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## The relationship between Jung personality types with mental health and marital satisfaction in students

Behnam Kazempour<sup>1</sup>; \*Farideh Hossein Sabet<sup>2</sup>

<sup>1</sup>MSc. in general psychology, Allameh Tabataba'i University, Tehran, Iran.

<sup>2</sup>Assistant professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran.

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### Abstract

**Introduction:** Marital Satisfaction is one of the most important indicators of life satisfaction that affects the level of mental health, academic success and job satisfaction of couples. Therefore, the present study aimed to investigate the relationship between Jung personality types with mental health and marital satisfaction in married students.

**Materials and Methods:** The research method was descriptive-correlational. The statistical population consisted of all students of Allameh Tabataba'i University in the academic year of 2012-2013. 80 married students were selected by random cluster sampling method. The data were collected using Myers-Briggs Type Indicator (MBTI), General Health Questionnaire (GHQ), and Enrich Marital Satisfaction Scale (ENRICH). For data analysis, Pearson correlation and multiple regression analysis were used.

**Results:** The results of the study showed that there is a significant correlation between feeling/thinking type with the physical symptoms factor and anxiety, and feeling/thinking type can predict mental health significantly. Also, there is a significant correlation between sensing/intuition type with personality traits, conflict resolution, sexual satisfaction and religious orientation, and The sensing/intuition type can predict marital satisfaction with certainty, but there was no significant relationship between introversion/extraversion, feeling/thinking and judging/perceiving types. Also, based on the findings, personality type can explain 23% of the total variance of personality traits, 15% of the total variance of conflict resolution, 13% of total variance of sexual relationship and 16% of the total variance of religious tendency.

**Conclusion:** According to the results, it is possible to predict probability of marital success and persistency of marriage through using Jung personality types questionnaire personality types, and also provide solutions to reduce potential problems in the relationship.

**Keywords:** Marital Satisfaction, Mental Health, Personality Type, Students

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### Introduction

Marriage is described as the most fundamental and the most important human relationship since it provides the initial structure for forming a family relationship and make reproduction

possible. One of the aspects of couples' relationship is marital quality, which plays a fundamental role in assessing the quality of family relationships. The quality of the marital relationship is a multidimensional concept and

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### \*Corresponding Author:

Department of Psychology, Allameh Tabataba'i University, Tehran, Iran.

farideh\_hosseinsabet@yahoo.com

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involves various aspects of couples' relationship such as compatibility, satisfaction, happiness, coherence, and commitment (1). A great deal of research on the causes of marriage survival or marital dissatisfaction has shown that the poor quality of marital relationship leads to separation and divorce (2). Marriage satisfaction is one of the most important aspects of a marital system which spouses experience in their marriage and can play a very important role in the strength and durability of the family structure as well as have an important role in the nurturance and development of the children personality, children which are potential future makers of the society (3).

Marital satisfaction is one of the most important indicators of life satisfaction that affects mental health, life satisfaction, income, academic achievement, and job satisfaction of couples. On the other hand, incompatibility of couples' relationships disrupts social relationships, cause tendency towards social deviations and the decline of cultural values between husbands and wives (4). Mental health is a compromise with the repeated pressures of life. In other words, mental health is a dynamic and complete state of the absence of symptoms of illness and the presence of dimensions of mental health which are psychological and social dimensions (5).

Various factors have been identified as influential factors on marital satisfaction, some of which include: age of marriage, duration of marriage, children, academic match, financial issues, sexual issues, relatives and acquaintances, religious beliefs, personality traits, ability to understand spouse, communication skills, leisure time and commitment (6). Therefore, one of the important factors affecting mental health and quality of couples' relationships is their personality traits. The concept of personality has been challenged among scholars for many years, and several definitions have been resented about it. The personality is the constant element of behavior and what is true about the individual and what makes the person different from others. This stability provides a context in which the individual behaves in a predictable way in different situations (7).

Jung believes that in humans, there are four basic psychological acts or actions, that are, thinking, feeling, sensing, and intuition. Sensing and intuition are irrational functions, and thinking and feeling are rational functions

that involve judging and evaluating experiences (8). The theory of personality typologies of Jung is one of the most comprehensive theories used in explaining the personality of individuals. According to Jung's theory, when the mind is active, it receives and understands information, or organizes them and makes conclusions and judgments about them. Therefore, there are two different ways to receive information, which Jung called them sensitive and intuitive and named different ways of judging logical and emotional (9). Jung considered thinking and feeling as intellectual functions because we judged with them about life experiences, and he considered sense and intuition as irrational functions because they are a passive recording of experiences without evaluation and interpretation (10). On the basis of two attitudes and four mentioned functions, Jung created eight personality types. Studies have shown that people's tendencies are closely related to Jung's attitudes and personality types (11). Studies have shown that there is a relationship between the family and the mental health of the family (12). For example, in a sample of 97 students who completed the Myers-Briggs Personality Types questionnaire, extroverts earned higher scores in mental health and general satisfaction with life than introverts (13). Fahimi thinks that the most important factors determining the quality of marriage are the relationship between wife and husband and the marital satisfaction, and believes that satisfactory marital relationship has a great influence on mental health and personality development of couples. (14). Studies have also shown that marital satisfaction is most affected by the personality characteristics of couples (15), and the more knowledge someone has about himself/herself and his/her spouse personality traits can be useful in reducing marital conflicts. Therefore, personality has a critical role in predicting compatibility, which means, certain factors of personality such as extraversion have stable and continuous tendencies which result in the positive and negative quality of compatibility (16). Basically, people who have positive and rational personality characteristics can better deal with problems and tensions in their lives and adopt more adaptive strategies to solve them and, as a consequence maintain their mental health and marital satisfaction. Therefore, because personality characteristics of individuals play a decisive role in preserving

mental health and predicting the degree of marital satisfaction of individuals, and considering the issues raised and the importance of the marital issue and couples' relationships, the importance of this study reveals. The purpose of this study was to investigate the relationship between Jung personality types with mental health and marital satisfaction in married students. The present study seeks to answer the following questions: Is it possible to predict mental health and marital satisfaction according to Yung personality types? and which of the personality types has a stronger relationship with mental health and marital satisfaction?

### Materials and Methods

The present study was a survey type in which descriptive-correlational method was used. The statistical population of the study consisted of all married students of Allameh Tabataba'i University who were studying in Bachelor, master and Ph.D. degrees. The sample consisted of 80 married students who were selected by multistage cluster random sampling method (this sample size was chosen because the identification of all married students of the university was not possible, so this is why the researchers decided to identify and sample through random sampling, which ultimately reached the sample size of 80 people). The criteria for inclusion were being married and studying in Bachelor, Master and Ph.D. degrees, and the criteria for exclusion were being single, guest students, and divorced people. Therefore, from among 10 faculties of Allameh Tabataba'i University, five colleges of social sciences, economics, accounting and management, psychology and education, and law and political sciences were randomly selected, then three classes were selected from each faculty randomly and the questionnaire was provided for all married students of these chosen classes. Due to the non-cooperation of some of the selected subjects, the examiner used the available sample instead. After selecting the research sample and before implementing the questionnaires, the information about the purpose of the research, as far as it does not cause any bias in the results of the research, was given to the participants and after obtaining informed consent, the married students completed the questionnaires. Since the questionnaires were related to the personal and marital information of the participants, the researchers were outside the classroom and only

come back in to respond when the participants had a question and therefore, to collect the questionnaire a place was determined in the class for students to put their questionnaires there after completion. Also due to a large number of research questions, some subjects who could not complete the questionnaires at that time were allowed to take the questionnaires with them and return them to the researchers after completion. It should be noted that this study was carried out in the fall of the academic year of 2012-2013. To analyze the data Pearson correlation and multiple regression methods were used in SPSS 20.

### Research instrument

*A) Myers-Briggs Type Indicator (MBTI):* This test consists of 4 bipolar scales created in the 1920s by Isabel Briggs Myers and her mother Katharine Cook Briggs. These 4 bipolar scales include introversion-extraversion, sensing-intuition, thinking-feeling, and judging-perceiving. In this 60 item test, there are 15 items for each bipolar scale (introversion/introversion, sensing/intuition, etc.), which every item has 2 forced-choice option and finally based on what polar gets the higher score the dominant type of person would identify. Myers and McCaulley (1985) reported alpha coefficients from 0.76 to 0.84 for 4 continuous subscales and on a sample of 9,000 subjects. This questionnaire has been standardized by Aflak Sair in Iran and has had acceptable validity and reliability (17). In the present study, reliability was calculated by Cronbach's alpha for introversion-extraversion (0.63), sensing-intuition (0.71), thinking-feeling (0.69), judging-perceiving (0.74), and for the total scale (0.75).

*B) General Health Questionnaire (GHQ):* This questionnaire was developed by Goldberg (1979) to distinguish people with mental disorders from others, this questionnaire was developed based on the population referred to general medical centers. The cut-off point in this questionnaire is 23. The original version of the questionnaire has 60 items and the 28 item form was made in an attempt to increase the variance and based on the 60 item version. In this study, the version with 28 items was used. Items are marked in a 4-degree range (much lower than always, less than always, as always and more than ever), and in all options, low scores indicate health and high scores indicate a lack of health in the individual. This tool has 4 subscales (somatic symptoms, anxiety symptoms, social

dysfunction and depression symptoms), and each of them has 7 items. The scoring method is based on the Likert scale according to the options (0,1,2,3). The reliability of the questionnaire has been confirmed in various studies (18). In the present study, reliability was calculated using Cronbach's alpha coefficient for somatic symptoms (0.68), anxiety symptoms (0.69), social dysfunction (0.70), depression symptoms (0.75) and the total scale (0.78).

C) *ENRICH Marital Satisfaction Scale (ENRICH)*: This 47 item questionnaire was used to assess marital satisfaction. This scale is a general measurement of marital relationships including ideal distortion, marital satisfaction, personality issues, communication, conflict resolution, financial management, leisure activities, sexual relationship, children and parenting, family and friends, equalitarian roles related to men and women, religious orientation, marital cohesion and marital change. Methods for determining marital satisfaction are as follows: a) score less than 30 indicates severe dissatisfaction of spouses from the relationships; b) score between 30 and 40 indicates dissatisfaction with marital relationships; c) score between 40 to 60 indicates relative and average satisfaction of the relationships; d) score

between 60 and 70 indicates a high level of satisfaction of the spouses; and (e) score above 70 indicates a great marital relationship satisfaction between the spouses. The questionnaire is scored in five options (Likert scale ranges from 1 to 5), and item 3, 5, 6, 7, 10, 13, 14, 18 19, 21, 22, 23, 26, 27, 28, 29, 32, 33, 34 score in reverse order. In Asodeh's study, the reliability of the questionnaire was obtained 0.68 by using the Cronbach's alpha coefficient (19). In the present study, Cronbach's alpha coefficient was calculated for the personality traits (0.79), conflict resolution (0.65), sexual relationship (0.77), religious orientation (0.74), and the total scale (0.80).

**Results**

The research population included 80 married girls and boys who were studying at Allameh Tabataba'i University. They were 61 males (76.3%) and 19 females (23.8%). They were 62 undergraduate students (77.5%), 18 master students (22.5%). The mean and standard deviation of the age of the subjects was 25.2 ± 1.13. Table 1 shows the mean and standard deviation of personality types, mental health, and marital satisfaction in the sample.

**Table 1.** The mean and standard deviation of personality types, mental health, and marital satisfaction

Personality Type Variables	Mean	S.D.	Mental Health Variables	Mean	S.D.	Marital Satisfaction Variables	Mean	S.D.
Introversion	8.81	3.15	Somatic Symptoms	6.59	3.27	Marital Satisfaction	26.9	3.37
Extroversion	6.18	3.15						
Sensing	9.17	3.26	Anxiety Symptoms	5.75	3.25	Personality Characteristics	16.9	4.7
Intuition	5.82	3.26						
Thinking	8.96	3.24	Social Dysfunction	12.9	2.46	Conflict Resolution	17	4.1
Feeling	6.04	3.24						
Perceiving	6.16	3.7	Depression Symptoms	3.66	4.07	Sexual Relationship	17.18	3.26
Judging	8.84	3.7						
						Religious Orientation	17.5	4

As the results of Table 1 show, the highest mean of personality types is related to the sensing type with a mean of 9.17 and a standard deviation of 3.26. To investigate the relationship between personality types and

mental health factors (depression symptoms, social dysfunction, anxiety symptoms and somatic symptoms), Pearson correlation coefficient was used. The results are presented in Table 2.

**Table 2.** Pearson correlation matrix between Jung personality types and mental health factors

Mental Health Factors Personality Types		Depression Symptoms	Social Dysfunction	Anxiety Symptoms	Somatic Symptoms	Total Score
Introversion	r	-0.08	-0.174	0.12	0.15	0.09
	p	0.48	0.12	0.28	0.18	0.38
Extroversion	r	0.08	0.174	-0.12	-0.15	-0.09
	p	0.48	0.12	0.28	0.18	0.38
Sensing	r	0.002	-0.115	0.43	-0.067	-0.057
	p	0.98	0.31	0.70	0.56	0.61
Intuition	r	-0.002	0.115	-0.043	0.067	0.057
	p	0.98	0.31	0.70	0.56	0.61
Thinking	r	-0.06	-0.065	-0.35	-0.39	-0.36
	p	0.61	0.55	0.01	0.01	0.01
Feeling	r	0.06	0.065	0.35	0.36	0.36
	p	0.61	0.55	0.01	0.01	0.01
Perceiving	r	0.075	0.075	0.01	0.12	0.17
	p	0.51	0.51	0.93	0.27	0.12
Judging	r	-0.075	-0.075	-0.01	-0.12	-0.17
	p	0.51	0.51	0.93	0.27	0.12

The findings indicate that there is a positive correlation between the feeling type of personality and the somatic symptoms factor ( $r=0.36, P=0.01$ ). Also, there is a positive correlation between the feeling type of personality and the anxiety symptoms factor ( $r=0.35, P=0.01$ ). The findings also show that there is a negative correlation between the thinking type of personality and the anxiety symptoms factor ( $r=-0.35, P=0.01$ ). Also, there

is a negative correlation between the thinking type of personality and the somatic symptoms factor ( $r=-0.39, P=0.01$ ).

To determine the relationship between personality types and marital satisfaction (personality characteristics, conflict resolution, sexual relationship, and religious orientation), Pearson correlation coefficient was used. The results are presented in Table 3.

**Table 3.** Pearson correlation matrix between Jung Personality types and marital satisfaction factors

Marital Satisfaction Factors Personality Types		Personality Characteristics	Conflict Resolution	Sexual Relationship	Religious orientation
Introversion	r	-0.04	0.046	0.085	0.071
	p	0.72	0.68	0.45	0.53
Extroversion	r	0.04	-0.046	-0.085	-0.071
	p	0.72	0.68	0.45	0.53
Sensing	r	0.44	0.3	0.29	0.35
	p	0.05	0.05	0.05	0.05
Intuition	r	-0.44	-0.3	-0.29	-0.35
	p	0.05	0.05	0.05	0.05
Thinking	r	-0.022	0.03	-0.056	0.02
	p	0.84	0.8	0.62	0.86
Feeling	r	0.022	-0.03	0.056	-0.02
	p	0.84	0.8	0.62	0.86
Perceiving	r	-0.033	0.079	0.02	0.003
	p	0.77	0.49	0.85	0.98
Judging	r	0.033	-0.079	-0.02	-0.003
	p	0.77	0.49	0.85	0.98

As the results of Table 3 show, there is a positive and significant correlation between sensing type of personality and marital

satisfaction factors ( $P<0.05$ ). Also, there is a significant negative correlation between intuition type of personality and marital

satisfaction factors ( $P<0.05$ ). In Table 4, the multiple regression with entering method was

used to examine the share of personality types in predicting mental health.

**Table 4.** Multiple regression analysis to examine the share of personality types in predicting mental health

Model	Non-standard Coefficients		Standardized Coefficients of Beta	T	P
	Beta	Standard Error			
Constant	32.06	9.8	-	4.23	0.01
Introversion	1.87	2.24	0.094	0.83	0.407
Extroversion	-1.87	2.24	-0.094	-0.83	0.115
Sensing	3.46	2.17	0.178	1.59	0.753
Intuition	-3.46	2.17	-0.178	-1.59	0.753
Thinking	5.47	2.25	0.265	2.42	0.017
Feeling	-5.47	2.25	-0.265	-2.42	0.017
Perceiving	1.99	2.16	0.104	0.92	0.36
Judging	-1.99	2.16	-0.104	-0.92	0.36

Mental Health= 32.06 + 0.265 Feeling Type Score

Mental Health= 32.06 - 0.265 Thinking Type Score

In Table 4, the share of all four personality types in predicting mental health has been studied. About the introversion-extraversion personality type, 9.4 percent of the variance in the overall change in mental health scores is predicted by this variable. The standardized beta coefficient shows that by increasing a standard deviation in the extroversion type score, it can be predicted that the mental health score will increase 0.094 unit, and this prediction is weak and not significant. Also, the

intuition/sensing and perceiving/judging types did not significantly predict mental health, but there was a significant correlation between feeling/thinking type and mental health ( $P<0.01$ ), and this type was able to predict 26.5% of the total variance of mental health scores significantly.

In Table 5, the multiple regression with entering method was used to assess the share of personality types in predicting marital satisfaction.

**Table 5.** Multiple regression analysis to examine the share of personality types in predicting marital satisfaction

Model	Non-standard Coefficients		Standardized Coefficients of Beta	T	P	R <sup>2</sup>
	Beta	Standard Error				
Constant	62.21	18.05	-	3.44	0.001	0.4
Introversion	-3.05	2.96	-0.116	-1.03	0.306	
Extroversion	3.05	2.96	0.116	1.03	0.306	
Sensing	5.78	2.85	0.224	2.03	0.046	
Intuition	-5.78	2.85	-0.224	-2.03	0.046	
Thinking	0.103	0.011	0.002	12.3	0.103	
Feeling	-0.103	0.011	-0.002	-12.3	0.103	
Perceiving	3.98	2.84	0.157	1.4	0.165	
Judging	-3.98	2.84	-0.157	-1.4	0.165	

Marital Satisfaction= 62.21 - 0.224 Intuition Type Score

Marital Satisfaction= 62.21+ 0.224 Sensing Type Score

According to the results of Table 5, it can be seen that introversion/extraversion type is not able to predict marital satisfaction ( $P<0.30$ ), the sensing/intuition personality type can significantly predict marital satisfaction ( $P<0.04$ ), the feeling/thinking type was not able to predict marital satisfaction ( $P<0.10$ ), and according to the results of the table, this prediction was not significant and finally the perceiving/ judging type was not able to predict

marital satisfaction ( $P<0.16$ ). Also, the results of the coefficient of determination and Jung's personality types common variance in explaining the factors of marital satisfaction showed that personality type can account for 23% of the total variance of personality characteristics, 15% of the total conflict resolution variance, 13% of the total sex relationship variance and 0.16 of the total variance of religious orientation.

## Discussion

The purpose of this study was to investigate the relationship between personality types with mental health and marital satisfaction, as well as prediction of mental health and marital satisfaction based on personality types. The results of the study show that there is no significant relationship between introversion-extraversion with mental health, which is inconsistent with previous findings (13,20-22), which state that extraverts got higher scores than introverts in mental health and general satisfaction in life.

In explaining the inconsistency of these findings with the previous findings, the tool difference can be noted. Most of the previous studies used the NEO Five-Factor's and Eysenck's personality questionnaire. On the other hand, the present study is conducted in the community of students and healthy people of the community which unlike the patient's community, mental health scores are not high enough to achieve meaningful relationships. Perhaps it would be better, as in the studies of Claxton and colleagues, to examine personality traits in different patient communities, in order to achieve a meaningful result (23). Claxton et al. suggested the importance of the influence of personality factors, noting that no pattern of anxiety and depression (as mental health factors) would be completed without taking into account personality traits (23).

The next finding was about the relationship between sensing/intuition and mental health which was not significant. In explaining this finding, it can be said that the sensing/intuition type in the Meyers-Briggs test refers only to the way in which information is gathered from the environment (24), while not referring to the way in which the information is received or the individual's reaction to it, but mental health refers to the basis of one's perception of one's self, how he/she reacts to stimuli and its performance in society. In addition, in the research population, the subjects were all those who had the same level of mental health, so the score did not have a high variance to make a difference.

The third finding was about the relationship between feeling/thinking and mental health, which was confirmed, and two factors of somatic symptoms and anxiety symptoms had a positive and significant correlation with the feeling type, and in fact, as much as the feeling type increases, symptoms of anxiety and

somatization disorder also increases. This finding is consistent with the findings of Chen, Tanaka, Uji, Hiramura, Shikai, Fujihara, Kitamura; Litzinger and Gordon and Moghailo and Vafai (20,25,26).

In explaining the relationship between feeling type and mental health, one can point out the impact of the type of thinking. Different perspectives consider mental health or lack of it as a matter of the way in which people receive or interpret the world, or in particular, the peripheral environment (27). In addition, more or less attention to some aspects of issues and events can affect people's cognition of oneself and others, so that some of the experts (such as Del Missier, Ferrante and Constantini considered this cognitive pattern as a kind of cognitive distortion called "Focusing effects", which makes only some aspects of incident important not the others (28).

Finally, the last finding was about the relationship between perceiving/judging with mental health that was not significant. While the perceiver is open and receptive, judger is the exact opposite (24), and given this definition, it would be possible to consider the perceiving equivalent of extraversion in the Big Five, and according to studies such as Grossi and Sufiani's study which showed that there is a significant positive correlation between the extrovert personality and mental health, it was also expected that there would be a positive correlation between the mental health and perceiving type and a negative correlation between the mental health and judging type but it didn't happen (29). Therefore, more research with different subjects, or the replacement of the Meyers-Briggs test with NEO, will provide researchers more data to explain and interpret this topic, just as Costa and McCrae suggest that the five-factor NEO test provides an alternative method for analyzing Myers-Briggs findings in a broader theoretical framework (30).

Also, according to the results, there is no significant relationship between introversion-extraversion and marital satisfaction, which is consistent with Fazel et al. (3). Also, in a research by Ahadi which tried to determine the relationship between personality traits of the five-factor model and marital satisfaction, the results showed that there was no significant relationship between extraversion and marital satisfaction (31). However, some studies are inconsistent with the findings of this study. For

example, in Shakerian, Fatemi, and Farhadian's; Arefi's; Taraghijah, Bahadori, and Khanjani's research there was a significant positive correlation between extraversion and marital satisfaction (15,32,33). In Arefi's research, which was done with the aim of predicting the satisfaction of relationship during engagement through personality traits and similarity of couples' personality and family, the results showed that personality traits and similarity of couples' personality and family predicted the satisfaction of the relationship during the engagement positively (32). The results of Taraghijah, Bahadori, and Khanjani's research showed that marital satisfaction has a negative relationship with neuroticism and positive relationships with extraversion, openness, agreeableness, and conscientiousness (33).

In explaining these inconsistent findings, it can be pointed out that various studies have used different tools in different groups, so it is not expected that the results be completely similar. The Gur-Aryeh study showed that women expressed their positive feelings more easily and they were more extrovert than men (34). So, maybe the gender differentiation of men and women in marital satisfaction is the cause of inconsistent findings. In addition, Gur-Aryeh showed that in the relationship between emotional expression and marital satisfaction according to the type of feelings, participants express more satisfaction when their extrovert spouse expressed positive emotions and less satisfaction when their extrovert spouse expressed negative emotions (34), the results of this study shows that the type of emotions which one spouse express (for example, positive or negative emotions) affects the level of marital satisfaction of the other spouse, not the type of personality (e.g. extrovert or introvert). The second finding was about the relationship between sensing-intuition and marital satisfaction which was significant. The four factors of marital satisfaction questionnaire including personality characteristic, conflict resolution, sexual relationship and religious orientation had a positive and significant correlation with sensing type of personality, which is consistent with the findings of Amani and Majzobi (35). In explaining this finding, one can point out the importance of sensing approaches on increasing sexual satisfaction and, consequently, increasing marital satisfaction. The next finding

was about the relationship between feeling-thinking and marital satisfaction which was not significant. In explaining this, it can be said that just being feeling type or thinking type of the personality does not increase marital satisfaction, but this is the similarity and consistency of the personality types of the parties that cause marital satisfaction, as Amani and Majzobi showed in their research that the marital satisfaction of the spouses with the same types of the personality was higher than spouses with different personality types (35).

The last finding of the study was the relationship between the perceiving-judging type and marital satisfaction, which was not significant. This finding is inconsistent with Amani and Manzoni's research findings which showed that there is a relationship between perceiving-judging type and couples' marital satisfaction (35). In explaining this, the researcher agrees with the result of Amani and Manzoni's study (35), because as Fazel et al. showed, conscientiousness and extraversion can predict marital satisfaction between couples strongly (3). So in this study, it was expected too that it should be a correlation between perceiving-judging type and marital satisfaction, but unexpectedly there wasn't, so the lack of correlation may have been due to the relatively low sample size, therefore, more research with larger sample size are recommended to be ensured. Some of the research limitations were impossibility of using a larger sample because of the lack of access to all married students, non-cooperation of individuals, the disinclination of many individuals to participate in the test due to the large number of questions and the distrust of some of the participants especially women, to raise their private issues in the marital satisfaction questionnaire, despite the fact that the confidentiality of the information was emphasized. According to the findings, it is suggested that clinics and pre-marriage counseling centers try to increase the success rate of marriage and durability of the relationship and also reduce the possible future problems between couples by applying Jung's personality Types on the young couples, using consistency or inconsistency of personality types. On this base, it can be said that the consistency or inconsistency of personality types can predict the level of mental health of couples, the success of marriage, and the durability of the marital relationship. It is also



suggested to future researchers that investigate the other relevant variables to the dependent variable of research (marital satisfaction) and use larger samples to increase external validity and generalizability of the research findings.

### Conclusion

The findings of this study, which aimed to investigate the relationship between Jung personality types with mental health and marital satisfaction in married students, showed that there is a significant correlation between feeling/thinking and somatic symptoms and anxiety symptoms and that feeling/thinking type can predict mental health significantly. Also, there is a significant correlation between sensing/intuition type with personality

characteristics, conflict resolution, sexual relationship and religious orientation. The sensing/intuition type can predict marital satisfaction with certainty, but there was no significant relationship between introversion/extraversion type, feeling/thinking type, and perceiving/judging.

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