



# Dimensions of marital satisfaction in the days of Corona: a qualitative study

Akram. Motahari Nasab<sup>1</sup>

Kiumars. Farahbakhsh<sup>2\*</sup>

Ahmad. Borjali<sup>3</sup>

Norali Farokhi<sup>4</sup>

1. PhD Student, Department of Counseling, Science and Research Branch, Islamic Azad University, Tehran, Iran

2\* .Corresponding author: Associate Professor, Department of Counseling, Faculty of Psychology and Educational Sciences, Allameh Tabataba'i University, Tehran, Iran

3. Professor, Department of clinical psychology, allameh tabatabaie University, Tehran, iran

4. Associate Professor, Department of Measurement, Allameh Tabatabai University, Tehran, Iran

Email: kiumars@yahoo.com Received: 10.05.2022 Acceptance: 22.12.2022

Journal of Applied Family Therapy

eISSN: 2717-2430  
http://Aftj.ir

Vol. 3, No. 4, Pp: 602-623  
Winter 2023

Original research article

## How to Cite This Article:

Motahari Nasab, A., Farahbakhsh, K., Borjali, A., & Farokhi, N. (2023). Dimensions of marital satisfaction in the days of Corona: a qualitative study. *aftj*, 3(4): 602-623.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

## Abstract

**Aim:** Considering the importance of couples' relationships in the family, this study was conducted to develop a pattern of marital satisfaction during the corona period. **Methods:** This qualitative study was conducted on the basis of data theory. In this stage, the researcher has identified the constructive components in marital satisfaction during the corona period and compared the two groups with marital satisfaction and marital dissatisfaction. For this reason, Enrich's marital satisfaction questionnaire was filled by women between 55-25 years old who were married and had children 13-6 years old. At this stage, the sampling method was purposeful and available. Among them, 12 subjects with low marital satisfaction and 12 people who had good marital satisfaction were selected and interviewed. Axial coding method was used to analyze the interview data. The codes were confirmed by 10 professors and finally comparisons were made between the two groups and a conceptual model was developed. **Results:** The results of this study showed that the main factors affecting marital satisfaction during the coronavirus outbreak include eight cases of love (empathy, affection, appreciation, sexual satisfaction, mutual understanding and caring about the wishes of the spouse), border management (fairness in the division of duties, management of family involvement and independence, creating the privacy of children and parents, providing emotional needs of parents and supporting and assisting parents), family work balance (flexibility in role ( taking responsibility for things, and prioritizing the family against working outside), secure attachment (trusting in your abilities, having a positive view of your spouse and balancing intimacy and personal independence), emotional maturity (keeping the child alive, flexibility and limiting the involvement of families), religious beliefs (belief in trust in God, transient and temporary suffering, cooperation in the service of charity and good service). Attending religious ceremonies in accordance with protocols, problem solving (contentment, dialogue, resolving misunderstandings, consulting and getting help from external sources of support) and time management (using cyberspace for personal affairs, two-person recreation between husband and wife, having leisure time for yourself and taking time for family fun). **Conclusion:** The results help counseling centers to gain a broad view of women's problems during quarantine and in crisis and help them to better adapt to a crisis such as corona and increase the intimacy of couples between them and their spouses.

**Keywords:** Corona outbreak, marital satisfaction, couple, qualitative study.

### References

- Agate, J. R., Zabriskie, R. B., Agate, S. T., & Poff, R. (2009). Family leisure satisfaction and satisfaction with family life. *Journal of leisure research*, 41(2), 205-223.
- Ay, E. (2018). An analysis of marital satisfaction and perceived social support in mothers with cancer-diagnosed children. *International Journal of Caring Sciences*, 11(1), 145-156.
- Balali, E., Mohebbi, S. F., & Hissini, S. S. (2017). Qualitative study of the challenges related to simultaneous educational and family roles playing. *Women's Strategic Studies*, 19(75), 32-63.
- Banayan, Sh., Parvin, N., & Kazemian, A. (2007) Investigating the relationship between mental health and marital satisfaction of married women. *Ibn Sina Journal of Nursing and Midwifery Care*. 14(2): 52-62
- Dehdast, K., Kazemian, S., & Bagheri, S. (2017). Explaining the conceptual model in the process of adapting to the spouse's family. *Educational cultural quarterly for women and family*. 11(37): 49-75.
- Garavand, H. (2021). Structural modeling of problem solving styles and corona anxiety in students with emphasis on the mediating role of self-efficacy. *Cognitive and behavioral science research*. 10(2): 145-166
- Haji Pahlavan, G., Kariminia, M. M., & Ansari Moghadam, M. (2021). Increase and decrease of divorce according to the role of spouse's family in private life. *New developments in psychology, educational sciences and education* 4(26): 92-77.
- Harper, C. A., Satchell, L. P., Fido, D., & Latzman, R. D. (2020). Functional fear predicts public health compliance in the COVID-19 pandemic. *International Journal of Mental Health and Addiction*, 27, 1–14.
- Luetke, M., Hensel, D., Herbenick, D., & Rosenberg, M. (2020). Romantic relationship conflict due to the COVID-19 pandemic and changes in intimate and sexual behaviors in a nationally representative sample of American adults. *Journal of Sex & Marital Therapy*, 46(8), 747-762
- McRae, C., Henderson, A. M., Low, R., Chang, V., & Overall, N. (2020). Parents' distress and poor parenting during COVID-19: The buffering effects of partner support and cooperative coparenting.
- Mohsenzadeh, F., Nazari, A. M., & Arefi, M. (2011). Qualitative study of factors of marital dissatisfaction and divorce (Kermanshah case study), *strategic studies of women*. 14 (53): 7-42.
- Mokhles, H., Fattahi Andbil, A., & Shafiabady, A. (2021/1400s.c.). The Effectiveness "Solution - Focused Brief Therapy" on Marital Intimacy and Contingencies of Self-Worth in Divorce Applicant Couples. *Journal of Health Promotion anagement*, 10 (2), 110-122. URL: <http://jhpm.ir/article-1-1289-fa.html> (In Persian)
- Morgan, M., & Freedman, J. (2018). From fear of intimacy to perversion. In *Sex, Attachment and Couple Psychotherapy* (pp. 185-198). Routledge
- Mortezaei, N., & Rezazadeh, S. M. R. (2020). The mediating role of marital commitment in the relationship between fairness perception and marital satisfaction. *Applied psychological research*. 42(11): 281-293
- Mousavi, S. F. (2020). Psychological well-being, marital satisfaction, and parental burnout in Iranian parents: The effect of home quarantine during COVID-19 outbreaks. *Frontiers in Psychology*, 3305.
- Neff, L. A., & Karney, B. R. (2009). Stress and reactivity to daily relationship experiences: How stress hinders adaptive processes in marriage. *Journal of Personality and Social Psychology*, 97(3), 435–450. doi:10.1037/a0015663

- Nguyen, T. P., Karney, B. R., & Bradbury, T. N. (2020). When poor communication does and does not matter: The moderating role of stress. *Journal of Family Psychology*, 34(6), 676.
- Overall, N. C., Chang, V. T., Pietromonaco, P. R., Low, R. S., & Henderson, A. M. (2021). Partners' attachment insecurity and stress predict poorer relationship functioning during COVID-19 quarantines. *Social Psychological and Personality Science*, 1948550621992973.
- Pietromonaco, P. R., & Overall, N. C. (2021). Applying relationship science to evaluate how the COVID-19 pandemic may impact couples' relationships. *American Psychologist*, 76(3), 438.
- Prasso, S. (2020). China's divorce spike is a warning to rest of locked-down world. <https://www.bloomberg.com/news/articles/2020-03-31/divorces-spike-in-china-after-coronavirus-quarantines>
- Prime, H., Wade, M. and Browne, D. T. (2020) 'Risk and resilience in family wellbeing during the COVID-19 pandemic', *American Psychologist*. 75(5): 1–13.
- Rafaeli, E., & Gleason, M. E. (2009). Skilled support within intimate relationships. *Journal of Family Theory & Review*, 1(1), 20-37.
- Rajabi, Gh., Faramarzi, S., & Khojstemehr, R. (2012). Examining the role of fairness perception on marital quality. *Psychological studies*. 8(30): 31-50.
- Rao, S. (2020). A natural disaster and intimate partner violence: Evidence over time. *Social Science & Medicine*, 247, 112804.
- Ridley, J., & Crowe, M. (2000). *Applied couple therapy*, translated by Ashraf Al-Sadat Mousavi (2004), Mehrkaviyan Publishing House, second edition.
- Schmid, L., Wörn, J., Hank, K., Sawatzki, B., & Walper, S. (2021). Changes in employment and relationship satisfaction in times of the COVID-19 pandemic: Evidence from the German family Panel. *European Societies*, 23(sup1), S743-S758.
- Singhal, T. (2020). A review of coronavirus disease-2019 (COVID-19). *Indian Journal of Pediatrics*, 87(4), 281–286.
- Sorokoumova, E. A., Matveeva, N. E., Cherdymova, E. I., Puchkova, E. B., Temnova, L. V., Chernyshova, E. L., & Ivanov, D. V. (2020). Features of communication between spouses during long-term forced self-isolation as a factor of constructive marital relationships. *EurAsian Journal of BioSciences*, 14(2), 3863-3868.
- Valentina, T. D., & Nurcahyo, F. A. (2021). Family Strength During the COVID-19 Pandemic in Indonesia. *Journal of Family Issues*, 0192513X211068921.
- Wu, Q., & Xu, Y. (2020). Parenting stress and risk of child maltreatment during the COVID-19 pandemic: A family stress theory-informed perspective. *Developmental Child Welfare*, 2(3), 180-196.
- Yang, H., & Ma, J. (2020). How an epidemic outbreak impacts happiness: Factors that worsen (vs. Protect) emotional well-being during the coronavirus pandemic. *Psychiatry Research*, 289, 113045–113045.
- Yousefi Afrashte, M., & Hayati, M. (2021). Identifying the components of marital happiness in Iranian families: a grounded theory approach. *Psychological Development*, 10 (5): 96-87.