

A Comparative Study on Marital Conflicts, Marital Satisfaction and Marital Exhaustion and Quality of Life in Martyrs' Married Children and Non-Martyrs' Married Children in Bojnourd City

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Abstract: The aim of this research is to compare the marital conflicts, satisfaction, exhaustion and quality of life among married children of martyrs and others. The method of this research in this study is causal-comparative. The sample of this research is all married and women in martyr and non-martyr families which have married during the past 5 year in Bojnourd city. The 91 martyrs' children and 91 non-martyr children were selected as the research sample. Descriptive-inferential methods were used to analyze data. The tool for data collection was the standardized questionnaire. The results of the research showed that there is a difference between marital conflicts rate in martyrs' married children and non-martyrs' married children in Bojnourd city. Also, the findings revealed that there is difference between marital satisfaction among martyrs' married children and other married people. Moreover, the findings indicated a difference of marital exhaustion among two groups. Finally, the research showed a discrepancy of quality of life between martyrs' married children and other married people in Bojnourd city.

Key words: Marital conflict-marital, satisfaction-marital exhaustion, quality of life, Bojnourd city

INTRODUCTION

Conflicts naturally occur in all professional, academic, family-related and marriage context both personally and collectively. Family relationships are the most complicated situation for inter-personal conflicts. Emotional and romantic relationships provide the ground for testing the acquired skills of life. Conflict emerges in inter-personal relationship when individuals see a type of incoordination or disharmony between his/her purposes, needs and desires and the ones of his/her partner (Hussein and Pedram, 2007). In general, the vigor and health of a family depends on the rate of family conflicts and the types of them to a large extent. Family conflicts often lead to the emergence of stress and can predict the beginning of the course of depression, anxiety and many physical and psychological diseases (Edward, 2005).

On the other hand, marital satisfaction is achieved when a husband and a wife are satisfied and content in their marriage (Louis, 2007). Marital exhaustion can be influenced by marital dissatisfaction and conflicts. Exhaustion in marriage is a bitter situation and dejects the ones who expect love to give a new and fresh meaning to their life. It emerges when two spouses realize that their relationship will not work, no matter how hard they try.

Several educational and therapeutic interventions have been carried out for solving marital conflicts. Some have focused on cognitive factors such as general or specific attribution patterns and unreasonable beliefs, because this belief stands that recognition of marital dynamics and changing the relationship is of utmost importance and some experts emphasize on marital behavioral exchange or relationship-oriented factors such as skills as the intervention field. Others focus on the factor of emotion or the system of the respective marriage.

Every year, marital conflicts lower the quality of life in many families and cause depression and dejection in couples' lives. Marital conflicts provide the ground for marital exhaustion which in turn distort the balance of life and affect marital satisfaction and compatibility.

According to Bahari, the existence of marital exhaustion downgrades the life quality among couples. Morgan opines that single-parent families have had higher cases of marital conflicts and consequently, marital exhaustion compared to the conventional families. The war between Iraq and Iran resulted in 250,000 martyrs half of which were married and had children which are now over the age of consent or have married. Unfortunately, due to the lack of exposure to fatherhood patterns, many martyrs' children have ended up with failure and dissatisfaction in their marriages. Marital conflicts and low

quality of life have been reported among two-third of martyrs' married children. Considering the importance of the ones who had survived from our esteemed martyrs, it is necessary to study the marital conflicts, satisfaction, exhaustion and quality of life in martyrs' married children and compare it to other married youth in Bojnourd city.

Theoretical principles

Marital conflicts: Today, acquiring skills seems mandatory in order to preserve and grow the family in all aspects and achieve the effective function in families. One of these skills is the skill of conflict-solving in marriages that is the methods which people apply at the time of emergence of conflict to work it out.

In fact, in order to reach the appropriate and optimized level of relationship which contributes to the self-recognition, knowing the conflicts which are inherent and prevalent phenomena in human relationship seems necessary (Nasser, 2006).

Conflict leads to several aspects of complication in marital relationship such as lowering the cooperation, lowering the rate of sexual relationship, intensifying the excitement-related reactions, reducing the relationship of family with spouse's relatives and friends, increasing the personal relationship with one's relatives and separating partners' financial matters (Robert, 2012).

It seems that the only way to have calmness, peace and self-prosperity in mutual relationship of husband and wife is to overcome the conflicts. Controlling oneself, giving the sufficient time for change, proper listening, expressing the damaged feelings, avoiding from winning and emphasizing on the objectives considering the importance of preserving family system.

The factors of conflicts in marriages: Generally, the factors which create and provide marital conflicts are diverse. Money, sexual relationship, relationship with relatives, friends, children, drug abuse, the way of spending leisure time, religious discrepancies, infidelity, the lack of mutual love, emotional or financial problems, physical abuse, marriage in very low ages, etc. are the recognized and important factors which can lead to marital conflicts (Anthony, 2009).

According to Yung, the couples who cannot thoroughly express their differences are happier than the ones who are able to express the discrepancies. In several studies, desperate couples experience higher levels of conflict, negative emotions, complaint and isolation compared to non-desperate couples (Gray, 2011).

Since, the inability to solve the conflicts lead to the decrease of intimacy, understanding the conflict is important and the couples should be educated the

effective ways of conflict controlling. The researches have revealed that some types of conflicts are more harmful for the relationship. For example, extreme excitability in conflict results in the failure of marriage within 3 year.

Relevant theories of marital conflicts

Perceptual difference theory: Based on this theory, one of the sources of conflict in marriage is the consideration of a given situation by the couple intermittently. Conflict emerges by the difference in perception and understanding of a topic and reflects itself behaviorally and physically. Generally, there are two standpoints or perceptual theories: motivation-focused model and action-focused model. In emotion-focused model, the reason of conflict is known to be psychological modes and in action-focused model, behavior is seen as the fundamental rule.

Equity theory: According to equity theory, individuals who participate in unequal and unfair relationships will become probably dissatisfied with it. In fact, the people's perception of equity will be determined by evaluating its results. One considers what he/she has achieved from the relationship and thinks about what his/her spouse has received. If one of them feels that the relationship has become unequal, he/she may experience psychological tensions and consequently, conflicts. When a person is in a situation of feeling uselessness according to equity rules, he/she may feel dissatisfaction, urging him/her to contemplate ending the relationship.

Exchange theory: The main assumption of this theory is that people seek for situations in which rewards are higher than expenses and avoid the situations which require high expenses. Thus, person A can affect behaviors of person B to the extent that he/she can control or determine rewards and expenses of Person B. what an individual receives in a relationship should be almost equal to what he/she has spent. The imbalance between rewards and costs causes conflict and dissatisfaction of the partner who has received lesser share of rewards and can jeopardize the general state of a family (Ali, 2013).

Attribution theory: Attribution theory states that the individuals' responses to a problem depend on the causal inferences of that problem. In a marriage, attributing the origin of the problems to the other partner and shirking his/her own responsibility for producing the conflict is a common method to give a better feeling about oneself, without working out the conflict.

Jacobsen and coauthor realized that desperate couples attribute negative behavior along with spouse's

non-cooperation to internal factors, securing their own maximum negative confrontation (Bordieu, 2010). In contrast, it is probable that non-desperate couples attribute rewarding and positive behaviors of their partners to internal factors.

Behavior theories of conflict: In contrast to perceptual theories, behavior theories of conflict believe that the perception and understanding partner's action and behavior at the time of conflict and find out new behaviors to control the conflict is important.

Successful conflict controlling and managing includes the following items: clarifying the responsibilities and commitments, determining inter-personal borders, contributing to take part in decisions and using open relationship. Some of theories based on conflict behavior are discussed here.

Negotiation theory: Negotiation theory is related to the perception of the causes of conflicts among couples. Negotiation sees the conflict as the result of failure in negotiation strategy. Negotiation strategy and the way of acting such as encouragements can be effective in promoting a marriage. Thus, negotiation methods and behaviors can be considered as the cause of conflict instead of real needs.

Growth theory: According to this theory, conflict is the result of a couple's experience about the predicted and unpredicted stress in development stages. Passing through a growth stage and entering the next stage places the family development in the utmost level of stress. These stresses and changes are required for successful compatibility of new structure (Chodorow, 2014). If the efforts for fighting stress fail, it affects the family's health and prosperity and its ability for opposing other kinds of stress will significantly reduce (Pallier, 2003).

MATERIALS AND METHODS

The method of this research is causal-comparative. The sample of this research includes all married men and women which have married during the past 5 year in two groups: martyr families and conventional families in Bojnourd city. Typically, sample consists of a group of the society which represents that population and has its attributes to some extent. The sampling method in this research is clustering method and Cochran formula is applied to determine the sample size. Since, the sample size is known, we can use Cochran formula for determining sample size:

$$n = \frac{Nt^2pq}{Nd^2 + t^2pq}$$

Where

N = Sample size (1380 couples)

T = The variable size which is 1.96

P = The percentage of attribute distribution in the sample which is 5%

Q = The percentage of people who lack that attribute in the sample which is 5%

D = The subtraction of real ratio of attribute in the sample which is 5%

So, by placing the numbers above in this formula, the require sample for this research is calculated as follows. 91 couples of martyrs' children (under the protection of foundation of martyr in Bojnourd city) and 91 couples from other families were selected as research sample.

The methods and tools for data analysis In order to analyze the data considering the mentioned hypotheses and research variables, descriptive statistics including frequency, percentage, average, standard deviation and inferential statistics such as multi-variable covariance analysis were applied regarding the normality of data distribution and homogeneity of groups variance. Also, T test were used to compare the scores of two groups. Data was analyzed by SPSS software version 18.0.

Testing research hypotheses:

- H_1 : There is a difference between marital conflict rate in martyrs' married children and other married youth

According to the scores above FD of 198, we understand that achieved t from t-test is higher than t-values observed in Table 1 in 99% confidence level and is bigger than t-values observed in 95% confidence level. We conclude that the hypothesis is confirmed. In other

Table 1: The results of t-test for evaluating the marital conflict rate among martyrs' married children and other married couples in Bojnourd

Statistical indicator (Marital conflict)			t-distribution table
Number	Average	SD	df
Martyrs' married children			0.05
91	152.47		28.23
			0.01
Non-martyrs' married children			180
91	151.52		26.78
			1.98
			2.36

The t-test; Degree of freedom (df)=180; Calculated t: 12.85; Comparison: In confidence level of 95%; 1.98<12.85; In confidence level of 99%; 2.36<12.85; Conclusion: The hypothesis is confirmed

Table 2: The results of t-test for evaluating the marital satisfaction rate among martyrs' married children and other married couples in Bojnourd

Statistical indicator (Marital conflict)			t-distribution table
Number	Average	SD	df
Martyrs' married children			0.05
91	129.5	26.28	0.01
Non-martyrs' married children			180.00
91	126.45	31.18	1.98
			2.36

The t-test; Degree of freedom (df) = 180; Calculated t: 10.473; Comparison: In confidence level of 95%; $1.98 < 10.473$; In confidence level of 99%; $2.36 < 10.473$; Conclusion: The hypothesis is confirmed

Table 3: The results of t-test for evaluating the marital exhaustion rate among martyrs' married children and other married couples in Bojnourd

Statistical indicator (Marital conflict)			t-distribution table
Number	Average	SD	df
Martyrs' married children			0.05
91	123.77	28.66	0.01
Non-martyrs' married children			180.00
91	111.63	26.11	1.98
			2.36

The t-test; Degree of freedom (df) = 180; Calculated t: 6.54; Comparison: In confidence level of 95%; $1.98 < 6.231$; In confidence level of 99%; $2.36 < 6.231$; Conclusion: The hypothesis is confirmed

words, it can be stated that there is a difference between the marital conflict rate among martyrs' married children and other married people in Bojnourd city.

- H_2 : There is a difference between marital satisfaction rate in martyrs' married children and other married youth

According to the scores above FD of 198, we understand that achieved t from t-test is higher than t-values observed in Table 2 in 99% confidence level and is bigger than t-values observed in 95% confidence level. We conclude that the hypothesis is confirmed. In other words, it can be stated that there is a difference between the marital satisfaction rate among martyrs' married children and other married people in Bojnourd city.

- H_3 : There is a difference between marital exhaustion rate in martyrs' married children and other married youth

According to the scores above in FD of 198, we understand that achieved t from t-test is higher than t-values observed in Table 3 in 99% confidence level and is bigger than t-values observed in 95% confidence level. We conclude that the hypothesis is confirmed. In other words, it can be stated that there is a difference between the marital exhaustion rate among martyrs' married children and other married people in Bojnourd City.

Table 4: The results of t-test for evaluating the quality of life among martyrs' married children and other married couples in Bojnourd

Statistical indicator (Marital conflict)			t-distribution table
Number	Average	SD	df
Martyrs' married children			0.05
91	146.65	28.88	0.01
Non-martyrs' married children			180.00
91	135.51	26.99	1.98
			2.36

The t-test; Degree of freedom (df) = 180; Calculated t: 6.554; Comparison: In confidence level of 95%; $1.98 < 6.554$; In confidence level of 99%; $2.36 < 6.554$; Conclusion: The hypothesis is confirmed

- H_4 : There is a difference between quality of life in martyrs' married children and other married youth

According to the scores above in FD of 198, we understand that achieved t from t-test is higher than t-values observed in Table 4 in 99% confidence level and is bigger than t-values observed in 95% confidence level. We conclude that the hypothesis is confirmed. In other words, it can be stated that there is a difference between quality of life among martyrs' married children and other married people in Bojnourd city.

RESULTS AND DISCUSSION

The first hypothesis of this research about the existence of difference of marital conflict between martyrs' married children and other married people in Bojnourd was tested and confirmed. Obtained t value was 6.54 and it was bigger than the observed t-values in table in 99% confidence level and also higher than observed t-values in 95% level, so we conclude that research hypothesis is confirmed. This result is consistent with the findings of Sohrabi's research. Sohrabi opines that the children which are brought up in families without their father, cannot comprehend the conflict solving methods in marriage due to deprivation of fatherhood patterns and that is why they experience more marital conflicts than other married groups. In studying the origin of this topic, it can be stated that marital conflicts has a deep negative impact on their relationship and on their family relationship and context consequently. Conflicts in family often leads to stress and can be a predictor of depression, anxiety and many physical and psychological diseases. Of course, the disagreement between a husband and a wife is not unordinary, but it can consolidate the relationship if it is solved systematically. Grief, tension and anger in a couple are unavoidable. If we accept the fact that a life is not imaginable without conflicts, then we can free our mind from finding out the origin of the problem and contemplate its possible solution.

The second hypothesis about the difference of marital satisfaction rate between martyrs' married children and other married groups in Bojnourd was tested and confirmed. Obtained T value was 12.85 in DF of 198. So, we understand t-value of t-test is higher than observed t-values of table in 99% level and is bigger than observed t-values in 95% level, so it is concluded that the hypothesis is confirmed.

This result is consistent with Ahmadian's research. Ahmadian opines that marital satisfaction is subordinate to various factors and is reduced due to lack of father and acquisition of effective teachings. Marital satisfaction rate is reported to be lower among martyrs' married children. It can be stated that martyrs' children do not allow them to have clear expectation of life and this has intensified marital satisfaction among them.

The third hypothesis on the difference of marital exhaustion between martyrs' married children and other married groups in Bojnourd city was tested and confirmed. Obtained t-value was 10.47 in FD of 198, so we understand that obtained t-value from t test is higher than observed t-values in 99% and bigger than observed t-values in 95%, so we conclude that research hypothesis is confirmed.

This is consistent with Muhammadian's research. Muhammadian believes that marital exhaustion is majorly observed among martyrs' married children. Some of such families experience high rates of exhaustion. The reason is as Lingers states is difference of natural procedure of marital life over years with the desire of a newly married couple's life. It is seen that desire is lowered in all marriages following honeymoon and they return to their ordinary life course. Scientifically, Adrenaline hormone can be sensed more emphatically every year after the marriage. So, if the emotions relating to marriage decrease naturally, the passion and desire still endures in natural marital life. Lee opines that the natural procedure of marital goes on when the person do not feel negatively toward his/her spouse. An individual may not feel the deep passion and love for his/her mate, but meanwhile, he/she doesn't despise him/her, jealous of him/her and the couple do not have serious conflicts. Some individuals keep their bitter feelings toward their spouse due to their own or spouse's bad experiences in the past. They decide not to "get it off their chest" and typically do not reveal their annoying feelings in order to preserve the peace in their marriage. Even if someone attempts not to take notice of his/her feeling, they will emerge someday. This is a clear sign of marital exhaustion and is what differentiates marital exhaustion from marital daily routine. In the natural course of marriage, the spouses have had their intense emotional feelings behind, but they are still best each other's friends.

The fourth hypothesis on the difference of quality of life between martyrs' married children and other married couples in Bojnourd city was tested and confirmed. Achieved t-value was 6.23 in FD of 198. So, we understand that achieved t from t-test was higher than observed t-values of the table in 99% confidence level and bigger than observed t values in 95% level, so it can be concluded that research hypothesis is confirmed.

CONCLUSION

This result is consistent with Bahrami's findings. He believes that families who survive martyrs have significantly lower quality of life compared to other families. One of the main reasons of conflicts between husbands and wives is that men typically evaluate women with "their male-oriented traits" and women in turn do the same about men. This evaluation may lead to discrepancy of perception between the two and result in inappropriate behavior. Recognizing the differences solves many problems and misunderstanding at the very first step and considering these differences, regulating the relationship and each partner's responsibilities will lead to family's joy and happiness in addition to their compatibility and marital satisfaction. Researches have revealed that men and women have different gender roles. Women typically use feminine-related style and men usually apply male traits and style. In fact, men and women feel this disagreement without knowing their probable differences. Each one of them expects his/her spouse to be as similar to him/her as possible. They ask their spouse to like whatever they are fond of and feel as they themselves feel. Such person mistakenly thinks that if their partner is in love with them, he/she should behave exactly the same as themselves in such situation. These attitudes and perceptions leads to their depression and desperation and do not allow them to consider a proper opportunity for an intimate conversation about their difference. Thus, their marriage becomes associated with futile and exhausting conflicts and debates, while considering the aforementioned differences significantly reduces the discrepancies between the spouses. The subjects of training sessions were physiological differences, differences of values, motivation, needs, beliefs, overcoming stress and the gender roles. The teachings are reported to be effective in increasing marital compatibility and help them know their different gender roles, resulting in improving their compatibility.

SUGGESTIONS

- It is suggested to discuss and study the relationship between emotional intelligence and marital satisfaction and compatibility in martyrs' married children in an independent research

- It is suggested to study the effect of mental health on marital satisfaction, compatibility and exhaustion in the families under the Foundation of Martyrs
- It is recommended to investigate the relationship between effective family structures on lifestyle and quality of life among martyrs' married children
- It is suggested to work on the effectiveness of group training of acceptance and commitment method on marital attachment and satisfaction among martyrs' married children
- It is recommended to research and compare the life satisfaction rate among children of martyrs and the ones who have been war veteran amputees

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