

## Original Research

# An Examination In To The Relation Between Happiness And Life Expectancy With Matrimonial Satisfaction

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### Abstract:

**Background:** The present study is functional and analytical in terms of objective and method respectively and it has been carried out correlatively. The aim of this research is to find the relation between happiness and life expectancy with matrimonial satisfaction.

**Method:** The statistical population of the current study includes 150 psychologist women working in Tehran province clinics and hospital, selected using Cochran formula. The questionnaires were distributed using random sampling among them. In current study, Snyder hope scale, Oxford happiness questionnaire and Anrich matrimonial satisfaction questionnaire were used. The validity of questionnaire questions was confirmed by instructors and specialists. Moreover, the reliability of questions was calculated by Cronbach Alfa 0.80. Therefore, the questions had acceptable validity and reliability. For the purpose of analyzing the obtained data, SPSS software was used. The results related to Kolmogorov- Smirnov test implied the abnormality of data. Hence, the Non-parametric Spearman test was used in order to examine the questioned hypothesis. Results related to data analysis indicated that the correlative relation between happiness and matrimonial satisfaction is confirmed with 0.809 and sig=0.0001 coefficient and confidence level of 95 percent. Given the fact that the significance level in correlation coefficient is less than five percent, thus there is a direct and significant relation exists between happiness and matrimonial satisfaction.

**Result:** As a result, the hypothesis H0 and H1 are rejected and accepted respectively. Additionally, the correlation relation between life expectancy and matrimonial satisfaction is confirmed with the coefficient of 0.824 and sig=0.0001 and the confidence level s is 95 percent as well.

**Conclusion:** Due to fact that the significance level in correlation coefficient is less than five percent, thus there exists a significant and direct relation between life expectancy and matrimonial satisfaction. Thus, the hypothesis H0 and H1 are rejected and accepted respectively.

**Keywords:** Happiness, Life expectancy, Matrimonial Satisfaction

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### Introduction

Family is considered as a natural and social system in which spouses are the main parts through all its creation steps. Numerous factors are effective in this case including life

expectancy, happiness and matrimonial satisfaction. [1] Marriage is the cornerstone of the family. Marriage requires cooperation, sympathy, union, love, kindness, patience and responsibility. Initiating the marriage and matrimonial relation converts matrimonial

satisfaction to an important variable regarding the quality of marriage. Matrimonial satisfaction is defined as an objective feeling of happiness and the experienced joy of man and woman in terms of all the aspects of matrimonial relationship. Matrimonial satisfaction is considered as one of the most important components of a pair emotional stability. Family is defined as a social institution or organization formed by the matrimonial relationship. One of the aspects of human's social life is the existence of healthy and constructive interaction among human beings and demonstrating love, devotion and sympathy to human being. Family is the place for satisfying diverse physical, mental and emotional needs. As a result, it is an inevitable necessity to recognize the biological and mental needs, how to satisfy them and being equipped with mental and biological passions recognition techniques. Matrimonial satisfaction is considered as the satisfaction of family, and family satisfaction in turn implies life satisfaction, leading to facilitation in growth, exalt and material and spiritual growth of society [1]. Matrimonial satisfaction is one of the main life factors, bringing about couples serenity and its shortage leads to problems, discrepancies and divorce in certain cases. Matrimonial satisfaction is defined as the amount of satisfaction existed between couples, felt in their relationship. Unfortunately, in families with lack of matrimonial satisfaction, the family members don't have good feeling towards home and

their children tend to spend most of their time with their friends. It is evident that responding to spiritual, emotional and physical needs of children and their proper upbringing depend heavily on couples's matrimonial satisfaction. Moreover, satisfaction feeling results in the increase in the capability of facing with troubles and spiritual pressures leading to enhance the physical and spiritual sanitation of couples. One of the effective factors in matrimonial satisfaction increase is life expectancy [2] during recent years; psychologists consider hope as the psychological advantage and believe that hope is an excitation force guiding fantasy towards positive issues. Hope gives us flexibility, enthusiasm and the necessary power to get rid of pressures imposed by life on us, leading to increase the life satisfaction [3]. Being hopeful about oneself equals self confidence. Having one of them depends on having the other. The meaning of hope implies believing in this fact that an individual can apply its desired forces towards the enhancement of its own life. For this purpose, we require trust; and trust emerges from behavior, not a wish or a thought which is mental promising and behavioral trust making; one must begin by this thought that nothing is irremediable; it is also possible to think positively, disregard of any conditions, helping the individual to choose trust making behaviors. Hope depends on the human and emerges from his decision not to consider himself less than a unique creature [4] Couples' happiness is a parallel ( not synonym) structure

with satisfaction, including outlook dimensions as well as positive feelings and emotions. Similar to healthiness or hobby, happiness is regarded as a proper and high-level characteristic. Happiness is important in terms of its effects on family. Happiness is a contagious matter, meaning that one's happiness can bring about happiness in others. It can also extend the individual's dependence on environment and make life more desirable. Tublin (2010) believes that couples' happy life will be realized by their real expectations from each other. For this purpose, it is necessary to pay attention to the effective factors of couples' happiness. By identifying these factors, it is possible to enhance the satisfaction and happiness of marriages and prevent from the unpleasant consequences of family chaos (Kermani Mamazandi, 1395:79). It is critical to consider the happiness and welfare in individual life and matrimonial life satisfaction. Happiness is one of the most important factors leading to sophistication and stability of matrimonial life. One of the effective factors in the level of happiness and maintaining the human's mental healthiness is forming and maintaining the sophisticated interpersonal relations, matrimonial satisfaction and having steady and permanent social contact. As the main index of family organization, matrimonial relations would certainly impact on all the functional dimensions of the family such as stability, sustainability, support, honesty, devotion and emotion. Argin's researches argue that a successful matrimonial

relation will bring about happiness and positive moods. As a matter of fact, matrimonial satisfaction is considered as positive and enthusiastic view felt from diverse aspects of matrimonial relations [5].

One of the elements leading to matrimonial satisfaction is life expectancy. Having hope results in adaptability and is a sign of spiritual healthiness. Having objects for the real life along with goal and real intention are the results of having hope in life. One of the main and essential factors in humans' life is life expectancy and discovering latent effective variables. Following Frankel, other authors also offer definition for life expectancy and study its numerous aspects. Therefore, it is absolutely valuable to examine the matrimonial satisfaction and the factors affecting its stability and sophistication [1] Due to the huge importance of couples' matrimonial life expectancy, it is recommended to couples to learn how to cope with its obstacles and be happy and hopeful, so they can keep on their life without stress along with encouragement and make their life full of hope [4]. Being unsatisfied with their matrimonial life, couples would definitely face with problems in their life and lose their hope. This could destroy the family organization, bringing about serious problems both for family and society. Therefore, considering the abovementioned issues the main research question will be stated as such: What is the relation between happiness and life expectancy with matrimonial satisfaction?

## Research Background

[5] carried out a study titled “Happiness and matrimonial satisfaction in Iran: Systematic and Meta analysis review”. The results indicate that there is a positive correlation between happiness and matrimonial satisfaction among Iranian couples. Thus, it is critical to pay attention to proper plans and instructions in order to promote hopefulness and happiness contextual factors for the purpose of enhancing the matrimonial satisfaction and reducing differences and divorces. [6], performed an investigation titled “study and comparing matrimonial satisfaction, life quality, happiness and life expectancy among women with marriage duration of less and more than 5 years”. Based on results, it is concluded that individuals’ reaction to their marriage and their feelings about it, could be affected by time. [3] perform a study titled “effectiveness of positive couples’s therapy on matrimonial devotion and life expectancy among normal women in Bafgh town”. Findings indicate that hope and life expectancy scores are significantly between test and control group. Results suggest that, positive couples therapy can affect life expectancy and matrimonial devotion.

[7], performed “ relation between happiness and life expectancy among medical science students in Behbahan”. There is a significant relation between happiness and life expectancy in girls and boys students. Conclusion: Given the fact that happiness level increase could lead to increase the life expectancy among students,

certain plans should be considered in order to enhance students’ happiness level. [1], performed an investigation titled “relation between hopefulness and happiness with matrimonial satisfaction”. Findings indicate that there is a positive and significant correlation between hopefulness and happiness with matrimonial satisfaction among married students. Moreover, regression analysis results revealed that 13 percent of total matrimonial satisfaction variance is predicted by hopefulness and happiness variables. It can be concluded that, an increase in to hopefulness and happiness would augment students’ matrimonial satisfaction level. Therefore, given the importance of married students’ matrimonial satisfaction and the determinative role of life expectancy and happiness in its prediction, it is necessary to enlighten married students in terms of desired happiness and life expectancy. [8], performed an investigation titled “an examination in to the relation between optimism, life quality and happiness with matrimonial satisfaction among elementary school women teachers in Ahwaz during the education year of 94/95”. Findings indicated that there is a significant relation between optimism, life quality and happiness with matrimonial satisfaction among elementary school women teachers in Ahwaz.

[9] performed a study titled “an investigation into the relation between optimism, life expectancy and matrimonial satisfaction among students of Sari Islamic Azad University”. Results indicated that, there is a

significant relation between optimism, matrimonial satisfaction and life expectancy among married students of Sari Islamic Azad University. There was a significant relation between life expectancy and matrimonial satisfaction among Students of Sari Islamic Azad University. There was also a significant difference between optimism, life expectancy and matrimonial satisfaction among men and women students. [10], performed an investigation titled “effectiveness of life skills instruction on matrimonial satisfaction and children hopefulness”. Results show that there is a significant difference between pre test and post test scores. Results also suggest that the life skill programs could enhance the matrimonial life leading to matrimonial satisfaction and hopefulness. [11] performed a study titled “additional effect of hope and optimism on patient’s matrimonial satisfaction among couples suffered from advanced breast cancer”. According to analysis, for most of the couples, matrimonial satisfaction doesn’t reduce by time, however, it remains steady for long periods. Secondly, contrary to marriage behavioral patterns predictions, negative relations between couples could be difficult and would not necessarily lead to more satisfactory relations while changing. Thirdly, double processes being compatible among moderate and richer couples, could have different function among low-income couples, showing that the effective marriage models could not be generalized for couples living in diverse environments. [12] performed a

research titled “life satisfaction and hope: a review in to the matrimonial age and status”. A significant difference was observed in hope scores among groups with different age and marital status. Specifically, fewer hope was observed among older group (54-65), divorced or widows. Comparison results between hope and life satisfaction show relatively same data.

## **Research Theoretical framework**

### **Matrimonial Satisfaction**

Ellis defines matrimonial satisfaction as objective feeling of wife and husband’s desire, satisfaction and joy of every aspect of their relationship. Status and quality of the marriage comprise of parental roles, physical and spiritual sanitation and job satisfaction. Ability to understand and accept each other’s thoughts, feelings and emotions in matrimonial life, will bring about more satisfaction. From Spanier and Lewis point of view, matrimonial satisfaction is a state of satisfaction in marriage defined by individual’s cognition ( Internal experienced reaction) with an interpersonal cognition ( Conciliation between one’s expectations and the other’s behavior) [13]

### **Life expectancy**

Hope is defined as a positive expectation regarding future as well as a positive view regarding causative events acting as a shield between the effects of stressful life events and physical, spiritual and behavioral healthiness. Various researches indicate that hope has positive correlation with proficiency

orientation and self-valuable feeling. This concept has also negative relation with depression, anxiety and frustration feeling. Hope is considered as a spiritual state stimulating human being to work and activity [14] Life expectancy is defined as the human's longevity within a specific society, considering the mortality pattern in that society. Therefore, it can be considered as one of the most important known indices of humans' survival and healthiness. This index describes the rate of societies' development, and its augmentation represents the country's success in achieving development objectives and plans as well as establishment physical healthiness system and social formalities [2].

### **Happiness**

An important spiritual characteristic an individual should possess is the feeling of welfare of happiness. The characteristics of happiness are appreciation, internal feeling of being happy, satisfaction feeling and self attachment in others. Most people believe that happiness is a positive emotional state characterized by enthusiasm, joy and pleasure which brings about symptoms such as having positive believes in life, positive excitations and lack of negative excitations. In other words, happiness is considered as peace of mind predicting desirable results for life and increases the life satisfaction. It has also essential role in human's life. The important point is that, happiness is one of the necessary attributes in order to enjoy life and enhance life

satisfaction. Happiness is among the positive and desirable excitations and anxiety and depression are considered as negative excitations. Silgman, the famous American psychologist recognizes happiness as the natural and undisputed right of every human and believes that one should try and plan to achieve it. He argues that real happiness is achievable and accessible and considers it as a truth making life more desirable and enriches human relations [1] Happiness is among the subjects which scientists such as Aristotle, Xenon and Epichder has dealt with it since long time ago. Aristotle believes at least in three types of happiness. Normal people believes stand in the lowest level who consider happiness as success and prosperity. Spiritual happiness which is the aim of Aristotle stands in the higher levels. During the late 20s, psychologists focus on positive feelings increasingly. According to Argil Martin, happiness consists of three essential components: Positive excitation, Life satisfaction and lack of negative excitation including depression and anxiety. He and his colleagues discover that positive relations with others, goal oriented life, personal growth, love each other and the nature are among the pieces of happiness. Schavetz and Strak believe that happy people have bias in information process; meaning that they process and interpret information in a way which culminate in their happiness [7]



## Research Hypothesis

There is a significant relation between happiness and matrimonial satisfaction.

There is a significant relation between life expectancy and matrimonial satisfaction.

## Methodology

Current research is functional and descriptive-correlative in terms of objective and methodology respectively. SPSS software has been used in order to analyze the obtained data from questionnaire. Materials compilation was performed using library-instrument study and field data collection through observation and questionnaires. Validity of questionnaire was confirmed by professors and specialists and its reliability was calculated by Cronbach Alpha 0.79 test. Snyder hope scale, Oxford happiness questionnaire and Anrich matrimonial satisfaction questionnaire were used in current research. The statistical population of the current study is female psychologists working in Tehran province clinics and hospitals in which 150 participants were selected randomly and the questionnaires were distributed among them.

## Research Findings

Regarding the participants descriptive statistics, 68% of the participants were in the age range of 28-38. 28% of them were older than 38 years old. Moreover, regarding the education level of the respondents, it can be

stated that 58% of them had bachelor degree and 42% had master or higher educational level.

However, in terms of inferential statistics it can be said that the Kolmogorov- Smirnov test suggests the abnormality of research data (Table 2). Consequently, the Spearman test was used.

### Hypothesis Test:

H1: There is a significant relation between happiness and matrimonial satisfaction.

H0: There is not a significant relation between happiness and matrimonial satisfaction.

According to table (3) and the obtained results regarding the significance level, it can be said that the correlative relation between happiness and matrimonial satisfaction was confirmed with the coefficient of 0.809 and it is accepted with  $\text{sig}=0.0001$  and confidence level of 95 percent. Due the fact that the significance level in correlation coefficient is less than five percent, thus there is a direct and significant relation between happiness and matrimonial satisfaction. As a result, H0 is rejected and H1 is accepted.

H1: There is a significant relation between life expectancy and matrimonial satisfaction.

H0: There is not a significant relation between life expectancy and matrimonial satisfaction.

According to table (4), the obtained results for significance level suggest that the correlative relation between life expectancy and

matrimonial satisfaction is confirmed by the coefficient of 0.824 and confidence level of 95 percent. As the significance level in correlation coefficient is less than five percent, this there is direct and significant relation between life expectancy and matrimonial satisfaction. As a result, H0 is rejected and H1 is accepted.

## Conclusion

In previous years, various indices were used to evaluate the matrimonial satisfaction such as matrimonial success, matrimonial stability, matrimonial happiness, matrimonial adaptability, matrimonial quality and etc, all of which were separate but overlapped. However, matrimonial satisfaction is defined as a general and subjective evaluation of matrimony quality. Happiness consists of diverse meanings such as instant joy, long-term joy and overall satisfaction of life. People with low level of hope, experience a sequence of hope to anger, anger to disappointment and disappointment to lack of sentiments facing with unsolvable problems. However, high levels of hope in life enables individuals organize and analyze issues facing with main and important problems. Given the importance of matrimonial satisfaction, the present study examines the relation between happiness and life expectancy with matrimonial satisfaction. Kolomogorov- Smirnov test indicates the abnormality of research data. As a result Spearman test was used. Data analysis results show that the correlative relation between happiness and matrimonial satisfaction is

confirmed with the coefficient of 0.809 and  $\text{sig} = 0.0001$  with confidence level of 95 percent. As the significance level in correlation coefficient is less than five percent, thus there is a direct and significant relation between happiness and matrimonial satisfaction. In this case the H0 is rejected and H1 is confirmed. Additionally, the correlation relation between life expectancy and matrimonial satisfaction is confirmed with the coefficient of 0.824 and  $\text{sig} = 0.0001$  and confidence level of 95 percent. As the significance level in correlation coefficient is less than five percent, thus there is a direct and significant relation between life expectancy and matrimonial satisfaction. Hence, H0 and H1 are rejected and accepted respectively.

Research findings regarding the relation between happiness and matrimonial satisfaction is consistent with [5], [7], [1] Azad et al (1395), [9]. Research findings regarding life expectancy and matrimonial satisfaction is

## Acknowledgments

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## Conflict of interest

There is no conflict of interest for the authors of this article.

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## Tables and Charts:

**Table 1.** Cronbach Alpha

Happiness	0.79
Life expectancy	0.79
Matrimonial Satisfaction	0.81
Total	0.80

**Table 2.** Kolmogorov- Smirnov test, normality examination of research variables

Factors	Average	Kolmogorov – Smirnov Test	Significance
Happiness	2.357	0.187	0.0001
Life expectancy	2.31	0.183	0.0001
Matrimonial Satisfaction	2.147	0.181	0.0001

**Table 3.** Spearman correlation test for the first Hypothesis

Spearman Correlation Coefficient	Significance level	Result
Positive and significant correlation and H0 Rejection	0.0001	0.809

**Table 4.** Spearman correlation test for Second Hypothesis

Spearman Correlation Coefficient	Significance level	Result
Positive and significant correlation and H0 Rejection	0.0001	0,824