Original Research

Comparison Marriage Stability and Sensitivity Control Among Couples with or Without Pre-Marriage Friendship

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Abstract:

Background:

Despite the positive consequences of choosing a spouse, unfortunately, many spouses in establishing and maintaining friendly and intimate relationships.They have problems with each other and relationships often lead to family conflicts. Numerous studies have been conducted in this regard, the stability of marriage and control of couples' emotions after a formal marriage has been one of the most important. In general, the stability of marriage stems from stability, continuity towards life satisfaction, marital satisfaction and sexual satisfaction and other similar cases, and the opposite point of this stability is the concept of divorce and the issue of divorce, which results in life dissatisfaction, marital dissatisfaction and dissatisfaction in Sex is a couple. The aim of this study was to compare the stability of marriage and emotional control in couples with friends before marriage and family counseling centers in district 5 of Tehran was lacking.

Method:

The research method is causal-comparative study population consisted of 60 married person with friends before and 60 marriages were marriages married person without friends before Convenience sampling was used to collect the information and tools needed, 14 items of the questionnaire volatility index married Edwards et al. 42 questionnaire items, emotional control indicator Brown et al. The univariate analysis of variance test was used.

Result:

The results, showed that the stability of marriage, married people as well as emotional control with friends before marriage and no, there was no significant difference ($p < 0/05$).

Conclusion:

The effects of personal opinions due to contradictions or differences of opinion did not create a difference between the two groups of friendship or non-friendship before marriage. And the stability of marriage is not based on these friendships.

Keywords: Proof of Marriage, Emotional Control, Spouses, Friends before Marriage.

Submitted: 5 March 2021, Revised: 12 April 2021, Accepted: 19 April 2021

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[DOR: 20.1001.1.23222913.2021.10.1.7.1]

Introduction

Marriage is one of the most complex human relationships on which the foundation of the family is based and has been analyzed as a phenomenon of a completely public place in the social life of all societies. The marriage event is the entry into a new phase of life that includes a very important part of each individual and social life. In addition, marriage is a factor in the formation of the family, reproduction and survival of the human race, and if done with the necessary conditions and sufficient awareness, it will have important effects on the health of individuals and society, including reducing the rate of disease and violence. He pointed to the increase in mental and physical health and consequently in society.

On the other hand, the family is one of the main pillars of society and family formation depends on the prevalence of marriage. The family as a social system includes a group of individuals who live together through marriage, reproduction and child rearing and play a vital role in the growth, development and socialization of individuals (1).

Despite the positive consequences of choosing a spouse, unfortunately, many spouses in establishing and maintaining friendly and intimate relationships.

They have problems with each other and relationships often lead to family conflicts. Numerous studies have been conducted in this regard, the stability of marriage and control of couples' emotions after formal marriage has been one of the most important. In general, the stability of marriage stems from stability, continuity for life satisfaction, marital satisfaction and sexual satisfaction and other similar cases, and the opposite of this stability is the concept of divorce and the issue of divorce, which results in life dissatisfaction, marital dissatisfaction in sex is a couple.

The stability of marriage is basically the establishment of peace in the life of the couple to the extent that this peace includes marital satisfaction. So that the couple most of the time feel happy, satisfied with the marriage and satisfied with each other. On the other hand, the variable of marriage stability, which can crystallize the concept of marital satisfaction and avoidance of divorce in the mind, plays a role as one of the basic concepts in the life of couples. The stability of marriage, although it encompasses many concepts, is referred to as the difference between what one wants and what the normal circumstances are, or one's attitude towards one's ideals and the whole of one's life. Or some aspects of life are interpreted as family life. Many factors are involved in the stability of marriage, such as life satisfaction and marriage. These factors are sometimes in the form of independent concepts and sometimes a subset of variables life satisfaction and even marital satisfaction apply. Sexual issues and sexual satisfaction are one of these factors. Sexual satisfaction has always been considered as the most important factor of couple satisfaction and is an integral part of a successful life (2).

According to the analogy between two groups of couples with friendship and pre-marital relationship and without it, the concept of sexual satisfaction in its independent meaning is more preferred. And as the third variable involved in the stability of marriage and control of couples' emotions can be considered. Sexual satisfaction is very high among couples and marital dissatisfaction, especially in the domestic society of Iran (3).

Those other factors that lead to marital dissatisfaction with life and sexual dissatisfaction have been considered as the main components of the stability of the couple's marriage in recent years, which can be called as one of the shaking factors of

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couples' dodge. One of the social phenomena of contemporary Iranian society in the field of interpersonal relationships is the emerging phenomenon of premarital socializing and friendship between girls and boys. For a short period of time, such a phenomenon was limited to the upper classes of urban areas in large cities. With the formation of the Islamic Revolution and the emphasis on preserving revolutionary and Islamic values, these relations were banned and in recent years along with structural and social changes such as urbanization, industrialization, increasing literacy, the presence of women in social spheres, expansion places of coexistence of men and women and the qualitative and quantitative expansion of mass media, this phenomenon has emerged in an emerging form and from the heart of interpersonal relationships of young people in society (2).

Many studies have studied these relationships and the role of premarital friendships or cohabitation (between foreign studies) as one of the two aspects, especially in foreign research, as one of the concerns of today's Iranian society has been a suitable topic for study (4). Among the various concepts proposed, emotional control has emerged as one of the relatively new concepts. This concept includes controlling emotions between couples so that, when angry, happy, depressed, anxious, etc. in the couple's life together, they can have proper control over their emotions. In the case of proper control of emotions and feelings of couples can have one of the components of life satisfaction? And marriage stability will occur (5).

Finally, the researcher's concerns in this research; these are concerns that society may face. The high percentage of divorce in Iranian society, increasing family conflicts between couples, increasing the likelihood of divorce and separation, instability of marriage and lack of emotional control, lowering the tolerance threshold in cohabitation, problems related to sexual satisfaction, etc. are among these cases. While differences in the results of domestic and foreign research in relation to the impact or lack of impact of previous friendships marriage in marital satisfaction and marital stability of couples is another case. Therefore, the researcher seeks to answer the question of whether there is a significant difference between marital stability and control by examining the stability of marriage and controlling emotions in couples in Tehran's 5th district. Are there couples' feelings with premarital and unmarried friendships?

Research Hypotheses

1- There is a significant difference between the stability of married people with premarital and non-marital friendship.

2- There is a significant difference between controlling the emotions of married people with premarital and non-marital friendship.

Methods and material

The research method in this research project is, by its nature, a descriptive method of post-event (causal-comparative) type, it is applied in terms of purpose and destination. And considering that this research collects data and then analyzes them in a certain period of time, it is also cross-sectional in terms of time. The comparative causal method is one of the main designs in which the relationships and effects between variables are determined. Causal research is a different comparison from experimental research and the independent variable cannot be manipulated and controlled from what has already happened. Furthermore, causal-comparative research will not face the need for empirical research to randomly assign participants from a community or group of participants. At least two comparison groups

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are required in causal-comparative research to be based on a dependent variable with compare each other.

Statistical population and sample size

The statistical population includes men and women in district 5 of Tehran, among which a sample includes married men and women (couples) of 60 couples with premarital friendship and 60 couples without premarital friendship (120 people in total). In terms of input and output criteria, which were selected by available sampling method from the counseling psychological service centers in district 5 of Tehran, which had the following input criteria.

Participant input criteria

- At least three years have passed since the couple got married;
- Age range of women between 25-45 years (average 35 years); And the age range of men 28-50 years (average 39 years)
- At least three years of residence in the 5th district of Tehran as a case study place of this research;
- Minimum literacy of participants: Diploma

Criteria for excluding participants from the research

Filing for divorce or on the verge of divorce

Table 1 contains descriptive statistics of two sample groups of married men and women with premarital friendship and no premarital friendship. Accordingly, 36 male were and the rest were female. In addition, the quantity of the two groups for calculating the test is the same in friendship and without friendship.

Data Collection tools

The tools used to collect field information in this study were two questionnaires.

Edwards & Associates Marriage Instability Index Questionnaire (1987)

Marriage Instability Index Questionnaire is a 14-question tool designed to measure the instability of marital marriage in a cohesive manner. This test was first used in 1989 for 2034 married men and women under the age of 55 and also for 1578 married men and women in 1983. The validity of this scale has been assessed and confirmed in several studies and its positive correlation with the scales related to marital problems and its negative correlation with the scales related to marital interaction and satisfaction have been confirmed.

The reliability of this scale has been reported to be 91% by Cronbach's alpha method. Panahi 2005, used the correlation method between the two halves to assess the validity of the test and the validity coefficient was reported to be 70%. In the present study, Cronbach's alpha of 85% was obtained for this questionnaire.

Emotions Control Index Questionnaire Williams et al. (1997)

This questionnaire has 42 questions and its purpose is to assess the ability to control emotions and its subscales (rage, depressed mood, anxiety and positive emotions). Use of this scale is recommended for people over 15 years old. The response range is of the Likert type, and the score for each option is presented in the table below. The scale is self-assessing, and the responses to the expressions are set on a seven-point scale from "strongly disagree = 1" to "strongly agree = 7". The numbers below the scales are as follows. The answers to the expressions 4-9-12-16-17-18-21-22-27-30-31 and 38 are inversely sampled in such a way that the strongly opposite answer is scored in such a way that the answer to opposite intensity is given a score of 7 and the strongly given answer is given a score of 1. The above

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questionnaire has four dimensions (component or measure) that the questions related to each dimension are presented in the following table:

To get points for each dimension, add up the total points for the questions for that dimension. To get the total score of the questionnaire, add the total scores of all the questions together.

Reliability and Validity

Internal validity and retesting of the test for training for the overall score of 81%, 92%, for the rage subscales 70%, 75% for the depressed mood subscale 79%, 93% for the anxiety subscale 75%, 87% and the positive emotion subscale 71%, 83%, for a sample of undergraduate students; differential validity and convergence have also been obtained. Also, the reliability coefficient of the Emotion Control Scale was examined by Boolell (2015). Depression is estimated to be 0.76 and anxiety is estimated to be 0.64, which indicates that the Emotion Control Scale is appropriate.

Data collection method

The method of data collection in this research is library-field. The reason for attributing the field method of this research is because the researcher went out to collect data and talked to people about the data and provided the information to complete a questionnaire, interview, observation, etc.

Data analysis method

To analyze the data of this research, statistically advanced SPSS 23 software was used. Using the information collected from the questionnaire, statistical data were analyzed in two sections: Data analysis method: descriptive and inferential statistics. Therefore, in the first part of the descriptive statistics, the frequencies were examined in terms of individual characteristics and demographics, and in the second part, inferential statistics, the results of statistical tests of hypotheses and separation of data related to questions using statistical tests were analyzed. Univariate variance, mean comparison, etc. were analyzed.

Results

Testing research hypotheses

The first main hypothesis of the research

There is a significant difference between the stability of marriage between men and women in district 5 of Tehran, with premarital and non-marital friendship.

The results of Table 3, as the most important and unique output for analysis of variance, show the significance of the whole model and, of course, the separate effect of each independent variable on the dependent. This is not possible in any of the types of tests except analysis of variance. According to the table, the effect of factor variables on the whole model is not significant at the level of 0.741. Also, the separate effect of gender status (men and women) on previous and non-previous friendship status with a coefficient of 0.489 was not significant and was not effective. That is, there is no difference between the two groups in the stability of marriage, married people, and the first main hypothesis of this research is rejected.

Test the second main hypothesis

There is a significant difference between controlling the emotions of married people in district 5 of Tehran, with premarital and unmarried friendship.

The results of Table 4, as the most important and unique output for analysis of variance, show the significance of the whole model and, of course, the separate effect of each independent variable on the dependent. This is not possible in any type of test except

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Table 1: Descriptive statistics of two groups with premarital friendship and no premarital friendship

		No.
Man	Married	
Female		84
With friendship before marriage	Marital status of married people	60
No premarital friendship		60

Table 2: Correlation of dimensions of Williams et al.'s (1997) Emotion Control Index questionnaire with its items

Dimensional	Relevant questions
Rage	1-8-11-16-28-30-34-39
Depressed mood	3-4-13-19-25-27-29-37
Anxiety	5-7-9-15-17-20-21-24-26-33-35-38-40
Positive emotion	2-6-10-12-14-18-22-23-31-32-3641-42

analysis of variance. According to the table, the effect of factor variables in the whole model with a significance level of 0.741 is not significant. Also, the separate effect of gender status (men and women) on the status of previous and non-previous friendships, 0.851was not significant and was not effective. That is, there is no difference between the two groups in controlling the emotions of married people. And the second main hypothesis is also rejected.

Discussion

Test of the first main hypothesis: There is a significant difference between the stability of marriage between men and women, with premarital and non-marital friendship.

According to the results, there is no difference between the two groups in the stability of marriage, married people and the first main hypothesis of this study is rejected. The results of this hypothesis are in line with the results of Addo (2014)(4), Boolell & Quirk (2015)(6), Panahi (2005)(7), Mousavi, Navabi Nejad and Atef Vahid (2007)(8), Zare Shahabadi and Soleimani (2012)(9), Khalajabadi Farahani and Shojaei (2014)(10) and inconsistent with the results of Bumpass, Sweet and Cherlin (2011)(11), Brown et al. (2014)(12), Rhoades et al (2015) (13)., Refahi, Goodarzi and Mirzaei (2012)(14), Khalajabadi Farahani (2012)(10), Hashemi Aliabadi (2015)(15). In explaining this hypothesis, it can be said that both groups are probably influenced by other factors beyond the present variable (friendship). For example, education, messages, and resources about marital relationships and relationship quality that have enhanced the knowledge of both groups equally. Or maybe both groups equally influenced by religious and cultural teachings, cultural and contextual variables such as: support of family and others. Another important point in this regard may be the low test power, which has caused a lack of significance in this hypothesis. Finally, it seems that the opinions of the respondents have somewhat ignored this difference and the majority of the respondents have somehow rejected the

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difference between the two groups. Of course, looking at the background of

Table 3: Analysis of variance test to evaluate the difference in groups' scores in the marriage stability variable

Source	Degrees of freedom	Squared squares	F Statistics	The significance level
Gender	1	154.124	0.069	0.781
Marriage	1	39.286	0.789	0.825
Gender* Marital status	1	0.187	0.001	0.489
Error	1	42.458		

Table 4: Analysis of variance test to evaluate the differences between groups in the emotion control variable.

Source	Degrees of freedom	Squared squares	F Statistics	The significance level
Modified model	3	31.348	0.452	0.741
Gender	1	3.781	0.069	0.859
Marriage	1	39.286	0.789	0.443
Gender * Marital status	1	0.187	0.001	0.851
Error	1	52.541		

domestic and foreign research, these contradictions are also observed it can also show people's personal opinions in a way.

Test the second main hypothesis: There is a significant difference between controlling the emotions of married people with premarital and unmarried friendships.

According to the results, there is no difference between the two groups in the emotional control of married people. And the second main hypothesis is also rejected. Although the alignment or non-alignment of the results of thinkers 'studies on the problems of couples' lives has not been specifically related to emotional control, but the results of this hypothesis can be somewhat consistent with the results of Boolell & Quirk (2015)(6), Panahi (2005)(7), Mousavi, Navabi Nejad and Atef Vahid (2007)(8), Zare Shahabadi and Soleimani (2012)(9), Khalajabadi Farahani and Shojaei (2014)(10) and inconsistent with the results of Bumpass, Sweet and Cherlin (2011)(11), Brown et al. (2014)(12), Rhoades et al (2015) (13), Refahi, Goodarzi and Mirzaei (2012)(14), Khalajabadi Farahani (2012)(10), Hashemi Aliabadi (2015)(15). In explaining this finding, it can be said that because controlling emotions is a skill and is acquired, on the other hand, age, education and years of marriage are matched in both groups, so both groups have been able to acquire this skill equally.

Conclusion

Another important point in this regard, like the first hypothesis, may be the low test power, which has caused a lack of significance in this hypothesis. As in the first hypothesis, the effects of the personal

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opinions of the respondents due to the contradictions or differences in opinions between the two groups with friendship or lack of friendship before marriage have caused no difference between the two groups.

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