

## PREDICTION OF MARITAL SATISFACTION BASED ON RELIGIOUS ORIENTATION AND OPTIMISM AMONG MARRIED EMPLOYEES IN SHIRAZ OFFICES

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### ABSTRACT

The purpose of this study was to evaluate Prediction of marital satisfaction based on religious orientation and optimism among married employees in Shiraz offices. Methods of study were a descriptive correlational study and population included all married employees office of Education Medical science in Shiraz which are 100 pairs (100 women and 100 men) were selected for sampling. The research tools include: ENRICH Marital Satisfaction Questionnaire, religious orientation and positive Andy George (PFQ) Daniel and colleagues, as well as data analysis using correlation and regression analysis was performed. The results showed that there is a significant positive relationship between the three components of religious orientation, and marital satisfaction and optimism with regard to the  $p = 0.000$ . On the other subscales marriage as conflict resolution, financial management, personal issues, relationships, sexuality, leisure, friends and family and children with elements of positive thinking and positive and significant relationship between the religious orientation. The optimism (18%) and religious orientation (29%) contributed significantly to the prediction of marital satisfaction. Thus, the importance of consent and marital adjustment in couples various factors such as religious orientation and foster positive thoughts and good and also tried to internalize religion in society.

**KEYWORDS:** marriage, religious orientation, positive thinking

### INTRODUCTION

effective. Family environment in the formation of human personality is very effective. Family edification and the humanity of people towards education and development of their personality can play a tremendous role. In various religions, especially Islam, family and social life is very important for the formation of such a marriage would encourage young people to start a family and (Beck, 2000; translation: Daghi Qarajeh, 2003). More important than marriage, the marriage is marital satisfaction and marital status in most situations where the couple is happy and satisfied with each other. Compatibility through mutual love, care for each other, acceptance, understanding each other and satisfy the need arise (Karimi, 2011). Rubell (2004), marital satisfaction and subjective feeling of happiness, satisfaction and pleasure experienced by men and women is when you consider all aspects of their lives together. In many studies, effective communication with the other side, they value the needs and interests of spouse, support and empathy, expressing friendship and the environment in which he lives, meet; this needs to be innate and acquired as a force which pushes man motivate in order to meet the needs and failed to restore the balance and harmony to the Move (Adams, 2005; translation: Dejkam, 2010).

Besides the importance of marital satisfaction, there are other factors influencing the name of religion, because of their religious beliefs show the religious beliefs of many concepts in mind that all of the social and individual behavior affects humans. Why do you think Argil (1977) the consequences of a wide range of religious beliefs and cover a broad spectrum of human behavior (the quotes of the Mullaee, 2005). Faith and religion constantly with the fact human beings are the foundation of his life. Religion of the main pillars of any nation that promotes community cohesion and identity creates a sense of solidarity and community members of religious orders, religious ceremonies are also factors that can be involved in the treatment and prevention of mental disorders and also effectively be used for the promotion of mental health (Davoudian, 2009). Generally religion, of doctrine and rituals of a religion that is accepted by a group of followers of the religion, sect, religion, religious, spiritual, or philosophical schools of thought have been described (Mohtashami and Karimi, 2007). Other factors to be addressed in this study, positive thinking and positive thinking are that the quality, adjustment and marital satisfaction have a lot of influence. Constructive thoughts, positive thoughts and

energy are part of the iteration, indoctrination and training the mind to find the cause of the mind and positive thinking. The power to control our thoughts, negative thoughts and destructive inhibitor the mind to find generalized occupy the minds of all. In this case, we provide our own negative thoughts. So we must learn to control our thoughts intelligently achieve great success in life (Cecil, Gray, Thornburg, and Ispa, 2014). People with a positive mind and ready to learn in the world, take an active stance and shape their own lives rather than what they are going to accept a passive manner (Forester, 2011). Also Patterson and Joseph (2012) in a study conducted on 1650 test found that religious attitudes positively associated with marital satisfaction. Silberman (2010) in a study entitled "Family history, religion and parental attitudes, gender roles and perceptions of clinicians in practice (family member)" did, how gender roles, family leadership, the attitude of the religion, parents who have experienced during childhood education family and individual perceptions of employees by 98 professional consultant social worker, family member, psychiatrist and psychology, with two interviews were rated video that showed the family. Family history of religion followed by the control parents had more problems in their family and social adjustment was found. Rowan et al (2010) in their study to investigate the relationship between religious beliefs and thoughts couples with marital satisfaction have been determined, couples predict marital satisfaction in their positive thoughts and positive thoughts couples and marital satisfaction was significantly related to religious beliefs and the positive thoughts religion are a good predictor of marital satisfaction (Hoshmandi quotes, 2012). Wadzbi and Sodine (2009) in 6-week study to evaluate the positive and negative thoughts couples and marital satisfaction on 89 married couples in the United Kingdom presented their findings showed that factors such as the type wherein a positive attitude, positive thinking and emotional relationship couples in marital satisfaction has a great effect and the study showed that positive thinking and positive and significant relationship between marital satisfaction and negative thinking no relationship with marital satisfaction (Hoshmandi quotes, 2012).

Fredrickson (2006), showed that in vitro studies with positive mood induction (like an unexpected gift, reading your words positive, remembering a positive event or listening to music) show the mood states induced creativity, thinking and behavior may be more flexible and marital satisfaction has a significant positive correlation (quoting Ahadi, Khazini, Karimi and Delaware, 2011). Zulficar Pour *et al* (2011) The relationship between religious beliefs in family and marital satisfaction 200 working women and housewives examined and found that religious beliefs in family satisfaction with regard to adultery laundering. Their research also showed that the overall satisfaction of religious beliefs, there is no difference between men and women (quoting Khodayarifard Bonab and Ghobar, 2012). Seraji (2005) in relation to the issue of religious beliefs and inner and external orientation and marital satisfaction over 1700 tons of 15 thousand couples were randomly Roodehen University, the study examined the relationship between religious beliefs and marital satisfaction. The results of this study indicate that there is a significant relationship between religious beliefs and marital satisfaction, so that marriage is religious rather than secular people (Seraji, 2005). The necessity and importance of this study is to investigate the relationship between religious orientation and marital satisfaction in couples is positive thinking. Note that if a couple with knowledge of the characteristics of his wife and positive thinking and optimism, and with the help of religious approach and religious and moral character and try to better understand each other's mental condition have live with love and intimacy are the foundation of society's problems under control and marital discord will do the research would be useful. The authorities have positive thoughts and ideas on healthy living strategies based and support of religious propaganda in marriage, family and child that underpin community to do more. Another application of this research can be applied in the field of theoretical and is used by students in the future.

## MATERIALS AND METHODS

Method is descriptive and correlational. The population of the present study included all married employees in offices Education and Medical Sciences, Shiraz city was in 2014. Sampling was available. That sample of married employees in the departments of Education and Medical Sciences of Shiraz as 100 pairs (100 women and 100 men) were selected for the study and the questions of religious belief scale questionnaire George and positive feelings and ENRICH Marital Satisfaction Inventory (PFQ) responded.

### Data collection tools

The study of the religious beliefs of George and ENRICH Marital Satisfaction Scale and Scale positive feelings (PFQ) is used below is a description of each scale.

George scale religious beliefs, religious beliefs questionnaire for use in the present study, the full text was translated into Persian. Translated versions with the original version was presented to three teachers to adapt the translation of the original text matching items from one side to the culture, on the other hand comment. George (1998), claims this test without any orientation based on any religion or religious sect built a relationship with God is expressed not only its content, no substantive change was made on the basis of religion in the community. Only on the recommendation of the evaluation, some changes in terms and words used in the text of the questionnaire are conducted. At the end of the scale, that is the scenario in order to prolong the test and with respect to the other two measures were used in this study, five scenarios that did not match with the Iranian culture with the supervisor and thesis committee was set aside and only five scenarios were used to assess the validity of this scale that includes 5 scenario was obtained, in a preliminary study, the correlation scores of 30 high school students, the scores on the scale that included the entire scenario (Scenario 10) was calculated. Method of scoring in the first part of the test, in accordance with the instructions, so that each item has 5 options are varied and totally agree to totally disagree. 5 score awarded to someone who completely agree option in response to each item, select to show the knowledge of God is stronger than man and a score of 1 is awarded to someone who has chosen to be answered completely disagree and proves that the understanding of God's poor. But here it should be noted that items 31, 27, 23, 21, 20, 14, 11, 9, 5 and 2 in this section of the questionnaire are reverse scored. Grading scale George II (1998), the first part is like. This means that a 5 strong relationship with God shows as well as score 1, poor communication measures in the second part of item 15, 8, 7, 5 and 4 are in the form of inverse grading. Grading scale George III style is slightly different from the previous two sections. This means that the five response or proposed the issue of scenario, only one of which is considered as a practice based on faith in God. At the option of just about relying on God and trust the person in the event of a problem, the reaction has been suggested that the choice is a sign of strong faith.

**Enrich Marital Satisfaction:** Questionnaire Enrich by Olson, Fournier, Joanne and Drankmn in year (1989) in America evaluated and identify potential problem and identify areas of strength and fruitful and there is a relationship between marital satisfactions was obtained. 115 questions with regard to the long form of questions, was built in the form of 47 questions. The most used eight subscales form of 47 questions and scores on each scale are: 1. personality problems (1 and 2, 4, 21 and 30), (2) Links (12, 13, 20, 31 and 40), (3) conflict resolution (5, 7, 14, 24, 33, 34 and 42), 4-Financial Management (8, 5, 16 and 25 ), 5-leisure (9, 17, 35 and 43), 6-sex ((3, 6, 10, 18, 23, 27, 36 and 43), 7 children (11, 19, 28, 37, 44), 8. family and Friends (26, 29, 37, 46)

**The proposed method of scoring for the questionnaire:** sheet as a guide to justify the specification sheet and download the required subjects in the research community has been ensuring the integrity and confidentiality of information received from them was mentioned in the questionnaire. Help also commented on the answer sheet and think about the words expressed in the questionnaire mentioned. A five-item questionnaire, which was originally a Likert-type attitude has been considered that each item is rated from one to five and answered, and the answer consists entirely disagree, disagree, agree, neither agree nor disagree, agree, strongly agree is respectively to each of them from 1 to 5 score awarded. Positive feelings questionnaire (PFQ): This questionnaire consists of 17 items measuring positive feelings to your partner is couples therapy clinic in 1975 at the State University of New York was created. Test-retest reliability through 1 to 3 weeks 93% and the correlation coefficient of the Dyadic Adjustment Scale 7% to  $0.001 > P$  were reported. Positive feeling questionnaire was prepared in two parts. In the first part, consists of 8 questions. Subjects are asked general feeling towards her during the last few months with numbers 1 (to feel extremely negative) to 7 (strongly positive for sentiment) is specified. In the second part, which consists of 9 subjects based on their general feelings about each statement specifies one of the numbers 1 through 7. PFQ by Mazaheri and Poor Etemad (2001) was translated into Persian by translated and re-translated. The internal consistency of the questionnaire used in this study was calculated to be 89%.

## RESULTS

To determine the relationship between religious orientation, positive thinking and marital satisfaction in married offices, Shiraz staff Pearson correlation coefficient was used. The results of this analysis are presented in Table 1. As can be seen in Table 1, there is a significant positive relationship between the religious orientation and marital satisfaction and also a significant positive correlation between religious orientation and optimism. In order to prediction of marital satisfaction and optimism based on multiple regression analysis method was used to the results of this

analysis are presented in Table 2. As Table 2 shows the regression prediction of marital satisfaction were significant positive thinking ( $P < 0.0001$  and  $F = 5.43$ ). And sexual issues with the beta coefficient 0.8 can significantly predict marital satisfaction in married employees.  $R^2$  value indicates that 18% of the variance in marital satisfaction is predicted by positive thinking. In order to prediction of marital satisfaction on the religious orientation of the multiple regression analysis method was used to the results of this analysis are presented in Table 3. As Table 3 shows the regression prediction of is religious orientation on marital satisfaction ( $P < 0.001$  and  $F = 9.75$ ). Sexual issues with 12.1 beta coefficients can be positively and significantly predict marital satisfaction. The  $R^2$  value indicates that 29% of the variance of religious orientation can be prediction of by marital satisfaction.

Table 1: Correlation matrix of religious orientation, optimism and satisfaction

Variables	1	2	3	4	5	6	7	8	9	10	11
Marital satisfaction subscales	Conflict resolution	1									
	Financial Management	**0/59	1								
	Hobbies	36**0/	**0/38	1							
	Sexual Issues	55**0/	**0/54	**0/46	1						
	Care of children	**0/55	**0/44	**0/32	**0/51	1					
	Relationships with friends	**0/49	**0/41	34**0/	**0/39	**0/54	1				
	Personal issues	**0/57	**0/45	**0/40	**0/49	**0/56	**0/53	1			
	Communications	**0/52	38**0/	**0/22	**0/45	**0/49	**0/45	**0/50	1		
Positive thinking	35**0/	28**0/	**0/29	**0/36	**0/25	26**0/	25**0/	25**0/	1	40**0/	**0/59
Subscale religious orientation	God	**0/394	**0/387	**0/285	**0/448	**0/316	**0/292	**0/45	**0/348	**0/548	1
	Trust in God	**0/413	**0/417	**0/288	**0/454	**0/343	**0/289	**0/275	**0/376	**0/564	**0/817

Table 2: Results of multiple regressions to prediction of optimism of married employees

Predicator Variables	F	P<	R	R <sup>2</sup>	B	t	P<
Conflict resolution	5/43	0/0001	0/43	0/18	0/77	1/69	N.S.
Financial Management					0/115	0/177	N.S.
Hobbies					0/84	1/66	N.S.
Sexual Issues					0/8	2/09	/03
Care of children					0/122	0/233	N.S.
Relationships with friends					0/57	0/790	N.S.
Personal issues					0/19	0/374	N.S.
Communications					0/25	0/57	N.S.
Positive thinking					0/43	6/77	0/0001

Table 3: Results of multiple regressions to prediction of religious orientation of married employees

Predicator Variables	F	P<	R	R <sup>2</sup>	β	t	P<
Conflict resolution	9/75	0/0001	0/53	0/29	0/41	/87	N.S.
Financial Management					1/18	1/74	N.S.
Hobbies					0/37	/713	N.S.
Sexual Issues					1/12	2/80	0/006
Care of children					0/07	0/14	N.S.
Relationships with friends					0/006	0/008	N.S.
Personal issues					0/5	0/94	N.S.
Communications					0/71	1/55	N.S.
Positive thinking					0/68	9/47	0/0001

**DISCUSSION AND CONCLUSION**

As can be seen in Table 1, there is significant relationship between marital satisfaction and positive thinking and positive significant relationship between religious orientations. The results of the present research results and Joseph Peterson (2012), Silberman (2010), Rowan *et al* (2010), Zulfiqar Poor *et al* (2011) and Seraji (2005) is consistent. The results Wadzbi and Sodine (2009), Fredrickson (2006) is consistent. This hypothesis can be an important variable in explaining religion in the lives of individuals, and can influence the beliefs, attitudes, behaviors and characteristics intrinsic value of religious marriage they affect. Perhaps it is the greatest impact of religiosity and marital satisfaction or dissatisfaction. On the other hand, mental health, adaptation, feelings of life satisfaction and as these is largely influenced by the thinking and perception of self and others and live event is taken from the ideas he has behaviors and positive energy in their good thoughts and good feelings and stems. This idea can also be drawn from religious person the fact that a person is under the influence of marital satisfaction and behavior opposite sides of a peaceful mind, is

positive and optimistic and so having marital satisfaction and adjustment required with positive thoughts and religious orientation marriage. As can be seen in Table 2, positive thinking and positive contribution to the prediction of marital satisfaction in married employees is significant. The current results with results Wadzbi and Sodine (2009), Fredrickson (2006) is consistent. The explanation for this finding could be positive or negative thinking people are influenced by their life styles because he thought it would be a positive aspect of marital life and it will affect the positive thinking in interpersonal relationships, conflict resolution the couple, the relationship between child, went out with friends and family as well as the economic and financial management of important family enjoys. So positive thinking is important in improving satisfaction and adjustment spouses to nurture positive thoughts and minimize waste dysfunctional ideas and thoughts that are distorted mind and to draw negative thinking can be successful in every situation of life and quiet and without stress and anxiety brought home space. As can be seen in Table 3, religious orientation in predicting marital satisfaction has a positive and significant contribution to married employees. Due to the religious background of the child, the family environment provides he will assume responsibility for the religious, in his religious behavior are formed this behavior is intrinsic to every stage of life for individuals and help him.

Great deal of research has shown that adherence to religious orders at every stage of life can bring success to individuals; an adaptive relaxation and mental health and marital life but religion is not possible. Peterson and Joseph (2012), Silberman (2010), Rowan *et al* (2010), Zulfiqar Poor *et al* (2011) and Seraji (2005) in their study showed that the religion of the factors that positively impact on marital satisfaction is undeniable. Religion can affect various factors in marital adjustment and religion and marital satisfaction has a positive and significant relationship and the teaching of religion in many aspects of individual and social life can be important. Child rearing, social, cultural, political and personal issues resolve conflicts and marital problems and other issues of individual work help create an ideal life. Of course we must not ignore the religious orientation, well in advance of marital satisfaction is very important.

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