

The Relationship between Sensation Seeking and Married Women's Hostility and Verbal Aggression

Sayed Ali Mousavi¹, Neda Moradi², Zahra Kiaea^{3*} and Azamosadat Mousavi⁴

¹Msc in Psychology, Kermanshah University of Medical Sciences, Farabi Hospital, Psychology Faculty, Iran

²BS in Psychology, Payame Noor University, Kermanshah, Iran

³Ph.D student in psychology, Young Researchers Club, Department of Psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran.

⁴Msc in Agriculture, Razi University, Kermanshah, Iran

Received: March 8, 2015

Accepted: May 10, 2015

ABSTRACT

High levels of excitement expression and sensation seeking during marriage is associated with multiple failures. On the other hand, this feature results in couples' conflict, hostility and aggression. The current research seeks to investigate the relationship between sensation seeking and the married women's hostility and verbal aggression. This study is based on correlational method. Statistical population includes the married women in Kermanshah of whom 134 persons have been chosen based on cluster sampling technique. The required tools in this research include Zakerman sensation-seeking questionnaire and Buss and Perry Aggression questionnaire. The data from tests are analyzed by means of SPSS -18 software and Pearson correlation coefficient. The results show that there is a positive meaningful correlation between sensation seeking and verbal aggression ($r = 0.174$ and $p = 0.044$). In addition, a positive meaningful correlation is observed between sensation seeking components including experience seeking and verbal aggression ($r = 0.217$ and $p = 0.012$), thrill and adventure seeking and verbal aggression ($r = 0.195$ and $p = 0.024$), and diversity seeking and verbal aggression ($r = 0.204$ and $p = 0.018$). Moreover, a positive meaningful correlation has been observed between these paired components: sensation seeking and hostility ($r = 0.172$ and $p = 0.047$), experience seeking and hostility ($r = 0.160$ and $p = 0.006$) and thrill and adventure seeking and hostility ($r = 0.271$ and $p = 0.002$). The results obtained from statistical analysis indicate that there is a relationship between women's sensation seeking and hostility and verbal aggression. So, Therapists should pay attention to correct sensations management and their decreased thrill and adventure seeking in order to reduce couples' hostility level.

KEYWORDS: Married women, Sensation seeking, Hostility, Aggression.

1- INTRODUCTION

Family is a natural social system contains at least three generations. There is a deep and multilayer relationship between these subcultures based on their shared history, their common and internalized perceptions and assumptions about the world, and their common goals. In such systems, persons are associated with each other through strong, lasting and mutual interests and emotional attachment. Importance of identifying and assessing the factors causing the consistency and strength of this social institution can be a useful step towards promoting culture level in the community [1]. Although, the couples are making a permanent commitment to each other in the early days of their marriage, some of them may be in conflict with each other later. Conflict in marriage occurs owing to lack of permanent and meaningful agreement between couples. Meaningfulness refers to the effect of such problem on couples' performance and permanent refers to disputes that do not disappear over time [2]. Feelings of happiness and satisfaction are considered to be one of the most important determinants of healthy family functioning. But statistical data show that such satisfaction could not be easily obtained. Increase in divorce rate in different communities including our country confirms this matter and this is the basis of many social and psychological problems [3]. Conflict may have different forms and may appear as depression of one or both spouses, spousal abuse, and physical and verbal conflict between couples. At last, such confusion reduces their feelings of happiness and satisfaction which in turn leads to their divorce. In relation to destructive effect of conflict it can be said that couples' dispute -whether it leads to divorce or erosion-causes intolerance struggles and influences the couples' mental health [4]. On one hand, today women's diverse responsibilities such as household tasks and job duties, pregnancy, childbirth, motherhood, family support and maintenance may reduce their mental health in the long term. Problems related to mental health imposes high costs on health systems all over the world. Such problems decreases quality life and as a result increases healthcare costs [5].

Aggression is one of the problems arises in such context. Aggression is a kind of psychological mechanism through which individuals' stresses due to their deprivations and frustrations are appeared in the form of assault, rape, vindictive and aggressive behaviors. Aggression is a behavior appeared in order to damage an organism while such organism basically avoids such behavior. Freud believed that aggressive force must be vacated in some ways otherwise it will be accumulated and may cause disease. If aggressive force is not disappeared gradually, some kind of explosion would be occurred [2]. Unfavorable effects of hostility and aggression on interpersonal behavior and internal mental status draws attention of many researchers. Inability to inhibit aggression causes not only interpersonal problems, crime

*Corresponding Author: Zahra Kiaea, Ph.D student in psychology, Young Researchers Club, Department of psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran. E-mail address: z.kia110@gmail.com

and misdemeanor and violating the rights of others, but also it is internalized and causes psychological and physical problems such as ulcers, migraine headaches, depression. Some of serious social problems such as child abuse, spouse abuse and various forms of intergroup conflicts are clearly rooted in aggression and inability to excite as well as its control [6].

Permanent anger and aggression between the couples takes away fresh and relaxation opportunities and leads to their clear aggression, hidden anger and unexpressed hate. Inability of one or both spouses to express their aggression and hate may result in quarrel, longtime silence, or outward polite and relaxed appearance but inward anxious [7].

One of reactions appeared in such conditions include sensation seeking. In Zakerman's view, sensation seeking is characterized by seeking excitement, diversified, complex and new experiences, and desire for physical, social and financial risks. He defines 4 dimensions for sensation seeking: 1- excitement seeking as well as thrill and adventure seeking: tendency to those physical activities necessitate speed, risk and novelty. 2- Experience seeking: seeking new experiences by means of travel, music, art or an inconsistent lifestyle with persons having the same desires. 3- Disinhibition: tendency to impulsivity, insubordination against social norms and preferring unpredictable conditions. 4- Sensitivity to uniformity: To hate repetitive experiences, usual works and predictable persons. Zekerman describes sensation seeking as the persons' need to achieve an optimized level of excitation and to maintain it as well. In his view, optimized level of excitation among sensation seekers is higher than persons lack such characteristic) [8]. High sensation seekers prefer constant external stimulations of the brain and get tired of usual tasks and look for the ways to increase their own excitation through exciting experiences. In contrast, low sensation seekers prefer less continuous influx of brain stimulation and tolerate routines relatively well [9].

Many researches indicate that sensation seekers try to increase low level of their excitation to an optimized level by participating in dangerous activities. Probably, low level of their excitation causes them to be fearless and so in order to achieve the optimized level of excitation, such persons look for stimulations that seem new and dangerous to ordinary people and cause an unfavorable anxiety to them [8]. Sensation seeking level is different among various persons. Some people are high sensation seeker, some are low sensation seeker and some are at the middle level. Sensation seekers can do anything to achieve the optimized level of excitation. They communicate with different people not to affect them but to look for stimulation. Gender and age are considered as the most associated variables with sensation seeking [10].

The results indicate that sensation seeking variable is one of the most important and best predictors of mobile phone addiction and its various dimensions. Given the fact that the effect of such variables as sensation seeking and boring leisure on other addictive behaviors has also been confirmed, such addiction can be used as a potential to internalize social norms and reduce damages of other types of addiction [11]. In addition, it has been showed that there is a meaningful difference between professional athletes, unprofessional athletes and non-athletes in terms of sensation seeking variable ($P < 0.05$). In general, Non- athletes represent higher level of sensation seeking than professional and nonprofessional athletes [12]. Considering the importance of this subject and key role of women in family and community development as well as importance of sensation seeking in emergence of aggression and hostility, the current study aims to investigate the relationship between the married women' sensation seeking and their hostility and verbal aggression.

2- MATEREAL AND METHODS

This study is correlational design. Statistical population includes the married women in Kermanshah city of whom 134 persons are chosen based on cluster sampling technique from 5 districts of Kermanshah. Buss Perry aggression questionnaire and Zakerman sensation seeking questionnaire are used to collect the required data in this study.

Buss Perry Aggression Questionnaire:

In order to collect the required data, Buss Perry aggression questionnaire is used. The main version of this questionnaire contains 52 questions. However, many weak questions have been deleted by factor analysis method and at last 25 questions have been remained. This questionnaire has been translated by Sanaee and its reliability and validity has been shown by Langari [13]. This 29 question questionnaire investigates four dimensions of aggression including physical aggression, verbal aggression, hostility, and anger as well as level of overall aggression. Aggression questionnaire in the foreign researches shows a good internal validity. Cronbach's Alpha coefficient is reported for subscales of physical aggression (0.85), verbal aggression (0.72), anger (0.83) and hostility (0.77). Also, Cronbach's Alpha coefficient for total scores of questionnaire is reported as 89%. Its test-retest correlation consistency after a ninth month course is also reported for physical aggression (0.80), hostility (0.72), anger (0.72), verbal aggression (0.76) and total questionnaire (0.80) [14]. Buss Perry reported validity of this test during the second retest (0.72- 0.80) and internal consistency of these four factors along with total score of its validity (0.72- 0.89) [15]. In addition, they reported internal consistency of this test by Cronbach's Alpha (0.89) and its validity in the second test- retest (0.80) [16].

Zakerman Sensation Seeking Questionnaire:

Zakerman proposed different methods to determine sensation seeking level. His proposed fifth method was normalized for the first time by Mahvi Shirazi in our country and content of this scale was conformed to Iranian culture. Questionnaire of this scale contains 40 terms ranging from 1 to 40 and each of them has two term- A and B. After reading each term, the participant should select one of them honestly. If his response is compatible with scoring key, he

will gain one score per each of his response. The participants' sensation seeking score can be determined by calculating his scores ranging from 0-40. For example the participant will be at one of medium, low, very low, above medium, high, and very high levels. Variance of total questions in the standardized tools is 8.57, variance of total test, average test, standard deviation scale, total validity of test are 38.93, 21.02, 6.24, 0.781, and 2.92 respectively [8]. After collecting questionnaires, raw data is analyzed by SPSS-18 and Pearson correlation coefficient.

3- RESULTS

As you see, statistical subjects include 134 married women chosen by cluster sampling from 5 districts of Kermanshah. Table 1 presents Demographic variables including the subjects' age, gender and education. Mean and deviation standard related to the variables is also presented in table 2. Moreover, correlation coefficient between variables is calculated to analyze data and test research hypothesis. The results are represented in table 3.

Table 1. Demographic Variables Including the Participants' Gender, Age and Education

	Number	Mean	Standard deviation	Minimum	Maximum
Age	134	30.42	8.789	16	57
Marriage Duration	134	10.29	9.367	1	40

Given table 1, the understudy subjects' mean age and their marriage duration are 30.42 and 10.29 respectively.

Table 2. Statistical Index based on Standard Deviation and Mean

Index	Mean	Standard Deviation
Sensation Seeking	7.45	4.349
Experience Seeking	3.87	2.122
Thrill and Adventure seeking	2.23	1.408
Boredom susceptibility	2.69	1.1
Diversity Seeking	1.25	1.135
disinhibition	0.78	0.584
Hostility	20.93	6.076
Aggression	21.34	7.314

Table 3. Correlation and Meaningful Level of Emotional Intelligence with the Married Women' Hostility and Verbal Aggression

		Sensation Seeking	Experience Seeking	Thrill and Adventure seeking	Boredom susceptibility	Diversity Seeking	disinhibition
Verbal Aggression	Pearson Correlation Coefficient	0.174	0.217	0.195	- 0.108	0.204	0.057
	Meaningful Level	0.044	0.012	0.024	0.213	0.018	0.517
Hostility	Pearson Correlation Coefficient	0.172	0.160	0.271	0.091	0.083	0.057
	Meaningful Level	0.047	0.006	0.002	0.296	0.339	0.511

Table 3 shows that there is a positive meaningful correlation between sensation seeking and married women' verbal aggression ($r = 0.174$, $p = 0.044$). It means that higher level of married women' sensation seeking is associated with their increased aggression. In relation to sensation seeking components it can be said that a meaningful correlation is observed between experience seeking and married women' verbal aggression ($r = 0.217$ and $p = 0.012$), thrill and adventure seeking and their verbal aggression ($r = 0.195$ and $p = 0.024$), diversity seeking and their verbal aggression ($r = 0.204$ and $p = 0.018$) while there is no relationship between boredom susceptibility and married women' verbal aggression ($r = 0.108$, $p = 0.213$) as well as disinhibition and married women' verbal aggression ($r = 0.517$ and $P = 0.057$).

In addition, there is a positive meaningful correlation between sensation seeking and married women' hostility ($r = 0.172$, $P = 0.047$). It means that higher level of married women' sensation seeking is associated with their increased hostility. In relation to the relationship between hostility and sensation seeking components it can be said that a meaningful correlation is observed between experience seeking and married women' hostility ($r = 0.160$ and $p = 0.006$), thrill and adventure seeking and their hostility ($r = 0.271$ and $p = 0.002$) while there is no relationship between boredom susceptibility and married women' hostility ($r = 0.091$, $P = 0.296$), diversity seeking and their hostility ($P = 0.339$ and $r = 0.083$) and disinhibition and their hostility ($r = 0.57$ and $P = 0.517$).

4- DISCUSSION

Results for data analysis show that there is a positive meaningful correlation between sensation seeking and married women' verbal aggression. It means that higher level of married women' sensation seeking is associated with

their increased aggression. In addition, regarding sensation seeking components it can be said that there is a meaningful correlation between married women' verbal aggression and their experience seeking, thrill and adventure seeking and their diversity seeking. But no relationship is observed with respect to boredom susceptibility and disinhibition and married women' verbal aggression. In a research performed on 224 voluntary students about the effect of impulsivity and sensation seeking on boredom susceptibility, anger and aggression, it was found that there is a relationship between all the components including boredom susceptibility, anger, anger expressing, impulsivity and sensation seeking [17]. which confirms our research results. Various researchers show that patterns of coping play an important role in life. Persons having special features like high motivation feel more anger and frustration when facing with problem- solving situation and so they more reluctant to use aggression in order to cope with such excitements [18]. Empirical data represents the increased verbal aggression among women and this matter is advertised on TV as well [19]. Researches confirm the relationship between high level of sensation seeking and criminal activities [20]. A study show that there is a meaningful difference between marital adjustment, roles, problem solving, emotional conflict, emotional accompaniment, behavior control and overall performance of male teachers in Ahvaz elementary schools among the quartet groups of sensation seeking [21]. Also, a meaningful difference is observed between the drivers involved in accidents and those are not involved in crashes in terms of their mean score in cyclical nature of venture, distressing distrust, lack of control over will and nervous tension. There is also a meaningful difference in sensation seeking among two groups [22].

In general, there is a positive meaningful correlation between sensation seeking and the married women' hostility. In fact, the higher level of sensation seeking among married women is associated with their increased hostility. Moreover, there is a meaningful correlation between hostility and sensation seeking components including the correlation between experience seeking and their hostility as well as thrill and adventure seeking and their hostility. But, there is no relationship between hostility and such components as boredom susceptibility, diversity seeking, and disinhibition. In a study, it is found that a meaningful difference exists between two addicted and normal groups in terms of overall sensation seeking and its subscales including thrill and adventure seeking, boredom susceptibility, diversity seeking and sensation seeking. In fact, overall sensation seeking and its subscales were higher among the addicted people. In addition, addicted men show higher qualities of sensation seeking, diversity seeking, thrill and adventure seeking and overall sensation seeking compared to addicted women. But, there is no meaningful difference between addicted men and women in terms of boredom susceptibility, experience seeking and disinhibition components [7]. Although men are more aggressive than women, inter-gender similarities should not be excluded. A little evidence show that men get angry more than women. The undertaken studies indicate that there is not gender-related differences in relation to anger level [23]. However, a meaningful difference is observed between male and female driving offenders having different personalities. The current study also show a meaningful difference between male and female driving offenders in terms of their sensation seeking, experience seeking, diversity seeking, thrill and adventure seeking and total score of sensation seeking. In fact, these features are more common among female driving offenders. In addition, it is found that personality traits play an important role in driving offences [24]. Research results show that there is a negative relationship between sensation seeking and level of marital satisfaction. A negative relationship is also observed between sensation seeking and duration of marriage. In addition, there is a meaningful difference between men and women as well as the satisfied and dissatisfied couples in terms of their mean scores in sensation seeking [25].

5- CONCLUSION

In general, this research shows that there is a relationship between sensation seeking and the married women's hostility and verbal aggression. It should be noted that due to limited number of subjects, you should be cautious to generalize the results. Moreover, the results should be retested over different time intervals in order to further generalize them to the community. Given the prevalence of such disorders and the role of informing and educating people to improve these disorders, establishment of treatment and consulting centers is recommended. Results obtained from this study can empirically be applied to design some educational intervention plans as primary and secondary prevention strategic plans. So, considering this results and by implementing training and consulting programs for women, basic steps can be taken to eliminate or reduce the factors underlying family problems.

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