are required to determine to what extent each sentence is true about them. In order to collect information from subjects, answers a 5 score Lecret score was taken use of; each phrase could be scored from 0-4. Interior (intrinsic- inner- internal) constancy of MSQ subscale was obtained through calculating coronbac Alpha- coefficient. The results of evaluating interior constancy of the questionnaire obtained by Asnal (1993) showed that in this questionnaire 12 subscales enjoy higher interior constancy and retest

2. Walter w. Hudson marriage satisfaction.
   This is a 25 question instrument, designed to measure the amount, intensity or the range of the problem of husband or wife regarding sex. This indicator does not take the characteristics of the relationship as a whole unit, but evaluates the range of relationship problems in the man or woman. Like most Valimr evaluating instruments, scoring of this indicator is calculated as following:
   Reversing, adding scores of questions number 1, 3,5,8,9, 11, 13, 16, 17, 19, 20, 21, and 23. Then the scores of remaining questions are added, the number of completed question is deducted, and then multiplied into 100, and devided into six times the number of answered questions. The range of the obtained number is between 0-100; higher scores indicate the amplitude or the intensity of the problems.

**Study method**
This study is a correlation type. The statistical universe included married women chosen in a simple random way. After random election, the only condition for entering the sample was subjects' willingness to take part in the study. The average age of participating women was between 20-40, and the average marital life was 10
years; the least was 1 year and the longest marital life was 10 years. Also %44 the subjects were employed and %56 unemployed.

Findings

The results of the normality of score distribution, via kolmogroff- Smirnoff test, are presented in table1.

<table>
<thead>
<tr>
<th>Komogroff - smirnoff test</th>
<th>Statistics</th>
<th>Degree of freedom(df)</th>
<th>Significance level(sig)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marriage satisfaction</td>
<td>0.165</td>
<td>100</td>
<td>0.00</td>
</tr>
<tr>
<td>Sex attitude</td>
<td>0.092</td>
<td>100</td>
<td>0.036</td>
</tr>
</tbody>
</table>

As observed in table 1, the amount of obtained statistics from3 scales, marriage satisfaction is 0.165 with significence level=(sig=0.000) and sex attitude is 0.092 with sig 0.036 in these cases, significance level in both scales is less than 0.01 which indicates that normaicy does not exist, and shows the deviation from the assumed normalcy. In statistics, a statistical sample is logically acceptable when it is higher than 30.

The results of correlation coefficient obtained from 7 hypotheses of the study, namely, the relationship between sex attitude, sexual esteem, sexual awareness, sexual impulse, sex anxiety, sex depression, exterior sex control, sex monitoring, and marriage satisfaction among married women is summarized in table2.

<table>
<thead>
<tr>
<th>Criterion variable</th>
<th>Predictive Variable</th>
<th>r</th>
<th>p</th>
<th>r</th>
<th>p</th>
<th>r</th>
<th>p</th>
<th>r</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>sexual esteem</td>
<td>Sex awareness</td>
<td>0.120</td>
<td>0.2</td>
<td>0.322</td>
<td>0.00</td>
<td>0.054</td>
<td>0.596</td>
<td>-0.00</td>
</tr>
<tr>
<td></td>
<td>Sex attitude</td>
<td>sexual impulse</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marriage satisfaction</td>
<td>Sex anxiety</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sex depression</td>
<td>Exterior sex control</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sex monitoring</td>
<td></td>
<td>0.4</td>
<td>0</td>
<td>0.01</td>
<td>0</td>
<td>0.39</td>
<td>0.0</td>
<td>0.49</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td>1</td>
<td>5</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As it is obvious in table 2 there is a significant relationship between all the predictive variables except for sexual esteem and sexual impulse.

Hypothesis: the constituents of sex attitude (sex anxiety, sex depression, exterior sex control, and sex married monitoring) are better predictors of marriage satisfaction among married women.

To investigate this hypothesis, step-by-step regression was applied. the results of this study are presented in table3.

<table>
<thead>
<tr>
<th>Step</th>
<th>Statistical Index Predictive variable</th>
<th>R</th>
<th>Modified R²</th>
<th>f- ratio</th>
<th>sig</th>
<th>Regression coefficients(B),(b)</th>
<th>T</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fixed value(a)</td>
<td>-491</td>
<td>0.241</td>
<td>31.051</td>
<td>0.00</td>
<td>50.096</td>
<td>491</td>
<td>13.952</td>
</tr>
<tr>
<td></td>
<td>Sex monitoring</td>
<td>0</td>
<td>3-160</td>
<td></td>
<td>0</td>
<td>5.572</td>
<td>0</td>
<td>0.00</td>
</tr>
<tr>
<td>2</td>
<td>Fixed value(a)</td>
<td>0</td>
<td>0.367</td>
<td>28.159</td>
<td>0.000</td>
<td>36.865</td>
<td>2.972</td>
<td>0.357</td>
</tr>
<tr>
<td></td>
<td>Sex monitoring</td>
<td>2.238</td>
<td>4.357</td>
<td></td>
<td></td>
<td>5.693</td>
<td>4.357</td>
<td></td>
</tr>
</tbody>
</table>

The results of table 3 show that predictive regression model for marriage satisfaction has been done in 2 stages. In stage 1, sex monitoring has been entered into the equation. Correlation square value (R)² equals 0.247; in other words, it is possible to predict marriage satisfaction by 24.1 percent of sex monitoring.

In stage 2, in addition to sex monitoring, exterior sex control was put into the equation. When this was fine, the value of correlation square (R)² in creased to 0.367. this means that the two constituents, namely sex monitoring and exterior sex control, predicted 36-7 percent of marriage satisfaction. Other independent variable
(sex attitude, sex anxiety, sex depression, exterior sex control, sex monitoring) were not allowed into the equation, for they were not predictive enough.

Calculated f- ratios for both stages of regression analysis were significant, since their probability equals (0.000). Thus, statistical regression equation is statistically correct, and their regression is linear.

According to the results of regression analysis done in a phasic method, from among the mentioned variables for predicting marriage satisfaction in women, sex monitoring and exterior sex control are better predictors of marriage satisfaction, respectively. The value of f is significant at the level of p≤0.01; the value of t shows the significance of Beta coefficient at the level of p≤0.01. Thus, the of marriage satisfaction among married women. Study hypothesis is approved.

CONCLUSION

Since cognition and study in relation to sexual issues, drives and behavior are one the most important issues in public health, and marriage satisfaction in the main goal of marriage, and the couples want to enjoy the highest satisfaction in their marriage. This study has investigated the relationship between sexual issues and marriage satisfaction among married women. The results show that there is a significant relationship between sex attitude, sex awareness, sex anxiety, sex depression, exterior sex control, sex monitoring, and marriage satisfaction among married women; while no significant relationship was observed between sexual esteem, sexual impulse, and marriage satisfaction. Thus, it can be said that satisfaction of subjects in this study other than sexual impulse is affected by other dement such as their family culture and education. The results of the phasic regression analysis also that from among the mentioned predictive variables. Sex monitoring and exterior sex control respectively are better predictors of marriage satisfaction; other variables have no role in this regard. Thus, the constituents of sex attitude are better predictors for marriage satisfaction among married woman.

It can be said that completely mentally and emotionally healthy women are the basis for a healthy and happy family life. Repressing their natural and god-granted needs has an undesirable impact on the intimacy and joyfulness of family members. Hatten (1985) believes that family performances and reactions towards sex and other issues like age, sex, culture and society, often bring about negative sexual behavior and attitude in persons. Therefore, families have a main role in initiating sexual awareness and attitude in both girls and boys. If families do not play their role accordingly, their children many get these information from friends which many have declinatory effects on their sex attitude.

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