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Predicting desire to betrayal based on romance jealous and sensation seeking in married women

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Abstract

Introduction: Desire to infidelity refers to a wide range of non-relationship behaviors that concluded to in breach of commitment and trust in marital relationships. Sensation seeking and romance jealous can be accompanied by immoral behaviors, including desire to infidelity. This study aimed to evaluate the predictive role of romance jealous and sensation seeking on desire to betrayal among married women.

Materials and Methods: The statistical population of this descriptive correlational survey included all married women in Isfahan city in year 2017-2018. 150 married women selected through convenient method. The participants responded to desire to betrayal scale, Multiple Jealousy Scale and sensation seeking Scale. Data were analyzed using multiple regression by stepwise method.

Results: The results showed that among the components of romance jealous (cognitive jealousy, emotional jealousy and behavioral jealousy), and sensation seeking (diversity and excitement intensity), romance jealous (total), diversity and behavioral jealousy had the highest contribution to emotional and sexual issues and anger of desire to betrayal. Also variable of cognitive jealousy is the best predictor for dissatisfaction of desire to betrayal. Regarding desire to betrayal (total), romance jealous (total), behavioral jealousy and diversity had the highest prediction power respectively.

Conclusion: Overall, it is obvious that desire to betrayal in married women can be explained based on romance jealous and sensation seeking.

Keywords: Desire to betrayal, Romance jealous, Sensation seeking, Women

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Introduction

Infidelity as an emotional and sexual intimacy with a person other than a spouse and outside the marital framework is defined. Research suggests that around 20-25% of couples experience out-of-bound relationships during their common life of this percentage, at least 20% are married men and at least 10% of married women commit betrayal (1). Accordingly, desire to infidelity refers to a wide range of non-relationship behaviors that leads to breach of commitment and trust in marital relationships (2). Infidelity in addition to intense emotional damage in individual areas including post-traumatic stress disorder, depression, despair, anger, lack of self-esteem, anonymity and worthlessness in someone who has been betrayed (3), in interpersonal and in common life with dissolution of relationship and divorce (4) also has adverse effects on children (5). Several studies have shown that factors of individual, relational, and texture can affect in desire to infidelity (6,7). Researchers believe that desire to infidelity is more relative to individual issues to relational issues (8,9). Accordingly infidelity is more relative to person's tendency to perturbations communication (10). Meanwhile, sensation seeking is a personality trait that it can be associated with unethical behavior, including a desire to infidelity (11,12). Sensation seeking means need for new, diverse and complex emotions and experiences and the desire to carry out physical, social, financial and legal hazards for the acquisition of such experiences (13). A person with a high level of sensation seeking is at risk as a reward considers (14). On the other hand, researchers believe that high-risk activities in such participation could be a strategy for escape from low self-esteem (15). In interpersonal areas especially in marital life, sensation seeking is specified with high-risk sexual behaviors and more sexual attitudes (16), search for new and varied sexual experiences and sexual dangers and engaging in betrayal relationships (11,17).

It has a negative effect on marital relationship and marital satisfaction (18). Other variables associated with desire to infidelity can be romantic jealousy (19). Romantic jealousy is a series of cognitive, emotional and behavioral responses that when that happens that the existence or quality of the relationship is threatened by a third party or rival (20). Jealousy can lead to severe reactions in relationships that are highly harmful to the relationship and this makes husband and wife feel of instability, vigilance and worry (21). In the field of motives, in women and men, jealousy is specified as trying to maintain a relationship while men's search malicious methods to maintain themselves self-esteem (22). In studies, relation between romantic jealousy and communication conflict, violence, depression and divorce (23), communication dissatisfaction (24), infidelity (25) and low marital quality (26) have been approved. According of ascendant rate of infidelity and its conflicts and confusions such as dissolution of relationship, divorce in couples, and due to undesirable effects on children motivated researchers to find effective contextual factors and strategies for coping with infidelity. Considering the fact that infidelity due to the effect on mental health and the quality of marital relationships and its importance in maintaining family continuity, this study aimed to evaluate the predictive role of romance jealous and sensation seeking on desire to betrayal.

Materials and Methods

This research was a descriptive and correlational study. The statistical population included all married women in Isfahan city in year 2017-2018. A sample of 150 married women selected through convenient method. The sample size was the minimum sample size for correlational research which is 100 cases (27). In this study, the criteria for entering the research included: married woman (20-40 years aged) in Isfahan with a minimum of one year and a maximum of twenty years of common life, minimum degree as diploma

and exclusion criteria included: unwillingness to participate in research and non-completion of questionnaires was considered and regarding the ethics of research it is necessary to voluntarily participate, informed consent and remained information confidentially.

Research instruments

A) Sense of Humor Questionnaire (SHQ): This scale is created by Khoshui et al. (33) and has 25 levels, aiming to measure the amount of humor and its factors (enjoyment of humor, laughter, verbal humor, humor in social relationships, and humor in stressful situations). Scoring of this scale is based on a 7-point Likert scale (from totally disagree with score 1 to totally agree with score 7). To assess the validity and reliability, Khoshnei et al. (33) obtained the confirmation of the content validity of the questionnaire by ten knowledgeable professors in this field. The validity of the questionnaire structure was also examined and confirmed through factor analysis by principle component method. The reliability of the questionnaire was tested using Cronbach's alpha coefficient method, ranging from 0.74 to 0.92. In the present study, the correlation coefficients of each factor were examined with the total score in order to investigate the structural validity, which ranged from 0.76 to 0.89. Also, for calculating the reliability, Cronbach's alpha coefficient for the factor ranged from 0.81 to 0.90 and for the whole scale was 0.75.

B) Difficulties in Emotion Regulation Scale (DERS): This scale is a 36-item tool designed to evaluate the difficulty in emotion regulation. The factor analysis reveals the existence of six factors of emotional response, difficulty in performing purposeful behavior, difficulty in controlling impulse, lack of emotional awareness, limited access to emotion regulation strategies, and lack of clarity of emotions. Also, a number of questions have reverse meanings. Higher scores mean more difficulty in emotion regulation. The reviews showed that the

internal consistency of this scale was 0.93 and their Cronbach's alpha value was above 0.80. In addition, for assessing the validity of this scale, it was examined by NMR scales and acceptance and practice scales. The reliability of this scale in the study of Azizi, Mirzaie and Shams (34) was reported by alpha value of 0.92. In the present study, this value ranged from 0.88 to 0.93.

C) Toronto Alexithymia Scale (TAS): This questionnaire was developed by Bugby et al. (35) and has 20 items aimed at examining the level of alexithymia or difficulty in expressing emotions. This scale has three difficulty dimensions in identifying feelings, difficulty in describing emotions and externally oriented thinking. The recitation range is of 5-point Likert scale (totally disagree with 1 to totally agree with 5). Also, a number of questions have a reverse interpretation. In the Persian version of this scale (36), the Cronbach's alpha coefficient for total alexithymia and its three sub-scales ranged from 0.72 to 0.85. Also, the reliability of the retest of this scale in a sample of 67 subjects in two turns with a four-week interval ranged from 0.70 to 0.77. Concurrent validity of the scale was confirmed based on the correlation with the emotional intelligence scale, psychological well-being and psychological distress. The results of the confirmatory factor analysis also confirmed the existence of the above three factors (5). In this study, Cronbach's alpha was 0.68 for emotion recognition factor, 0.71 for difficulty in describing the emotions and 0.59 for externally oriented thinking.

Results

In the present study, the mean age of participants was 41.33 years. 8% of the sample had medium level of education, 48% had a diploma, 8.7% had an undergraduate degree, 30% had a bachelor's degree, and 4.7% had a master's degree. Also 80.7% of the samples were traditionally familiar with each other and

18.7% had a friendship relationship. 8% had no offspring, 42.7% had one child, 45.3% had two children, 3.3% had three children and 0.7% had 4 children. In order to predict the predictive power of romance jealous and sensation seeking in prediction of the desire to betrayal, multiple-step regression was used step by step. In the

next step, the mean and standard deviation of the variables are measured. Then in order to investigate the relationship between research variables, Pearson correlation matrix and finally stepwise regression analysis have been used.

Table 1. Mean and standard deviation of research variables

Variable	Number	Average	Standard deviation
Sexual and emotional issues	150	11.80	5.56
Anger	150	9	4.04
Dissatisfaction	150	8.28	3.79
Total desire to betrayal	150	29.08	11.94
Cognitive jealousy	150	12.60	5.90
Emotional jealousy	150	14.34	4.37
Behavioral jealousy	150	17.86	5.89
Total romance jealousy	150	44.81	9.52
Diversity	150	27.03	3.88
Excitement intensity	150	25.28	4.15
Total sensation seeking	150	52.31	7.21

According to Table 1, the mean and standard deviation of sexual and emotional issues were 11.80 and 5.56, the mean and standard deviation of anger was 9 and 4.04, the mean and standard deviation of dissatisfaction was 8.28 and 3.79, the mean and standard deviation of the desire to betrayal 29.8 and 11.30 and the mean and standard deviation of cognitive jealousy were 12.60 and 5.90, the mean and standard deviation of emotional jealousy

were 14.34 and 4.7, the mean and standard deviation of behavioral jealousy was 17.86 and 5.89 and the mean and standard deviation of romance jealousy is 44.18 and 9.52 respectively. To investigate the relationship between desire to betrayal with romance jealousy and sensation seeking the results of Pearson correlation coefficient have been reported in Table 2.

Table 2. Correlation matrices of research variables

Variable	1	2	3	4	5	6	7	8	9	10	11
1. Sexual and emotional issues	1										
2. Anger	.816**	1									
3. Dissatisfaction	.548**	.690**	1								
4. Total desire to infidelity	.616**	.938**	.806**	1							
5. Cognitive jealousy	.349**	.419**	.420**	.438**	1						

6. Emotional jealousy	.237**	.183*	.083	.198*	-0.061	1					
7. Behavioral jealousy	.136	.137	.050	.125	.289**	-.292**	1				
8. Total romance jealousy	.410**	.428**	.329**	.440**	.771**	.241**	.664**	1			
9. Diversity	.167*	.146	.147	.174*	.091	.166*	-.038	.109	1		
10. Excitement intensity	.283**	.269**	.147	.270**	.071	.173*	.007	.128	.609**	1	
11. Total sensation seeking	.253**	.233**	.164*	.249**	.090	.189*	-.016	.132	.889**	.904**	1

* $P < 0.05$ ** $P < 0.01$

The results of Table 2 show that the correlation coefficients between sexual and emotional issues with all variables except for behavioral jealousy are significant. Anger except behavioral jealousy and diversity with all other variables have a significant relationship also, there is a significant relationship between dissatisfaction with cognitive jealousy, total romance jealousy and sensation seeking. The desire to infidelity has a significant relationship with all variables

except behavioral jealousy. In order to investigate more precisely these relationships and also to investigate the predictive power of romance jealousy and sensation seeking, stepwise multiple regression analysis was used. In this regard, the variable of romance jealousy and sensation seeking as a predictor variable and desire to infidelity as a criterion variable were introduced into regression equations separately. The results of these analyzes are presented in Table 3.

Table 3. Step-by-step regression table to predict desire to infidelity based on romance jealousy and sensation seeking

Criterion variable	Model	Variable	R	R2	b	Beta	T	F	P
Sexual and emotional issues	First step		0.410						
		Total romance jealousy		0.168	0.239	0.410	5.464	29.855	0.0001
	Second step		0.471						
		Total romance jealousy and excitement intensity		0.222	0.536	0.615	8.37	20.981	0.0001

	Step Three		0.497					
		Total romance jealousy and excitement intensity and behavioral jealousy	0.247	0.598	0.741	8.12	15.978	0.0001
	First step		0.428					
		Total romance jealousy	0.183	0.182	0.428	5.759	33.172	0.0001
	Second step		0.479					
Anger		Total romance jealousy and excitement intensity	0.230	0.382	0.618	8.481	21.913	0.0001
	Step Three		0.511					
		Total romance jealousy and excitement intensity and behavioral jealousy	0.261	0.401	0.803	8.951	17.174	0.0001
	First step	Cognitive jealousy	0.420	0.176	0.270	0.048	5.624	31.635
Dissatisfaction								0.0001
	First step		0.440					
		Total romance jealousy	0.194	0.552	0.440	5.964	35.570	0.0001
	Second step		0.494					
desire to infidelity		Total romance jealousy and behavioral jealousy	0.244	0.801	0.639	6.565	23.681	0.0001
	Third step		0.530					
		Total romance jealousy and behavioral jealousy and excitement intensity	0.281	0.747	0.876	8.651	19.004	0.0001

Based on the results of stepwise regression analysis, total romance jealousy and excitement intensity and behavioral jealousy play the most role in predicting sexual and emotional issues and anger. In addition, cognitive jealousy plays the most role in predicting dissatisfaction. Total romance jealousy and behavioral jealousy and excitement intensity are the best predictors of desire to infidelity. The results of the study indicated that romance jealousy (16%), the combination of romance jealousy and excitement intensity 22%, and the combination of romance jealousy and excitement intensity and behavioral jealousy 24% of sexual and

emotional issues. Meanwhile, the results showed that romance jealousy predicts 18%, the combination of romance jealousy and excitement intensity 23%, and the combination of romance jealousy and excitement intensity and behavioral jealousy predict 26% of anger. Also cognitive jealousy predicts 17% of dissatisfaction. Romance jealousy predicts 19%, combination of romantic jealousy and behavioral jealousy of 24%, and combination of romantic jealousy and behavioral jealousy and excitement intensity predicts 28% of the desire to infidelity.

Discussion

This study aimed to evaluate the predictive role of romance jealousy and sensation seeking on desire to betrayal. The results of the research indicated that in general, total romance jealousy, excitement intensity and behavioral jealousy have highest predictive power for sexual and emotional issues of desire to infidelity. In explaining these findings, it can be said that romance jealousy affects the stability of marital life and can have a negative effect on marital relationships (36). On the other hand, since jealousy can be associated with a set of negative emotions such as anxiety, fear, insecurity, anger, grief, jealousy, sin, sexual anxiety and disappointment (37). Accordingly, it can affect the person's sexual and emotional issues. In the relationship between total romance jealousy, excitement intensity and behavioral jealousy with the dimension of desire to infidelity can be argued that many people may experience negative emotions such as anger through their romance jealousy (20,38). Also, the relationship between sensation seeking and anger has been confirmed in numerous studies (39) and since behavioral jealousy involves targeted efforts to influence oneself or spouse, maintain a relationship, reduce uncertainty or restoring self-confidence in a person done can lead to physical threats or violence (40,41). In addition, the findings of the research showed that only cognitive jealousy is the most predictor of dissatisfaction from desire to infidelity. These findings are consistent with many studies (42-44). Studies indicate that there is a correlation between cognitive jealousy and dissatisfaction. Cognitive thoughts related to jealousy can be relationship with the deterioration of the relationship (43). So, it may be that a person in order to manage thoughts related jealousy try to directly or indirectly monitor his spouse, in this case, if a person has a high desire to monitor and control the spouse this monitoring can create reactions such as anger on the other side that is a threat to the relationship and lead to undesirable

relationships between them (44). Accordingly, dissatisfaction in relationship can predict a kind of betrayal in individuals (45). The overall results of the research showed that romance jealousy, behavioral jealousy and excitement intensity respectively predict desire to infidelity. These findings are consistent with many studies (19,46,47). These studies have shown that there is a direct relationship between romance jealousy and infidelity. Accordingly, romance jealousy is a powerful predictor of desire to infidelity because romantic jealousy is associated with a wide range of irrational and intense thoughts and feelings can lead to unacceptable behaviors, including fantasy infidelity or real infidelity (48). The persons jealous due to his fears and suspicions in relationship in addition to abusing the psychological and physical abuses of spouse, they may also be involved in treacherous behavior (49). On the other hand, the findings have shown that excitement intensity is the best predictor of desire to infidelity. These findings are consistent with many studies (11, 16,50-52). In these studies, sensation seeking as one of the intrinsic factors of desire to infidelity and is one of the factors which has a significant convergence with infidelity (51). Sensation seeking means the search for new and diverse sexual experiences, sexual dangers and engagement in the relationship of betrayal (11,17). Sensation-seeking is more prevalent in individuals who have more sexual partners, sexual risk behavior and sexual attitudes more prevalent tend (16,51). Accordingly, people with higher excitement intensity have higher desire to infidelity. In general, it can be said that sensation seeking and romance jealousy are related to desire to infidelity. One of the limitations of research is the generalization of the results of research findings. As regards the research population was married women in Isfahan therefore, the generalization of the results to married men, couples and other people

in the community should be done with caution. It seems that mental health professionals and psychologists have to these two psychological components in counseling before marriage and couple therapy. On the other hand, holding workshops on emotional regulation, cognitive-behavioral therapy, communication principles and marriage enrichment are the practical suggestions of the present study.

Conclusion

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According to the results of this study, desire to infidelity in married women is predicted basis on personality characteristics, sensation seeking and romance jealousy.

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