



Research Paper

Investigating the Relationship between Personality Traits and Value Systems with Marital Satisfaction of Couples



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Abstract

The present study aimed to investigate the relationship between personality traits and value systems with marital satisfaction of students of Islamic Azad University, North Tehran Branch. This research was applied in terms of purpose and was conducted using a descriptive-survey method. The statistical population of this study was married female students of Islamic Azad University, North Tehran Branch, 110 people were selected based on the Cochran formula by simple random method. The main data collection tool was a standard questionnaire, whose validity in this study was calculated and confirmed by face value and its reliability by Cronbach's alpha method. The results obtained were analyzed using normality, correlation, and regression tests. The software used was SPSS version 23. The general hypothesis of this study was that there is a relationship between personality traits and value system and the level of marital satisfaction of married female students of North Tehran University. The results showed a significant relationship between them, and the general hypothesis was confirmed. The second hypothesis of this study was that there is a relationship between personality traits and the level of marital satisfaction of couples. The results showed a significant relationship ($\text{sig} < 0.05$) between them, and the second hypothesis was confirmed. The third hypothesis was that there is a relationship between value system and the level of marital satisfaction of couples, and the results showed a significant relationship (significant value: 0.002) between them, and the third hypothesis was also confirmed. Accordingly, in order to improve the level of marital satisfaction, there is a relationship based on various components of the value system and personality traits such as power, independence, arousal, conformity, security, tradition, pleasure, success, benevolence and cosmopolitanism, extraversion, neuroticism or anger, conscientiousness, openness to experience and agreeableness, and to strengthen the family.

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Introduction

Marriage in today's society is a complex phenomenon. People get married for various reasons. Love, economic security, sexual desires, protection, emotional security, a sense of peace and escape from loneliness are among the factors that make people want to get married. Humans gain independence through marriage and by forming a life, they create a small social unit, accept responsibility and achieve independence, their lives become purposeful and by accepting the administrative responsibility of the family, they become decision-makers. They find peace together. In fact, a successful marriage and the beginning of a marital relationship can meet many spiritual and physical needs in a safe environment and have a significant impact on the mental health of individuals. The purpose of marriage is to meet the needs of both parties, and if the needs of the couple are not met and they do not reach a positive solution to meet their needs, stress, disappointment, anger and ultimately heartbreak appear. For most adults, happiness in life is more related to a successful marriage and marital relationships are more related to life satisfaction than other aspects of life. Marital satisfaction can completely affect the quality of life, and research has confirmed the importance of this issue on a variety of clinical outcomes such as mental health, global health, and even life expectancy. Also, marital satisfaction in life can be related to overall life satisfaction. Many terms are used to describe how marital relationships are: compatibility, satisfaction, compromise, success, and marital quality.

Usually, the quality of compatibility and marital satisfaction are used interchangeably (*Sharafi, 2003*). In general, one of the important issues in marriage is marital satisfaction, which is affected by various factors. Marital satisfaction in marriage is very important and causes the continuation of life and happiness of couples. Marital satisfaction is considered a main and ideal goal for everyone and is essentially a part of life satisfaction. A person who is well satisfied with his or her relationship with his or her spouse can achieve life satisfaction, and if this part of human life, which is a combination of emotional, verbal, and sexual communication, is not satisfied, life satisfaction will also be in trouble. . Marital dissatisfaction in the family is an important traumatic and stressful factor. Marital problems exist in all marriages and in the post-marital period (*Goldenberg et al., 2016*). Marital satisfaction can also be psychologically therapeutic and help an individual overcome the unpleasant effects of childhood, and many studies show that married people are happier and healthier than single people. Marital satisfaction is considered a comparison between the current situation and the expected situation. According to this definition, marital satisfaction occurs when the current situation of a person's marital life matches what he or she expects, and dissatisfaction occurs when the person's expectations of marital life do not match his or her current situation. According to him, the central aspect of a person's social and emotional life is the relationship with his or her spouse, and lack of marital satisfaction can harm the couple's ability to establish

satisfactory relationships with children and other people outside the family. Marital satisfaction is the result of the compatibility of husband and wife in various aspects of their life together, which ensures the strength of the family foundation.

Marital satisfaction is one of the determining factors in predicting the level of intimacy in a romantic relationship and its durability or the level of involvement of couples and the end of a relationship. In fact, couples who feel satisfied with their married life have more stability in their relationships and try harder than others to solve the problems and conflicts of their common life. Studies have shown that couples' satisfaction can be influenced by several factors. Differences and similarities in personality traits have a great impact on marital stability and satisfaction. Factors such as mental health, personality disorders, introversion and extroversion affect marital satisfaction. In order for a marriage to proceed successfully, some issues must be given importance. One of the important factors in family disputes and marital dissatisfaction, from the perspective of sociologists, is the difference between the value systems of couples. Lack of value agreement is largely due to the cultural and social differences between the couples' paternal and maternal families and other membership groups such as schools and peer groups. Sharing and matching objective aspects of a spouse such as age, class, occupation, beliefs, and religion are grounds for agreement in the value system that provides aspects of satisfaction with life and marriage.

A marital relationship is a bond between two personalities. Each spouse enters a life together with unique personality traits, opinions, and needs. It is of great importance for couples to know each other well, to have skills in various aspects, and to educate them to adapt and increase marital satisfaction. According to research, marriage is the most important custom in all societies and cultures, which is able to form the closest communication processes between two people and, according to opinion, ultimately form a social unit called a family. According to *Tallman and Hsiao (2004)*, what makes a marriage sustainable is marital satisfaction. Marital dissatisfaction endangers marital health so much that repeated incompatibilities and unresolved differences not only threaten the stability of the relationship, but also threaten the marital satisfaction of the couple. The most important pillar of family members' health is marital satisfaction, and a healthy society is formed from conscious bonds and healthy and joyful communications between family members (*Bahari, 2015*). Marital satisfaction is an objective feeling of satisfaction and pleasure experienced by a husband and wife that takes into account all aspects. The issue of marital satisfaction of couples with opposite age differences has been studied by researchers. The results show that couples of the same age had the highest satisfaction and satisfaction decreased with increasing age difference. One of the most important factors determining satisfaction in a marital relationship is the presence of love and mental health. Based on the research conducted, its aim was to determine the contribution of general anxiety, overt and

covert anxiety, and lovemaking styles (intimacy, passion, and commitment) to marital satisfaction. The result was that among love and its components, intimacy and commitment had the highest contribution to marital satisfaction, but the desire (passion) variable was not a significant predictor of marital satisfaction. Full and latent anxiety were good predictors of marital satisfaction. However, overt anxiety was not a significant predictor of marital satisfaction (*Hedayati Dana & Saberi, 2014*).

Marital satisfaction is one of the effective factors in strengthening the foundation of the family and also plays a very important role in the individual and social efficiency of individuals. Marital satisfaction as one of the important factors in the stability of marriage can be predicted based on several variables, one of the most important of which is communication patterns. Communication patterns occur abundantly in a family. In other words, communication patterns that include mutually constructive communication, avoidant communication and mutual expectation, in which mutually constructive communication refers to an effective and efficient relationship, and mutual avoidance withdrawal refers to the couple's distance from communication and expectation communication. Withdrawal as a conflict pattern is that one of the couples wants a change in their spouse, which is achieved by withdrawing or avoiding discussion on another issue. Many factors play a role in the success and satisfaction of marriage: the personality of the parties, the level of mutual understanding, intellectual maturity and

sufficient mental balance, economic factors. And compatibility and sexual satisfaction and love are among the most important factors in creating a satisfying and enjoyable life (*Rahmani et al., 2011*).

Personality traits mean a pattern of unique and relatively permanent characteristics that create stability and individuality in a person's behavior (*Feist et al., 2014*). Based on the Neo-P five-factor model, today a large number of personality psychology experts believe that human personality consists of five main characteristics. In fact, these five characteristics are the five basic and main characteristics of our personality, and in a way, it can be said that the rest of the traits and characteristics are relatively subsets of these five main characteristics. Usually, these five major and dominant personality traits are abbreviated as the "five personality factors" or the five-factor personality model. These five characteristic traits, which are fully explained in this model, are: agreeableness, extraversion, conscientiousness, openness, and neuroticism. Many researchers have studied personality and its dimensions as an influential factor in general adaptation and health. Brief studies in this field show that personality can play the most important factor in general adaptation (*Gholizadeh et al., 2010*).

According to the results of the research, the proactive personality has a positive relationship with marital satisfaction, through facilitating family work and reducing marital tension for men, and was generally negative for women (*Xie et al., 2018*).

Theoretical findings show that the value system is considered the most central belief of an individual and affects his behavior. Globalization, individualism and the influence of modern thinking. Therefore, along with changes in individual and social life relationships, changes in mental norms and values are also created. Education and a fundamental religious perspective on personality development can be effective in maintaining basic values in the face of changes. Human relationships in school are an important factor in explaining values. The two basic pillars of human relationships are teacher and student, and the teacher plays an important role in the mental health of students. In the process of explaining values, the student also coordinates his group with their demands by accepting the culture. Peers provide opportunities for learning social skills and transmitting values by establishing horizontal communication. The influence of educational spaces such as textbooks, teachers, and evaluation methods is considered one of the principles of curriculum planning. The values that an individual acquires in school, if they are not compatible with the values that govern social relations, become ineffective, and individuals forget the ideals of school in the process of socialization. There is a positive and strong relationship between social adaptation and marital adaptation, and there is also a positive and strong relationship between the harmony between levels of marital satisfaction. Some psychologists believe that marital satisfaction is an adaptation between the current situation and the expected situation. According to this definition, marital satisfaction is achieved

when the desired situation in marital relations corresponds to the expected situation of the individual. The husband and wife's perception of the extent, severity, and scope of problems in the spouses' relationships also shows the level of their marital satisfaction (*Talayizadeh & Bakhtiyarpour, 2016*). Differences in learning, spirituality, and growth orientation were important predictors of dissatisfaction (*George et al., 2015*). Also, the partner's increased workload can be harmful to the functioning of the marital relationship over time and reduce marital satisfaction (*Lavner & Clark, 2017*).

Ethics is one of the important and influential categories in human life. On the other hand, examining values and their changes in terms of their relationship with other individual and social issues is important. Sometimes value changes indicate the inability of society to transfer its values to the next generation and mean its inability to regulate relationships between individuals based on common principles. In this way, the influence of society on its members weakens and the violation of social norms increases. Therefore, studying value changes is important for identifying the root of problems and issues and controlling them. Also, if individual values change in a direction incompatible with the culture of the society, then a distance will gradually be created between the individual, society and culture.

Success in marriage includes the ability to attract and retain a spouse. The transition to the industrial stage has created significant changes in the field of attracting and retaining a spouse. People who can adapt to these

changes and choose their spouses and have good personality traits that are chosen by others have fewer problems in attracting and staying with their spouses. Paying attention to appearance, skills in courtship, and positive

personality traits increase the quality of married life (Kefaei Kivi et al., 2020). Are personality traits and value systems related to the level of marital satisfaction of couples?

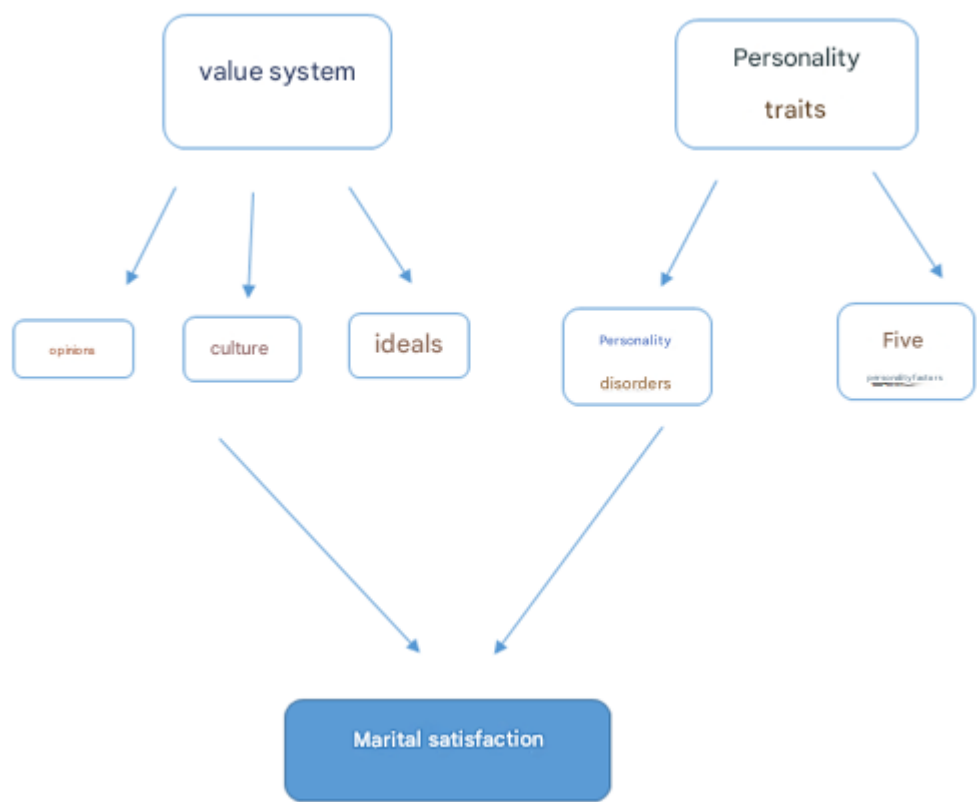


Figure 1-Conceptual Model

In the conceptual model, personality traits and value system are independent variables and marital satisfaction is the dependent variable, and these three variables are related to each other. Also, the five personality factors, personality disorders, ideals, culture, and beliefs are also related to each other and to the variables.

Research Method

This research is correlational in terms of variable manipulation. The time of data

collection is retrospective. This research is applied in terms of the applicability of the results and quantitative in terms of the nature of the data. Also, in terms of the research environment, it is library-based in the theoretical foundations section and field-based in the data collection section. The statistical population of the study included married women aged 25 to 35 who are studying in the fields of psychology, educational sciences, law and counseling at the Faculty of Humanities of North Tehran University. The statistical sample of this

study included married women aged 25 to 35, of which 110 people were used using simple random sampling method based on the Cochran formula. The number of questionnaires collected was used in the analysis. Data collection In general, interviews and questionnaires are the three main methods of data collection in survey research, correlation and experimental research. In the present study, the library method is used in order to familiarize with the literature, background, subject and research variables. In the field section, a standard questionnaire was used. In the Faculty of Humanities, two classes were randomly selected from each of the fields of counseling psychology, educational sciences, and law, and 110 people were randomly assigned to receive the questionnaire.

- Enrich Marital Satisfaction Questionnaire

The Enrich Marital Satisfaction Questionnaire, whose 47-question form was prepared by *Olson et al. (1986)*, includes 12 scales, which are: contractual response, marital satisfaction, personality issues, marital communication, conflict resolution, financial supervision, leisure activities, sexual relations, marriage and children, relatives and friends, egalitarian roles, and ideological orientation. This tool is designed as a five-option (which is essentially a Likert-type attitude scale) (strongly agree, agree, neither agree nor disagree, disagree, strongly disagree, each of which is given a score of one to five. This questionnaire was used in various studies. In this study, its validity was confirmed by factor analysis and its reliability

was reported for various scales from 0.7 to 0.79. In this study, the reliability of the tool was reported between 0.72 and 0.85.

- Schwartz Value System Questionnaire

Value system includes It consists of 57 questions and ten components of the value system, including power, independence, arousal, conformity, security, tradition, pleasure, success, benevolence, and cosmopolitanism. In order to measure the components of the value system, given that each component includes a number of items, a 2-point Likert scale was used. The questions were as follows: How important is each of the values as guiding principles in your life? And the answers were based on a 7-point Likert scale from 1 (opposite to my values) to 7 (excellent). This questionnaire was used in various studies. Among them, this questionnaire was examined with the convergent and divergent validity method. The Cronbach's alpha value in this study varied between 0.71 and 0.75.

- The Neo Questionnaire

is a self-report instrument for measuring personality traits that was developed by Costa and McCrae. These personality traits are described based on the personality traits of a normal society. The NEO questionnaire is taken from the five-factor model of personality and is available in two versions, long and short. The NEO or Big Five personality test represents the psychology of personality traits. This test can examine the 5 main factors of human personality, which include extraversion, neuroticism or irritability, conscientiousness, openness to

experience and agreeableness. In this study, a short-form questionnaire of 30 questions was used. This questionnaire has been used in various studies. *Grossi Farsi (2001)* conducted a validity study using confirmatory factor analysis. Cronbach's alpha values were reported between 0.70 and 0.76.

Descriptive and inferential statistics were used to analyze the research data. Descriptive statistics were used to calculate the central tendency and dispersion indices, and inferential statistics were used to test the hypotheses.

Findings

- Data Analysis

The collected data showed that out of a total of 110 people, 9% were under 20 years of age, 48% were between 21 and 25 years of age, 37% were between 26 and 30 years of age, and 6% were over 30 years of age. Also, 25% were studying counseling, 45% were studying psychology, 20% were studying law, and 10% were studying educational sciences.

Table 1. Descriptive information of research variables

Elongation	crookedness	standard deviation	average	number	Variable	
0.938	0.102	0.735	169.01	110	Marital satisfaction	
0.812	0.218	0.637	16.03	110	Extraversion	Personality traits
0.739	0.193	0.639	17.28	110	Psychopathic	
0.443	0.096	0.852	21.52	110	Conscientiousness	
1.059	0.569	0.741	31.85	110	Openness to Experience	
0.791	0.402	0.654	22.49	110	Agreeability	Value system
0.667	0.349	0.258	3.860	110		

According to Table 1, it can be stated that the average marital satisfaction is (169.01±0.735), personality traits (19.822±0.637), and value system (3.860±0.258).

In order to determine the type of test used for the research hypothesis, the Kolmogorov-Smirnov test was used to first examine the normality or non-normality of the data related to the hypotheses.

The value of the test statistic for the research variables at the 5 percent error level is greater than the critical value. Therefore, the null hypothesis, that is, the normality of the data, is confirmed. Therefore, considering the normality of the variable distribution, parametric tests can be used. The results of the Kolmogorov-Smirnov test are presented in the table below.

Table 2. Results of the Kolmogorov-Asmirov test

Z Statistic	Significant Value	Variable		Row
1.208	0.108	Marital satisfaction		1
1.395	0.104	Extraversion	Personality traits	2
0.741	0/058	Psychopathic		
0.354	0.102	Conscientiousness		

0.854	0.056	Openness to Experience	
1.125	0.074	Agreeability	
0.724	0.671	Value system	3

Table 3. Examining the relationship between personality traits and marital satisfaction of couples using Pearson's correlation test

Marital satisfaction of couples	Relationship between variables	
0.642	Correlation coefficient	Extraversion
0.0001	Significance level	
-0.760	Correlation coefficient	Psychopathic
0.0001	Significance level	
0.655	Correlation coefficient	Conscientiousness
0.0001	Significance level	
0.759	Correlation coefficient	Openness to Experience
0.0001	Significance level	
0.656	Correlation coefficient	Agreeability
0.0001	Significance level	

The results of the Pearson correlation test in Table 3 showed that there is a positive and significant relationship at the 0.01 level between extraversion personality and couples' marital satisfaction ($p=0.0001$ and $r=0.642$); there is an inverse and significant relationship at the 0.01 level between neurotic personality and couples' marital satisfaction ($p=0.0001$ and $r=-0.760$); there is a positive and significant relationship at the 0.01 level between conscientiousness personality and couples' marital satisfaction ($p=0.0001$ and $r=0.655$); there is a positive and significant relationship at the 0.01 level between openness to experience personality and couples' marital satisfaction ($p=0.0001$ and $r=0.759$); there is a positive and significant relationship at the 0.01 level between

agreeableness personality and couples' marital satisfaction ($p=0.0001$ and $r=0.656$).

To predict marital satisfaction of couples based on personality traits, simultaneous multiple regression analysis was used.

Before performing regression, it is necessary to observe the regression assumptions. The first and most important assumption of regression is the linearity of the relationships between the independent and dependent variables. Based on what is stated in the Pearson coefficient, the relationships between the independent variables and the dependent variable are linear. Also, the distribution of the dependent variable is normal (Table 4). In addition, according to the contents, the Durbin-Watson statistic was

used to measure the independence of the residual correlation. The value of the Durbin-Watson statistic) is equal to 1.892, which shows that the residuals are not correlated and are independent of each other. Also, the variance of the errors is equal and constant. To know the degree of collinearity between the independent variables, the tolerance statistic was used. Based on the collinearity indices (tolerance and variance inflation (VIF)); There is no collinearity between the

predictor variables and the results of the regression model are reliable. Therefore, the conditions for using regression are met. The F value observed in the regression is significant at the 0.01 level ($p<0.01$); that is, it can be said that the research regression model is a suitable model for explaining the dependent variable and the research variables are able to explain the changes in the dependent variable. Therefore, the assumptions for using regression are met.

Table 4. Simultaneous regression between personality traits and marital satisfaction of couples

Durbin Watson	Corrected coefficient of determination R2	Coefficient of determination R2	Correlation coefficient (R)	Significance level	F-statistic	Mean of squares	Degrees of freedom df	Sum of squares SS	Indicators
1.892	0.242	0.235	0.485	0.0001	2.842	11.6034	4	45.4158	Regression
						103.183	106	1093.4447	Residual
							105	11395.859	Total

According to the adjusted R^2 value, personality traits explain a total of 24.2 percent of the variance in couples' marital

satisfaction. In other words, only 2.24 percent of the variation in couples' marital satisfaction is due to personality traits.

Table 5. Results of simultaneous multiple regression analysis to predict couples' marital satisfaction based on personality traits

Collinearity assumptions		Significance level	t	Standard coefficients	Non-standard coefficients		
VIF	Tolerance			Beta	Average standard error	B	
		0.000	6.356		0.175	9.770	Fixed value
2.227	0.439	0.000	3.521	0.270	0.089	4.521	Extraversion
2.168	0.461	0.000	-2.449	-0.308	0.049	-3.280	Psychopathic
2.255	0.444	0.000	5.912	0.296	0.069	3.630	Conscientiousness
2.014	0.485	0.000	2.319	0.305	0.056	3.540	Openness to Experience
2.256	0.443	0.000	4.337	0.289	0.034	4.512	Agreeability

In order to identify and compare the intensity and direction of the effect of personality traits, beta coefficients were also

calculated. According to the Beta values and the significance level of t values in Table (13-4), all personality traits had an effect on

couples' marital satisfaction and were entered into the regression model. Therefore, personality traits have the ability to predict couples' marital satisfaction.

$$\text{Agreeableness } (0.289) + \text{Openness to Experience } (0.305) + \text{Conscientiousness } (0.296) + \text{Neuroticism } (-0.308) - \text{Extraversion } (0.270) = \text{Couples' Marital Satisfaction}$$

Table 6. Examining the Relationship Between Value System and Couples' Marital Satisfaction Using Pearson's Correlation Test

Marital satisfaction of couples	Relationship between variables	
0.598	Correlation coefficient	Power
0.0001	Significance level	
0.612	Correlation coefficient	Independence
0.0001	Significance level	
-0.632	Correlation coefficient	Arousal
0.0001	Significance level	
0.560	Correlation coefficient	Security
0.0001	Significance level	
0.559	Correlation coefficient	Tradition
0.0001	Significance level	
0.583	Correlation coefficient	Enjoyment
0.0001	Significance level	
0.579	Correlation coefficient	Success
0.0001	Significance level	
0.608	Correlation coefficient	Benevolence
0.0001	Significance level	
0.725	Correlation coefficient	Universality
0.0001	Significance level	

The results of the Pearson correlation test in Table 6 showed that there is a positive and significant relationship at the 0.01 level between the power component and couples' marital satisfaction ($p=0.0001$ and $r=0.598$); there is a positive and significant relationship at the 0.01 level between the independence component and couples' marital satisfaction

($p=0.0001$ and $r=0.612$); there is an inverse and significant relationship at the 0.01 level between the arousal component and couples' marital satisfaction ($p=0.0001$ and $r=0.632$); there is a positive and significant relationship at the 0.01 level between the security component and couples' marital satisfaction ($p=0.0001$ and $r=0.560$); there is a positive

and significant relationship at the 0.01 level between the tradition component and couples' marital satisfaction ($p=0.0001$ and $r=0.559$). There is a positive and significant relationship at the 0.01 level between the component of pleasure and marital satisfaction of couples ($p=0.0001$ and $r=0.583$). There is a positive and significant relationship at the 0.01 level between the component of success and marital satisfaction of couples ($p=0.0001$ and $r=0.579$). There is a positive and significant relationship at the 0.01 level between the component of benevolence and marital satisfaction of couples ($p=0.0001$ and $r=0.608$). There is a positive and significant relationship at the 0.01 level between the component of cosmopolitanism and marital satisfaction of couples ($p=0.0001$ and $r=0.725$).

Simultaneous multiple regression analysis was used to predict marital satisfaction of couples based on the components of the value system.

Before performing the regression, it is necessary to observe the regression assumptions. The first and most important assumption of regression is the linearity of the relationships between independent and dependent variables. Based on what is stated

in the Pearson coefficient, the relationships between independent variables and the dependent variable are linear. Also, the distribution of the dependent variable is normal. In addition, according to the contents, the Durbin-Watson statistic has been used to measure the independence of the residual correlation. The value of the Durbin-Watson statistic) is equal to 1.819, which shows that the residuals are not correlated and are independent of each other. Also, the variance of the errors is equal and constant. To know the degree of collinearity between the independent variables, the tolerance statistic has been used. Based on the collinearity indices (tolerance and variance inflation (VIF)); there is no collinearity between the predictor variables and the results obtained from the regression model are reliable. Therefore, the conditions for using regression are met. The F value observed in the regression was significant at the 0.01 level ($p<0.01$); That is, it can be said that the regression model of the study is a suitable model for explaining the dependent variable and the research variables are able to explain the changes in the dependent variable. Therefore, the assumptions of using regression are valid.

Table 7. Simultaneous regression between the value system and the level of marital satisfaction of couples

Durbin Watson	Corrected coefficient of determination R2	Coefficient of determination R2	Correlation coefficient (R)	Significance level	F- statistic	Mean of squares	Degrees of freedom df	Sum of squares SS	Indicators
1.819	0.285	0.289	0.572	0.0001	2.065	59.201	9	52.811	Regression
						15.9063	99	1522.7516	Residual
							108	15769.532	Total

According to the adjusted R^2 value, the value system components explain a total of 26.5 percent of the variance in the marital satisfaction of couples. In other words, only

26.5 percent of the changes in the marital satisfaction of couples are due to the value system components.

Table 8. Results of simultaneous multiple regression analysis to predict the marital satisfaction of couples based on the value system components

Collinearity assumptions		Significance level	t	Standard coefficients	Non-standard coefficients		
VIF	Tolerance			Beta	Average standard error	B	
		0.000	7.255		0.168	7.059	Fixed value
2.850	0.448	0.000	3.085	0.245	0.021	5.306	Power
2.463	0.439	0.000	3.441	0.296	0.056	4.742	Independence
2.228	0.409	0.000	-2.045	-0.277	0.032	-4.906	Arousal
2.423	0.398	0.000	4.426	0.233	0.048	2.442	Security
2.148	2.415	0.000	2.220	0.295	0.059	6.012	Tradition
2.574	0.448	0.000	3.325	0.301	0/069	4.368	Enjoyment
2.189	0.485	0.000	5.963	0.338	0.078	3.552	Success
2.172	0.428	0.000	3.715	0.278	0.045	5.715	Benevolence
2.227	0.410	0.000	2.618	0.219	0.033	4.690	Universality

In order to identify and compare the intensity and direction of the influence of personality traits, beta coefficients were also calculated. According to the Beta values and the significance level of t values in Table 7, all components of the value system had an effect on the marital satisfaction of couples and entered the regression model. Therefore, the value system has the ability to predict the marital satisfaction of couples.

Universalism (0.219) + Benevolence (0.278) + Success (0.338) + Pleasure (0.301) + Tradition (0.295) + Security (0.233) + Arousal (0.277-) - Independence (0.296) + Power (0.245) = Marital satisfaction of couples

Discussion and Conclusion

There is a relationship between personality traits, value systems and marital satisfaction of couples. Result: The findings of the study showed that there is a relationship between personality traits, value systems and marital satisfaction of couples.

The results obtained are consistent with the studies of *Azadifar (2019)*, *Nowrozi Kinchah and Baharkhah (2021)*, *Karimi (1996)*, *Derrick et al. (2016)*, and *Mills-Koonce et al. (2020)*. In explaining this result, it can be stated that personality traits can be used to predict the behavior of individuals in different life situations, including marital life situations. Marital satisfaction, affected by various factors, is a criterion used to assess the quality of couples' relationships. If they need advice regarding their living conditions,

they can contact specialists at counseling centers. Many couples consider marriage to be a sacred covenant that leads to the formation of a family. The stability of the family structure depends on the quality of the couple's relationships. Ineffective marital relationships or unsuccessful marriages not only threaten the mental health of the couple but also jeopardize the survival of the family unit. Although many personality differences are natural and do not lead to a huge difference in relationship satisfaction, there are two specific ones that have been shown to have a great impact on relationship problems and divorce and, in a way, predict these problems: the inability to regulate negative emotions (neuroticism) and the insecure attachment style. Therefore, among humans, the most sensitive choice in life is the choice of a spouse, on the basis of which the family institution is formed. The highest goal and function of the family is to complete the identity and provide peace for the spouses. In the shadow of peace, humans achieve proper growth and development and express their creativity. Affection, intimacy, and loyalty are among the most important factors in the development and strengthening of the family institution, and preserving the family center and respecting its sanctity are considered one of the most noble duties of each spouse. Therefore, it is appropriate for spouses to ensure their own and their family's happiness by fully recognizing each other's differences and learning ways to express affection and achieve understanding, and to benefit the most from the shortest moments of being together. Spouses who have more respect and affection for their spouses have more marital

satisfaction. There was a positive correlation between the level of mutual respect and affection between spouses, and spouses who had more respect for each other had more marital satisfaction. In addition, values are supra-situational, desirable, and different in importance goals that act as guiding principles in the private lives of individuals, such as marital relationships. Values are used in choosing a spouse, interpreting, and justifying one's own and others' behavior, and elsewhere, values are considered to be the perceptual expression of complex patterns of behavioral choices.

There is a relationship between personality traits and marital satisfaction of couples.

Result: The research findings showed that there is a relationship between personality traits and marital satisfaction of couples.

The results obtained are consistent with the studies of *Azadifar (2019)*, *Nowrozi Kinchah and Baharkhah (2021)*, *Karimi (1996)*, *Mills-Koonce et al. (2020)*, *Jahangiri et al. (2021)*, *Derrick et al. (2016)*. In explaining this result, it can be stated that since personality traits affect the sexual feelings and emotions of the spouse, the degree of comfort in discussions related to sexual issues and sexual intercourse are important points in sexual relationships and satisfaction with marriage, and even agreement on decisions related to having children or preventing pregnancy. This variable can affect the level of satisfaction or dissatisfaction with marriage. In addition, personality traits, including psychopathy, extraversion, openness to experience, and others, can predict and create warm or cold

relationships between couples, which may result in couples being satisfied with their married life and vice versa. Personality is also expressed as a set of distinctive characteristics in an individual. Awareness of our personality style or temperament type helps us identify our strengths and weaknesses. Our knowledge of our personality gives us insight into how to give specific responses to others and, even more importantly, helps us understand and recognize the differences in others' responses. The trait approach to personality has gained a special place in personality studies today. Many trait researchers believe that traits can be organized according to five broader and bipolar dimensions. These dimensions are called the Big Five. Trait psychologists agree on five dimensions or main factors to describe all personality traits. In fact, marital satisfaction resulting from sexual and emotional satisfaction is a measure of the quality of couples' relationships that shows their subjective assessment of the quality of their relationship. Marital satisfaction is a multidimensional concept that includes various aspects of marital relationships, including compatibility, happiness, honesty, and commitment, all of which depend on the personality characteristics of individuals.

There is a relationship between the value system and marital satisfaction of couples.

The results of the research showed that there is a relationship between the value system and marital satisfaction of couples

The results obtained are consistent with the studies of *Jahangiri et al. (2021)*, *Derrick et al. (2016)*. Another dimension that affects

marital quality is the value and ideological systems of the spouses and the similarities and differences in beliefs and values in this subsystem of the couple. The closer people are to each other in terms of age, the fewer ideological, political, and religious differences they have with each other, and this trend will improve the level of cooperation and interaction in marital relationships. In general, it can be said that the various components of the value system and marital satisfaction can be influenced by the values of individuals. In other words, in every field in which a person engages in behavior and activity, the value system of individuals undoubtedly plays a significant role in guiding his behavior. From another perspective, whenever a person is faced with decision-making in the field of behavior, the criteria and value system of individuals can be powerful supports for the final decisions taken. Therefore, considering the significant and widespread impact of the value system of individuals in human life, the existence of such a positive relationship between these two influential components and marital satisfaction of couples can be explained. Couples who are ideologically close and easily share their thoughts, feelings, and decisions with each other and are able to accept and understand each other's feelings have greater marital satisfaction.

- Research limitations

- Effects of the measurement tool (questionnaire), since people tend to create a favorable impression of themselves in others, so they may be biased in answering questions.

- The fact that the statistical population was limited to an academic environment limits the generalizability of the results to other families, so generalization of the results to other people should be done with caution.

- By using other tools, other variables (including demographic factors) that may affect the research results can be controlled and examined.

- Practical suggestions

The research findings showed that the personality characteristics of individuals and the value system are related to marital satisfaction. Therefore, by increasing the awareness of young people and through wise and healthy marriages, and consequently raising children with healthy personality characteristics and appropriate communication skills, a good and lasting future in terms of married life can be guaranteed for them.

It is suggested that couples who are facing problems and dissatisfaction in their married life should help to improve the quality of their married life by getting to know their spouses' personality traits more accurately, understanding each other, and paying attention to each other's needs.

- Research Suggestions

In order to enrich the present study, the following studies can be useful for future researchers:

- The samples for this study were selected from married women aged 25 to 35 who were studying at North Tehran University. It is

suggested that this study be examined on other communities and strata such as employees and artists, etc., and the results be compared.

- Future researchers should identify and rank the factors affecting marital satisfaction in married men and women.

- Future researchers should identify and examine the factors affecting marital dissatisfaction or decreasing marital satisfaction.

- Future researchers should select married men and women as their statistical population.

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