

## The relationship between personality types and love dimensions with attitude toward infidelity in married

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### ABSTRACT

The present study was formed to investigate on the relationship between personality types and love dimensions with attitude toward infidelity in married. The study population consisted of all working married employees of Mehrabad airline who were a total of 250 people. Among them, 60 by means of random sampling were selected. Through questionnaires of Sternberg's love, Myers and Briggs personality and Wheatley's extramarital affairs were tested. For data analysis statistical models (Pearson correlation, multivariate regression) were used. Research findings showed there is no significant relationship between the attitude toward Infidelity and eight types of personality. Also, an inverse relationship wasn't observed between the attitude toward Infidelity and love dimensions questionnaires. In general, regarding multivariate correlation coefficient obtained, between personality types and kinds of love there is no significant relationship with attitudes toward infidelity.

**KEYWORDS:** personality types, love dimensions, attitude toward infidelity.

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### INTRODUCTION

Marital disloyalty (infidelity) is a pheromone that emotional or sexual needs, satisfied through extramarital relationships. When the needs are served by a person of the opposite sex, caused a great sense of satisfaction that he/she accept the risk of having a secret relationship(Momenie Javid, Shoa Kazemi,2007).extramarital relationships always caused severe emotional trauma in couples. Also these types of relations create symptoms like post-traumatic stress disorder, Depression, rage despair, lack of self-esteem, loss of identity and worthlessness sense in spouse who were betrayed (Omarzu,2012).extramarital relations cause guilt feelings, depression and feelings of uncertainty in individuals who have committed infidelity(Baucom,2009).Therefore infidelity and extramarital relationships challenge spouses and disturbed both them. In addition to effects of marital infidelity on health and mental health of spouses, the risk of divorce between them is more than the others. So that, about 40 percent of people who had been involved at least once extramarital relationships during the marriage life, have divorced (Janus, 1993). Many studies have confirmed that the main reason of marriage disintegrating, main fields of conflicts and marital discords is the extramarital relationships (Platt, 2008). According to different researches, about 55 percent of marriages in America, 42 percent of marriages in the UK and 37% in Germany end in divorce. In researchers' term, one of the most important reasons of the divorces is extramarital relations and marital infidelity (Barazandeh and Sahebi, 2005). In recent years, the issue of marital infidelity in Iranian society, as well as a growing concern has been raised and has associated with instability in family relationships plus high rate of divorce (Modarresi, 2013). Shackelford (2008) believes, Taboo of the word Infidelity, little clarity about the nature of that and its factors, ambiguity in the definition of marital infidelity are the reasons which have caused so little research conduction on this factor and its relationship with other variables. However, the love between the couple and the quality of its expression has been studied in several studies (Hefazi torghabe, Firoozabadi, Haghshenas, 2006). On the other hand, personality plays a major role in many aspects of life regarding therapists and public people, personality could be the marital infidelity's main factor (Larens & Boss, 2002 quoted by Karimi, Monirpour & Rahmati, 2011).

Therefore, need for further researches to discover the possible relation between these variables with marital infidelity is felt. This accurate recognition helps to improve relationships between spouses and recognition of marital infidelity effective factors to consolidate family foundation.

**Research method:** Regarding study sought to examine the relationship between the variables of attitude toward marital infidelity with love dimensions and personality traits, the research strategy is descriptive and correlational.

**Society and sample of research:** The study population consisted of all employees who were working at 6 terminals in Tehran's Mehrabad International Airport. A total of 400 persons, 250 of them were married, among them 60 were tested by using of random sampling method.

Research tools: Sternberg's Triangular Love Scale The questionnaire has 45 items and three components, Intimacy, Passion and Commitment those are tested separately by 15 questions.

Responders give score 1-9 to each question, 1 means "Not at all" and 9 means "so much". Higher scores indicate greater Intimacy, Passion and Commitment. Results of Researches that have used this scale, Show the scale utilized as a valid and reliable scale in different cultures. As well as in Iran, content validity of scale and its translation has been approved. Reliability based on the Pearson correlation coefficient between first and second parts scores of three components, Intimacy, Passion and Commitment were as the following order: ( $r=0.903$ ,  $r=0.93$ ,  $r=0.80$  reported by Hefazi torghabe, Firozabadi & Haghshenas, 2006). Myers-Briggs personality scale: This test based on Carl Jung personality theory was made and evaluate 16 combination types of personality. MBTI test was formed of four bipolar scales, Introversion-extraversion (EI), Sensation-Intuition (SN), Thinking-Feeling (T-F) judgment-perceptual (JP). Test reliability was reported according to Cronbach's alpha and split-half methods as follows, EI=0/66, SN=0/63, TF=0/73, JP=0/78 (Hassan abadi, Aflakseir, 1994)

**Whitley's attitudes toward Infidelity scale:** Whitley (2006) to evaluate this approach, designed attitude toward extramarital relationships. Attitudes and beliefs related to extramarital relations with an initial questionnaire which has 71 items in the survey were studied. Items had negative wording sentences, took the points reversely because higher scores indicate more positive attitudes toward extramarital relations. Habibi & Pouravari(2014) to evaluate the psychometric properties of the structure of attitude toward extramarital relations conducted a research in general population of Tehran by confirmatory factor analysis. Cronbach's alpha coefficient attitude toward extramarital relationships was greater than 0/70 that meant satisfactory. Factor structure of attitude toward extramarital at the first was proved by confirmatory factor analysis. Correlation coefficients showed a significant positive relationship between attitude toward extramarital relations scale and external religious orientation scale that is indicative of Convergence and divergence validity of attitude toward extramarital relations.

**Data analysis:** Descriptive statistical methods to assess the nature of the variables and in inferential statistics part Pearson correlation and regression analysis were used to get further analysis by SPSS 20 software.

## Findings

Table1. Descriptive analysis of variables

| Standard deviation | Variance | Mean  | Number | Variable                   |                   |
|--------------------|----------|-------|--------|----------------------------|-------------------|
| 8.28               | 68.59    | 45.53 | 60     | Attitude toward infidelity |                   |
| 22.39              | 501.42   | 4.95  | 60     | Intimacy                   | Love dimensions   |
| 8.28               | 68.66    | 9.38  | 60     | Passion                    |                   |
| 23.24              | 540.15   | 6.99  | 60     | Commitment                 |                   |
| 2.38               | 5.67     | 7.30  | 60     | Intuition                  | Personality types |
| 2.22               | 4.95     | 7.78  | 60     | Sensation                  |                   |
| 3.06               | 9.38     | 8.15  | 60     | Extraversion               |                   |
| 2.64               | 6.99     | 6.91  | 60     | Introversion               |                   |
| 2.94               | 8.69     | 6.98  | 60     | Perceiving                 |                   |
| 2.97               | 8.85     | 7.41  | 60     | Judging                    |                   |

Table2. Correlation matrix of personality traits and attitudes to infidelity

| Significance level | Attitude toward infidelity | Index     |
|--------------------|----------------------------|-----------|
| 0.55               | 0.07                       | Intuitive |
| 0.67               | -0.05                      | Sensing   |
| 0.41               | -0.10                      | Introvert |
| 0.94               | -0.09                      | Extravert |
| 0.18               | 0.17                       | Perceiver |
| 0.25               | -0.14                      | Judgers   |
| 0.48               | 0.09                       | Feeler    |
| 0.64               | -0.06                      | Thinker   |

According to the significance level of  $0.05 \geq \alpha$ , there wasn't observed a significant correlation between Myers-Briggs personality types and attitude toward infidelity.

Table3. Correlation matrix of love types and attitude toward infidelity

| Significance level | Attitude to infidelity | Index      |
|--------------------|------------------------|------------|
| 0.50               | 0.08                   | Intimacy   |
| 0.66               | 0.05                   | Passion    |
| 0.03               | -0.26                  | Commitment |

According to the significance level of  $0.05 \geq \alpha$ , there was observed a significant correlation between attitude toward infidelity and individual's commitment, so that with increasing of commitment, individuals take more negative attitudes about infidelity in their marital relationship. Regression analysis has been used with Simultaneous entry method to determine the role of personality types and love types in prediction and explanation of the observed variance in attitudes to infidelity.

Table4. Multiple correlation coefficient to determine attitudes toward infidelity

| standard error | Modified $R^2$ | $R^2$ | R    | Model |
|----------------|----------------|-------|------|-------|
| 8.68           | 0.10           | 0.10  | 0.32 | 1     |

Table5. Multivariable regression analysis to predict the attitude toward infidelity through the personality types and love dimensions

| Significant level | F    | Mean of squares | Df | Total variations | The source changes |
|-------------------|------|-----------------|----|------------------|--------------------|
| 0.88              | 0.51 | 38.80           | 11 | 426.83           | regression         |
| -                 | -    | 75.41           | 48 | 3620.09          | Remained           |
| -                 | -    | -               | 59 | 4046.93          | Total              |

According to the table above and using Simultaneous entry multivariate regression, on significance level of  $0.05 \geq \alpha$ , the obtained F is not statistically significant. In other words, there is no possibility to predict attitude toward infidelity through love dimensions and personality types.

### DISCUSSION AND CONCLUSION

The research findings show that there is not any significant relationship between attitude toward infidelity and following personality types with regard to obtained correlation coefficients ;Intuitive (0.07), feeling(0.05), Introverted (0.10), Extroverted (0.09), perceiver (0.17), judger(-0.14), feeler ( 0.09) and thinker (-0.06) compared with significance level of  $0.05 \geq \alpha$ . The results of this research is compatible with research finding of Safai ,Javidnya & Golzari (2012), that indicates no significant relationship between extraversion personality and tendency to extramarital relations. However present research findings are incompatible with following researches; Hendrick (1987) proved the prevalence of infidelity is higher in introverts; Rezai(2011) There is a positive significant relationship between avoidant attachment style with extraversion and openness traits and tendency to extramarital relations; Marck et al (2011) indicated, there is relationship between the personality characteristics and attitudes toward infidelity. However, these discrepancies may be occurred due to differences in the research tools. Because in these researches, neo personality inventory test and Eysenck personality questionnaire (epq) were used. However, personality variables are the affecting factors on compatibility and survival of interpersonal relationships Barazande (2005). As studies show, one of the main reasons for marital infidelity is unfulfilled sexual desires or promiscuity, Hasanzade (2012). Therefore, Regardless of personality types or characteristics the development of such relations can be due to sexual desires. In addition, marital relationship is mutual that both people are involved, and it seems personality types of both sides of marital relationship or certain combinations of types and personality characteristics should be considered. Because it may be a combination of the personality characteristics on both sides personality effects on their extramarital relationships. Also, the findings of this study indicate that the relationship between attitudes toward infidelity with commitment on significance level of  $0.05 \geq \alpha$ .As the level of commitment enhance, individual shows and adopts a negative attitude toward Infidelity. However there was not observed any significant relationship between attitude toward Infidelity and both passion detentions and intimacy. Research findings on the relationship between commitment and marital relationship is compatible with research of Modaressi, Zahedian & Mohammad abad(2014). In explaining this relation, as Sternberg expressed, when the couples care the relationship with their spouse, would do anything to maintain it and would carry out properly their responsibilities. A committed couple has different responsibilities, among that Faithfulness to each other caused with enhancing of commitment; individuals show a negative attitude toward Infidelity Increase in commitment even there is not a significant relationship between attitudes toward infidelity with both of intimacy and passion .Shy (2010) in addition to

negative correlation between satisfaction of marital relationships and emotional and physical infidelity, indicates bad relationship, lack of sense of responsibility, lack of empathetic understanding, affection and loving effect on incidence of marital infidelity. Such relations by reducing the love and passion between spouses or underestimating it, destroys people's motivations to improve and sustain their marital relationship. Finally, in addition to the destruction of relationships, cause to individuals looking for love and its other aspects such as respect, compassion, love and mutual responsibility, beyond of their marital relationship. The findings of this study showed, correlation coefficient (0.32) between both of personality types and love dimensions with attitude toward infidelity regarding significance level of  $0.05 \geq \alpha$ , statistically is not significant. so, there is not Possibility to predict and explain the attitude toward infidelity with regard to the dimensions of love and personality types. in other words, there is possibility of creating and maintaining outside of marriage relationships between different personality groups. also Aghajan beigou & Motahar nia (2013) indicate, However Personality traits may affect the continuation of infidelity, the main reason of Obliquity in most of the men is related on spouses interactions and gap in their sense of trust. Since there was not conducted much researches on love dimensions and personality types relationship with attitude toward infidelity, it was not possible to compare this research finding with the others to achieve much expanded research. However, there may be other variables such as; the time which has passed marriage, sex, form of getting acquainted with each other, gender and age differences could be effective in forming such relationships. Also, the attitude toward infidelity should be examined in terms of the cultural and religious factors, regarding dominant religious point of view in society, definition of infidelity between men who are legally and religiously allowed to practice polygamy and women is different that may effect on acceptance or rejection of polygamy in culture of Islamic countries.

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