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The study of the relationship between quality of life and marital satisfaction among the students of Gonabad Payam Noor University

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Abstract

Introduction: The present study was carried out to study the relationship between quality of life and marital satisfaction among the students of Gonabad Payam Noor University (PNU).

Materials and Methods: In this descriptive-correlational study, 40 students of PNU were selected by convenience sampling method. For data collection, 36-item quality of life (SF-36) and Enrich marital satisfaction questionnaires were used. Data analyzed through descriptive statistics and inferential statistic (variance and Pearson correlation test).

Results: Data analysis showed that the relationship between physical health and Enrich marital satisfaction is significant ($P < 0.001$). Also, the relationship between mental health and Enrich marital satisfaction is significant ($P < 0.001$).

Conclusion: Based on the results there is a significant relationship between quality of life of students and their marital satisfaction.

Keywords: Health, Marital satisfaction, Quality of life

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Introduction

Family is the first and most important social institution in human history, and marriage is the most sensitive emotional commitment that a person accepts to enjoy mental peace and intimate relationships. A good quality of life and having a successful marital relationship not only has a significant impact on the happiness and well-being of the individual and the family, but also has countless benefits for the society. In fact, the life, health and happiness of the family depends on its most important part, the quality of

life, and the strength and dynamism of the society depends on the stability and balance of the family (1). The family has been defined as a social institution or institution that results from the marriage bond of a man and a woman. Among the manifestations of human social life is the existence of healthy and constructive interaction between people and the existence of love for the same kind and expressing intimacy and empathy for each other. Satisfying different physical, intellectual and emotional needs is an undeniable necessity to be aware of biological and

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psychological needs, and to know how to satisfy them and to be equipped with techniques to recognize biological and psychological desires. A person's satisfaction with married life is his satisfaction with his family. Satisfaction from the family means satisfaction from life, and as a result, it will facilitate the growth and excellence and the material and spiritual progress of the society (2). In other words, one of the vital aspects of a marital system is the satisfaction that spouses experience and feel in their relationship (3). Marital satisfaction is a general evaluation of the status of a person's current marital relationship or romantic relationship and it can be a reflection of the level of happiness of people from marital relationships or a combination of satisfaction due to many factors specific to the marital relationship. Marital satisfaction can be defined as a psychological situation that does not arise by itself, but requires the efforts of both couples. Especially in the early years, marital satisfaction is very unstable and relationships are at the highest risk (4).

Marital satisfaction has been studied for decades. When studying marital satisfaction over the course of a marriage, researchers found that this satisfaction tends to follow a u-shaped path. During the early stages of marriage, marital satisfaction increases and decreases during the next 10 to 20 years, and after the children leave home, couples have more time to strengthen the marital relationship and become more intimate (5). The family is the most primitive social institution in terms of age and the most comprehensive in terms of its scope. This shows that forming a family is one of the most basic and natural human needs. From the point of view of Islam, religious beliefs are the most important pillar in the formation of a family and its continuity and dynamism, and without it, the family has no value. Basically, in the heavenly schools, material ties are always overshadowed by spiritual ties (6).

In the Islamic perspective, marriage has a special sanctity and what is considered more important than marriage itself is the success in marriage and the feeling of happiness and satisfaction of the couple with each other and the mental health of the family, which is formed in the shadow of spirituality (7). Knowing the various interactions and characteristics of the marital relationship, the important factors that affect it and are affected by it, and presenting it to young people is of particular

necessity and importance, so if you pay attention to the factors affecting marital satisfaction, you can learn from many. It prevented the problems of the family and as a result of the society, therefore, conducting this research in order to investigate the impact of the quality of life on marital satisfaction seemed necessary.

Materials and Methods

The research design is of the correlational type, in which the researcher intends to examine the relationship between quality of life and marital satisfaction. The purpose of correlation research is to study the limits of changes of one variable in relation to the changes of one or more other variables based on correlation coefficients (8). The total number of students of Payam Noor University in Gonabad center is 1241, of which 40 students were selected as a sample.

Research instruments

A) Enrich Marital Satisfaction Questionnaire: This questionnaire has been used as a precise tool in many researches for marital satisfaction. Olson used this questionnaire to check marital satisfaction and believes that this scale is related to the changes that occur during a person's life and is also sensitive to the changes that occur in the family. Each of the topics of this questionnaire is related to one of the important fields. Evaluating these areas within a marital relationship can describe the potential problems of couples or can identify areas of strength and strengthening. This tool can also be used as a diagnostic tool for couples seeking marital counseling and seeking to strengthen their marital relationship. This questionnaire consists of 115 closed questions and 12 scales, which include: 1- contractual response, 2- marital satisfaction, 3- personality issues, 4- marital relationship, 5- conflict resolution, 6- financial control, 7- leisure activities, 8- sexual relations, 9- marriage and children, 10- relatives and friends, 11- roles related to equality between men and women, and 12- ideological orientation, except for the first scale, which has 5 questions. , the rest of the scales contain 10 questions. The answer to the questions is in the form of 5 options (completely agree, agree, neither agree nor disagree, disagree, completely disagree). Ali Akbar Soleimani, in a research entitled Investigation of Irrational

Thoughts on Marital Satisfaction, about the validity and reliability of this questionnaire, states that to use the questionnaire in the research, the questionnaire should first be translated.

After translation, the questions were presented to psychologists Dr. Navabi and Dr. Naderi and the content validity of the questionnaire was confirmed. In the next step, the questionnaire was implemented on a group of 11 people, and its reliability coefficient was calculated through the alpha coefficient, and the number was 95%. Due to the large number of questions in the questionnaire (115 questions), which caused too much fatigue of the subjects, it was decided to prepare a short form of it. Olson et al. have reported the reliability of this questionnaire to be 92% using the alpha coefficient method. For this purpose, first, the correlation of each question with the whole questionnaire was calculated through the correlation coefficient.

Then 47 questions that had relatively high correlation were selected. This selection was done equally from different scales of the questionnaire, and thus a total of 47 questions were selected, and again the reliability coefficient of the 47 question form was used on a group of 11 people using the alpha coefficient, which obtained a reliability coefficient of 95%. The method of calculating the reliability and validity of the said questionnaire was presented based on the research guide (after a complete review and attitude). After reviewing and studying the original questionnaire and through calculating its validity and reliability, the mentioned method was approved in his opinion, and the questionnaire was used to estimate the level of marital satisfaction in the study groups and compare marriages. This questionnaire is considered as 5 options (which is basically a Likert-type attitude scale) and each option is given from 1 to 5 points.

B) Quality of Life Questionnaire: Quality of life is the perception of each person about his health status and the level of satisfaction with this situation. The World Health Organization defines quality of life as a person's understanding of his place in life in the context of the culture system and values in which he lives, which is related to his goals, expectations, standards and concerns (9). The 36-question quality of life questionnaire (SF-36) is the most famous and widely used tool for measuring the quality of life. This questionnaire has 36 questions and consists of 8 scales, each scale consists of 2 to 10 items. The World Health Organization's short-form quality of life scale contains 26 questions and 4 subscales, including physical health, mental health, social relationships, and living environment. The validity and reliability of this scale has been calculated by Nasiri and it has been reported as optimal in Iranian samples (10).

Results

In this table, the descriptive features of the data, such as mean and standard deviation are presented, and as can be seen, the mean and standard deviation of marital satisfaction are 145.2000 and 50.62289. The mean and standard deviation of physical health are 228.0125 and 51.47472, respectively. The mean and standard deviation of mental health are 186.2417 and 62.30574 respectively. According to the data in the table below, the relationship between physical health and Enrich's marital satisfaction is significant at the rate of 60 percent and with an alpha of less than one thousandth. Also, based on the available data, it can be said that the relationship between mental health and marital satisfaction is significant by 58 percent with an alpha of less than one thousandth.

Table 1. Relationship between marital satisfaction and physical and mental health of students

		Enrich	Sexual health	Mental health
Pearson Correlation	Enrich	1.000	.603	.580
	Sexual health	.603	1.000	.523
	Mental health	.580	.523	1.000
Sig. (1-tailed)	Enrich	.	.000	.000
	Sexual health	.000	.	.000
	Mental health	.000	.000	.
N	Enrich	40	40	40
	Sexual health	40	40	40
	Mental health	40	40	40

Discussion

Marital satisfaction is a state in which a husband and wife feel happy and satisfied with marriage and being together. This feeling arises when the husband and wife can meet the needs and expectations of their spouse in the marital relationship to a significant extent. After collecting the required data, descriptive statistics (median, average, standard deviation, percentage frequency) and inferential statistics (variance and Pearson correlation test) were used to examine and analyze the data, and finally the relationship between quality Students' lives and marital satisfaction were confirmed and were statistically positive and significant. In other words, it can be said that according to the findings of the research, the quality of life has a direct relationship with the satisfaction of couples in different dimensions and affects their level of satisfaction. Even the psychological dimension can affect the level of satisfaction of couples by influencing the physical aspect. Based on the research literature and the results of the current research, it can be claimed that life skills training increases the

quality of life and, as a result, increases the level of satisfaction with life. From the findings of this study and similar studies, it can be concluded that one of the main indicators of the development of societies is the examination of the status of families in terms of the quality of work. If the family is familiar with life skills and has the necessary flexibility to adapt to the current situation, it will help its durability and survival. The results of this research are in line with the research done (10-12).

In order to improve the quality of future researches, it is suggested that the current research should be conducted in a wider society and with a larger sample size, controlling some intervening variables such as age, type of job, and economic status can be of interest to researchers in future researches in this field.

Conclusion

Based on the results, there is a significant relationship between students' quality of life and their marital satisfaction.

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