Original

Investigating The Relationship Between Love And Psychological Well-Being With Marital Satisfaction

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Abstract

Background: The aim of this study was to investigate the relationship between love and psychological well-being with marital satisfaction.

Methods: This research was applied and its method was descriptive and correlational. The information required for this study was collected through 3 written questionnaires, which are the Enrich (Marital Psychological Welfare Questionnaire) Reef (as well as the Love Questionnaire) developed by the researcher. The statistics of this study consisted of all couples living in Tabriz. Finally, the questionnaires of 368 people were statistically analyzed.

Results: This study had 4 main questions that after analyzing the data, the following answers were obtained: There is a significant relationship between love and marital satisfaction, there is a significant relationship between psychological well-being and marital satisfaction.

Conclusion: there is a significant relationship between the components of love and marital satisfaction, between the components of psychological well-being and There is a significant relationship between marital satisfaction and in the end, some suggestions were given to solve the problems of couples and to create a culture of families.

Keywords: Love, Psychological well-being, Satisfaction, Marriage.

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Introduction

Marital satisfaction is the same objective feeling of satisfaction, satisfaction and pleasure experienced by a woman or man, when they consider all aspects of their shared life, marital satisfaction is a multidimensional concept that involves a variety of factors, and these factors play a role in the overall satisfaction or unhappiness of relationships, and in general, each couple has different expectations of their relationships [1].

Nowadays, in the field of applied psychology, the psychology of marriage and family counseling can be emphasized. In the field of family psychotherapy, which has an increasing overlap with marriage counseling, it is possible to investigate the relationship between couples and couples and increase the understanding and intimacy and commitment of couples by using the process of love. Family as the first focal point in which the person is placed has considerable importance [2]. The first environmental effects that a person receives are from the family environment and even the individual's influence from other environments can be derived from this family environment. The established family is an important part of human destiny and plays a great role in determining the style and policy of future life, ethics, health and performance of the individual in the future. Factors such as parents' personality, their mental and physical health, family education methods, occupation and education of parents, economic and cultural status, place of residence, volume and population, social relations and many There are other variables in the family that affect the child's personality, mental and physical health, future career, education, economics, social and cultural adaptation, family formation, etc. [3].

The main questions of this study are:

1- Is there a relationship between love and satisfaction with marital life?

2- Is there a relationship between psychological well-being and satisfaction of marital life?

Based on existing studies, backgrounds and theories, it can be assumed that there is a significant relationship between love, psychological well-being and life satisfaction.

Marital Satisfaction in the family

Marriage is the cause of the emergence of the family and the family is the first and most unique social institution that considers the health and success of a society to be due to the peace and satisfaction of its members. The importance and investigation of this important social institution can be a useful step in promoting the culture of society. Resolving the problems of a family and relationships between couples is one of the most important items in the health of the society, problematic relationships lead to problems in physical and mental health, in addition to marital problems, level of marital conflicts, marital adjustment, depression symptoms [4]. The quality of marital relationships is an important predictor of mental health [5]. The importance of relationships between family members, especially husband and wife, becomes clearer as the main pillars of the family. Among these, marital satisfaction is one of the most important factors affecting family functioning [6].

well-being

Psychological well-being is a psychological component of quality of life that is defined as people's understanding of their own lives in the area of emotional behaviors and mental functions and dimensions of mental health and consists of two parts: the first part is a cognitive judgment about how people are progressing in their lives, while the second part includes the level of pleasant experiences. Researches on psychological well-being have revealed territories of personality, motivation and cognitive factors that all of these factors contribute to people's satisfaction with life.

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Personal well-being has seven important domains: Standards of living, health, success in life, safety, self-relationship, social interactions and the future of safety. These valuable domains contribute to the psychological and physical understanding of individuals and identification of general personal well-being components. Psychological well-being indicates how people feel about themselves and includes emotional responses, life satisfaction and judgment about quality of life. Psychological well-being is an important structure that leads to depression and social isolation at a low level, resulting in a lack of satisfaction and self-confidence and a lack of will or purpose in life and leads to a decrease in mental and physical health.

Psychological well-being

The emergence and rise of positive psychology in recent years, which is the consequence of the above approach, has led to a significant increase in interest and attention to the positive aspects of psychological function as a new approach in psychological health researches [8].

love

Love has implications for the health and well-being of marital life and may activate brain regions associated with excitement, attention, motivation and memory of each couple, as well as control the automatic nervous system, i.e., reduce stress and improve immune function. Love styles have a significant impact on cognitions and behaviors that reflect satisfaction, commitment and investment in relationships and can play a role in predicting the occurrence of marital infidelity and happiness in couples. The style of love refers to how people define love or love giving. Considering the importance of the concept of love and love giving, many theories have been proposed in this field, but one of the most important ones that explains the components and types of love is the triangular theory of love. The components of love are intimacy, passion and commitment [9].

Marital satisfaction

According to the definition, marital satisfaction is a state in which a couple feels happy and satisfied with marriage and togetherness. Considering that the category of marriage stability and reduction of marital problems such as marital dissatisfaction is important for providing mental health of the family and consequently mental health of the society. Identifying the factors that affect marital satisfaction is important both theoretically and clinically, because our greater understanding of psychological underlying processes and predictive factors of marital satisfaction can lead to our better understanding of this phenomenon in order to control it more appropriately [10]. Increasing evidence shows how couples' perception, interpretation and evaluation of each other and their relationships can affect their communication quality [11]. Based on the cognitive theories of Bec (1976) and Ellis (1962) about uncompromising behavior, five categories of cognitive phenomena play an important role in the phenomenon and perpetuation of adultery abnormality. In this regard, in order to achieve a systematic approach, five types of cognitive components in couples have been investigated.

. These five components are [8]:

1. Selective attention: focus on some aspects of communication and spouse behavior.
2. Documents: Interpretation and specific style of documents for marital events and spouse behavior.
3. Expectations: Predicting the future and specific areas of the marital relationship.
4. Assumptions: Beliefs about the reality and function of the relationship (for example, how do couples behave?)
5. Mental Criteria: Beliefs about how a person should relate to his or her spouse.

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Type of study, statistical population, sample and sampling method

This research is applied research and its method is descripted and correlational. The statistical population of this study consists of all couples residing in Bandar Abbas who reside in the sampling area for at least 5 years. From the statistical population mentioned, 390 men and women were selected by available sampling method and in order to select the sample size according to the time constraints and research facilities, the probability accuracy or degree of confidence was 0.05 and the probability of error or accuracy of the estimate was 0.5. Therefore, 368 people were considered as the final sample, which increased to 390 due to the possibility of falling the questionnaire. The required information for this study was collected through three written questionnaires including marital life satisfaction questionnaire, psychological well-being questionnaire and love questionnaire, which is researcher-made.

Statistical method for data analysis:

In this study, after collecting the data by using the questionnaire technique, the final data were extracted and analyzed using SPSS software program (version 17). In the next step, in order to describe the data, average statistics, standard deviation and . . . It was used. Pearson correlation coefficient, regression analysis of two and several variables were used to test assumptions and measure relationships between variables.

Table 1- Mean, variance, standard deviation of the components of the subjects participating in the present study

Components		**min**	**max**	**mean**	**standard deviation**	**variance**
Main	**Marital satisfaction**	2.30	4.70	.33329	0.47174	0.223
	Psychological well-being	2.49	4.27	3.4281	0.30013	0.090
	Love	2.53	4.11	3.3182	0.27773	0.077
Dimensions of love	**cognition**	2.44	4.78	3.8385	0.37495	0.141
	Respect	2.00	4.00	3.0314	0.37901	0.144
	Compassion	2.08	4.58	3.265	0.44981	0.202
	Responsibility	1.75	4.88	3.0588	0.54238	0.294

According to the table above in the first part, the main components include adultery satisfaction, psychological well-coming, love, and the highest mean was related to psychological well-benefit 3.4281 and the lowest was related to love .3182. The highest standard deviation for marital satisfaction was 0.47174 and the lowest in love was 0.27773. The highest variance for marital satisfaction is 223.0 and the lowest in love is 077.0. In the second part of the table, the components of love dimensions including cognition, respect, compassion, responsibility are expressed and the highest mean is related to cognition 3.8385 and the lowest is related to respect 3.0314.

Table 2- Pearson's Simple Correlation Coefficient

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Coefficient		Marital satisfaction	love
Marital satisfaction	**Pearson's Correlation Coefficient**	**1**	**.399****
	P		**0.001**
	N	**368**	**368**
love	**Pearson's Correlation Coefficient**	**.399****	**1**
	P	**0.001**	
	N	**368**	**368**

The highest deviation of standard criterion for responsibility was 0.54238 and the lowest in recognition was 0.37495. The highest variance for responsibility was 0.294 and the lowest was 0.141.

To analyze the results of this question, Pearson's simple correlation coefficient is used as shown in Table 4-6, correlation coefficient of R=0.399 and α This value is significant at the level of 0.001 <P with N=368, so it can be said that there is a significant relationship between "love" and "marital satisfaction) and the question of research is confirmed.

In Table 3, it has been shown that the results of one-way variance analysis showed that this value of relationship obtained with F=444.69 at P=0001. < is meaningful, so the obtained relationship is the best line combination between the independent variable of love and the dependent variable of marital satisfaction.

Table 3- One-way analysis of variance the results of regression analysis related to the variables of love and marital satisfaction

Variable sources	Sum of squares	Degrees of freedom	square mean	F	P-value
Regression	13.025	1	13.025	69.444	0.001[a]
remains	68.648	366	.188		
total	81.673	367			

Table 4- Analysis of variance as a way of analyzing regression related to psychological well-to-do variables and marital satisfaction

Variable sources	Sum of squares	Degrees of freedom	square mean	F	P-value
Regression	23.503	1	23.503	147.875	0.001[a]
remains	58.170	366	.159		
total	81.673	367			

In Table 4, it has been shown that the results of one-way variance analysis showed that this value is significant in relation to 147.875F= at P=0001. <, so, the obtained relationship is the best line combination between independent psychological well-being variable and dependent variable of marital satisfaction.

As stated in the table above, the standard beta coefficient is used to determine whether the values of regression coefficients are meaningful or not, the results of which show that the value is =0.536. It is obtained that this value is significant with T=12.160 at P <.0001,000,

Table 5- Coefficients and values and significance levels for the independent variable of marital satisfaction

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sources	Non-standard coefficients		Standards coefficients	T	P-value
	B Regression coefficients	Standard deviation	β		
Constant	.443	.239		1.855	.064
Psychological well-being	.843	.069	.536	12.160	0.001

so it can be said that the psychological well-being variable as an independent variable is well predicted. The satisfaction of the marital was obtained and the amount obtained was meaningful. In order to investigate the relationship between love components on marital satisfaction, we use multiple regression by simultaneous entry method of variables, which results are obtained equal to the following tables:

Table 6- Analysis of variance as a way of analyzing regression results related to variable components of love and marital satisfaction

Variable sources	Sum of squares	Freedom level	square mean	F	P-value
Regression	19.462	4	4.866	28.391	0.001[a]
remains	62.210	363	.171		
total	81.673	367			

In Table 6, it has been shown that the results of multi-way variance analysis showed that this value of relationship obtained with F=28.391= is significant at the level of 0001. <P, so the obtained relationship is the best line combination between the independent variables of love components and the dependent variable of marital satisfaction.

Table 7- Coefficients and values and P-value for independent variable of marital satisfaction

sources		**Non-standard coefficients**		**Standards coefficients**	**T**	P-value
		B Regression coefficients	**Standard deviation**	β		
constant		1.478	.295		5.011	**0.001**
	cognition	.232	.059	.184	3.926	**0.001**
	Respect	.118	.061	.095	1.947	**.052**
	Compassion	.350	.051	.334	6.835	**0.001**
	Responsibility	-.176	.040	-.202	-4.399	**0.001**

As stated in the table above, be used to determine whether the values of regression coefficients were meaningful or not, the standard beta coefficient is used, the results of which show that the values are significant. The obtained B and T are significant for love components except respect at the level of 0001. <P, so it can be said that the variable of love components as an independent variable is well predicted. The satisfaction of adultery was obtained and the amount obtained was significant. In this table, the most effective

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component of compassion and the least effect is respected component and responsibility component according to negative coefficient -0.176 has the reverse effect of other components and increasing it will reduce marital satisfaction.

To investigate whether there is a relationship between (psychological well-being) and (marital satisfaction)? In order to investigate the relationship between psychological well-being components on marital satisfaction, we use multiple regression by simultaneous entry method of variables, which results are obtained equal to the following tables:

Table 8- Multiple determination coefficients related to the variable components of love and marital satisfaction

coefficient R	**Define Coeff(c^2 R)**	**Adjusted define coefficient**	**Standard deviation**
.577[a]	**.332**	**.321**	**.38863**

In the table above, the coefficient of determination is R 2=0.332, i.e., independent variable (psychological well-being components) (33.2% could explain the dependent variable (marital satisfaction) and the dispersion of data around this regression 38863. Considering that regression has several variables, R coefficient is the same as multiple coefficients.

Table 9- Analysis of variance of a way of analyzing regression results related to variable psychological well-to-life components and marital satisfaction

Variable sources	**Sum of squares**	**Degrees of freedom**	**square mean**	**F**	P-value
Regression	**27.149**	**6**	**4.525**	**29.958**	**0.001[a]**
remains	**54.524**	**361**	**.151**		
total	**81.673**	**367**			

In Table 9, it has been shown that the results of multi-way variance analysis showed that this value is significant in relation to 29.958F= at P=0001. <, so the obtained relationship is the best line combination between independent variables of psychological well-being components and marital satisfaction dependent variable. As stated in the table above, be used to determine whether the values of regression coefficients were meaningful or not, the standard beta coefficient is used, the results of which have shown that the values are significant. The obtained B and T are significant for love components except autonomy at P 005. <, so, it can be said that the variables of psychological well-being components as an independent multiple variables to good predictor of marital satisfaction and the amount obtained was meaningful. In this table, the most effective component of self-acceptance and the least effect is self-determination component and in fact elimination of this component will not affect multiple coefficients and coefficients.

Table 10- Coefficients and values and P-value for independent variable of marital satisfaction

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sources		Non-standard coefficients		standard coefficients	T	P-value
		B Regression coefficients	Standard deviation	β		
constant		-2.079	.571		-.3638	0.001
	Self-acceptance	.241	.054	.265	4.465	0.001
	Positive relationships	.131	.054	.122	2.441	.015
	Autonomy.	3.701E-5	.052	0.001	.001	.999
	Mastery of the environment	.124	.046	.137	2.734	.007
	Purposeful life.	.261	.049	.263	5.334	0.001
	Individual growth	.138	.048	.162	2.881	.004

Discussion:

The aim of this study was to investigate the relationship between love and psychological well-benefit with satisfaction of marital life. This study investigated the question of whether there is a relationship between love and satisfaction with marital life. Is there a relationship between psychological well-being and satisfaction with marital life? Is there a relationship between the components of love and satisfaction with marital life? Is there a relationship between psychological well-being and satisfaction with marital life? By examining the main components of the study, which included marital satisfaction, psychological well-being and love, the highest mean was related to psychological well-being and the lowest was related to love. The highest deviation of standard criteria for marital satisfaction and the lowest was related to love. The highest variance was determined for marital satisfaction and the lowest in love. For the components of love dimensions including cognition, respect, compassion, responsibility, the highest mean is related to cognition and the lowest is related to respect. These results are in line with research by Heidari & Saedi (2020) [6], Karimi (2020) [1], Chen et al. (2018) [4]. According to the data analysis, in the framework of research questions, it was found that there is a significant relationship between love and marital satisfaction, there is a significant relationship between psychological well-being and marital satisfaction, there is a significant relationship between the components of love and satisfaction. There is a meaningful relationship between psychological well-being and marital satisfaction that Mr. Yousefi (2010), Fallah Chai et al. (2019) [12], Chen et al. (2018) [4] are aligned.

Conclusion

According to the meaningful relationship between love and marital satisfaction, love plays an important role in marital satisfaction and love and trust among spouses is the first motivation for adaptation and conflict resolution. Love for a spouse is the foundation of life satisfaction, and marital satisfaction is a general assessment of the status of a marital relationship or the present love relationship [13]. Mental happiness (one of the biological parts of psychology) has three components: life satisfaction, positive affect and negative affect. Life satisfaction includes love, marriage and entertainment, positive affect includes positive emotions such as pleasure, joy, happiness and pride, and negative affection includes negative

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emotions such as guilt, shame, sadness, anxiety, worry, anger and tension. The dimensions of mental happiness of two dimensions of life satisfaction are predicted positively and negative affect is predicted negatively with marital satisfaction). Mutual respect, commitment, compassion and cognition are the main components of love, and they are also the ammunition of a common life. Considering that positive attitude to self, autonomy and positive relationships also creates positive attitudes toward others and has a great impact on relationship and satisfaction, the results of this study seem logical.

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