Research Article

Study of the relationship between marital satisfaction and the use of social networks (WhatsApp, Viber, Telegram, Facebook,..) on mobile

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ABSTRACT

Introduction: In the meantime, the most important role in the strength of families is generally the satisfaction of the husband and wife of each other. Marital satisfaction is an objective feeling of pleasure, satisfaction and enjoyment experienced by a husband and wife and A social network is a site or a set of sites that allows users who are interested in sharing their interests, thoughts and activities with others

Metod: The present study is a descriptive-analytic cross-sectional study which was performed on 100 couples working in Jahrom city in 1395. The tools used in this study were two tools of Enrich marital satisfaction and a researcher-made questionnaire including demographic information. After collecting data, data were coded using SPSS software and analyzed using Kruskal-Wallis test.

Finding: That is, the amount of different (low, average and high) use of social networks in men and women will not affect their marital satisfaction.among extrovert people are with increased communication and self-confidence, as well as by reducing negative emotions and confusion; This issue is reversed among the introvert individuals.It seems that the spouses in this study were extraversionists, so using social networks did not affect their relationship with each other and their marital satisfaction.

Conclusion: There is no significant difference between the satisfaction of women and men with the use of software by men and women.

Keywords: Marital Satisfaction - Social Networking – Family

INTRODUCTION:

Family is one of the fundamental institutions of the human community, which plays a major role in regulating the social life of human beings with various functions and roles. The family in our society has a special place and a special status, therefore, in our culture, we have the image of individual and collective efforts to preserve and protect it. In the meantime, the most important role in the strength of families is generally the satisfaction of the husband and wife of each other.Marital satisfaction is an objective feeling of pleasure, satisfaction and enjoyment experienced by a husband and wife, when all aspects of life are shared (1). Marital satisfaction is one of the components that are influenced by different factors. One of these

factors is the level of communication between men and women, among which the development of new technologies in the field of electronic and computer over the past few decades and the emergence of various types of electronic devices and applications such as theInternet, social networking sites, cell phones, satellites, etc. have affected the relationship of spouses.It is indisputable that these developments have made human life morethan a hundred times easier. Regardless of the widespread use of these tools, what today has the vast application and covers a wide range of everyday activities of individuals,is the Internet and, consequently, social networking sites.A social network is a site or a set of sites that allows users who are interested in sharing their interests, thoughts and activities with others. Social networks, while being aspace to findnew friendsand allow people to connect with their old friends (2).They are also places to exchange views in which people sharetheir opinions and ideas with each other.Social networks are generally places in the virtual world that introduce their peoples brieflyand provide the possibility of communicating between themselves and their associates in various areas of interest.In fact, it's a new form of communicating and sharing content on the Internet. Social networking sites are new bases that are at the center of the Internet users' attention, and each group collects users with specific features.Since the creation of the first virtual social network, thousands of types of such web-sites have been created all over the world (3).At present, virtual social networks have become one of the most important communicative tools in the society and the world, and they have a lot of reputation.Social networking sites, which are virtual communities of Internet users, are one of the most popular Web sites of recent years, and have provided a significant part of the user's activity.Social networking sites can be divided into two general and special groups, in the simplest form.In general social networks, Internet users have different motivations and goals and follow their virtual networking through these web sites, but specific social networks are built around a special topic; and the number of users is also lower (4).The social

network Facebook, Twitter, We-Chat, What's app, Viber and ... are the most famous virtual networks.Except of these networks that users from all over the world use them, there are other virtual networks under the name of Iranian Facebook,finding friendand spouse sites also act inside the country.For many people, the use of these networks is considered as one of the routine tasks.Virtual social networks are places in which people have the opportunity to introduce themselves, display their personality traits, communicate with others, and maintain these relationships.These websites, potentially whether at the level of interpersonal relationships or at the level of social relationships, have the potential to make fundamental changes to each individual's social life.Each of the social networking sites has their own special communication culture, that is, they have chosen a unique speech and stylefor themselves.A person with membership in any social networking site involves in a particular type of communication culture that includes attitudes, behavior, personality type, spoken literature, etc. (5).From the functional point of view, it is possible to enter social networking sites into societies by two kinds of functions: its positive function is to promote the untraining spread of science and the transfer of culture and the acceleration of communication,etc.But its negative function is that it reduces the social and familial relationships of individuals emotionally and reduces the interactive relationships among the population, the spread of culture, violence, and, consequently, the crises and conflicts between spouses and family members.In other words, although activity in such networks facilitates communication with friends, it decreases their marital relationships by decreasing the time of their relationship with each other (4).The time spouses spend on virtual social networks, they have little time to communicate with each other in the real world. This reduces their communication skills.Based on the results of various studies, these people are not able to communicate properly and effectively with each other.Communication skills are effective and adequate for success in the real world. In addition,the use of social networking sites has the risk of warping in the

lifestyle of spouses.Among these dangersincluded: addiction to these sites and unconsciousness for moments together, disclosure of secrets and personal family information, changing spoken literature and communication culture, changing patterns of behavior, suspicion of husbands to each other,insomnia,unintelligence and physical damage include visual impairment (6).Loneliness, lack of self-confidence, lack of interest in jobs and business, illness and disability, lack of belief in ethics, emotional failures, financial problems, anxiety and family and social constraints are among the factors that make more use of social networking sites in the user and the person try to escapesuch disappointing emotions while using these sites, so over time, the use of social networking sites will become longer.The excessive use of social networking sites can create problems for families, including the negative effect on marital relationships and increasing conflict and rising divorce, increasing unreliability and lying between family members, reduction of verbal and face to face communication and negligence in related tasks (5).The technology of social networking sites has created many influences and changes at various angles of individuals' private and social life.In most modern families, at leastthere are one Internet user. Quick Communication with real and legal individuals and, ultimately, individuals' social development and promoting the level of people's awareness is the most important achievements of social networking sites, but what can be considered is its individual and social consequences which the marital satisfaction change is one of the most important of them.Considering the importance of cyberspace in the development of societies, in our society, information and communication technology has also received considerable attention in recent years. But there are serious damages that need to be addressed to root it.In terms of Internet usage, our country ranked 87th among 187 countries, which according to the classification of the World Telecommunication Union, is considered to be in the middle class. The average spentfor the Internet is 52 minutes a week. In addition, there are about 7 million Internet users in Iran that use it intermittently or non-intermittently (7).Social networking sites occupy the minds of couples, and more importantly, represent the role of the family alongside this superconductor that how far couples can balance between the time they need to communicate with each other and the extent of usingsocial networking sites.The emergence of emerging injuries can provide a new type of social and psychological damage. For this reason, planning to identify, prevent, and reduce the emerging injuries is necessary.Emerging injuries are damages related to new technologies that the damage caused by the use of social networking sites, the Internet, satellite, computer games, cell phones, etc. can be included in this set (8).

Methods: The present study is a descriptive-analytic cross-sectional study which was performed on 100 couples working in Jahrom\in 1395. The tools used in this study were two tools of Enrich marital satisfaction and a researcher-made questionnaire including demographic information.

Enrich Marital Satisfaction Questionnaire: Enrich Marital Satisfaction Questionnaire is used as a valid research tool in marital satisfaction researches. The questionnaire was designed by Olson, Forneyer, and Drownman in 1989 (quoted from Sana'i, 2000), which is used to assess potential problems or to identifythepower fields and to enrich themarital relationships. Olson uses this questionnaire to investigate marital satisfaction and believes that this scale relates to changes that occur during the life cycle of a person, and is also sensitive to changes that occured in the family. Each of the questions in this questionnaire is related to one of the most important areas. The original version of the Enrich test has 115 questions, consisting of 12 sub-scales. The first scale is 5 items and the other scales each have 10 substances.The subscale of this questionnaire is as follows: Ideal distortion, marital satisfaction, personality issues, communication, conflict resolution, financial management, leisure activities, sexual relationship, children and parenting, family and friends, role of equalization, religious orientation.The first scale, that is, the ideal distortion, measures the subject's tendency for the conventional response to the expressions. In

addition, the 125 form of this questionnaire measure thetwo other scales, namely, couples correlation and compatibility.Considering the high number of questionsin the questionnaire (115 questions) that caused excessive exhaustion of subjects, it was decided to prepare a short form.Suleimani (1994), in a research entitled The Study of Impact of Irrational Thoughts Based on Cognitive Approach on Marital Dissatisfaction, provided a brief form of this questionnaire that contained 47 questions.To this end, the correlation of each question with the whole questionnaire was calculated by correlation coefficient, then 4 questions were selected which had a relatively high correlation.This selection was done equally from different scales of the questionnaire and a total of 47 questions were selected. Again, the coefficient of validity of the form of 47 questions was calculated on a group of 11 people by using the alpha coefficient, with a coefficient of 0.95 In this study,the form of 47 questions of marital satisfaction were used (9).

Scoring: The questionnaire is considered as five options, each with one to five points. The options are: (very high), (high), (moderate), (low), and (very low). A higher score is a sign of more marital satisfaction. The answer is presented as a separate leaflet to the subjects.

Credibility: In the study of Mahdavian (1998), Pearson correlation coefficient in test-retest method (for one week) for male group was0.937, for female group0.944 and for female and male group was 0.94.

These coefficients for idealized distortion subscales are 0.72; marital satisfaction is 0.85; personality issues are 0.76; communication is 0.76; conflict resolution is 0.76; financial management is 0.81; activity Leisure time, 0.63; sexual relationship; 0.69; children and parenting;0.87; family and friends; 0.69; egalitarian role, 0.62; and religious orientation of men and women groups. 0.73.The alpha coefficient of the 47 items form of the questionnaire was obtained in Soleimanian research (1994) (0.95) (9 and 10).

Questionnaire using social networks Researcher-made

Data gathering tool to investigate the use of social networking sites, a three-part researcher-made questionnaire was developed based on the literature review. The first part is about demographic characteristics (age, gender, field, education, duration of marriage, number of children).In the second part, there are six questions related to the use of social networks (the name of the social network with membership, the name of the social network that they regularly visit, the time of membership, when working with their account in these networks work (Morning, noon, evening and night), the amount of hours that work with these networks in the day and the most important reasons for using such networks.The method of scoring the third part, which is 5 degrees Likert,it is such that to answer I totally disagree one score; I disagree two scores; somewhat agree; three scores; I agree; four scores; and the answer I totally agree; five scores are given.After scoring, all the scores are added together. In this questionnaire, the higher the score is, the higher the rate of using of social networks and vice versa, if the score is lower, the rate of using is less. The questionnaire was approved by five faculty members.Its reliability was confirmed by measuring the Cronbach's alpha coefficient ($\alpha = 0.85$) after completing the pilot,20 questionnaires were confirmed by couples.

The method of work was that after obtaining permission from the honorable council, the researchers referred to the medical centers with written permission, after selecting the sample individuals, according to the following criteria: 1- Marriage; 2- Membership in one of the Social networking sites (Facebook, Twitter, Web Chat, WhatsApp, Viber,etc); 3. Satisfaction to participate in this research; 4. At least withthird grade education in guidance school, questionnaire distributed among them andthey were asked to answer the questions carefully.They also emphasized that they would refrain from giving a probable and chance answer. After collecting data, the data were coded by using SPSS software and analyzed statistically.

Finding:

The total score was divided into five categories according to the division in the submitted file Table below,).that represents the dimensioning

Due to the fact that the abundance was .(floor 1 in the proper classes, the classes were combined.
Total score questionnaire

men	women	In total sample	Index
125.9143	126.1571	126.0357	mean
126.5000	127.0000	127.0000	Middle
137.00	17.52897	17.94853	Standard deviation
57.00	69.00	57.00	The least
159.00	156.00	159.00	the most

Demographic characteristics

Mean and standard deviation	index
28.8±6.0	age
5.3±5.0	Duration of marriage
The variable is static and these indicators are not reported Instead, you can .report the abundance (percentage) in each floor	Duration of use of software

Frequency of software usage in three floors

Type of software						Software usage classes
Facebook		More than one software		Watts App		
Percent	Number	Percent	Number	Percent	Number	
0/0	0/0	16/0	4	84/0	21	Low Consumers
0/0	0/0	43/7	21	56/3	27	Average consumers
1/5	1	62/7	42	35/8	24	High Consumers

The relation between the amount of software used and the total marital satisfaction score

(Based on Kruskal Wallis test)Result of the survey		Total marital satisfaction (total score) (Mean ± SD)	Software usage classes
df	pvalue		
2	0/816	126/8±18/9	Low Consumers
		125/3±18/8	Average consumers
		126/3±17/2	High Consumers

The relation between the amount of software used and the total marital satisfaction score

Based on Kruskal Wallis test))Result of the survey		Marital Satisfaction in Women (Mean ± SD)	Software usage classes
df	pvalue		
2	0/711	123/9±20/3	Low Consumers
		124/7±19/9	Average consumers
		128/0±14/9	High Consumers

The relationship between software utilization and marital satisfaction in males

Based on Kruskal Wallis test))Result of the survey		Marital Satisfaction in men (Mean ± SD)	Software usage classes
df	pvalue		
2	0/666	129/4±17/8	Low Consumers
		126/0±18/0	Average consumers
		124/5±19/4	High Consumers

DISCUSSION AND CONCLUSION:

The purpose of this study was to investigate the relationship between marital satisfaction and the use of social networks (Whatsapp, Viber, Telegram, Facebook, etc.) in the mobile phone. Findings showed that there is no significant difference between the satisfaction of women and men and the use of software by men and women.That is, the amount of different (low,

average and high) use of social networks in men and women will not affect their marital satisfaction. In explaining this finding, we can mention the followings:

☐ Research findings show that the use of social networks (Whattsapp, Viber, Telegram, Facebook, etc.) among extrovert peopleare with increased communication and self-confidence, as well as by reducing negative emotions and confusion;This issue is reversed among the introvert individuals (11). It seems that the spouses in this study were extraversionists, so using social networks did not affect their relationship with each other and their marital satisfaction.The findings of this study were in line with the study of Kert and Kissler (2001). They also found that the use of social networks such as Facebook has no effect on the marital satisfaction of women and men. In explaining this finding, we can point to the following factors:

☐ Intimacy between spouses acts as anintermediary factor between spouses' perceptions about the use of social networks and marital satisfaction. In fact, it is possible that the lack of a relationship between marital satisfaction and the use of social networks due to this mediating effect. This intermediary effect has a protective function in such a way that marital satisfaction is not significantly affected by the perception of the spouse regarding the use of social networks (12) (13) (14). In this way, intimacy is beneficial in the relationship and can act as a factor against negative factors (15).In a study by Barra (1981), Werthery (1996) and Flemly (2001), social networks have a positive effect on marital satisfaction. In explaining the findings of their studies, one can say:

☐ The expansion of social networks in terms of socioeconomic status has a positive and significant effect on the individual's level of social support of the network, and social support of the network has a positive and significant effect on the individual's satisfaction of marital life (16).In fact, the larger the size of the social network of the individual, the person receives more support during marriage. Because the possibility of receiving social support from members of the network increases with the increase in the number of network members.The larger the size of the network, the greater the likelihood of supporting a person among these persons during marriage (17) (18).Researches have also shown that social support and satisfaction with marital life and life expectancy has a significant positive relationship and it has a significant relationship with the probability of marital dissection. Plenty of researches have shown the relationship between social support and satisfaction with marital life, thus reducing the probability of divorce (19).In line with Barra's (1981), Wertley (1996) and Flamley (2001) studies, other researchers have found that the use of social networks has a positive effect on the individual's satisfaction with marital life.

In explaining this finding, one can say:
☐ The expansion of the use of social networks (Whattsapp, Viber, Telegram, Facebook,etc.) among users of these networks is associated with an increase in mental health indicators, including increased self-confidence and life satisfaction.In these situations, even if social networking cannot increase marital satisfaction, at least it can be said that it can create a sense of well-being among users by influencing mental health indicators (20).

Finally, with regard to the whole of the above-mentioned topics and the goals that the study followed, it can be concluded that there is no significant difference between the satisfaction of women and men with the use of software by men and women. Because self-reporting tools were used in this research, the responsiveness of individuals may be affected by their interests.

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