

The Relationship of Intimacy and Trust with Marital Satisfaction among Nurses of Shahid Bahonar Hospital

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Abstract: The present study studied the relationship of intimacy and trust with marital satisfaction. The research population included all 103 nurses of Shahid Bahonar hospital. The sample consisting of 79 subjects were selected randomly. Data was collected via intimacy questionnaire of Walker and Thompson, trust in interpersonal relations questionnaire of sample, Holmes and Zanna and sexual satisfaction questionnaire of Enrich and. Then, it was analyzed using SPSS software in two levels of descriptive and inferential statistics. Overview of the research hypotheses provided the following result: Intimacy and trust in a compound way and with a linear combination explained the marital satisfaction variance by about 43.5%.

Key words: Trust, marital satisfaction, intimacy, population and data, nurses, randomly

INTRODUCTION

Family is an important element of a society providing a context for mental health of individuals society and future generations. By taking different functions and roles in, families play an important role in regulating human's social life. An individual is born inside the family, grows up and learns many things and concepts from it and always deals with it; therefore, the most important experiences as the basic factor of shaping the character occur inside the family.

Learn the language, customs and traditions, establishment of social relationships, the emergence of thoughts and ideas as well as to direct human's personality begin from the family. Thus, families make deep and major effects on other social institutions. A family in spite of members' limitation has ever been facing special issues due to the critical and multilateral role of the family in the social system. These issues begin from marriage and continue until children's training as well as kinship relations and social problems.

Studies have shown that multiple variables such as love, commitment, mutual trust, respect, support, loyalty, common interests, mutual understanding, intimacy, concern and respect to each other, the mutual exchange of feelings, thoughts and experiences and effective communication are associated with marital satisfaction.

Intimacy is one of the factors influencing marital satisfaction. It is defined as the ability of communicating with others while maintaining the individuality. Definitions like this based on the self suggest that an individual should reach a degree of personal growth to

establish an intimate relationship with others. Intimacy can be described as the ability to "self-cognition" in the presence of others that self-awareness and identity development is essential for individuals' potential capacity for intimacy. Common conceptualization of intimacy involves closeness level to the spouse, sharing values and ideas, joint activities, sexual relations, recognition of each other and emotional behaviors such as fondling.

Marital satisfaction is associated with happiness and pleasure of relations between couples. Marital satisfaction means having a desirable feel of marriage. Kaplan and Saduks argue that marital satisfaction is a personal experience from marriage that is evaluated only by the person himself in response to the marital relationship pleasure. They believe that marital satisfaction depends on individuals' expectations. In marital relations there are many factors that provide feel of satisfaction between couples. Intimacy and trust are two of these factors.

Due to the special life conditions of nurses, their work shift and presence at the family, the effect of intimacy and trust on nurses' marital satisfaction becomes more important. Intimacy is defined as the ability of communicating with others while maintaining the individuality (Safari, 2009). Definitions like this based on the self suggest that an individual should reach a degree of personal growth to establish an intimate relationship with others. Intimacy can be described as the ability to "self-cognition" in the presence of others that self-awareness and identity development is essential for individuals' potential capacity for intimacy. Common conceptualization of intimacy involves closeness level to

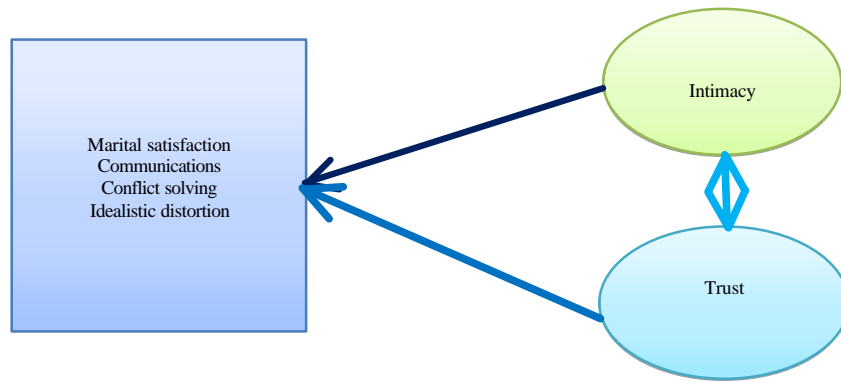


Fig. 1: Conceptual model

the spouse, sharing values and ideas, joint activities, sexual relations, recognition of each other and emotional behaviors such as fondling (Sayadpour, 2005).

Research objectives

General objective: The relationship of intimacy and trust with marital satisfaction among nurses of Shahid Bahonar Hospital.

Secondary objectives: The relationship of intimacy and trust with marital satisfaction among nurses of Shahid Bahonar Hospital.

- The relationship of intimacy and trust with communications among nurses of Shahid Bahonar Hospital
- The relationship of intimacy and trust with conflict solving among nurses of Shahid Bahonar Hospital
- The relationship of intimacy and trust with idealistic distortion among nurses of Shahid Bahonar Hospital (Fig. 1)

MATERIALS AND METHODS

According to the research topic and purpose, this is an applied study. Applied researches using a cognitive context and information provided through fundamental studies are employed to meet human needs and to improve and optimize these instruments, methods, objects and models in order to develop and promote the welfare of human life (Hafeznia, 2005). Due to the nature and methodology, this is a descriptive and correlational.

Any research is a scientific and methodical process by which the researcher tries to find a theoretical answer to a problem or find a practical solution for a real problem. As the research problem has better features, the process will have higher consistency and accuracy (Khaki, 2008).

Population and sample: The research population included all 103 nurses of Shahid Bahonar hospital.

Data collection instruments: Measurement tools must be reliable and in order that the researcher can collect the required data and test hypotheses and answer questions of the research through the analysis of data (Hafeznia, 2005). Standard questionnaires were used to collect the data.

RESULTS AND DISCUSSION

Data analysis method: In order to achieve better results, data interpretation was done in descriptive and inferential levels via software SPSS21. The interpretation included mean, standard deviation, charts and tables. Variance analysis and multivariate regression were used for prediction and estimation at the inferential level.

Table 1 shows the mean of predictive variables, intimacy and trust. On average, according to the distribution of scores for these two variables, intimacy values of the sample group are at the extreme boundary of scores distribution. The table also indicates the criterion variable (marital satisfaction) shows. The average value of marital satisfaction is 121. In the last row of the table values of the standard deviation as a valid distribution index show that the highest variability is associated with the variable of intimacy (Table 2).

As a result, the main hypothesis is confirmed. Namely, the marital satisfaction can be predicted by intimacy and trust; in addition, through the separate comparison of correlation coefficients of intimacy and trust with marital satisfaction and multivariable correlation coefficient (R) it can be said that predictor variables of the present study in a combined way explain more variance of the marital satisfaction. In other words, it can be said that marital satisfaction scores can be predicted by intimacy and trust variables (Table 3).

Table 1: Mean and standard deviation of predictor variables (intimacy and trust) and the criterion variable (marital satisfaction) and its sub-scales (n = 79)

Statistics	Marital satisfaction	Trust	Intimacy
Average	121	89	149
SD	19	17	27

Table 2: Variance analysis and regression Y (total marital satisfaction) on intimacy (X1) and trust (X2), multi-variable correlation coefficient (R) and its square (R²)

Sources	SS	df	MS	F	p-value	R	R ²
Regression	16960	2		55	0.00	0.77	0.59
Residual	11598	76	152				
Total	28558	78					

Table 3: Variance analysis and regression Y (marital satisfaction) on intimacy (X1) and trust (X2), multi-variable correlation coefficient (R) and its square (R²)

Sources	SS	df	MS	F	p-value	R	R ²
Regression	1051.4	2	525.7	20.7	0.00	0.59	0.35
Residual	1928.4	76	25.3				
Total	2979.8	78					

Table 4: Variance analysis and regression Y (communications) on intimacy (X1) and trust (X2), multi-variable correlation coefficient (R) and its square (R²)

Sources	SS	df	MS	F	p-value	R	R ²
Regression	1885.8	2	927.9	35.3	0.00	0.69	0.48
Residual	1994.2	76	26.2				
Total	3850	78					

As a result, the sub hypothesis is confirmed. Namely, the marital satisfaction can be predicted by intimacy and trust; in addition, through the separate comparison of correlation coefficients of intimacy and trust with marital satisfaction and multivariable correlation coefficient (R) it can be said that predictor variables of the present study in a combined way explain more variance of the marital satisfaction. In other words, it can be said that marital satisfaction scores can be predicted by intimacy and trust variables (Table 4).

The secondary research hypothesis is confirmed. Namely, the variable of communications can be predicted by intimacy and trust; in addition, through the separate comparison of correlation coefficients of intimacy and trust with communications and multivariable correlation coefficient (R) it can be said that predictor variables of the present study in a combined way explain more variance of the marital satisfaction. In other words, it can be said that marital satisfaction scores can be predicted by intimacy and trust variables (Table 5).

According to, the table and the obtained R² as the multivariable correlation coefficient, it can be said that about 29% of the conflict solving variance has obtained by a linear combination of the two predictor variables of intimacy and trust.

Table 5: Variance analysis and regression Y (conflict solving) on intimacy (X1) and trust (X2), multi-variable correlation coefficient (R) and its square (R²)

Sources	SS	df	MS	F	p-value	R	R ²
Regression	852.2	2	852.2	16.1	0.00	0.54	0.29
Residual	2011.4	76	2011.4				
Total	2863.7	78	2863.7				

Table 6: The intercept (a) and regression coefficients in the two predictor variables

Variable 1	Non-Standardized coefficients		Standardized coefficients		
	B	SE	β	t-value	Sig.
Fixed amount a	17.38	3.1			
Intimacy	0.005	0.003	0.18	1.7	0.07
Trust	0.16	0.03	0.4	4.5	0.00

As a result, the secondary research hypothesis is confirmed. Namely, the variable of conflict solving can be predicted by intimacy and trust; in addition, through the separate comparison of correlation coefficients of intimacy and trust with conflict solving and multivariable correlation coefficient (R) it can be said that predictor variables of the present study in a combined way explain more variance of the marital satisfaction. In other words, it can be said that marital satisfaction scores can be predicted by intimacy and trust variables.

Table 6 displays the intercept and fixed amount at two predictor variables of intimacy and trust in the regression equation. The value of b represents the slope of the regression line showing changes level at Y per one unit change in X. The value of Beta or standardized coefficient of sale regression acts as the effect of the predictor variables on the criterion variable; as well as, as it increases the effect of intimacy and trust variables on conflict solving variable it becomes meaningful and as predictor variables can play role in the regression equation (Table 7).

The hypothesis stating the possibility of predicting marital satisfaction by intimacy and trust variables is confirmed with >99%. On the other hand, in response to the secondary question of the research that is “what percentage of the idealistic distortion is interpreted by intimacy and trust”, it can be said that about 47.4% of idealistic distortion scores is justified by these two variables. In other words, it can be said that marital satisfaction scores is predictable by intimacy and trust variables (Table 8).

Table 8 displays the intercept and fixed amount at two predictor variables of intimacy and trust in the regression equation. The value of b represents the slope of the regression line showing changes level at Y per one unit change in X. The value of Beta or standardized coefficient of sale regression acts as the effect of the

Table 7: Analysis of variance and regression Y (idealistic distortion) on intimacy (X1) and trust (X2) multi-variable correlation coefficient (R) and its square (R²)

Sources	SS	df	MS	F	p-value	R	R ²
Regression	503.2	2	251.6	34.2	0.00	0.6	0.4
Residual	559.2	76	7.3				
Total	1062.6	78					

Table 8: The intercept (a) and regression coefficients in the two predictor variables

Variable 1	Non-Standardized coefficients		Standardized coefficients		
	B	SE	β	t-value	Sig.
Fixed amount a	5.1	1.6		3.1	0.003
Intimacy	-0.001	0.001	-0.05	-0.5	0.5
trust	0.1	0.01	0.7	8.0	0.00

predictor variables on the criterion variable; as well as, as it increases the effect of intimacy and trust variables on idealistic distortion variable becomes meaningful and as predictor variables can play role in the regression equation.

CONCLUSION

The main hypothesis: The relationship of intimacy and trust with nurses' marital satisfaction of Shahid Bahonar Hospital is significant.

Trust in marital life can be considered as a set of moral and behavioral characteristics that focusing on them will lead to the mutual confidence. On the other hand, jealousy, doubt and indecision, credulity, to be irritated by others especially close relatives, to react based on words of others and behavior based on speculation and guessing are some behaviors which make a distrust wall between couples. Therefore, it should be believed that the common life and its continuity are based on trust and loyalty.

First subsidiary hypothesis: The relationship of intimacy and trust with nurses' marital satisfaction of Shahid Bahonar Hospital is significant.

Trust in marital relations includes loyalty, predictability and reliability that among them loyalty is the best factor of trust in marital relations and if individuals frequently become unresponsive to the spouse, the loyalty to the partner will loosen; therefore, reliability will lessen too.

Second subsidiary hypothesis: The relationship of intimacy and trust with nurses' communications of Shahid Bahonar Hospital is significant. More active women with

more sexual gratification report higher consistency about marital satisfaction. With regard to gender differences among men, decreased sexual satisfaction leads to a decrease in marital relationship satisfaction while this is not true in women. However, women who are dissatisfied with their sexual relationships report lower levels of general psychological well-being. In some studies, men and women with satisfying relations show similar levels of physical and mental health (Moslehi and Ahmadi, 2013).

Third subsidiary hypothesis: The relationship of intimacy and trust with nurses' conflict solving of Shahid Bahonar Hospital is significant.

To explain above mentioned findings, interpersonal exchange assumes that the quality of couples' relationship impacts on their sexual satisfaction. Considering this perspective, couples with unsolved conflicts and without love feelings diverge emotionally and feel less sexual satisfaction. On the other hand, researchers have shown that self-disclosure will lead to a more satisfying relationship and consequently to a higher sexual satisfaction. The converse is also true. In other words, the relationship between a satisfying relation and sexual satisfaction is mutual. Vanik and colic believe that men don't benefit higher levels of positive marital interactions. In addition, the conflict and related negative behaviors predict health and distress outcomes of the relationship more than positive interactions; furthermore, men are affected more negatively by the conflict both psychologically and physically. When conflicts are increased in marital life, the trust between couples will start to be decreased and they will have less commitment to each other. As a result, marital satisfaction will decrease, too.

Fourth subsidiary hypothesis: The relationship of intimacy and trust with nurses' idealistic distortion of Shahid Bahonar Hospital is significant. Individuals with starring lovemaking style have less self-disclosure. In other words, they have some kind of idealistic distortion with lack of interest in commitment. They also behave with the intention of preventing the formation of pure intimacy. This combination of close relations is interpreted only by the instrumental approach to love which is associated with extramarital relations (Schultz and Schultz, 1998). Also, unfaithful people suffer from shortage of trust in others and sensual lovemaking style is associated with lower levels of commitment; as well as, friendly style is associated with high levels of satisfaction and commitment. Lack of commitment to spouse lowers excitement intensity which helps keeping a relationship without anxiety.

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