



Predicting the attitudes of single young people towards marriage based on personality traits and perfectionism

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Abstract

Aim: The aim of this study was to predict the attitude of single young people to marriage based on personality traits and perfectionism. **Method:** The present research was descriptive-correlational in terms of applied purpose and descriptive research design. The statistical population included all single students of Isfahan universities in the academic year 2020-2021. From this community, 170 students were selected by available methods and all participants responded to Bratton and Rosen (1998) Attitudes Towards Marriage, the 5 Big Factors of Short Form Personality (NEO-FFI), and the Terry - Short et al. (1995) Perfectionism Questionnaires. Pearson correlation method and hierarchical regression analysis and SPSS software were used to analyze the data. **Results:** The results showed that among personality traits, neuroticism negatively and extroversion positively and significantly predicts the attitude to marriage. Also, negative perfectionism negatively and positive perfectionism positively and significantly predict the attitudes towards marriage. **Conclusion:** Based on the research findings, it can be concluded that personality traits and perfectionism are among the factors that play a role in young people's attitudes toward marriage.

Keywords: Attitude towards marriage, personality traits, perfectionism.

Introduction

Marriage is a relationship that has unique and extensive features, a relationship that has biological, emotional, psychological, economic and social dimensions. Marriage is one of the important and fateful choices of every person. This choice is considered one of the stages and processes of growth, which is important in the evolution of the internal dimensions and personality of a person (Ebrahimi et al., 2020).

Attitude towards marriage is: relatively fixed ideas and beliefs formed in people's minds for marriage and includes beliefs about willingness or unwillingness to marry, the importance of marriage, expectations from marriage, benefits and costs of marriage and factors affecting it (Willoughby, 2010).

Various factors affect people's attitude towards marriage. One of these factors is personality traits.

Personality traits are stable characteristics that do not change much from one situation to another. They are stable and durable tendencies to respond in the same way to different stimuli and can be a predictor of a person's behavior in different situations. In this regard, the big five factor model of personality proposed by Costa and McCree introduces five basic dimensions for personality and each dimension includes a number of special traits that make up the total of those traits of the five personality factor model. The five factors are: neuroticism, extroversion, openness or flexibility to experience, pleasantness or agreeableness, conscientiousness or conscientiousness (Talshi & Soltani, 2018).

Another personality structure is perfectionism, which seems to play a role in people's attitude towards marriage (Rezakhani, Nouri Ghasemabadi and Jan Bakhsh, 2010).

Therefore, according to the mentioned cases, we can understand the role of perfectionism in interpersonal relationships and attitude towards marriage. In general, nowadays, the issue of marriage and choosing a spouse is one of the most important decisions in life, and without a doubt, various factors (such as personality traits, perfectionism, etc.) can play a role in the attitude of young people towards marriage. On the other hand, based on the researcher's studies, no research was found that studied the role of variables of perfectionism and personality traits in the attitude towards marriage, so the current research seeks to answer this main question:

Can personality traits and dimensions of perfectionism predict the attitude of single youth towards marriage?

Method

The current research is a correlational descriptive research method in terms of applied purpose and method. In this research, the relationship between two predictor variables, personality traits and perfectionism, with a criterion variable, attitude towards marriage, was studied. The statistical population of this research included all single students of Isfahan city in the second semester of the academic year 2020-2021. Regarding determining the sample size of correlational studies, it has been suggested that the minimum sample size for multivariate analysis should be 100 people or at least 20 times the number of variables, each of which is larger (Homan, 2011). Therefore, taking into account the possible loss of distorted questionnaires, 170 people were considered as a sample and this number was selected using the available method. The criteria for entering the study were: -

Being single with no previous marriage history, age 18 to 35 years, completing the questionnaires completely. Exit criteria: not completing the questionnaire completely. In order to collect another part of the information, the field method and the following questionnaires were used.

Results

The results of descriptive statistics showed that 22.9% of subjects were less than 20 years old, 27.6% were 21 to 25 years old, 2.25% were 26 to 30 years old, and 24.1% were older than 30 years old.

The values of elongation and skewness of all components and variables are in the range of ± 2 . This finding indicates that the distribution of univariate data in the present study is normal

There is a significant correlation between all the variables of the research, especially the predictor variables and the criterion, i.e. the attitude towards marriage ($p < 0.01$).

In order to investigate the relationship between personality traits and perfectionism with attitude towards marriage, hierarchical regression analysis was used, during which, in the first step or block, personality traits and in the second step, perfectionism as predictor variables and attitude towards marriage as a criterion variable were entered into the regression equation, the results of which are presented. Before reporting the model, the presuppositions of the regression analysis were examined.

Personality traits predict the attitude of young single people towards marriage ($P < 0.01$, $F = (164, 5) 29.64$). The squared coefficient of multiple correlation between variables or coefficient of determination is equal to ($\text{adj}R^2 = 0.475$), which indicates that personality traits predict 47.5% of the variance of attitude towards marriage. Also, the analysis of regression coefficients between personality traits and attitude towards marriage shows that neuroticism ($P < 0.01$, $t = 6.25$, $\beta = 0.402$) negatively and extroversion ($P < 0.01$, $t = 3.46$, $\beta = 0.254$) positively and significantly predict the attitude of single young people towards marriage. Therefore, in the test of the first hypothesis, it was concluded that among the components of personality traits, neuroticism negatively and extroversion positively and significantly predict the attitude of single young people towards marriage.

By entering the dimensions of perfectionism into the prediction equation in the second stage, the value of R^2 increased to 0.624. This means that the inclusion of the dimensions of perfectionism in the prediction equation explained 62.4% of the variance of the attitude towards marriage. The value of R^2 ($R^2\Delta$) changes was equal to 0.150, which means that by entering the dimensions of perfectionism in the prediction equation and by controlling the share of personality traits in the explained variance, the attitude of single youth towards marriage has increased by 15%, which is statistically significant ($P < 0.01$), examining the regression coefficients between the dimensions of perfectionism and the attitude of single youth towards marriage showed that negative perfectionism is negative ($P < 0.01$, $t = -6.17$, $\beta = -0.364$) and positive perfectionism positively ($P < 0.05$, $t = 2.56$, $\beta = 0.145$) significantly predict young people's attitude towards marriage, respectively. Thus, in the test of the second hypothesis, it was concluded that the dimensions of perfectionism, that is, negative perfectionism negatively and positive perfectionism positively predict the attitude of young people towards marriage.

Conclusion

The present study was conducted with the aim of predicting the attitude of single youth towards marriage based on personality traits and perfectionism. The results showed that the personality traits of neuroticism negatively and extroversion positively and significantly predict the attitude towards marriage.

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