

# Assessment the Introversion-Extraversion to Predict the Marital Satisfaction of Married Men and Women in Babol

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**Abstract**— Current research is performed to determine the introversion-extraversion proportion in prognosticating the marital satisfaction of married couples in Babol. Research method is (Ex Post-facto research) and its statistical population contains all married men and women of second district of Babol in 2013. Among these, 100 individuals are selected by Stratified sampling. Eysenck Personality Questionnaire (EPQ) for adults (57 questions) and Enrich marital satisfaction questionnaire edited in (2010) are used. Independent T test and multiple regressions are used to analyze data. The results indicated that there is no any meaningful difference in introversion between men and women. Indeed, extraversion is different between men and women and also marital satisfaction is different in men and women and finally, introversion-extraversion is a predictive method for marital satisfaction in both men and women. According to obtained results, introversion and extraversion trait of individuals can be an effective factor in all areas of life, their social relations, marriage, couple's compatibility and marital satisfaction. By the way, these personality characteristics are predictive and effective factors on marital satisfaction.

**Index Terms**— Marital Satisfaction, Introversion, Extraversion, Marrieds.

## 1 INTRODUCTION

MARRIAGE means joining the common life of two individuals by maintaining the relative independency of each to develop the personality of two sides; matrimony as the most complex human relationship has a potential power to release the emotions which cannot be observed in lots of other individuals relationships (Shahidi, 1380). Marital satisfaction is a process which creates during the life of couples; because it requires desire adaptation, defining the personality characteristics and creating behavioral rules. It seems the couples with marital satisfaction agree with each other in different sphere of their life (Lotfi, 2012).

Personality is defined as an organization inside the sentimental, emotional, cognitive and conceptual system of a person which determines unique reactions of individual against environment and refers to slightly stable behavioral patterns indicated person's individual desires. Difference of people based on their character can be a source to increase the failure, development and creativity or a root of conflicts and unavoidable problems for person (Schoroeder, 2008). According to performed researches, the most stable marriages are those where wife and husband have the most similarities; it means that there is a connection between marital relationship quality, feeling of happiness and stability of couple's relation and their personality characteristics (Hassanzade, 2011). Introversion is a mood characteristic which is along with internal mental lookout; an introvert shows more preparation for self-restraint

and self-mastery. These individuals are less interested to be present in a group and prefer more the individual study and mental activities. Extraversion is a mood characteristic which is specified by objective and external view and is accompanied with more practical activities. Extravert is less able for self-mastery (Mosavi, 2011).

Jung introduced four mental functions. These refer to difference methods to understand our practical external world and subjective inner world which include: Sensing, intuition, thinking and feeling. Jung introduced four psychological types according to interactions among two ideas (introversion, extraversion) and four functions; included thinker extravert (logical, zealous, realist), feeling extravert (emotional, sensitive, sociable), sensing extravert (socialized, hedonist, adaptive), intuition extravert (creative, able to stimulate others, use the opportunities), thinker introvert (interested in idea of most people), feeling introvert (secretive, self-restraint but with deep excitement ability), sensing introvert (in appearance, inattentive and serious but participates in cognitive art activities) and intuition introvert who much more relates to unconscious than daily reality (Schulze, 2011).

H. G. Eysenck began his researches by factors analyzing method on obtained data through classification scale of 700 militaries recognized as Neurotic. He used a second degree factor analyzing method and defined two personality factors: Neuroticism and introversion-extraversion. His lookout about extraversion included two main elements i.e. sociability and impulsivity. Extravert is kind, useful, happy and active; while introvert has opposite characters (Haddadiyan, 2012). As Eysenck point of view, extraverts have a neural system which control in a rapid and powerful way and in such a way will reduce the impact of cerebral cortex stimulation. About introverts this will be opposite. They have weak neural system and their network active system have a weak control and strong

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excitement against sensing stimulations; therefore increases its impact. Actually, it can be mentioned that extraverts need more intense stimulations because they crave it. While even partial stimulations can affect roughly the introverts (Fist, 1999; quoted by Pourafkari, 2003). The results indicated that in spite of meaningful difference between introverts and extraverts, but any noticeable research was not carried out on the effect of introversion and extraversion on marital satisfaction or the researcher did not reach it. Indeed, various researches are performed about other personality characteristics and marital satisfaction for example: In a research to investigate the effect of personality characteristics and marital satisfaction, Abdollahzade (2004) concluded that there is a positive relation between personality characteristics and marital satisfaction and there is a negative relation between Neuroticism and marital satisfaction. Chen et.al (2011) assessed the relation between personal characteristics and adaptation in joint life about 66 Japanese couples. This study defined that personal and personality characteristics of spouses can predict a personal adaptation of marital relationship. Therefore, considering different elements and among them the main assessment of couple's personality which is effective on marital satisfaction, are important. Holbert and Eptrobel (2011), also, investigated the role of assertiveness, sexual satisfaction and marital satisfaction. Research results about women whose marriage lasted for one year, are indicated that there is a meaningful relationship between high assertiveness and marital satisfaction. Boyd (2011) indicated in his research that the personality has effect on sexual satisfaction. The results indicated meaningful effects of openness, responsibility, anxious attachment & negative attraction and sexual social characteristics.

Increasing divorce in country shows the importance and necessary of assessing the infrastructure reasons of marital satisfaction problems. Knowledge about the main factors in problems and lack of marital satisfaction can prepare suitable and proportion procedures for involved families and individuals who are going to get married (Qane, 2011). Therefore, we investigate the following hypothesis in this research:

1. Introversion is different in married men and women.
2. Extraversion is different in married men and women.
3. Marital satisfaction is different in married men and women.
4. Introversion-extraversion predicts marital satisfaction of women.
5. Introversion-extraversion predicts marital satisfaction in men.

## 2 METHOD

The method employed in current study is after-the-fact research method (Ex Post-facto research). After-the-fact research method is used in current research where manipulation on independent variable i.e. men and women is impossible. Current research proposal is ex post-facto research. All married men and women of second distinct of Babol in 2013 are the statistical population of this research. Statistical sample included 50 women and 50 men in age group of 30-39 years old who answered the questionnaires. Sampling method is based

on classified sampling. In this research, classified sampling performed based on gender and age group of subjects. In current research, two questionnaires are used to gather data: Eysenck personality questionnaires (Adult) with 57 questions (short sheet), Enrich marital satisfaction edited (2010)

1. Eysenck personality questionnaires (Adult)(EPQ, 1975): To investigate the personality dimensions, Eysenck personality questionnaires (EPQ) (57 questions) is used. This questionnaire assesses two personality dimension which includes extroversion-introversion (E) and Neuroticism (N). Introversion-extroversion dimension contains questions which investigates features such as affectivity, vitality, active, impulsive and sociability etc. The score which get by the subject in this part showed his/her extraversion level (Rikman, 2008). It means the lower score (close to zero), the higher introversion of individual. Normalization of this questionnaire performed by Rahiminejad and Borhani in Iran in 1993 (quoted by Mohammadi Moqadam, 1998). Reliability of questionnaire is assessed by Cronbakh Alfa coefficient and the results of 0.68 and 0.87 obtained in introversion dimension and extraversion dimension, respectively.

2. Enrich marital satisfaction questionnaire edited in 2010 is selected to investigate level of satisfaction. Main version of test have the questions which contains dimensions and issues about personality, communications, conflict resolution, financial problems, pleasure times, sexual relations, children education, communicating with first degree relative and friends, spousal roles and religious and spiritual orientation. Regarding to the long scale questions, several forms are extracted. Olsson introduced firstly the 15 questions form and thereafter the 47 questions form was made. 12 scales of questionnaires are as following: 1. Conventionality response 2. Marital satisfaction 3. Personality issues 4. Marital communication 5. Conflict resolution 6. Financial management 7. Pleasure activities 8. Sexual relation 9. Marriage and children 10. Family and friend 11. Egalitarian role 12. Religious orientation. Olsson et.al (1998) reported %92 validity for recent form by Alfa coefficient method. In our country Soleimaniyan and Navabinejad firstly estimated and reported %92 and % 95 test internal correlations respectively for long and short form. Questionnaire is considered as 5 choices test (which actually is a Likert type attitude test) (Totally agree, agree, neither agree nor disagree, disagree, totally disagree) where each choice has 1 to 5 point.

## 3 IMPLEMENTATION METHOD

After preparing and admitting by advisor and supervisor, the questionnaire was distributed among statistical sample. At the first, the purpose of research, confidentiality and observing the ethical consideration were explained to statistical sample. Then individuals filled the questionnaire and the researcher answered every questions asked by the individuals.

## 4 DATA ANALYSIS METHOD

In this research, statistical data is provided in two descriptive and inferential levels (independent t test and multiple regres-

sion). To analyze the data, spa software is used.

## 5 FINDINGS

TABLE 1  
RESULTS OF INDEPENDENT T TEST COMPARE

Groups	Statistical scale	Number	Mean	Variance	t test statistic	freedom degree	critical t	Meaningful level
Introversion	Women	35	45.1429	10.84816	1.397	59	2.01	0.169
	Men	26	40.2000	13.64435				
Extraversion	Women	15	41.0923	50.8163	2.721	37	2.04	0.008
	Men	24	50.8163	41.0923				
Marital satisfaction	Women	50	62.2857	10.32744	10.184	98	1.98	0.00
	Men	50	33.8000	8.33256				

TABLE 2  
RESULTS OF INTROVERSION-EXTRAVERSION VARIABLES REGRESSION ANALYSIS TO PREDICT WOMEN MARITAL SATISFACTION

R: 0.42 RS: 0.18 R adj: 0.17 dependent variable: marital satisfaction

	B	Std.Error	Beta	T	sig
Fixed a	81.65	5.97		13.67	0.000
Introversion	15.26	3.45	0.263	5.612	0.000
Extraversion	12.31	3.26	0.214	9.18	0.000

TABLE 3  
RESULTS OF INTROVERSION-EXTRAVERSION VARIABLES REGRESSION ANALYSIS TO PREDICT MARITAL SATISFACTION OF MEN

R: 0.72 RS: 0.52 R adj: 0.51 dependent variable: marital satisfaction

	B	Std.Error	Beta	t	sig
Fixed a	141.67	9.13		15.51	0.000
Introversion	-30.81	3.33	-0.721	-9.25	0.000
Extraversion	13.41	2.25	0.826	32.52	0.000

Regarding to table 1, based on obtained data about first hypothesis, because t (tm=1.397) with reliability of 95 percent ( $\alpha=0.5$ ) and (df=59) degree of freedom, is smaller than t in critical table (tc= 2.01), it can be concluded that introversion is not different in men and women. Indeed, through second and third hypothesis and according to results obtained in table 1, it can be concluded that extraversion and marital satisfaction is different in men and women because obtained t with reliability of 98 percent is higher than t in critical table.

According to fourth hypothesis test and based on obtained data from table 2 and because adjusted R of 0.18 and F=17/108 are meaningful ( $P<0.0001$ ), therefore mentioned model can predict the marital satisfaction. Based on received data from fifth hypothesis and according to table 3, because adjusted R of 0.52 and F= 85.78 are meaningful ( $P<0.0001$ ), so above model can predict the men marital satisfaction.

## 6 DISCUSSION AND CONCLUSION

The purpose of current research is to determine proportion of introversion-extraversion in predicting men and women marital satisfaction. Research method is Ex Post-facto research and to reach the purpose, the subjects answered Enrich marital satisfaction questionnaire (edited in 2010) and Eysenck personality questionnaire (EPQ, 1975). Independence t test and multiple regression are used to analyze data and examine the hypothesis. The results of research first hypothesis indicated that introversion is not different in men and women. It was previously mentioned that introverts are those who prefer to be alone and are lower interested to be present in a group. These individuals are taciturn, silent and thinker. They prefer to study most of the time. According to obtained findings, introversion men and women do not have any meaningful dif-

ference with each other to display these features and personality attitudes but the results of second hypothesis of research showed that introversion is different in men and women. Extraverts are those who are interested to be present in groups, tending to sociability, being active, happy and adventurous. Based on findings, it can be noticed that the features and behaviors displayed by an extravert man and woman are different and the men are more extravert than women; socio-cultural factors can be pointed out as the reason of this difference such as men have more active social presentation than women and furthermore men are more valued in our culture. The results of this hypothesis were same as Rasti findings (2004). He, in a research performed to investigate the relation of personality features and marital satisfaction based on 5 factors model, indicated that being pleasant, being conscientious, extraversion and flexibility predict meaningfully the marital satisfaction. Also, women have got lower scores than men in extraversion which means that men are more extraverts. Regarding to research third hypothesis results which indicated that marital satisfaction is different in men and women, it can be mentioned that women have higher marital satisfaction than men which could be because the women tried to show a positive look when they were filling the questionnaires; so findings of this hypothesis were not same as Brezsayac M and Wishman MA. They assessed the relation of sexual desire, marital satisfaction and marital power on 60 couples in their researches; the results indicated that there is no any meaningful difference between men and woman in marital satisfaction. Regarding to the fourth and fifth hypothesis results of the research which indicated that introversion-extraversion predicts men and women marital satisfaction, since different theorists especially Eysenck described the features of introversion personality type different from extraversion personality type. Undoubtedly, these personality characteristics manifest in all areas of human life and social relations and in very important issue such as marriage will influence on couple's adaptation and their marital satisfaction. Actually it can be mentioned that through changing the variables such as personality features, the individual can reach to higher marital satisfaction and the personality variables are the effective factors on marital adaptation. The results of this hypothesis are equal as Abdollahzade (2004) and Attari et.al (2006) ones. He have concluded in his findings that extraversion personality factors, openness, conscientiousness and agreeableness have positive relation with marital satisfaction and also personality factor of Neuroticism has the negative relation with marital satisfaction.

Based on this research findings it is needed the family advisors and psychologists estimate introversion and extraversion personality types in their marriage counseling along considering other conditions through using appropriate tests to their clients in selecting the spouse and benefit from the results of research. So they can prevent failed marriage and reduce the marital dissatisfaction, family conflicts, divorce and psychological and social damage of couple and also children thus provide family mental health.

There were some limitations in performing this research

because the results have been reached by the data gathered through questionnaire and answering the questions interfered by individuals' mentality and background. Therefore, personal prejudice and values might interfere in answers which threat the external validity of proposal. According to the results, personality positive reinforcement term is recommended to be held for young couples to reach higher marital satisfaction after their marriage.

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