



# The role of marital boredom and sexual dissatisfaction in love failure in couples with emotional divorce

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## Abstract

**Aim:** The present study was conducted with the aim of determining the role of marital Burnout and sexual dissatisfaction in love trauma in couples with emotional divorce. **Methods:** The population of the present study was all the couples who referred to the psychological clinic of the 2nd district of Tehran, from which 280 men and women (25 to 45 years old) who met the criteria for entering the study were selected. The participants were evaluated using Sexual Satisfaction Questionnaire (SSQ), Love Trauma Inventory (LTI), and Couple Burnout Measure. (CBM). Pearson's correlation coefficient and regression analysis were used to analyze the data. **Results:** The results showed that marital Burnout and sexual dissatisfaction can explain 25.3% of the variance of love trauma. Also, sexual dissatisfaction has a greater contribution in predicting the love trauma of couples. **Conclusion:** According to the obtained results, with the help of marital Burnout and sexual dissatisfaction, love trauma can be predicted in couples with emotional divorce. **Keywords:** marital burnout, sexual dissatisfaction, love trauma, emotional divorce.

## Introduction

The family is the first, most important and highest social institution in human history, which provides the basis for its members' development, growth and emotional and social prosperity. Marriage is the most sensitive emotional commitment a person accepts to enjoy mental peace and warm and intimate relationships. In fact, more than any other category, the problem of marital burnout causes people to refer for counseling and mental health services (Waterlaus et al., 2015). The health and dynamics of the family system of married life depend on the quality of the relationship between men and women. Naturally, if such relationships are based on sincere and stable love and commitment, they have a tremendous impact on each family member. The quality of the relationship between husband and wife deeply affects the mental health of family members (Nawabinjad, 2018).

Marital relationships are sometimes accompanied by problems and dissatisfactions that cause conflicts between couples. Our emotional relationship between couples suffering from marital burnout changes over time due to the lack of expressing feelings towards each other and the lack of attention they feel from each other. This category also includes subcategories such as expressing feelings, verbal relationships, understanding, cooperation and appreciation, trust and commitment, common goal and plan, conflict management, and maintaining family independence. In this regard, the findings of Hanson and Lemland (2016) showed that couples who had emotional interaction problems were dissatisfied with their married life.

Love failure is one of the most common and deepest experiences of loss and grief in the failure caused by the collapse of romantic relationships (Hervey & Miller, 2000). Losing a love object is one of the biggest shocks that can happen to people (Aghajani, Khalatbari, & Sadeghi, 2018). The basic features of these syndromes are the impact on all aspects of people's lives, and this emotional breakdown is often experienced as a shock. In fact, just as the beginning of a relationship is usually accompanied by a feeling of acceptance and positive emotions such as happiness, the end of a relationship will also be accompanied by a feeling of rejection, loss, and emotions such as anxiety, anger, jealousy, despair, and loneliness. Therefore, failure in emotional relationships causes people to suffer major damages that are irreparable in some cases (Tsabara, Smith, & Mehl, 2012). Therefore, romantic relationships and love failures seem to play an important role in people's mental health (Akbari et al., 2012).

On the other hand, marital boredom also has various reasons, these reasons are different according to the situation, class and social status of the couple, which is why much attention should be paid to marital boredom (Ghanbari, 2016). Marital heartbreak is one of the risks of marriage and relationship between husband and wife, which means the breakdown of marital relationship. According to Lingren (2003), burnout is physical, emotional, and psychological exhaustion caused by a mismatch between expectations and reality. Burnout occurs due to failure in love and is a response to existential issues (cited in Launer, Carney, & Bardbari, 2016).

One of the factors that threaten family consolidation and one of the factors affecting marital happiness is sexual dissatisfaction. In an intimate marital relationship, sexual satisfaction becomes the continuation and strength of marital life and emotional dependence between husband and wife, which has the following dimensions: Sexual satisfaction is sexual verbal exchange, sexual understanding, sexual communication concern, and sexual personal concern (Khamse, Zaharakar, & Mohsenzadeh, 2015).

According to what has been said, the researcher is trying to find out whether marital boredom and sexual dissatisfaction play a role in the experience of love failure in women with emotional divorce.

### **Method**

The population of the present study was all the couples who referred to the psychological clinic of the 2nd district of Tehran, from which 280 men and women (25 to 45 years old) who met the criteria for entering the study were selected. The participants were evaluated using Sexual Satisfaction Questionnaire (SSQ), Love Trauma Inventory (LTI), and Couple Burnout Measure. (CBM). Pearson's correlation coefficient and regression analysis were used to analyze the data.

### **Results**

The statistical skewness and kurtosis values of the variables of the current research are between  $\pm 2$ , so in this sense, the data are optimally distributed. Also, according to the value of the variance inflation factor, which is less than 10 and the tolerance factor is higher than 0.10. Collinearity did not occur in the research variables. Durbin-Watson test (1/871) was used to check the independence of observations (independence of residual values or errors) from each other, which indicates that the assumption of independence of errors is met.

The relationship between love failure and marital heartbreak ( $r=0.341$ ) is positive and significant at the 0.01% level. The correlation between love failure and sexual dissatisfaction ( $r=0.469$ ) was negative and significant at the 0.01% level. To determine the role of marital boredom and sexual dissatisfaction in predicting love failure, multiple regression was used simultaneously (Table 3).

According to Table 3 ( $F=46.92$  and  $P=0.001$ ), the model is statistically significant and marital boredom and sexual dissatisfaction can explain 25.3% of the variance of love failure. The significance test of  $t$  in the regression for the coefficient of marital dissatisfaction ( $\beta = 0.194$ ) and sexual dissatisfaction ( $\beta = 0.389$ ) is significant at a level less than 0.01. Sexual dissatisfaction has a greater single contribution in predicting couples' love failure.

### **Conclusion**

One of the important factors that are effective in creating or increasing marital exhaustion, intensifying sexual misconceptions in the field of sexual performance and low level of sexual rights in women, is sexual dysfunction and dysfunction in the spouse. Babaei et al. (2014) showed that communication patterns can significantly predict marital exhaustion in women applying for divorce. Halog et al. (2017) concluded that communication skills could affect the level of marital burnout. Hanson and Landbland (2016) showed that this communication training has caused a special improvement in couples' relationships and reduced marital burnout and their mental health. Pamuk and Dormos (2015) concluded that spousal support, marriage, and relationships predict marital burnout.

A feeling of acceptance and positive emotions such as joy and happiness usually accompanies the beginning of a relationship. A feeling of rejection, loss, and emotions such as anxiety, anger, jealousy, despair, and loneliness accompany the end of a relationship. Therefore, failure in emotional relationships causes people to suffer major damages that are irreparable in some cases (Tsabara, Smith, & Mehl, 2012). Therefore, romantic relationships and love failures seem important in people's mental health. Having sexual self-awareness leads to awareness and understanding of sexual issues and issues, usually obtained through experience and learning. Sexual knowledge and attitude are issues that directly affect people's quality of life so sexual performance can cause much tension. Sexual skills can cause positive feelings,

closeness and intimacy to the spouse, forgiveness and increasing the marital relationship and its continuation, and increasing the ability to resolve couples' conflicts, and it is a preventive measure against love failure.

Plans should be made to create trainings and interventions in order to increase the emotional security of couples, especially those who experience marital burnout. It is also necessary for the authorities to take more serious measures in order to teach proper sexual communication skills at the individual, family and social levels in order to prevent future psychological injuries.

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