Original Research

Study The Effect Of Personality Traits On The Satisfaction Of Relationship Between Candidates On The Verge Of Marriage

Shabnam Karimi Barzin[1*], Mokhtar Arefi[2]

1. M.Sc., General Psychology, Islamic Azad University, Kermanshah Branch, Iran
2. Associate Professor, Phd in Family Counseling

***Corresponding Author: Shabnam Karimi Barzin**, M.Sc., General Psychology, Islamic Azad University, Kermanshah Branch, Iran. Eamil:Shabnamkarimi1389@Gmail.Com. Orcid: Https://Orcid.Org/0000-0003-1625-3451

Abstract:

Background: The purpose of this article is to investigate the effect of personality traits on the satisfaction of the relationship between candidates on the verge of marriage.

Method:

Method of this research is applied in terms of purpose and it is a descriptive-survey in terms of data collection. Cluster sampling method was used in this study. A questionnaire was used to collect information in this study. Measurements were performed by using the various subscales of the Relationship Assessment Questionnaire (RELATE) (Holman Basby, Doxy, Klein, and Loir Carlson 1997.2). In the present study, personality traits were measured by using the Valuable 4-item scale, the Depression Happiness 3-item scale, the 4-item kindness scale, the Flexibility scale, and the 4-item relaxation / anxiety scale.

Results:

It indicates a significant effect of personality traits on the satisfaction of the relationship between the candidates on the verge of marriage.

Conclusion:

Pre-developmental personality has a positive relationship with facilitating family work and problems related to family work, which in turn have a positive and negative effect on the predicated marital satisfaction and the relationship between the candidates about to get married.

Keywords: Personality Traits, Relationship Satisfaction, Marriage

Submitted: 6 November 2022, Revised: 20 November 2022, Accepted: 29 November 2022

[Downloaded from mail.intjmi.com on 2026-11-19]

Introduction

It can be said that marriage is the connection of cohabitation between two people by maintaining the independence of each moment in order to complete their personality and is an important factor in building comfort, relaxation and a fundamental creator in creating existential balance and the need for a lasting and warm relationship. Along with kindness and love, it is one of the main reasons that ultimately makes every man and woman eager to choose a spouse and get married (2). The most important collective action to achieve emotional needs and gain has always been emphasized (2). In a sense, marriage is a beautiful and growing relationship, and looking at the warm center of the family and appropriate interactions between individuals in the family promotes human progress (3). Successful marriage satisfies many of the physical and mental needs of individuals, and if it breaks, men and women, especially their children, will suffer severe emotional trauma. In the obtained findings, it is clear that the ratio of marriage changes in 1918 compared to 2008 has been about 6.37 percent negative change, while the population of citizens at the age of marriage in the country has increased. However, during the same period, divorce has increased by 58.32%, which indicates the trend of decreasing marriage and increasing divorce in the country, which is very worrying. Also, the results of the data show that the number of divorces to marriage in 2008 increased from 12.5 to 77.31 in 2018, which is a sign of deterioration of this characteristic in the country (Civil Registry Site, 2018).The astonishing increase in the amount of the separation and the decrease in the average married life and the time of marriage or life under duress and pressure make it necessary to examine what is marital compatibility and satisfaction? And what are the factors that increase the satisfaction of the relationship and which cases cause the rupture of marital ties? Fanny et al. (2021) believe (4) that satisfaction of the relationship is the correspondence between the current states of the person in relation to the expected form. Satisfaction is considered to be the real feelings of happiness, satisfaction and feeling gained by the couple that they gain when they focus on all aspects of their marriage. With the beginning of the marital relationship, it is the time of the engagement that informing the candidates about themselves and their interpersonal interaction at this time can help strengthen their marital life (5). Therefore, relationships and related examples in human life, especially in relationships between candidates, are very necessary and similar to the context that includes the rest of life. The relationship between couples depends on many factors, one of these factors is the marital satisfaction of their parents, because the family is the most important organ that transmits values. Children of parents whose marriage is accompanied by conflict, action and reaction, face-to-face dissatisfaction, excuses, hostility and lack of intimacy, are likely to experience many problems in their relationship (Arefi, Rahimi and Ismaili, 2016). Studies show that parental marital satisfaction predicts 34% of children's satisfaction in married life and relationships (6). It affects the basic family issues such as interpersonal actions, ideas, reactions and interactive models of children (7). Researchers in their findings have identified variables affecting marital longevity and satisfaction, among which personality and personal characteristics as an important dimension on the quality of relationship between couples (8). Personality is a pattern of thinking, feeling, and behavior resulting from individual characteristics with hidden or overt psychological mechanisms behind that pattern. There are many classifications of personality dimensions and characteristics. One of the classifications of personality traits is the classification of five major personality factors.

[Downloaded from mail.intjmi.com on 2026-11-19]

In the five-factor model, the five main personality factors are: neuroticism, extraversion, flexibility, pleasantness. Being responsible and conscientious (9). Satisfaction of the relationship is currently one of the most widely used concepts in family and couple research. This phrase is related to many other terms such as "marital satisfaction", "marital happiness", "couple success" and "marital permanence". The description of marital compromise has been studied by many researchers in the field of marital research. Heppley and Bradbury (2018) indicated that the literature on marital satisfaction is affected by the use of passive expressions. The researchers went on to show that terms such as how to marry, how to achieve the goal of marriage, compromise, happiness and harmony with cohabitation are also meaningful. Marital reconciliation is a separate term and its exact description is necessary (10). While the previous terms each represent only one dimension of marriage, relationship satisfaction is a multidimensional term that illuminates multiple levels of marriage and is a process that occurs throughout a couple's life because it requires the matching of tastes, cognition. Personality traits are the creation of rules of behavior and the formation of patterns of communication strategies, so being satisfied with the relationship is a process that can be completed between husband and wife (11). Over the years, this meaning has been used without a double and obvious description among researchers. Satisfaction with the relationship is a way in which married people, individually or with each other, compromised towards staying married, so that being satisfied with the relationship is one of the most important factors in determining the permanence and continuation of married life (12). This questionnaire includes dimensions that measure four important verified dimensions: 1) dual consent, 2) dual agreement, 3) dual correlation, and 4) loving expression. Satisfaction with the relationship affects most aspects of personal and social life, which is in fact the basis of good family productivity and facilitates the role of parents and leads to financial expansion and high life satisfaction (13). Xi, Geo and Gang (2018) in a study examined the relationship between progressive personality and marital satisfaction: External and face-to-face influences. In this study, data were obtained from 241 working women from China and it was found that leading personality has a positive relationship with marital satisfaction, by facilitating family work and reducing family marital conflict for men. However, the effect of previous personality on married and general marital satisfaction was inverse for women. In particular, the protagonist personality has a positive relationship with facilitating family work and family work-related issues, which in their own way have a positive and non-positive effect on the predicted marital satisfaction. In addition, the results show a direct interaction between marital satisfactions between spouses, suggesting that the effect of the developmental personality of individuals on their marital satisfaction may be transmitted to their spouses. This study enhances our knowledge of the impact of precocious personality (14). Oraki and Fard Aghaei (2019) in a study analyzed the relationship between personality traits and the amount of anxiety with Internet addiction and marital satisfaction in married women. The method of this research was correlational, the cases of which were 120 married women referring to health families in District 6 of Tehran. Written questions were used to obtain research information. Findings showed that there is a significant relationship between personal characteristics and the amount of stress with Internet addiction and marital satisfaction (15). Arefi (2016) conducted a study on the subject of predicting relationship satisfaction at the time of engagement based on personal characteristics,

[Downloaded from mail.intjmi.com on 2026-11-19]

family factors and personality and family homogeneity. The method of this research was correlation. Among 3000 couples married before marriage in Kermanshah in 2015, using the Cochran's formula, 500 couples were selected by multi-stage cluster sampling. Data were collected by using a researcher-made questionnaire of personality and family characteristics and a sub-measure of the relationship between the Enrich questionnaires. Simultaneous regression analysis and Pearson correlation coefficient were used to analyze the data. The results showed that personality traits (happiness, sociability, patience, perseverance and conscientiousness) positively predict satisfaction with the relationship at the time of engagement (60%). Also, the characteristics of the family environment, the marital satisfaction of the parents and the relationship with the mother positively predict the relationship at the time of engagement. Finally, personality and family similarity together could predict a 14% distribution of satisfaction with the engagement period relationship (5). Research Goals:

1. Determining the relationship between personality traits and satisfaction of the relationship of a candidate about to get married.
2. Prioritize personality traits in the relationship of a candidate about to get married.

Research Methods

The present research is applied in terms of purpose and descriptive in terms of method. The statistical population in this study were all candidates in Kermanshah in 2020, who had referred to the health centers of the city for premarital tests. Cluster sampling method was used in this study. In order to reach the sample of candidates referring to health centers in Kermanshah, a memory center was randomly selected from three centers. At the Memory Center, 350 people (175 couples) were randomly selected from the list of clients. A questionnaire was used to collect information in this study. Measurements were performed by using the various subscales of the Relationship Assessment Questionnaire (RELATE) (Holman Basby, Doxy, Klein, and Loir Carlson 1997.2). This questionnaire is a multidimensional couple assessment tool that consists of 271 articles and is designed to assess respondents' perceptions about themselves and their spouse in four important contexts of pre- and post-marital relationships: (1) Individual context (such as personality traits) Interaction style, values and beliefs); (2) paired texture (paired communication, conflict resolution); (3) family context, parent-parent-child relationship, etc.); (4) Social context of social support, race, socio-economic status of the family, etc.), all RELATE subscales have internal consistency scores between 70 and 90 (Busby, Holman and Tainguchi, (2000) .Personality traits in research were measured by using the Valuable 4-item scale, the Depression Happiness 3-item scale, the 4-item kindness scale, the Flexibility Scale, and the 4-item Relaxation / Anxiety Scale. Never (up to) (always) scores Data from the questionnaire were analyzed using SPSS software. FindiFindi tive statistics, demographic characteristics were examined, which are reported in the table below.

In this section, first the normality of the data is examined through Kolmogorov-Smirnov test, then to test each of the hypotheses, related tests are used.

First, the normality of the data is checked. For this purpose, the hypothesis related to this part is:

H0=Data distribution is normal -------- Significance level ≥ 0.05

H1= Data distribution is not normal -------- Significance level / 0.05

The above hypothesis was tested for research variables by performing Kolmogorov-Smirnov test (KS test), the result of which is shown in the table below.

[Downloaded from mail.intjmi.com on 2026-11-19]

In the humanities, the confirmation or rejection of hypotheses is typically expressed with 95% confidence. On the other hand, the level of significance obtained by using SPSS software indicates the amount of error that can be made in rejecting the H0 hypothesis. Therefore, when this value is greater than 0.05 (95% -1), the H0 hypothesis cannot be easily rejected.

As can be seen in Table 2, the significance level of both variables is more than 0.05, so with 95% confidence (less than 5% error) cannot be claimed to reject the H0 hypothesis. In other words, for all variables, the H0 hypothesis that the data is normal is confirmed.

The first hypothesis of this study is: the relationship between personality traits and satisfaction with the relationship between candidates on the verge of marriage has a significant effect. To test this hypothesis, Pearson correlation coefficient test was used.

The correlation between personality traits and satisfaction with the relationship between candidates on the verge of marriage can be seen in the table above. It can be clearly seen that the values of Pearson correlation coefficient between calm / neural characteristics, agreement / hostility, independent / dependent, measured / impulsive and conscientious / responsible with relationship satisfaction are equal to 0.531, 0.576, 0.480, 712, respectively are positive and significant at the level of P <0.01 . Also, the correlation coefficient between extraversion / introversion trait with satisfaction with the relationship is -0.352 and is negative and significant at the level of P<0.01.Therefore, the null hypothesis and the research hypothesis based on the relationship between personality traits and satisfaction with the relationship between candidates on the verge of marriage are accepted.

In order to prioritize personality traits in relation to candidates about to get married at levels that have more than one factor, Friedman test was used. In Friedman test, the H0 hypothesis is based on the similarity of the mean rankings between the groups.

The report shows the status table of the variables (personality traits). Mean Rank of each attribute is reported in the table. Comparison of the mean rankings shows that the highest mean rank (4.20) belongs to the calm / nervous trait, which means that it is the most important trait in terms of individuals.

Discussion

This study investigated the effect of personality traits on the relationship between candidates on the verge of marriage. Finally, the results showed a significant relationship between personality traits and satisfaction on the relationship between candidates on the verge of marriage. The results showed that there is a positive and meaningful relationship between hostility, independent / dependent, measured / impulsive and conscientious / responsible traits These results are consistent with the findings of Vijia et al. (2021), Xi, Geo and Gang (2018), Orki and Fard Aghaei (2009). Igsi, Geo and Gang (2018) in a study showed that precocious personality has a positive relationship with marital satisfaction, by facilitating family work and reducing family marital stress for men. However, the effect of precocious personality on marital satisfaction was complex and negative for women in general. In particular, precocious personality has a positive relationship with facilitating family work and family work-related problems, which in turn have a positive and negative effect on predicated marital satisfaction. Abu Saeedi et al. (2018) found in a study that higher levels of extraversion of couples predicted higher marital satisfaction for both women and men. In addition, the similarity of spouses in empiricism and agreement was associated with higher marital satisfaction. Based on the research findings, it is suggested that family counseling centers for couples who are satisfied with low engagement relationship,

[Downloaded from mail.intjmi.com on 2026-11-19]

focus on treatment methods emphasizes on personality traits. It is suggested that candidates who have a lack of relationship satisfaction be examined in family counseling centers in terms of the type of first family and family health. It is suggested that psychologists and family counselors identify negative personality traits such as neurosis in order to satisfy the couple's engagement relationship. This study has limitations such as the existence of uncontrolled variables as couples' communication skills and uncertainty in generalized findings due to limited geographical territory.

Conclusion

Personality traits and precocious personality are related to marital satisfaction in reducing marital stress in the family. And the high level of extraversion of couples leads to higher marital satisfaction for both women and men.

References

1. Wijaya, A. P., & Widyaningsih, Y. A. (2021). The role of dyadic cohesion on secure attachment style toward marital satisfaction: a dyadic analysis on couple vacation decision. Journal of Quality Assurance in Hospitality & Tourism, 22 (1), 119-142.
2. Hainmueller, J., Mummolo, J., & Xu, Y. (2020). How Much Should We Trust Estimates from Multiplicative Interaction Models? Simple Tools to Improve Empirical Practice – CORRIGENDUM. Political Analysis, 28 (1), 146-146.
3. Gholam Aliei, Behzad, et al., 2015, Marriage criteria in couples about to get married referring to the marriage counseling center of Tuyserkan city in 2015, Scientific Journal, 14 (4).
4. Fani Sobhani, F., Ghorban Shiroudi, S., & Khodabakhshi-Koolaee, A. (2021). Effect of Two Couple Therapies, Acceptance and Commitment Therapy and Schema Therapy, on Forgiveness and Fear of Intimacy in Conflicting Couples. Practice in Clinical Psychology, 9 (4), 271-282.
5. Arefi, Mokhtar., And Mohsenzadeh, Farshad (2015). Predicting the marital adjustment of young cultural couples based on the degree of differentiation from the main family and marital satisfaction of parents, family and research, 13 (31), pp. 87-106.
6. Montesi, J. L., Conner, B. T., Gordon, E. A., Fauber, R. L., Kim, K. H., & Heimberg, R. G. (2013). On the relationship among social anxiety, intimacy, sexual communication, and sexual satisfaction young couples. Archives of Sexual Behavior, 42 (1), 81-91.
7. Saeedi, Mojgan and Arefi, Mokhtar, 2017, Study of the effect of personality traits on marital satisfaction of couples, the first national conference of modern research in Iran and the world in psychology and educational sciences, law and social sciences, Shiraz.
8. Abusaidi, E., Zahrakar, K., & Mohsenzadeh, F. (2018). Effectiveness of solution-focused brief couple therapy in improvement of communication patterns and marital intimacy in women. Journal of Research and Health, 8 (6), 555-564.
9. Nashibi, Elham and Mehri Nejad, Seyed Abolghasem, 2015, The relationship between personality traits and psychological status with marital satisfaction of couples, International Conference on New Research Findings in Psychology and Educational Sciences, Tehran.
10. Vazhappilly, J. J., & Reyes, M. E. S. (2018). Efficacy of emotion-focused couples communication program for enhancing couples 'communication and marital satisfaction among distressed partners. Journal of Contemporary Psychotherapy, 48 (2), 79-88.

[Downloaded from mail.intjmi.com on 2026-11-19]

11 .Erbahrsi, Seyedeh Kobra and Bayanfar, Fatemeh, 1400, A study of the relationship between personality traits and marital satisfaction in couples in Khormuj, Fifth National Conference on Law, Social Sciences and Humanities, Psychology and Counseling, Shirvan.

12. Obeid, S., Sacre, H., Haddad, C., Akel, M., Fares, K., & Zakhour, M., et al. (2019). Factors associated with fear of intimacy among a representative sample of the Lebanese population: The role of depression, social phobia, self - esteem, intimate partner violence, attachment, and maladaptive schemas. Perspectives in Psychiatric Care, 56 (3), 486-94.

13. Naeinian, Nik Azin (2012). The relationship between intimacy and sexual satisfaction with public health and personal well-being. Journal of Behavioral Science Research, 10 (7): pp. 735-745

14. Xie, J., Zhou, Z. E., & Gong, Y. (2018). Relationship between proactive personality and marital satisfaction: A spillover-crossover perspective. Personality and individual differences, 128, 75-80.

15. Oraki, Mohammad and Fard Aghaei, Anousheh, 2019, A study of the relationship between personality traits and stress levels with Internet addiction and marital satisfaction in married women.

Tables

Table 1: Demographic characteristics of the statistical sample

Dimensions		**Abundance**	**Abundance %**
Gender	Man	175	50%
	Woman	175	50%
Age	Under30		36%
	30-40	50	28.6%
	41-50	35	20%
	over50years old	27	15%
Education	Diploma	6	3.4%
	Associate Degree	9	50.1%
	BH	104	59.4%
	MA	51	29.1%
	PHD	5	2.9%

Table 2. Normally Test for Research Variables

Variables	**Significance level**	**Result**
Personality traits	0.07	Data distributiont is normal
Satisfaction of the relationship	12%	Data distribution is normal

[Downloaded from mail.intjmi.com on 2026-11-19]

Table 3. Correlation coefficient between personality traits and satisfaction of the relationship between the candidates on the verge of marriage

		calm / neural	Happy/sad	extra version / introversion	Social/avoidance	Indifference / Empathy	agreement / hostility	independent / dependent	measured / impulsive	conscientious / responsible
Satisfaction of the relationship	Correlation coefficient	0.531	0.106	-0.352	-0.022	0.022	0.576	0.480	0.712	0.353
	Significance	0.001	0.045	0.001	0.678	0.672	0.001	0.001	0.001	0.001

Table 4. Prioritization of personality traits

Barrier	Average ranking
Calm/neural	4.20
Happy/sad	3.00
Social /avoidance	2.56
Emphatic /indifference	2.52
extraversion / introversion	2.46
Dependent/indipendent٥	2.38
Responsible /conscientious	2.26
Measured /impulsive	2.02
Agreement /hostility	1.66
Calculated error. 0.000	

[Downloaded from mail.intjmi.com on 2026-11-19]