

Prediction of Marital Commitment based on Personality Traits, Attachment Styles, and Religious Orientation in Married Students

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Article Info

Received: Apr 15, 2019

Received in revised form:

Jun 17, 2019

Accepted: Jul 1, 2019

Available Online: Sep 23, 2019

Keywords:

Attachment Styles

Married Students

Marital Commitment

Personality traits

Religious orientation



 <https://doi.org/10.22037/jrrh.v5i3.20209>

Abstract

Background and Objective: The marital commitment of couples is constructive in stabilization of family unit and various factors can influence the level of marital commitment. The current study aimed at revealing some of these factors through predicting marital commitment based on personality characteristics, attachment styles, and religious orientation in married students.

Methods: The study is descriptive and correlational. The statistical population consisted of all married female students of Lorestan University in 2014/2015 academic year. Through applying Cochran's formula, 200 subjects were selected among them as the sample, using convenient sampling method. In order to gather data, Marital Commitment Inventory (DCI) by Adams Jones, Adult Attachment Scale (AAS) by Collins and Read, Personality Inventory (NEO), and Religious Orientation Scale (ROS) by Allport and Ross were used. The data were analyzed using correlation coefficient and Step by Step Regression Analysis. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: The findings indicated that personality characteristics ($F=28.37$), the attachment styles ($F=24.44$), and also religious orientation ($F=18.65$) significantly predicted the level of marital commitment at the significance levels of 0.001, 0.05, and 0.001 respectively. Out of these factors, attachment styles were a stronger predictor for marital commitment.

Conclusion: The results illustrated that people's personality characteristics, the attachment styles formed in the family environment, and also their religious orientation have a direct effect on the personal relationship and marital commitment in the adulthood. The findings can be used to propose some strategies to maintain and develop productive relationship among couples and offer better training to people on how they should try to know each other.

Please cite this article as: Sadeghi M, Ghaderijavid S, Shalani B. Prediction of Marital Commitment based on Personality Traits, Attachment Styles, and Religious Orientation in Married Students. Journal of Pizhūhish dar dīn va salāmat. 2019;5(3):18-31. <https://doi.org/10.22037/jrrh.v5i3.20209>

Summary

Background and Objective

Since a society is formed by families, it can be said that the health of the society depends on the health of the family and the health of family depends on the health of its members. Marriage is the first step in forming a family, and assessing the level of health and marital

satisfaction requires an examination of the factors affecting it (1). Research findings indicate that many factors, including individuals' personality traits (2-5). Another important factor in commitment and marital satisfaction is the attachment style of couples in adulthood. Patterns that are created in the first year of life remain relatively stable to adulthood and shape romantic relationships (6). Although in most studies

there is a positive relationship between attachment style and marital commitment, the findings are not completely consistent in this regard (7). Given that the religious and family institutions emphasize similar values and are interdependent to strengthen socialization, researchers predict the close relationship between them. Religious orientation can be effective in marital communication because of providing guidelines for life (8). Sullivan has shown that those who are at a higher level of religiosity have more marital stability than those with a lower religious level (9).

Chronic stress has a great influence on marital satisfaction and may also be related to other variables such as intimacy and financial concerns. Education at a university can add stress to marital relationships, which may in turn affect the satisfaction and eventually marital commitment. Nowadays, the number of female students has increased with many of them entering the job market upon graduation. Also, in addition to university responsibilities, ladies have other responsibilities such as child care and household chores. As a result, they feel less satisfied. Therefore, it is important to determine the factors affecting the marital commitment of married female students. Moreover, considering the importance of commitment in marital life, it is necessary to take some steps to improve marital and family relationships, especially to improve commitment among student couples. In order to accomplish this, we must first gain proper information about this construct and identify factors influencing it so that appropriate actions can be taken to create, maintain, and increase marital commitment in couples.

Personality trait, attachment style, and religious orientation are important factors in marital satisfaction and commitment, and marital commitment leads to lasting marriage. On the other hand, lack of marital commitment in marriage leads to extra-marital relationships, and ultimately will result to separation and divorce. Thus, the purpose of this study was to explore whether it is possible to significantly predict marital commitment based on personality traits, attachment styles, and religious orientation in married students.

Methods

Compliance with ethical guidelines: In the present study, the subjects participated in the study consciously and with full consent. The participants were told that they did not need to introduce themselves and that the information obtained from the questionnaires would be kept confidential.

The statistical population consisted of all married female students of Lorestan University in 2014/2015 academic year. Through applying Cochran's formula, 200 subjects were selected from among them as a sample, using convenient sampling method. In order to gather data, Marital Commitment Inventory (DCI) by Adams Jones, Adult Attachment Scale (AAS) by Collins and Read, Personality Inventory (NEO), and Religious Orientation Scale (ROS) by Allport and Ross

were used. The data were analyzed using correlation coefficient and Step by Step Regression Analysis.

Results

The findings indicated that there is a significant correlation between marital commitment and personality traits ($r=0.354$; $P<0.001$). There is also a positive and statistically measurable correlation between marital commitment and attachment styles ($r=0.149$; $P<0.05$), and between marital commitment and religious orientation ($r=0.34$; $P<0.001$). The results also showed that personality characteristics ($F=28.37$; $P<0.001$), attachment styles ($F=24.44$; $P<0.05$) and religious orientation ($F=18.65$; $P<0.001$) predict the level of marital commitment, with attachment styles being the strongest predictor.

Conclusion

The results of this study showed that among the components of personality, neuroticism had positive relationship with moral component of marital commitment and had a negative significant relationship with the structural component. Also, the components of extraversion, consistency, and conscientiousness had positive and significant relationships with the structural component. Moreover, extraversion, adaptability, and accountability had positive and significant relationships with marital commitment, but there was no measurable relationship between neuroticism and openness to experience with marital commitment. In explaining the relationship between personality trait and adaptation to marital commitment, it can be said that some of these attributes are accompanied by confidence on the other side, and trust is an important factor in marital commitment.

The results also showed that, overall, attachment styles can predict the marital commitment. It can be said that since the desire to forgive and control the negative emotions are characteristics of the secure people, who are more likely to forgive mistakes in couples, the probability of marital commitment increases. Controlling negative emotions is also associated with marital continuity in couples.

The results also showed that there is a significant positive relationship between religious orientation and marital commitment. Considering the components of religious orientation, the external religious orientation had a positive and significant relationship with the component of personal commitment and the internal religious orientation had a positive and significant relationship with the structural commitment. It can be argued that religion provides general guidance to humans, which will lead to the strengthening of marital ties. These guidelines include laws on sexual relations, gender roles, self-sacrifice, and conflict resolution in marital relationships (13). Having a similar and harmonious religious emotions and tendencies and mutual religious beliefs between couples can contribute to emotional coordination, which is one of the most important issues in the marital satisfaction of couples (14, 15).

Due to an ever-increasing rise in the number of extra-marital relationships and divorce in Iran and the

world, early counseling trainings aiming at introducing the concept of commitment in marriage can help to grow and strengthen the sense of commitment in couples and thus the stability and sustainability of marriages.

Acknowledgements

The authors thank all those who contributed to this study.

Ethical considerations

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Data analysis: First author; Data Collection: Second author; Research Background and Theoretical Basis and Explanation Discussion and Conclusion: Third author.

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توقعات الالتزام بعقد الزواج استنادا الى خصائص الشخصية، أنماط التعلق والتوجه الديني عند الطلاب الجامعيين المتزوجين

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معلومات المادة

الوصول: ٩ شعبان ١٤٤٠

وصول النص النهائي: ١٣ شوال ١٤٤٠

القبول: ٢٧ شوال ١٤٤٠

النشر الإلكتروني: ٢٣ محرم ١٤٤١

الملخص

خلفية البحث وأهدافه: الالتزام بعقد الزواج بين الزوجين يلعب دوراً مهماً جداً في نظام أستحكام الأسرة وهناك عوامل كثيرة تترك أثراً عليها. أن التحقيق الراهن تم من أجل اظهار بعض هذه العوامل بهدف توقع الالتزام بعقد الزواج استنادا الى خصائص الشخصية، التوجه الديني و أنماط التعلق عند الطلاب الجامعيين.

منهجية البحث: هذا التحقيق التوصيفي هو من النوع التضامني. المجتمع الاحصائي يشمل كافة الطالبات المتزوجات في جامعة لرستان في العام الدراسي ٩٥-١٣٩٤ (٢٠١٥-٢٠١٦م)، حيث تم اختيار ٢٠٠ شخص عبر أسلوب اخذ العينة المتوفرة من خلال الاستفادة من قاعدة كوكران. وتم تجميع المعلومات المطلوبة في التحقيق عبر الاستفادة من أستمارات الالتزام بعقد الزواج أدامز جونز (DCI)، خصائص الشخصية (NEO)، نمط التعلق عند الكبار في العمر لدى كالبير و ريد والتوجه الديني لدى البورت وتم تحليلها وتفسيرها من خلال الاستفادة من ضريب التضامن وتحليل رغرسيون خطوة بخطوة. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث؛ فإن مؤلفي البحث لم يشيروا إلى اي تضارب في المصالح.

الكشوفات: أظهرت الكشوفات ان خصائص الشخصية بمعدل $F=28/37$ في مستوى $P<0.05$ وكذلك التوجه الديني بمعدل $F=24/44$ في مستوى $P<0.001$ ، أنماط التعلق بمعدل $F=18/65$ في مستوى $P<0.001$ ، قد توقعوا معدل الالتزام بعقد الزواج. من بين هذه المتغيرات كانت أنماط التعلق من أفضل التوقعات تجاه التزام بعقد الزواج.

الاستنتاج: أظهرت نتائج التحقيق ان خصائص الشخصية عند الافراد وأنماط التعلق منطلقة من جو الأسرة وكذلك التوجه الديني لديهم يترك الاثر على العلاقات ما بين الافراد وعلى الالتزام بعقد الزواج في مرحلة كبر السن. يمكن الاستفادة من هذه النتائج من اجل العثور على طرق تؤدي الى حفظ و تنمية العلاقات المثمرة بين الزوجين و التدريب والتوعية الافضل الى الافراد من أجل التعرف على بعضهم البعض.

يتم استناد المقالة على الترتيب التالي:

Sadeghi M, Ghaderijavid S, Shalani B. Prediction of Marital Commitment based on Personality Traits, Attachment Styles, and Religious Orientation in Married Students. Journal of Pizhūhish dar dīm va salāmat. 2019;5(3):18-31. <https://doi.org/10.22037/jrrh.v5i3.20209>

پیش‌بینی تعهد زناشویی بر اساس ویژگی‌های شخصیت، سبک‌های دلبستگی و جهت‌گیری دینی در دانشجویان متأهل

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اطلاعات مقاله

دریافت: ۲۶ فروردین ۱۳۹۸

دریافت متن نهایی: ۲۷ خرداد ۱۳۹۸

پذیرش: ۱۰ تیر ۱۳۹۸

نشر الکترونیکی: ۱ مهر ۱۳۹۸

چکیده

سابقه و هدف: تعهد زناشویی زوجین در پایداری نظام خانواده نقش بسیار مهمی دارد و عوامل متعددی بر آن تأثیر می‌گذارد. پژوهش حاضر در جهت آشکار ساختن برخی از این عوامل با هدف پیش‌بینی تعهد زناشویی بر پایه‌ی ویژگی‌های شخصیت، جهت‌گیری دینی و سبک‌های دلبستگی در دانشجویان انجام شد.

روش کار: این پژوهش توصیفی از نوع همبستگی بود. جامعه‌ی آماری شامل تمامی دانشجویان زن متأهل دانشگاه لرستان در سال تحصیلی ۹۵-۱۳۹۴ بود که با استفاده از فرمول کوکران، تعداد ۲۰۰ نفر با روش نمونه‌گیری در دسترس، انتخاب شدند. داده‌های پژوهش با بهره‌گیری از پرسش‌نامه‌های تعهد زناشویی آدامز جونز (DCI)، ویژگی‌های شخصیت (NEO)، سبک دلبستگی بزرگسالان کالینز و رید و جهت‌گیری دینی آلپورت گردآوری و با استفاده از ضریب همبستگی و رگرسیون گام‌به‌گام تجزیه و تحلیل شد. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌ها نشان داد که ویژگی‌های شخصیت به میزان $F=28/37$ در سطح $P<0/001$ ، سبک‌های دلبستگی به میزان $F=24/44$ در سطح $P<0/05$ و همچنین جهت‌گیری دینی به میزان $F=18/65$ در سطح $P<0/001$ ، میزان تعهد زناشویی را پیش‌بینی کردند. از میان این متغیرها، سبک‌های دلبستگی، پیش‌بینی‌کننده‌ی بهتری برای تعهد زناشویی بود.

نتیجه‌گیری: نتایج پژوهش نشان‌دهنده‌ی این است که ویژگی‌های شخصیتی افراد، سبک‌های دلبستگی شکل‌گرفته در محیط خانواده و همچنین جهت‌گیری دینی آنها بر روابط میان‌فردی و تعهد زناشویی زوجین در بزرگسالی تأثیر می‌گذارد. از این نتایج می‌توان برای یافتن راهکارهایی در جهت حفظ و گسترش روابط ثمربخش در بین زوجین و آموزش و آگاهی‌دادن بهتر به افراد برای شناخت یکدیگر استفاده کرد.

واژگان کلیدی:

تعهد زناشویی
 جهت‌گیری دینی
 دانشجویان متأهل
 سبک‌های دلبستگی
 ویژگی‌های شخصیت

استناد مقاله به این صورت است:

Sadeghi M, Ghaderijavid S, Shalani B. Prediction of Marital Commitment based on Personality Traits, Attachment Styles, and Religious Orientation in Married Students. *Journal of Pizhūhish dar dīn va salāmat*. 2019;5(3):18-31. <https://doi.org/10.22037/jrrh.v5i3.20209>