## Original Research

# The Relationship between Sexual Satisfaction and Sexually Transmitted Diseases with the Desire to Divorce among Couples Aged 20 To 35 Years Old in Isfahan

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**Abstract:**

**Background:**

Sexual health is one of the most important factors in the sustainability of marriage and one of the most important factors in a couple's happiness and good quality of life is optimal desirable sexual intercourse. Although researches has been done on sexual satisfaction and sexually transmitted diseases and the tendency to divorce, but in the Literature Review, no research was found that simultaneously examined the relationship between sexual satisfaction and sexually transmitted diseases with the desire for divorce. Therefore, the aim of this study was to determine the relationship between sexual satisfaction and sexually transmitted diseases with the desire for divorce.

**Method:**

The statistical population of this study included all couples aged 20 to 35 who referred to counseling centers in Isfahan in the fall of 1398, of which 50 couples (100 people) were selected as available.

**Result:**

Marital satisfaction can be higher in couples with more intimacy, or couples with higher intimacy may be more able to cope with the problems and changes in their relationship, resulting in higher marital satisfaction and a lower desire for divorce.

**Conclusion:**

In general, it can be said that the higher the knowledge of sexual issues, the higher the marital satisfaction and consequently the lower the desire for divorce. There is also a significant relationship between the subscales of recognizing sexually transmitted diseases and the desire to divorce

**Keywords**: Sexual Satisfaction, Sexually Transmitted Diseases, Sesire to Divorce.

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## Introduction

Marriage and marital relationship are the source of human support, intimacy and pleasure. On the other hand, marriage will lead to cooperation, empathy, love, kindness, tolerance and responsibility towards the family (1). The family is a place to satisfy various physical, rational, and emotional needs, and having an awareness of biological and psychological needs and knowing how to satisfy them and being equipped with techniques for recognizing biological and psychological desires is an undeniable necessity (2). As the life of extended families and the number of nuclear families in so ciety increases, the importance of relationships between family members, especially husband and wife, as the main pillars of the family becomes more clear (3). The family is one of the main pillars of the society and achieving a healthy society is clearly dependent on family health and the realization of a healthy family depends on the members of that family to have mental health and to have good relations with each other (4). Therefore, addressing all aspects of family health, including sexual health, is one of the ways that will strengthen the foundation of the family.

Sexual health is one of the most important factors in the sustainability of marriage and one of the most important factors in a couple's happiness and good quality of life is optimal desirable sexual intercourse (5). Sexual health has a positive and reinforcing effect on a person, giving him a sense of pleasure and improving a person's self-esteem and relationships. The World Health Organization considers sexual health to be the integration and harmony of mind, feeling, and body that drives a person's social and intellectual aspects in promoting his or her personality and leads to communication and love. According to this definition, sexual health has a variety of issues, including sexual satisfaction and sexual function (6). Research on sexual health in Iran has shown that the rate of sexual dysfunction in Iranian men and women is relatively high, and the divorce rate has risen in recent years and one of the factors influencing these divorces has been reported dissatisfaction with sexual instinct and dissatisfaction with sex life.

Sexual satisfaction is an important indicator of sexual health and is strongly associated with life satisfaction. Individual sexual experience includes pleasure, positive emotions, sexual arousal, and orgasm, as well as the emphasis on the dimensions of relationships such as empathy, love, feelings, creativity and the frequency of sexual activity. Sexual satisfaction comes from positive sexual experiences (7). Sexual problems can reflect the problems of energy management, communication, and conflict in a couple's relationship. Therefore, it is important to understand the meaning of sexual satisfaction in the context of committed relationships in the opposite sex. Couples' level of satisfaction with sex and the ability to enjoy and enjoy each other is called sexual satisfaction. Sexual satisfaction is not just physical pleasure and includes all the remaining positive and negative emotions after sexual intercourse. Studies have shown that sexual satisfaction is related to sexual function, sexual frequency, sexual intercourse, relationship satisfaction, non-sexual physical intimacy and emotional intimacy, and sexual satisfaction is a key factor in the overall quality of life (8) Better physical condition and mental health and general well-being and quality of life are associated with sexual satisfaction (9). Other variables such as social support, relationships with children and family, and higher social and economic status are associated with higher levels of sexual satisfaction (5).

According to the US National Center of Health, 42% of women aged 18 to 59 have poor sexual satisfaction and 20% of them have not been able to reach orgasm. Heart attacks have been significantly reduced in men who have experienced sexual satisfaction in their marriage. In women, it also reduces the

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incidence of migraine headaches, premenstrual syndrome symptoms, and chronic arthritis. In fact, sexual gratification not only brings warmth and passion to couples; rather, it protects them against many infectious diseases (10,11,12) studied marital relationships, emotional and sexual relationships, and spouses' sexual satisfaction. The results showed that sexual satisfaction significantly predicted emotional intimacy for the husband, while emotional relationship did not have a significant effect on sexual satisfaction. Among the spouses (for both sexes), emotional intimacy and sexual satisfaction, relationship between spouses and satisfaction with their relationship were identified. Satisfaction with the relationship existed when their spouses were more sexually satisfied (13). Examined the relationship between marital satisfaction and sexual satisfaction with mental health of couples and stated that marital satisfaction and sexual satisfaction with mental health of couples in the age groups of 20 to 30 years, 31 to 40 years and 41 to 50 years has a positive and meaningful relationship. Marital satisfaction and sexual satisfaction also predict 57% of mental health variances over a period of 20 to 30 years. In fact, marital satisfaction can predict 38% of mental health variance in the age group of 31 to 40 years and 44% of the mental health variance in the age group of 41 to 50 years. The results of the present study indicate the importance of a positive and significant relationship between marital satisfaction and sexual satisfaction with couples' psychological health (14).

Who examined sexual function and its association with depression in women visiting health centers affiliated with Sari University of Medical Sciences found that sexual satisfaction was significantly associated with the number of children.

Having a desirable sexual relationship in a way that can satisfy both parties has a very important and fundamental role in the stability of the family center (14).

Sexually transmitted diseases are one of the two major health problems in most countries. More than 25 transmissible diseases have been identified that are affecting human society. Each year, more than 15 million people in the United States develop sexually transmitted diseases, which the complications of these diseases in women include infertility, having children with mental and physical retardation, chronic pelvic pain, cervical cancer, and death. Many current marriages begin with an emphasis on romantic relationships, but do not last. In fact, this commitment and attachment during married life is the basis of a romantic relationship. With a little reflection on the social consequences and losses (such as divorce rates that are increasing every year), economic and psychological (including the costs that are spent annually on the treatment of mental disorders), marital conflicts in Iran and the results of mentioned researches ,It should be noted that paying attention to the factors affecting the quality as well as marital conflicts, including people's awareness of sexually transmitted diseases, lovemaking styles, and sexual satisfaction, will be a wise and beneficial step in reducing marital conflicts and the desire for a divorce, and since sexual satisfaction has a powerful effect on individual life and consequently married life and its quality, knowing this variable is a useful step in examining the desire for a divorce, because sexual satisfaction and awareness of sexually transmitted diseases and ways to prevent it on the other hand on the level of marital conflict in life and as a result, the desire for divorce and on the other hand affects the love and affection of couples.

Although researches has been done on sexual satisfaction and sexually transmitted diseases and the tendency to divorce, but in the Literature Review, no research was found that simultaneously examined the relationship between sexual satisfaction and sexually transmitted diseases with the desire for divorce. Therefore, the aim of this study was to

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determine the relationship between sexual satisfaction and sexually transmitted diseases with the desire for divorce.

**Method and material**

The statistical population of this study included all couples aged 20 to 35 who referred to counseling centers in Isfahan in the fall of 1398, of which 50 couples (100 people) were selected as available.

The following tools were used to measure the research variables.

Sexual Satisfaction Questionnaire: This questionnaire was developed in 1981 by Hudson, Harrison and Crosscup to assess couples' satisfaction levels. This scale has 25 self-report questions. The respondent's response to each test item is determined at the level of a 7-point scale between 0 and 6, and in total, the subjects' score in the whole test fluctuates between 0 and 15. A high score on this scale reflects sexual satisfaction. This questionnaire was administered) to re-design at 15-day intervals to assess the normative status of the scale. The results of the test showed a correlation of 0.96 at the significance level of 0.01. Also, for a more detailed examination, the validity obtained from the method of halving the test is 0.88. The calculated Guttman coefficient is 0.80. In the study of (12), Cronbach's alpha method was also used, which was 0.93 for the whole questionnaire.

Sexually Transmitted Diseases Awareness Questionnaire and Prevention Methods: Assessing Awareness of Sexually Transmitted Infections and Recognizing Sexually Transmitted Diseases included 10 items related to sexual health and fertility, which content validation method was used to determine the validity of data collection tools in this study. For this purpose, first, by studying valid books and articles related to health and sexual health, preliminary tools for measuring awareness and attitudes were prepared, and by obtaining the corrective opinions of the professors of the health and midwifery department, content validity was provided. In order to ensure the reliability of the questionnaire, the retest, which was taken 2 months later, was used; and the correlation coefficient calculated for the questionnaire of the awareness section for questions of knowledge of prevention methods r= 0.59, questions of knowledge of sexually transmitted diseases r=0.7 and for questions Attitude was r=0.63. The method of calculating the scores of the four-choice test was to calculate a score of zero for incorrect and a score of one for correct. For 40 questions of awareness of prevention methods, announced scores ranged from zero to 40, and for 10 questions, awareness of sexually transmitted diseases ranged from zero to 10, and attitudes toward reproductive and sexual health, which included 10 items, 5 items agree with reproductive and sexual health and 5 items related to misconceptions about the prevention and recognition of sexually transmitted diseases.

Divorce Desire Questionnaire: This scale is a 14-question tool and is used to evaluate divorce applicant couples. This tool has two subscales, each of which is measured by 7 questions. The subscales are: the tendency to divorce and the desire to negligence. Each question is scored in a range of 7 ratings (1 = never to 7 = always). The score of this questionnaire is obtained by adding the scores of the questions. In Faryabi and Zarei (2015) research, the reliability of this questionnaire using Cronbach's alpha for the whole sample was 0.88 (0.89 for women and 0.87 for men) and the correction rate of Cronbach's alpha for scales of inclination to divorce was 0.89 and negligence was 0.88.

**Results**

Pearson correlation coefficient and its significance test and hierarchical regression analysis were used to analyze the research hypotheses. Descriptive findings related to the research variables are also observed as mean,

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standard deviation, variance, minimum and maximum score in Table 1.

Hypothesis 1: There is a relationship between sexual satisfaction and the desire for divorce among couples aged 20 to 35 in Isfahan

Hypothesis 2: There is a relationship between sexually transmitted diseases and the desire to divorce among couples aged 20 to 35 years in Isfahan

**Discussion**

The first hypothesis of the study that there is a relationship between sexual satisfaction and the desire to divorce in 20- to 35-year-old couples in Isfahan was confirmed. This finding of the research with the findings of Pascoal et al. (2014), Sahebihagh et al. (2018), Edalati and Redzuan (2010) are relatively consistent. Sexual need is one of the basic needs of couples for marriage and marital bond. Sexual dissatisfaction can lead to deep problems in the couple's relationship and creating hatred, resentment, jealousy, competition, revenge, feelings of humiliation and feelings of lack of self-confidence for the spouses. These tense issues and differences are reinforced or manifested in the form of them, and gradually widen the gap between the spouses and may lead to divorce. In Iran, 40% of divorces are due to sexual dissatisfaction. Today, of course, the rate may be even higher. Although this phenomenon may seem strange or unbelievable at first, and may seem to some religious people to be too much influenced by freudianism or to somehow simplify the issue of divorce, but from the point of view of many experts , is close to reality and undeniable. Yoo et al. (2014) in a study entitled the relationship between marital satisfaction and its role in life that they did on normal women, reported their average sexual function of 1.30. One of the research findings is that high sexual satisfaction is one of the factors affecting the desire for divorce. Some research has shown that sexuality is one of the most important issues in marriage. Terman's studies have shown that although sexual factors are one of the most important, they are not stronger than other issues. A problem with sex can be a sign that there are other problems with the marriage Batt (2005) outlines tasks to reach the stage of agreement in marital relations, one of which is to have satisfying sex for both parties (1).

In fact, the proper satisfaction of sexual instinct is a natural need that must be met; otherwise it may have negative consequences such as mental and physical illnesses. Sexual instinct is one of the innate needs of human beings. So Maslow puts this need in the category of physical needs or basic vital needs. Regarding sexual intercourse and sexual satisfaction and its effect on the individual and marital relations, it can be said that although a happy married life is only partially related to sexual intercourse, this issue may be one of the most important causes of happiness or unhappiness in married life, because, if this relationship is not convincing, it will lead to feelings of deprivation, failure, insecurity (endangering mental health), and as a result, family breakdown. Explaining this finding, it can be said that sexual activity is an important issue because lack of sexual activity can be a sign of marriage problems. Sexual intercourse has a positive relationship with behaviors that can lead to continued marriage, and can actually be a miniature example of public relations. Sex is very important for lasting life satisfaction, because it strengthens the bond between people, meets the emotional and psychological needs of the person, and is a good indicator that shows that despite all the problems, everything is going well (7).

The second hypothesis of the study that there is a relationship between sexually transmitted diseases and the desire to divorce in couples aged 20 to 35 years in Isfahan, was confirmed. The more sexual knowledge a person has and the more appropriate the attitude towards sexual issues, the healthier, safer and better quality sexual behavior will be. According to the findings of this study, there is a significant

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**Table 1: Average, standard deviation, variance and lowest and highest score of research variable**

| | Average score | Lowest score | Highest score | standard deviation | variance |
|---|---|---|---|---|---|
| Divorce | 50.78 | 30 | 69 | 11.44 | 130.981 |
| Sexual satisfaction | 49.95 | 30 | 75 | 13.08 | 171.098 |
| Variable components of common sexually transmitted diseases | | | | | |
| Recognize the types of diseases | 44.39 | 15 | 84 | 17.59 | 309.452 |
| Recognize the ways of transmission | 44.53 | 18 | 75 | 15.82 | 250.454 |
| Recognize the ways of prevention | 44.65 | 18 | 78 | 16.14 | 260.775 |

**Table 2: Correlation coefficient between divorce and sexual satisfaction**

| Divorce | | |
|---|---|---|
| Correlation coefficient | p | |
| Sexual Satisfaction | 0.000 | -0.929 |

**Table 3: Correlation coefficient between divorce and sexually transmitted diseases**

| Divorce | | |
|---|---|---|
| Correlation coefficient | p | |
| Sexual Satisfaction | 0.046 | -0.200 |

positive correlation between the quality of sex life and marital satisfaction and a significant negative correlation between marital cognition and divorce. In the study of Sahebihagh et al., A significant and inverse correlation between marital satisfaction and emotional divorce was observed, which is consistent with the results of this study (15). Recognition of marital factors and related diseases is one of the main structures for maintaining and evolving the family. When there is little knowledge of marital issues, including sexually transmitted diseases and ways to prevent it, emotional relationships and interactions are reduced and people have difficulty establishing a healthy relationship; Complications caused by communicable diseases increase incompatibility and failure, and as a result, gradually lead to increased distance and the desire for divorce and indifference to each other (16,17).

## Conclusion

Marital satisfaction can be higher in couples with more intimacy, or couples with higher intimacy may be more able to cope with the problems and changes in their relationship, resulting in higher marital satisfaction and a lower desire for divorce. In general, it can be said that the higher the knowledge of sexual issues, the higher the marital satisfaction and consequently the lower the desire for divorce. There is also a significant relationship between the subscales of recognizing sexually transmitted diseases and the desire to divorce.

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