

# The Relation between Marital Satisfaction and Relationship Beliefs of Married Students of Masters at Azad University of Ayatollah Amoli Branch

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**ABSTRACT:** This investigation was carried with the aims of studying the relationships between marital satisfaction and relationship beliefs of married students in masters studying at Azad University of Ayatollah Amoli. The selected sample size consisted of 130 female and 197 male students made available by applying sampling method. The present method of study is retrospective correlational design; in order to collect data, Eidelson's and Epstein enrich marital satisfaction and communication beliefs questionnaire was applied. Also, the obtained data was analysed by application of Pearson's correlation coefficient and multiple regression analysis by SPSS statistical software. The results indicated that marital satisfaction variable and irrational beliefs variable communication have negative significant relationship ( $p < 0.01$ ). In view of the obtained data in this research and in order to increase the rate of marital satisfaction and also to change and adjust communication beliefs, the outcome is presented with few recommendations for the purpose of emotional divorce decreases.

**Keywords:** marital satisfaction, emotional irrational belief and married students of Ayatollah Amoli – Azad University.

## INTRODUCTION

It is not unknown to everyone that family is the most outset and universal social institution (Khodayarifard, 2007) and the bed of all social affairs and the origin of all individuals that lets life cycle flow in a healthy dynamic soul and mind (Mohebi, 2012). The virtue is that with the created changes in today's society and its impact on family and gradually on family system, previous functions and impacts are lost and are more impressed with new conditions and the available value system such that the conventional structure of family is transformed and the type of human relations in the family is subject to these changes; feelings and emotions and the type of look into family members towards each other and against life and family constitution which has transformed and these transformations have harmed the current family life. (Shahvali and Rezaiefar, 2011) Researchers believe that when family functions are harmed by subjects i.e. biological, social, cognitive and emotional functions one after another, family members, satisfactory emotions are gradually lost. The gradual decrease of family members satisfaction will initially cause mental and emotional break and next social and even lead to legal better known as 'divorce. (Amano, 2001) In other words, an essential aspect of marital system is satisfaction that spouse feel and experience in their relationship with each other. (Gorchoff, John & Helson, 2008) Marital satisfaction exists once the present situation in marital relationship coincides with what is anticipated. In case the couples can increase the level of satisfaction in marital life, family life is prevented from harms (Mohebi et al., 2010) marital satisfaction is created from reciprocal interest, caring for each other, acceptance and mutual understanding and meeting the needs. (Mehrabadi, 2006) One of the factors that can weaken communication effectiveness is wrong beliefs, prejudice and negative attitudes. (Fincham & Bradbury, 1993; Moller & Merwe, 1997; Moller & Vanzeyl, 1991; Addis & Bernard, 2000; Nickl, 2006) To Eidelson

and Epsteins' opinion (1982) the most pervasive and stable cognitive variables latent in marital uneasiness are extremist beliefs about self, life partner and the nature of marital interaction (Shahrestani et al., 2012) Relationships beliefs comprise of couple irrational thinking, prejudgments and negative attitudes, false and unrealistic beliefs, personal biases and negative perceptions of each other effective on the creation and outbreak of marital disagreements and differences. (Moshtaghi, Atashpoor, Aghaie and Alameh 2012) According to Ellis (1955) individual's irrational attitudes and perceptions can play an essential role in inefficient emotional relationship.

From cognitive psychologists perspectives (Burns, 1997, Beck, 1995; Ellis (1977) the root of most misunderstandings in marital life is prejudice and irrational thinking of couples (Shayesteh, Sahebi and Alipoor 2006). On that basis, in this research the relationship between marital satisfaction and communication beliefs of married students of masters at Azad University of Ayatollah Amoli's Science & Research Dept. were studied in Amol.

### **Method of Research**

In view of the topic nature, the method of research is descriptive retrospective with correlation design. In this research the population under study were all married students of masters at Azad University of Ayatollah Amoli during their educational years of 2015-16. Based on the obtained statistics, 2080 married students of masters were studying during the mentioned years that among these 830 were female married students and 1250 were male married students. The sample size was determined using Morgan table by application of available non-random sampling such that at first, by the use of Morgan table among 2080 married students, 327 were selected as sample. Next, by using proportional allocation from among 830 female married students, 130 and from 1250 male married students, 197 students were chosen to reply to questionnaires. In this investigation, in order to collect information and the required data by the two methods of library and field and to study the records and the relevant scientific literatures it was referred to scientific research centers, library documents, internet resources and further books, articles and dissertations in relevance to the topic were also studied. Also, in order to achieve objectives, inquiries and assumptions field method was considered. Since survey studies and questionnaires are the most appropriate and prevalent methods of data collection, in this research and in order to collect and measure information two types of questionnaires were presented:-

- (i) Enrich marital satisfaction questionnaire: The used questionnaire is an authentic instrument for many research to study the rate of life satisfaction. Also, Olsen et al. (1989) prepared this questionnaire to study marital life satisfaction and believe that this scale is sensitive against family life cycle transformations. The original copy of the questionnaire with 115 questions was created for the reason of long forms of 47 questions; here, a short form of 47 questions was also applied. . Flowers and Olsen (1989) reported Enrich reliability of questionnaire by the use of internal correlation method (Cronbach's alpha) to be 92 percent. Soleimaniyan (1994) in order to determine the reliability and validity pro translation, the questionnaires were revealed to experts; this way the reliability of the content was also approved. The next stage, the questionnaires were implemented by a group of ten and thereby the coefficient of validity was further calculated using Cronbach's alpha; equal to 93 percent.
- (ii) Relationship Beliefs Inquisition (RBI) – This inventory created by Eidelson and Epstein (1982) is questionnaire consisting of 40 questions that measures the irrational beliefs about marital relationship that has five subscales: (i) Believe destruction-MIC opposition; (ii) Belief of spouse non-variability; (iii) Mindreading expectations; (iv) Sexual perfectionism and (v) Gender difference belief. The answer checklist of communication beliefs associated with Likert included completely wrong and completely right beliefs. By addition of scores in relevance with every subscale expression the score of each relevant subscale is calculated and next by adding up the obtained scores for each subscale the total scores for communication beliefs are eventually calculated. In this checklist high scores indicate irrational beliefs in marital relationship. On the basis of their research studies, Eidelson and Epstein (1982) revealed that the reliability of communication Belief Inventory by Cronbach alpha coefficient for subscales is estimated to be approx. 72 to 81 percent. Furthermore, in a study carried by Kamp et al. (1987) it was reported that communication beliefs have right internal consistency at slopes (74 to 83 percent) and test-retest reliability ( $r = 0.76$ ). On top, in order to analyse results in this investigation this was performed in two sections of descriptive and inferential statistics, by application of SPSS statistic software version 17.

### **Results**

The descriptive findings

Demographic features study

In this section of statistical analysis, sample distribution were reviewed in accordance with demographic features.

The study of gender descriptive subjects

Table 1. Subjects Sex Frequency Distribution

Sex	Frequency	The Relative Percentage
Female	130	40
Male	197	60
Total	327	100.0

From Table and Fig. (1) it can be observed that sixty percent of the statistical sample is constituted of male and forty percent by female individuals.

**Number of Children**

Table 2. Subjects Frequency Distribution on the Basis of Children

Number of Children	Frequency	The Relative Percentage
Without children	45	14
One Child	118	36
Two Children or More	164	50
Total	327	100

**Inferential Results**

Normal distribution of data

Table 3. The Results of Normal Distribution of Data

Variable	Average	Standard Deviation	Z	Level of Significance
Marital Satisfaction	154.53	21.38	1.26	0.084
Irrational Communication Beliefs	122.40	71.67	1.27	0.081

On the basis of the data in Table 3 the level of significance of Kolmogorov-Smirnov test for frequency distribution data of marital satisfaction variables and irrational communication beliefs was 0.084 and 0.081 in order. Therefore, the significance level was higher than allowable error (0.05). Consequently, the discrepancy of data distribution variables was not in significance with normal distribution. From this aspect, data distribution variables can be considered normal in this research.

Table 4. The Results of Variance Analysis for Significant Regression Model Fit between communication Beliefs, Marital Satisfaction and Emotional Divorce among Students

Model	Sum of Squares	Degrees of Freedom	Mean Square	F	Level of Significance
Regression	8377.99	2	4188.99	69.12	0.01
Remaining	6121.00	101	60.60		
Total	14498.99	103			

In accordance with Table 4, the statistical value of F is equal to 69.21 calculated in lesser significant level of 5 percent ( $p = 0.01$ ). Hence, model fitness is approved. This result reveals that between irrational communication beliefs and marital satisfaction of married students at Islamic Azad University of Ayatollah Amoli significant regression relationship does exist.

Table 4-7. The Role of Predictor Variables in Identification of the Relationship between Marital Satisfaction and Irrational Communication Beliefs with Emotional Divorce among Students

Variable	Non-Standard Factor (B)	Standard Factor (Beta)	T statistical Value	Significant Level
Constant	51.97	----	8.39	0.01
Marital Satisfaction	-1.22	-0.22	3..29	0.01
Irrational Communication Beliefs	1.06	0.68	10.17	0.01

Based on Table 4 – 7 the constant regression model was 51.97. The Beta standard factor for predictor variable of marital satisfaction was -0.22 and for irrational communication beliefs variable was 0.68. Therefore, the effect of marital satisfaction variable is 22 percent and the effect of irrational communication beliefs was calculated as being 68 percent.

**Conclusion**

For obtaining the rate of discrepancy between the effect of marital satisfaction and irrational communication beliefs against emotional divorce in men and women Pearson’s correlation was used. On that basis, it was

determined that from men's view the correlation coefficient between marital satisfaction rate and emotional divorce at the level of significance is higher than five percent ( $p > 0.05$ ) and between irrational communication beliefs variables and emotional divorce the significance level is lower than 5 percent ( $p < 0.01$ ). But from women's view between both predictor variable and criteria variable there was significance of relationship such that the correlation coefficient between marital satisfaction and emotional divorce at significance level was lower than five percent ( $p < 0.01$ ) and also between irrational communication beliefs variable and emotional divorce at significance level is lower than five percent ( $p < 0.01$ ). For this reason, it can be stated that from men's views there is no significance of relationship between marital satisfaction and emotional divorce but there is significance of relationship between irrational communication beliefs and emotional divorce. Yet from women's view there is a significance relationship between two variables of marital satisfaction and irrational communication beliefs. This result clearly indicates that men's and women's look is quite in favour of the relationship between irrational communication beliefs and emotional divorce. These results are also in conformity with Ryan (1981) Ayoub and Iqbal (2011) and Eglevsky and bowers (2013) but unfavourable to Joyce et al. (2007) and Lang et al. (2007) conclusions. For additional explanation it can be stated that this issue can be impacted by past experiences of the two sexes and/or the discrepancy of both sexes roles and their parenting style that can further lead to main differences of couples marital satisfaction. It is noteworthy to state that generally female and male conception of marital relationship highly varies. Male marital satisfaction can be attributed to social environmental diversities that can partially recover dissatisfaction. But women do not feel at ease to intimately express their feelings, emotions or past experiences to their spouse as compared to men i.e. women feel lesser met security expectations than men and therefore have higher doubts about continuity of marital relationship and spouse sufficient investment in their existing relationship. Consequently, they tend to feel an increasing failure and marital dissatisfaction.

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