

Original Research

Investigating The Relationship Between Emotional Intelligence And Marital Satisfaction

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Abstract:

Background:

Today, considering the theoretical and practical concepts of studies related to the relationship between emotion and cognition, as well as research findings in the field of emotional intelligence, as well as marital satisfaction and the structural relationship between these two concepts, are the basis for planning strategies and programs to prevent It is marital incompatibility. The present study "examines the relationship between emotional intelligence and marital satisfaction.

Methods:

In this study, a correlational research design was used. Samples were selected by random cluster sampling and tested according to the purpose and hypotheses. The instruments used are the Bar-On Emotional Intelligence Questionnaire and the Enrich Marital Satisfaction Scale. In this study, descriptive statistics and Pearson correlation coefficient and F tests were used to analyze the data.

Results:

Findings show that there is a significant correlation ($P < 0.05$, $P < 0.01$) between "emotional intelligence" and "marital satisfaction" and the highest correlation between impulse control components and leisure activities, impulse control, respectively. And marital satisfaction, self-actualization and family and friends, independence and family and friends, self-actualization and personality issues, independence and personality issues, happiness and family and friends, independence and financial management.

Conclusion:

Research shows that emotional intelligence is a fundamental and effective structure on the process of improving and strengthening marital relationships and the training of acquired methods of emotional intelligence can improve the quality of marital relationships and prevent family disputes.

Keywords: Emotional Intelligence, Marital Satisfaction

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Introduction

Emotional intelligence and its attractive and widespread aspects have attracted the public's attention in recent decades in addition to psychologists and psychiatrists. The concept of social intelligence first dates back to the 1940s. Meyer and Salvo then described the term emotional intelligence. Gardner played a deliberate role in the formation of emotional intelligence theory with his influential model called multiple intelligence. According to Gardner's theory of multiple intelligence, there are two main types of intelligence: first, the intelligence and inner consciousness of the individual, which allows the identification and astration of complex human emotions, and second, knowledge and awareness in interpersonal relationships that create the ability to recognize and differentiate the emotions and motivations of others (1). Although good performance in the field of emotional intelligence can predict one's success and progress, social intelligence is separate from intellectual capacity and it is a basic component of what enables people to perform well in real life (2). Personal intelligence consists of two components (inter-individual and intra-individual intelligence) that emotional intelligence is considered. The multi-factor perspective (bar-an) in the field of emotional intelligence study opened a new horizon in researches related to this field before researchers (bar-it). The results of Bar-Ann research, rooted in his activities as a clinical psychologist, began in 1977 and were introduced in 1980 by preparing the Bar-On Emotional Gain Questionnaire (EQ-I). Studies show that people differ in their ability to accurately receive and recognize their emotions and others. For example, some couples are clearly oblivious to their husband's emotional symptoms and ignore them or are ready to misinterpath and fail to properly recognize these emotions (3). For example, Knoller and his colleagues have shown that

happy couples feel more consensitive to each other compared to couples who do not have a good marital and emotional relationship, and are more sensitive to each other's feelings. Of course, in these cases, it is very difficult to isolate cause and effect and determine which cause and which is disabled, because it is possible that problems and differences in marital relationships reduce the emotional state in couples and on the other hand, emotional insensitivity also reduces the feeling of happiness in the life of the married and the feeling of satisfaction of the spouses from each other. It is believed that there are the following elements in strong marital units: intimacy, commitment, emotional communication, conflict resolution skills and spirituality. Commitment and emotional feeling between couples affect their reaction to mistakes and wrong beliefs toward each other so that it can lead to constructive or destructive interactions between them, and that couples who are more committed to each other have more harmony and intimacy, more effective communication patterns and more efficient problem-making, more satisfaction with life (5). In this study, we tried to investigate the relationship between emotional intelligence and marital satisfaction in couples and to evaluate the relationship between these two factors along with factors such as literacy level and duration of marriage. Being smart emotionally is having individual skills that are characterized by a rich and balanced personality. Emotional intelligence is the ability to "rage against the right person, to the right extent, at the right time, for the right reason and in the right way". Emotional intelligence is distinct from IQ because IQ is performed with cognitive functions skill. Each of these different types of intelligence has been placed on different but related neural circuits so that emotional intelligence is largely regulated by limbic and pre-frontal regions and IQ alone by neocortical regions (6). Emotional intelligence theory proposes a new

psychological work framework for primary prevention in neuropsychology that integrates new discoveries in cognition, neuroscience and developmental science. Emotional intelligence skills are essential for individual emotions and relationship skills. These abilities are learned throughout life. Primary learning takes place during childhood. This learning of neurologic circuits forms the context in which they mature into adulthood (7).

Materials and Methods

In this study, the relationship between emotional intelligence and marital satisfaction has been investigated. Therefore, a descriptive study is a type of correlation.

Statistical society, sampling method and sample size:

In 2016, 163 couples (163 females, 163 males) were selected by multi-stage random cluster sampling method.

Measuring instruments

1) Demographic Questionnaire: This questionnaire was constructed by the researcher and measures the characteristics of the cognitive population (age, sex, educational level, occupation, etc.)

2) Bar-N Emotional Intelligence Test: This test has 117 questions and 15 scales, which is used by bar-an on 3831 people from 6 countries (Argentina, Germany, India). Nigeria and South Africa, 48.8% of them were male and 51.2% were female, were systematically normalized in North America. The results of the standardization showed that the test has a good level of validity.

In this study, Pearson correlation coefficient was used to analyze the data using SPSS software using the meaning test. T statistical test has been used for independent groups to compare groups (cultural and non-cultural employees).

Research Findings

Hypothesis (1): There is a significant relationship between different dimensions of emotional intelligence and different dimensions of marital satisfaction.

The above table shows the correlation between different components of marital satisfaction questionnaire with emotional intelligence, according to the table, it can be said that there is a significant relationship between ideal distortion and happiness in most components, which is as follows: There is a significant relationship between individual, optimism, self-esteem at the level ($P < 0.01$) and there is a significant relationship between ideal distortion and empathy at the level ($P < 0.05$). There is a significant relationship between marital satisfaction of problem-solving components, inter-person relationships, optimism, self-esteem, impulse control, empathy at the level ($P < 0.01$) and there is a significant relationship with realism at the level ($P < 0.05$). There is a significant relationship between communication and all components except problem solving and optimism at the level ($P < 0.01$). And there is a significant relationship between these two components and a significant relationship at the level ($P < 0.05$).

There is a significant relationship between conflict resolution and all components of happiness, independence, mental pressure analysis, self-actualism, emotional self-awareness, realism, impulse tolerance, flexibility of responsibility and self-expression at the level ($P < 0.05$).

There is a significant relationship between financial management and all components of marital satisfaction except inter-individual relationships with all components at the level ($P < 0.05$).

Hypothesis (2): There is a significant difference between the components of emotional intelligence and the duration of marriage.

Hypothesis (4): There is a significant difference between the dimensions of marriage satisfaction and the duration of marriage.

Discussion

According to the present study on the relationship between emotional intelligence and marital satisfaction, the findings indicated that there is a significant correlation between emotional intelligence and marital satisfaction. These results are comparable to the results of researchers such as Fardad et al. (1400) (2), Fabio et al. (2021) (1). And Shafiee et al. (2017) (6). According to the studies of these researchers, participants who achieved superior scores in emotional intelligence had significantly higher marital satisfaction, so those who had given superior scores in emotional intelligence to their spouses also had significantly more marital satisfaction. Overall, the results of this study also confirm that emotional intelligence is correlated with interpersonal communication and marital satisfaction.

Also, there is a significant difference between the dimensions of emotional intelligence and the duration of marriage ($P < 0.05$) in the components of happiness, interpersonal relationships, responsibility, empathy and self-expression and there was no significant difference in other components of emotional intelligence. It is consistent with Hatch et al. (2018) (4) and Shafiee et al. (2017) (6), so it is possible that participating couples have evaluated themselves for cultural reasons and under the influence of conservative abuses less than their actual ability. On the other hand, the questions about the components of emotional intelligence may not be in harmony with the culture of our society and other behaviors and symbols indicate emotional components.

Also, in this study, there was a significant difference between the dimensions of marital satisfaction (ideal distortion, marital satisfaction, sex, religious orientation) with

marriage duration ($P < 0.05$) and there was no significant difference in other components of marital satisfaction and categories of marriage duration. These reviews are in line with Azar Nik (2015) (8) and Najm (2006) (9). These analyses showed that different causes can be considered in marital satisfaction, it seems that extensive studies should be done in this field because the components can be very influenced by the dominant and common culture of society.

Conclusion

Emotional intelligence is a stronger strategy and indicator for the success of relationships between couples, emotional intelligence is a fundamental construct affecting the process of improving and strengthening satisfactory marital relationships, and training methods of attribution of emotional intelligence can improve the quality of marital relationships and prevent family disputes. In order to cohere marital relationship, it is necessary to evaluate and recognize the emotions of each couple, their communication patterns, and the type of emotional involvement and the confrontation of the intra-psychological elements of each couple.

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Tables

Table 1: Correlation between components of emotional intelligence questionnaire and marital satisfaction

| | | Ideal distortion | Marital satisfaction | Personality issues | Relationship | Conflict resolution | financial management |
|---------------------------|------------------|-------------------------|-----------------------------|---------------------------|---------------------|----------------------------|-----------------------------|
| Problem Solving | Coefficient | .101 | .223(**) | -.305(**) | -.118(*) | -.072 | -.231(**) |
| | meaningful level | .082 | .000 | .000 | .049 | .224 | .000 |
| | Number | 297 | 279 | 270 | 279 | 289 | 284 |
| Happiness | Coefficient | .187(**) | .099 | -.461(**) | -.307(**) | -.348(**) | -.388(**) |
| | meaningful level | .001 | .093 | .000 | .000 | .000 | .000 |
| | Number | 307 | 289 | 280 | 290 | 300 | 297 |
| Independence | Coefficient | -.006 | -.023 | -.522(**) | -.396(**) | -.378(**) | -.501(**) |
| | meaningful level | .917 | .700 | .000 | .000 | .000 | .000 |
| | Number | 304 | 286 | 278 | 289 | 300 | 296 |
| Bearing stress | Coefficient | .066 | .069 | -.405(**) | -.332(**) | -.257(**) | -.305(**) |
| | meaningful level | .256 | .243 | .000 | .000 | .000 | .000 |
| | Number | 301 | 285 | 276 | 285 | 298 | 293 |
| Self-actualization | Coefficient | .033 | .021 | -.534(**) | -.348(**) | -.376(**) | -.452(**) |
| | meaningful level | .573 | .719 | .000 | .000 | .000 | .000 |

| | | | | | | | |
|-----------------------------|------------------|------------------|----------------------|--------------------|--------------|---------------------|----------------------|
| | Number | 300 | 283 | 274 | 284 | 296 | 291 |
| Emotional self-awareness | Coefficient | -.011 | -.014 | -.314(**) | -.232(**) | -.224(**) | -.216(**) |
| | meaningful level | .849 | .810 | .000 | .000 | .000 | .000 |
| | Number | 308 | 289 | 282 | 292 | 302 | 298 |
| Realism | Coefficient | -.055 | -.139(*) | -.471(**) | -.418(**) | -.429(**) | -.462(**) |
| | meaningful level | .344 | .020 | .000 | .000 | .000 | .000 |
| | Number | 300 | 282 | 275 | 286 | 294 | 288 |
| Interpersonal relationships | Coefficient | .250(**) | .286(**) | -.256(**) | -.111 | -.014 | -.096 |
| | meaningful level | .000 | .000 | .000 | .062 | .810 | .105 |
| | Number | 297 | 283 | 272 | 283 | 293 | 286 |
| | | Ideal distortion | Marital satisfaction | Personality issues | Relationship | Conflict resolution | financial management |
| Optimism | Coefficient | .222(**) | .332(**) | -.233(**) | -.148(*) | .027 | -.157(**) |
| | meaningful level | .000 | .000 | .000 | .012 | .642 | .007 |
| | Number | 303 | 287 | 276 | 287 | 298 | 291 |
| Self-esteem | Coefficient | .180(**) | .264(**) | -.277(**) | -.205(**) | -.080 | -.207(**) |
| | meaningful level | .002 | .000 | .000 | .001 | .173 | .000 |
| | Number | 295 | 280 | 271 | 281 | 291 | 286 |
| Impulse control | Coefficient | .491(**) | .598(**) | .022 | .324(**) | .324(**) | .268(**) |
| | meaningful level | .000 | .000 | .720 | .000 | .000 | .000 |
| | Number | 295 | 279 | 272 | 284 | 292 | 289 |
| Flexibility | Coefficient | .009 | -.018 | -.187(**) | -.197(**) | -.202(**) | -.214(**) |
| | meaningful level | .880 | .760 | .002 | .001 | .000 | .000 |
| | Number | 304 | 288 | 278 | 290 | 301 | 296 |
| responsibility | Coefficient | .087 | .112 | -.465(**) | -.296(**) | -.175(**) | -.351(**) |
| | meaningful level | .129 | .059 | .000 | .000 | .002 | .000 |
| | Number | 303 | 287 | 278 | 287 | 298 | 294 |
| empathy | Coefficient | .119(*) | .182(**) | -.295(**) | -.160(**) | -.013 | -.158(**) |
| | meaningful level | .040 | .002 | .000 | .006 | .821 | .007 |
| | Number | 301 | 284 | 276 | 287 | 297 | 291 |
| Self-expression | Coefficient | -.043 | -.074 | -.189(**) | -.222(**) | -.198(**) | -.183(**) |
| | meaningful level | .453 | .211 | .002 | .000 | .001 | .002 |
| | Number | 303 | 288 | 278 | 286 | 297 | 294 |

| | | Leisure activities | sex | Children and parenting | Family and friends | Equality roles | Religious orientation | Total score |
|------------------------------------|------------------|--------------------|-----------|------------------------|--------------------|----------------|-----------------------|-------------|
| Problem Solving | Coefficient | .277(**) | -.026 | -.008 | -.238(**) | -.054 | -.060 | -.115 |
| | meaningful level | .000 | .670 | .894 | .000 | .360 | .312 | .121 |
| | Number | 280 | 266 | 280 | 268 | 288 | 283 | 182 |
| Happiness | Coefficient | .207(**) | -.079 | -.142(*) | -.514(**) | -.094 | -.223(**) | -.380(**) |
| | meaningful level | .000 | .187 | .015 | .000 | .104 | .000 | .000 |
| | Number | 288 | 278 | 294 | 280 | 297 | 294 | 184 |
| Independence | Coefficient | .061 | -.294(**) | -.273(**) | -.558(**) | -.169(**) | -.314(**) | -.500(**) |
| | meaningful level | .299 | .000 | .000 | .000 | .004 | .000 | .000 |
| | Number | 289 | 276 | 291 | 276 | 295 | 290 | 183 |
| Bearing stress | Coefficient | .108 | -.173(**) | -.177(**) | -.334(**) | -.021 | -.198(**) | -.295(**) |
| | meaningful level | .068 | .004 | .003 | .000 | .717 | .001 | .000 |
| | Number | 286 | 273 | 286 | 273 | 290 | 286 | 181 |
| Self-actualization | Coefficient | .130(*) | -.289(**) | -.240(**) | -.583(**) | -.119(*) | -.303(**) | -.486(**) |
| | meaningful level | .029 | .000 | .000 | .000 | .043 | .000 | .000 |
| | Number | 282 | 270 | 284 | 271 | 291 | 287 | 179 |
| Emotional self-awareness | Coefficient | .067 | -.074 | -.064 | -.230(**) | -.108 | -.168(**) | -.255(**) |
| | meaningful level | .255 | .220 | .275 | .000 | .063 | .004 | .000 |
| | Number | 293 | 277 | 293 | 280 | 298 | 294 | 183 |
| Realism | Coefficient | -.037 | -.344(**) | -.322(**) | -.496(**) | -.232(**) | -.350(**) | -.533(**) |
| | meaningful level | .530 | .000 | .000 | .000 | .000 | .000 | .000 |
| | Number | 284 | 269 | 284 | 275 | 292 | 287 | 183 |
| Interpersonal relationships | Coefficient | .341(**) | .078 | .108 | -.200(**) | .098 | .027 | -.067 |
| | meaningful level | .000 | .202 | .070 | .001 | .097 | .649 | .371 |
| | Number | 279 | 267 | 283 | 268 | 288 | 282 | 180 |
| Optimism | Coefficient | .325(**) | .089 | .136(*) | -.243(**) | .044 | -.044 | -.061 |
| | meaningful level | .000 | .140 | .022 | .000 | .455 | .455 | .417 |
| | Number | 285 | 274 | 286 | 273 | 290 | 287 | 181 |
| Self-esteem | Coefficient | .265(**) | .017 | .009 | -.287(**) | -.030 | -.106 | -.136 |
| | meaningful level | .000 | .780 | .876 | .000 | .608 | .076 | .070 |
| | Number | 282 | 266 | 280 | 269 | 286 | 282 | 178 |
| Impulse control | Coefficient | .661(**) | .452(**) | .455(**) | .252(**) | .197(**) | .325(**) | .436(**) |
| | meaningful level | .000 | .000 | .000 | .000 | .001 | .000 | .000 |
| | Number | 287 | 275 | 287 | 273 | 288 | 285 | 187 |
| Flexibility | Coefficient | -.063 | -.193(**) | -.141(*) | -.245(**) | -.177(**) | -.119(*) | -.178(*) |
| | meaningful level | .283 | .001 | .016 | .000 | .002 | .042 | .015 |
| | Number | 289 | 277 | 291 | 280 | 297 | 292 | 185 |

| | | Leisure activities | sex | Children and parenting | Family and friends | Equality roles | Religious orientation | Total score |
|-----------------|------------------|--------------------|----------|------------------------|--------------------|----------------|-----------------------|-------------|
| responsibility | Coefficient | .232(**) | -.135(*) | -.154(**) | -.435(**) | .062 | -.102 | -.339(**) |
| | meaningful level | .000 | .026 | .008 | .000 | .291 | .084 | .000 |
| | Number | 288 | 274 | 290 | 275 | 295 | 290 | 180 |
| empathy | Coefficient | .270(**) | .023 | .045 | -.261(**) | .064 | .033 | -.079 |
| | meaningful level | .000 | .710 | .444 | .000 | .277 | .576 | .291 |
| | Number | 285 | 271 | 288 | 273 | 293 | 289 | 180 |
| Self-expression | Coefficient | -.052 | -.064 | -.189(**) | -.238(**) | -.080 | -.177(**) | -.223(**) |
| | meaningful level | .379 | .292 | .001 | .000 | .173 | .003 | .003 |
| | Number | 288 | 274 | 289 | 276 | 294 | 290 | 181 |

Table 2: Mean, Standard Deviation, Variables of Emotional Intelligence and Duration of Marriage

| variables | | number | mean | Standard deviation | Mean standard error |
|-----------------------------|---------------------------------|--------|---------|--------------------|---------------------|
| Duration of marriage | | | | | |
| Problem solving | Less than five years | 31 | 22.1935 | 2.88004 | .51727 |
| | Five to ten years | 50 | 22.0600 | 3.03994 | .42991 |
| | Eleven to fifteen years | 63 | 22.2540 | 3.38387 | .42633 |
| | Sixteen to twenty years | 71 | 22.4930 | 3.12077 | .37037 |
| | Twenty-one to twenty-five years | 51 | 22.4510 | 3.24539 | .45445 |
| | Twenty-six to thirty years | 6 | 19.0000 | 4.28952 | 1.75119 |
| | Total | 272 | 22.2390 | 3.20486 | .19432 |
| happiness | Less than five years | 31 | 22.3548 | 4.07061 | .73110 |
| | Five to ten years | 50 | 21.3200 | 4.17202 | .59001 |
| | Eleven to fifteen years | 65 | 20.0308 | 3.86882 | .47987 |
| | Sixteen to twenty years | 74 | 21.0946 | 3.55454 | .41321 |
| | Twenty-one to twenty-five years | 58 | 21.6034 | 3.58329 | .47051 |
| | Twenty-six to thirty years | 7 | 17.8571 | 3.71612 | 1.40456 |
| | Total | 285 | 21.0526 | 3.87217 | .22937 |
| Independence | Less than five years | 31 | 19.8387 | 3.95050 | .70953 |
| | Five to ten years | 50 | 19.8200 | 3.79952 | .53733 |
| | Eleven to fifteen years | 62 | 19.5323 | 4.17925 | .53077 |
| | Sixteen to twenty years | 73 | 19.5616 | 4.01382 | .46978 |
| | Twenty-one to twenty-five years | 58 | 19.1379 | 3.84547 | .50494 |
| | Twenty-six to thirty years | 7 | 19.7143 | 3.03942 | 1.14879 |
| | Total | 281 | 19.5480 | 3.92592 | .23420 |
| Stress tolerance | Less than five years | 30 | 19.1667 | 2.37927 | .43439 |
| | Five to ten years | 50 | 19.1600 | 3.52461 | .49845 |

| | | | | | |
|-----------------------------|---------------------------------|-----|---------|---------|---------|
| | Eleven to fifteen years | 64 | 18.2188 | 3.30689 | .41336 |
| | Sixteen to twenty years | 75 | 18.9200 | 3.73718 | .43153 |
| | Twenty-one to twenty-five years | 53 | 19.7925 | 3.35329 | .46061 |
| | Twenty-six to thirty years | 7 | 16.2857 | 3.14718 | 1.18952 |
| | Total | 279 | 18.9283 | 3.42681 | .20516 |
| Self-actualism | Less than five years | 29 | 22.4138 | 3.05330 | .56698 |
| | Five to ten years | 50 | 21.3600 | 3.92667 | .55532 |
| | Eleven to fifteen years | 63 | 20.8571 | 4.26863 | .53780 |
| | Sixteen to twenty years | 73 | 20.9863 | 3.88549 | .45476 |
| | Twenty-one to twenty-five years | 56 | 21.5714 | 4.19462 | .56053 |
| | Twenty-six to thirty years | 7 | 19.2857 | 4.23140 | 1.59932 |
| | Total | 278 | 21.2482 | 3.98366 | .23892 |
| Emotional self-awareness | Less than five years | 30 | 20.1333 | 2.71310 | .49534 |
| | Five to ten years | 50 | 19.7800 | 2.32370 | .32862 |
| | Eleven to fifteen years | 66 | 20.2576 | 3.26902 | .40239 |
| | Sixteen to twenty years | 74 | 19.9595 | 2.92106 | .33957 |
| | Twenty-one to twenty-five years | 60 | 20.2833 | 2.92327 | .37739 |
| | Twenty-six to thirty years | 7 | 18.7143 | 2.98408 | 1.12788 |
| | Total | 287 | 20.0523 | 2.88244 | .17014 |
| Realism | Less than five years | 30 | 19.2000 | 2.79655 | .51058 |
| | Five to ten years | 46 | 18.7174 | 3.63723 | .53628 |
| | Eleven to fifteen years | 63 | 18.6508 | 4.24324 | .53460 |
| | Sixteen to twenty years | 71 | 18.9155 | 3.72921 | .44258 |
| | Twenty-one to twenty-five years | 59 | 19.2034 | 3.99474 | .52007 |
| | Twenty-six to thirty years | 7 | 18.2857 | 4.30946 | 1.62882 |
| | Total | 276 | 18.8986 | 3.79720 | .22856 |
| Interpersonal relationships | Less than five years | 30 | 23.2000 | 3.20990 | .58604 |
| | Five to ten years | 49 | 22.5102 | 3.45279 | .49326 |
| | Eleven to fifteen years | 62 | 22.3871 | 3.47994 | .44195 |
| | Sixteen to twenty years | 71 | 23.4648 | 3.68329 | .43713 |
| | Twenty-one to twenty-five years | 55 | 23.0909 | 3.36250 | .45340 |
| | Twenty-six to thirty years | 7 | 18.8571 | 4.77593 | 1.80513 |
| | Total | 274 | 22.8285 | 3.56568 | .21541 |
| Optimism | Less than five years | 30 | 22.9333 | 2.59885 | .47448 |
| | Five to ten years | 52 | 22.3462 | 3.03499 | .42088 |
| | Eleven to fifteen years | 62 | 21.7581 | 3.10835 | .39476 |
| | Sixteen to twenty years | 73 | 22.2466 | 3.26080 | .38165 |
| | Twenty-one to twenty-five years | 57 | 22.8070 | 3.31360 | .43890 |
| | Twenty-six to thirty years | 6 | 20.8333 | 2.31661 | .94575 |
| | Total | 280 | 22.3143 | 3.12255 | .18661 |
| Self-esteem | Less than five years | 30 | 22.8333 | 3.05223 | .55726 |
| | Five to ten years | 49 | 21.7959 | 2.86487 | .40927 |

| | | | | | |
|-----------------|---------------------------------|-----|---------|---------|---------|
| | Eleven to fifteen years | 58 | 21.7069 | 2.87157 | .37706 |
| | Sixteen to twenty years | 73 | 22.7260 | 3.18093 | .37230 |
| | Twenty-one to twenty-five years | 55 | 22.5273 | 2.96807 | .40021 |
| | Twenty-six to thirty years | 6 | 21.6667 | 1.75119 | .71492 |
| | Total | 271 | 22.2878 | 2.98983 | .18162 |
| Impulse control | Less than five years | 31 | 17.3548 | 3.61984 | .65014 |
| | Five to ten years | 51 | 16.9216 | 4.00421 | .56070 |
| | Eleven to fifteen years | 63 | 16.7460 | 4.23491 | .53355 |
| | Sixteen to twenty years | 74 | 16.6757 | 4.29114 | .49884 |
| | Twenty-one to twenty-five years | 56 | 17.7857 | 4.43012 | .59200 |
| | Twenty-six to thirty years | 7 | 15.4286 | 2.76026 | 1.04328 |
| | Total | 282 | 17.0000 | 4.15192 | .24724 |
| flexibility | Less than five years | 30 | 18.0000 | 2.71649 | .49596 |
| | Five to ten years | 45 | 18.3333 | 3.33030 | .49645 |
| | Eleven to fifteen years | 60 | 17.9333 | 3.21999 | .41570 |
| | Sixteen to twenty years | 72 | 16.8333 | 3.29746 | .38861 |
| | Twenty-one to twenty-five years | 51 | 17.4706 | 2.86603 | .40132 |
| | Twenty-six to thirty years | 7 | 17.1429 | 3.43650 | 1.29887 |
| | Total | 265 | 17.6000 | 3.16683 | .19454 |
| responsibility | Less than five years | 30 | 24.2000 | 3.43812 | .62771 |
| | Five to ten years | 50 | 23.2200 | 3.22167 | .45561 |
| | Eleven to fifteen years | 63 | 22.7302 | 4.28127 | .53939 |
| | Sixteen to twenty years | 74 | 25.0541 | 3.42390 | .39802 |
| | Twenty-one to twenty-five years | 56 | 23.7500 | 4.27785 | .57165 |
| | Twenty-six to thirty years | 7 | 21.8571 | 4.37526 | 1.65369 |
| | Total | 280 | 23.7714 | 3.88055 | .23191 |
| empathy | Less than five years | 29 | 23.0690 | 3.05814 | .56788 |
| | Five to ten years | 49 | 22.4898 | 2.96593 | .42370 |
| | Eleven to fifteen years | 65 | 22.7077 | 3.81085 | .47268 |
| | Sixteen to twenty years | 72 | 23.9444 | 3.72615 | .43913 |
| | Twenty-one to twenty-five years | 56 | 23.6429 | 3.15323 | .42137 |
| | Twenty-six to thirty years | 7 | 19.4286 | 3.69040 | 1.39484 |
| | Total | 278 | 23.1331 | 3.51278 | .21068 |
| Self-expression | Less than five years | 30 | 18.4667 | 2.97962 | .54400 |
| | Five to ten years | 50 | 17.7400 | 2.86292 | .40488 |
| | Eleven to fifteen years | 60 | 17.5667 | 2.87813 | .37156 |
| | Sixteen to twenty years | 75 | 17.5600 | 2.87223 | .33166 |
| | Twenty-one to twenty-five years | 57 | 18.9825 | 3.38848 | .44882 |
| | Twenty-six to thirty years | 7 | 21.2857 | 3.45033 | 1.30410 |
| | Total | 279 | 18.0753 | 3.08012 | .18440 |

Table 3: Mean, Standard Deviation, Duration of Marriage and Dimensions of Marital Satisfaction

| Duration of marriage variables | | number | mean | Standard deviation | Mean standard error |
|--------------------------------|---------------------------------|--------|---------|--------------------|---------------------|
| Ideal distortion | Less than five years | 31 | 18.1935 | 2.54846 | .45772 |
| | Five to ten years | 52 | 18.5192 | 2.90024 | .40219 |
| | Eleven to fifteen years | 64 | 17.6719 | 3.19252 | .39907 |
| | Sixteen to twenty years | 76 | 17.4079 | 2.85740 | .32777 |
| | Twenty-one to twenty-five years | 55 | 16.5091 | 2.89234 | .39000 |
| | Twenty-six to thirty years | 7 | 15.0000 | 4.76095 | 1.79947 |
| | Total | 285 | 17.5228 | 3.04607 | .18043 |
| Marital satisfaction | Less than five years | 29 | 35.3448 | 3.48749 | .64761 |
| | Five to ten years | 49 | 34.0000 | 3.12250 | .44607 |
| | Eleven to fifteen years | 61 | 34.2951 | 4.14465 | .53067 |
| | Sixteen to twenty years | 73 | 35.3151 | 3.72632 | .43613 |
| | Twenty-one to twenty-five years | 56 | 36.0000 | 4.92120 | .65762 |
| | Twenty-six to thirty years | 6 | 31.8333 | 3.65605 | 1.49257 |
| | Total | 274 | 34.9197 | 4.03385 | .24369 |
| Personality issues | Less than five years | 25 | 25.6800 | 6.51102 | 1.30220 |
| | Five to ten years | 47 | 27.4681 | 7.93411 | 1.15731 |
| | Eleven to fifteen years | 60 | 27.5000 | 8.91485 | 1.15090 |
| | Sixteen to twenty years | 68 | 25.7794 | 7.92096 | .96056 |
| | Twenty-one to twenty-five years | 52 | 26.7500 | 7.93571 | 1.10048 |
| | Twenty-six to thirty years | 7 | 31.2857 | 3.72891 | 1.40940 |
| | Total | 259 | 26.8185 | 7.97148 | .49532 |
| Relationship | Less than five years | 29 | 29.9655 | 5.27449 | .97945 |
| | Five to ten years | 47 | 32.2340 | 5.18867 | .75685 |
| | Eleven to fifteen years | 63 | 31.5714 | 4.38735 | .55275 |
| | Sixteen to twenty years | 71 | 29.6901 | 6.23949 | .74049 |
| | Twenty-one to twenty-five years | 52 | 28.5962 | 5.76759 | .79982 |
| | Twenty-six to thirty years | 7 | 30.0000 | 3.26599 | 1.23443 |
| | Total | 269 | 30.4015 | 5.51546 | .33628 |
| Conflict resolution | Less than five years | 29 | 32.3448 | 5.21177 | .96780 |
| | Five to ten years | 50 | 32.5200 | 5.28857 | .74792 |
| | Eleven to fifteen years | 63 | 31.3016 | 4.90765 | .61831 |
| | Sixteen to twenty years | 75 | 31.3600 | 4.78070 | .55203 |
| | Twenty-one to twenty-five years | 57 | 31.0877 | 5.25180 | .69562 |
| | Twenty-six to thirty years | 7 | 33.8571 | 5.58058 | 2.10926 |
| | Total | 281 | 31.6619 | 5.05854 | .30177 |
| financial management | Less than five years | 28 | 28.7857 | 5.51333 | 1.04192 |
| | Five to ten years | 50 | 29.7800 | 6.10216 | .86298 |
| | Eleven to fifteen years | 60 | 29.1667 | 5.35571 | .69142 |
| | Sixteen to twenty years | 76 | 28.9605 | 5.93170 | .68041 |

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|--------------------|---------------------------------|-----|---------|---------|---------|
| | Twenty-one to twenty-five years | 56 | 28.6964 | 5.83382 | .77958 |
| | Twenty-six to thirty years | 7 | 28.7143 | 8.47967 | 3.20501 |
| | Total | 277 | 29.0758 | 5.81023 | .34910 |
| Leisure activities | Less than five years | 28 | 35.9286 | 5.24883 | .99194 |
| | Five to ten years | 48 | 35.2083 | 4.92911 | .71146 |
| | Eleven to fifteen years | 61 | 35.3607 | 5.86240 | .75060 |
| | Sixteen to twenty years | 71 | 34.8732 | 5.77663 | .68556 |
| | Twenty-one to twenty-five years | 52 | 33.5962 | 6.40851 | .88870 |
| | Twenty-six to thirty years | 7 | 29.2857 | 7.65320 | 2.89264 |
| | Total | 267 | 34.7603 | 5.84276 | .35757 |

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|------------------------|---------------------------------|-----|---------|---------|---------|
| Sex | Less than five years | 28 | 32.0714 | 2.90502 | .54900 |
| | Five to ten years | 46 | 33.4348 | 4.62194 | .68147 |
| | Eleven to fifteen years | 61 | 32.5410 | 3.88833 | .49785 |
| | Sixteen to twenty years | 71 | 31.3803 | 4.99533 | .59284 |
| | Twenty-one to twenty-five years | 44 | 29.8182 | 6.14277 | .92606 |
| | Twenty-six to thirty years | 6 | 31.0000 | 3.74166 | 1.52753 |
| | Total | 256 | 31.8242 | 4.80322 | .30020 |
| Children and parenting | Less than five years | 25 | 31.9600 | 3.69098 | .73820 |
| | Five to ten years | 49 | 33.1633 | 4.77121 | .68160 |
| | Eleven to fifteen years | 64 | 33.6250 | 3.94204 | .49276 |
| | Sixteen to twenty years | 72 | 32.0833 | 4.41429 | .52023 |
| | Twenty-one to twenty-five years | 54 | 31.9815 | 4.52036 | .61514 |
| | Twenty-six to thirty years | 7 | 29.2857 | 4.60848 | 1.74184 |
| | Total | 271 | 32.5387 | 4.38910 | .26662 |
| Family and friends | Less than five years | 28 | 27.9286 | 6.59365 | 1.24608 |
| | Five to ten years | 45 | 29.4667 | 6.91704 | 1.03113 |
| | Eleven to fifteen years | 58 | 30.3793 | 8.21814 | 1.07909 |
| | Sixteen to twenty years | 72 | 28.2917 | 6.76036 | .79672 |
| | Twenty-one to twenty-five years | 50 | 27.3200 | 6.98815 | .98827 |
| | Twenty-six to thirty years | 5 | 25.6000 | 7.89303 | 3.52987 |
| | Total | 258 | 28.6860 | 7.21476 | .44917 |
| Equality roles | Less than five years | 30 | 36.8667 | 7.32371 | 1.33712 |
| | Five to ten years | 49 | 37.9796 | 6.87232 | .98176 |
| | Eleven to fifteen years | 61 | 36.3770 | 6.53494 | .83671 |
| | Sixteen to twenty years | 72 | 37.4028 | 5.66099 | .66715 |
| | Twenty-one to twenty-five years | 56 | 35.6964 | 5.95413 | .79565 |
| | Twenty-six to thirty years | 7 | 34.0000 | 8.73689 | 3.30224 |
| | Total | 275 | 36.7855 | 6.42087 | .38719 |
| Religious orientation | Less than five years | 30 | 32.2000 | 6.01951 | 1.09901 |
| | Five to ten years | 49 | 32.5918 | 5.64180 | .80597 |
| | Eleven to fifteen years | 61 | 34.6066 | 6.43241 | .82359 |

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|--------------------------|---------------------------------|-----|-----------------|----------|----------|
| | Sixteen to twenty years | 71 | 32.7042 | 4.90887 | .58258 |
| | Twenty-one to twenty-five years | 53 | 31.7358 | 5.57174 | .76534 |
| | Twenty-six to thirty years | 7 | 28.4286 | 4.99524 | 1.88802 |
| | Total | 271 | 32.7565 | 5.74712 | .34911 |
| Total satisfaction score | Less than five years | 15 | 367.8000 | 38.38192 | 9.91017 |
| | Five to ten years | 32 | 382.6875 | 39.46696 | 6.97684 |
| | Eleven to fifteen years | 38 | 383.8684 | 35.12231 | 5.69759 |
| | Sixteen to twenty years | 48 | 367.8333 | 45.79340 | 6.60971 |
| | Twenty-one to twenty-five years | 29 | 351.1034 | 42.46456 | 7.88547 |
| | Twenty-six to thirty years | 4 | 365.2500 | 33.21019 | 16.60509 |
| | Total | 166 | 371.3795 | 41.90907 | 3.25277 |