

The Role of Spiritual Well-being and Circadian Types in Predicting Sexual Health of Married Women

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Abstract

Background and Objective: Sexual health is one of the main aspects of health that affect spouses at all stages of life. The present study was conducted to determine the role of spiritual well-being and circadian types in predicting sexual health of married women.

Methods: The study was based on a descriptive correlational method. Statistical population of the study consisted of all married women in Ardabil, Iran in 2020. 110 women were selected as the statistical sample using the purposive sampling method. For data collection, the spiritual well-being (developed by Daaleman, Frey), circadian types (developed by Horne, Ostberg) and sexual health (developed by Manavi Pour) questionnaires were used. Research data were analyzed using Pearson correlation coefficient and multiple regression. In the present study, all the ethical considerations were observed and the authors reported no conflict of interests.

Results: The results showed a significant relationship between spiritual well-being (0.72) and circadian types (0.65) and sexual health in married women ($P < 0.05$). Also, the results of multiple regression showed that spiritual well-being and circadian types can predict the sexual health of married women by 0.60 ($P < 0.05$).

Conclusion: Married women's sexual health is predictable with spiritual well-being and circadian types. It is suggested that psychologists and health professionals pay more attention to the role of these variables in improving the sexual health of married women.

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Summary

Background and Objective

As one of the central aspects of human beings, sexual health necessitates a positive look and approach to gender and sexual relationships as well as considering the possibility of having pleasurable and safe sexual experiences, free from coercion, discrimination, and violence. The prevalence of sexual disorders in women seems to be relatively high, affecting their quality of life, marital relationships and social activities. The findings of a study on four provinces of Iran (Qazvin, Golestan, Kermanshah, Hormozgan)

revealed that 27.3% of married women suffer from sexual disorders, not having good sexual health. In various countries, the prevalence of sexual dysfunction is different, reported to be 48% in Turkey, 22% in Chile, and 27% in Morocco (1-3).

Spiritual well-being is one of the factors affecting women's sexual health. This concept is one of the spirituality aspects defined as having a purpose and meaning in life and having a connection to a transcendent power (4-5). Based on researchers, spiritual well-being leads an individual to have a unified identity, love and respect for his/her spouse, inner peace, and positive attitudes, and these factors may positively

improve desirable sexual relationship. When one's spiritual well-being is low, he/she may experience disorders like loneliness besides loss of meaning in life, leading to declining marital adjustment and sexual health (6-7).

Based on the findings of some studies, spiritual well-being refers to one of the effective variables in individuals' personality traits and these personality traits are considered as significant factors in sexual health. In the meantime, circadian types have been recently studied as part of the individuals' personality traits in the field of romantic relationships and sexual health (8-9). Circadian types affect many aspects of people's lives by affecting their physiological and psychological functions, one of which is sexual function. The impact of circadian (morning-afternoon) types on sexual function refers to what time of the day and night a person prefers to have sexual activity with his/her partner. Based on the researchers, the issue of circadian types is of paramount importance in the context of romantic relationships as well as sexual function, and ignoring this issue will lead to various sexual problems among individuals (10).

An examination of the research background regarding to the role of research variables in sexual health revealed that most studies have been performed outside Iran and less attention has been paid to this critical issue in Iran. Besides, although sexual problems are more prevalent in women compared to men, less attention has been paid to women's sexual problems so far. Given the importance of the subject, the present study aims at determining the role of spiritual well-being and circadian types in explaining the sexual health of married women.

Methods

Compliance with ethical guidelines: In the present study, we observed all ethical issues, such as the confidentiality of information and obtaining informed consent of the subjects. After obtaining the required permissions for doing the research, we referred to key places in Ardabil, Iran, where married women could attend. Subsequently, after obtaining the consent of the women willing to participate in the study who met the inclusion criteria, they were provided with research questionnaires.

This was a descriptive-correlation study. The statistical population included all married women in Ardabil in 2020. 110 women were chosen as the sample according to the number of the study variables and using G-power software. The sample was chosen in key places of Ardabil

(parks, restaurants, clinics, cultural centers, and other public places where women might attend) using non-random sampling method. Demographic questionnaire, Daaleman and Frey's spiritual well-being questionnaire, Horne and Ostberg's circadian types questionnaire and Manavi Pour's sexual health questionnaire were employed for data collection.

Results

110 married women in Ardabil participated in this study. Following the confirmation of the normal distribution of the data using Kolmogorov-Smirnov test, Pearson correlation coefficient test was employed in order to specify the relationship between the research variables. The results pointed to the significant relationship of spiritual well-being (0.72) and circadian type (0.65) with the sexual health among married women ($P < 0.05$). Moreover, simultaneous multiple regression test was utilized to predict sexual health in accordance with the research variables. The results of multiple regression indicated that 0.60 of the variance in sexual health of married women is explained by the two variables of spiritual well-being and circadian type ($P < 0.05$).

Conclusion

Findings showed a statistically significant relationship between spiritual well-being and circadian types and sexual health among married women. This finding is consistent with the results of other studies that suggest spiritual well-being and circadian types play a role in sexual attitudes, unhealthy sexual behaviors, sexual function, and sexuality (11-15).

It can be concluded that spiritual well-being and circadian types are included in the variables related to married women's sexual health and can explain it. It seems that in their marital relationships, women with a good score in the spiritual well-being questionnaire and circadian types are less likely to select faulty communication patterns. These individuals have a more flexible personality with a high quality and satisfying relationship, ultimately improving their sexual health. Eventually, given the effectiveness of spiritual well-being and circadian types in married women's sexual health, psychologists and health professionals are recommended to pay more attention to the role of these variables in improving married women's sexual health.

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Ethical considerations

According to the authors, this paper is obtained from the first author's student thesis at University of Mohaghegh Ardabili with license No. 990411. Moreover, this study has the code of ethics: IR.ARUMS.REC.1399.375 from the Research Ethics Committee of Ardabil University of Medical Sciences.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Basic idea, design and data collection: first author; Project Management and research supervision: second author; Statistical analysis and interpretation: third author; research methodology and research consultant: fourth author.

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دور الرفاهية الروحية والإيقاعات البيولوجية في تبين الصحة الجنسية لدى المتزوجات

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الملخص

خلفية البحث وأهدافه: تعتبر الصحة الجنسية من الجوانب الرئيسة للصحة العامة والتي تؤثر على حياة الزوجين في جميع المراحل. إن الهدف من هذه الدراسة، تحديد دور الرفاهية الروحية والإيقاعات البيولوجية في التنبؤ بالصحة الجنسية للنساء المتزوجات.

منهجية البحث: اعتمد هذا البحث الوصفي على المنهج الترابطي. اشتمل المجتمع الإحصائي للبحث، جميع الإناث المتزوجات في مدينة أردبيل عام ٢٠٢٠ حيث تم اختيار ١١٠ عينة للدراسة. لجمع المعطيات تم استخدام أداة الرفاهية الروحية لـ "Daaleman" و "Frey" والإيقاعات البيولوجية لـ "Horne" و "Östberg" والصحة الجنسية لـ "معنوي بور". تم تحليل البيانات وتحزنتها بأساليب معامل ارتباط بيرسون والإنحدار المتعدد. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى هذا فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: أظهرت النتائج ان هناك علاقة ذات دلالة احصائية بين الرفاهية الروحية (٠/٧٢) والإيقاعات البيولوجية (٠/٦٥) وبين الصحة الجنسية بين المتزوجات ($P < ٠/٠٥$). كما أن نتائج الإنحدار المتعدد أثبتت أن الرفاهية المعنوية والإيقاعات البيولوجية (٠/٦٠) كانت قادرة ان تنبأ الصحة الجنسية في المتزوجات ($P < ٠/٠٥$).

الاستنتاج: يمكن تنبؤ الصحة الجنسية لدى المتزوجات من خلال الرفاهية الروحية والإيقاعات البيولوجية البيولوجية ولهذا يقترح لعلماء النفس والأخصائيين في مجال الصحة ان يولوا مزيداً من الاهتمام لدور هذه المتغيرات في تحسين الصحة الجنسية لدى المتزوجات.

يتم استناد المقالة على الترتيب التالي:

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نقش بهزیستی معنوی و تیپ‌های شبانه‌روزی در تبیین سلامت جنسی زنان متأهل

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چکیده

سابقه و هدف: سلامت جنسی یکی از جنبه‌های اصلی سلامت است که همسران را در همه مراحل زندگی تحت تأثیر قرار می‌دهد. پژوهش حاضر با هدف تعیین نقش بهزیستی معنوی و تیپ‌های شبانه‌روزی در پیش‌بینی سلامت جنسی زنان متأهل صورت گرفته است.

روش کار: روش این پژوهش توصیفی از نوع همبستگی است. جامعه آماری پژوهش تمامی زنان متأهل شهر اردبیل در سال ۱۳۹۹ بود که به روش نمونه‌گیری هدفمند تعداد ۱۱۰ نفر نمونه پژوهش در نظر گرفته شدند. برای گردآوری داده‌ها از ابزارهای بهزیستی معنوی دلمن و فری، تیپ‌های شبانه‌روزی هورن و اوستبرگ و سلامت جنسی معنوی‌پور استفاده شد. داده‌های پژوهش با روش‌های ضریب همبستگی پیرسون و رگرسیون چندگانه تجزیه و تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج نشان داد که بین بهزیستی معنوی (۰/۷۲) و تیپ‌های شبانه‌روزی (۰/۶۵) با سلامت جنسی در زنان متأهل رابطه معناداری وجود داشت ($P < 0/05$). همچنین نتایج رگرسیون چندگانه نشان داد که بهزیستی معنوی و تیپ‌های شبانه‌روزی در مجموع ۰/۶۰ توانستند سلامت جنسی را در زنان متأهل پیش‌بینی کنند ($P < 0/05$).

نتیجه‌گیری: سلامت جنسی زنان متأهل با بهزیستی معنوی و تیپ‌های شبانه‌روزی پیش‌بینی‌شدنی است. پیشنهاد می‌شود که روان‌شناسان و متخصصان حوزه سلامت برای بهبود سلامت جنسی زنان متأهل به نقش این متغیرها توجه بیشتری کنند.

واژگان کلیدی:

زنان
ساعت‌های شبانه‌روزی
سلامت
معنویت

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مقدمه

وضعیت جسمی، روحی و رفتاری آنان مطلوب و حاکی از نوعی هماهنگی و محبت در زندگی زناشویی باشد (۱). سلامت جنسی یکی از جنبه‌های اصلی سلامت فردی است که همسران را در همه سنین و همه مراحل زندگی تحت تأثیر

سلامت جنسی موقعیتی است که همسران در آن از یک رابطه سالم، مناسب و بهنجار جنسی بهره‌مند هستند؛ به گونه‌ای که

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