

The Investigation of the Relationship between Personality Traits and Marital Satisfaction and Mental Health among the Women Seeking Divorce in the Guilan Province

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ABSTRACT

The objective of the present research is to investigate the relationship between the personality traits and the marital satisfaction and general health of women seeking divorce, with the population being all the women seeking divorce who referred to the consultation centers affiliated with the Guilan province's Department of Justice in the year 2011. From among these people, 278 individuals were selected in the cities of Rasht, Lahijan and Fouman in using cluster sampling that answered the questionnaires of NEO personality traits; ENRICH marital satisfaction scale and GHQ general health. To analyze the data, three methods of Pearson correlation, multiple regression and multivariate variance (MANOVA) were used. The findings showed that there's a relationship between the personality trait of neuroticism and compliance with marital satisfaction and the features of neuroticism, openness, extroversion and compliance with general health, marital satisfaction and general health. Some personality traits were predictive of general health and marital satisfaction and the relationships between personality traits and general health and marital satisfaction varied according to demographical variables.

KEYWORDS: Marital Satisfaction, Mental Health, Personality Traits, Women Seeking Divorce

1. INTRODUCTION

Nowadays, the issue of mental health has deeply implicated psychiatrists, psychologists and other scholars of behavioral and social sciences. Mental health helps people comply with the environment and find more suitable solutions to solve their problems by establishing accurate mental and emotional methods because if mental pressures threaten the person constantly, it would be impossible for him to remain a vibrant, robust and powerful man in carrying out his social responsibilities (Bana'ian et al, 2007). Family is the oldest organization which has existed since the appearance of the human being and purveys a remarkable part of the mental health of the individuals in the society. According to the psychologists of health, the foundation of the family will be realized under the shelter of the life of couples along with the establishment of permanent and strong links between the man and woman which is called marriage. However, among the important mental impacts of marriage is the establishment of a favorable relation between the man and woman which brings to both of them tranquility (Dimatteo, translated by Mousavi Asl, 1999). The objective of the family is providing the couple and the children with mental health. The importance of family lies in providing the quality of life and getting prepared for confronting and facing social phenomena (Rosen-Grandon, 2004) and marital satisfaction is considered to be the manifestation of objective feelings, happiness and satisfaction as the pleasure experienced by the man and woman are said to be among the indices of mental health and survival of the living (Rubell, 2004). The diminution of satisfaction with the marital life can be followed by side effects such as disturbance in the social relations (Niolon, 2000), growing feeling of solitude (Rubell, 2004), decreased satisfaction with the life (Motevalli et al, 2009), intensive family conflicts and the birth of non-compliant children and youths and finally the endangerment of the mental health of the family members (Galen, 1991). A successful marriage leads to the satisfaction of a great number of physical and mental demands of the people and if a marriage fails, the couples and especially the children will receive a heavy blow. On the other hand, the skyrocketing increase in divorce and the decrease of the average duration of marriage or forced and imposed livings makes it necessary to review the issue of marital satisfaction and the factors contributing to the survival and prolongation or breakage of marital relationships (Rosengarden, 2004; Larson, J. H & Holman, 1994 quoted by Haghshenas, 2006).

The investigations regarding satisfaction, compliance and general health study this issue that how and why the individuals record favorable experiences in different dimensions of their lives. The personality of people can be the most effective factor in their compliancy and health (Garrousi Farshi and Soufiani, 2005). Personality means the static element of behavior and what is permanently attached to the individual and causes his distinction from the other people. This stability prepares the groundwork so that the behavior of the individual can be predictable in different situations to some extent (Razavie et al, 2010). The issue of personality traits and its impact on marriage and marital life has attracted

the attention of many people and has gained momentum both in theoretical and practical terms during the recent years. However, most of the researchers have reviewed this issue in the primary stages of marital life and were not after describing the conflicts of the couples in the different stages of conjugal life. It seems that conflicts arising from lack of understanding interferes with the compliance of each of the spouses and decreases their mental health (Kulik, 2006).

The majority of researches which were done in Iran about the reasons behind the severance of marital links and the dissatisfaction of the spouses with their marital life have underlined the large-scale variables such as economic conditions, decrease in the family's income, unemployment, education, religion, age and sociocultural challenges. Although the role of these factors in increasing the dissatisfactions and marital incompletion cannot be overlooked, the majority of researchers have neglected the interpersonal elements i.e. personality traits and characteristics which sustainably affect the satisfaction of the spouses with the conjugal life (Mohammadzadeh Ebrahimi, 2008).

Actually, the marital life and marriage is the connection of two personalities; therefore, it's necessary that we look into the reasons behind the interpersonal incompletion and dissatisfaction of the spouses with life and failed marriages from a pathological viewpoint and investigate the role of personality factors in conjugal satisfaction. Each of the spouses enter the married life with developmental background and personality style and a combination of different biological, environmental and experimental factors and the research findings show that the personality elements and dimensions can predict the quality of marital relationships better than calendar variables (Bentler, P. M. & Newcomb, 1998).

Recently, a great deal of research about personality and its relation with health and mental disorders has attracted the attention of many researchers. In his research, Mirkheshti (1996) has found a positive relationship between the highness of satisfaction with marital life and the highness of mental health and concluded that there's a significant relationship between marital satisfaction and components of mental health (quoted by Mo'tamedi Shalamzari *et al.*, 2002). Abdollahzadeh (2003) also reached the following results: there's a positive significant relationship between the personality traits of extroversion, delightfulness and conscientiousness and marital satisfaction. There's a negative significant relationship between neuroticism of personality and marital satisfaction and there's no significant relationship between the two variables of flexibility and marital satisfaction. Mo'tamedi Shalamzari *et al.* (2002) concluded that satisfaction with life has a positive significant relationship with general health. The results of studies carried out by Ja'farnejad *et al.* (2004) were indicative of the fact that there's a negative relationship between neuroticism and general health and also a positive relationship between extroversion and openness and general health. The results also revealed that five factors contribute to the prediction of the variation of mental health. The studies of Garrousi Farshi and Soufiani (2005) showed that there's a negative and significant relationship between the dimensions of extrovert personality dimension, conscientiousness and general health. The results extracted from regression model showed that from among the five personality elements, three elements of neuroticism, extraversion and delightfulness entered the regression model and could determine some 50 percent of the variance of general health. The findings of studies carried out by Bakhshipour Roudsari, Peyrovi and Abedian (2005) showed that satisfaction with life and social support significantly predicts the mental health. Samani, Jowkar and Sahragard (2007) studied the tolerance, mental health and satisfaction with life. The results of study showed that tolerance brings about satisfaction with life by reducing emotional problems or increasing the level of mental health. The impact of tolerance variable on satisfaction with life is indirect.

Mohammadzadeh Ebrahimi, Jomhori and Borj'ali (2008) explored the relationship between similarity and complementariness in the main personality dimensions of the spouses and satisfaction with marital life. The results showed that from among the four factors which were identified as similar dimensions, similarity in delightfulness and extroversion had a significant relationship with the marital satisfaction. As to the complementariness, it was revealed that there's a negative relationship between complementariness in neuroticism and marital satisfaction. Bakhshayesh and Mortazavi (2009) studied the relationship between sexual satisfaction, general health and marital satisfaction among the spouses and the results showed that there's a positive correlation between sexual satisfaction and marital satisfaction; however, these two variables don't have a relation with general health. In a study, Razavieh *et al.* (2010)

Researched the predictive role of the variables of personality traits and marital satisfaction on the job satisfaction and investigated the relationships between personality traits and marital satisfaction, concluding that these two elements have a positive significant relationship. Jannati Jahromi and Mae Yazdani (2010) investigated and compared the personality traits and marital satisfaction of the working women. A significant relationship was observed between the three personality traits of neuroticism, extroversion and openness and marital satisfaction. The relationship between neuroticism and extroversion and marital satisfaction was negative and the relationship between openness and marital satisfaction was positive. Although marital satisfaction had a positive relation with the two other personality traits (compliance and conscientiousness), this relationship was not significant. Abbasi *et al.* (2010) carried out a research to predict the marital satisfaction based on the personality characteristics and concluded that three factors of man's neuroticism, man's responsibility and woman's responsibility significantly explains 24.4% of the marital satisfaction of the men (Quoted by Razavieh *et al.*, 2010).

The study of Costa and McCrae (1986) showed that happiness has relation with the high level of extroversion and low level of neuroticism. The majority of other researches such as those carried out by Chan *et al.* (2000), Furnham *et al.* (1997) and Hills *et al.* (2001) have confirmed these relationships. In their research titled "the investigation of relationships between the personality trait and mental health", Hayes and Joseph (2003) showed that high scores in each of the health tools with higher extroversion, lower neuroticism and higher conscientiousness. These findings indicated

that personality can predict and justify 32% to 56% of the variance of mental health scores (Quoted by Razavieh et al, 2010). In their study titled "the relationship between marital satisfaction and mental health", Myers, D. G. and Diener, E. D. (1995) demonstrated that marital satisfaction is always correlated with high mental health. Mataby, J. et al (2004) found out in their research that those people, who have higher living satisfaction, use more effective and appropriate confrontational styles, experience deep positive feelings and emotions and have higher general health. Whisman (2004) also figured out the relationship between the mental health condition and couples' satisfaction. Chu Chen (2005) concluded in his research that five principal dimensions of the personality are significantly able to predict marital satisfaction. However, a research which could investigate the relationship between the three factors of personality trait, marital satisfaction and mental health was not found. Therefore, the investigation and study of the variables just mentioned seems necessary. Based on the growth of divorce rate and its consequences, the investigation of variables which can have an important relationship with marital satisfaction seems crucial and vital. As a result and given the literature, since the personality trait is considered an important and effective variable and the living conditions exposes the people seeking divorce to mental damages, the advancement of the present research has taken shape in this direction. This investigation can approach the body of the relevant studies and makes available the collection of practical backgrounds. Given the cultural and ethnic situation of Iran, this research can assist the experts of behavioral sciences, justice department consultants, psychologists and other people to hinder or discern the relevant variables more precisely and thus help the experts in the practical terms as well. As a result, the present study is after reviewing and identifying the share of personality traits and marital satisfaction in explicating the general health of women seeking divorce and achieving scientific grounds and effective, practical techniques in order to increase marital satisfaction and the general health of women and reducing the rate of divorce in the society.

2. MATERIALS AND METHODS

2.1. Research hypothesis

We are looking to investigate the following hypotheses:

- 1) There's a relationship between each of the personality traits and the marital satisfaction of the women seeking divorce.
- 2) There's a relationship between each of the personality traits and the general health of the women seeking divorce.
- 3) There's a relationship between the marital satisfaction and general health of the women seeking divorce.
- 4) Five personality traits account for a considerable portion of the marital satisfaction of the women seeking divorce.
- 5) Five personality traits account for a considerable portion of the general health of the women seeking divorce.

2.2. Research method

The method of the present study follows a plan of correlation, because the purpose of doing the present research is to identify the share of the variables of personality traits and marital satisfaction in the variance of mental health as well as investigating the relationship between the variables of personality traits, marital satisfaction and mental health.

2.3. Population

The population of the present research comprises all the women referring to the family consultation clinic of Guilan province's department of justice in 2011 who were around ... people.

2.4. Sample and method of sampling

The sample of the present research includes 278 women seeking divorce who have referred to the family consultation clinic of Guilan province's department of justice in 2011 who were selected using the cluster sampling method in the Guilan province cities of Rasht, Lahijan and Fouman. According to Krejcie and Morgan table (1970), at most 313 people should have been selected while due to time limitations and the cooperation of the applicants, this number was reduced to 278 people. Since the statistics of the Rasht city had a proportion of 4 to 1 vis-à-vis the two other cities selected, this proportion was observed in selecting the samples and the sample selected in the Rasht city was four times greater than those of Lahijan and Fouman.

The selection of the samples was done according to the following criteria:

- 1) The basic elementary education (the subjects were placed in the educational range of elementary education to bachelors.)
- 2) A minimum of 6 years in married life
- 3) The age range between 20 to 45
- 4) The similarity of occupational level (all the subjects were housewives.) The sample specifications are provided in the Tables 1 to 4.

Table 1: Frequency of the city where the samples live

| Demographical variable | | Number | Percentage | Cumulative percentage |
|------------------------|---------|--------|------------|-----------------------|
| The city of living | Rasht | 174 | 62.6 | 62.6 |
| | Lahijan | 56 | 20.1 | 82.7 |
| | Fouman | 48 | 17.3 | 100 |
| | Total | 278 | 100 | |

Table 2: Frequency of the age of samples

| Demographical variable | | Number | Percentage | Cumulative percentage |
|------------------------|-------|--------|------------|-----------------------|
| Age | 20-25 | 38 | 13.7 | 13.7 |
| | 26-30 | 85 | 30.6 | 42.2 |
| | 31-35 | 78 | 28.1 | 72.3 |
| | 36-40 | 38 | 13.7 | 86 |
| | >40 | 39 | 14 | 100 |
| Total | | 278 | 100 | |

Table 3: Frequency of the education of the samples

| Demographical variable | | Number | Percentage | Cumulative percentage |
|------------------------|-------------------------|--------|------------|-----------------------|
| Education | Elementary school | 20 | 7.2 | 7.2 |
| | Secondary school | 123 | 44.2 | 51.4 |
| | High school and college | 113 | 40.6 | 92.1 |
| | Junior college diploma | 14 | 5 | 97.1 |
| | Bachelors of Art | 8 | 2.9 | 100 |
| Total | | 278 | 100 | |

Table 4: Frequency of the duration of married life of the samples

| Demographical variable | | Number | Percentage | Cumulative percentage |
|--------------------------|-------|--------|------------|-----------------------|
| Duration of married life | 5-10 | 125 | 45 | 45 |
| | 11-15 | 72 | 25.9 | 70.9 |
| | 16-20 | 46 | 16.5 | 87.4 |
| | 21-25 | 24 | 8.6 | 96 |
| | 26-30 | 3 | 1.1 | 97.1 |
| | >30 | 8 | 2.9 | 100 |
| | Total | 278 | 100 | |

3. RESEARCH INSTRUMENTS

NEO-PI-R personality traits scale (short form)

This questionnaire includes 60 questions which evaluate 5 main scales which include neuroticism, flexibility, extroversion, compliance and conscientiousness. The Cronbach alpha coefficient ranged between 0.71 and 0.83 for the scales and the results of reassessment of the test for evaluating the reliability were indicative of the correlation coefficients of 0.53 to 0.76 for the scales. The long form of this questionnaire which is a self-assessment questionnaire and includes 240 questions was used. This questionnaire was first devised in 1970 by McCrae and Costa and reviewed in 1991. The translation of Persian compatibility of this test commenced in 1997 (Haghshenas, 2006).

General health questionnaire (GHQ)

General health questionnaire was first developed by Goldberg (1972). Its main form includes 60 questions and its short forms include 12 to 28 questions and were translated into 38 languages and psychoanalytic studies were carried out on it in 70 countries around the world.

The test evaluates the disease symptoms of the individual since one month prior to the conduction of the evaluation (self-assessment). This edition extracted 4 principal factors including the scales of physical symptoms, symptoms of anxiety and sleep disorder, social functioning disorder and depression scale according to the factor analysis carried out by Goldberg and Hiller (1979). Sheck and Keyes (1984, quoted by Haghghi et al, 2006) reported that the

cronbach alpha of this scale ranged from 0.88 to 0.93. Amanollahi et al (2004) also reported that the cronbach alpha and the adaptation of the general health questionnaire ranged from 0.83 to 0.86 (Mo'tamedi Shalamzari et al, 2002).

ENRICH marital satisfaction scale

This inventory was first devised by Enrich (1975) and Soleimanian (1994) has translated it into Persian. This instrument contains 47 questions in the 5-degree Likert scale from completely agree to completely disagree and is used for the evaluation of potentially problematic grounds or the identification of appropriate grounds for marital relationship. The validity of this instrument was concluded using the context validity method and its reliability has been calculated using reassessment (82%) (Mardani and Heydari, 2010).

4. FINDINGS

First hypothesis: there's a relationship between the personality traits and the marital satisfaction of women seeking divorce.

Due to the lack of a theoretical basis for getting a total score and personality traits using NEO questionnaire, we talk about the results of correlation coefficient (Pearson r) conducted between each of the personality traits and marital satisfaction in the sample group. The results of the correlation coefficient are presented in the Table 7-4.

Table 5: Results of Pearson correlation coefficient between five personality traits and marital satisfaction in the sample group

| | | N | E | O | A | C |
|----------------------|--------------------|------------|-------|--------|--------|-------|
| Marital satisfaction | r | ** - 0.259 | 0.047 | -0.030 | *0.199 | 0.079 |
| | Significance level | 0.000 | 0.431 | 0.623 | 0.001 | 0.191 |
| | Number | 278 | 278 | 278 | 278 | 278 |

As it is reported in the Table 5, the results of Pearson correlation coefficient are indicative of a negative relationship between neuroticism and marital satisfaction and a positive and direct relationship between agreeableness and marital satisfaction in a significant level ($P < 0.01$). No significant relationship was observed between the traits of extroversion, openness and conscientiousness and marital satisfaction.

Second hypothesis: there's a relationship between the personality traits and general health in the women seeking divorce.

The results related to the Pearson correlation coefficient are presented in the Table 6.

Table 6: The results of Pearson correlation coefficient between the five personality traits and general health in the sample group

| | | N | E | O | A | C |
|----------------|--------------------|----------|-----------|----------|----------|--------|
| General health | r | ** 0.401 | ** -0.391 | ** 0.163 | * -0.127 | -0.113 |
| | Significance level | 0.000 | 0.000 | 0.006 | 0.034 | 0.06 |
| | Number | 278 | 278 | 278 | 278 | 278 |

As it's reported in the Table 6, the results of Pearson correlation coefficient are indicative of a negative relationship between extroversion in a significant level ($P < 0.01$) and agreeableness in a significant level ($P < 0.05$) and general health, and a positive and direct relationship between neuroticism, openness and general health in a significant level ($P < 0.01$). No significant relationship was observed between the trait of conscientiousness and general health (Note: high scores in general health indicate the highness of disease symptoms, for example depression, physical symptoms, anxiety symptoms and sleep disorder and also weak social functioning. Therefore, the highness of neuroticism and openness has a direct relationship with the highness of disease symptoms related to mental health while the highness of extroversion and agreeableness has a direct relationship with the lowness of these disease symptoms.)

Third hypothesis: there's a significant relationship between marital satisfaction and general health in women seeking divorce.

In order to investigate the aforementioned hypothesis, the Pearson correlation coefficient was used and its results are presented in the Table 9-4.

Table 7: The results of Pearson correlation coefficient between five personality traits and general health in the sample group

| | | |
|----------------|--------------------|----------------------|
| General health | | Marital satisfaction |
| ** - 0.358 | r | |
| 0.000 | Significance level | |
| 278 | number | |

The correlation coefficient between marital satisfaction and general health is significant in the significance level of ($P < 0.01$). In other words, it can be said by 99% certainty that there's a reverse relationship between marital satisfaction and mental health, which means that as the marital satisfaction increases, general health (disease symptoms related to general health) declines.

Fourth hypothesis: Five main personality traits account for a remarkable portion of marital satisfaction of women seeking divorce.

In this part, we will be analyzing the results of multiple regressions between five personality traits and marital satisfaction in the sample group the results of which are reflected in the Table 8 and Table 9.

Table 8: Variance analysis related to the multiple regressions of five personality traits and marital satisfaction in the sample group

| Significance level | F | Average of squares | Degree of freedom | Sum of squares | Source of changes |
|--------------------|-------|--------------------|-------------------|----------------|-------------------|
| 0.00 | 5.719 | 2231.914 | 5 | 11159.571 | Regression |
| | | 390.24 | 272 | 106145.321 | Remnant |

A glance at the Table 8 shows that the observed F emanating from the regression variance analysis is significant as compared to the critical values. For this reason, it can be said that the components make a linear composition regarding the marital satisfaction. The values related to $R(0.308)$ and $R^2(0.095)$ are also specified. The amount of R^2 is expressive of the point that almost 10 percent of the variance of marital satisfaction can be explicated by a linear composition of five personality traits (neuroticism, extroversion, openness, agreeableness and conscientiousness.)

Table 9: Results related to the simultaneous multivariate regression

| Significance level | T | Beta | SEB | B | Index Variable |
|--------------------|--------|--------|-------|--------|---|
| 0.000 | -4.01 | -0.291 | 0.241 | -0.67 | Personality traits N E O A C |
| 0.02 | -2.34 | -0.169 | 0.242 | -0.566 | |
| 0.4 | -0.845 | -0.05 | 0.337 | -0.285 | |
| 0.096 | 1.67 | 0.123 | 0.3 | 0.501 | |
| 0.74 | 0.335 | 0.022 | 0.274 | 0.092 | |

As the Table 9 indicates, the values of beta are different. Attention to the amount of beta shows that the change of a unit on the standard deviation of N, E, O, A and C can alter the score or amount of marital satisfaction to the extent of -0.291, -0.169, -0.05, 0.123 and 0.022 respectively. Therefore, with regards to the coefficients of beta, it will be revealed that the among the personality traits, neuroticism (by -20%) and extroversion (by -17%) can better predict the marital satisfaction.

Fifth hypothesis: five personality traits account for a remarkable portion of the general health of women seeking divorce.

In this part, we will be analyzing the results of multiple regressions conducted between the five personality traits and general health in the sample group the results of which are reflected in Table 10 and Table 11.

Table 10: Variance analysis for multiple regressions of five personality traits and general health in the sample group

| Significance level | F | Average of squares | Degree of freedom | Sum of squares | Source of changes |
|--------------------|--------|--------------------|-------------------|----------------|-------------------|
| 0.00 | 19.435 | 3039.75 | 5 | 15198.74 | Regression |
| | | 156.41 | 272 | 42542.55 | Remnant |

A glance at the Table 9 shows that the observed F resulting from the regression variance analysis is significant as compared to the critical values. For this reason, it can be said that the components make a linear composition regarding the general health. The values related to $R(0.513)$ and $R^2(0.263)$ are also specified. The amount of R^2 is indicative of the fact that around 26 percent of the variance of general health can be explicated by a linear composition of five personality traits (neuroticism, extroversion, openness, agreeableness and conscientiousness.)

Table 11: Results related to the simultaneous multivariate regression

| Significance level | T | Beta | SEB | B | Index variable |
|--------------------|-------|--------|-------|--------|---|
| 0.000 | 5.61 | 0.367 | 0.152 | 0.856 | Personality traits N E O A C |
| 0.000 | -4.11 | -0.268 | 0.153 | -0.631 | |
| 0.000 | 3.9 | 0.208 | 0.213 | 0.831 | |
| 0.004 | 2.9 | 0.193 | 0.19 | 0.552 | |
| 0.78 | -0.28 | -0.017 | 0.173 | -0.048 | |

As the Table 11 indicate, we can find out that the values of beta are different. Paying attention to the value of beta indicates that the change of a single unit on the standard deviation of N, E, O, A and C can alter the score or amount

of general health to the extent of 0.367, -0.268, 0.208, 0.193 and 0.017 respectively. Therefore, according to the coefficients of beta, it will be revealed that among the personality traits, neuroticism (by 37%), extroversion (by -27%), openness (by 21%) and agreeableness (by 12%) can predict the general health of the women seeking divorce.

5. ARGUMENT AND CONCLUSION

As to the relationship between the personality traits and marital satisfaction, it was concluded that there's a negative relationship between neuroticism and marital satisfaction and a positive, direct relationship between agreeableness and marital satisfaction. No significant relationship was observed among the traits of extroversion, openness and conscientiousness and marital satisfaction. The findings of other studies showed contradictory results. For example, we have the studies of Abdollahzadeh (2002), Jannati Jahromi (2010) and Abbasi et al (2010, quoted by Razavieh et al, 2010) and the findings of the present research were in accordance with them in terms of the relationship between the trait of neuroticism and marital satisfaction. However, these findings were not in accordance with the findings of other studies in terms of the relationship between the trait of openness and marital satisfaction because in the present research, no relationship was observed between openness and marital satisfaction. As to the relationship between extroversion and marital satisfaction, different results were produced. In some of the researches, there's a direct relationship between these two variables (Abdollahzadeh, 2002) while the other studies report a reverse relationship between these two variables (Jannati Jahromi et al, 2010). However, in the present research, there was no relationship between the trait of extroversion and marital satisfaction which is in compliance with the both studies. In the present research, there was a positive relationship between the trait of agreeableness and marital satisfaction and this finding was not extracted in any of the researches and studies mentioned in the literature review.

Conjugal life can lead to happiness and joviality or be a source of pain and suffering. The relationship between the spouses makes it possible for them to discuss with each other, solve their problems and get informed about each other's needs. The couples who are unable to communicate with each other will have an unclear situation (Moradi et al, 2008). People with high neuroticism, are not unable to meet their spouse's demands in terms of friendliness because of nervousness, low self-dignity, feeling of guilt, depression, anxiety, excitement, shyness and irrationality and also in the case that their need for individual friendliness is not met by the spouses, will show internal and external reactions. This response probably affects, in a larger scale, the fact that whether these needs are frequently met and the function of the whole relationship and decreases marital satisfaction gradually. As it was noted earlier, in several studies, there was a relationship between the features of extroversion, openness and conscientiousness and marital satisfaction; however, such a relationship was not observed in the present research. This lack of relationship can be explicated in terms that in the researches already carried out; both of the spouses are tested while the subjects of the present research were only women. The traits of extroversion, openness and conscientiousness will have a positive relationship with marital satisfaction only when they are present in both of the spouses and are understood and improved by the man or the woman. Otherwise and if these traits are one-sided, marital conflicts will take place and endanger the mental health of the individual (Mohammadzadeh Ebrahimi et al, 2008). Since marital dissatisfaction has been very intensive in the samples, the availability of the personality traits of the husbands of the subjects in the present study could have helped to the further explanation of this issue a great deal, and this is one of the limitations of the present research. The trait of agreeableness or compliance is contrary to the direction of people who are hostile to others and includes characteristics such as philanthropy, trust and humbleness. People with these characteristics have a high capacity of agreeableness and in case of the lack of cooperation and understanding on behalf of their spouse, are able to carry out many of their responsibilities in the life and try to look into the intentions and behaviors of the others and generally the whole life optimistically and without hostility. From a psychological viewpoint, agreeableness is the process of different patterns of responding to the environmental changes. One of the important aspects of complying with the issue of marriage is satisfaction with life (Razavieh et al, 2010).

The first researches about the relationship between the personality traits and general health belong to Costa and McCrae (1986) which show the positive relationship of the trait of extroversion and the reverse relationship between neuroticism and happiness and the studies by Chen et al (2000), Furnham et al (1997) and Hills et al (2001) confirm these findings (Razavieh et al, 2010). Ja'farnejad et al (2004) and Hayes and Joseph (2003) found out in their researches that there's a negative and reverse relationship between mental health and neuroticism and a direct relationship between extroversion and mental health. This finding has been found in the present research as well. However, in the study of Garrousi Farshi and Soufiani (2005), a negative relationship between extroversion and conscientiousness and mental health was reported which is not in accordance with the findings of the research. In the present study, no relationship was reported between conscientiousness and mental health. The positive relationship between conscientiousness and mental health was reported in the study of Hayes and Joseph (2003) as well. In the study of Garrousi and Soufiani (2005), a positive relationship was traced between the trait of agreeableness and mental health which is in line with the present research. As to the relationship between openness and mental health, it was only the research of Ja'farnejad et al (2004) that showed such a relationship which was positive. People with high neuroticism are unable to tolerate the problems and complexities and show emotional reactions and actually due to a lack of control on their negative emotions such as infuriation and aggressiveness, have a diminutive ability to solve the problems in a question-oriented manner and use the

effective confrontational styles. Such factors gradually expose the people to symptoms such as anxiety; depression and the feeling of lose of control (Larsen and Kasimaytz, 1991, quoted by Taghavizadeh, 2005). From the other hand, the people with a high degree of neurosis were inclined to depression, anxiety and self-blaming and were more exposed to the threat of physical and mental disorders (Magnus, Dinner, Fujita and Parrot, 1993; quoted by Schultz, 2000).

In explicating the positive relationship between openness and mental health, it can be argued that probably the people with high score in openness are more curious about the internal and external experiences of their surroundings and enjoy the new theories and unconventional values more. In the other words, they have a more active imaginative life and by shaping their imaginations, make them more profound and use them in order to nurture their creativity. People with these features are usually after pleasant excitements and thoughts and visualize a life without restricting factors in their imagination (Haghshenas et al, 2006). While facing frustrating elements which exist constantly and permanently and affect the foundation of their life, they gradually develop some kind of disillusionment and as a result of failing to fulfill their imaginations they develop clinical, disease symptoms. Marital disillusionment is a painful state of physical, emotional and mental decay which affect the people who expect that a dreamlike love and marriage give meaning to their life. Disillusionments and the tensions of daily life lead to mental erosion (Amollazadeh, 2010). Extroversion is usually represented by features such as sociability and social capability, philanthropy, preference for large groups and conventions, courageousness, dynamicity and talkativeness and is expressive of a forceful approach to the material and social world in the person. Compliancy is indicative of social and sociable approach as regards hostile stance to the others which includes features such as philanthropy, benevolence, trustworthiness and humbleness (Taghavizadeh, 2005). It's natural that the more these features are found in an individual, solitude, negative thoughts, seclusion and low self-esteem, hostility toward the others and the symptoms of depression which are contrary to the mental health will be observed in him less and make the man immune to physical illnesses and disease symptoms (Ja'farnejad et al, 2004). Agreeableness and compliance constitute a dimension of interpersonal preferences. Harmonic and compliant relationships are irrefutable necessities for being healthy and preserving health. The lack of compliance and instability of interpersonal relationships can either emanate from mental disorders or lead to mental diseases as well. This is well reflected in the divorced and separated couples, because these people commit suicide more than the married people, suffer from depression and alcoholism or other illegal drugs and are supervised by psychiatrist because of their mental disorders. Psychiatric disorders can lead to the fragility of the relationships between couples and emergence of marital dissatisfaction (Shafiee et al, 2007).

As to the connection and interrelationship between general health and marital satisfaction, several studies have been done and yielded different results. Some of the studies have reported a positive relationship between these two variables, including Mirkheshti (1996), Mo'tamedi Shalamzari et al (2002), Mayer and Dinner (1995), Maltaby et al (2004) and Whishman (2004) and the results of the present study are in accordance with the findings of the studies just mentioned. In the study of Bakhshayesh and Mortazavi (2009), it was also mentioned that there's no significant relationship between marital satisfaction and general health. Some of the researches also showed the presence of intermediary factor or factors in the relationship between general health and marital satisfaction. For example, the study of Bakhshipour et al (2005) which posited that social support is effective in predicting the general health along with marital satisfaction. In the study by Samani et al (2007) it was concluded that toleration increases marital satisfaction by reducing emotional problems and increasing the level of mental health. One of the important consequences of life is satisfaction with friendly (love-based) relations and it seems that the personality traits are effective in friendly ties. High satisfaction with the friendly relations is related to the lowness of instability in the relations and decreases the lack of agreement (Malov et al, 2010). From the other hand, when the couples face relational and problem-solving dilemmas, they find it difficult to cooperate with each other and accept the differences of each other. As to the detrimental impacts of marital conflict, one can name the physical and mental consequences and problems with the relationship between the spouses, including the increasing danger of different mental disorders such as depression, abuse of drugs, sexual incompetence and behavioral problems, decline in the immune system of the body, increase in the blood pressure, arteriosclerosis and the pain of chronic diseases and the phenomenon of violence and finally divorce. Marital satisfaction helps the people with their general agreeableness, meaning that the spouses who enjoy a high level of marital agreeableness have a higher self-esteem and are more agreeable in their social relations. Marital agreeableness is the result of the process of marriage and includes factors such as the expression of love and passion between the spouses, mutual respect, sexual relations, similarity of thoughts and problem solving (Ghalili et al, 2007).

Regarding the ability of predicting marital satisfaction through personality traits, Chu Chen (2005) and Abbasi et al (2010, quoted by Razavieh et al, 2010) concluded that personality traits are able to predict marital satisfaction. Abdollahzadeh (2003) stressed that the traits of neuroticism and conscientiousness in man and conscientiousness in woman predict 24.4% of the variance of marital satisfaction in the men. In the present research, neuroticism and extroversion were identified as the traits predicting marital satisfaction. There was no relationship between extroversion and marital satisfaction; however, if this trait may establish a relationship with neuroticism, it can be negatively predictive of marital satisfaction through failing in controlling the anger, aggressiveness, low self-esteem and inability in fulfilling the needs of spouse for friendliness.

As to the ability of predicting general health through personality traits, the researches done by Ja'farnejad et al (2004), Garrousi Farshi and Soufiani (2005), Hayes and Joseph (2003, quoted by Razavieh et al, 2010) have shown

positive results. Garrousi and Soufiani (2005) stressed that 50 percent of general health can be predicted by the traits of neuroticism, extroversion and agreeableness. In the study of Hayes and Joseph (2003) it was also stressed that personality can account for 32 to 56% percent of general health. In the present study, it was concluded that the traits of neuroticism, openness, agreeableness and extroversion can predict the general health better. Therefore, the dimensions of personality have a remarkable impact in the manner of people's facing with the intricate situations which in turn plays a role in determining the mental health or lack of mental health.

The present research has some limitations. For example, it was only focused on the community of women seeking divorce who referred to the family consultation centers for decreasing divorce in the Guilan province. Since the definition of men for the variables of research is different from that of the women, then the vacuum of interview with the husbands and their evaluation will be felt as one of the limitations of our study more. Therefore, it's difficult to generalize the results to the men seeking divorce. Inattention to the comparison between clinical and non-clinical groups and their impact on general health and the lack of investigation on the role of variables in these groups is one of the other limitations of the research.

It's recommended that during the process of diagnosing and curing the mental disorders in married women, the marital problems be taken into consideration and along with the treatment of psychiatric disorders, modern strategies of marital treatment be taken note of in order to improve life quality and satisfaction. The future research should investigate the best remedial solutions for improving marital satisfaction in the women suffering from anxiety and depression disorders. Moreover, the conduction of a comprehensive research which will be confined to no certain gender and includes an inclusive sample of individuals exposed to divorce or suffering from marital conflict so that the generalization of results may be possible seems necessary.

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