

Relationship between Perfectionism and Marital Disenchantment in Couples with Marital Conflicts

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ABSTRACT

The present research investigates relationship between perfectionism and marital disenchantment in couples with marital conflicts. This research is a correlation study. Statistical population of this research contained 250 people. 122 people were selected to be studied by means of accessible sampling. They were surveyed by Hill et al (2004) perfectionism questionnaire and Pyenes (1996) marital disenchantment questionnaire. Data were analyzed by means of Pearson correlation test and multivariate regression. Results of correlation test showed that there is a negative and significant relationship between perfectionism and marital disenchantment ($p < 0.01$). Furthermore, results showed that perfectionism is the best predictor of marital disenchantment ($p < 0.01$), considering the results, it can be concluded that perfectionism has an important role in increasing marital disenchantment.

KEYWORDS: perfectionism, sense of solitude, marital disenchantment

INTRODUCTION

Family is the oldest social entity which has been existed since human life start and is considered as one of the main foundations of human life (Mousavi, 2014). A healthy society depends on formation of a stable and happy family. A family environment must be a safe, stable and friendly environment because it provides family members with comfort (Garousi, 2013). Disagreements between couples result in increasing divorce statistics. These disagreements might have harmful effects on physical and psychological health of individuals. Couples and children are the first victims of family disagreements. When couples face disagreements, they try to remove them. Family has a high threshold of tolerance with respect to struggle and stress and tries to dissolve disagreements when necessary (Valance, 2011). When a man leaves his wife four hours and turns back home late and spend time with his friends, this can harm family relations (BehPajouh, 2010). One of the issues which must be noticed by couples is that they must pay attention to each other. Women are more sensitive to this issue and failure to pay attention to them makes them disenchanting. When a woman feels ignored and isolated, she makes use of negative instruments, complains, expresses criticizing sentences about her husband and therefore expresses negative feelings (Vasevani, as quoted from 2011). When we talk about prosperity, many people think they need a high level of life in order to be prosperous. Such individuals mistake a high-level material life for life quality. Marital satisfaction is one of the factors of reaching life goals. Marital life is a state in which the man and woman feel satisfied and happy (Sinha and Mukerjee, 1991). Furthermore, presence of potential problems in couples can have adverse impacts on total family life. In spite of this, depression is increasing due to machine life and reduction in inter-individual relationships (Zung, Broadhead, & Roth, 1993). According to sociologists and psychologists, sense of security and comfort has been reduced in families and this is destructive for a family (Sotudeh, 2000). 22% of women get harmed in their marital lives due to family struggles (Kyriacou, Anglin, & Talhaferro, 1999). In a sectional study, Wisman (1987) showed that depression in individuals who have high levels of marital dissatisfaction is 25% more than individuals with normal lives. Evidence show that absence of social support and absence of friendliness with important people plays an important role in formation of depression (Harries, 1978; Castlo, 1982; Price, & Wortman, 1985; Dean Wansel, 1986; Halvern, 1998, as quoted from Mousavi et al, 2011). Marital problems are important in depression increase (Tuchman, Bar-EL, Sirota, Elizur, 2002). Furthermore, problems in couples relationships can cause depression and anxiety in one or both of them in other cases, it can add to intensity of family problems (Beck, 1994, translated by: Mehdi GharcheDaghi, 2006). Although marital satisfaction and dissatisfaction have received a lot of attention by therapists and family consultants, recognition of factors related to marital compatibility and satisfaction can be helpful because marital satisfaction and compatibility is a factor for maintaining psychological health of families (Fincham, Bitch, Harold and Sboeren, 2011). Homachek (1978) differentiated normal perfectionism and neurotic perfectionism. He believes that a normal perfectionist enjoys attempting and competing for perfection and also recognizes personal limitations. A neurotic perfectionist does not get satisfied with his or her performance due

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to unrealistic expectations. Results of studies concerning perfectionism (Hemachek, 1978, as quoted from Besharat, 2009) verified the positive and negative impacts of perfectionism on thoughts, emotions and behaviors. "Belt" believes that incompatible perfectionists (neurotic) avoid failure and are vulnerable and weak with respect to others' criticisms. This group of perfectionists consider different areas of social relations and activities as imposed and unsupportive. In contrast, normal perfectionists impose high personal standards for them and can accept their personal and environmental limitations even if their personal standards are not fully fulfilled (Hemachek, 1978, as quoted from Besharat, 2009). This group of perfectionists tries to reach their targets and experience sense of satisfaction (Belt, 1995). experts have always considered human as a social creature and believe that human welfare has a close relationship with social relations and satisfaction with social support network. Therefore, it can be said that solitude is against the social nature of human (RasouliZad, 2010). Recognition of perfectionism is very important because it is a motivation motor for expression of different behaviors. Investigation of the way of formation of marital disenchantment, either in compatible manner (satisfaction with life) or in incompatible manner is also important. Considering the previous discussion, we need to have cognition in order to increase marital satisfaction. General wellbeing is also an important subject of study but physical health has received a lot of attention and other dimensions of wellbeing (especially psychological wellbeing) have received less attention. Furthermore, perfectionists should revise and evaluate their roles and become more aware about themselves. Therefore, the present research tries to answer this question: whether there is any significant relationship between perfectionism and marital disenchantment?

METHODOLOGY

The present research is a descriptive correlation and tries to evaluate the variations in one or more variables as one or more variables change. Statistical population of the research included all couples who referred to consultancy centers in Rasht City over 2013 (Ehya and Pasargad centers). They were 250 people in number. Accessible (non-probable) sampling method was used for selection of sample members. Therefore, 142 people were selected. 20 questionnaires were not used because they were incomplete. 122 questionnaires were used for final analysis.

Instrument

Perfectionism questionnaire: Hill et al (2004) designed an instrument in the form of a self-reporting questionnaire based on cognitive-behavioral viewpoints. The Persian version of perfectionism questionnaire has 58 items and 6 subscales. It was normalized and validated by Houman and Samaee (2010) and has 6 subscales: inter-individual sensitivity, attempt for being superior, discipline and organization, pressure perception by parents, purposefulness and high standards. In a research designed by Rasouli (2010), Chronbach's alpha was equal to 0.76. furthermore, Hoseini (2011) calculated the validity and reliability coefficients in a study conducted on students (0.67 and 0.77, respectively). Cronbach's alpha was equal to 0.63 in this research.

Payenes marital disenchantment questionnaire (1996): this questionnaire has 21 items and evaluates dimensions of citizenship behavior of individuals (altruism, dutifulness, horsemanship, affection, civil virtue). This is a self-measuring scale which has been designed for measuring marital disenchantment degree in couples. This scale has been extracted from another self-measuring scale. This scale was designed by Payenes (Payenes and Nanes, 2003, Laes and Laes, 2001). Reliability coefficient of the test (retest mehod) was equal to 0.89 for a one-month period, 0.76 for a two-month period and 0.66 for a four-month period. Internal consistency of the test was evaluated by means of alpha coefficnet, which was between 0.91 and 0.93 (Payenes, translated by Shadab, 2002). In Iran, Navidi (2005) calculated alpha coefficient (=0.86) on a sample of 240 people (120 nurses and 120 teachers). Naem (2008) calculated the reliability coefficient of the scale by means of Cronbach's alpha and bisection methods to be equal to 0.85 and 0.82, respectively. In the present research, Cronbach's alpha was equal to 0.76.

Findings:

Table 1. Correlation test for investigation of relationship between perfectionism and marital disenchantment

<i>disenchantmentmarital</i>		
perfectionism	correlation	-0.380**
	significance	0.000
	number	122

Considering the results, there is a significant relationship between perfectionism and marital disenchantment (P<0.01, **=-0.380)

Table 2. multiple correlation between independent and dependent variables

		<i>(r)</i>	<i>(R2)</i>	<i>Δ(R2)</i>	<i>Std.error</i>
1. perfectionism	-1	0.380	0.144	0.137	8.41

Correlation coefficient square (determination coefficient) shows that perfectionism variable explains 0.14 of variations in marital disenchantment variable (r²=0.144).

Table 3. multiple regression variance analysis test

	SS	DF	MS	F	Sig
Regression (perfectionism)	1430.87	1	1430.87	20.22	0.000
remainder	8491.28	120	70.76		

Since $p < 0.01$, the model is significant. Therefore, it can be concluded that the multiple regression equation is a linear equation. In other words, perfectionism and sense of solitude can predict variations in marital disenchantment variable. Table 4 presents coefficients for stepwise regression.

Table 4. standard and non-standard coefficients of independent and dependent variables

	B	Beta	T	Sig
constant	49.17		19.41	0.000
perfectionism	-0.264	-0.380	-4.49	0.000

Beta coefficient indicates the share of each variable in measurement model. The calculated beta coefficients in the table four indicate that one unit increase in standard deviation of perfectionism variable (as a primary predicting variable) can reduce standard deviation of dependent variable (marital disenchantment) by $B = 0.315$.

CONCLUSION AND DISCUSSION

The present research aims to investigate the relationship between perfectionism and marital disenchantment in couples with marital disenchantment. Doroudgar (2010) conducted a study titled: investigation of relationship between parents' perceptions of child-raising methods and perfectionism in teenagers aged 14-16. He found that children with powerful parents are more perfectionist than children with other parents. Arsalan, Hamarta, Oreh and Ozishil (2010) studied sense of solitude and perfectionism in students of a university. They studied 535 students (328 girls and 207 boys). They concluded that perfectionism is higher than cut-point and general norm in students. Furthermore, they found that there is a positive and significant correlation between perfectionism and sense of solitude. Liu and Gov (2007) studied sense of solitude and life quality in the old people in a rural area in China. Their sample included 590 old people in rural and mountainous areas of China. They found that when sense of solitude increases, sense of satisfaction and life quality will be decreased. It can be concluded that individuals who express healthier and more compatible forms of perfectionism may have high standards for their personal performances. However, they do so in order to reach their targets and are also able to accept individual limitations. However, individuals with incompatible perfectionism are motivated by self-criticism and determination of high personal standards for avoiding others' negative evaluations. Moreover, such individuals do not usually enjoy their good performances because they believe they must act well. Therefore, it seems that cognitive style of perfectionists plays an important role in their sense of solitude. In other words, when family members use effective friendliness models, they have clear understanding of contents and intentions of any message. They satisfy each other's psychological needs and take part in social affairs and feel less sense of solitude. All individuals believe that love will be the base of their marital lives but this is not always true and some issues cause marital life destruction. Love is not strong enough to resist against resentment, anger and worry. Marital satisfaction is one of the main factors in stability of marital life. Considering research literature, success in marital life involves special skills like (way of thinking, individuals' perception of themselves and others, expectations of life, personality and emotional features and coping styles and so on). Therefore, the results showed a significant relationship between the two variables and problems of respondents refer to the importance of conflict. It can be said that ability to cope with others results in sense of comfort, self-esteem increase and sense of sufficiency. This can be taught via educational sessions. If an individual wants to reach his or her ambitious criteria in his or her behaviors and performance, he or she must work hard in order to avoid criticism.

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