Consist Set of Personality Disorder and Dysfunctional Schemas in Marital Satisfaction

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ABSTRACT

Marital satisfaction in marriage is one of the important aspects that play role in mental health. Therefore, the role of personality traits and behaviors highlighted in this regard seems, they cannot play a crucial role in individual’s life, why dissatisfaction to and no pleasure in marriage are providing. So it seems maiden special attention to their schema to identify the characteristic of individuals and improve, and reaching a significant step forward marriage is to be removed satisfaction. The study on 136 subjects (68 pairs) non-random judgment, referred to the consulting center in Tehran has done. To test the hypotheses and data analysis methods, descriptive and inferential statistics (correlation and stepwise regression analysis) were used. Milon clinical Multiaxial Test3, ENRICH marital satisfaction questioner(47 question) Young perspective short questionnaire (47 question) was used. The result showed that 8 scale personality issues, marital relationship, sexual relationships, leisure activities, conflict resolution, marriage and children, relatives and friends, religious orientation, marital satisfaction have an effect to increase of the subscales and Young million in each of 8 scales that form personality characteristics likely to predict increased marital dissatisfaction. Domin the schema that had most influence on marital satisfaction, the field was disconnection and rejection share more strict standards, personality disorders, depression, antisocial personality disorder, delusional disorder ,steer, negatively oriented, anxiety disorders somatofom , was misrepresent and other subscales effect on marital satisfaction did not play.

INTRODUCTION

Matrimonial relationship has been described as the most important and fundamental relationship, because it provides the initial structure to establish a familial relationship and bring up future generation. Life satisfaction is a need to have a personal useful, effective and satisfactory life and involves the self-evaluation of the status of life. In fact, life satisfaction is a general concept and is attributed to the way of an individual’s perception (cognitive and emotional) of his/her own life. For this reason, people who are highly satisfied with their life have experienced more positive excitement, remember more positive events from their own past or future and also others’ and have a more positive assessment of their surroundings and describe them as gracious. However, people who are less satisfied with their life assess their past and future life and others’ and also events and life situations as undesirable and experience more negative emotions such as anxiety and depression [9,19]. Wright and Krapanzano [19] have proposed several factors in the rise of satisfaction. These factors can be classified into 2 groups, biological (like genetic predisposition and physical fitness) and mental-social factors (like desirable social relations and mental needs). Research-based evidence suggests that there is a relationship between age, gender and the number of friends, family performance, compatibility, health and life satisfaction. Furthermore, over the past few years, those theories have been highly noticed that have sought recognition and introduction of effective cognitive process in life satisfaction. Schemas has been one of the noted cognitive phenomenon in this field. Schemas form from the beginning of life and will affect the individual throughout life. The early schemas are beliefs that people have in themselves, others and surroundings which is normally

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originated from not being satisfied with basic needs especially emotional needs during childhood [25]. Indeed, early maladaptive schemas are constant and stable and form the basis of the individual’s cognitive structures. These schemas help the person to organize their experiences about the world and process received information. Since schemas are like a framework which is used for processing information and determine individuals’ emotional reactions in proportion to life situations and interpersonal relations, it has been said that they have a relation with life satisfaction. Researchers believe that early incompatible schemas act as a filter so as to prove or confirm childhood experiences and lead to clinical signs such as anxiety, depression and personality disorder, loneliness by reason of destructive interpersonal relations. Young [23] introduced 15 schemas in his theory which are created as the result of these five important emotional needs not being satisfied including a need to bond and be accepted, autonomy, competence, identity, freedom to express needs and healthy excitements, self-expression, spontaneity and pleasure and orientation from inside. These schemas are: emotional deprivation, abandonment / instability, mistrust / abuse, social isolation, defectiveness / shame, failure, dependence / incompetence, vulnerability to harm, plight / enmeshment, subjugation, self-sacrifice, emotional inhibition, unrelelted standards / hyper criticalness, entitlement, self-discipline and insufficient self-control. Young [21] believes that incompatible schemas in people will lead to experiencing negative incidences. Those who excessively use incompatible schemas are more affected by negative incidences [11]. Primary incompatible schemas always show themselves within a relationship and would cause an influence on the activation of relationship. Normally, the incompatible nature of schemas appear when patients, in their life and in their interactions with others especially matrimonial relationship, act in a way that their schemas will be confirmed. Even if their primary perception is untrue. Modern cognitive models suggest that the content of the individual’s comprehensions and interpretations have been formed by relatively sustainable infrastructural schemas similar to what George Kelly call it personal structures. Schemas relating to matrimonial relationships cover fundamental beliefs about the nature of humankind and the manner of relations and are supposed to be rather constant. Personality disorders are long-term syndrome that have cognitive cause in negative pathological interactions with parents, peers and other important people. It should be mentioned that those suffering from these disorders create more constellation in others than themselves. The reviewed text of the 4th edition of statistical and diagnostic guide about mental disorder (DSM- IV- TR) defines personality disorders as sustainable and behavioral subjective experiences which is out of cultural norms and they are flexibly pervasive; they begin during adolescence or early youth, are constant over time and end up with dissatisfaction and disturbance. Personality traits are stable patterns of comprehending establishing a relationship and thinking about surroundings and yourself; they appear in a wide range of social and personal context; only when traits are flexible and incompatible and cause a remarkable disturbance to mental performance and distress, they form personality disorders (DSM_ IV_TR, 2000). Personality disorders are classified into three groups in which each of them has a sub-branches for themselves. 1- Abnormal and weird group including schizotypal personality disorders, schizoid and paranoid. 2- instable, emotional, performing group including performing personality disorders, borderline, narcissistic and anti-social one. 3- Anxious and fearful group including avoidant personality disorders, dependent, obsessive and compulsive one. The relationship between schemas and some illogical thinking have been taken into consideration that some of them will be mentioned. Ball and Young proved that people who possess high illogical thinking show more emotional distress and have less satisfaction from life. They also realized that incompatible schemas and lacking self-control and some of the signs of mental disorders in students possessing illogical thinking has a stronger relationship. In a study carried out by Tenon Baum and colleagues, it was demonstrated that illogical thinking such as a need to approve others, high expectations of yourself, anxiety and worry, avoiding difficulties and being helpless to change has a relationship with low self-esteem and life dissatisfaction. As incompatible cognitive schemas rise, the prevalence of some disorders will rise and the presence of such disorders will lead to a drop in people’s performance in jobs and education [13]. In this research, it is attempted to take early incompatible schemas and personality disorders in matrimonial satisfaction into account. Regarding the researcher’s studies, there are still no comprehensive and scientific researches done on personality disorders and its effect on matrimonial satisfaction and concerning schemas, there have been a few researches conducted but it does not seem to be enough. The aim of conducting this research is to identify personality disorders and incompatible schemas and its effect on matrimonial satisfaction using which marriages that are consummated without considering mentioned criteria can be prevented and future harm to the community will be prevented.

Methodology:

Population:

Married couples visiting counselling centers in Tehran.
Sampling method:
Judgmental randomly chosen from the mentioned population which were selected with regard to this condition: married couples visiting counseling centers who were convinced to answer the questions of the questionnaire. Sample volume: 136 people (68 couples).

Research method:
This research is of sectional kind and is classed as causal-comparative researches.

Research tools are: Young Schema Questionnaire which is a self-reporting tool for evaluating the schema. The individual assesses him/herself using a 6-degree 15-schema Likret scale based on the description of each statement. The standardization of this questionnaire was done by Ahl [1]. Within another research, its second reliability was observed 0.83 using Cronbach Alpha after its implementation in this research.

Enrich Matrimonial Satisfaction Questionnaire:
Enrich Questionnaire was prepared by Olsen, Forniero Drackman so as to investigate matrimonial satisfaction and was used as a valid research tool. This questionnaire is used to consider the potential contexts of the difficulty, identifying powerlessness contexts and making use of matrimonial relationship. But the Iranian version of it which has been used in the present research has 47 items that is scored in a 4-degree spectrum from ‘absolutely agree’ to ‘absolutely disagree’. Durability coefficient of the 47-question form was measured by Alpha coefficient on one group and reliability coefficient was obtained 0.95. Durability coefficient of this questionnaire was considered after reimplementation and was specified $rt = 88\%$.

Millon 3 multi-pivotal questionnaire: Millon 3 multi-pivotal clinical test is a self-evaluation scale that measures 14 clinical pattern of personality and 10 clinical syndromes and is used for adults at ages over 18. Sharifi has taken the consideration of the durability coefficient of this test using Cronbach Alpha method and retest. In addition, in Sharifi’s research, the validity of the MMPI-3 scales has been obtained by diagnostic validity and by measuring the characteristics of the factor (positive predicting strength, negative predicting strength and total predicting strength).

Statistical method and data analysis procedure:
First, the independent t test was used to compare each group and also the path analysis method and hierarchical regression analysis.

Results:
According to the table no ….. , it could be said that anti-social, dependency on drugs, basic depression, validity, unsightliness variables are appropriate predictors for $S_1$ (personality matters). It means that the more people have anti-social, validity and unsightliness personality traits and exhibit these traits, the less their matrimonial satisfaction will be. Regarding correlation coefficient ($r = 0.343$) and $p < 0.05$, it could be considered this way that traits like above cases have a share in the decrease of matrimonial satisfaction and result in decreasing. Personality matters evaluate the individual’s understanding of behaviors and his/her spouse’s qualities and his/her level of satisfaction or dissatisfaction from these matters. Validity index is indicative of meaningless or empty answers. As a result, the confirmation of these articles strongly demonstrates that the person has answered randomly. The guide of the test says that the true answer should be interpreted as an index from one side (questionable validity) and the confirmation of more than two articles can be clearly interpreted as one invalid side view. Questionable validity probably means that although references have not considered some of the questions to be important or only very few of the articles (such as one article from the three articles of validity index) which have been answered randomly, but the side view is still valid. Unsightliness, as it is specified by the name of the scale show the index of humiliation and that is to what extent the person describes him/herself using negative pathological expressions. This description may include the feeling of emptiness or rage, crying easily, having low self-esteem, probably self-destruction and often the feeling of stress, guilt and depression, According to the table no ….. , it could be realized that variables (basic depression, item CC; unsightliness, itemZ; obedience, sb) are suitable predictors for $S_2$ (matrimonial relationship). It means that the more the more characteristics mentioned above person possess, the less matrimonial satisfaction he/she will experience. Matrimonial relationship measures feelings, beliefs and the person’s attitudes towards the amount of matrimonial relations and how it is formed. It means that the more maximum depression, unsightliness and minimum obedience the person possesses, the more matrimonial satisfaction he/she will experience because people with the basic depression as a characteristic cover a stable pattern of thoughts, attitudes, behaviors and self-concept related to depression. Such patients see themselves as worthless, vulnerable, inadequate, unsuccessful and guilty and are often engaged in criticizing themselves; If possible, these people picture incidences in a disappointing and appreciation-oriented way. They have learned to expect humiliation and to be scoffed; even they also may consider very little signs to be insulting and a criticism; they are manifested as miserable, alone, disappointed by others’ viewpoint. Since depressed people
are introverted, they possess an ability and orientation so as to achieve a deeper insight. Furthermore, they are emotionally responsive and often have deep feelings and this would cause them to assign their spouse to deal with most of the life affairs and express matrimonial satisfaction more. Bohon and colleagues prove that the poor familial functional relationship during childhood predicts dissatisfaction and contradiction in occupational and matrimonial relationship. Additionally, the results show that older female Mexican immigrants who have a lower social status experience a higher level of stress and pressure and that eventually, risky factors of social status noticeably predict the pressure on mental health. Retin Mire reached this result that the two areas of schema (excessive communication and orientation) and extreme criteria (excessive alertness) had a high correlation with emotional exhaustion scale in Muslech fatigue questionnaire. Although “the excessive communication schema” also had a relationship with this scale but had no significant relationship with the other two scales of the questionnaire “personal skill” and “depersonalization”. Jason Walker concluded that influential factors in avoiding assistance-seeking (in people who are experiencing depression) is the presence of early incompatible schemas. According to the table no ..., it could be realized that variables such as depression, performativity, somatoform, alcohol dependence, impaired thinking, desirability, unsightliness, obedience, strict criteria are suitable predictors for $S_5$ (conflict resolution). It means that the less traits like desirability, unsightliness and obedience a person possesses, the more the probability of the rise of conflict resolution and consequently leads to the decrease of matrimonial satisfaction. On the other hand, the rise of traits such as depression, performativity, somatoform, alcohol dependence and strict criteria cause the conflict resolution to increase and matrimonial satisfaction to decrease. Therefore, schemas and personality traits which is an interpersonal variable are suitable predictors for conflict resolution. An intimate matrimonial relationship calls for the couples to learn to communicate with each other and be different from each other. Conflict occurs when the couples exhibit different levels of independence and correlation by reason of collaboration and the common decisions that they make; these differences can be categorized on a continuum ranging from slight conflict up to complete conflict. In general, conflict is inevitable in any relationship. Some couples show their conflict in an open and direct and some others deny and suppresses it and secretly exhibit it. Matrimonial conflicts are factors which have a strong relationship with matrimonial satisfaction. Couples who are dissatisfied with their marriage usually report longer, greater and more severe periods of matrimonial conflict. Matrimonial discontent is associated with the abundance of physiological reactions to matrimonial conflict and higher levels of physiological stimulus occurring within conflict predicts a more severe destruction of matrimonial satisfaction. According to the table no ..., it could be realized that only 4 variables (strict criteria [us], incompetence/dependency [di], basic depression [itemCC], delusional disorder [itemPP]) are predictors for $S_5$ which is the financial management related to Enrich matrimonial satisfaction scale. Financial management is indicative of evaluating the couple’s interests and attitudes towards how to manage economic problems. Strict criteria which were considered when investigating the subscales connected with the question No.3 in enrich questionnaire. Economic pressures were also counted as important factors in arising matrimonial inconsistencies. According to the table no ..., it could be realized that only 3 variables (strict criteria, scrupulousness, obedience) are predictors for $S_5$ which are related to leisure time activities in Enrich matrimonial satisfaction scale. Leisure time activities means the evaluation of each of the pair’s personal preferences about how to spend leisure time. People possessing scrupulous qualities in this scale are thought to have the qualities of conforming to the public, discipline, restraint and formality and are so faithful to social standards and they may even express sadness towards new thoughts, especially if these thoughts challenge a standard customary to the behavior. Positive qualities such as faithfulness, foresight, stability, predictability and a strong responsibility. They are punctual, precise and hardworking and honest. A good defensive side view and appearance may be accompanied by a raise in compulsive scale. Strict criteria and obedience qualities were investigated within previous questions.

Greef, as he defines compatibility and matrimonial satisfaction, states that compatible couples are those who share a lot of agreements and are satisfied with their kind and level of relationship; they are also satisfied with the quality of leisure time. Matrimonial satisfaction is a multi-dimensional concept which is comprised of various elements such as the quality of relationship, the quality of interactions, leisure time, correlation, agreement in relationship in terms of financial affairs and children upbringing and the history of stresses and familial pressures. According to the table no ..., it could be realized that isolation, depressed, skeptical, anxiety disorder, somatoform, basic depression, validity variables are suitable predictors for $S_5$ (sexual relationship). Other variables are not significant and have not entered the equation. Sexual relationships which means the individual’s feelings and anxieties evaluates sexual relationships and sentimental friendliness with spouse. The qualities of those who seek isolation is that schizoid and avoidant people live alone; they mostly spend their life in solitude. However, schizoid ones are ignorant about their relations but avoidant ones strongly seek to be accepted and conflict with others which means that an avoided tendency by harsh fear from being rejected and humiliated. They carefully consider their surroundings in terms of being threatening; mostly, they are mentally preoccupied with bothering, frightening and destructive thoughts; they also see themselves as socially incompetent, wretched and inadequate and always count their progress as unimportant; they limit their social
environments as well as fear and self-criticism and constantly seek the maintenance of privacy and are isolation-mannered. The positive side of avoidant people is that they might be sensitive to others' needs and perspectives. They can potentially exhibit understanding and remarkable sympathy and could be emotionally responsive. The main quality of skeptical people in this scale is a mixture of submission and compliance accompanied by disturbance and disagreement. These people usually show their disturbance in an impulsive and abnormal way. Their source of disturbance is the feeling that they are treated unfairly in life and are disappointed with building up a relationship and will be despondent. Despite this fact, they feel that their rage and disturbance are not acceptable emotions for them so the feeling of guilt and conflict dominates their life. This intrinsic conflicting style also becomes extrinsic and cause difficulties in interpersonal relationships. They will be quirky, querulous and gradually antagonistic people. Negativity which shows itself in an indirect way contributes to procrastination, inertia-efficacy, and stubbornness which results in the decrease of others' satisfaction. The initial satisfaction from sexual relationship is a strong predictive factor for satisfaction and continuity in the relationship through succeeding times. This subject shows that the continuity in a satisfactory sexual relationship has an important role in the continuity of the total satisfaction among couples. Happy couples compared to unhappy ones are more satisfied with their sexual life and have more sexual contacts.

According to the table no …, it could be realized that only two variables (strict criteria [us], dependency / incompetence [di]) are the predictors for \( S_1 \) in which marriage and children are related to Enrich matrimonial satisfaction scale meaning that the rise of strict criteria results in the rise of marriage and the number of children and the decrease of dependency / incompetence causes the rise of marriage and the number of children. Marriage and children in Enrich test evaluates attitudes and personal feelings about having a child, the agreement on the number and the procedure of children upbringing. The quality of the people with strict criteria, dependency / incompetence was raised in the consideration of previous questions. Researchers believe that the more the number of children, the less the amount of matrimonial satisfaction would be. There are researches which believe that people with more children report a more matrimonial satisfaction compared to those who have no children. According to the table no …, it could be realized that only five variables (social isolation, alienation, sufficiency, basic depression [itemCC], unsightliness [item Z], schizoid [item I]) are the predictors for \( S_8 \) which are relative s and friends related to Enrich matrimonial satisfaction scale. It means that the decrease of social isolation, unsightliness, and schizoid results in the rise of the index of relatives and friends and the rise of sufficiency and basic depression causes the rise of relatives and friends. Fowers evaluates relatives and friends which means the feelings and interests related to the relations with relatives and the spouse’s family and friends.

Social isolation / alienation:

It is the feeling that the person has been isolated from the world and is different from others or that he/she does not belong to a particular group.

Sufficiency / dignity: the person who possesses such a schema believes that is much higher than others and deserves him/herself a special right and has no commitment towards obeying the principles of mutual relations which is a guide to standard social interactions. They mostly insist on this point that others have to provide whatever they need regardless of the fact that if their request reasonable or what others perceive as being reasonable or how much it will cost others. Such people have an excessive concentration on excellence (for instance, being the most successful, talented and richest) so as to gain power or dominate others (the first purpose is not attention getting or being accepted by others). People possessing schizoid qualities have little or no interest in others; they spend their life in solitude; they are people with no feelings, unfriendly, inactive and tend to get to know late and if they have friends, its number is very few. They hardly ever starts a conversation and are ignorant towards others and hardly seed to communicate with others and would prefer marginal and insignificant roles in occupational and familial situations. They have less tendency to fulfil their requirements, experience a few lustful dependencies, express a little intimacy and often have no sexual desires (libido); they hardly ever experience a deep feeling of pleasure, sadness and rage; these people are generally ignorant about being encouraged or criticized by others; they lack vitality and vibrancy; when conversing with people, they have a vague, cold and purposeless manner and transfer information in an ambiguous and complicated way; they have a little self-awareness and insight into implicit concepts of interpersonal relationship. If they are engaged in a friendly and faithful relationship, their constant complaints of their spouse is that their friendliness, collaboration and understanding is not adequate. The privilege of these people is that they would never be upset by anything in particular. Their decision-making is often easy; they are also completely self-sufficient so that they can conveniently spend long period of time in solitude and probably have a life full of imaginations. Their hobbies are usually comprised of activities in which they have less contact with people. Louis and Spanier (1976), through reviewing related evidence, have stated that agreement or disagreement with a relationship from family and friends can have a significant impact on the quality of matrimonial life. Furthermore, at times friends can cause the separation of couples. The role of parents, sports, hobbies and social activities all have the strength to enrich or weaken the quality of the relationship. The couple-treatment whose purpose is to balance the
relationship, mostly causes secondary changes in other relations and roles because they also affect couples’ relationship. According to the table no …, it could be realized that only one variable which is “embattled” is the predictor of $S_8$ which is religious orientation; it means that the decrease of undeveloped embattled would cause the rise of religious orientation and people inevitably encounter difficulties in matrimonial satisfaction and so report the decrease of satisfaction. Religious orientation evaluates the individual’s attitudes, feelings and interests in religious beliefs and practices in matrimonial life.

Undeveloped embattled:

The strong sentimental relationship and excessive approach to one of the important members of the family (Often parents) at the cost of losing individuality and natural social growth. It is generally believed that none of these embattled people cannot continue to live without the support of another or are not able to be happy. The person who possesses such a schema may feel that his/her existence has been merged into others and has no separated identity. This schema is also exhibited as the feeling of emptiness and confusion, the lack of direction and purpose or in severe cases as doubt and suspect in the person’s existence and his/her structure of presence. There are two-sided communicative factors such as religion, race, economical social status, age, intelligence, education and total personality characteristics being involved. Bradbury presented a pattern in which three large categories of variables influencing the causes of couples’ communicative difficulties were taken into account and they are: compatible processes inside couples’ system, stressful events that couples experience and tolerating the personal vulnerability of each of the couple. Halford has added another category to this as well as the other three ones called inner and situational factors. Religion as an inner factor deters people from committing any delinquencies. Having religious or spiritual tendencies is one of the essential factors in the roule of attachment and relationship satisfaction. Mostly, causes second order redundancies.

REFERENCES