Original Research

Prediction of Marital Satisfaction Based On Happiness, Hope, Spiritual Intelligence and Interpersonal Forgiveness in Couples

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Abstract

Background: The present research was conducted with the aim of predicting marital satisfaction based on the variables of happiness, hope, spiritual intelligence and interpersonal forgiveness in couples.

Methods: The research method was a correlational description. The statistical population of this research is made up of all couples living in Isfahan city in the spring of 2018. Among them, 150 couples were selected from recreational and cultural centers in the five regions of North, South, East, West and the center of Isfahan. The research tools included Enrich Form Inventory , Oxford Happiness Inventory (OHI), Scale Snyder hope Inventory, King,s Spiritual Intelligence Self Report Inventory (SISRI) and Heartland Forgiveness Scale (HFS). The data were analyzed using correlation methods and regression analysis with hierarchical and step-by-step method and SPSS 23 software.

Results: The research findings showed that happiness, hope and interpersonal forgiveness predict marital satisfaction and communication in couples ($P < 0.01$) and also happiness and hope can predict ideal distortion and conflict resolution in couples. ($P < 0.01$). Spiritual intelligence did not predict any of the marital satisfaction subscales.

Conclusion: The greater the happiness, life expectancy and interpersonal forgiveness in each other's presence, the higher the level of marital satisfaction in the couple.

Keywords: Marital Satisfaction, Happiness, Hope, Spiritual Intelligence, Forgiveness, Couples

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Introduction

Marital compatibility and the satisfaction of couples are considered important factors in creating a good and stable relationship. In fact, marital satisfaction means the couple's feeling of happiness and vitality from their life together. For most couples, marital satisfaction can even be considered as the main source of social support and protection against physical and mental diseases, and causes satisfaction with life and success in society (1). A high level of marital satisfaction between couples leads to an increase in the ability to adapt and establish social relationships, increase life expectancy and reduce the risk of depression and mental disorders. In addition, the children of these families reach a higher level of education with greater adaptability (2). Marital satisfaction is influenced by many factors including age, duration of marriage, education and income, personality traits, religion, emotional intelligence, sexual relations, personal health and age difference between couples (3). A person's satisfaction with married life is considered as her satisfaction with her/his family, and satisfaction with her/his family means satisfaction with life, and as a result, it will facilitate the growth and excellence and the material and spiritual progress of the society (4).

Marital satisfaction can be considered as a psychological situation that does not arise by itself, but requires the efforts of both couples (5). One of the most important factors in marital satisfaction is spiritual and religious beliefs. Mahoney, Pargament, Jewell, B. Swank, Scott et al (1999) (6) found out that when spouses give their relationship a sacred aspect, they have more marital satisfaction and fewer conflicts, and they can solve their problems better.

Research shows that religious beliefs, rituals, and commitments are associated with positive outcomes such as improved quality of life, well-being, physical and mental health, marital satisfaction and sustainable living, and positive work performance. Religious attitude can be effective in marital relationship because religion includes guidelines for life and provides a system of beliefs and values that these characteristics can affect marital life. Spiritual intelligence is higher in couples who have a good relationship with religion than other groups and the differences are significant. Spiritual intelligence is a form of intelligence that combines the concepts of spirituality and intelligence in a new structure and provides a rational use of spiritual skills to search for meaningful and valuable issues for mankind. This intelligence, which is the basis of human values, beliefs and actions, enables couples to search for growth and excellence in facing the realities of life by focusing on ontological issues. Therefore, the increase in spiritual intelligence scores of people who have a good relationship with religion can be justified (7).

The factor of forgiveness is another variable that has attracted the attention of researchers in the field of couple conflicts. Worthington (2000) believes that family members hurt each other. This means that resentment is inevitable in family relationships. This is where the issue of forgiveness comes up. The concept of forgiveness is defined as the process of voluntarily renouncing the right to be angry and disgusted by a wrongful act, in which the aggrieved person takes a warm and loving attitude towards the wronged person. The process of forgiveness includes four stages, which are annoyance, disgust, recuperate, to forgive, and finally reconciliation and reversion to others (8).

Forgiveness is a byproduct of the healing process, which indicates positive self-esteem (9). Karmichael (2003) (10) states, forgiveness shows itself as an emotional experience in interpersonal situations, between the wrongdoer and the victim. For this reason, it can be said that people who are more capable in intrapersonal and extrapersonal relationships, act in a more useful and effective way in the face of annoying factors. Another factor that can lead to marital satisfaction is life expectancy. Life expectancy can be described as a healing, multidimensional, dynamic and powerful factor and plays an important role in coping with

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loss. To predict the life expectancy for a living population in the current year, the concept of life table is used (11). Life expectancy predicts physical and mental health as defined by a variety of indicators including self-reported health, positive response to medical interventions, mental health, positive mood, avoiding stressful life events, seeking social support and health promoting behavior (12).

Practical hope is motivating and enables people to choose a path that leads to a positive outcome. Another important psychological feature that a healthy person should have is a sense of well-being or happiness. Joy is considered a serious and important issue for couples. Because joy affects the mental components of marital quality and increases the quality of life of couples (13).

Although marital satisfaction has been the subject of many studies, divorce statistics, which are the most reliable indicators of marital turmoil, show that marital satisfaction is not easily attainable (14). According to the importance of the relationship between spiritual intelligence, happiness, hope and forgiveness with marital satisfaction, the present research seeks to answer the question of how spiritual intelligence, happiness, hope and interpersonal forgiveness can predict marital satisfaction.

Methods

The design of the current research is a description of the type of correlation. The statistical population of this research is all the couples living in Isfahan city in the spring of 2018. Using available sampling method, 150 couples were considered for the sample size. To collect information, a Inventory was used to collect the necessary data to test the research hypotheses. Enrich Inventory has been chosen to check the level of marital satisfaction. In order to measure and measure forgiveness, the Inventory of the Heartland section in 2005 (Thompson, Schneider, Hoffman) was used. This Inventory has 18 questions and three subscales: forgiveness of self, forgiveness of others and forgiveness of circumstances. King,s Spiritual Intelligence Self Report Inventory (SISRI) was used to measure the level of spiritual intelligence from different dimensions (critical existential thinking, production of personal meaning, expansion of the state of consciousness, transcendental consciousness). Scale Snyder hope Inventory was used to determine the hope level of adults. The Oxford Happiness Inventory (OHI) was used to check happiness.

This Inventory was created in 1989 by Arjil, Martin and Crasland (15). The method of making it was such that these researchers, through consultation with Aaron T. Beck, reversed the sentences of Beck's depression scale and 21 items were obtained. Then 11 items were added to these 21 items, and finally, with the final checks of the 29-item scale, the Oxford Happiness Inventory emerged. Then, the data obtained from the Inventory s were analyzed using spss software at two levels of descriptive statistics and inferential statistics. At the level of inferential statistics, regression analysis has been used to measure research variables and hypotheses.

Results

Examining research hypotheses

The first general hypothesis: happiness, hope, spiritual intelligence and interpersonal forgiveness predict marital satisfaction in couples. The results of hierarchical regression analysis are presented in Tables 1 and 2.

As can be seen, the amount of VIF in this regression analysis is less than 2.5. The amount of telorance is also more than 0.4. Therefore, the necessary assumptions in this regression have been confirmed.

The results of the hierarchical regression analysis show that after controlling the demographic variable of education, all research variables including happiness, life expectancy, interpersonal forgiveness in the presence of each other can predict marital satisfaction in couples. But spiritual intelligence is not able to predict this variable. Among these predictive variables, happiness has the most predictive power.

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Based on the results obtained in Table 2, the relationship between happiness, life expectancy and interpersonal forgiveness with marital satisfaction is positive and significant.

The second general hypothesis: happiness, hope, spiritual intelligence and interpersonal forgiveness predict ideal distortion in couples.

The results of hierarchical regression analysis are presented in Tables 3 and 4.

The results of the hierarchical regression analysis show that after controlling the demographic variable of education, the variables of happiness and life expectancy can predict ideal distortion in couples. But spiritual intelligence and interpersonal forgiveness are not able to predict this variable. Among these predictive variables, happiness has the most predictive power.

Based on the results obtained in Table 4, the relationship between happiness, life expectancy and ideal distortion is positive and significant.

The third general hypothesis: happiness, hope, spiritual intelligence and interpersonal forgiveness predict communication in couples.

The results show that after controlling the demographic variable of education, all research variables including happiness, life expectancy, interpersonal forgiveness in the presence of each other can predict communication in couples. But spiritual intelligence is not able to predict this variable.

Based on the results obtained in Table 6, the relationship between happiness, life expectancy and interpersonal forgiveness is positive and meaningful.

The fourth general hypothesis: happiness, hope, spiritual intelligence and interpersonal forgiveness predict conflict resolution in couples.

The results showed that after controlling the demographic variables of education, the variables of happiness and life expectancy can predict conflict resolution in couples. But spiritual intelligence and interpersonal forgiveness are not able to predict this variable. Among these predictive variables, happiness has the most predictive power. This variable can predict 0.082 or 8.2% of conflict resolution in couples.

Based on the results obtained in Table 8, the relationship between happiness, life expectancy and conflict resolution is positive and significant.

Discussion

According to the findings of the research, the variables of happiness, life expectancy and interpersonal forgiveness in the presence of each other can predict marital satisfaction as a subscale of total marital satisfaction in couples. But the contribution of spiritual intelligence in this explanation is partial and insignificant. These results are in agreement with the research results of Zare (2014) (16) and Nukaabadi (2022) (17) which showed that there is a significant relationship between marital satisfaction and happiness, and also aligned with Amrman's research (2017) (18) which showed that there is a relationship between forgiveness and Marital satisfaction has a significant positive relationship. And it is inconsistent with the results of Sarikhani's (2015) (19) research, which showed that there is no significant relationship between life expectancy and marital satisfaction. It was also found that happiness and life expectancy variables can predict ideal distortion in couples. But spiritual intelligence and interpersonal forgiveness are not able to predict this variable. In explaining these findings, it can be said that the higher the happiness and life expectancy of a couple, the greater the ideal distortion and idealization of their marital relationship. The results showed that happiness, life expectancy and interpersonal forgiveness in the presence of each other can predict communication in couples. But spiritual intelligence is not able to predict this variable. Among the predictor variables, happiness has the most predictive power. After that, life expectancy and then interpersonal forgiveness can predict couples' communication. In explaining these findings, it can be said that the higher the level of happiness, life expectancy and interpersonal communication in couples, the more satisfaction with communication will increase.

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Also, in the explanation of the subsequent findings, it was found that the increase in happiness and life expectancy increases conflict resolution in couples. Conflict in marital relations is normal because of the joint decisions they make. The severity of conflicts can range from obvious differences in the opinions of couples to serious differences in goals, values, and aspirations. One of the pillars of happiness is positive emotion, which is related to extroversion. Extroverts are people full of life, energy and positive energy. They seek social opportunities and connections with others. In explaining the findings of this research that increasing forgiveness does not improve the satisfaction of conflict resolution, it can be pointed out that probably what causes conflict resolution is not forgiveness, but forgiveness is the result of conflict resolution. The findings of this research that spiritual intelligence does not predict marital satisfaction are consistent with the research of Bakshaish (2014) (20) and has been inconsistent with the researches of Alidadi Taimeh et al. (2014) (21) and Hossein Dokht et al. (2013) (22).

Conclusion

In the explanation of the above findings, it can be stated that the more happiness, life expectancy and interpersonal forgiveness in the presence of each other, the higher the level of marital satisfaction in couples. This may be because happy people usually evaluate their skills better and remember positive events more than negative events and make better decisions in life plans. Increasing happiness and life expectancy in couples increases their mood and positive emotions, and in this way, their assessment of the ideality of their marital relationship increases. Happiness by creating a positive emotional exchange makes couples feel that they have a better understanding of each other and can empathize well with any mood. Couple communication is a systematic, unique and evolving interaction that requires skill. These communications are important both verbally and non-verbally. Happiness by creating a positive attitude to life, more positive self-concept, better mental health and emotional balance, better attitude towards oneself and others, balanced social relations and better functioning of the immune system against stress makes couples behave more effectively in their communication. It is suggested that counseling centers can help interpersonal forgiveness and marital satisfaction in couples by arranging conflict resolution training courses.

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ZN conceptualized the study objectives and design.

Ethical Consideration:

None

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Tables:

Table 1: Multiple correlation coefficient and analysis of variance to predict marital satisfaction through happiness, hope, spiritual intelligence and interpersonal forgiveness

	variables / index	R	R2	F of change	R2 of change	meaningful	F	meaningful	vif	tolerance
1	education	0.181	0.033	862.9	0.033	0.002	862.9	0.002	081.1	925.0
2	happiness	0.495	0.246	7771.81	0.213	0.001	185.47	0.001	591.1	629.0
3	life expectancy	0.581	0.337	927.39	0.092	0.001	988.48	0.001	602.1	624.0
4	Spiritual intelligence	0.581	0.337	0.020	0.001	0.887	622.36	0.001	291.1	775.0
5	Interpersonal forgiveness	0.595	0.354	362.7	0.017	0.007	417.31	0.001	438.1	695.0

Table 2: Multiple regression coefficients for predicting marital satisfaction through happiness, hope, spiritual intelligence and interpersonal forgiveness

	Indicators	B	SEb	β	T	meaningful
	constant number	898.32	116.1		471.29	0.001
1	1 Education	0.918	0.292	0.181	140.3	0.002
	constant number	434.25	287.1		760.19	0.001
1	1 Education	0.322	0.267	0.063	206.1	0.229
3	3 Happiness	0.204	0.023	0.476	9.043	0.001
	constant number	075.13	299.2		686.5	0.001
1	1 Education	0.316	0.251	0.062	262.1	0.208
3	3 Happiness	0.124	0.025	0.291	5.057	0.001
4	4 life expectancy	0.513	0.081	0.355	319.6	0.001
	constant number	954.12	453.2		280.5	0.001
1	1 Education	0.315	0.251	0.062	254.1	0.211
3	3 Happiness	0.124	0.025	0.290	994.4	0.001
4	4 life expectancy	0.509	0.086	0.352	908.5	0.001
5	5 spiritual intelligence	0.003	0.024	0.008	0.143	0.887
	constant number	287.10	618.2		929.3	0.001
1	1 Education	0.236	0.250	0.047	0.945	0.346
3	3 Happiness	0.104	0.026	0.243	066.4	0.001
4	4 life expectancy	0.464	0.087	0.321	350.5	0.001
5	5 spiritual intelligence	-0.007	0.024	-0.015	-0.286	0.775
6	6 interpersonal forgiveness	0.074	0.027	0.154	713.2	0.007

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Table 3: Multiple correlation coefficient and analysis of variance to predict ideal distortion through happiness, hope, spiritual intelligence and interpersonal forgiveness

	variables / index	R	R2	F of change	R2 of change	meaningful	F	meaningful	vif	tolerance
۱	education	0.154	0.024	7.045	0.024	0.008	7.045	0.008	081.1	925.0
۲	happiness	0.536	0.287	032.107	0.263	0.001	322.58	0.001	591.1	629.0
۳	life expectancy	0.590	0.349	381.27	0.062	0.001	546.51	0.001	602.1	624.0
۴	Spiritual intelligence	0.593	0.352	517.1	0.003	0.219	107.39	0.001	291.1	775.0
۵	Interpersonal forgiveness	0.595	0.354	0.940	0.002	0.333	467.31	0.001	438.1	695.0

Table 4: Multiple regression coefficients for predicting ideal distortion through happiness, hope, spiritual intelligence and interpersonal forgiveness

	Indicators	B	SEb	β	T	meaningful
	constant number	726.16	0.711	-	536.23	0.001
1	Education	0.494	0.186	0.154	654.2	0.008
	constant number	465.11	0.793	-	460.14	0.001
1	Education	0.074	0.164	0.023	0.449	0.654
3	Happiness	0.144	0.014	0.529	346.10	0.001
	constant number	5.036	444.1	-	487.3	0.001
1	Education	0.071	0.157	0.022	0.450	0.653
3	Happiness	0.102	0.015	0.377	622.6	0.001
4	life expectancy	0.267	0.051	0.291	233.5	0.001
	constant number	688.5	537.1	-	701.3	0.001
1	Education	0.077	0.157	0.024	0.492	0.623
3	Happiness	0.105	0.016	0.386	728.6	0.001
4	life expectancy	0.289	0.054	0.315	351.5	0.001
5	spiritual intelligence	0.019-	0.015	-0.066	-232.1	0.219
	constant number	5.085	658.1	-	066.3	0.002
1	1 Education	0.060	0.158	0.019	0.377	0.707
3	3 Happiness	0.100	0.016	0.369	171.6	0.001
4	4 life expectancy	0.278	0.055	0.304	5.069	0.001
5	5 spiritual intelligence	-0.021	0.015	0.074	-369.1	0.172
6	6 interpersonal forgiveness	0.017	0.017	0.055	0.969	0.333

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Table 5: Multiple correlation coefficient and analysis of variance to predict communication through happiness, hope, spiritual intelligence and interpersonal forgiveness

	variables/index	R	R2	F of change	R2 of change	meaningful	F	meaningful	vif	tolerance
1	education	0.147	0.022	471.6	0.022	0.011	471.6	0.011	081.1	0.925
2	happiness	0.475	0.226	388.76	0.204	0.001	268.42	0.001	591.1	0.629
3	life expectancy	0.509	0.259	085.13	0.034	0.001	714.33	0.001	602.1	0.624
4	Spiritual intelligence	0.509	0.259	0.001	0.001	0.995	198.25	0.001	291.1	0.775
5	Interpersonal forgiveness	0.533	0.285	165.10	0.025	0.002	833.22	0.001	438.1	0.695

Table 6: Multiple regression coefficients for predicting communication through happiness, hope, spiritual intelligence and interpersonal forgiveness

	Indicators	B	SEb	β	T	meaningful
	constant number	049.31	318.1		558.23	0.001
1	1 Education	0.878	0.345	0.147	544.2	0.011
	constant number	469.22	531.1		677.14	0.001
1	1 Education	0.193	0.317	0.032	0.607	0.544
3	3 Happiness	0.234	0.027	0.466	740.8	0.001
	constant number	688.13	854.2		797.4	0.001
1	1 Education	0.189	0.311	0.032	0.607	0.545
3	3 Happiness	0.178	0.031	0.354	825.5	0.001
4	4 life expectancy	0.364	0.101	0.215	617.3	0.001
	constant number	694.13	045.3		497.4	0.001
1	1 Education	0.189	0.312	0.032	0.605	0.545
3	3 Happiness	0.178	0.031	0.354	773.5	0.001
4	4 life expectancy	0.364	0.107	0.215	411.3	0.001
5	5 spiritual intelligence	0.001	0.030	0.001	0.006-	0.995
	constant number	823.9	234.3		037.3	0.003
1	1 Education	0.075	0.309	0.013	0.242	0.809
3	3 Happiness	0.149	0.032	0.297	712.4	0.001
4	4 life expectancy	0.300	0.107	0.177	797.2	0.006
5	5 spiritual intelligence	-0.015	0.030	-0.029	0.509	0.611

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6	6 interpersonal forgiveness	0.108	0.034	0.191	188.3	0.002

Table 7: Multiple correlation coefficient and analysis of variance to predict conflict resolution through happiness, hope, spiritual intelligence and interpersonal forgiveness

	variables / index	R	R2	F of change	R2 of change	meaningful	F	meaningful	vif	tolerance
1	education	0.094	0.009	587.2	0.009	0.109	587.2	0.109	081.1	0.925
2	happiness	0.302	0.091	261.26	0.082	0.001	536.14	0.001	591.1	0.629
3	life expectancy	0.375	0.141	679.16	0.050	0.001	774.15	0.001	602.1	0.624
4	Spiritual intelligence	0.375	0.141	0.005	0.001	0.942	791.11	0.001	291.1	0.775
5	Interpersonal forgiveness	0.385	0.148	551.2	0.008	0.111	9.994	0.001	438.1	0.695

Table 8: Multiple regression coefficients for predicting conflict resolution through happiness, hope, spiritual intelligence and interpersonal forgiveness

	Indicators	B	SEb	β	T	meaningful
	constant number	576.29	0.951		115.31	0.001
1	1 Education	0.400	0.249	0.094	608.1	0.109
	constant number	670.25	188.1		602.21	0.001
1	1 Education	088.	0.246	0.021	0.359	0.720
3	3 Happiness	0.107	0.021	0.296	125.5	0.001
	constant number	020.18	202.2		184.8	0.001
1	1 Education	0.085	0.240	0.020	0.354	0.724
3	3 Happiness	0.057	0.024	0.160	440.2	0.015
4	4 life expectancy	0.317	0.078	0.261	084.4	0.001
	constant number	079.18	350.2		694.7	0.001
1	1 Education	0.085	0.240	0.020	0.355	0.723
3	3 Happiness	0.058	0.024	0.160	427.2	0.016
4	4 life expectancy	0.319	0.082	0.263	873.3	0.001
5	5 spiritual intelligence	-0.002	0.023	0.004	0.073-	0.942
	constant number	563.16	528.2		551.6	0.001
1	1 Education	0.041	0.241	0.010	0.169	0.866
3	3 Happiness	0.046	0.025	0.129	877.1	0.042
4	4 life expectancy	0.294	0.084	0.242	510.3	0.001
5	5 spiritual intelligence	0.008	0.023	0.020-	0.324	0.746

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6	6 interpersonal forgiveness	0.042	0.026	0.104	597.1	0.111

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