

Research Article

The Relationship between Sexual Satisfaction and the Marriage Satisfaction of Men and Women.

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ABSTRACT

This study aims to search the relationship between sexual satisfaction and the marriage relationship of married men and married women. The method of this study is descriptive of the correlative type and its Statistic Society included Karaj Province's all resident married men and married women, among which 80 ones within reach were chosen as a sample of study. The research's instruments include Hudson's sexual satisfaction questionnaire and Inrich's couple scale. Data were analyzed through independent T. and Pearson's correlative co efficiency. The results showed there is no significant difference ($p > 5\%$) between men and women mean of sexual satisfaction. Also, between sexual satisfaction and marriage satisfaction a meaningful relationship ($p < 1\%$) was found. The correlation degree between women was 66.3% . Also, there wasn't a significant difference between men and women mean of marriage satisfaction variables and sexual satisfaction variables, the need to the curers great concern into the couple's sexual issues treatment is proposed which may cause to improve sexual function in them and hence, may cause to satisfy much of their married life.

Key Terms: Sexual Satisfaction, Marriage satisfaction, Men, Women

INTRODUCTION

Marriage relationship has been described as human's the most important and elementary relation, because it provides a primary structure for beginning family relationship and training the future generation [30]. The marriage satisfaction is an most important and complicated aspect of a marriage relationship [36]. In other words, one of the vital aspects of a marriage system, is the satisfaction which the consorts experience and sense in their own relations [37]. Marriage satisfaction is the most important psychic health basis of family members and is the conform in social behavior of the couple's marriage with each other and existence of the seasonal balance between the couples material and intellectual needs [14]

sexual satisfaction in marriage relationship is one of the key facts in evaluating a person in proportion to life quality generally and quality and continuation of marriage relationship especially [25], which has a close relationship with constructs related to marriage quality as the relations between the couples [31]. Satisfaction from marriage relation [29], so this construct is the subject of the study of many researcher as one of the instability factors of marriage and a probable anticipator of the divorce in the future [23]. Sexual satisfaction is a affected by the affective relations among the couples and marriage dissatisfaction and finally different family problems follows by sexual dissatisfaction [38].

Sexual relations by influencing the couples sense and minds may affect the relations between them directly or indirectly in vast dimensions, it means the couples who agree with each other in this field and are happy on this account, can easily indulge most of their life is disharmony, while life disharmony may cause bad consequences in the sexually dissatisfied couples [32,20]. The firmness of sexual relations without having satisfied sexual is risked, sexual pleasure is one the most important pleasure a person enjoys it in his/her life time and this pleasure makes life difficulties and problems between them tolerable. (Asghorio, 2004).

the researchers believed that marriage satisfaction is sexual relations (Young M. Laquis, 1998, Beutel & et al. 2002)

in most of the researchers the role of sexual satisfaction in marriage life satisfaction has been shown more colorfully [18]. Rahmani & et al [13] researchers showed that there is a significant relationship between marriage life satisfaction and sexual satisfaction which proposes the application of foundations results for training and sexual consulting of men and women in marriage age to be successful in life. Also in the other researches sexual satisfaction caused to increase marriage life satisfaction, this finding proposes that marriage life satisfaction can be improved by magnifying the importance of marriage sexual relations and paying more attention to it among the couples (Ziaee & et al, 2013). The researches done by Shams Mofrahe & et al (1389) clarified that there is a significant relationship between sexual relations and marriage life so sexual training caused the marriage satisfaction to be increased

karimi and et al [10] reported a significant relationship was between sexual satisfaction and marriage life satisfaction. In one training program whose aim was to clarify the effect of life skills training on the sexual and marriage satisfaction was done in Tehran's couples, showed that life skills training cause the marriage satisfaction to be increased, in consequence with sexual satisfaction, marriage

satisfaction goes up [3]. In Galamkani & et al [9] research, the women with high sexual satisfaction, reported to have high marriage satisfaction.

Maclaren (1995) believes sexual satisfaction play a big role in family general health and Hygiene but unfortunately the survey and evaluation of this issue is often neglected and this is because speaking about this unhappy area is considered shameful and sin (Pakgehur & et al, 1384)

Shasih [6] in a study surveyed the effect of sexual training on improving marriage life quality in Isfahan and showed sexual training affect on improving the whole quality of the couple's marriage and its dimensions, but it is ineffective in marriage responsibility dimension and agreeability.

Also, there is a relationship between marriage satisfaction and infidelity. Brown study findings showed unsatisfaction and contradiction are the first stage in the couples treachery, on the extent that there is no hope for improving [21]. Spanir & Margolis (1983) perceived 70 percent of people attributed their tricky to the marriage problems. Also most of the studies showed most people cite marriage problems to be the cause of their tricky. Other studies showed reduction of marriage satisfaction increase the probable infidelity commitment. Sexual satisfaction is another variable related to tricky. The couple who aren't satisfied sexually, most probably tend to make up this satisfaction by extra marital sexual relation at minimum [17]. Concerning the result of mentioned researches and saying that accomplishing sexual needs and its resulted satisfaction are effective factors in people's soul and body hygiene and increase durability and strength of family basis [34], also regarding undesirable effect of lack of sexual satisfaction in emerging body problems and the effect of this issue on declining of family foundation and finally, for not paying enough attention to sexual issues in Iran, the important of this issue and trying to raise information about this main priority of the couple's psychic hygiene, is the necessary of doing this research. Regarding the

above points, this search attempts to survey the relationship between sexual satisfaction and marriage satisfaction in men and women and on this basis the recent search's 4 hypotheses is as follow: 1. There is a significant difference between the sexual satisfaction in men and women. 2. there is a significant relation between the sexual satisfaction and so marriage satisfaction in women. 3. There is a significant relation between sexual satisfaction and marriage satisfaction in men. 4. There is a satisfaction relationship between men's and women's marriage satisfaction.

Method

This search was of descriptive- correlative type. Married women's and married men's search was Nazarabad city of Alborz Province who have married for one year at minimum, about 80 ones of the referring married men and married women to Alborz province Health organization, were chosen as search sample by available sampling methodology.

Instruments

Enrich Couple Scale

In the recent research Enrich marriage satisfaction questionnaire was used to measure satisfaction. This questionnaire is designed by Fowers&Olson [24] which is used to evaluate problematic potential field and to recognize power area and to fertilize marriage relationships. This scale includes 4 micro-scales of 35 matters which are desirable corruption marriage satisfaction, connections and solving the conflicts. The questionnaire is 5 choice which is originally a Likert-type attitude-metric. This questionnaire has for each matter 5 choice, I agree completely, I agree, No opposite, No agree, I oppose completely and opposite which 1 to 5 Ayaz score is given to them. Enrich Couple Questionnaire is excited by David AlsonVamialSonder on 25501 married couple in 2000. Questionnaire coefficient for micro scales of marriage satisfaction, relation, solving conflict and desirable corruption is respectively as follow %86, %80, %84, %83, and questionnaire re-examining credit for each micro- exam is

respectively %86, %81, %90and %92 (sanaee 1319) and in Asudeh Search (1389) questionnaire coefficient with 365 couples equals %68 (%68 of ter deleting 24 question) %78, %62, %72 respectively.

Index of sexual satisfaction (ISS)

This questionnaire is made by Hudson, Horrison & Grosscup for evaluating couples satisfaction levels in 1981. This questionnaire has 25 questions and is of auto-reporting questions each examinee's response to each exam matter in 7 degree Scale is determined between 0 and 6 and in sun, examinees score in whole test moves between 0 to 150. Also a bit of scale matters has reverse scoring. In this scale high score reflects sexual satisfaction. Stability in this exam is reported by Cronbach coefficient %92. Searches state this questionnaire has meaningful relations with scales which are designed to measure similar constructs. This scale's correlative co efficiency is reported %66 by marriage satisfaction questionnaire [27]. As this scale is used for the first time in Iran it's psychometric feature is surveyed in regarding validity and reliability dimensions, and amount for whole sexual satisfaction scale is %94. Reliability co efficient for sexual satisfaction scale is %85 by using 2 half method and amount of spearman-Brown correction co efficiency is accounted %92 [26]

Analysis and Execution Method

After harmonizing with related responsible, questioners are settled in examinee's option. It should be said researcher himself gave and collected questioners and necessary guidance about completing questionnaire to each examine is given equally, to assure examinees more about the privately of information. The analysis of Data is done through independent Texam and correlative co efficiency by using SPSS16 software.

Findings

	N	Percent
WOMAN	40	0/50
MAN	40	0/50

Concerning frequency distribution related to subject's gender, %50 are women and %50 are men.

	N	Percent
20- 29 years old	22	27/5
30- 39 years old	41	51/3
40- 49 years old	16	0/20
50 and older	1/3	1

Concerning age frequency distribution in table 2, among subjects, maximum number including 41 subjects %51/3 are between 30 till 39, 22 subjects (%27/5) are between 20 till 2, 16 subjects (%20) are between 40 till 49 and 1 subject (%1/3) is 50 years old.

	N	Percent
1- 5 years old	21	26/3
6- 10 years old	25	31/3
11- 15 years old	17	21/3
16- 20 years old	11	13/8
21 and older	6	7/5

Concerning marriage length frequency distribution, among subjects, maximum number includes 25 subjects (131/3) 6 to 10 years, 21 subjects (%26/3) 1 to 5 years, 17 subjects (%21/3) 11 to 15 years, 11 subjects (%13/8) 16 to 20 years, 6 subjects (%7/5) 21 years and more are spent since their marriage time.

	N	Percent
under diploma	6	7/5
diploma	25	31/3
between diploma and BA	11	13/8
BA	30	37/5
MA and beyond	8	0/10

Concerning above frequency distribution among the subjects, 30 ones (%37/5) have Bachelor of Arts (BA), 25 ones (%31/3) have diploma, 11 ones (%13/8) are between diploma and BA degrees, 8 ones (%10) have Mastered Arts (MA) and beyond and 6 ones (%7/5) have under diploma degree.

	N	Percent
No child	22	27/5
1	24	0/30
2	25	31/5
3	8	0/10
4	1	1/3

Percent	Very Low		Low		Middle		High		Very High	
	N	Percent	N	Percent	N	Percent	N	Percent	N	Percent
Woman	2	0/5	3	7/5	14	0/35	9	22/5	12	0/30
Man	6	0/15	-	-	13	32/5	8	0/20	13	32/5

Concerning the above frequency distribution among the subjects, 25 (%31/5) have 2 children, 24 ones have (%30) 1 child, 22 ones (%27/5) have not child, 8 ones (%10) have 3 children and 1 (%1/3) have 4 child.

	N	Percent
Housewife	21	26/3
Employee	9	11/3
Self-employment	3	3/8
Other	7	8/8

Concerning frequency distribution related to women jobs, among subjects, 21 women (%26/3) are housekeepers, 9 ones (%11/3) are employee, 3 ones (%3/8) have free-job and 7 ones (%8/8) have other jobs.

	N	Percent
Employee	22	27/5
Self-employment	10	12/5
Other	8	0/10

Concerning frequency distribution related to men jobs among the subjects, 22 ones (%27/5) are employee, 10 ones (%12/5) have free-jobs and 8 ones (%10) have other jobs.

	Mean	Standard deviation	Variance	Range of Changes	Max
Marital Satisfaction	36/07	6/69	44/8	32	48

Concerning the above table center tendency indices and spreading (Mean, SD, Variance, Changes Scope, and Maximum) related to marriage relations is surveyed and the existed results are obtained in table number 8.

	Mean	Standard deviation	Variance	Range of Changes	Max
Sexual Satisfaction	113.06	25.5	651.7	160	191

Concerning the above table center tendency indices and spreading (Mean, SD, Variance, and Changes Scope) related to sexual satisfaction is surveyed and the existed results in the table number 9 are obtained.

Concerning marriage satisfaction degree among men and women who are the subject of study 2 women (5%) and 6 men (15%) have very low marriage satisfaction, which regards to Enrich Couple questionnaire, those who have very low marriage satisfaction, are very unhappy and are more worried about their own marriage relations. 3 ones (7/5) of women have low marriage satisfaction, which according to Enrich exam are to same extents unhappy and are worried about their marriage relations. 14 women (35%) and 13 men (32/5) have a medium satisfaction, which regarding exam are to same what fortunate and enjoy some their marriage relations aspects. 9 women (22/5) and 8 men (20%) have high marriage satisfaction aspects. 12 women (30%) and 13 men (23/5) have very high marriage satisfaction, which regards to existent interpretation in Enrich test this people are very fortunate and enjoy all of their marriage relations aspects, actually.

Hypothesis 1

There is a meaningful difference between sexual satisfaction of men and women.

A T-test was used to measure mentioned relation for independent groups. In this test there wasn't find a meaningful relation among men and women in (p>5%) level. In other words regards to the issue that the obtained meaningful level is 416 and is bigger than 5, hence, there is not meaningful relation between marriage satisfaction of men and women. In this test amount of obtained it is 817 and mean and SD (standard deviation) of sexual satisfaction in women are 115.4 and 28/38 and among men are 110/7 and 24/43 respectively.

Sex	N	Average	Standard deviation	t	Meaning
Woman	40	115/4	28/38	0/817	0/416
Man	40	110/7	22/43		

Hypothesis 2

There is a significant relation between sexual satisfaction and marriage satisfaction among women

Pearson correlative co efficiency test is used to measure the above relation. In this test between sexual satisfaction and marriage satisfaction among women a meaningful relation in (p<1) level is found. In other words, regards to the issue that obtained meaningful level is%... and is smaller than %1, so with %99 assurance there is significant relation between sexual satisfaction and marriage satisfaction among women. Also between sexual satisfaction and marriage satisfaction among women correlation is %663.

& Martial Satisfaction&Sexual Satisfaction		
Marital Satisfaction	r	p
Sexual Satisfaction	0/663	0/000

Hypothesis 3

There is a meaningful relationship between sexual satisfaction and marriage satisfaction among men.

Pearson correlation co efficiency test is used to measure the mentioned relationship. In this test a significant and direct relationship between sexual satisfaction and marriage at (p<1) level is found. In other words, concerning that obtained meaningful relationship between sexual satisfaction and marriage satisfaction. Besides the correlation between 2 variables, sexual satisfaction and marriage satisfaction is %774.

& Martial Satisfaction &Sexual Satisfaction		
Marital Satisfaction	r	p
Sexual Satisfaction	0/774	0/000

Hypothesis 4

There is a significant difference between sexual satisfaction among men & women.

A T-test for independent group is used to measure mentioned relation. In this test a significant relationship between marriage satisfaction among men and women at (p>5%) level. In other words concerning that obtained meaningful level is %856 and is bigger than %5.

So there is not meaningful difference among men and women. In this test the amount of obtained is %183 and stand deviation (SD) and mean of marriage satisfaction among women

are 7/24 and 35/9 and among men are 6/18 and 36/1 respectively.

	Sex	N	Average	Standard deviation	t	Meaning
Marital Satisfaction	Woman	40	35/9	7/24	0/183	0/856
	men	40	36/1	6/18		

CONCLUSION AND ARGUMENT

Family is as the most basic society pillar and the focus of attention of all educational and raising responsible in third millennium threshold. It's strangeness and basis is of necessities which is more sacred in our culture. Marriage satisfaction influence general health quality and degree, life satisfaction, sense of being alone degree and people's sexual enjoyment. Sexual relations forms parts of couple's conception of each other. Sexual understandings has positive relation with behaviors which cause the continuation of marriage and in fact is as general relations miniature. (Amirianzadeh&et al1386).

Concerning to the finding, hypothesis 1 based on the existence of significant difference between sexual satisfaction of men and women, is not confirmed, which this issue is similar to the findings of (Tanigochi and et al, 2006), (FantsoIglesis, 2014) and (Rafee pour and Trofee, 1374).

In Mehrabizadeh and et al [11] surveys it was recognized one of the most important factors in marriage life, which is the most specifying factor in couple's conforming and their soul health improving. Sexual need is, natural and instinct need, which is in 2 sides (husband and wife). Neglecting in proper satisfaction of this need from each one of the spouse, cause the creation of confliction ground in the family which if the conflict is not solved, it's intensity is maximized and whole marriage relation is put on danger (Meston&Trapnedd). Sexual desire is made of 2 manly/ womanly faces. Men care on the quantity of sexual relation and women care on the quality of it. So it could be said sex-related problems for men and women are of the same important and is one of main and vital aspects of marriage relations.

In 2nd and 3rd hypotheses of this search it was clarified there is a meaningful relation between sexual satisfaction and marriage satisfaction among men and women. These findings are similar to search results of [18,22,13,40,3,9,6]. Also, in these searches sexual satisfaction is reported and stated an effective factor in marriage relations. Liner searches about relations between sexual satisfaction and marriage satisfaction in marriage first years showed sexual satisfaction is important for both men and women, and there is a significant relations between the 2 sexual satisfaction ad marriage satisfaction variables [35]. Sexual action in marriage satisfaction is so important that lack of sexual action may indicate other problems in marriage relation. Sexual needs and desires have main role in life. Sexual enjoyment causes many of life daily problems and marriage contradictions to be ignored and affection dependence between wife and husband to be increased. Those who had high satisfaction in their relations with spouses significantly report better life quality than those who don't have satisfaction [8]. In marriage life, good life quality and enjoyable sexual relationship is one of fortunate factors, because it's dissatisfaction cause deprivation, unlucky and unsafeness in the matches [7]. Sexual relationships are affected by affective relationships between the couples and marriage dissatisfaction and finally various life problems may follows sexual dissatisfaction [39].

In hypothesis 4 it was clarified there is not a meaningful difference between marriage satisfaction in among men and women. Former researchers on marriage satisfaction in whole shows people's sexual situation does not predict satisfaction [4,28,]. Nevertheless, Fowers [24] saw in satisfaction search men had

reported their marriage regards to finance indices, parents, family, friends and match personality more positive, than women [4]. Also in Zarandi search [1] degree of marriage satisfaction of subjects based on gender is obtained differently. According to this finding men reported more marriage satisfaction.

At a glance to recent search results it's proposed, to promote marriage and sex satisfaction level and also to prevent from the probable dangers of family, training life necessary skills and sexual skills for all young couples, especially during marriage contract and these training should be hold for girls and boys in schools and universities before marriage. Also for referring couples to specialized curing center in marriage relations, based on referring needs, educational workshops focusing on their needs and shortness should be hold. Concerning the issue that sexual relations is regarded of the most special problems of the joint life and also for cultural restrictions and religious beliefs, people may have not stated their sexual issues easily. Therefore, lack of probable assurance in some subjects in stating sexual matters correcting and frankly was of limitations of the search which was adjusted to some extent by assuring of the privacy and also creating a special environment to fill the questionnaires.

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