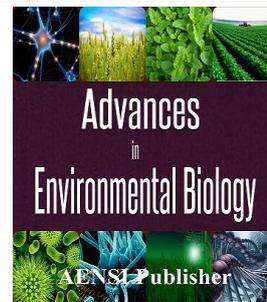




AENSI Journals

Advances in Environmental Biology

ISSN-1995-0756 EISSN-1998-1066

Journal home page: <http://www.aensiweb.com/AEB/>

Studying the Relationship Between Personality Characteristics and Sexual Satisfaction in Employed Couples in Kashmar (Iran)

¹Mojtaba Babolhakami, ²FatemeZamiri Bidari, ³Mohsen Darbanyan, ⁴Mahmood Kermany

¹Master of Clinical Psychology, Islamic Azad University Science & Research Ayatollah Amoli Branch, Iran.

²Master of Educational Psychology, Islamic Azad University, Birjand Branch, Birjand, Iran.

³Master of Industrial and Organizational Psychology, Faculty of Educational Sciences & Psychology, University of Isfahan, Isfahan, Iran

⁴Master of General Psychology, Islamic Azad University Science & Research Khorasan-e-Razavi Branch (Neyshabur).

ARTICLE INFO

Article history:

Received 12 October 2014

Received in revised form 26 December 2014

Accepted 1 January 2015

Available online 17 February 2015

Key words:

personality characteristics•introvert and extrovert•marital satisfaction•employed couples.

ABSTRACT

The current study has been conducted with the purpose of investigating the relationship between introvert and extrovert characteristics and their marital satisfaction in the employed couples living in Kashmar (Iran). The method of this descriptive study is of correlative type. The statistical population includes all the married employees of Kashmar who worked during 2011. The sampling of this study includes 180 couples which were conducted by cluster random sampling method. Tools for measurement in this process include a questionnaire (115 questions) of Enrich marital satisfaction and also a questionnaire (57 questions) of Eysenck personality which specializes for adults. To analyze the data the paper uses Descriptive and Inferential statistics (Pearson Correlation Coefficient and examination T to compare the averages of the two independent groups), spss-16 software has been used. The results show that there is no meaningful relationship between extrovert or introvert women and their satisfaction with marital life. The same is true for extrovert or introvert men. In addition, there is not any great difference between extrovert women and introvert women in their level of marital life satisfaction. However, a meaningful difference between matrimonial satisfaction in introvert men and extrovert men in $p < 0.01$ level was seen. It seems that introvert/extrovert components are not the only important factors in shaping a satisfactory and favorable life. To reach marital satisfaction, more emphasis has to be dedicated to personality factors along with other factors.

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To Cite This Article: Mojtaba Babolhakami, FatemeZamiri Bidari, Mohsen Darbanyan, Mahmood Kermany., Studying the Relationship Between Personality Characteristics and Sexual Satisfaction in Employed Couples in Kashmar (Iran). *Adv. Environ. Biol.*, 9(2), 600-605, 2015

INTRODUCTION

Marriage as one of constituent of family has always helped to the learning of social and religious instructions [12]. Though there is a general agreement on the importance of cultural, religious, and social compatibility among couples at the time of marriage, nowadays the increase of divorce and marital dissatisfaction have disintegrated many families. This shows that at least in the previous decade nobody has seriously thought about marriage logically [15]. As marriage is one the most important decisions in life and can be a turning point, it is necessary to pay attention to some factors. For example, we can mention personal characteristics as well as social, religious, cultural, physical features. This would contribute to marital satisfaction, social advances, cultural improvements, and the distribution of values among people [6]. In fact, mutual compatibility leads to satisfaction. Generally, mutual life means "the fulfillment of couple's needs based on kindness, cooperation, mutual understanding, and devotion in a mutual life" [8]. Environment and heredity play a significant role in forming one's behavior. In fact, one's behavior is the result of the combination and interaction of the two mentioned concepts. Theorists in the field of individuals analysis define a person according to the stable behavioral, emotional, and thinking patterns. Naturally, these patterns differ from one person to another. These types of behaviors forms a person's way of conformity to social rules [16]. An overview of the previous researches on the influence of personality on one's behavior shows that the scope of these researches has been oscillating between internal organism and external behavior patterns. In this way, to

Corresponding Author: Mohsen Darbanyan, Master of Industrial and Organizational Psychology, Faculty of Educational Sciences & Psychology, University of Isfahan, Isfahan, Iran.
E-mail: M.darbanyan@gmail.com

reach a better analysis, scientists divide personality to various types and propose different characteristics for each type. In addition, they put each characteristic in a certain groups. In previous centuries some scientists have paid attention to the relationship between physical body and personality. For example, we can mention Plato, Hippocrates, Empedocles, and Galen. Hippocrates believes that Blood, Black Bile, Yellow Bile, and Phlegm form one's body. Scientifically, this classification is invalid. Nevertheless, it is so prevalent among people and they use it to characterize people. In the 21th century psychology has tried to propose a scientific classification of personality. For example, we can mention Ernest Kretschmer. In his influential book, *Physique and Character*, proposes a more scientific method for the analysis of personality.

Considering the field of psychology from Freud up to now, this paper consults with Carl Jung's ideas. Regarding the typology of "ego", Jung suggests two types of personalities; Introvert and Extrovert. According to him there are distinct differences between the two. For example, an extrovert tends to be sociable, lives in present, is interested in playful activities, behaves suddenly and unreasonably, reacts fast, and likes change. In general, he cannot control his feelings and is not a stable one as a result. In addition, in his opinion a silent and isolated one is an introvert one. The introvert one prefers to read books rather than befriending people, lives a disciplined life, can control his feelings, performs better in writing than speaking, is more literate and pessimistic, and respects moral values. In the field of personal characteristics analysis we can mention Hans Eysenck. In his numerous researches Eysenck has found a character can be analyzed in 3 dimensions; Psychoticism, Extraversion, and, Neuroticism. According to him, heredity is the most important factor in creating these 3 dimensions. He believes that there is a direct link between these dimensions and Hippocrates' four humors. All the mentioned researches indicate that there is a great deal difference between extrovert and introvert ones. Nevertheless, there is no valid and complete research finding the influence of being extrovert and/or introvert on one's behavior in mutual life. However, there are many researches about the relationship between personal characteristics and mutual life. For instance, Attari, *et al* [4] have found that there is a positive relationship between being extrovert and feeling happiness in mutual life. In addition, Larsen and Ketelaar [11] suggest that the extrovert ones show a better reaction to positive stimulus than introvert ones. As everybody himself chooses or avoids the occasions he attends, the second type of compatibility can be found between people and occasions. Naturally, they select occasions which are compatible with their personalities. "Harry *et al*" suggest that the extrovert ones, particularly youngsters, almost experience positive events in life, for example at job or recreation time. This proposition can change from one occasion to another that would lead to the enhancement of happiness and the state of being extrovert [2].

Argayle and Lu [3] have found that the happiness of the extrovert ones can be explained regarding the occasions they choose. Similarly, Hilles and Argayle have identified a direct link between being extrovert and happiness. Despite the likelihood of this suggestion, there are some extroverts who don't feel satisfied. Perhaps, the reason is that the happy extrovert ones in comparison with the unhappy extroverts and introverts, have a more personal life and less social relations. Regarding all the mentioned ideas and the importance of personal characteristics this paper tries to find if there is any relationship between being extrovert or introvert and mutual life satisfaction.

In this manner, the paper suggests the following hypotheses:

- Hypotheses 1: There is a meaningful relationship between women's mutual life satisfaction and being extrovert.
- Hypotheses 2: There is a meaningful relationship between women's mutual life satisfaction and being introvert.
- Hypotheses 3: There is a meaningful relationship between men's mutual life satisfaction and being extrovert.
- Hypotheses 4: There is a meaningful relationship between men's mutual life satisfaction and being introvert.
- Hypotheses 5: Extrovert and introvert women greatly differ from each other in feeling satisfied in mutual life.
- Hypotheses 6: Extrovert and introvert men greatly differ from each other in feeling satisfied in mutual life.

Methodology:

Statistics, Sampling, and Methodology:

The present research is a descriptive-relational one. All the 5000 married employees of governmental organizations in Kashmar (Iran) during 2011 form the statistical community of the research. Also, the methodology of the paper includes the applied statistics of Morgan's table. The paper's sampling was done according to random clustering in different stages. In the first stage, all the 47 governmental organizations of in Kashmar were taken into account. In the second stage, 4 organizations out of the 47 ones were selected; educational org, health org, agriculture org, and central bank. In the next stage, the married employees of these 4 organizations were selected according to Morgan's tables which were 357. But as the paper is based on couples, 360 individuals (180 couples) were selected. The couples all were married for 5 years and have child/children. For the analysis of data the paper uses SPSS software and descriptive statistics such as average, abundance, percentage. In addition, the paper uses Pearson product-moment correlation coefficient.

Measurement tools:

ENRICH marital satisfaction questionnaire:

The questionnaire contains 115 questions which are used to identify the positive and negative aspects of mutual life. Furthermore, the questionnaire contains 12 subscales which can be enumerated as the followings.

Idealism deformation, marital satisfaction, personal relations, communication, conflict resolve, financial management, free time activities, sexual relationships, children instruction, family and friends, religious and equality tendencies. The Alpha coefficient of Enrich's questionnaire for the above subscales are respectively; 0/9, 0/81, 0/73, 0/68, 0/9, 0/71, 0/72, 0/77, 0/48, 0/76, 0, 74, 0/75.

Eysenck Adults Questionnaire:

Eysenck Adults Questionnaire applied in Iran by "Braheni" contains 57 questions. The questions are simple enough to be understood by everyone. Eysenck comparison involves 3 main elements; happiness, sociability, and the sense of humor. The questionnaire assessment is done through using; L, N, and E. After the identification of correct answers and the calculation of raw grades, the paper can obtain the percentage for each case. These numbers and percentages provide clinical table and the information about personal characteristics. For example, we can find individuals being introvert, extrovert, and neuroticism. Eysenck's test reliability for finding extrovert and introvert ones according to Cronbach's Alpha is 0/42 and according the split-half method is 0/43.

Findings:

Out the 360 ones who answered the questionnaire 180 were men and 180 were women.

Table No.1 shows the number of the extrovert and introvert ones. According to the table, out the 180 men 105 were extrovert and the rest were introvert. Also, 107 women extrovert and the rest were introvert.

Table 1: The distribution of the groups according to personality.

Personal type	Number	Percentage
Extrovert men	105	29/1
introvert Men	75	20/9
Extrovert women	107	29/8
introvert Women	73	20/2
Total	360	100

First Hypothesis:

There is a direct link between marital satisfaction and Women's being extrovert. According to the coefficient relation $r = 0/137$, null hypothesis is true and the first hypothesis is rejected.

Table 2: The coefficient relation between marital satisfaction and extrovert women

Being Extrovert			Variable
Significance level	Correlation	Number	
0/15	0/137	107	Marital Satisfaction

Second Hypothesis:

There is a direct link between marital satisfaction and Women's being introvert. According to the coefficient relation $r = 0/026$, null hypothesis is true and the second hypothesis is rejected..

Table 3: The coefficient relation between marital satisfaction and introvert women

Being introvert			Variable
Significance level	Correlation	Number	
0/84	0/026	73	Marital Satisfaction

Third Hypothesis:

There is a direct link between marital satisfaction and men's being introvert. According to the coefficient relation $r = 0/17$, null hypothesis is true and the third hypothesis is rejected.

Table 4: The coefficient relation between marital satisfaction and introvert men.

Being introvert			Variable
Significance level	Correlation	Number	
0/14	0/17	75	Marital Satisfaction

Fourth Hypothesis:

There is a direct link between marital satisfaction and men's being extrovert. According to the coefficient relation $r = 0/098$, null hypothesis is true and the fourth hypothesis is rejected.

Table 5: The coefficient relation between marital satisfaction and Extrovert men

Being extrovert			Variable
Significance level	Correlation	Number	
0/32	0/098	105	Marital Satisfaction

Fifth Hypothesis:

There is a great difference between extrovert and introvert women in feeling satisfied with mutual life.

Table No.6 shows the average, number, standard deviation, and the result of the 2 categories of women in marital satisfaction.

Table 6: the results of the comparison between 2 groups of women.

Groups	Number	Average	Standard deviation	df	t	Significance Level
extrovert	107	312/00	36/96	178	1/74	0/08
introvert	73	302/72	32/00			

The table shows that the introvert women are less satisfied with their marital life than the extrovert ones. According to the findings, null hypothesis is true and the fifth hypothesis is rejected. In other words, it can be said that there is not a big difference between 2 two groups with regard to their satisfaction.

Sixth Hypothesis:

There is a great difference between extrovert and introvert men in feeling satisfied with mutual life.

Tables 7 show the average, number, standard deviation and the result of the 2 groups of men. The findings show that introvert men are less satisfied with their marital life that extrovert ones. Similarly, the null hypothesis is rejected and the research's hypothesis is true. In other words, it can be said that there is a great difference between the two groups.

Table 7: the results of the comparison between 2 groups of men.

Groups	Number	Average	Standard deviation	df	t	Significance Level
extrovert	105	305/83	49/73	178	6/00	0/000
introvert	75	264/57	38/74			

Discussion and conclusion:

Many theorists such as Eysenck distinguish introverts from extroverts. According to their researches heredity and environment cause such difference. Being introvert or extrovert shows itself in different aspects of life. For example the two mentioned types of personality influence marital life and satisfaction. The first finding of the research is that there is not a meaningful difference between extrovert and introvert women with regard to their marital satisfaction. This finding is in opposite of the findings of Harry, *et al* because they found that extrovert ones are prone to experience positive events at work and recreation. This can happen through choosing or changing such occasions leading to more happiness and sociability [2].

Attari, *et al* [4] found that there is a positive link between being extrovert and feeling satisfied with marital life. Also, Sharifzadeh suggests that in consistency of a mutual life humor and amiability play a significant role. Significantly, income is one of the most important elements in influencing on marital life. As both of the groups of this study were financially independent, they did not suffer from one of the most factors of dissatisfaction.

The second finding of the research shows that there is no link introvert women and marital satisfaction. This finding is similar to the findings of Hilles and Argayle. They claim that though there is a great link between being extrovert and feeling satisfied, there are some extroverts who don't feel satisfied. Perhaps, the reason is that the happy extrovert ones in comparison with the unhappy extroverts and introverts, have a more personal life and less social relations. In addition, this finding is in opposition of the findings of Larsen and Ketelaar. They believe that extroverts are more sociable than introverts. Though there is no direct link between the 2 groups, of reason for rejecting the mentioned hypothesis might be the presence of similarities between couples. In fact the more similar people are, the more satisfied they feel. Because in this research the 2 groups are similar to each other, there the least percentage of dissatisfaction among them. Therefore, there are more compatible with each other.

The 3th finding shows that there is no meaningful relation between introvert men and their marital satisfaction. Larsen and Ketelaar found that extrovert are more prone to learn positive behaviors than introverts. In addition, according them there is no difference between them in learning negative behaviors.

According to the previous researches the satisfaction of the extroverts is rooted in their enjoying a better social communication life for they are more skillful in communication. This enables them to find more friends. Similarly, the less skillful ones in social communication relations enjoy less social relations. Nevertheless, the presence of a similarity between couples may reject this hypothesis. The presence of similarity facilitates the compatibility of couples. Coming from a similar social class is the other important factor in creating a good marital life. This provides social and cultural similarities between them and enhances their satisfaction.

The 4th finding shows that there is no meaningful relation between extrovert men and their marital satisfaction. This finding is in opposite of what Costa and McCrea suggest. They claim that there is a positive relationship between being extrovert and feeling satisfied. If being extrovert contains sociability and communicability, the former is coefficient with satisfaction. Berry and Willingham believe that the happy ones have more intimate and romantic relations for they have better non-verbal types of skills. Additionally, there more adaptable with difficult situations [2]. According to the statistics of the ministry of research, technology, and science there is a direct link between feeling satisfied and education. For example, the educated ones feel

more satisfied with their spouses. A conscious and careful marriage would help older than 30-year-old ones not to suffer from conflicts and divorce. Also, educated women are compatible with their husbands and can solve financial problems in a better way. Similarly, in this research both groups were educated and older than 30.

The other finding of the research shows that there is no meaningful difference women's satisfaction and being extrovert or introvert. This finding is in opposite of what Argayle and Lu propose. They believe that the satisfaction of extrovert ones can be explained via their choice of social occasions. In his initial researches Argayl claims that the less skillful ones in social communications may avoid many occasions which is so enjoyable for others. Extrovert ones tend to communicate the external world, they prefer to have interviews, are more sociable, courageous, adventurous. Introvert ones are quite the opposite of the mentioned characteristics. One of the reasons for finding such a result might be the presence of equal expectations and roles for women in a given society. Having financial independence, employed women often feel more satisfied with their marital life.

The last finding indicates there is a meaningful difference between introvert and extrovert men in feeling satisfied. The result of the hypotheses No. 5 and No. 6 are in the same line with the findings of Abdolhazadeh [1], Larsen and Ketelaar [11], and Heddy and Ring. According to the findings of the former a positive link between being extrovert and feeling satisfied. Larsen and Ketelaar" suggest that the extrovert ones show a better reaction to positive stimulus than introvert ones. Therefore, the combination of being extrovert and desirable occasions provides intimacy. As one can or avoid different occasions, the second type relationship is true for people. They choose the occasions which are desirable and similar to their personalities. For example, extrovert ones spend their time on social and physical activities. According to Heddy and Ring, nervous ones avoid many social occasions. According to the research's findings extrovert men feel more satisfied with their marital life than the extrovert ones. The reason is that they have more social relations which end in satisfaction. Therefore, we can expect that extrovert ones feel more satisfied with their marital life. In conclusion, regarding the aim of this paper being extrovert or introvert is not the only determining factor in feeling satisfied with life. But for having a better life in future, personal characteristics should be paid attention to from childhood. Personal characteristics emerge from the very beginning of childhood and develop through years. Additionally, religious, cultural, and social elements be taken into consideration. According to the findings of the this research, psychological consultants should measure different elements such as being introvert or extrovert to help their visitors have a better marriage. This can prevent from unsuccessful marriages and reduce satisfaction and familial conflicts, and divorce. This leads to psychological serenity of families.

Totally, regarding the aim of this paper which is to study the relationship between personality characteristics and sexual satisfaction in employed couples in kashmar (Iran), The statistical results show that there is no meaningful relationship between extrovert or introvert women and their satisfaction with marital life. The same is true for extrovert or introvert men. In addition, there is not any great difference between extrovert women and introvert women in their level of marital life satisfaction. However, a meaningful difference between matrimonial satisfaction in introvert men and extrovert men was observed. The following reasons together contribute to rejection of the five first hypotheses: the similarity of educational, occupational, and financial status between men and women in a marital life which contribute to a higher satisfaction with marital life. In this manner, there was no big difference between the couples under discussion. The findings show that extrovert men feel more satisfied with life than introvert ones. The reason for so is that extrovert men are prone to have more social relationships which enhances their sense of satisfaction. In fact, they enjoy having more relations and friends. It seems that introvert/extrovert components are not the only important factors in shaping a satisfactory and favorable life. To reach marital satisfaction, more emphasis has to be dedicated to personality factors along with other factors.

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