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Investigating the relationship between wisdom and spiritual attitude in life and happiness and satisfaction with married life among women in Isfahan city

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Abstract

This research aims to investigate the relationship between wisdom and spiritual attitude in life and happiness and satisfaction with married life among women in Isfahan city. The research method is correlation and regression. The statistical population of the research is all women living in Isfahan city in 2019. The sampling method is the random cluster. First, a list of 15 Isfahan municipality districts was prepared, two streets were randomly selected from each district, two alleys were randomly selected, and the questionnaires were implemented among married women according to the entry and exit conditions of the sample. The research tools are the Oxford Happiness Questionnaire, the Enrich Marital Satisfaction Questionnaire, and the Wisdom and Spiritual Attitude Questionnaire, and the data were analyzed at two levels. At the descriptive level, including the mean and standard deviation, and at the inferential level, SPSS has been measured by step-by-step regression analysis and entry. According to the statistical results, there is a correlation and relationship between wisdom and spiritual attitude in life and happiness and satisfaction in married life.

Keywords: *Wisdom, satisfaction with married life, spiritual attitude, happiness.*

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Introduction

Effective factors play a role in marital satisfaction, which can be mentioned as personality traits and coping strategies.

Personality is the most comprehensive psychological concept that controls all human functions. Piaget believes that personality includes a set of adaptive human abilities (Kaplan and Sadock, 2012, translated by Pourafkari, 2012). Personality and personality traits have been recognized as important factors influencing the quality of couples' relationships (Shiota & Levonson, 2007; Donlan, Kanger, and Bryant, 2014; Shakerian, Fatemi, and Farhadian, 2011; Sadeghi, 2015). Coping strategies play a mediating role in predicting marital satisfaction with other components. Coping strategies include the individual's intellectual, emotional and behavioral efforts that are used when facing psychological pressures in order to overcome, tolerate or minimize the effects of stress. Lazarus believes that in any stressful situation, there are several ways to deal with stress. It has become effective and not only the previous problems are not solved, but also brings new problems and issues (Atkinson, Atkinson and Hilgard, 2012, translated by Brahni, Birash, Zamani and Beik, 2013).

In a research titled the relationship between personality traits and marital satisfaction and its components in couples, which was conducted by Khademi, Valipour, and Muradzadeh (2018), the results showed that neuroticism has a negative effect on couples' relationships and marital satisfaction. In contrast, extroversion positively correlated with couples' marital satisfaction and openness to experience. Since personality traits are related to marital satisfaction, it is possible to predict and increase marital satisfaction by identifying the couple's

personality traits. Sadeghi, Mousavi, Mutabi, and Dehghani (2015), in their research titled the relationship between the similarity of personality traits of couples and marital satisfaction, concluded that the similarity of couples in extroversion characteristics was a predictor of increasing marital satisfaction in women. Couples with low scores in this characteristic reported significantly less satisfaction with married life. Couples with high scores in compatibility and conscientiousness were significantly more satisfied with married life than couples with low scores in these characteristics. According to the findings of this research, the similarity of personality traits alone does not increase marital satisfaction. Therefore, this research was conducted to explain the mediating role of marital satisfaction in the relationship between attachment styles and the quality of women's sexual relationships.

Method

The method of this research is descriptive-correlation and regression. In this type of research, the relationship between variables is analyzed based on the purpose of the research. The statistical population of the research included all married women living in Isfahan city in 2019. Based on Morgan's table, the number of sample members was determined to be 373 and random cluster sampling method was used.

Materials

1. Enrich Marital Satisfaction Questionnaire. The original version of the test has 115 questions, due to its length, several forms have been made from it. First, Olson introduced its 115-question form and then its 47-question form was created. Personality issues, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, and

religious orientation are among the domains of this scale.

2. Oxford happiness questionnaire. This questionnaire was prepared in 1989 by Argyle and Lowe. This questionnaire has 29 four-choice items. A score of 0 is given to the lowest level of happiness and a score of three is given to the highest level of happiness. In fact, in this questionnaire, the minimum score is 0, and the maximum score is 72. Also, this questionnaire has five components: satisfaction with life, self-respect, active well-being, contentment, and positive mood.

3. Questionnaire of spiritual attitude. This questionnaire was created by Shahidi and Farajnia (2013) and has been validated. Based on this, 43 questions with 5 options were designed using the "Likert scoring" method and were scored as completely agree (5), agree (4), somewhat disagree (3), disagree (2), and completely disagree (1). The spiritual attitude measurement questionnaire has appropriate validity and reliability and can be used as a suitable tool for research in the field of spirituality and spiritual growth.

4. Wisdom Questionnaire (3D-WS). This questionnaire was created in (2003) by Monica Ardlet and is divided into three cognitive, reflective and emotional dimensions. The number of questions in this questionnaire is 43 and the way of scoring this questionnaire is on a 5-point Likert scale.

Findings

The average marital satisfaction is equal to 139/846, the average score of spiritual attitude is 171/63. The average score of wisdom is equal to 132.45 and the average score of happiness for the whole sample is equal to 74.04.

The results of multiple correlation show that the correlation between marital satisfaction

on the one hand and wisdom, spiritual attitude and happiness, on the other hand, is equal to 0.323. R^2 is equal to 0.104 and shows that these variables predict nearly 10.4% of the variance of marital satisfaction scores. However, the results of the analysis of individual variables show that among these variables, wisdom ($B = 0.141$, $p = 0.012$) and happiness ($B = 0.41$, $p = 0.001$) have a relationship with this variable. The results indicate that the spiritual attitude has not shown a significant relationship with the variable of marital satisfaction. In other words, wisdom and happiness can predict marital satisfaction. Adding one unit to wisdom and happiness increases the value of marital satisfaction by 0.136 and 0.296, respectively.

The results of the step-by-step regression analysis show that happiness and wisdom predict marital satisfaction. The findings of the above table indicate that happiness has the most predictive power. This variable predicts 0.079, or nearly 8% of marital satisfaction. In the second stage, with the addition of wisdom, the predictive power reaches 0.102%. That is, two factors together predict 10% of marital satisfaction.

The relationship between happiness and wisdom is positive with marital satisfaction. In other words, adding one unit to happiness and wisdom increases marital satisfaction by 0.276 and 0.154, respectively.

The correlation coefficient between wisdom and spiritual attitude is equal to 0.359. This positive correlation coefficient is statistically significant ($p < 0.05$); Therefore, it can be said that there is a significant relationship between spiritual attitude and wisdom in such a way that with the increase of wisdom, the amount of spiritual attitude in women increases and vice versa. Also, the relationship between wisdom and happiness

is insignificant. The correlation coefficient is equal to 0.026, the significance of which is 0.613 and more than 0.05, so the relationship is insignificant. In other words, women's happiness level does not show a significant change with the increase and decrease of wisdom. In addition, the correlation coefficient between wisdom and satisfaction with married life is equal to 0.162. This positive correlation coefficient is statistically significant ($p < 0.05$); Therefore, it can be said that there is a significant relationship between wisdom and satisfaction with married life in such a way that as the level of wisdom in women increases, their marital satisfaction increases. In addition, the correlation coefficient between spiritual attitude and happiness is equal to 0.375. This positive correlation coefficient is statistically significant ($p < 0.05$). Therefore, there is a significant relationship between women's spiritual attitude and happiness in such a way that as the amount of spiritual attitude increases in women, their happiness increases and vice versa. Also, the relationship between spiritual attitude and married life satisfaction is insignificant. The correlation coefficient is equal to 0.012, the significance of which is equal to 0.812 and more than 0.05, so the relationship is not significant. In other words, with the increase and decrease of spiritual attitudes in women, their satisfaction level with married life does not show a significant change. Finally, the correlation coefficient between happiness and married life satisfaction equals 0.28. This positive correlation coefficient is statistically significant ($p < 0.05$); Therefore, it can be said that there is a significant relationship between happiness and satisfaction with married life, in such a way that as the level of happiness increases in

women, their marital satisfaction increases and vice versa.

Discussion

This research aimed to investigate the relationship between wisdom and spiritual attitude in life and happiness and satisfaction with married life among women in Isfahan city. According to the statistical results, there is a correlation and relationship between wisdom and spiritual attitude in life and happiness and satisfaction in married life.

In this research, there is a correlation between wisdom and marital life satisfaction of couples; wise people with the maturity and integrity they acquire can manage different situations in their lives, and their level of self-control is high. One of the important dimensions of every person's life is the relationship with their spouse, which gives them the ability to maintain the quality of their relationship in their marital relationship and have a prosperous relationship with their spouse. As a result, their marital satisfaction is high.

In this research, there is a relationship between spiritual attitude and wisdom; it seems that wisdom is a kind of maturity and nobility to all dimensions of life and the universe. One of the important dimensions of human life is the spiritual dimension and his relationship with God. A wise man realizes by logical estimation and utilizing experience that life in the present world is not without reason and proof. As a result, by leaving aside the logical reasons for the creation of the universe, one can communicate with God so many Quranic verses warn people about reason, wisdom, and communication with God.

According to this article, happiness is a variable that is influenced by the personality traits of introversion and extroversion, and

stability and suffering. On the other hand, wisdom is a variable that is influenced by the cognitive and social maturity and experiences of the individual. As a result, the necessary correlation between these two variables has not been seen in the statistical method and these two variables have not been able to predict each other.

Marital satisfaction among women means having an efficient and quality relationship in all aspects of women's lives, and this type of relationship requires reaching a kind of general knowledge and maturity towards the surrounding phenomena and achieving the meaning and concept of many phenomena of existence. In fact, this self-control and reaching insight is wisdom. As a result, women who have more wisdom than others are more successful in their marital satisfaction and can manage their relationships with their spouses and other aspects of their life together.

This research shows a relationship between spiritual attitude and happiness in women. The type of spiritual attitude toward the universe has helped these women to gain more peace, and as a result, they have reduced negative emotions and sadness. On the contrary, they have increased positive emotions and positive emotions such as happiness.

People who have more happiness and experience negative emotions such as anger and sadness face more problems in their relationships. As a result, with the increase of positive emotions in women, the quality of their relationships has improved. Marital satisfaction has increased in these people. On the other hand, by increasing the quality of married life and the intimate and romantic relationship with the spouse, has had an effect on the mood of women. It has led to an

increase in the level of happiness in these people.

Ethics

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

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Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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