

Comparison of Life Satisfaction and Marital Satisfaction in Married Teachers of Male and Female in Ahwaz City

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(Received Jan. 2015 & Published online March. 2015 issue)

Abstract

The purpose of this study was to compare life satisfaction and marital satisfaction in married male and female teachers in Ahvaz in 1393. The study sample consisted of all married male and female teachers in Ahvaz in which 200 have been selected randomly as the sample. They respond research tools such as ENRICH marital satisfaction scale and satisfaction with life scale. MANOVA was used for analyze. The results showed that there is a significant difference between marital and life satisfaction in this two groups. Married male teachers reported greater life satisfaction and marital satisfaction. We can conclude that gender has a meaningful effect on life and marital satisfaction.

Keywords: life satisfaction, marital satisfaction, married teachers

Introduction

The family can be known as an an emotional unit and a mixed network of relationships which is based on marital satisfaction. Marital satisfaction is considered as the satisfaction of the family and family satisfaction is like satisfaction with life and would at last result in spiritual and economic improvement. Marital satisfaction can be considered as a psychological situation that does not occur spontaneously, but requires the efforts of both spouses. Especially in the early years, marital satisfaction is so unstable and relationships are exposed to the highest risk (Ahmadi, Nabipour, Kimiyaii and Afzali, 2010). Marital satisfaction has been studying and analyzing for decades. researchers have found that marital satisfaction pass a U-shape path during marriage. Marital satisfaction would increase during first level of marriage but it would decrease during 10 to 20 years after marriage and spouses have enough time to reinforce and improve their marital relationship when children get marry. Research done in the field of early decline in marital satisfaction have proven the U-shape of this process, but strong responses haven't been provided in the context of these changes. decline in

marital satisfaction is likely to increase stress during this period(middle of marriage), stress of dealing with children's youth , caring for aging parents, feelings of emptiness, finance and retirement issues(Huber 0, Navarro 1 , Womble, Mumme 2005). Marital satisfaction is one of the most important determinants of a healthy family performance (Greef, 2000). Several factors would affect marital satisfaction, including satisfaction of spouse mood (Blum Mehrabian 1999) trust, loyalty, love and income(Roivzblaat et al,1999). Employment of one or both spouses is another effective factor on marital satisfaction.(Vaijayanthimala, Kumari, Panda, 2004).Life satisfaction is a cognitive assessment of the people's quality of life(Loughlin, Huebner 2001).life satisfaction occurs when the expectations and needs of peoples are satisfied and he is satisfied with his life. Satisfaction means the feeling by which life moves in a direction which is expected (Ventegodt, Merrick,Anderson,2003).life Satisfaction means to cognitive and conscious assessment of the quality cognitive and conscious of the quality of your life as a whole, which personal criteria would form its basis(Floral and ORjas,2005).gender element and factor, in different

study has been mentioned as an effective factor in mentioned variable. Zarandi(1390) in an study, aimed to investigate marital satisfaction, showed that marital satisfaction is greater in married males than married females. Researchers like Whisman, Brezenyak and Trudel also reported less marital satisfaction in women to men. Gender role has been unknown in life satisfaction. Fogel Mayer, 2002, showed that females get higher scores than men in some aspect of life satisfaction. In other words, Neg(2009) in his study showed that there was not any significant difference on life satisfaction between men or women. Some study, thought, has indicated that women have reported less life satisfaction than men(Hatchitson, 2004). As you see, different research have been about life and marital satisfaction. But there was controversial result. So, in this research we tried to analyze gender factor in these variables. The current study is aimed to compare life and marital satisfaction in married male and female teachers and whether gender has an effect to make difference in above variables or not?

Method:

The current study is a Non-experimental and a retrospective study. The study sample consisted of all married male and female teachers of boys and girls high schools in the city of Ahvaz. the population size Based on the research efforts and Department of Education in Ahvaz city is 450 until the year 1392. This data is on the marital status of teachers based on the current information. Sample in this study has been selected through multistage random sampling among boys and girls high schools. The sample size of the study for population with 450 people, according to Morgan table included 200 married teachers(100 men, 100 women) in Ahvaz city. The sampling method was that the list of high schools in four areas of education in Ahwaz was provided. According to the list, there was 140 high schools in four areas of Ahwaz, 31 high schools in district 1, 41 in district 2, 42 in district 3 and 34 in district four. Then two district were selected randomly(District 1 and 4). twenty schools were randomly selected through these two district(65 high schools). The questionnaire was at last distributed among the teachers of this schools. The following tools has been used to measure variables in current study.

SWLS: this scale provided by Diner et al. and consists of 5 options which measures cognitive components of subjective well-being. The subjects assert that, for example, how much are satisfied with their life or how much are close to their ideal life. Satisfaction with life scale has been translated into German, Spanish and Japanese by Suh , Diner, and Oishi and Triandis(1998) in a cross-cultural study. Each factor has 7 options and is marked from 1 to 7(completely disagree to completely agree). the validity of life satisfaction(SWLS) by Cronbach's alpha and test-retest was obtained 0.83 and 0.69 by Bayani et al(1386). SHEikhii, Human, Ahadi and SEpah Mansur (1390) also reported 0.85 for the validity of the scale and 0.77 for validity of test-retest. The reliability of the scale has also been measured in the study by Sheikhi anh collogues. The result showed that life satisfaction has a significant positive correlation with oxford happiness questionnaire and a meaningful negative correlation with depression which represents an ideal convergent and divergent validity of the scale. ENRICH Marital Satisfaction Scale: This questionnaire is a valid tool to assess and study marital satisfaction provided by Forez and Elson (1989). The scale consists of 35 items, and in 4 satisfaction subscales, communication, conflict solving and ideal distortion. This scale has been translated by Asode and colleagues (1389).The reliability of this tools has been tested in several studies. Olson and Olson(2000) have reported the questionnaire alpha coefficient for subscale of satisfaction, communication, conflict resolution and ideal distortion, 0.86,0.80, 0.84 and 0.83 respectively. The questionnaire coefficient alpha in Asode study was 0.68,078, 0.62 and 0.77. Mahdavian (1376) has analyzed the validity of this scale. The results showed that the correlation coefficient with ENRICH marital satisfaction with family satisfaction is equal to 0.60 and is 0.41 with life satisfaction which implies tool's validity.

Findings

In this section, findings related to the demographic characteristics of the sample are presented. In Table 3, the mean and standard deviation of the age of married teachers has been reported based on gender.

Table 1. mean and standard deviation of age in married teachers

Standard deviation	Average age	percentage	number	Sample
5.61	36.69	50	100	male
5.88	36.01	50	100	female
5.74	36.35	100	200	total

As seen in Table 3, the average age of male married teachers is 36.12 and female teachers is 36.21. This indicator is 36.19 for the total sample. Table 2, shows the finding of Mean, standard deviation, minimum and maximum scores of subjects in life satisfaction and marital satisfaction variables.

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Table 2. Mean and standard deviation of scores for married teachers based on gender

Standard deviation	Women	men		Variable
	mean	Standard deviation	mean	
3.38	22.05	3.05	28.50	Life satisfaction
18.18	106.88	14.11	144.72	Marital satisfaction

As seen in Table 2, the average scores of male married teachers (standard deviation) in life satisfaction is 25.80 and for female teachers is 22.05. The average scores of male married teacher in marital satisfaction is 144.72. This score for female teachers is equal to 106.88. Table 3, presents the MANOVA on the average scores of the teachers in terms of gender factor.

The results of multivariate analysis of variance table indicating that there is at least one difference of the two groups. To understand the details of the ANOVA analysis, Manova was used which is present in Table 4.

Table 4. Result of test subjects in terms of the average scores of the variables

significancy	F	The average of squares	Degrees of freedom	Sum of squares	Variable
<0.001	67.62	703.12	1	03.12	Life satisfaction
0.001	11.59	3073.28	1	3073.28	Marital satisfaction

Table 4 shows a meaningful difference between male and female married teachers for marital and life satisfaction. ($p < 0.001$)

Conclusions

The results of MANOVA indicated a significant and meaningful difference between male and female married teachers in the field of life satisfaction and marital satisfaction. Results of ANOVA analysis showed a meaningful difference in two groups for life and marital satisfaction and this difference was statistically

significant in favor of married male teachers. The results showed a significant difference between the two groups in terms of life satisfaction there. Based on these findings, married male teachers was more satisfied with life than females. This finding is consistent with results by Al-Attayah and Naser and is in contrary with findings by Neg(2009). Gender factor has been analyzed in

the life satisfaction in several studies. Diner(1984) through review thirteen studies has reported that there was a significant difference in terms of life satisfaction between two genders. Results by Doost(2007) is consent with the research by Diner(1984). Goldbeck, Schmitz, Besier, Herschbach and Henrich(2007) have reported a higher and greater life satisfaction in men than women. As mentioned earlier, life satisfaction is considered as an intrinsic component of well-being, including the person's attitude, his general assessment to totality of his life or some aspect of life, including family life and educational experience (Diner and Lucas, 1999 quoted by Vahedi,1389.). Kaptin, Smith, and Soist(2011), have pointed out inconsistent results for life satisfaction in men and women and announced it as a wrong sampling in research. It seems that in current situation and equality between men and women's roles and the importance of concepts such as equality and social justice, women's life satisfaction has been increased. Lee (2013) has referred women's criteria to understand life satisfaction successfully and believes that men compared to women have more lax criteria for their perception of life satisfaction while these criteria's are more diverse and strict in women. The results showed that the two groups showed significant differences in marital satisfaction. Based on these findings, married male teachers had greater marital satisfaction female teachers. This finding is consistent with results Pynkart and sshindel, Berzynak and Wissmann, Terovdol and Zarandi. Several studies has emphasized on higher marital satisfaction in men than women since 1972.(Xu,Lai(2004) and Mickelson (2006)). It said that men compared with women get more advantages by marriage. Goy and Theodore (1973) proposed the theory of gender roles and focused on the difference in the nature of marriage and social roles of men and women as determining higher marital satisfaction in men. In the first case, married women had a limited role(housekeeping) which socially was in lower level, there were certain expectations and so there was less stress in this group. But nowadays,married women worked outside the home, so has the role of both housekeeping and job outside the home that lead to more stress. Which also result in an inadequate

wife role and childcare responsibilities. In this regard, Neg(2009) points to the Traditional expectations of women which is in conflict with gender-based expectations of modern Western culture. The traditional culture expect a woman to do housekeeping and preparing home and spend time for marital relationship While the modern expectations emphasized on occupational role and social activities outside the home environment.Conflict between these two expectations, especially in Eastern cultures, can cause marital conflict and the subsequent decline in marital satisfaction for women. Simon(2002) suggest an alternative theory to explain the gender role on marital satisfaction. Based on this theory, gender per se is not an effective factor in marital satisfaction difference but the definition and expectations of marriage, workplace, the way of dealing with marital problems and feeling of success in creating a balance between work and family and resolve conflicts is related to gender. In Simon opinion (2002,.) Women choose internalizing problems dealing with problems that result in depression and deteriorate marital satisfaction, while men use exterior solution for marital problem. Personal control theory suggests that women, in general, have a lower sense of control than men. Both(1984) referred to the conflict of workplace demands with the demands of marriage as an stressful factor in lives of women who are married and known to decline marital satisfaction. Women who worked, spend less time with her husband and marital relationship is also weakened. Factors Such as overloading job role, role conflict and inability to control these conditions can exacerbate dissatisfaction. Conflict and discrepancies in support of the spouse can be effective in difference of men and women marital satisfaction. Zhou and Barleson reported that Men have received more support from women. Women were tend to be more supportive of their husband while this factor was less in men. Society and culture have considered two different ways for men and women in terms of peoples support for their spouse. Men in socialization learn that to be supportive in a financial and instrumental way while women use emotional support. The research has shown that emotional support is effective to increase marital

satisfaction. The present study, like other studies, has some limitations. Current research has been performed on married teachers in Ahwaz with emphasis on gender roles. so the generalization to other marital statuses (single, divorced, relict) should be done with caution. To control organizational factors in this study on life satisfaction and marital satisfaction was not possible in married teachers. It is suggested that the role of other demographic variables such as duration of marriage, number of children, income and working hours of teachers would be considered in life satisfaction and marital satisfaction at research in the future.

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