

Examining the relationship between the quality of family life and the likelihood of marital infidelity (Case study: betrayed women in Tehran)

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Abstract

This study aims to examine the relationship between the quality of family life and the likelihood of infidelity between spouses. This descriptive correlational study examines the relationship between the predictor variable and the outcome variable. In terms of intent, it is part of applied and developmental research. The statistical population of the study consists of all betrayed women referred to counseling centers in northern Tehran. In order to accomplish the research objectives, the Attitudes Towards Infidelity Scale (ATIS) and the Revised Dyadic Adjustment Scale (RDAS) by Busby et al. were utilized. Using SPSS software, the correlation coefficient test is utilized to analyze the relationship between independent and dependent variables and to test research hypotheses. Also, to analyze the set of cause-and-effect relationships between variables and components under study, AMOS software uses structural equations if the variables are normal, and SMARTPLS3 models the relationships between variables if the variables are not normal. According to the results of the linear regression test, the character of family life has a negative and significant effect on the tendency of spouses to commit infidelity.

Keywords: quality of Life, infidelity, betrayed women

Introduction

The family has always held a special place in human thought throughout history, and many intellectuals have been interested in themes related to it. These philosophers contend that a good family is the foundation of a healthy society, and that when a family's core features include a positive and healthy atmosphere, warm interactions, and close interpersonal interaction, family members are more likely to grow and develop. A healthy family contributes to a healthy society by producing healthy individuals, but an unhealthy family contributes to many social problems, and if no efforts are taken to strengthen and strengthen the family, social problems will only get worse over time (Bahnia Assal, 2016). Through the positive interactions of spouses, quality marital relationships foster the psychological development of the husband and wife as well as the cycle of family development. The propensity for marital infidelity, which manifests itself in extramarital relationships, is one of these characteristics that interferes with the quality of married life (Cruz, 2018). The foundational element of a marriage relationship, trust, is undermined by extramarital encounters. According to Mohlatlole et al. (2018), one of the primary causes of divorce and the dissolution of marriage can be the issue of extramarital affairs. When one spouse feels that their marriage is faithful while the other pair has covertly broken this commitment, this is considered cheating (Imanizad et al., 2021).

An infidelity always leaves the parties severely wounded emotionally. The injured spouse may experience signs of post-traumatic stress disorder, as well as emotions including depression, anger, despair, lack of confidence, identity loss, and feelings of worthlessness. In other words, less is known about who is more likely to conduct infidelity, despite the fact that it is one of the major reasons for divorce and marital problems. According to certain figures, 77-33% of married men and 70-26% of women commit infidelity in their lifetimes (Nasiri Junqani et al., 2021).

A growing number of family's experience significant crisis as a result of this phenomena, which highlights the need for study and action on the part of specialists in this area. Based on the few studies that have been done, it is established that such associations exist in Iran (Nawai and Mohammadi Arya, 2014). However, there is no rough estimate of its size, which is partly because the subject is so delicate in Iran. Dissatisfaction with the current relationship, a desire for variety or sexual excitement, retaliation, anger, or jealousy, feelings of insecurity or uncertainty about the relationship, companionship and intimacy, immaturity and lack of commitment, an excessive interest in establishing a romantic relationship outside of the marriage, sexual dissatisfaction, increased self-esteem, an inability to resist temptations, and the absence of a partner are among the causes of cheating.

The geographical definition of quality of life includes the concept of individual well-being, but by focusing more on the place than the individual, the geographical definition of the quality of life includes the objective and subjective measures of social and environmental factors, as well as needs and desires, lifestyle, and tangible and intangible factors that determine overall well-being. The phrase "quality of life" has many different meanings because it is used in many different contexts, but generally speaking, it can be said that the phrase refers to the conditions of people's living environments, the burden of proving (for instance, air pollution, water, or housing problems), and some characteristics of people themselves (such as health and academic success). According to research by Picon et al. that involved a systematic evaluation of 51 papers from 28 different countries and a review of 11 databases from 2009 to 2019, violating a marriage contract lowers one's quality of life, leads to conflict between partners, and decreases marital satisfaction.

Escherin et al. (2019) looked at 50 married men and women using in-depth interviews and a qualitative methodology to investigate the marital infidelity experienced by both men and women. They came to the conclusion that marital commitment, quality, and relationship between couples, such as lack of conflict and communication skills, have been suggested as important principles in not cheating between couples.

Method

The objective of this research is to develop a structural model of the quality of family life and the tendency to infidelity between spouses with the mediation of self-differentiation; it is a descriptive correlational study that looks at the relationship between the predictor variable and the criterion. The statistical population of the research is all the women referred to counseling centers in the United States.

The associations between the variables are first examined through the use of a questionnaire as a research tool in order to accomplish the research's objectives, after which the model is created.

Attitudes Towards Infidelity Scale (ATIS)

This questionnaire, which consists of 12 items and was created by Whiteley (2006) to examine people's attitudes toward infidelity in marriage, was validated in Iran by Ali-Tabar et al. (2013). The range of scores varies from 12 and 84 for questionnaire responses using a seven-point Likert scale from strongly disagree to strongly agree that are adjusted and scored from one to seven (Zal Arab et al., 2019). With a Cronbach's alpha of 0.80, Whiteley (2006) reported the reliability of this scale and validated its form and content.

According to Ali Tabar et al. (2013), this scale's reliability using the Cronbach's alpha technique was 0.71.

Revised Dyadic Adjustment Scale (RDAS) by Busby et al.

The updated version of this questionnaire, which assesses the quality of marital relationships, was developed by Busby, Curran, Larsen, and Christensen in 1995. High scores imply higher marital quality. This questionnaire consists of 14 items and 3 subscales of agreement (6 questions), satisfaction (5 questions), and cohesiveness (3 questions).

We always disagree = 0 and we always agree = 5 on a 6-point Likert scale, with 32 questions in the original form of this measure developed by Spinner and based on the idea of Levis and Spinner concerning marital quality (quoted by Holist, Cody, and Miller, 2005).

Agreement, contentment, and coherence are the three subscales that make up this component.

According to the study by Holist, Cody, and Miller (2005), the reliability of the questionnaire according to Cronbach's alpha for the three subscales of agreement, satisfaction, and cohesion was reported as 0.79, 0.80, and 0.90, respectively. The Cronbach's alpha coefficients and the division of the marital quality questionnaire in the entire sample for 14 items and four factors extracted, separated by gender, were satisfactory and high (above 70) in Yousefi's research (2010), which indicates the homogeneity and homogeneity of the items in the questionnaire.

In order to examine the relationship between independent and dependent variables and examine research hypotheses, using SPSS software, the correlation coefficient test is used. Additionally, in order to test the set of cause and effect relationships between variables and components under investigation, if the variables are independent, if the variables are dependent, the path analysis diagram is used.

Findings

Detailed findings

The research indicators' investigational findings are reported in this section.

Table 1: the research variables' means and standard deviations.

Variable	Num	Mean	Std.
Tendency to marital infidelity	114	27 .5	24 .1
Quality of marital relations	114	88 .3	96 .0
	114	76 .3	49 .1
	114	11 .4	61 .1

According to table 1-4, when the components of self-differentiation were examined, disapproval averaged 4.28 (standard deviation 1.25), stress and emotional instability were 3.82 (standard deviation 1.15), the fusion of thought and action was 4.45 (standard deviation 1.08), and avoidance was also 4.26 (standard deviation 1.34) on average.

The predisposition toward marital infidelity variable was also examined, and it was shown that this variable has a mean of 5.27 and a standard deviation of 1.24.

Marriage quality components such as agreement, contentment, and cohesion have averages of 3.88 (standard deviation 0.96), 3.76 (standard deviation 1.49), and 4.11 (standard deviation 1.61) respectively.

Analyzing the research premise

The likelihood of infidelity between spouses is influenced by the quality of family life.

The following tables present the findings of the basic linear regression test that was employed to examine this hypothesis.

Table 2: the relationships between many aspects of family life's quality and infidelity.

Criterion variable	Predictor variable	The correlation coefficient	Significance level
Infidelity between spouses	Agreement	- 0.63	0.001
	Satisfaction	- 0.55	0.006
	coherence	- 0.78	0.001

As can be seen in Table 2, there is a negative and indirect relationship between the components of agreement (B = 0.63 and p = 0.001), satisfaction (B = 0.55 and P = 0.006), and cohesion (B = 0.006 - 0.78), and in fact, with an increase in the quality of marital relations, self-differentiation declines.

Table 3: a summary of the infidelity prediction model based on the quality of family life.

Multiple correlation coefficient	The coefficient of determination	Adjusted coefficient of determination	Standard error of estimate
0.68	0.46	0.45	1.72

The multiple correlation coefficient between these variables is 0.68, and the coefficient of determination obtained is 0.46, which indicates that 46% of the tendency to infidelity is determined based on the variable components of marital relationship quality. In other words, it can be said with 95% certainty that the variable of marital relationship quality plays a role in the tendency to infidelity.

Table 4: Variance analysis test for regression model significance

Source of changes	Sum of squares	Dof.	Mean square	fisher	Sig.
regression	798.011	2	197.252	4.54	0.001
residual	517.102	112	3.83		
Total	1315.112	113			

Table 4 presents the analysis of variance test to determine whether the regression model is statistically significant.

It may be stated that the quality of family life affects the inclination to infidelity between spouses because the value of Fisher's statistic obtained is equivalent to 4.54, which is statistically significant (P=0.000).

Table 5: the regression coefficients for predicting the propensity to cheat based on the relationships in one's quality of life.

Model	Non-standard coefficients		Standard coefficient	T	Sig
	B	The standard error	Beta		
constant	6.178	0.66	-	9.29	0.001
Agreement	-0.58	0.17	-0.59	-3.41	0.001
Satisfaction	-0.41	0.19	-0.43	-2.15	0.027
coherence	-0.56	0.24	-0.59	-2.33	0.019

Conclusion

According to the findings of the linear regression test, the quality of family life has a negative and significant impact on the probability of spouses to commit infidelity. A high quality of married life results in favorable adaptation, proper communication, and a high level of marital satisfaction. The quality of married life is a dynamic concept because the nature and quality of relationships between people change over time.

Family therapists attempt to consider the individual in the context of the intimate relationships he/she has in the family, not to consider individual problems as the result of individual growth and development, and in the therapy, they create a situation where couples develop their intimacy. increase with each other and understand different styles of intimacy.

According to the current explanation, if marital quality is at the desired level and couples feel they can rely on each other to satisfy their needs and enjoy the relationship with each other, it will strengthen their physical and mental connection. When a husband and wife's need for intimacy and value is satisfied, they feel the need for each other, and couples support each other throughout their relationship and when problems arise.

Conversely, when spouses communicate in a defensive, emotionless, and impersonal manner, the relationship weakens and the likelihood of marital infidelity rises. Positive emotions and affection between spouses lead to intimacy, and intimacy in a relationship strengthens it.

Limitations

One of the study's shortcomings is that it only looked at women who were sent to counseling institutions in North Tehran; as a result, it should be cautiously generalized to other women and localities with similar demographics.

Another drawback of this research is the lack of time and resistance of some of these women.

Suggestions

1. The results of the current study emphasize the need for psychological services and the development of training programs to encourage differentiation, as these interventions can significantly increase differentiation and improve marital relationships in them.
2. It is recommended that planning be done to enhance and control various factors that can be effective in marital issues and causing psychological distance between couples; as a result, educating couples and other young people who plan to start a family about the direct impact of these two variables and their components on the attitude toward marital infidelity can have a direct impact on the quality and effectiveness of their lives.

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