

Marital Satisfaction in Refereed Women to Gorgan Health Centers

Hashem Heshmati, MS¹
Nasser Behnampour, PhD²
Samira Arabameri, BS²
Samane Khajavi, BS³
Nooshin Kohan, PhD⁴

1. Department of Public Health,
Faculty of Health, Torbat
Heydariyeh University of Medical
Sciences, Torbat Heydariyeh, Iran.

2. Department of Public Health,
Faculty of Health, Golestan
University of Medical Sciences,
Gorgan, Iran.

3. Department of Management,
Golestan Payam e Nour University,
Gorgan, Iran.

4. Department of Medical
Education, School of Medicine,
Tehran University of Medical
Sciences, Tehran, Iran.

Corresponding author:

Hashem Heshmati, MS
Department of Public Health,
Faculty of Health, Torbat
Heydariyeh University of Medical
Sciences, Torbat Heydariyeh, Iran.
Tel: +98 9134512051
Fax: +98 5152221056
Email:
Heshmati.hashem@yahoo.com

Objective: One of the most important goals of marriage is the will to attain marital satisfaction. Marital satisfaction is of prime importance and has the highest effect on the stability and failure of the marriage. This study aimed to investigate marital satisfaction in the women who referred to Gorgan Health centers.

Method: This was a descriptive-analytical study conducted in Gorgan. Two hundred seventy married women who referred to health centers were selected using multi stage sampling method. Data were collected using a reliable and valid questionnaire and analyzed using SPSS 18.

Results: The mean age of the participants was 33.39 ± 9.25 years. Marital satisfaction was in semi-desirable and desirable level in 66.3% and 33.7% of the participants, respectively. A significant relationship was found between marital satisfaction and educational level of the participants ($P < 0.0001$ $\chi^2 = 32.09$), educational level of the husband ($P = 0.002$ $\chi^2 = 19.44$), and occupation of the husband ($P < 0.0001$ $\chi^2 = 19.17$).

Conclusion: Marital satisfaction of the participants was in desirable level. We recommend offering an appropriate intervention to promote marital satisfaction particularly based on the mentioned variables.

Key words: *Gorgan, Health Centers, Marital Satisfactions, Women*

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One of the most important goals of marriage is the will to attain marital satisfaction. Marital satisfaction is the most important concern in marital life and has the highest effect on the stability and failure of the marriage (1). On the other hand, some studies found an association between marital dissatisfaction and different disorders such as depression (2) and health problems during pregnancy (3). In addition, a study revealed that marital satisfaction in couples with more traditional attitudes toward gender roles were significantly less than others (4). Another finding indicated the significance of family processes (family coherence, problem-solving skills, communication skills and religious beliefs), social support and husband's psychiatric disorders in marital satisfaction of women with major depressive disorder (5). In addition, a study showed that marital satisfaction in parents of children with attention deficit hyper activity disorder is lower than parents with normal children (6). Thus, to promote marital satisfaction, we should

evaluate marital satisfaction status and design interventional programs based on the its associating factors. Considering the importance of marital satisfaction and its associating factors and the unique socioeconomic and cultural condition in different populations, this study aimed to investigate marital satisfaction in refereed women to Gorgan Health centers.

Materials and Method

This was a descriptive-analytical study conducted in 2013, in which 270 married women who referred to Gorgan health centers were selected using multi stage sampling method. Data were collected using a valid and reliable questionnaire and ENRIXH 47 questions marital satisfaction scale (6 - 8). Scores were classified as follows: Scores between 0-24% as low (undesirable), 25-74% as moderate (semi desirable) and 75-100% as high (desirable) marital satisfaction. This questionnaire obtained the demographic

information of the participants including age, length of marriage, level of education, occupation and marital satisfaction. Data were analyzed using SPSS 18 software and chi-squared test.

Results

The mean age of the participants was 33.39 ± 9.25 . The mean number of years married was 12.66 ± 9.34 in women. Most participants were homemakers (85.2%). The educational level of most participants was diploma (43%); most of their husbands were self-employed (48.9%) and most husbands held a high school diploma (35.6%). Marital satisfaction was in semi-desirable and desirable level in 66.3% and 33.7% of the participants, respectively. A significant relationship was found between marital satisfaction and educational level of the participants ($P < 0.0001$, $\chi^2 = 32.09$), educational level of the husband ($P = 0.002$, $\chi^2 = 19.44$), and occupation of the husband ($P < 0.0001$, $\chi^2 = 19.17$). Therefore, marital satisfaction was higher in people with higher education and among the employed. However, no significant relationship was found between marital satisfaction and participants' occupation ($P = 0.202$, $\chi^2 = 1.62$) and length of marriage ($P = 0.260$, $\chi^2 = 4.1$).

Discussion

Marital satisfaction of the participants in this study was consistent with that of studies conducted in Isfahan (9), Borujen (10), and Shahroud (11). However, marital satisfaction in Shiraz study was higher than that of ours (12). Therefore, it seems status of marital satisfaction in different parts of Iran is different, so more studies need to be conducted to determine factors contributing to marital satisfaction, and appropriate interventions should be designed and offered based on the socio-economic and cultural status of different parts of the country.

Our findings revealed a relationship between marital satisfaction and educational level of the participants and their husbands, which was consistent with Borujen study (10). Therefore, marital satisfaction is higher among those with higher education. Thus, we should evaluate marital satisfaction particularly in people with lower education level as a high-risk group and provide them with appropriate interventions.

Considering the association between marital satisfaction and educational level of the participants, and educational level and occupation of their husbands, we recommend providing appropriate interventions to promote marital satisfaction particularly based on the mentioned variables.

Limitations

Marital satisfaction was evaluated through a self-report questionnaire, so its precision may be in question. Therefore, another study should be designed to evaluate marital satisfaction using different methods such as private interviews.

Conclusion

According to the findings, marital satisfaction of the under studied women was in desirable level. Considering the association between marital satisfaction with the mentioned variables, we recommend appropriate interventions to promote marital satisfaction, particularly based on the mentioned variables.

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Conflict of interest

There is no conflict of interest.

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