



## Relationship between Emotional and Social Adjustment with Marital Satisfaction

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### ABSTRACT

This study investigated the relationship of emotional and social adjustment with marital satisfaction. The study was descriptive and correlation type, and its statistic population was all employees within the education system in Lar city, and 228 subjects were randomly selected as a sample. Enrich marital satisfaction questionnaire and sub-scales emotional adjustment and social adjustment of Bell Adjustment Inventory were used for data collection. For data analysis, multivariate regression analysis and Pearson's correlation coefficient was used. Data analysis showed that there is a significant relationship between social and emotional adjustment and marital satisfaction. The multivariate regression results showed that the emotional adjustment predicts marital satisfaction better than social adjustment. Generally, social adjustment and emotional adjustment, both predict marital satisfaction but emotional adjustment has a higher predictive power.

**Keywords:** Marital Satisfaction, Social Adjustment, Emotional Adjustment

### INTRODUCTION

One important aspect of the family system is the satisfaction that couples experience. However, statistic data of divorce, the most reliable indicator of matrimonial distress, indicates that marital satisfaction is not readily achievable. Whatever the relationship between couples is better, safer and more attractive; the life is more pleasant and lively and successful children are trained. When the couple has marital satisfaction, family has good strength, and they can properly deal with the issues and problems and stay safe from harm. In recent years, a sense of security, peace and friendly relationships between men and women have turned to be quicksand and family structure is undergoing uncomfortable events [1].

There are various definitions of marital satisfaction: Ellis defines it as contentment, satisfaction and pleasure experienced by couple and believes that ignoring the other side's interests and mindset causes disappointment and frustration in the marital relationship [2]. Winch defines it as a matching the current state and the desired state of marital relations. In his idea when marital satisfaction occurs that person's marriage is in accordance with what he/she expects to be and marital dissatisfaction is caused by mismatch between the current and desired marriage [3].

Larson et al. proposed three factors as the effective parameters in marital satisfaction. Contextual factors (social and cultural factors), individual characteristics and behaviors of couples and interaction process between couples. They concluded that elements related to these factors are good predictors of marital satisfaction [4].

One element that can influence marital satisfaction is the social adjustment. Social adjustment means individual adaption to the social environment [5]. This adjustment is possible by adapting the environment or changes the environment to satisfy the needs and desires. Social aspects of a person development will form the basis of his human life. Human life just continues in the society. Social development of the individual is interaction with others and social responsibility acceptance. As a result, social development includes the development of altruism, arboriculture, self-defense, communication and dedication, cooperation, integrity, self-control and honor motivation [6].

When the characters of one or both spouses are immature, it is difficult to understand each other. In this situation, each of them with the selfishness and self-centered personality has no desires to understand the needs of the other person and only concentrates on his/her needs. It is obvious that in such situation couples' satisfaction will be small [7] and marital satisfaction will decline.

Another factor that can influence marital satisfaction is the emotional adjustment. A family can be concerns as an emotional unit and a network of interlocking relationships that are founded on the marriage of man and woman [8]. Successful marriage requires not only physical maturity, but also the emotional maturities with emotional fitness are the conditions of achievement to a desirable marriage. However, for emotional maturity, obtaining recognition of the special relationship between couples is not enough and awareness of the psychological characteristics of each other and proper management of the couple's emotion is essential [9]. The emotional climate of the family means family relationships and attitudes together. Their attitude together, their feeling and interests to each other and their interference in each other works show how the relationship is [6].

Hafezi et al. study results showed a positive relationship between marital satisfactions and positive affects [10]. Khoshkharam et al. concluded that education of positive affect increases marital satisfaction [11]. Rothberg et al. showed that women identity is related to emotional climate of the family (a shame-based family system). In another study it was found that gender identity disorder is more likely in people who have more emotional problems in the family [12]. Ahmadi also showed that there is a correlation between the emotional climate of family and identity crises [13]. Ayzen concluded that gentle and positive emotional affect states can have a good influence on our daily thinking processes and thus increase marital satisfaction [14]. Levenson et al. showed that about 60% of the marital satisfaction variance can be justified by positive and negative affect patterns [15]. Soon showed there is a significant relationship between positive affect and marital satisfaction [15]. Levenson et al. found that some of the marital satisfaction variance can be explained by psychological and emotional patterns [16]. Azadi et al. in their evaluation of social factors of emotional divorce concluded that the quality of couples' social and emotional relationship is an important element in marital satisfaction [17]. Heidarian et al. concluded that: 1) People who receive more love and respect from their spouse have greater marital satisfaction. 2) There is positive correlation between the amount of interest and respect between the spouse. 3) Spouses who were given more respect to each other had more marital satisfaction and 4) There is a positive correlation between the rate of interest and marital satisfaction [18]. Mahanian Khameneh et al. found that social skills have a significant effect on marital satisfaction [19]. Khojasteh mehr et al. showed that marital satisfaction can be predicted by social skills [20]. Flora et al. concluded that in general people's social skills have a positive relationship with their satisfaction of their marriage [21]. Banijamal et al. concluded that social poverty will cause marital dissatisfaction [22].

Based on what was said, in this study the possibility of a relationship between social adjustment and emotional adjustment and marital satisfaction are examined. The present study try to respond the general question: Can marital satisfaction be predicted by social adjustment and emotional adjustment?

## MATERIALS AND METHODS

This study was descriptive and correlation type. In this study that was conducted by questionnaire; social adjustment and emotional adjustment was considered as predictor variables and marital satisfaction presumed as the criterion variables. Its statistic population was all employees in the education system in Lar city and 228 subjects were randomly selected as a sample. The following tools were used to collect data:

A) Inventory of Marital Satisfaction: ENRICH marital satisfaction questionnaire has been developed by Olson, which included 47 sections and 12 sub-scales. In Respond to sections Likert method was used and had five option (totally agree to totally disagree) and grading was from 1 to 5, respectively. Some sections were graded reversely. Reliability coefficient of the questionnaire was calculated 0.92 by Olson [23]. Sharifnia calculated validity of the questionnaire equal to 0.92 [24] and Soleimani calculated validity of a questionnaire for 47 sectional questionnaire with the main form equal to 0.95 [23].

B) Bell Compatibility Test: This test is made by Bell in 1961 and has five components of fitness at home, fitness career, fitness health, emotional adjustment, and social adjustment. The whole test has 160 questions and is scored by yes or no [25]. Reliability coefficient is obtained for a total of test was 0.84 and for social adjustment scale was 0.80, respectively [26]. Cronbach's alpha coefficient of the questionnaire was reported 0.86 by Naqshbandi; 0.86 by Tarkhan and 0.91 by Azin and et al [27, 28, 29]. In this study, we used scales of social adjustment and emotional adjustment.

## RESULTS

As can be seen in Table 1, the mean and standard deviation for the marital satisfaction variable are 172.18 and 22.51, for social adjustment are 20.00 and 5.59 and for emotional adjustment are 20.13 and 5.93.

**Table 1.** The mean and standard deviation of the studied variables

Variable	N	M	SD
Marital Satisfaction	228	172.8	22.51
Social Adjustment	228	20.00	5.59
Emotional Adjustment	228	20.00	5.93

Table 2 shows the social adjustment ( $r=0.43$ ) and emotional adjustment ( $r=0.49$ ) have a positive and significant relationship with marital satisfaction. Also there is a significant positive relationship between social adjustment ( $r=0.39$ ) with emotional adjustment.

**Table 2.** Correlation matrix of variables

Variable	Marital Satisfaction	Social Adjustment	Emotional Adjustment
Marital Satisfaction			
Social Adjustment	***0.43	1	
Emotional Adjustment	***0.49	***0.39	1

\* $P<0.05$ ; \*\* $P<0.01$ ; \*\*\*  $P<0.001$

**Table3.** Summary of regression results for marital satisfaction prediction

Predictor variables	RS	F	Nonstandard coefficient		Standard coefficient	T	R	R <sup>2</sup>
			B	SE	Beta			
Constant	-	-	120.06	5.33	-	22.49	0.56	0.31
Social Adjustment	21672.08	52.46***	1.13	0.242	0.282	4.69		
Emotional Adjustment	28353.37	73.92***	1.46	0.385	0.385	6.41		

\* $P<0.05$ ; \*\* $P<0.01$ ; \*\*\*  $P<0.001$

The multiple regression analysis was performed using the entry method to determine the effect of each of the variables. As can be seen in Table 3, the results show that regarding the beta values, emotional adjustment (Beta = 0.358) is stronger predictor of marital satisfaction rather than social adjustment (Beta =0.282). Furthermore, the results contained in the table ( $R^2 =0.31$ ) indicates that social adjustment and emotional adjustment variables totally explain 0.31 of material satisfaction variance.

## DISCUSSION

This study predicted marital satisfaction through social and emotional adjustment. The results showed that marital satisfaction can be predicted by social adjustment. These results are in agreement with results obtained in previous studies [18, 22, 19, 20]. Iman et al. concluded in their study that low and poor communication with families and friend groups reduce marital satisfaction [30] and the results obtained in this study confirms it .

In explaining these results, Kalines's combined perspective can be noted. In Kalines's view the relationship between husband and wife is one type of exchange. In this exchange, people are seeking to make a profit or gain. The profits or gains from the perspective of different people can have different meanings and depends on the resources that a person can exchange and the other's resources in exchange. Kalines believes that individuals seek to maximize emotional energy. If the result of this transaction is positive profit or emotional energy, feeling of satisfaction and marital satisfaction does not end up in marriage and if the person feels that the exchange is not profitable for him/her, he/she will express discontent and want to leave the relationship. So, what caused the relationship to continue is a positive sense of relationship and sense of satisfaction of the exchange.

Another issue from the Kalines's perspective is resources that person deals with. Kalines calls it cultural saving or cultural capital. From Kalines's view what further strengthens the connection between people is interaction between people and especially dialogue used by them. Regardless of the specific or general topic of the conversation, it causes the relationships between individuals continue.

According to the findings of this study, marital satisfaction predicts emotional adjustment. This finding is in accordance with Hafezi et al. study that was performed on the employees of National Drilling Company in Khuzestan. The results of that study showed there is a positive relationship between marital satisfaction and positive affect [10]. Khoshkharam et al. study also confirms the results of the present study and. their research found that individuals who are training positive affect have instruction more marital satisfaction in their marriage [11].The results obtained in this study is similar to results obtained by Ahmadi [13].

The results of this study are consistent with research conducted in other countries as well. Study results of Levenson et al. showed that about 60% of the variance of marital satisfaction can be justified by positive and negative affect patterns [15]. The results of the present research are similar to results of Soon and Rathberg and Kidder. Their research showed that there is a significant association between positive affect and marital satisfaction [12]. Levenson et al. also found similar results in a study conducted in 1985. Their results showed that some of the variance in marital satisfaction and can be explained by psychological and emotional patterns [16]. Ayzn in his research achieved results consistent with the results of this study [14]. His results suggest that gentle and positive emotional states can influence our daily thinking processes and thus increase marital satisfaction. In explaining this result, it can be argued that the emotional adjustment of couples can increase the

correct relationship between the couples. If a couple communicate with the emotional intimacy, not only they could have an effective relationship but also their marital satisfaction between them will be increased .

The results of Azadi et al. also showed that in emotional divorce, the hours in which the couples are together isn't important but the quality of the relationships and reasonable emotions and feelings is the determining factor [17]. When the couples have emotional adjustment, they enjoy from being with each other if not being together will be annoying. This is consistent with the results of the present study. Results also showed that emotional adjustment and social adjustment can better predict marital satisfaction simultaneously. Earlier studies did not examine the effect of simultaneous operation of these two variables on marital satisfaction and it is the nobility of this study.

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