To Investigate the Relationship between Marital Satisfaction and Attitude to Love and Quality of Life in Pregnant Women

Maryam Azami
Department of Psychology, Ayatollah Amoli Branch, Islamic Azad University, Amol, Iran

Ali Reza Homayouni*
Department of Psychology, Bandargaz Branch, Islamic Azad University, Bandargaz, Iran
*Corresponding Author: Aliresah2000@gmail.com

Rajab Ali Mohammad Zadeh
Department of Psychology, Payam Nour University, Iran

Abstract

The aim of the present study was to investigate the relationship between marital satisfaction and attitude to love and quality of life in pregnant women. The research method was descriptive and based on correlational method. The study population included all pregnant women in the city of Amol in 2015 referred to health centers of the city and the number of them was 360. 186 of the population were selected as sample with available sampling method (voluntary). Research data was collected by a marital satisfaction questionnaire of Enrich, the questionnaire on attitudes to love of Hendik Hendrik and the World Health Organization quality of life questionnaire. To analyze the data, SPSS software and Pearson and Spearman correlation test were used. The results showed that there was a significant relationship between marital satisfaction (p<0.001) and quality of life. Also, there was a significant relationship among lustful love (p<0.01), love based on role (p<0.001), altruistic love (p<0.001), real love (p<0.01) and quality of life; but there was not any significant relationship among lustful love (p<0.01), love based on role (p<0.001), altruistic love (p<0.001) and logical love (p<0.01) and marital satisfaction; but friendly love (p>0.05) and real love (p>0.05) and marital satisfaction have no significant relationship. Thus, according to the results, it can be noted that marital satisfaction and attitudes towards love can improve the quality of life.

Keywords: marital satisfaction, attitudes to love, quality of life.
Introduction
Pregnancy with psychological, physiological factors and endocrine secretions impact has an effect on women's body and mind (Shabangiz and Ehsanpour, 2014). An expectant mother is faced with new concerns and her concerns about the growing embryo and the child of the future make her anxious. The researchers stressed that pregnant women during pregnancy could have various problems such as sleep problems, depression (Suzuki, 2015), alcohol consumption and alcohol dependence and smoking (Lange et al, 2015), stress and anxiety disorders, anxiety etc. Therefore, it is not unexpected that in this group of women, the quality of life is influenced by pregnancy; what that some researchers have emphasized (Dryman et al, 2016; Zahedi and Deriss, 2014); In this regard, researchers from various factors related to the quality of life during pregnancy were examined.

The researchers, who have studied on marital satisfaction, are faced with many problems, including the concept of inner nature and fluid of marital satisfaction. According to the social and cultural changes that have increased in recent decades, these changes have some effects on the attitude of couples towards responsibility in a marriage. Not only is perception and meaning of marriage because of the social and cultural changes, but the growth of each of the couples in different stages of relationship and marriage has changed (Sharaievska, 2014).

Consent of people of the marriage underlies the core of family satisfaction and life. Marital satisfaction is one of the factors affecting the stability and reliability of families and at the same time, mental health of wives and children. Also, physical and emotional health and mental health in society depend upon the health of marital relationship and sustainability marriage. In other words, the consent of a person of marital life relies on his satisfaction with the family and family satisfaction was the sense of life satisfaction and as a result, this facilitates the growth and development of material and spiritual progress of society (Jianbozorgi et al, 2010). Thus, it can be assumed that marital satisfaction in pregnant women can have an important role in the quality of life in pregnant women.

People to establish an intimate relationship with another person, must find partners, establish an emotional bond, and maintain it over time. Finding a spouse to a partner of life is an important event in adulthood has a profound influence on the development of self-concept and mental health. This event, however, is a complex process that will flourish over time and is influenced by a variety of events. Falling in love is when all human instincts are irritated; when we say we love that we love an individual with all our joy (Dejkam, 2008).

Thus, one of the most important relationships which humans create in their life and they expect that meet their spiritual need and loving and be loved is love and passion. Given the importance of the concept of love and lovemaking, many theories have been proposed in this regard. People to love towards his wife use a style and certain method and this style is influenced by the continuous interaction between the couple and their perception of the environment. One of the most important theories to explain the types of deals with love is six-dimensional theory of "Li". According to estimates from the United States, Canada and Great Britain, Lee defines six types of love (Neto, 2007): 1- romantic love; 2- companionate love; 3- lobe based on role; 4- lustful love; 5- realistic love; 6- love with devotion.

Lack of adequate love and affection may appear in cognitive difficulties, anxiety disorders and psychological problems or provide a ground for the tendency to social deviations including extramarital relations, role of lover, lack of commitment, sexual promiscuity,
reduction of sexual satisfaction, anxiety, depression, paranoia and addiction (Pinto, 2014; Ahmetoglu et al, 2009; Crawford et al, 2003).

Previous researchers have investigated the quality of life and its relationship with variables such as marital satisfaction and attitude to love. For example, Taqaddosi et al (2015) in a research showed that sexual satisfaction and the quality of life in patients with acute coronary syndrome were related. Ansari (2014) in a study entitled "The relationship between early maladaptive schemas, style of lovemaking and communication patterns of couples with marital quality" revealed that there was a style of lovemaking couples with marital quality. Neto & Pinto (2014) in a research studied the satisfaction of love in life and its role in the quality of married life and they showed that there was between the satisfaction of love with marital commitment, sexual satisfaction and satisfaction of emotional well-being.

While the researchers have pointed out to the role of marital satisfaction and attitude to love the quality of life, but the role of these variables has not been studied in the quality of life in pregnant women that thus, this study explores that is there the relationship between marital satisfaction and attitude to love and the quality of life in pregnant women?

**Method**

The present study was performed to investigate the relationship between marital satisfaction and attitude to love and the quality of life in pregnant women. The research method was descriptive and based on correlational method. The study population included all pregnant women in the city of Amol in 2015 referred to health centers of the city and the number of them was 360. 186 of the population were selected as sample with available sampling method (voluntary). The research instruments were as follows:

**Marital Satisfaction Questionnaire of Enrich (evaluation & nurturing relationship issues communication and happiness):**

This instrument was introduced for the first time by Elsen in the form of 115 questions and which Elsen prepared a short form of this questionnaire in 2006. This included 35 questions and Asoudeh et al (2010) translated it. This is based on 12 dimensions. This questionnaire is considered in a five-item (completely agree, agree, neither agree nor disagree, disagree, completely disagree) which each option is given from one to five points. In this questionnaire, both the score of scales and the total score is calculated which the scales obtain from the sum of the scores of scales. Elsen et al (1998) have reported the credits of their recent form, using Alpha 0.92. In a research, Mahdavian (1997) obtained in his work on the validity of the test, Pearson correlation coefficient and test-retest, an interval of one week (0.937 for men and 0.944 for women and 0.94 for men and women). Also, the correlation coefficient of questionnaire with measuring family satisfaction is from 0.41 and 0.60 and with scales of life satisfaction is from 0.32 and 0.41 which all subscales of Enrich questionnaire distinct compatible and incompatible marriages and this indicates that this is a good criterion validity of the questionnaire (Ameri, 2002).

**Questionnaire of the quality of life of 26 questions (sf-26):**

World Health Organization quality of life questionnaire short form consists of 26 questions that assess four dimensions of the quality of life for people including: 1- physical health; 2- psychological health; 3- social relations and 4- social environment. In Iran, Nasir et al (2006) translated this scale into Persian and its reliability and validity of this scale have been reported. Cronbach's alpha coefficient 0.84 indicates good internal consistency. On the other hand, factor analysis on 26 items of the scale determined that on this scale, four subscales
(i.e., physical health, psychological health, social relationships and environment that existed in the original scale) were that indicated the validity of its structure.

**Scale of attitude to love of Hendick and Hendrick (1986):**
Scale of attitude to love was made by Hendick and Hendrick to assess the attitudes of people about love. This test is a tool of 24 phrases. The method of scoring options on this scale is in this form that completely agree = 1, almost agree = 2, no idea = 3, almost disagree = 4, completely disagree = 5. In order to prepare and standardization attitude to love, the researcher has implemented it on a sample of 100 infertile women referred to fertility centers. Cronbach's alpha coefficient is 0.64 (correlation coefficient of the two halves of Guttman 0.57).

**Findings**
To evaluate the hypothesis of the research, Pearson and Spearman correlation test were used. **First hypothesis:** there is a relationship between marital satisfaction and the quality of life in pregnant women.

Table 1: the value of the relationship between marital satisfaction and the quality of life

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>The criterion variable</th>
<th>The value of correlation coefficient</th>
<th>Significance level</th>
<th>Type of test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital Satisfaction</td>
<td>The quality of life</td>
<td>0.338</td>
<td>0.000</td>
<td>Pearson</td>
</tr>
</tbody>
</table>

Given the confidence coefficient 95% and a significance level of Pearson correlation test for the relationship between marital satisfaction and the quality of life (p<0.001) that is less than the default value (0.05), the null hypothesis (lack of the relationship between marital satisfaction and the quality of life) has been rejected and alternative hypothesis (the relationship between marital satisfaction and the quality of life) will be accepted. In other words, it can be concluded that there is a positive and significant relationship between marital satisfaction and the quality of life. Since the value of the correlation coefficient is positive, it can be said that these variables are changing direction; it means that increase of one of them enhances the other and vice versa.

**Second hypothesis:** there is a relationship between attitude to love and the quality of life in pregnant women.

Table 2: the value of the relationship between attitude to love and the quality of life

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>The criterion variable</th>
<th>The value of correlation coefficient</th>
<th>Significance level</th>
<th>Type of test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lustful love</td>
<td>the quality of life</td>
<td>-0.236</td>
<td>0.001</td>
<td>Spearman</td>
</tr>
<tr>
<td>Love based on role</td>
<td>the quality of life</td>
<td>-0.267</td>
<td>0.000</td>
<td>Spearman</td>
</tr>
<tr>
<td>Altruistic love</td>
<td>the quality of life</td>
<td>0.301</td>
<td>0.000</td>
<td>Spearman</td>
</tr>
</tbody>
</table>
Given the confidence coefficient 95% and a significance level of Spearman correlation test for the relationship of lustful love (p<0.001), love based on role (p<0.001), altruistic love (p<0.001), real love (p<0.001) and the quality of life that is less than the default value (0.05), the null hypothesis (lack of the relationship among real love, love based on role, altruistic love, lustful love) has been rejected and alternative hypothesis (the relationship among real love, love based on role, altruistic love, lustful love and the quality of life) will be accepted. Thus, there is a positive relationship between altruistic love and the quality of life; since the value of the correlation coefficient is positive, it can be said that these variables are changing direction; it means that increase of one of them enhances the other and vice versa. Also, there is a negative relationship among real love, love based on role, altruistic love, lustful love and the quality of life; since the value of the correlation coefficient is negative, it can be said that these variables are changing direction; it means that increase of one of them reduces the other and vice versa.

Also, given the confidence coefficient 95% and a significance level of Spearman correlation test for the relationship of friendly love (p>0.05), logical love (p>0.05), and the quality of life that is less than the default value (0.05), the null hypothesis (lack of the relationship between friendly love and logical love and the quality of life) has been accepted and alternative hypothesis (the relationship between friendly love, logical love and the quality of life) will be rejected.

**Third hypothesis:** there is a relationship between attitude to love and marital satisfaction in pregnant women.

Table 3: the value of the relationship between attitude to love and marital satisfaction

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>The criterion variable</th>
<th>The value of correlation coefficient</th>
<th>Significance level</th>
<th>Type of test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lustful love</td>
<td>marital satisfaction</td>
<td>-0.238</td>
<td>0.001</td>
<td>Spearman</td>
</tr>
<tr>
<td>Love based on role</td>
<td>marital satisfaction</td>
<td>-0.309</td>
<td>0.000</td>
<td>Spearman</td>
</tr>
<tr>
<td>Altruistic love</td>
<td>marital satisfaction</td>
<td>0.345</td>
<td>0.000</td>
<td>Spearman</td>
</tr>
<tr>
<td>Real love</td>
<td>marital satisfaction</td>
<td>-0.115</td>
<td>0.118</td>
<td>Spearman</td>
</tr>
<tr>
<td>Friendly love</td>
<td>marital satisfaction</td>
<td>0.093</td>
<td>0.093</td>
<td>Spearman</td>
</tr>
</tbody>
</table>
Logical love | marital satisfaction | 0.211 | 0.004 | Spearman

Given the confidence coefficient 95% and a significance level of Spearman correlation test for the relationship of lustful love (p<0.001), love based on role (p<0.001), altruistic love (p<0.001), logical love (p<0.001) and marital satisfaction that is less than the default value (0.05), the null hypothesis (lack of the relationship among logical love, love based on role, altruistic love, lustful love) has been rejected and alternative hypothesis (the relationship among logical love, love based on role, altruistic love, lustful love and the quality of life) will be accepted.

Thus, there is a positive relationship between altruistic love and marital satisfaction; since the value of the correlation coefficient is positive, it can be said that these variables are changing direction; it means that increase of one of them enhances the other and vice versa.

Also, there is a negative relationship among lustful love and love based role and marital satisfaction; since the value of the correlation coefficient is negative, it can be said that these variables are changing direction; it means that increase of one of them reduces the other and vice versa.

Also, given the confidence coefficient 95% and a significance level of Spearman correlation test for the relationship of friendly love (p>0.05), real role (p>0.05), and marital satisfaction that is less than the default value (0.05), the null hypothesis (lack of the relationship between friendly love and real love and marital satisfaction) has been accepted and alternative hypothesis (the relationship between friendly love, real love and marital satisfaction) will be rejected.

Discussion and conclusion

In studying the relationship between marital satisfaction and the quality of life in pregnant women, the results showed that between marital satisfaction and the quality of life in pregnant women had a positive and significant relationship; this means that the more pregnant women have higher marital satisfaction, the higher the quality of life will be. This finding is consistent with the results of Taqaddosi et al (2015) and Gallo et al (2014).

In this regard, in a research, Taqaddosi et al (2015) discussed to investigate the relationship of sexual satisfaction and the quality of life in patients with acute coronary syndrome and they showed that sexual satisfaction with total score of the quality of life, mental and physical aspects had a positive relationship. Also, Gallo et al (2014) found in studying a review of the quality of life for pregnant women different factors related to it that the absence of the wife with the quality of life had a significant relationship.

Marital satisfaction is one of the most important indicators that have an effect on mental health, satisfaction with life and even the rate of income, educational success and job satisfaction of couples. On the one hand, incompatibility in couple relations leads to social disorder, tendency to social deviations and decline of cultural values between husband and wife. Marital satisfaction has been introduced as satisfaction, happiness and harmony in the couple's relationship and thus it can be said that pregnant women who enjoy high marital satisfaction, feel more secure in their relationships and they probably receive their wife more social and emotional support and as a result, they can cope with pregnancy stress and difficulties and finally they can have a higher quality of life.
In investigating the relationship between attitudes to love and the quality of life in pregnant women, the results showed that among lustful love, love based on role and love of property and the quality of life in pregnant women had significant negative relationship; this means that the more lustful love, love based on role and real love in pregnant women is, the less the quality of life of these women will be. But there is a significant and positive relationship between altruistic love and the quality of life; this means that the more the altruistic love in pregnant women is, the more the quality of life of these women will be. Also, the results showed that there was not any significant relationship between friendly and logical love and the quality of life. This finding is consistent with the results of Ansari (2014).

In line with this finding, Ansari (2014) in a study entitled "the relationship between early maladaptive schemas, style of lovemaking and communication patterns of couples with marital quality", found that there was a relationship between some of the components in the original schema, styles of lovemaking (romantic, realistic, mania and selfless) marital quality. To explain these findings, it can be stated that in the way of love based on role, love is seen as a fun and no obligation on it, a situation which is considered like taking part in a game and it is usually short-term and will soon be finished. Therefore, it can be imagined that people who have an attitude to love, they often become discouraged in difficult situations of pregnancy, and do not understand the necessary support from their spouses and thus, they suffer more stress and therefore experience a lower quality of life.

Lustful love is a severe emotional case of obsession with jealousy and love that makes a person becomes nervous and afraid of rejection. So, because women are always looking appearance and sexuality, in facing with fertility, conditions will be more difficult for them and have lower quality of life.

In the definition of property love is stated that a severe emotional case of obsession with jealousy and love that makes a person becomes nervous and afraid of rejection. In this regard, it seems that women who have attitude to love from the type of property love, in facing with infertility because of dealing with stress, they become more and more nervous and are afraid of losing their wife, thus, anxiety and stress are more severe and have less quality of life.

In the definition of altruistic love is stated that unconditional love is with care of the beloved that is combined with the flexibility and generosity too. There is self-sacrificing in this kind of love. According to this definition, it can be taken into account that the women who in their relationships with their partner have perceived altruistic and selfless love, they can receive necessary support from their wife in stressful terms of fertility. They have not had fear of losing marital life; they have had more satisfying and more intimate relations with their wife that all of these cases lead to reducing less stress and therefore have a higher quality of life.

The result of the research showed in investigating the relationship between attitude to love and marital satisfaction in pregnant women that there was a significant and negative relationship between lustful love and love based on role and the quality of life in pregnant women; this means that the more lustful love, love based on role and in pregnant women is, the less the quality of life of these women will be. But there is a significant and positive relationship between altruistic love and the quality of life; this means that the more the altruistic love in pregnant women is, the more the quality of life of these women will be. Also, the results showed that there was no relationship between altruistic love and real love and the quality of life. These findings are consistent with the results of Taqizadeh (2014) and Ansari (2014), Shahrokhi Azad (2013) and Ebrahimi (2012).
In this regard, Taqizadeh (2014) in a study entitled "the relationship between styles of lovemaking and sex and marital conflict of couples in Shiraz" found that there was a significant and negative relationship among styles of lovemaking of Eros, Agape, Pragma and Agape and sex and its dimensions (sex, sexual relationship satisfaction and the desire to have sex) and marital conflicts and also there was a significant and positive relationship between lovemaking of Ludus and Mania and marital conflicts. Ansari (2014) also in a study showed that there was a relationship between styles of lovemaking (romantic, realistic, mania and selfless) and marital quality.

Shahrokh Azad also in a study showed that there was a significant and negative relationship between styles of lovemaking of Ludus Agape) and marital boredom but there was not shown any significant relationship between styles of lovemaking of Ludus Agape) and marital boredom. Ebrahimi (2012) in a study identified that styles of romantic, amusement and realistic love, and secure attachment styles of marital satisfaction and romantic, whimsical, realistic styles and friendly and secure attachment and the quality of life were predicted. Also Nieto and Pinto (2014) investigated in a study the satisfaction of love in life and its role in the quality of married life and they found that there was a significant relationship between the satisfaction of love and more sexual orientation. Also, there was a significant relationship among the satisfaction of love and marital commitment, sexual satisfaction and satisfaction of emotional well-being.

As it was mentioned earlier lustful love styles and love based on role because of the specific nature of these styles can be combined with a sense of insecurity to the wife and marital relationship and the couples before pregnancy are not also likely to have higher marital satisfaction that this can also have a negative impact on marital satisfaction during pregnancy associated with stress and these women have lower marital satisfaction. As well as altruistic love which with the care of the beloved and with flexibility and generosity is associated can be a shelter for women who consent to have sexual relations during pregnancy. The same love of logic in which partner relationship is selected based on individual needs and consistent with age, religion, history and personality. Here, there is satisfaction more than stimulation and excitement. It seems that women who have such an attitude to love, they can cope with stressful situations fertility better and solve their problems in a reasonable manner and thus have a satisfactory relationship with their wife.
References