



Predicting marital commitment based on communication beliefs with the mediation of sexual satisfaction and self-control

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Abstract

Aim: The present study was conducted with the aim of predicting marital commitment based on communication beliefs with the mediation of sexual satisfaction and self-control. **Methods:** The research method was correlational and structural equations type. The statistical population is all women who referred to counseling centers and health homes in Tehran in 2020-21 and 380 people were selected as a sample using a simple random sampling method. The data collection tool was Adams and Jones' Marital Commitment Questionnaire (1997), Idelson and Epstein's Relationship Beliefs in Married Life (1982), Larson et al.'s Sexual Satisfaction Questionnaire (1998), and Tangeny et al.'s Self-Control Questionnaire (2004). For data analysis, structural equation modeling was used using AMOS 14 and SPSS 24 software. **Results:** The results showed that the direct effect of communication beliefs on sexual satisfaction ($\beta=-0.13$), self-control ($\beta=-0.47$) and marital commitment ($\beta=-0.46$) is significant. The direct effect of sexual satisfaction on marital commitment ($\beta=0.22$) and self-control on marital commitment ($\beta=0.54$) is also positive and significant. Meanwhile, self-control can play a mediating role in the relationship between communication beliefs and marital commitment ($P\geq 0.001$). **Conclusion:** communication beliefs, communication patterns, sexual satisfaction and self-control, if formed in positive and efficient dimensions, can increase and maintain couples' commitments.

Keywords: communication beliefs, marital commitment, sexual satisfaction, self-control.

Introduction

In recent years, one of the most important reasons for differences and separation has been cited as the infidelity and lack of commitment of spouses. On the other hand, modeling the effective variables related to commitment can help prevent marital conflicts and strengthen relationships between couples, significantly increasing marital commitment. Since commitment is also an excellent value in our religion and culture and there is a great sensitivity towards it, and on the other hand, the variables affecting marital commitment in Iran require significant attention. However, the lack of research on the relationship between marital commitment and communication beliefs in the form of structural equation models with the mediation of sexual satisfaction and self-control makes this research essential. Therefore, the question of this research is whether the marital commitment model based on communication beliefs is predictable with the mediation of sexual satisfaction and self-control?

Method

This research was correlational in terms of research method. The statistical population of the present study was all the couples who referred to the counseling centers of the 5th district of Tehran during the winter of 2021, which was approximately 320 people. The number of samples from the two centers was estimated to be 175 people according to the table for determining the sample size of Krajcic and Morgan, and this number was selected from the entire population by simple random sampling method. The data collection tool included Edwards, Johnson and Booth's Marital Stability Questionnaire (1987), Spanier's Marital Compatibility (1976) and Scouron and Friedlander's (1998) self-differentiation. The data obtained from the questionnaire were used in two description sections, including mean and standard deviation, and Pearson correlation and regression were used for data analysis.

Results

The research method was correlational and structural equations type. The statistical population is all women who referred to counseling centers and health homes in Tehran in 2020-21 and 380 people were selected as a sample using a simple random sampling method. The data collection tool was Adams and Jones' Marital Commitment Questionnaire (1997), Idelson and Epstein's Relationship Beliefs in Married Life (1982), Larson et al.'s Sexual Satisfaction Questionnaire (1998), and Tangeny et al.'s Self-Control Questionnaire (2004). For data analysis, structural equation modeling was used using AMOS 14 and SPSS 24 software. Results: The results showed that the direct effect of communication beliefs on sexual satisfaction ($\beta=-0.13$), self-control ($\beta=-0.47$) and marital commitment ($\beta=-0.46$) is significant. The direct effect of sexual satisfaction on marital commitment ($\beta=0.22$) and self-control on marital commitment ($\beta=0.54$) is also positive and significant. Meanwhile, self-control can play a mediating role in the relationship between communication beliefs and marital commitment ($P \geq 0.001$).

Conclusion

In general, marital commitment refers to the sense of continuity in the relationship and the effort and motivation to maintain the relationship, and is the main factor in loyalty and family stability. Marital commitment includes an individual's attitude towards their partner and their relationship, conveys the level of feelings and emotions of the couple towards each other, and that they adhere to the customs,

traditions, and laws in their marital commitment. However, there are factors that affect the level of marital commitment between couples. One of these factors is incompatible primary patterns that drive couples towards negativity in thinking, feeling, behavior, and how they relate to others, and distances them from their marital commitments, as these patterns penetrate the individual's beliefs and negatively affect their behavior. Another important factor in influencing the level of marital commitment is communication beliefs. If these beliefs are effective, they can improve and maintain the level of commitment between couples, and if they are ineffective, they can disrupt these commitments.

It should be noted that the generalization of the findings depends on the limitations of the research. This study was essentially correlational. Therefore, it is not possible to explain the causal results. Also, the sample of this study was selected based on the use of self-report measurement tools. Therefore, the generalization of the results should be done with caution. Accordingly, it is recommended that in future research, validity and reliability should be considered in diverse and broader samples using random sampling methods. In addition to the importance of sexual satisfaction, examining the relationship between marital compatibility and incompatible primary patterns is important. Although in this study, the relationship between communication styles and marital commitment of couples was confirmed, its complexity and nature are not well understood. Therefore, understanding the complexity of the style and type of relationship in couples is important in the future.

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