



# Modeling marital compatibility based on communication patterns and marital relationship performance with the mediation of spiritual attitude

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## Abstract

**Aim:** One of the most important relationships between a man and a woman is marriage, which includes both emotional and legal commitment and is of special importance in the life of every adult. Therefore, the purpose of this research was to model marital adjustment based on communication patterns and marital relationship performance with the mediation of spiritual attitude.

**Method:** The present research was a descriptive-correlation type of structural equation modeling. The statistical population of the research included married people living in Tehran, according to the number of observable changes, 350 samples were available according to Spanir's (1976) marital compatibility questionnaires, spiritual attitude: Shahidi and Farajnia (2013), Christensen and Salavi's communication patterns. (1984) and sexual performance: Farajnia et al. (2013) answered. The research data was also analyzed through SPSS and AMOS software. **Results:** The findings showed that the constructive communication pattern directly explains  $\beta = 0.334$  of the variance of marital adjustment, and the withdrawal communication pattern directly explains  $\beta = 0.159$  of the variance of marital adjustment. Also, the constructive communication pattern directly explains  $\beta=0.21$  of the variance of spiritual attitude and the spiritual attitude directly explains  $\beta=0.147$  of the variance of marital adjustment. **Conclusion:** It can be concluded that the modeling of marital compatibility based on communication patterns and marital relationship performance with the mediation of spiritual attitude is valid.

**Keywords:** Marital compatibility, communication patterns, sexual performance, spiritual attitude

## Introduction

Marriage is not just a private contract but a valuable social institution that is uniquely beneficial to society. It forms the foundation of the family and in a way the basic foundation of society and creates significant stability and meaning in human relationships and plays an important role in the transmission of culture and civilization to future generations (Priyadarshini & Gopal, 2019). Marriage is a commitment and agreement with love and responsibility to achieve peace, happiness and development of family relationships. In fact, one of the most important relationships between a woman and a man is marriage, which includes both emotional and legal commitment and is of special importance in the life of every adult (Lata Reva, 2017). Only in this form of communication are all the biological, spiritual, social and emotional aspects of human being considered (McKay et al., 2017). Therefore, each husband and wife need to learn how to live together, share issues, compromise and plan their lives (Lata Reva, 2017).

According to the researches and materials presented, communication patterns and marital sexual performance can play a role in the formation of marital compatibility both directly and through each other. Besides, spiritual attitude can play a facilitating and mediating role in the relationship between communication patterns and marital sexual performance with compatibility. Moreover, all the variables of this research are among the most important components affecting the relationship and marital satisfaction, and so far no research has been done that evaluates and models all these variables together. Therefore, the main question of the research is whether it is possible to explain the structural equation model for marital adjustment based on communication patterns and marital relationship performance with the mediation of spiritual attitude?

## Method

The present research was a descriptive-correlation type of structural equation modeling. The statistical population of the research included married people living in Tehran, according to the number of observable changes, 364 samples were available according to Spanir's (1976) marital compatibility questionnaires, spiritual attitude: Shahidi and Farajnia (2013), Christensen and Salavi's communication patterns. (1984) and sexual performance: Farajnia et al. (2013) answered. The research data was also analyzed through SPSS and AMOS software.

## Results

The value of skewness observed for the research variables is in the range of (2 and -2), which shows the normality of the variables in terms of skewness and the symmetry of their distribution. Also, the skewness value is in the range (2 and -2), which shows that the distribution of the studied variables has a normal skewness. In this study, the use of the scatterplot method confirmed the assumption of linearity. No deviation from the linear multiplicity assumption was observed in any of the values of the tolerance and VIF statistics calculated for the research variables.

Because the value of transaction tolerance (VIF) calculated is between 1 and 5, it has an acceptable linearity. Therefore, there is an assumption of co-linearity for the predictor variable in predicting the criterion variables.

The relationship between the score of constructive communication pattern and the total score of marital compatibility along with its components (satisfaction, solidarity, agreement and expression of affection) is positive and significant. This means that the higher the scores of constructive communication patterns in the sample, the higher their compatibility. The results show that the relationship between the score of avoidant and withdrawing communication pattern with the total score of marital compatibility and the components of solidarity, agreement and expression of affection is negative and significant. Regarding the performance of the marital relationship, the results show that the relationship between the total score of the performance of the marital relationship with marital compatibility and all its components is positive and significant. Apart from the component of satisfaction in marital compatibility, there is a significant positive relationship between all the components of marital relationship performance with the components of solidarity, agreement and expression of affection in marital compatibility. The results related to spiritual attitude also show that the relationship between the total score of spiritual attitude with the total score of marital compatibility and each of its components (satisfaction, solidarity, agreement and expression of affection) is positive and significant.

In order to explain the dispersion pattern of marital adjustment scores through marital relationship performance and communication patterns with the mediation of spiritual attitude, path analysis method was used. The index ( $\chi^2$ ) was equal to 145.608, the index ( $\chi^2/df$ ) was equal to 2.6, the index (CFI) was equal to 0.939, (GFI) was equal to 0.923, and the index (RMSEA) was equal to 0.071. Therefore, a value greater than 0.90 for the CFI and GFI indexes and a value smaller than 0.08 for the RMSEA index indicates a good fit of the assumed model with the data.

After modifying the model and removing the non-significant paths and reducing the degrees of freedom by creating relationships between the predictor components, the constructive communication model directly explains the variance of marital adjustment to the extent of  $\beta = 0.334$ ; The relationship pattern of withdrawal also directly explains  $\beta = -0.159$  of the variance of marital adjustment. Constructive communication model directly explains the variance of spiritual attitude to the extent of  $\beta=0.21$ ; Spiritual attitude directly explains  $\beta=0.147$  of the variance of marital adjustment. Sexual performance also directly explains  $\beta=0.346$  of the variance of spiritual attitude and directly explains  $\beta=0.578$  of the variance of marital adjustment. Together, the predictor variables predict 68.3% of the variance of marital adjustment.

To determine the indirect effect of the Sobel test, which is the most common method of testing mediation coefficients. The indirect effect of constructive communication pattern through spiritual attitude in explaining the variance of marital compatibility is 0.071. Since the amount of Sobel test calculated for the indirect route is 2.232, it is higher than the value of 1.96. Therefore, the null hypothesis (based on the fact that the mediator variable does not play a role in the relationship between the independent and dependent variable) is rejected at the 0.05 error level and the effect of the mediator in this relationship is significant. The amount of indirect influence of withdrawal communication pattern through spiritual attitude in explaining the variance of marital compatibility is 0.067. Since the amount of Sobel test calculated for the indirect route is 141.2, it is higher than

the value of 1.96. Therefore, the null hypothesis (based on the fact that the mediator variable does not play a role in the relationship between independent and dependent variable) is rejected at the 0.05 error level and the effect of the mediator in this relationship is significant. And finally, the indirect effect of sexual performance through spiritual attitude in explaining the variance of marital compatibility is 0.199. The amount of Seville test calculated for indirect route 814/3 obtained is higher than the value of 1.96. Therefore, the null hypothesis (based on the fact that the mediator variable does not play a role in the relationship between the independent and dependent variable) is rejected at the 0.05 error level and the effect of the mediator in this relationship is significant. Therefore, based on the mentioned results, it can be said that sexual performance and constructive and withdrawing communication patterns are related to marital compatibility through spiritual attitude. In other words, communication patterns and sexual performance have an effect on marital compatibility through the mediation of spiritual attitude.

### **Conclusion**

The purpose of this research was to model marital adjustment based on communication patterns and marital relationship performance with the mediation of spiritual attitude. The results showed that the relationship between the score of constructive communication pattern and the total score of marital compatibility along with its components (satisfaction, solidarity, agreement and expression of affection) is positive and significant. This means that the higher the scores of constructive communication patterns in the sample, the higher their compatibility. The results show that the relationship between the score of avoidant and withdrawing communication pattern with the total score of marital compatibility and the components of solidarity, agreement and expression of affection is negative and significant. In relation to marital sexual function, the results show that the relationship between the total score of marital sexual function with marital compatibility and all its components is positive and significant. Apart from the satisfaction component in marital compatibility, there is a significant positive relationship between all the components of marital sexual function with the components of solidarity, agreement, and expression of affection in marital compatibility. The results related to spiritual attitude also show that the relationship between the total score of spiritual attitude with the total score of marital compatibility and each of its components (satisfaction, solidarity, agreement and expression of affection) is positive and significant.

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