

**Research Article**

## **THE RELATIONSHIP BETWEEN LIFESTYLE AND MARITAL SATISFACTION AMONG STAFFS OF REGISTRATION OF DEEDS & PROPERTIES ORGANIZATION OF SANANDAJ**

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### **ABSTRACT**

The aim of present research is to investigate the relationship between lifestyle and marital satisfaction among staffs of Registration of Deeds & Properties Organization of Sanandaj. The statistical population included 70 people; and the sample size was determined 59 using Morgan table. This research is a correlation-descriptive study. For data analysis, Pearson correlation test was used. Results showed a positive significant correlation between lifestyle and marital satisfaction at the level of  $p < 0.05$ , and a negative significant correlation between marriage duration and marital satisfaction at the level of  $p < 0.05$ .

**Keywords:** *Lifestyle, Marital Satisfaction, Sanandaj*

### **INTRODUCTION**

Marriage is presumably an important stage in human life and family is based on the foundation of marriage. World health organization (WHO) introduces family as the primary social factor of health and welfare growth. Psychology scholars often regard family as a criterion in their researches on the quality of marital relationship of couples and their marital satisfaction. Marital satisfaction is one of the most important factors contributing to the progress of couples and achieving their goals in life, which is affected by emotional stability of couples (Beirami *et al.*, 2012). One of the main goals of the research on the relationship between couples is to predict marital satisfaction through identifying the factors which affect the quality of interaction among couples (Charnia & Ickes, 2007).

Marital satisfaction is an important factor for women's health and one of the most important indices of life satisfaction (Salehi, 1998). It also have effects on psychological health, even job satisfaction, educational success, and income of couples. Meanwhile, conflicts in the relationship of couples lead to disorders in their social relationships, tendency to social corruption, and decay of cultural values among husband and wives (Jonaidd *et al.*, 2009; Ahmadi *et al.*, 2005).

Marital satisfaction is an indicator of sustainability and efficiency of family system. Family happiness and health depend on healthy and flourishing relationships among couples and if family foundation is not firm enough, its negative consequences would be various types of physical and mental problems (Satir, 1983; translated by Birashk, 2005). In fact, this phenomenon leads to the increase of couples' life length, physical and mental strength, and economic growth. Adjustment and marital satisfaction is achieved through mutual love, caring for each other, mutual acceptance, understanding, and meeting each other's needs (Mehrabadi, 2006).

Various effective factors are identified along with marital satisfaction including: 1.Age of marriage 2.Marriage duration 3.Children, 4.Equal Education, 5.financial issues, 6. Sexual issues, 7. Relatives and acquaintances, 8.religious beliefs, 9.personal attributes, 10.spouse ability of understanding, 11.communicative skills, 12.leisure time, 13.commitment (Ameri, 2002; cited in Ghorbanalipour *et al.*, 2008).

One of the effective factors on marital satisfaction is lifestyle. Various researches in this field demonstrate the positive relationship between lifestyle and marriage satisfaction. For example, Aghaiee *et al.*, (2004) studied the relationship among lifestyle and marital satisfaction among artists compared to normal people and found that 1-this relationship is significant 2. The lifestyle of normal people and artists are different 3. A direct relationship exists between income and marital satisfaction among artists. 4. A direct relationship

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exists between lifestyle and the number of children among artists. Almasi *et al.*, (2010) conducted a study on the relationship between lifestyle and marital satisfaction among athletes compared to normal people. According to their findings, the relationship between record of sport activity, number of children, education degree, age, marriage duration and income with athletes' lifestyle were not significant at the level of  $p < 0.05$ . Also, using multiple regressions, significant relationships was found between demographic variables of sex, marriage duration, and income with marital satisfaction, where the relationship between regarding marriage duration and marriage satisfaction was inverse. Moreover, the results by 5.8% coefficient of determination of life style and marital satisfaction variance were significant at the level of  $p < 0.05$ . Hence, the relationship between lifestyle and marital satisfaction in athletes is significant. According to coefficient of determination 6.2% of variance among life style and marital satisfaction is common with normal people. Fazel *et al.*, (2011) study the predictive power of personal attributes and life style on marital satisfaction of female nurses of Shiraz city. The results showed that anxiousness and marriage duration have negative relationship with marital satisfaction, but accordance and life style have a significant relationship with marital satisfaction, although no relationship was found among extrovert, openness, conscience and age with marital satisfaction. Furthermore, it was found that anxiousness, accordance and marriage duration predicts marital satisfaction significantly. While, other factors such as extroverts, openness and conscience from personal features and age had no significant contribution. Craddock (2007) studied the effective categories on marital satisfaction and found that the couples with more flexibility, accordance and sympathy had more marital satisfaction; also, a positive correlation was found between marital satisfaction and accordance in leisure time, convergence in issues related to children, marriage, family and friends. Biter (1993) conducted a research on 47 couples with marriage dissatisfaction who showed that changing life style results in accordance among couples in selecting goals as well as personal attributes and social tendencies. He also observed that changing life style is associated with changing values, life priorities and intimacy of parents. Logan *et al.*, (1993) study 129 couples who voluntarily participated in life style classes. The treatment group showed that: first, changing life style increases their satisfaction from life and their marital relationship. Second, changing life style may result in couples' agreement with each other in their life style; in a way that they would relinquish the controlling method of living and adopt socially dependent life style.

Life style is individual's life pattern which emerges in the activities, attachments and personal thoughts. In fact, life style is nothing more than the personality of social class of people. In general, life style includes the complete pattern of people action and reaction in the world (Aghaiee *et al.*, 2004).

Life style is the complete pattern of an individual's action and reaction. Life style is the particular reaction of an individual against life obstacles and problems. Nowadays, life style and its significance is one of the main psychological issues. Choosing the life style, whether conscious or unconscious determines people's future. Life style is concerned with different factors such as exercise, food, leisure time, and dealing with the stress where some factors such as regular exercise and healthy foods are more important than others (Almasi *et al.*, 2010). It seems that life style has a determining role in marital satisfaction (Aghaiee *et al.*, 2004). One of the objectives set by WHO up to 2020, is promotion of healthy life style in society members. Accordingly, countries need strategies that are effective in improving individual and social life in their agenda (Monahan & Phipps, 2007) and decrease the factors which direct life style toward unhealthy condition (e.g. inappropriate physical activity, unhealthy food diet, and drug abuse (Parsa & Soltani, 2002).

## MATERIALS AND METHODS

### Methods

The present research is a correlation-descriptive study. The statistical population includes all married staffs of Registration of Deeds & Properties Organization of Sanandaj in 2014, who are totally 70 individuals; the sample size was determined 59 using Morgan Table. Sampling has various methods and the method used here was feasible random selection. Thus, the questionnaires were distributed randomly among the participants. The questionnaires used for data collection are described in the following.

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### Data Collection Tools

For data collection the following questionnaire was used:

For evaluating the life style, Life Style Questionnaire (LSQ) was used (La'ali *et al.*, 2012). This questionnaire has 70 items.

It includes 10 criteria (physical health, exercise and well-being, weight control and food habits, disease prevention, psychological health, spiritual health, social health, avoiding drugs, and alcohols, preventing accidents, and environmental health. The content validity of the questionnaire was examined by 5 experts of psychology and its reliability was determined 0.91 using Cronbach's alpha coefficient.

### Enrich Marital Satisfaction Inventory (MSI)

Marital Satisfaction Inventory (MSI) was developed by Olson *et al.* in the US for assessment of potential problematic grounds or the powerful productive grounds of marital relationship.

Enriches questionnaire is reconstructed in Iran by Soleymanian in the short form with 47 questions. The validity and reliability of this questionnaire is tested by Soleymanian.

The criterion validity of the questionnaire and family adjustment inventory was found as 0.86 and 0.92 (all significant at the level 0.05), respectively which indicates their acceptability.

The reliability of the questionnaire was found 0.95 using Cronbach's alpha. In the present research the reliability of marital satisfaction inventory were estimated using Cronbach's alpha coefficient and bisection as 0.90 and 0.90 respectively, referring to the suitable reliability of this questionnaire (quoted from Mohammadi *et al.*, 2011).

In this study the content validity of marital satisfaction inventory was confirmed by 5 experts of psychology and its reliability was reported 0.85 using Cronbach's alpha. Lickert scale is used for scoring items on a five degrees basis as very much 5, much 4, medium 3, low 2 and very low 1.

## RESULTS AND DISCUSSION

### Results

The demographic variables of the statistical population are presented in the following table 1:

**Table 1: Demographic characteristics of respondents**

Demographic information				percentage
Marriage duration	Education level	Earning in month	The age distribution (years)	
			Less than 25	6 %
			26 to 34	44 %
			35 to 44	30 %
			45 to 54	18 %
			More than 54	2 %
			More than 20000000	38.5 %
			10000000	46.5 %
			20000000	15 %
			diploma	3.5 %
Associate degree	25.5 %			
bachelor	68 %			
Higher degrees	3 %			
1-5 years	36 %			
6 to 10 years	35 %			
11 to 15 years	25 %			
More than 15 years	4 %			

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**Table 2: Mean and standard deviation scores of the studied group's life style and marital satisfaction**

Variables	Mean	SD
life satisfaction	47.56	9.35
marital satisfaction	164.1	30.23

The results presented in table 3 shows that a positive significant correlation exists among life style and marital satisfaction at the level of ( $p < 0.05$ ) i.e. as the life style becomes more desirable, the marital satisfaction increases. Hence, the first hypothesis is confirmed. Also, the results showed that a positive significant relationship exists among age and marital satisfaction i.e. as the age of couples increased their satisfaction increased as well. It was also found that the relationship among marriage duration and marital satisfaction in couples is negatively significant i.e. as the duration of marriage increased, marital satisfaction decreased among couples. Moreover, a positive significant relationship was found among income and marital satisfaction i.e. as the incomes of couples are higher, their marital satisfaction increases.

**Table 3: Correlation matrix of life style variables and demographic variables with marital satisfaction**

Variables	marital satisfaction	N	Sig.
Life style	0.38	59	0.000
Age	0.18	59	0.002
Marriage duration	-0.21	59	0.000
Income	0.38	59	0.003

## Discussion and Conclusion

Regarding the importance of marital satisfaction, identifying the effective factors on marital satisfaction is highly important. Hence, the goal of this research was to investigate the relationship between life style and marital satisfaction among staffs of Registration of Deeds & Properties Organization of Sanandaj. Our findings indicate that a positive relationship exists among life style and marital satisfaction in this population. This finding is consistent with previous research's findings (Almasi *et al.*, 2010; Fazel *et al.*, 2011; Aghaiee *et al.*, 2004; Craddock, 2007; Biter, 1993; Logan *et al.*, 1993). In order to explain this finding it can be said that as the conformity of life styles of couples become closer to each other, in a better condition, they would have higher marital satisfaction. Moreover, the findings showed that a significant positive relationship exists among age and marital satisfaction. This is consistent with previous research findings (Karny, Bradbury, 2000); however, it is not consistent with Fazel *et al.*, (2011). To explain this finding, it can be said that as the age of couples increase, their expectation and understanding of life becomes more logical and their behavior improves, hence, their marital satisfaction increases. Moreover, our result indicates that the relationship between marriage duration and marital satisfaction is negatively significant (Fazel *et al.*, 2011; Zamani, 1997). In order to explain this, it can be said that most of the couples who have not been long engaged in marital life report a high marital satisfaction due to various reasons such as their early love and passion, lack of problems, etc.; however, after the duration of marriage increases, couples face more problems such as discipline of children, economic problems and new challenges which negatively affect their life and decrease their marital satisfaction. Furthermore, it was found that the relationship among income and marital satisfaction is positively significant, consistent with the findings of previous research (Aghaiee *et al.*, 2004). Financial problems often provide the grounds for emergence of conflicts among couples and affect their satisfaction. In order to create satisfaction it is necessary for the couples to spend considering their consumable income, have prioritization and distinguish necessary expenses from unnecessary ones (Aghaiee *et al.*, 2004). Since marital satisfaction is defined as a collection of perception, understating, emotions, beliefs, point of views, responses, agreements and personal interests in the life and life satisfaction; using educational

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programs of life style would increase marital satisfaction among couples and affects positively their relationships. As a result, if Registration of Deeds & Properties Office of Sanandaj devotes a part of its educational programs to this issue, many behavioral disorders and problems will be prevented. In other words, particular attention of programmers, psychologists, and psychiatrists to family related issues and marital satisfaction is required. Since family is the most fundamental social institution and its healthy/unhealthy condition has deep effects on every aspect of social life. When its health is guaranteed, peace, stability and health of society are also achieved and eventually leads to job satisfaction and increasing the efficiency among employees.

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