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The roles of HEXACO personality dimensions and affects control in prediction of marital satisfaction

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Abstract

Introduction: The aim of present research was to determine the roles of HEXACO personality dimensions and affects control in prediction of marital satisfaction.

Materials and Methods: The statistical population of this correlation study included all couples in Ardabil in 2015. This study was conducted among 150 subjects selected in access. For collecting data, HEXACO Personality Scale, Affects Control Scale and Enrich Marital Satisfaction Inventory were used. Data analysis was performed on SPSS using simultaneous regression analysis.

Results: Findings showed that some HEXACO personality dimensions and affects control are related to marital satisfaction significantly ($P < 0.001$). Results of multiple regression analysis showed dimensions of honesty-humility, emotionality, conscientiousness and openness to experience (in variable of HEXACO personality dimensions) and positive affect, depression mood and anxiety (in variable of affects control) were found to be the best predictors of marital satisfaction ($P < 0.001$).

Conclusion: According to the results of the present research, honest-humility, emotionality, conscientiousness and openness to experience in variable of HEXACO personality dimensions, positive affect, depression mood and anxiety in variable of affect control had predictor roles on marital satisfaction.

Keywords: Affects control, HEXACO, Marital satisfaction

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Introduction

Family is interested by researchers and theoreticians of behavioral sciences, in terms of functions which has in society. On this field, marital satisfaction as a health indicator of marital relationships is focused more than other components. As Greeff has showed marital satisfaction is one of the important and determinate factors of family's health function. So it plays effective role in continuity of marital life (1). Gillis defined it equivalent to overall couple's mental evaluation of marital relationship, rate of needs, desires, personal and marital wishes satisfied (2). Many researchers aimed the effective factors on marital satisfaction are related to demographic factors, and a few of them have focused on the relationship between traits with marital satisfaction (3). In the psychological base of stable relationship, personality is key predictor of successful and inefficient relationships (4). Personality traits effect on their relational processes and marital satisfaction (5). How person's satisfaction of own marriage is relatively related to one's own and his/her spouse's traits (6).

Recently evidences supported the six-dimensional framework of personality structure are obtained through cultural studies related to personality structures in various cultures and languages (7). Ashton and Lee discussed the six-dimensions of personality called HEXACO included Honest-humility, emotionality, extraversion, agreeableness, conscientiousness and openness to experience traits (8). Individuals who score higher on the honesty-humility dimension of personality would use less mate retention strategies involve manipulating, deceiving, or exploiting one's romantic partner (9). Donnellan et al. indicated agreeableness and openness to experience as significant associated in close relationships increase rate of attention. Mental divorces occur less in individuals with higher level of extraversion, openness to experience, conscientiousness,

agreeableness and lower level of neuroticism. The neuroticism is a strong predictor of marital satisfaction and there is a negative relationship between it with marital satisfaction significantly (10).

Affects control is one of the effective components on marital satisfaction. Emotion makes essential and basic part of human life. So that the imagination of life without it, is difficult. Extremes of emotions lead in conflict, aggression, hate, anxiety threatening mental and emotional health strongly (11). Affects control is related to mechanisms, behaviors and emotions that are the base of formation, change and maintenance of individual's definition of different situation interacting them (12). From point of Gross's view, skill of affects control is mean the learning of recognize, expression and control of affects in various situations (11). Several studies (13-15) have showed low emotional health decreases stability of marital life. Couples with problems in regulating their negative affects such as anxiety, anger and depression experience low marital stability and satisfaction (17). Factors derived family (as conflict of parent, emotional expression, security and etc) effect on marital quality directly and indirectly way in future (18). Results of a study by Lawrence and Bradbury indicated contribution of predicting role of anger in marital satisfaction is more than contribution of predicting role of marital dissatisfaction in expression of anger (19). Anger and depression effect on marital satisfaction negatively, but just anger negatively effects on spouse's behavior (20).

As for limited studies investigated the effectiveness of HEXACO personality dimensions and affects control on prediction of marital satisfaction and role of marital satisfaction on couple and family functions, this study aimed investigation the roles of HEXACO personality dimensions and affect control on prediction of marital satisfaction. As regards research documents, we can

deduce extraversion and affect control predicts marital satisfaction strongly and there is a positive and significant relationship between extraversion and affect control with marital satisfaction.

Materials and Methods

This was a descriptive correlation research, which was conducted with the approval of University of Mohaghegh Ardabili. The statistical population of this study included all couples in Ardabil in 2015. As regards in correlation study, participating of 30 subjects is enough (21), in total 150 individuals (87 female and 63 male) were selected through convenient sampling. Informed consents were obtained from the subjects who completed all three questionnaires of this study (HEXACO personality, Affect control and Enrich marital satisfaction scales). The inclusion criteria of participating in this study were literacy and minimum marriage duration as five years. The exit criteria included chronic physical and mental disorders and dissatisfaction to participate in study.

Research instrument

A) *HEXACO Personality Inventory (HEXACO-PI)*: This scale, a model of personal dimensions, consists of 60 questions with six dimensions of honest-humility, emotionality, extraversion, agreeableness, conscientiousness and openness to experience. Each dimension is evaluated through 10 items. The range of coefficient alpha was calculated from 0.87 to 0.94 (23). Amelehoushmand reported the amount of KMO equal to 0.68 (24). This amount is more than recommended amount (0.6).

B) *Affects Control Scale*: This scale was designed to evaluate individual’s control on own affects. It includes 42 items with

subscales of anger, depression mood, anxiety and positive affect. Internal validity and retest was reported 0.94, 0.78 in total scale and 0.72, 0.37 in anger, 0.91, 0.76 in depression mood, 0.89, 0.77 in anxiety and 0.84, 0.64 in positive affect subscales. Also Williams et al. calculated it’s differential validity and convergence. The reliability coefficient was investigated by Dahash through reporting anxiety and positive affect subscale, 0.84, 0.53, 0.76, 0.64 and 0.60, respectively (11).

C) *Enrich Marital Satisfaction*: The questionnaire was designed by Olson, Fournier, and Drukman, in order to evaluate the marital satisfaction. Validity of this scale was reported by Olson et al through coefficient alpha (25). The original version of this instrument consists of 115 items, leading in boredom of subjects. Thus, Soleymanian designed short form of it with 47 items. This questionnaire evaluates marital satisfaction in subscales of personality issues, equalitarian roles, communication, conflict resolution, financial management, leisure activities, sexual relationship, children and marriage, family and friends, and religious orientation. In this research was applied the short form of it (26). Talaeizadeh and Bakhtiarpour reported reliability through coefficient alpha 0.83 (27).

Data analysis was performed in a statistical package for social science (SPSS) version 21 using simultaneous regression analyses.

Results

Mean age of the participants was 38 years (SD=11.06) with maximum age of 68 years. In terms of education level, the lowest and highest degrees were GED and PhD, respectively.

Table 1. Mean and standard deviation of study variables score and their relationship with marital satisfaction

Variables	Mean	Standard deviation	Marital Satisfaction	
Personality dimensions of HEXACO	Honest-humility	30.57	4.66	0.38 **
	Emotionality	31.93	3.79	0.08
	Extraversion	29.20	5.30	0.41**
	Agreeableness	29.53	3.67	0.29**
	Conscientiousness	30.63	3.44	0.43**
	Openness to experience	31.37	3.44	0.29**

Affect Control	Anger	27.57	6.56	-0.20**
	Depression	32.30	7.05	-0.37**
	Anxiety	42.28	9.03	-0.33**
	Positive Affect	48.87	12.14	0.34**
Marital Satisfaction		165.03	24.05	-

*P< 0.05 ** P< 0.01

In order to analysis the effectiveness of honest-humility, emotionality, extraversion, agreeableness, conscientiousness, openness to experience as predicting variables on variance of marital satisfaction as criteria variable was used multivariable regression analysis. As shown in table 2, the amount of F is significant (P<0.01). So honest-humility, emotionality, conscientiousness and

openness to experience can explain 34 percent in variance of marital satisfaction. Thus according to the amount of Beta honest-humility (Beta=0.32), conscientiousness (Beta=0.29), emotionality (Beta=0.18) and openness to experience (Beta=0.17) are strongest variables for prediction of marital satisfaction.

Table 2. Multivariable regression in prediction of marital satisfaction through personality dimensions of HEXACO

Predictor variables	Substandard coefficient B	SE	Standard coefficient Beta	t	P
(constant)	30.70	28.95	-	1.06	0.291
Honest-Humility	1.66	0.38	0.32	4.35	<0.001
Emotionality	-1.15	0.58	-0.18	-1.98	0.050
Extraversion	0.49	0.64	0.11	0.77	0.439
Agreeableness	0.22	0.61	0.03	0.36	0.717
Conscientiousness	2.04	0.69	0.29	2.93	0.004
Openness to experience	1.16	0.53	0.17	2.20	0.029
	R ² = 0.34	R=0.58	P<0.001	F=12.14	

So as shown in table 3, depression mood, anxiety and positive affect can explain 38 percent in variance of marital satisfaction. Therefore based on amount of Beta,

positive affect (Beta=0.45), depression mood (Beta= -0.4) and anxiety (Beta= -0.16) are strongest variables for prediction of marital satisfaction.

Table 3. Multivariable regression in prediction of marital satisfaction through affects control

Predictor variables	Substandard coefficient B	SE	Standard coefficient Beta	t	P
(constant)	190.20	11.47	-	16.58	<0.001
Anger	-0.07	0.26	-0.02	-0.26	0.792
Depression Mood	-1.52	0.26	-0.44	-5.81	<0.001
Anxiety	-0.42	0.19	-0.16	-2.24	0.026
Positive Affect	0.89	0.14	0.45	6.50	<0.001
	R ² = 0.38	R=0.61	P<0.001	F=21.94	

Discussion

The present research was performed to evaluate the role of HEXACO personality dimensions and affects control on prediction of marital satisfaction. According to results, a positive and significant correlation was found between honest-humility with marital satisfaction. This laid in results of some researches (7,9,22,27). Individuals with higher honesty-humility score valorize loyalty to the own spouses and the sake of having sexual relation, need psychological and emotional involvement, so it is unlikely to manipulate and abuse their partner (27). In

this study, the relationship between emotionality and marital satisfaction was non-significant. Although any research didn't find aimed it directly, but this result is consistent with finding of similar study (28). Personality dimension of emotionality include traits as sensitive, anxious, upset, vulnerable and dependent (29). The average level of emotional motivation is equal to experience of pleasure but increase in stimulation lead in risk seeking and negative affect such stress and frustration (30). The finding of positive correlation between extroversion and marital satisfaction was another result

of this study that is consistent with results of some researches (10,31-37). Extraverted individuals desire connecting social relations, loving others, collectivism, assertiveness, conversation and sexual stimulation, so experience more happiness, energy, optimism and marital satisfaction. Findings of a meta-analysis on the relation between extroversion and marital satisfaction indicated a moderate positive relationship between extroversion with marital satisfaction (38). It was found that there is a positive relationship between agreeableness with marital satisfaction (34,38,39). The personality dimension of agreeableness includes some traits as forgiveness, kindness, flexibility and patience (29). Individuals with high level of agreeableness have better relationships than others and rarely they are rejected by own partner, because they are usually artless (40). Evidence from a meta-analysis on the relation between personality and marital satisfaction suggests that HEXACO agreeableness is the main predictor of intimate relationship satisfaction (41). Agreeableness lead in couples experience more positive perception to each other. Thus high level of this trait makes a person to have more positive attitude to own spouse and experience more marital satisfaction (42). In this research the positive and significant relationship between conscientiousness and marital satisfaction was shown that it laid in result of some researches (10,33,41,43). The conscientiousness includes traits of arrangement, industriousness, perfectionism and carefulness (29). Researches indicate person with high conscientiousness desire to successes and increasing advances, so they experience high happiness and marital satisfaction. Of course sometimes high conscientiousness can threaten person's happiness (44). Also conscientious individuals purposely effort to maintain the stability of their marriage and this effort effects on their marital satisfaction (45). A positive and significant correlation was found between openness to

experience with marital satisfaction. This result is consistent with some researches (10,39). The personality dimension of openness to experience includes some traits as assessment depending on the aesthetic, curiosity, creativity and being non-traditional (29). The high level of this trait can be caused to try obtaining novel experiences for improvement and development. Because of involving in activities satisfied psychological needs, individuals with high level of openness to experience have more life satisfaction (45). The correlation between affects control with marital satisfaction was investigated too. According to results, a negative and significant correlation was found between anger with marital satisfaction. This laid in results of some researches (19,20). Anger, hostility and physical aggression are remarkable predictor variable on marital satisfaction in women. Expression of anger is caused conflicts in partner's relationship. Agitation and dissatisfaction in mutual relations provide preliminaries of decrement in mental health. So these negative relationships lead in increment in probability of divorce (46). In this research was found a negative relationship between depression mood and anxiety with marital satisfaction which is consistent with findings of some studies (20,47-49). Since anxiety and depression mood are predictors of sexual function (50) and a part of marital satisfaction is dependent in quality of couples' sexual functions, therefore it is caused decreasing marital satisfaction. Also it was found the positive and significant relationship between positive affect with marital satisfaction that laid in finding of researches (52,53). This result can be explained through Fredrickson's theory called broaden-and-build. From point of Fredrickson's view, experiencing positive emotions are provided novel personal recourse and led in seeking obsessive-compulsive ways with ingeniously and novel manners in daily life, then they will have high marital satisfaction (54). Individuals with high

score of positive emotion seek new methods for increment of pleasure, lovemaking, solving of marital conflicts, as they experience high marital satisfaction. Sampling of accessibility was major limitation of this research. Therefore, it is suggested using more valid sampling in future studies. As regards extent of quality of interactions and couple relationships, performing more studies about personality traits and marital satisfaction seems necessary.

Conclusion

According to the results of the present research, honest-humility, emotionality, conscientiousness and openness to experience in variable of HEXACO personality dimensions, positive affect, depression mood and anxiety in variable of affect control had predictor roles on marital satisfaction. On the other hand personality dimensions of HEXACO and effects control can predict 34 and 38 percents of variance of marital satisfaction,

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respectively. These findings indicate the rest of its variance is explaining by other effective variables (as motivate, social and economic factors) on marital satisfaction. Based on results, with planning of training programs in before and after marriage consultation included reinforcing honesty-humility, conscientiousness and openness to experience and improving positive affect, depression mood and anxiety, can increase couples' mental satisfaction. Regard as results affects control is trainable, it is possible to prepare training programs for increasing marital satisfaction in couples.

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