

## A Comparison between Marital Satisfaction of Addicted Spouses Visiting Addiction Treatment Centers and Marital Satisfaction of Non-addicted Spouses of Qom District

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### ABSTRACT

Marital satisfaction is an important indicator of life satisfaction affecting the couples' mental health, life satisfaction, and even their income, academic achievement and job satisfaction. Marital satisfaction as an indicator of the quality of relationships between married couples is achieved only when there is congruity and consistency between the individual's current state of marital relationship with the state he expected.

The present research draws a comparison between marital satisfaction of addicted spouses and non-addicted spouses. The statistical society of this research includes all the spouses undergoing therapy in the addiction treatment centers of Qom district. The samples include 100 married drug addicts and 100 non-addicted clients visiting the health centers and therapy centers of Qom district.

In collecting and analyzing data of this descriptive research involving post-occurrence, *ENRICH* marital satisfaction questionnaire and Pearson's descriptive statistics and co relational method were used.

The results showed that marital satisfaction of addicted spouses is far less than the marital satisfaction of non-addicted spouses. As well, there is no significant relationship between marital satisfaction with the degree of education and the age of clients in the two groups under study.

**KEY WORDS:** marital satisfaction, addiction, addicted spouses, non-addicted spouses, addiction treatment.

### 1. INTRODUCTION

Marriage which is the basis of family formation and the most important stage of life always has been the focus of public opinions and has specific status in the academic and scientific research. Marriage is an important legal and social event by providing special set of rights, resulting in the survival and continuity of family and social structure (Hakami, Abbasi Mouldid and Jazayeri, 2009).

Marital satisfaction is an indicator of life satisfaction affecting couple's mental health<sup>2</sup>, life satisfaction, and even their income, academic achievement and job satisfaction. On the other hand, incompatibility in couple's relationships results in impaired social relationships, social deviation tendency, and declining cultural values among couples (Joneidi, Noorani Saadeddin and Shakeri, 2008).

Roach & et al (1981) defines marital satisfaction as general feelings and attitudes of individual towards spouse and marital relationship. In other definition, marital satisfaction is an interpersonal phenomenon and the kind of individual's perception of spouse and marital relationships (Bernshtain<sup>4</sup>, 1998) and it is used when analysis unit is an individual and the purpose of the analysis is the individuals' attitudes (instead of actual symptoms) towards spouse and marital relationships. This definition of marital satisfaction indicates that satisfaction is one dimensional concept which explains individual's overall assessment towards spouse and marital relationships (Bagheri, 2004).

Marital satisfaction as an indicator of the quality of relationships between married couples is achieved only when there is congruity and consistency between the individual's current state of marital relationship with the state he expected (Ratra & Kaur<sup>5</sup>, 2004).

Marital satisfaction has an important role in maintaining life balance and emotional atmosphere and according to Floyd & et al (1998) and Floyd & Zmich (1991) it is an effective factor to cope with stress and having good performance in life. However, several evidences indicate that couples at the present time are facing with many problems in inconsistencies in establishing and maintaining intimate relationships and having satisfactory marital life (Bernshtain & Bernshtain, 1989).

Drug addiction is a factor that can affect marital satisfaction and expected situation in spouses' relationships. Addiction is a chronic, relapsing disease along with serious physical, economic, family, and social problems and damages. Individual and social function of an addicted person reduces as a result of his dependence to drugs, he is also at the risk of psychological and physical problems which have a negative impact on the structure of the society and the family (Jazayeri, Rafeie, Nazari, 2002). Drug addiction is expanded globally and unfortunately young people are the large proportion of the society suffered from this disease. This disease has an important role in occurring several problems in the family especially in the emotional relationships between spouses and their children. It is clear that individuals who live in dysfunctional family environments where satisfaction has no place among its members are more affected by this disease (Helm Seresht, Del Pisheh, 2000). Although the effect of marital satisfaction in workplaces and family environments is very important, but research in this area in various groups is very limited and marital satisfaction of addicted families has not been studied yet.

Zargar et al (2008) studied the relationship between certain personality features such as (excitement seeking, self-expression, and psychological hardness), religious attitudes, and marital satisfaction with staff tendency towards addiction<sup>8</sup> in a large industrial company in Ahvaz with 489 subjects, they concluded that employees who are more dissatisfied from their spouses are more ready to become addicted (Zargari, Najarian and Naami, 2008).

Homish G, Leonard .K.E , Cornelius<sup>9</sup> (2008) studied the relationship between stimulant drug consumption and marital satisfaction, they concluded that spouses who have the tendency to use drug have low marital satisfaction (Homish . G, Leonard .K.E, Cornelius, 2007).

According to the importance of marital satisfaction and the impact of addiction to it and also the lack of research in this area, the current study is going to study following hypotheses:

- **There is a difference between marital satisfaction of non-addicted spouses and marital satisfaction of addicted ones.**
- **There is a relationship between marital satisfaction of addicted spouses and their educations.**
- **There is a relationship between marital satisfaction of non-addicted spouses and their educations.**
- **There is a relationship between marital satisfaction of addicted spouses and their ages.**
- **There is a relationship between marital satisfaction of non-addicted spouses and their ages.**

## **2. Method of research**

### **A) Statistical population and studied sample**

The current study is descriptive (post-occurrence) research (Sarmad et al, 1999). Statistical population of this research includes all women who have non-addicted spouses and have been visiting health centers and also women who have addicted spouses so they have been visiting addiction treatment centers of Qom district in 2014 along with their husbands for family therapy.

To select the studied sample, 100 women who have addicted spouses and also 100 women who have non-addicted spouses regarding to their social and economic similarities were selected by using convenience method of sampling. Then, these two studied groups were asked to complete the questionnaire. To control dubious variables all studied women were matched in terms of age and education level. Due to changes occurred after completion the questionnaires, the final sample includes 89 women who have addicted spouses and 92 women who have non-addicted spouses.

### **B) Research tool**

- **ENRICH Marital Satisfaction Questionnaire:** This questionnaire as a valid instrument has been used in various researches to measure marital satisfaction. Fowers & Olson<sup>10</sup> (1989) have been used this questionnaire to study the marital satisfaction, they believe that this scale is sensitive than changes take place in the family. They used random sampling method in the national survey included 5039 subjects to show that by using this questionnaire, it is possible to distinct between happy and satisfied couples and unhappy and dissatisfied ones with 85 percent accuracy. Each subject of the questionnaire is related to one important area.

Evaluating these areas within a marital relationship can describe potential problems of couples or can identify their reinforcement areas. This tool can also be used as a diagnostic tool for couples who are seeking marital

counseling and are going to strengthen their marital relationships. It was revised by Olson in 2006 and the revised scale includes 4 subscales with 35 words that can be used as research tool such as satisfaction, communication<sup>11</sup>, and conflict resolution<sup>12</sup>.

Enrich marital satisfaction Scale 13 is a general measurement of marital relationships includes idealistic distortion<sup>14</sup>, marital satisfaction, personality issues<sup>15</sup>, communication, conflict resolution, financial management<sup>16</sup>, leisure activities<sup>17</sup>, sexual relationship<sup>18</sup>, children and parenting<sup>19</sup>, family and friends<sup>20</sup>, egalitarian roles for men and women, religious orientation<sup>21</sup>, marital cohesion<sup>22</sup>, and marital changes<sup>23</sup>.

- Scoring method of this questionnaire is a five-item Likert-type attitude scale. The questionnaire has 5 items for each statement such as I strongly agree, I agree, I neither agree nor disagree, I disagree, and I strongly disagree that 1-5 scoring is given to them.

### C) Method of implementation

After selecting, studied samples were invited when they were visiting health centers and addiction treatment centers at certain day and hour. The researcher attended at the specified time and after establishing relationship and also expressing some points about the way of answering and confidentiality of answers, invited women to complete the questionnaire individually and separately.

## 3. RESULTS

Since two groups of independent variables and one independent variable were available in the current study, independent t-test and multivariate analysis of variance method were used for statistical computing. As seen in Table 1, average scores of marital satisfactions of women who have non-addicted spouses is more than women who have addicted spouses. So, there is a significant relationship between marital satisfactions of addicted spouses and marital satisfaction of non-addicted spouses at significance level of  $p < 0.0001$ , so the first hypothesis is confirmed.

**Table 1: The results of descriptive statistics of marital satisfaction of addicted and non-addicted spouses**

Non-addicted spouses	Addicted spouses	Independent variable
92	89	N
110.7935	92.2809	Mean score
20.51551	20.51551	Standard deviation
1.83645	2.17464	Average error rate

**Table 2: The relationship between the education level and marital satisfaction of addicted and non-addicted spouses**

Means difference	SIG.	DF	T	P	F	Marital satisfaction
14.51258	0.0005	179	-5.112	0.358	0.848	Variances equation

Pearson correlation test has been used to test the significance of the relationship between education level and marital satisfaction of two groups of addicted and non-addicted spouses and two groups were studied separately.

**Table 3: Pearson correlation test for the education and marital satisfaction variables of addicted spouses**

Education	Marital satisfaction	
-0.126	1	Pearson correlation (marital satisfaction)
1	-0.126	Pearson correlation (education level)
0.24	0.24	P of two domains
89	89	N

According to the statistical output of the above correlation Table in addicted family and also according to the amount of P in Table 3 ( $R: -0.126$ ,  $p < 0.24$ ), it can be concluded that there is no significant relationship between education level and marital satisfaction in addicted family group. So, the second hypothesis is rejected.

**Table 4: Pearson correlation test for the education and marital satisfaction variables of non-addicted spouses**

Education	Marital satisfaction	
0.47	1	Pearson correlation (marital satisfaction)
1	0.47	Pearson correlation (education level)
0.659	0.659	P of two domains
92	92	N

According to the statistical output of the Table 4 and also according to the amount of P (R: 0.47,  $P < 0.656$ ), it can be concluded that there is no significant relationship between education level and marital satisfaction in non-addicted family group. So, the third hypothesis is rejected.

Pearson correlation test has been used to test the significance of the relationship between the age and marital satisfaction of two groups of addicted and non-addicted spouses and two groups were studied separately.

**Table 5: Pearson correlation test for the age and marital satisfaction variables of addicted spouses**

Age	Marital satisfaction	
-0.131	1	Pearson correlation (marital satisfaction)
1	-0.131	Pearson correlation (education level)
0.221	0.221	P of two domains
89	89	N

According to the statistical output of Table 5 and also according to the amount of P (R: -0.131,  $P < 0.221$ ), it can be concluded that there is no significant relationship between the age and marital satisfaction in addicted family group. So, the fourth hypothesis is rejected.

**Table 6: Pearson correlation test for the education and marital satisfaction variables of non-addicted spouses**

Age	Marital satisfaction	
-0.074	1	Pearson correlation (marital satisfaction)
1	-0.074	Pearson correlation (education level)
0.484	0.484	P of two domains
92	92	N

According to the statistical output of Table 6 and also according to the amount of P (R: -0.074,  $P < 0.484$ ), it can be concluded that there is no significant relationship between the age and marital satisfaction in non-addicted family group. So, the fifth hypothesis is rejected.

#### 4. DISCUSSION AND CONCLUSIONS

Studying the impact of the addiction on marital satisfaction of spouses indicated that women who have addicted spouses have less marital satisfaction in comparison with women who have non-addicted spouses. These results are consistent with the results of Homish, G, Leonard, K.E, Cornelius (2008) research. The study of Zargar et al (2008) also is consistent with this research, since when the level of marital satisfaction is low, people are more ready to become addicted and this issue (low marital satisfaction of men leads to drug addiction and addiction results in marital dissatisfaction of women) is a bidirectional relationship. This finding is expressed by the fact that drug addicted men due to certain conditions primarily are problematic for their wives and children. The presence of

1. Marital Satisfaction
2. mental health
3. Roach & et
4. Bernshtain
5. Ratra & Kaur
6. Floyd & etc
7. Floyd & Zmich
8. Addiction
9. Homish, G, Leonard, K.E, Cornelius
10. Fowers & Olson
11. Communication
12. Conflict Resolution
13. Enrich
14. Idealistic Distortion
15. Personality Issues
16. Financial Management
17. Leisure Activities
18. Sexual Relationship
19. Children and Parenting
20. Family and Friends
21. Religious Orientation
22. Marital Cohesion
23. Marital Changes

drug addicted men can be a peace disclaimer reduces self-confidence, increases stress and mental damages and as a result leads to family problems that change family functions and couples relationships and can be considered a threat to the emotional security and reducing marital satisfaction.

Studying the impact of addiction on marital satisfaction of women indicates that drug addicted spouses have negative effect on different dimensions of marital satisfaction. This effect can be significant in ideal orientation, marital satisfaction, communication, conflict resolution, financial management, sexual relationship, parenting, equalitarian role<sup>24</sup>, and religious orientation dimensions. About these results it can be said that deficiencies of drug addicted men in all aspects of life including social life, finances, communications, and human personality and etc....., require high patience, sacrificing demands and desires, and also discouragement from their husbands on behalf of women, this issue as a result can reduce marital satisfaction of spouses.

Although sexual desire and relationship is not the only factor to maintain or damage life and marriage, but it is the factor that is very effective in both continuity of generations and couples relaxation, but addicts due to drug consumption which retards sexual behaviors do not satisfy this requirement and as a result their lives are without love and mutual understanding. This is an issue that Makes couples feel discontented. A research has been done in 1996 by Christopher about violence among spouses to indicate this issue. This study has been indicated that higher level of violence seen among drug addicted men. This research also has been indicated that there is a less level of tendency to establish emotional relationship with spouse among drug addicted men (Christopher, and Timothy<sup>26</sup>, 1996). The current research also expresses this issue and is consistent with it.

Basis on the second hypothesis that education level can be effective on the marital satisfaction and according to the third hypothesis which believes that the age can be effective on the marital satisfaction, The results indicated that there is no significant relationship between the education level and the age with marital satisfaction of two groups of addicted and non-addicted spouses. So, according to the results of this research, it can be concluded that just having a friendly relationship along with love and affection can provide marital satisfaction and some factors such as education level and the age are not important in this area. Just focusing on demands and desires of each other is important that unfortunately in most cases there is no emotional and physical relationship between man and woman and life continues obligatory with minimum interaction.

## **5. Limitations**

Making a connection with women who have addicted spouses to complete the questionnaire was little difficult. Perhaps measuring marital satisfaction of women who have addicted spouses that not only refuse to give up addiction or do not visit addiction treatment centers to treat themselves but also apply self-treatment methods in order to try to quit addiction, has different results. Researches done on different groups of addicted individuals and comparing these groups with each others can provide more accurate results that due to the lack of connection, it was difficult to deal with them. Hence, it is recommended to other researchers to do supplementary researches in order to achieve more accurate information about the impact of addiction on the marital satisfaction.

## **6. Suggestions**

According to the hypothesis of this research that there is a difference between marital satisfaction of women who have addicted spouses and marital satisfaction of women who have non-addicted spouses, it can be concluded that it is necessary that couples know each other to meet their needs and lack of knowing and understanding each other leads to frustration and confusion in the family framework and many couples choose ways to get rid of these problems that addiction is one of that solutions. So, in order to reach this understanding, it is recommended to held educational classes to acquire life skills widely and freely so that couples can attend to these classes easily and obtain better results.

24. Equalitarian Roles

25. Christopher

26. Timothy

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