



Reviews the satisfactions (happiness) of relationship and common life of the working women and housewives and their husbands in Pishva city

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ABSTRACT

This research according to its purpose is an applied and in terms of the method of execution is causal-comparative. The statistical population consists of all working women and housewives in Pishva which by using the available sampling method 120 people (60 couples) were selected as sampling. 30 couples with housewives and 30 couples with working wife were chosen. For data collection, the Enrich marital satisfaction questionnaire and Oxford happiness questionnaire was used. To analyze the data was used independent t-test and multivariate analysis of variance in Spss17 software. The results showed that the marital satisfaction and its components, including the marital satisfaction, personality issues, conflict resolution, family and friends, egalitarian roles and relationships are significantly higher among working women than the housewives. But the components of financial management, idealistic distortion, leisure activities, sexual relationship, children and parenting and religious orientation, there is no significant difference between the two groups. Happiness among working women is significantly higher than the housewives. The results showed that the marital satisfaction and its components, including personality issues, conflict resolution, sexual relationship, children and parenting, religious orientation and relationship in the spouses of working women is significantly higher than the spouses of housewives. But in components idealistic distortion, the marital satisfaction, financial management, leisure activities, family and friends and egalitarian roles there is no significant difference between the two groups. The results showed does not exist a significant difference in the happiness of spouses of working women and happiness of spouses of housewives.

Keywords: satisfactions (happiness) of relationship, common life, working women, housewives

INTRODUCTION

Satisfaction of Marriage on marital relationship plays an important role in the normal functions of the family. The marital satisfaction is multidimensional structure and comprised of various dimensions and is measurable through ongoing interactions between couples like mutual interest, taking care of each other, accept each other, understanding and coordination of couples on tasks such as leisure, division of labor, sexual relationships, expressing emotions and relationship quality (Olson, D. H.; J. DeFrain & L. Skogrand, 2011). Marital satisfaction leads to positive results in individuals, families, and society. Reports show high stability in life caused by high levels of marital satisfaction (Robles TF, Slatcher RB, Trombello JM, McGinn, 2014). One of the psychological characteristics that are considered in the couples' life, is happiness. According to Diener (2002), happiness is assessments that have taken people of themselves and their lives. These assessments can have cognitive aspects, such judgments are made about the life satisfaction and emotional aspects that including the creation of emotions that appears in response to life events. The components of happiness are life satisfaction, creating positive and pleasant emotions, optimism, self-esteem, and feeling of prosperity and not creating negative emotions. In this

theory, characteristics of happiness are: have a stronger immune system and longer life, having better social relationships, effective coping with problematic situations, creativity, more success and more chances to help others. Diener (2002) believes about the happiness many of his conclusions is affected by future studies. Wilson by studying empirical evidence and happiness package was concluded that happy person is: dapper, healthy and educated, extroverted, optimistic, free from worry, religious, have high self-esteem and have professional ethics, desires of humility and intelligence (Diener, 2002). One of the factors that could effect on marital relationship and happiness of couples is the employment of women. Employment of women and their access to economic resources resulting work outside the home and captured the new social spaces by them have changed family structures and the necessity has created a new revolution on home. But today the situation of the working woman's life in much of the world, it is suggested that in addition to roles such as household management, child upbringing, have a wife by entering the labor market and the addition to past duties, the multiplicity of roles imposed double pressure on the body and mind of women (Bakhtiari, 2009).

MATERIALS AND METHODS

This research according to its purpose is an applied and in terms of the method of execution is causal-comparative. The statistical population consists of all working women and housewives in Pishva which by using the available sampling method 120 people (60 couples) were selected as sampling. 30 couples with housewives and 30 couples with working wife were chosen.

Research Tools

a) Enrich marital satisfaction questionnaire (Short form): This 47-item questionnaire is used to assess problematic potential areas or identify areas of strengths and fruitful of the marital relationship. The validity and reliability alpha coefficients of Enrich questionnaire according to the report of Olson, Fournier, and Drakmen, 1989 was calculated 0/93. The correlation coefficient "Enrich questionnaire" are for family satisfaction scale of 0/41 to 0/60 and for life satisfaction scale of 0/32 to 0/41 and the indication of the validity of it.

b) Oxford happiness questionnaire: This 29-item questionnaire is used to measures of individual happiness. This test in 1989 by Michael Argyle and based on the Beck Depression Inventory (BDI, 1976) is made. 21 phrase of phrases of this questionnaire has been taken of BDI and reverse and 8 questions added to it to cover other aspects of mental health. Questions are 4 options. The participants must choose one of them according to their current status. Argyle et al reported reliability of the questionnaire by using Cronbach's alpha coefficient 0/90 and reliability of test-retest during the 7 weeks 0/78.

RESULTS

Table 1. Results of independent t test and the mean difference the marital satisfaction (total scores) in working women and housewives

| Variable | Levene's Test for Equality of Variances | | t-test for Equality of Means | | |
|-------------------------------------|-----------------------------------------|------|------------------------------|-------|-----------------|
| | F | Sig. | t | df | Sig. (2-tailed) |
| marital satisfaction (total scores) | 6/51 | 0/01 | 4/43 | 47/66 | 0/001 |

According to Table 1 results of independent t-test show, there are significant differences between working women and housewives in the marital satisfaction (P= 0/001, t= 4/43).

Table 2. Results of independent t test and the mean difference the happiness in working women and housewives

| Variable | Levene's Test for Equality of Variances | | t-test for Equality of Means | | |
|-----------|-----------------------------------------|------|------------------------------|------|-----------------|
| | F | Sig. | t | df | Sig. (2-tailed) |
| happiness | 0/05 | 0/81 | 3/92 | 0/58 | 0/001 |

According to Table 2 results of independent t-test show, there are significant differences between working women and housewives in the happiness (P= 0/001, t= 3/92).

Table 3. Results of independent t test and the mean difference the marital satisfaction (total scores) in spouses of working women and housewives

| Variable | Levene's Test for Equality of Variances | | t-test for Equality of Means | | |
|-------------------------------------|-----------------------------------------|------|------------------------------|----|-----------------|
| | F | Sig. | t | df | Sig. (2-tailed) |
| marital satisfaction (total scores) | 3/37 | 0/07 | 5/61 | 58 | 0/001 |

According to Table 3 results of independent t-test show, there are significant differences between spouses of working women and housewives in the marital satisfaction ($P= 0/001$, $t= 5/61$).

Table 4. Results of independent t test and the mean difference the happiness in spouses of working women and housewives

| Variable | Levene's Test for Equality of Variances | | t-test for Equality of Means | | |
|-----------|-----------------------------------------|------|------------------------------|------|-----------------|
| | F | Sig. | t | df | Sig. (2-tailed) |
| happiness | 1/56 | 0/21 | 1/39 | 0/58 | 0/16 |

According to Table 4 results of independent t-test show, there are no significant differences between spouses of working women and housewives in the happiness ($P= 0/16$, $t= 1/39$).

CONCLUSION AND DISCUSSION

The first finding showed marital satisfaction among working women is significantly higher of the housewives. This finding is consistent with the research of Jayervand and Bagheri (2015), Khezri and Arjomand (2014), Shaghaghi and Shokhmgar (2009) and is a contrast with the findings of Halvaei et al (2015) and Fallahzadeh et al (2012). Results of this study are seconder part of the theory of coordination roles who believes although playing multiple roles can be making conflicts, but the ability of women to organize the overall system roles, rather than being hazardous, are rewarding. And provides for them, the sources of satisfaction, profitable and self-esteem that these resources can have a positive impact on marital relation (Shaghaghi and Shokhmgar, 2009).

The second finding showed the happiness among working women is significantly higher of the housewives. This finding contrasts with the findings of Aghaei and Darvishi (1393) and Amiri majd (2009). To explain these findings, we can say, housekeeping is repetitive and lacking of creativity which can lead to depression and isolation of women. Usually working women in terms of social and family are in a better position than housewives.

The third finding showed marital satisfaction among spouses of working women is significantly higher of the housewives. This finding is consistent with the research of Jayervand and Bagheri (2015), Khezri and Arjomand (2014), Shaghaghi and Shokhmgar (2009) and is a contrast with the findings of Halvaei et al (2015). Nowadays family welfare is very important in communities and its members, especially the husband and wife are doing their best to achieve peace and happiness and satisfaction in every respect. Women's employment cause responsibility of them at home and away from family and the role of men within the family increase in the upbringing of children and also can improve the family's financial burden.

The fourth finding showed there are no significant differences between spouses of working women and housewives in the happiness. This finding contrasts with the findings of Khojastemehr (2006). Some research has indicated that spouses of working women in comparison with spouses of housewives have more mental health and as far as women's employment does not cause their conflict in job and family roles, Can have positively effect on their spouse and children as well as their social relations (Axelson, 1963).

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