

**Research Article**

## **PREDICTION OF FAMILY'S QUALITY OF LIFE BASED ON PERSONALITY TRAITS AND DEMOGRAPHIC VARIABLES IN WOMEN**

**<sup>1</sup>Hossein Davoodi\*, <sup>2</sup>Hasn Pasha Sharifi, <sup>3</sup>Abdollah Shafiabady, <sup>4</sup>Valiollah Fazad**

<sup>1</sup>*Department of Counseling, Faculty of Humanities and Social Sciences, Tehran Science and Research Branch, Islamic Azad University, Tehran, Iran*

<sup>2</sup>*Department of Psychology, Roudehen Branch, Islamic Azad University Roudehen, Iran*

<sup>3</sup>*Department of Counseling, University of Allameh-Tabatabaee, Tehran, Iran*

<sup>4</sup>*Department of Psychology, University of Kharazmi, Tehran, Iran*

*\*Author for Correspondence*

### **ABSTRACT**

The present study aims to predict the quality of life based on personality traits and demographic variables among women. The present study is the correlation method. The population in this study was consisted of all married women in Markazi and Tehran province in 2014. 504 women were selected by cluster sampling.

Three questionnaires were used to collect data:

- A) Demographic questionnaire
- B) Five Factor Personality Inventory Neo
- C) Quality of Life Questionnaire

The results showed that the demographic variable, Variable degree of consanguinity and forecasters significantly to quality of life, But age, Income, Having a personal job, house and the duration of marriage were not significant predictions for quality of life.

The results showed a negative correlation with quality of life and experience of psychotherapy, Agreeableness, extraversion and conscientiousness were significant predictors were for life.

**Keywords:** *Quality of Life, Personality Traits, Demographic Variables*

### **INTRODUCTION**

The question for the experts, family and couple therapy has been proposed as to how some married are happy and successful while others were not happy and would lead to divorce (Holman and Linford, 2001).

Successful marriages lead mental Health and family health, while unhappy marriages and unstable people on welfare can have adverse effects and financial costs to society (Carol and Holman, 2005).

In some studies, this was a common question of whether it can be predicted before marriage which one is happy or unhappy, or may lead to failure and divorce (Holman and Linford, 2001).

Some other researches revised the relations of variables and their effects after marriage based on theoretical approaches so they can reach to prediction factors of quality and stability of life (Fincham and Bradbury, 1992; Davila and Fincham, 1998; Bouzhard *et al.*, 1999; Nofle and Shaver, 2006).

Then considering these factors this question was propounded that could it be helped to unhappy couples to change their marital future by change in approaches and behaviors (Holman and Linford, 2001).

The different models are begun introduced to the quality and stability of married life. It could be pointed out the stress-vulnerability and compatibility model such as of the Bradbury (1995) and the Holman *et al.*, (2001).

One of the factors in these models emphasizes the characteristics of the individual spouses. The model Holman *et al.*, (2001) on the impact of individual characteristics partners (such as personality traits, mood and self-esteem), the emphasis is on the quality of married life. One of the most important factors affecting the formation and practical knowledge is the family, and they believe it has main role in character of the

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quality of life. The Big Five personality theory in 1985 was presented by Costa and M.C. Crea has been the basis for numerous studies (Nofal and Shaver, 2006). These five factors including extroversion and neuroticism and conscientiousness pleasant experience of a framework for determining individual differences in personality provides (Jenkins, 2006) stable demographic factors. Stable demographic factors like life history, personal traits and experiences of main family that every person brings into the marital life will affect the quality of life. Personal characteristics such as educational experiences and opportunities to interact with peers and family history lovers experience the sexual development of medical history (such as parental separation and divorce, Family conflict, Sibling relationships and financial problems), neurosis and even attitudes toward marriage (Bradbury, 1995).

Demographic characteristics are concerned as age, education, income, job, marriage and socio-economic class. The relationship between age at marriage, the quality of life and marital relationship, the relationship is not linear and deterministic so that some longitudinal studies have shown that the marriage at an early age and after age 29 is associated with less success in marriage (Larson and Holman, 1994).

Research carried out in the context of the objective conditions of life (such as income, age, level of education and health) have shown that the relationship between subjective well-being and these factors are weak. It seems that health and income to meet the needs of life is necessary but not sufficient for the mental welfare (Diener, 2009).

Allah and colleagues (2014) in a study entitled ((identify traits and personality influence on married life satisfaction in Malaysia)) show that the main traits such as extroversion confident have significant effects on life satisfaction. Tatiana *et al.*, (2013) in a study entitled (reviewed in relation to the character and quality of life for youth in Russia) showed that the subjective quality of life based on personal characteristics, personal maturity and the subjective perception of reality is adjustable and able to be developed. Maria (2013) in a study entitled (personality and temperament characteristics of the quality of life of seafarers in Polish) showed that Polish sailors show their high quality of life.

They had low neuroticism and extraversion scores are high. Openness to experience factor also achieved a high score.

They are very kind, friendly and attentive. Najarpoorian *et al.*, (2012) in a study titled Kinds of personality and marital satisfaction show that Pleasure seeking and entrepreneurial personality types were determined greater marital satisfaction scores in both men and women, which combines high neuroticism and low extraversion. Suspicious men reported the same level of marital satisfaction. In addition, insecure men that combine high neuroticism and low extraversion reported lower marital satisfaction. Unsafe sexual satisfaction among women, some of the above kind of skeptical reported. Maddahi *et al.*, (2012) in a study entitled (NEO five-factor personality traits and quality of life and death anxiety in students) showed a significant positive correlation between quality of life and personality traits of conscience, hurt and significant negative correlation between the personality trait neuroticism and quality of life.

Nasr and Etemadi (2012) in a study entitled (relationship between personality characteristics and quality of life with spiritual intelligence in Tabatabai University students) Showed that quality of life is spiritual intelligence and personality dimensions, extraversion, agreeableness, conscientiousness and openness and a significant positive correlation was significant negative correlation with neuroticism. Three features of the personality traits of extroversion and agreeableness and neuroticism could determine about 20% of the variance of spiritual intelligence.

Neuroticism and conscientiousness are also two features could determine about 41% of the variance in quality of life. Watson *et al.*, (2010) concluded that the duty of acceptance and satisfaction in couples have a direct and positive relationship between neuroticism and negatively associated with marital satisfaction and reverse. Klein *et al.*, (2009) showed that the extroversion and conscientiousness with adultery laundering compliance and satisfaction a significant positive correlation with neuroticism and coping and marital satisfaction had a significant negative correlation.

Ahadi (2008) on research showed that there is a relationship between personality and marital satisfaction and negative relationship between mental irritation and marital satisfaction and loyalty, but the agreement is correlated with marital satisfaction. Features of psychological factors refer such as personality traits and

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temperament of self-personal feelings and beliefs, values and attitudes. Overall findings and theories personal dimensions such as extroversion and neuroticism and agreeableness impulse control concept linked with marital relationship. Also values, attitudes and beliefs about premarital as well as long-term impact on quality of life (Flitcher *et al.*, 2000) the present study sought to answer the question whether personality traits and demographic variables were significant predictors of quality of life for women?

## MATERIALS AND METHODS

### Methods

Methodology of this study is the correlation method. The study sample was all married women in the Markazi province and Tehran in 2014. Inclusion and exclusion criteria for the study were as follows:

Entry criteria: Marriage, having children, high Education, not having second marriage, not having divorced widow, not having a physical disability and lack of physical and mental illness and the marriage duration for over 2 years.

To determine entry and exit criteria for the target population of any stressful events and annoying effect on quality of life were measured. The average age of women (32/24) minimum and maximum age range of 20 to 60 and variable change domain was 40 respectively. Minimum duration of 2 years of marriage, and maximum married for 45 years. 26/63% of participants were in the high economy class and 42 percent were average. 27/9 percentage of participants had Diploma and 60/6 percent had a bachelor's degree. 39% of participants had family relativeness with their wives.

In the present study, three questionnaires were used to collect data:

A) Demographic questionnaire

B) NEO-Five Factor personality

C) Quality of Life Questionnaire: The questionnaire was modified to scale up the life that is based on the quality of life questionnaire which was for the first time by Evans and Cup (1989, quoted from Tamadoni and Bahmani, 2005) developed and used.

**Table 1: The findings of the descriptive variables n=504**

	Average	MD	MO	S	Min	Max	R
<b>N</b>	21/2	21	21	4/6	8	37	29
<b>E</b>	27/1	27	27	4/2	8	43	35
<b>O</b>	25	25	25	3/7	15	35	15
<b>A</b>	23/8	23	23	6/3	8	45	37
<b>C</b>	26/5	26	26	4/48	15	45	30
<b>Quality of life</b>	74/28	76	76	1/2	27	102	75

**Table 2: Regression and determination factors**

Std. Error of the estimate	Adjusted R square	R square	R	Model
8/17	0/58	0/59	0/77	1

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**Table 3: The Summary of results of the Variance analysis**

	Sum of squares	df	Mean square	F	Sig
<b>Regression</b>	47896/25	14	16/3421/16 66/78	51/22	0.000
<b>Residual</b>	32725/11	490			
<b>Total</b>	80621/36	504			

The results in Table 2 show that the significance of the F indicates that the condition is provided for the implementation of the regression model.

Unstandardized Coefficients	standardized Coefficients	T	Sig	VI		
	B	Std. Error	Beta			
Constant	34/10	6/7	--	5/03	0.000	--
Job	0/62	0/79	0/025	0/78	0.43	0.84
Residence	-1/17	0/84	-0/04	-1/3	0.16	0.39
Education	8/9	0/69	0/43	12/9	0.000	0.91
Relative relation with spouse	4/9	0/82	0/19	6/06	0.000	0.75
Employed couple	0/27	0/8	-0/01	-0/34	0.73	0.37
Marriage duration	-0/12	0/06	0/08	-1/8	0.06	0.95
Age	0/09	0/07	0/05	1/2	0.22	0.82
Income	9/02	0/087	0/05	1/2	0.84	0.82
Age difference	0/91	0/29	0/09	3/14	0.07	0.93
N	0/49	0/08	-0/18	-5/8	0.000	0.84
E	0/28	0/10	0/09	2/8	0.005	0.73
O	0/44	0/11	0/13	3/9	0.000	0.72
A	0/24	0/06	0/12	3/9	0.000	0.72
C	0/29	0/09	0/106	3/11	0.000	0.71

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Coefficients in Table 3 showed the effect of personality variables, according to the figures, Education variable with a value of  $T = 12/9$  and  $p = 0.01$  has positive correlation, and couples that have relative relation to the value  $T = 6.06$ ,  $P = 0.01$ , have a significant positive relationship between demographic variables and variable quality of life.

Among the features of personality trait neuroticism and trait have negative and significant correlation between extraversion, openness, agreeableness, and conscientiousness has significant positive correlation with the variable quality of life. Tolerance factor is calculated, indicating arises a low level of overlap variables predicting the suitability of the selected variables. How much it is better for the coefficient is better be closer to 1.

## **Discussion and Conclusion**

Quality is a multidimensional phenomenon, including physical, psychological and social, and encompasses a vast range of person's life and the impact on quality of life in this dimension is also varied. In this regard, Flanagan (1982) also states that the populations in point of impact of various factors on the quality of life for all these dimensions are differed and have similar effects on quality of life (Oliver *et al.*, 1996). The results showed that the demographic variables, education, the consanguinity and the age difference between spouses, are significant predictors of quality of life. The variables of age, income, a home, a job, a marriage were not significant predictors of quality of life. These findings and the results are consistent with of Atari (1385), Larson and Holman (1994) and Diner (2009). Holman findings showed the support that families receive from their social network and the feel of connection to this network, will affect the future quality of life. While the socio-cultural characteristics of marriage as marriage age, education, income, and etc., has little marital relationship satisfaction and quality, interestingly his research results have shown that the higher age of marriage and education for women, lead to less marital satisfaction. The results showed that quality of life is negatively in relation with neuroticism and openness, extraversion, and conscientiousness were significant predictors for the quality of their lives. This finding is consistent with results Bouzhard (2003) Holman (2001) Benkins (2006) Bradbury (1995), Versche and Shire (2003), Diner (2003), Watson (2001), Alah (2014), Tatiana (2013), Maria (2013), Najarian (2012), Watson (2010), Klein (2009) and Ahadi (2008). Although the quality of family life itself is a consequence but affect the large number of processes within and outside of the family (Bradbury *et al.*, 2000). Quality of family life is a major factor for other outcomes such as marital stability, individual well-being (including happiness, optimism, hope, patience, thanksgiving, forgiveness, emotion management, self-esteem, sense of humor, etc.), the well-being of wife and children (Custer 2009). The results of this study can be proactive and creative approaches to psycho-educational program and also used in counseling before marriage and couples therapy, family therapy.

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