Examining the role of personality traits, attachment styles and emotional intelligence in predicting marital satisfaction

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ABSTRACT

The purpose of the current investigation is to examine the role of personality traits, attachment styles and emotional intelligence in predicting marital satisfaction. The research population includes all cities of Tehran state education employees (about 3000 people) in 2013-2014. The research's sample was considered 384 people based on Morgan table in Kahrizak area which was selected using random cluster sampling method. The research's data were collected through Enrich marital satisfaction scale, five-item personality scale, adult attachment scale and Mayer and Salovey emotional intelligence scale and were analyzed using Pearson correlation test and stepwise regression. The results suggested that there is a significant relation between personality traits and marital satisfaction. There is a significant correlation among attachment styles and marital satisfaction. As well, there is a significant relationship between emotional intelligence and marital satisfaction. Personality traits impact on predicting marital satisfaction and attachment styles affect predicting marital intelligence. Finally, emotional intelligence components impact on predicting marital satisfaction.

KEYWORDS: personality traits; attachment styles; emotional intelligence; marital satisfaction

1- INTRODUCTION

Marriage is a social unity or legal contract between the public leading to relationship. This action is existed in the relationship between people of a tradition- usually intimate and sexual which is certified through various ways- and is dependent a culture or wings of a culture in all different recognizable fields. Marriage is official like unity usually by marriage ceremony, maybe called matrimony (Galafer et al, 2002). Generally, marriage or matrimony is a ceremony established between a man and a woman through special customs or orders in various religion and countries in order to forming a family and leads to child birth. Marriage of homosexual, i.e. marriage of two men or two women together and establishing a family (Nik et al, 2004).

Traits approach has earned a special place in personality studies. Five-item personality scale was provided 1980s and reassessed at the beginning of that decade. The main five factors are: neuroticism (N) (or nervousness or emotional instability), extraversion (E), openness to experience (O), agreement (A) and conscientiousness (C) or loyalty (Mcgray& Costa, 2004). It seems, although, personality traits is influenced by increased/decreased distribution and intensity of various interactive behaviors on marital satisfaction, the investigations have been focused on the examination of marital satisfaction and the state of other factors of personality with couples relationship have not been studied (Robinz, Gospi & Mefit).

Another important factor impacted on marital satisfaction is initial experience of a person with his/her family and/or the kind of emotional relation of a person with his/her family during his/her childhood (Simpson, 1998). Theories of attachment styles have highlighted the primary relationships in family surroundings and consider it as next effective relations (Khanjari, 2005; Goldneberg & Goldneberg, 2003). The theory believes that the kind of existed relation among mother-child during initial years of life, availability to his/her mother, support of mother when alarmed, maternal sensitivity and mother's safe fulcrum for her child would determine attachment styles (Scoron & Dandi, 2004). Regarding the above literature, it is obvious that marital satisfaction impacts on mental and physical health, life satisfaction, success in business and social communications and is one of the important scales of marital satisfaction. There are various impacting factors on marital satisfaction and the research examines those ones such as personality traits, attachment styles and emotional intelligence about marital satisfactions of the education employees in Kahrizak area.

2. Research background

In his research, Tabinda (2013) examined the role of emotional intelligence in predicting marital agreement in which 120 infertile women and 120 infertile men were studied. Their findings suggested that emotional intelligence

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and its components have positive and significant relation with marital agreement in both groups. The results also indicated that a fertile woman has higher agreement than an infertile woman.

Dildar, Bashir, Shoaib, Sultan & Saeed (2012) investigated the relation between emotional intelligence and marital satisfaction among 120 Pakistani couples. The results showed that there is a significant relation between emotional intelligence and its components such as managing emotions, emotional self-awareness and marital satisfaction.

Kaur &Sokhey (2011) examined the correlation between personalities, emotional intelligence and marital satisfaction in couples with violent relationships and couples without violent relations. 30 violent couples and 30 non-violent couples were examined in this research. The research indicated that there is a significant difference between the two groups in terms of personality traits, emotional intelligence and marital satisfaction. Also, emotional intelligence and personality traits significantly related with marital satisfaction in both groups.

Kaufman (2011) dealt with the relation between personality traits, similarity between spouses and marital satisfaction. The research includes 10000 married couples as the research's sample. The results suggested that there is no significant relation between their similarities of personalities with marital satisfaction, but there is a significant relationship among the main five personality traits (5 items) with marital satisfaction.

Pandey &Anand (2010) examined emotional intelligence and its relation with matrimony agreement and health in 32 Indian couples. The result indicated that there is a positive and significant relation between emotional intelligence with matrimony agreement, health and general health of couples. It means higher levels of the couples' emotional intelligence are increased along with higher matrimony agreement and enhanced health.

3- RESEARCH'S METHODOLOGY

3-1- The research's hypotheses
- There is a relationship between personality traits and marital satisfaction.
- There is a relationship between attachment styles and marital satisfaction.
- There is a relationship between emotional intelligence and marital satisfaction.
- Personality traits impact on predicting marital satisfaction.
- Attachment styles impact on predicting marital satisfaction.
- Emotional intelligence components impact on predicting marital satisfaction.

3-2- Population and statistical sample
The population of the research includes all cities of Tehran state education employees (about 3000 people) in 2013-2014. The research's sample was considered 384 people based on Morgan table in Kahrizak area and the population volume which selected through random cluster sampling method.

3-3- Operational definition of the research's variables
3-3-1- Enrich marital satisfaction scale
In this research, marital satisfaction was measured based on what was obtained from Enrich marital satisfaction.
3-3-2- five-item personality scale
In this research, personality traits was measured based on what was obtained from NEO.P.I.R.
3-3-3- Adult attachment scale
In this research, attachment style was measured based on what was obtained from Hozen& Shiver (1987) attachment scale.

4-3-3- Emotional intelligence scale
In this research, emotional intelligence was measured based on what was obtained from Mayer & Salvi (1997) emotional intelligence scale.

4-3- Data analysis method
The statistical methods of the research are divided into descriptive and inferential. We deal with describing demographic data of the scale based on frequency table and statistical diagrams, and then Spearman's rank correlation coefficient and simple regression test are used in descriptive and inferential part, respectively.

4- RESULTS

4-2-1- Examining the normality of the variables

Table 1-1: Normality test of the variables data

Variable	Kolmogorov-Smirnov	Significance level	State
Marital satisfaction	0.737	0.649	Natural
Neuroticism	2.123	0.000	Not natural
Extraversion	1.893	0.002	Not natural
Openness	1.739	0.005	Natural
Agreement	2.381	0.000	Not natural
conscientiousness	2.084	0.000	Not natural
Avoidance	1.825	0.003	Natural
Safe	1.913	0.001	Not natural
Ambivalent	2.632	0.000	Not natural
Regulating emotions	1.581	0.013	Natural
Utilizing emotions	1.567	0.015	Not natural
Assessing emotions	2.041	0.000	Not natural

The findings of the table 1-1 indicate that the obtained significance level of Kolmogorov- Smirnov is less than 0.05, so data distribution is not consistent with normal distribution regarding P-value and H_0 is rejected. Hence, nonparametric tests (Spearman's correlation) are used for examining the research's hypotheses.

4-2-2- The first hypothesis

Table 2-1: Calculating the level of relation between personality traits and marital satisfaction

Statistical scales variable	Correlation coefficient	Significance level	Number
Neuroticism and marital satisfaction	-0.185	0.000	384
Extraversion and marital satisfaction	0.340	0.000	384
Openness and marital satisfaction	0.64	0.209	384
Agreement and marital satisfaction	0.131	0.010	384
Conscientiousness and marital satisfaction	0.533	0.000	384

Regarding 95% confidence level and significance level, the Spearman's correlation coefficient for avoidance is 0.000, safe is 0.000 and ambivalent is 0.001 which is less than default value (0.05) and H_0 (lack of relation between attachment styles and marital satisfaction) and the opposite assumption (relation between attachment styles and marital satisfaction) is confirmed.

4-2-3- The second hypothesis

Table 3-1: Calculating the level of relation between attachment styles and marital satisfaction

Statistical scales variable	Correlation coefficient	Significance level	Number
avoidance and marital satisfaction	-0.362	0.000	384
safe and marital satisfaction	0.197	0.000	384
ambivalent and marital satisfaction	-0.177	0.001	384

4-2-4- The third hypothesis

Table 4-1: Calculating the level of relation between emotional intelligence and marital satisfaction

Statistical scales variable	Correlation coefficient	Significance level	Number
Emotional regulation and marital satisfaction	0.173	0.001	384
Assessment and expression of emotion, and marital satisfaction	0.038	0.459	384
Utilizing emotion and marital satisfaction	0.088	0.086	384

Regarding 95% confidence level and significance level, the Spearman's correlation coefficient for emotional regulation is 0.001 which is less than default value (0.05) and H_0 (lack of relation between emotional intelligence and marital satisfaction) and the opposite assumption (relation between emotional intelligence and marital satisfaction) is confirmed.

4-2-5- The fourth hypothesis

Table 5-1: The results of stepwise regression for predicting marital satisfaction

Statistical scale model	Correlation coefficient	R-square (r^2)	Adjusted R	Standard error of the mean
1	0.537	0.288	0.287	11.92
2	0.611	0.373	0.370	11.20

As it can be seen in table 6-4, correlation coefficient R is 0.573 in the first model while conscientiousness variable has been entered. It means conscientiousness variable describe 28.8% of marital satisfaction variance. In the second model, R value increased to 0.611 when extraversion variable was entered, i.e. conscientiousness and extraversion jointly describe 37.3% of marital satisfaction variance.

Table 6-1: Summary of variance analysis (ANOVA)

Statistical scale model	Sum of squares	Freedom degree	Mean of squares	F	Significance level
Total residual of regression	22012.506	1			
	54319.988	382	22012.509	154.801	0.000
	76332/497	383	142.199		
Total residual of regression	28497.462	1			
	47835.035	381	14.248.731	113.849	0.000
	76332.497	383	125.551		

F-test is applied to examine the significant of the obtained regression coefficients based on residual mean square regression. As f-statistics show, the impact of conscientiousness and extraversion is $p < 0.000$ in both regression analysis.

4.2.6 The fifth hypothesis

Table 7-1: The results of stepwise regression for predicting marital satisfaction

Statistical scale model	Correlation coefficient	R-square (r^2)	Adjusted R	Standard error of the mean
1	0.413	0.171	0.168	12.87
2	0.437	0.191	0.187	12.73
3	0.459	0.211	0.205	12.59

As it can be seen in table 8-4, correlation coefficient R is 0.413 in the first model while avoidance variable has been entered. It means conscientiousness variable describe 17.1% of marital satisfaction variance. In the second model, R value increased to 0.437 when safe variable was entered, i.e. safe and ambivalent jointly describe 19.1% of marital satisfaction variance. In the third model, R value increased to 0.459 when ambivalent variable was entered, i.e. avoidance, safe and ambivalent jointly describes 21.1% of marital satisfaction variance.

Table 8-1: Summary of variance analysis (ANOVA)

Statistical scale model	Sum of squares	Freedom degree	Mean of squares	F	Significance level
Total residual of regression	13022.783	1			
	63309.715	382	13022.783	78.577	0.000
	76332.497	382	165.732		
Total residual of regression	14562.065	1			
	61770.432	381	7281.033	44.909	0.000
	76332.497	383	162.127		
Total residual of regression	14562.065	1			
	61770.432	381	5362.604	33.825	0.000
	76332.497	383	158.539		

F-test is applied to examine the significant of the obtained regression coefficients based on residual mean square regression. As f-statistics show, the impact of avoidance, conscientiousness and extraversion is $p<0.000$ in both regression analysis.

Table 9-1: The results of stepwise regression for predicting marital satisfaction

Statistical scale model	Correlation coefficient	R-square (r²)	Adjusted R	Standard error of the mean
1	0.142	0.020	0.018	13.99

As it can be seen in table 10-4, correlation coefficient R is 0.142 in the first model while emotional regulation variable has been entered. It means emotional regulation variable describes 2% of marital satisfaction variance.

Table 10-1: Summary of variance analysis (ANOVA)

Statistical scale model	Sum of squares	Freedom degree	Mean of squares	F	Significance level
Total residual of regression	1535.720 74796.777 76332.497	1 382 383	1535.720 195.803	7.843	0.005

F-test is applied to examine the significant of the obtained regression coefficients based on residual mean square regression. As f-statistics show, the impact of emotion regulation is $p<0.005$ in both regression analysis.

5- Conclusion and suggestion

The first hypothesis: The research's results suggested that neuroticism (p=0.001), extraversion (p=0.001), agreement (p=0.010) and responsibility (p=0.001) significantly related to marital satisfaction.

The second hypothesis: The results showed that avoidance (p=0.001), safe (p=0.001) and ambivalent (p=0.001) significantly related to marital satisfaction.

The third hypothesis: The findings indicated that emotional regulation (p=0.001) has positive and significant relation with marital satisfaction.

The fourth hypothesis: The results indicated that conscientiousness and extraversion could predict 37.3% (r^2= 0.611) of marital satisfaction variance.

The fifth hypothesis: Their results suggested that avoidance and safe styles could predict 21.1% (r^2= 0.459) of marital satisfaction variance.

The sixth hypothesis: The results demonstrated that emotional regulation could predict 2% (r^2= 0.142) of marital satisfaction variance.

According to the research's results, the followings recommendation can be made:

(1) Since emotional intelligence is an acquisitive trait, it is recommended that emotional intelligence training is applied in training program of teachers during their service to not only decreases burnout, but also increases efficiency and quality of the teachers' training services.

(2) Therapists, family advisors and marriage are the main three factors in settling the conflicts among couples relying on the findings of these researches.

(3) It is suggested that therapists and family advisors use attachment-based therapeutic approach to settle the problems in order to enhance their marital satisfaction.

(4) As well, advisors and therapists should consider premarital counseling about personality traits in selecting of their spouses.

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