



## Prediction of Positive and Negative Affect from Sexual Satisfaction and Couple Burnout Factors in the Staff

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**ABSTRACT:** The aim of this study was to predict the positive and negative affect through sexual satisfaction and couple burnout among Tehran Agriculture Jihad's employees. Gaining the aim 200 subjects was recruited through clustered sampling method from Tehran Agriculture Jihad's employees. For gathering the data sexual satisfaction, couple burnout, and PANAS (positive and negative affect) scales were used. The mean and standard deviation in descriptive level were used; Pearson's correlation and regression test were used in inferential level as well. The findings showed that there is positive significant relationship between sexual satisfaction and positive affect. On the other hand, there is negative significant relationship between sexual satisfaction with physical, affective, mental couple burnout subscales, and negative affect. Also, there is negative significant relationship between negative affect and couple burnout subscales. Sexual satisfaction and couple burnout can significantly predict positive and negative affect. Considering the results it could be concluded that by increasing the sexual satisfaction and decreasing the couple burnout through instructing the sexual relationship skills and psychological interventions in marital relationships can promote positive affects among couples.

**Key words:** Sexual Satisfaction, Couple Burnout, Positive and Negative Affect

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### INTRODUCTION

Affect is defined as fluctuating reactions that is constantly affected by the thinking style and individual cognition [1]. The classification of affect done has categorized it as positive affect and negative affect. Positive and negative effects are two out of three factors that consists mental factors. Mental joy in people understanding and evaluation of life are affected in different cognition aspects, social and psychiatric functions. Positive affect includes positive feelings and excitements such as enjoyment, joy, happiness and pride; and negative affect includes negative feelings and excitements like guilt, nervousness, and sadness, and anger and tension.

Affective scale shows the amount by which positive affective experiences will defeat the negative affective experiences of the individual. Positive and negative effects are the indicative of the main aspects of affective states [2,3]. On the other hand, sexual activities are important aspects of people's life and one of the necessary needs that almost every theorist in the field of psychology has mentioned in his theory [4]. Researches has certified the importance of sexual satisfaction in couple satisfaction. The reason of many of mental distress, couple conflict as well as an increase in the number of cheating and divorce is lack of satisfaction of the couple with their sexual relations [5].

Dissatisfaction with sexual relations can lead to deep problems in the couple's relations and making hatred of the spouse, annoyance, jealousy, competition, revenge feeling, sense of humbleness, sense of lack of self-confidence, and like that. These issues are shown or encouraged in tensions and conflicts and gradually deepens the gap between the spouses. Also among the changes of marriage and relations between wife and husband is couple burnout. Couple burnout the painful condition of Physical, affective, and mental exhaustion and influences those who expect the dream love and marriage to make their lives meaningful. Burnout happens when the couple realizes that despite all their attempts have not made and will not make their life meaningful [6]. Gathering the disillusionment and tensions of everyday life causes mental exhaustion and finally leads to burnout.

Researches have shown us that sexual satisfaction and lack of couple burnout is among factors of mental health and plays an important role in couple's life [7], Sexual health has a positive and strong effect on mental health [8] as it is said that sexual satisfaction is an important factor in personal and general health of women. Hoogo shows that this is also true about men. An experimental research in a large scale shows that positive examination of sexual life of a person has a direct relation with the sense of prosperity [9]. Davison et al. [10] found that there is a positive and significant relation between sexual satisfaction and total life satisfaction. This is also true about sexual tendencies. Sexual health positively relates to physical and mental health, level of sex activities, and the foundation of the relation. Therefore, lack of sexual satisfaction and couple burnout are considered the reason for problems and weakening of family ties. Family is the most fundamental element of each society the strength of which is among the top necessities. Sexual relation consists a part of the couples

understanding about each other, and sexual understanding between the couples has a direct relation with the behaviors keep and strengthen the marriage. Researches have shown that sexual intimacy is related to affective intimacy. Also, sexual problems simply appear in a weak couple relation. These problems have correlations with ascendance, punishment, jealousy, fear of disloyalty, and constant conflicts in the other aspects of life. According to the theory of sexual maladjustment, lack of couple's sexual agreement, is the first and most important reason of divorce. The main hypothesis of this theory is that sexual fulfillment leads to a successful and continuous marriage and sexual failure leads to divorce. The essence of this theory is based on the principle that among all the factors that follows family problems esp. problems that cause divorce, lack of sexual fulfillment has priority over the other elements. If a couple is successful in couple relations, they will easily ignore many problems and have a good life.

On the contrary, lack of an appropriate sexual relation will pave the way for making an issue out of trivial problems and turning them into big problems. In other words, other elements like job, money, children and the influence of other people and their interference with family will not have a considerable effect on the family disorganization as long as there is a sexual satisfaction and none of the above elements can keep the family from breakdown, if there isn't a sexual and couple satisfaction. According to the mentioned issues, and since about the relation of sexual satisfaction and couple burnout with positive and negative affect regarding the local researches we are short of studies, and other hand, the concept of couple in Iran as an Islamic country is sometimes different from that of other countries; therefore, the phenomenon of culture and poverty of studies bring this question to the mind of the researchers that : if the variables of sexual satisfaction and couple burnout will predict the positive and negative affect or not. Thus, the purposes of this study are:

1. Prediction of positive affect from the variable of sexual satisfaction and couple burnout in the agriculture ministry staff of Tehran.

2. The prediction of negative affect from the variable of sexual satisfaction and couple burnout in the agriculture ministry staff of Tehran.

## MATERIAL AND METHODS

The present study is a description of the type of correlation. The statistical population of this study contains all the working staff of the agriculture ministry in 90-91 in Tehran. Therefore, of this statistical population 200 people were selected according to Morgan table and with the method of cluster random sampling. It occurred in the way that among 12 offices of agriculture ministry, the office of the assistant planning and soil support and the office of soil science, and soil fertility Institute which were 950 people were selected and 250 people were chosen for sampling according to the Morgan table. Also, to avoid the decrease of the number of the samples as a result of dropping, 30 people were added. To analyze, multiple Regression Analysis Testing was used synchronically. Data analysis was done using statistical software SPSS v.19 .

### Measures

The couple burnout questionnaire of Pines (CBM): This questionnaire was made by Pines [11] and has 3 elements of affect tiredness, mental tiredness, and physical tiredness, and has 21 items including 17 negative concepts of tiredness, sadness, lack of value, and 4 items are positive concepts of happiness and being energetic. Scoring this scale has 7 degrees between 1 (never) to 7 (always). Scoring 4 items is the reverse way and the higher score in this scale indicates the higher burnout.

Reliability of this scale has been measured using Alpha Krunbach in a range between 0.91 to 0.93. In Iran, Naim [12] has measured the reliability of this scale using the method of Cronbach Alpha and Tasnif to be respectively 0.85 and 0.82. The reliability of this questionnaire has been justified by the negative correlation with negative connection features like positive idea about relationship, quality of conversation, sense of security, self-actualization, and sense of purposefulness, affective attraction towards the spouse and the quality of their sexual relation. The translated versions (couple burnout scale) have been successfully used in cross-cultural studies in Norway, Hungary, Mexico, Spain, Portugal, Finland, and Israel [11]. In the present research the reliability of this test based on the Cronbach method is 0.78.

The Larson Questionnaire of sexual satisfaction (ISS): the questionnaire has been applied by Larson to measure the level of sexual satisfaction in couples. This questionnaire has 25 questions and has been measured in a 5-choice Likert containing Never (1), hardly ever (2), Sometimes (3), Often (4), and Always (5). At the end, people are classified into 4 groups of complete satisfaction, relative satisfaction, low satisfaction, and lack of satisfaction according to their scores. The score below 50 was lack of satisfaction, the score 50-75 was low satisfaction, score 76-100 was relative satisfaction and above 100 was complete satisfaction. The reliability of the questionnaire was examined using the content validity. Also, to examine, the reliability was measured by The Cronbach alpha coefficient that was 0.86.

The Questionnaire of positive affect: The long list of positive and negative affect (PANAS-X Watson and Clark, [3]) is a 60-item self-report test that measures not only the two main factors of positive and negative affect, but also 4 major scales of negative excitement (fear, hostility, sense of guilt, and sadness), 3 major scales of positive excitement (joy, self-confidence, and precision), and 4 other affective emotions (shyness, tiredness, calmness and wonder). Items are single words that the participant reports its analysis amount on a five-point

scale of (1-never), (2-low), (3-average), (4-a lot), (5-very much) . In the study by Mohammadi et al. [13] validity coefficient alpha (Cronbach Alpha) was measured with the instruction of "right now" between 0.72 to 0.93, with the instruction of "last week" between 0.74 to 0.90, and with the instruction of last year, between 0.74 to 0.91. In the study of Watson and Clark [3], Cronbach Alpha for positive affect was reported 0.81 to 0.90 and affect between 0.85 to 0.93. In the present study Cronbach Alpha was reported for the whole questionnaire 0.88, for positive affect 0.88, and for negative affect 0.90.

## RESULTS

In this section, we first examine the data descriptively, and then in order to predict the positive and negative affect from the variable of sexual satisfaction and couple burnout, inferential statistics will be used.

Table one shows the mean and standard deviation of the variables of sexual satisfaction, aspects of couple burnout and positive and negative affect. Table 2 shows the correlation between variables of sexual satisfaction, couple burnout, positive affect and negative affect. Table 2 shows also that there is a significant relation between sexual satisfaction and negative affect and positive affect. That is, there is a positive significant relation between sexual satisfaction and positive affect; and there is a negative significant relation between sexual satisfaction and negative affect. Table 2 shows that there is a significant negative correlation between positive affect with the aspects of couple burnout (mental, affective, and physical) and this correlation is significant at  $p < 0.001$ . On the other hand, there is a significant positive relation between negative affect and aspects of couple burnout and the correlation level is  $p < 0.001$ . To predict positive affect and negative affect from the variables of aspects of couple burnout and sexual satisfaction Synchronous Regression Analysis Test was used.

**Table 1.** Mean and Standard Deviation of studied variables

Variable	Mean	Standard deviation
Sexual satisfaction	90.28	15.76
Physical burnout	17.30	4.16
Affective burnout	22.24	5.82
Mental burnout	26.61	6.05
Positive affect	79.26	15.19
Negative affect	74.71	18.60

**Table 2.** Results of correlation between the variables of sexual satisfaction and couple burnout with positive and negative affect

Predictor Variables	Negative affect		Positive affect		
	Correlation	Sig.	Correlation	Sig.	
Sexual satisfaction	0.24	0.001	0.36	0.001	
Couple burnout	Mental burnout	0.39	0.001	0.16	0.02
	Affective burnout	0.54	0.001	-0.40	0.001
	Physical burnout	0.45	0.001	-0.20	0.003

**Table 3.** Regression of prediction of positive and negative affect as a criterion variable and sexual satisfaction and aspects of couple burnout and predictor variable

Criterion variable	R	R	F	Sig.	Predictor variable	B	B	t	Sig.
P. affect	0.69	0.48	14.72	0.001	Sexual.sat.	5.24	0.25	3.49	0.001
					Mental burn.	6.30	0.08	1.08	0.28
					Affective burn.	-1.24	-0.47	-4.83	0.001
					Physical burn.	0.51	0.20	2.28	0.02
Negative affect	0.74	0.56	22.35	0.001	Sexual sat.	0.91	0.03	0.52	0.59
					Mental burn.	0.56	0.12	1.74	0.08
					Affective burn.	1.37	0.43	4.60	0.001
					Physical burn.	0.26	0.08	1.01	0.31

The result of table shows that the model regression is significant at the level of  $p, 0.001$ , and predictor variables together can predict 48% of the changes related to the variation of positive affect. The results, also, show that sexual satisfaction and aspects of affective and mental burnout with the impact factors of, respectively, 0.25, -0.47 and 0.20 can predict the positive affect. However, physical burnout cannot predict positive affect significantly. Findings, also, indicate that the model is significant at the level of  $p, 0.001$ , and the predictor variables together can predict 56% of changes related to the variation of negative affect. The results show that only the aspect of affective burnout with the impact factor of 0.43 can predict negative affect.

## DISCUSSION AND CONCLUSION

The present research was conducted to predict the positive and negative affect from the variables of sexual satisfaction and couple burnout. The result showed that sexual satisfaction and aspects of couple burnout can significantly predict the positive and negative effects. The results of this research are in line with the previous

researches [5, 6, 8, 9 and 13]. Available researches indicate that the determining factors of mental welfare and positive effects in people include: sexual satisfaction [3, 4, 6, and 8], sexuality and sexual affairs, sexual health, Sexual intimacy, and the behaviors against couple burnout.

Dissatisfaction with sexual relation can lead to the deep problem's in couple's relations and making hatred for the spouse, annoyance, jealousy, competition, sense of revenge, humility, lack of self-confidence, and like that. Sexual satisfaction has been defined as an effective response originated from the mental evaluations about positive and negative aspects of a person's sexual relations. It means if a person has a positive of his relation with his/her relation with his/her spouse, this can increase his/her satisfaction with life, sense of loyalty, and intimacy, because sexual relation as a physiologic principle is one of the fundamental needs of any person. Satisfaction with life is a determining criterion of the level of health in people. Satisfaction with life is, also, one of the predictions of mental health that has attracted the attentions of lots of researchers today. In the opinion of Määttä and Uusiautti [14] sexual satisfaction and health relate positively to the mental and physical health, level of sexual activity and the base of connection. It seems that people achieve a positive feeling about self and life as a result of increasing sexual satisfaction and this issue leads to a positive effect in the short time and will be followed by an increase in satisfaction with life in a middle and long time.

It has been reported in studies that couple satisfaction is one of the most important factors for women's health and one of the most important criteria of life satisfaction that in turn has an effect on the couple's mental health. On the other hand, conflict in couple's relations can lead to a problem in social relations, tendency towards social deviance, and decline of cultural values between wife and husband. To maintain and strengthen the couple life, sexual satisfaction is needed. Some researchers believe that the main and real causes of 80% of couple conflicts are lack of sexual satisfaction of the couple. Couple burnout is the painful condition of physical, affective, and mental fatigue and affects those who expect the dream and marriage to make their life meaningful. Burnout happens when the couple realizes that in spite of all their attempts don't and will not give meaning to their lives. The compilation of frustration and everyday life tensions cause mental fatigue, and finally, lead to burnout. According to Pines and Nunes [11] one will not get burnout unless he/she has struggled with an issue like love or work. In fact, couple burnout is a kind of disappointment at the spouse's ability and existence, the one who is expected to by the person and be the reliant for the person in stressful and tense situations. If the spouses get disappointed at each other it means losing this hope. Therefore, the person gets more stressed and consequently, his/her health and welfare will be threatened. The results of Biker's study showed that the behaviors against couple burnout have a relation with mental health.

Researchers believe that burnout is a defense. When a person doesn't want to show the feelings like anger and disappointment, he/she will get the feeling of burnout. When the spouses don't talk about what they are suffering from for a long time, they will get burnout and they both look for a place to relax a little in their loneliness and experience more satisfaction. Therefore, experts focus to consider burnout not only a feeling but also a negative sign in couple life. Depression with its different forms rubs the person of his/her joy in life. One can see all the things that give him hope and motivation in life in a negative and boring way. This way, it is necessary for a person to fight depression before resenting his/her spouse. The person may not enjoy his/her relation today and of course this is not because of burnout. In fact, depression has made him not enjoy the things he used to [11].

In the end, according to the results of the previous researches and the results of the present research we can say that the quality of sexual relation and couple relation are among the determining factors of making positive and negative effects in wife and husband.

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