



Investigate the Relationship between Sexual Self-Esteem and Intimacy with Quality of Life among Female Teachers at High School in Shiraz (District 2)

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Abstract: The purpose of the present study is to investigate the relation of sexual self-esteem and intimacy with the quality of female teacher's life of high school in district 2 of Shiraz. The method of the present study has been of correlation type and the statistical society has included all the female teachers of high school in district 2 of Shiraz and a number of 150 persons have been selected among 480 female teachers through the cluster sampling method. Tools of study have been including of the questionnaires of Zeana and Shouarz sexual self-esteem, marital intimacy and quality of life of the world health system. The results of this study have been obtained by using methods such as Pearson's correlation method, matrix correlation method and manifold regression method through a step-by-step way and these results show that there is a meaningful and positive relation between sexual self-esteem and intimacy with the quality of life. It means that persons who take the high score in sexual self-esteem and intimacy have a high quality of life with persons who obtain a low score have a lower quality of life. Also, it was distinguished that there is a meaningful relation between all the aspects of sexual self-esteem and quality of life and also it was determined that sexual self-esteem and matrimonial intimacy are both from variables which can predict the quality of matrimonial life of course, sexual self-esteem is a stronger predictor than intimacy also control aspect can predict the quality of people more than the other aspects of sexual self-esteem.

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INTRODUCTION

One of the major and constant issues in human life is the health issue and individual and social functions are subject to the overall health of its members in different tissues. The complexity of the modern world and expansion of problems has led to threat the health and mental health of individual more than ever, on the other hand, the psychological science seeks to promote public health via. their management and functional functions.

Two major indicators of mental health are spiritual health and quality of life (Baker and Intagliata, 1982). The purpose of spiritual health is positive and optimistic energy which helps to control people and have energy, sense of loyalty and responsibility to others.

The quality life is attention to the aspect of life that represents the best living conditions among the people. Quality of life is a complex structure that includes the variety of fields such as health status, ability to perform activities of daily living work place, the presence of

opportunities to pursue leisure interests, the social function in friendships and relationships with others, access to the health care resources, living standards and public; overall, the quality of life consists of the degree of male pleasure from the important features of life. The condition of quality of life form in order to the family status and among the social institutions, family has formed as an organized unit over time as a basic human based on the parity and have been continued in history and basically the quality of life form as the psychological construct in the context of social and family life in the context of social and family life and the other hand, the interpersonal relationships have been affected by the intimacy and evaluation that people consider them and their lives. Seems the several factors affect to improve the quality of life of people among these factors can be named to self-esteem. Self-esteem is in fact, the confidence of his ability to overcome the difficulties of life and thought. The sexual self-esteem is also one type of self-esteem that includes the human emotional response to the evaluation of thoughts, feelings and his sexual behavior. The sexual self-esteem is in fact, the feeling towards the gender that changes as the pleasant feeling to unpleasant and the competence to incompetence. The sexual relationship in the biological and emotional level leads, respectively to continue generation and intimate relationship, increase pleasure and prosperity couples in most human societies, addressing sexual issues are known as a taboo subject and accordingly, studying such issues will follow the resistance of individuals, communities, institutions and socio-religious organizations, etc. and in turn influence on the quality of life of human beings, the research has shown, when damage the sexual self-esteem impairs thought about his person, life satisfaction, ability to experience pleasure, the mutual relationships and ability to create intimate relationships with others, if damage to the sexual self-esteem is severe and could lead to severe disorder in the individual performance and in addition to intimacy harm to the person's the quality of life. Zeanah and Schwarz are such as researchers that the spread of Harter's self-esteem model (1984) had noted to the sexual self-esteem in terms of the importance of early learning, internalization of the family peer groups and community that each person as a criterion for evaluation thoughts, feelings and his sexual behavior considers it vital to the development of norms. They believe that a person's emotional response to mental assessment forms the basis of sexual self-esteem and its five components: the five components of sexual self-esteem are: "skills and experience" means the ability to enjoy their sexual partner, "attractiveness": means belief in their beauty and charm, "Control" means the ability to manage thoughts, feelings and their sexual behaviors, "Moral judgment": the ability to evaluate ideas, emotions, sexual behavior and his moral standards, "Adaptability". It means the ability to adapt their sexual experiences with personal goals of others. So, the sexual behavior is part of the

personality and set of beliefs, attitudes and practices that person shows in connection with the opposite sex and related matters, psychologists consider intimacy as the ability to communicate (without control) with other and expression (without inhibition) and it knows as natural moods and inalienable right of people (Firestone and Catlett, 1999). Intimacy is as the very important and conceptualized behavioral pattern that enjoys the emotional, social and strong aspects and form based on acceptance (positive experience of equality), satisfaction (positive experience of participation) and love. A family without intimacy and affection that among its components are only the bricks together, the foundation of a family is an important factor in the name ((love)) that connect the bricks of building together, love between husband and wife can strengthen both of their position, the woman with love learning skills can help for his wife to understand their greatness, in the journey of life, it is necessary that we value his differences and respect to them. The same differences may cause the intimacy; although, each of these differences can be the source of conflict also opportunity to grow together, leads to the balance of this difference and the intimacy more in the role of partner think about the interests of the family, the community or the world. Our intimacy can grow indefinitely. As mentioned above, many factors affect the quality of life. It seems that intimate relationships between people can also have the significant impact on their perspective. Study of factors such as sexual self-esteem and the need to improve intimate relationships can lead to the improvement of the quality of life and attitude to the world around, since, the quality of life has known as one of the major concerns of health professionals and as an indicator for measuring conditions, so, the aim of this study examine the relationship between self-esteem and sexual intimacy and quality of life of the female teachers of high school in district 2 of the Shiraz.

Literature review: Ghasemzadeh (2011) in the study entitled "evaluation of the quality of life of martyr's and veteran's children and compare it with normal school community" has examined influences such as stress, social capital, self-esteem and control focus to the quality of children's lives scarifying. Based on the multi-stage cluster sampling, 296 students were selected among the 248 regular students and 48 student's martyrs and veterans whom they were such as High School of Shiraz, Kazeroon, Marvdashat. Cronbach's alpha was used to calculate the validity for the study. The results showed that the quality of life of martyrs and veterans student is moderate. Nearly 62.2% of these people have modest, living and 15.6% have a low quality of life. The t-test for independent groups showed that, there was no significant difference between the quality of life of families of martyrs and normal students. Pearson's correlation coefficients showed that Pearson correlation coefficients showed that there is a positive relationship between the

variables of quality of life, self-esteem, control focus and social capital and there is a negative relationship between quality of life and stress. All of these parameters were significant at confidence level 95 and 99%. Multivariate regression analysis showed that among the variable's self-esteem, control focus, social capital and stress, control focus with β (0.36) has a greater share in the quality of life of students of martyrs and veteran's families. Any amount is more internal control focus; people have a higher quality of life at confidence level 95%.

Greef and Malherbe (2001) in a study in relation to intimacy and marital satisfaction showed that the intimacy in couples can lead to greater satisfaction and thus, increase the quality of life in their marital relations.

Zeki has done research, entitled "Relationship between quality of life and self-esteem among male and female students of Isfahan University," the target population included students studying in Isfahan University in the academic year 2005-6. The study included 200 students (100 girls and 100 boys) who were selected by random cluster sampling. The aim of this study was to evaluate quality of life and its relationship with self-esteem of students. The findings showed that there is a significant relationship between self-esteem and quality of life but there are no significant differences in quality of life for students. However, regression analysis showed that among the five items of quality of life, three items, interpersonal relationships, spirituality and function (performance) is the best power of prediction of self-esteem.

Kamkar and Jabarian in a study entitled "The impact of intimacy in marital disputes" showed that 57% disruption in marital relations was due to the disruption of relationships and intimacy between couples. In research by Ghamrani and Jafar Tabatabai was conducted with title: "Study of love relationships in Iranian couples and relationship with Satisfaction Level.", it was shown that intimacy in relationships of young couples can maintain the level of their satisfaction with life at a high level.

Sarkosky and Greenwood have conducted research in the relationship between optimism and positive attitude and quality of life on 80 male and female nurses in Poland. They showed that there is a strong positive relationship between optimism and quality of life. The study also showed that there are no significant differences between men and women in terms of quality of life.

Research by Egorz was conducted on 122 patients in Sweden as "The positive effect of items hopes and happiness and confidence on quality of life in patients with disorders of heart muscle weakness". The results showed that educational approach in order to significantly improve the quality of life of patients. It was also found that there is no significant relationship between life qualities of participants with gender.

McCarthy in a study as style of marriage and its impact on the sexual desire came at the conclusion. There

is a correlation between sexual satisfaction and relationship satisfaction. Satisfactory sex is an important part of a sexual relationship without the consent increased sexual problems and reduces the intimacy and vigorously in life.

Mirgain and Cordova (2007) as factors related to sexual self-esteem in marriage showed, there is a relationship between sexual intimacy, emotional satisfaction, love, the frequency of sexual relationship, income, religious commitment and the work hours of couples with sexual self-esteem and marital quality.

Berg and Wilson in a study, the impact of infertility on sexual self-esteem showed that dissonance of sexual relations is reduced sexual self-esteem in infertile couples and in infertile couples are sexual relations as a kind of mechanical action and not emotional and reduces the quality of life of couples.

Farojina and Hookas in a study entitled interest, care and sexual self-esteem as a predictor of intimacy in romantic relationships of adults, came at the conclusion that this attachment, care and high sexual self-esteem have a unique role in the marital intimacy.

Markman, a study has examined, the effectiveness of improve communication about relationship of couples in long term. After the training, the results showed the couple had physical and sexual intimacy and more relevant stability compared to control group and thus had a high quality of life. As previous research study shows married life requires intimacy and sexual satisfaction between the couple and if these two variables exist can be easily solved many marital problems.

Research questions

The main question: Is there a significant relationship between sexual self-esteem and intimacy with quality of life?

The secondary question:

- Is there a significant relationship between aspects of sexual self-esteem and quality of life?
- Are the aspects of sexual self-esteem can predict the quality of life?
- Are sexual self-esteem and marital intimacy can predict the quality of life?

Research methodologies: This study was a descriptive correlational study. The statistical population included all high school female teachers Shiraz (region 2) which their number was 480 people with cluster random sampling, 150 were selected.

Data collection tools: In this, research is used to collect information from women's sexual self-esteem questionnaire provided by Zeanah and Schwarz, intimacy and marriage questionnaires and short questionnaire of assessment quality of life by the World Health Organization.

Women's sexual self-esteem questionnaire: Data related to sexual self-esteem were collected with the help of a questionnaire called the women's sexual self-esteem questionnaire that is provided by Zeanah and Schwarz in 1996. Zeanah and Schwarz's criteria include that sentence or phrase that participants must show their true feelings about each statement by choosing one of six options; I quite agree, agree, almost agree, almost disagree, disagree and strongly disagree for scoring, considered to be in the score 1-6. The questionnaire has 81 questions and five following scale:

- Skills and experience
- Attractiveness
- Control
- Moral judgment
- Adaptability

This questionnaire measured emotional reactions of women with compared to assessment their mental the thoughts and feelings about sexual behavior. The validity of the questionnaires was calculated for the Rosenberg self-esteem scale, its value for the attractiveness 0.56, control 0.45, adaptability 0.45, moral judgment 0.38, skills and experience 0.44 and for the total score 0.57. In this study, the reliability of the questionnaire was calculated with Cranach's alpha equal to 0.89 and the sub scale of skills and experience 0.93, attractive 0.94, control 0.88, moral judgment 0.85 and adaptability 0.85.

Marital intimacy questionnaire: This questionnaire has been prepared by Oliya (2006) and measures eight areas of marital intimacy. These dimensions include:

- Emotional intimacy includes 11 items
- Rationally intimacy includes 8 items
- Physical intimacy includes 6 items
- Social intimacy entertainment includes 8 items
- Communication intimacy includes 11 items
- Religious intimacy includes 9 items
- Psychological intimacy includes 11 items
- Sexual intimacy includes 8 items
- Overall intimacy includes 15 items

Items have graded Likert scale ranging from never to always. Individual score by the total scores obtained options. Items 8-1-10-22-23-24-28-32-33-35-37-39-43-46-51-52-55-85-60-61-62-63-64-73-74-75-76-77 scores are in reverse and other scores will be directly, in this test, a minimum score of zero and the maximum is 261. In this study for measuring concurrent validity was used intimacy scale Walker and Thompson that results showed that the correlation between parent's marital intimacy with Walker and Thompson was equal to 92%.

Quality of life questionnaire (World Health Organization-Quality of Life-Briefed WHO-QOL-

BREF): This questionnaire prepared by the makers of Quality of Life Scale in the World Health Organization including 26 questions and evaluates the four aspects for quality of people's lives. The World Health Organization prepares test because of the need for an international evaluation for quality of life. About 24 aspects exist for the quality of life and these aspects have six domains and every domain have four questions. It analyzes that have been done recently on these six domains caused to be placed a new version from it available to experts and researchers (WHO-QOL-BREF) who is used in the present study. This scale pays to study of the four domains from quality of life including: physical health mental health, living environment, relationships with others.

In order to measure is considered physical health 7, item's mental health 6 items, social relations 3 items and living environment 8 items. In addition, two additional items have been placed to study the apparent quality of life and general health. One of the items of social relations has been removed because of the lack of cultural adaptation. Grading scale was 1-5, therefore, physical health scores between 7 and 35 after mental health between 6 and 30, after social relations between 2-10 and finally, after living environment between 8 and 40. This scale has been translated into Persian by Nassiri and a group of Masters of Educational Psychology, Shiraz University (Diener *et al.*, 2002). In this study, the purpose from quality of life, the amount of score is that one obtains from test the quality of life in the WHO-QOL-100. In order to determine reliability of the questionnaires used test-retest methods and the reliability value of 50 subjects was calculated equal 0.74.

MATERIALS AND METHODS

Methods of data analysis: Descriptive statistics were used in the analysis information including mean, standard deviation and correlation and regression.

Research findings

Descriptive data: Categories of samples based on age and education are shown in Table 1.

Descriptive study of sexual self-esteem scores and its dimensions: According to Table, 2 can be found self-esteem scores (4/296) in between dimensions; the highest mean is related to the components of skill and experience with an average 66.07.

Descriptive study of marital intimacy scores: According to Table 3 can be found that mean scores of marital intimacy is equal to 74.45.

Table 1: Categories of samples based on age and education

Education/Age (Years)	Bachelor	Master degree
25-30	23	6
30-35	58	21
35-40	19	5
Over 40	16	2

Table 2: Mean and standard deviation of sexual self-esteem and its dimensions

Variable	Mean	SD
Overall sexual self-esteem	296.40	57.70
Skills and experience	66.07	15.04
Attractiveness	57.30	10.30
Control	60.10	11.90
Moral judgment	56.80	12.80
Adaptability	53.80	11.50

Table 3: Mean and standard deviation of marital intimacy

Variable	Mean	SD
Marital intimacy	74.45	21.8

Table 4: Mean and standard deviation of quality of life

Variable	Mean	SD
Quality of life	85.4	19.03

Table 5: Correlation coefficient between sexual self-esteem and the intimacy with quality of life

Variables	Quality of life	
	The correlation coefficient	p-values
Sexual self-esteem	0.694	0.0001
Intimacy	0.347	0.0001

Table 6: Analysis of variance and the statistical characteristics of regression

Significance level	df ₁	df ₂	F-values	R ²	R-values
0.0001	115	2	67.997	0.542	0.736

Table 7: Beta coefficient and significance level of regression of sexual self-esteem and intimacy and quality of life

Predictor variables	B-values	Beta	t-values	Significance level
Self-esteem	0.104	0.655	6.677	0.0001
Intimacy	0.016	0.102	1.037	0.0001

Descriptive study of quality of life scores: According to Table 4 can be found that mean scores of quality of life is equal to 85.4. The results of data analysis in relation research questions:

The main question was: “Is there a significant relationship between sexual self-esteem and intimacy with the quality of life?”: In response to this question, according to consideration the overall score for the parameters of sexual self-esteem, intimacy and quality of life used the Pearson correlation coefficient, the results are shown in Table 5.

According to Table 5 can be found that the correlation coefficients equal to 694 and 347 at the 0.0001 level and because this is less than the acceptable level (0.05). Therefore, the coefficients are meaningful ($p < 0.01$), so, there is a direct relationship between self-esteem and sexual intimacy with quality of life.

As we can be seen in Table 6 regression coefficient is equal to 2 and standardized regression coefficient equal to 115 and also value of E equal to 0.736. F obtained can be confirmed at the significance level 0.0001 predict

Table 8: Correlation coefficient between aspects of sexual self-esteem and quality of life

Variables	Quality of life	
	The correlation coefficient	Significance level
Aspects of sexual self-esteem		
Skills and experience	0.626	0.0001
Attractiveness	0.617	0.0001
Control	0.689	0.0001
Moral judgment	0.622	0.0001
Adaptability	0.682	0.0001

Table 9: Statistical characteristics of regression between aspects of sexual self-esteem and quality of life by stepwise multiple regression methods

Steps	Variables	R values	R ²	F value	p<	β	T	p-values
First	Control	0.679	0.47	134.09	0.0001	0.689	11.5	0.0001
Second	Control	0.718	0.51	78.1	0.0001	0.395	3.8	0.0001
	Adaptability					0.356	3.4	0.0001

quality of life based on self-esteem and intimacy. However, in order to determine which of the predictor variables can predict a criterion variable was used the beta coefficient. As, we can be seen both variables are significantly less than the acceptable level significantly 0.05, therefore, both variables could be able to predict the quality of life (Table 7).

The first sub-question: Is there a significant relationship between aspects of sexual self-esteem and quality of life? In examining the question had been used Pearson’s correlation coefficients (Table 8).

According to Table 7 can be found that the correlation coefficients equal to 0.629, 0.617, 0.689, 0.622, 0.682 at significance level 0.0001 and because this is less than the acceptable level (0.05) thus, these coefficients are significant ($p < 0/01$). So, there is a direct relationship between all aspects of sexual self-esteem and quality of life.

The second sub-question: Are the aspects of sexual self-esteem can predict the quality of life? In examining the question had been used stepwise multiple regressions. According to Table 9, we can be found that regression between aspects of sexual self-esteem and quality of life has gone to two steps. Table 9 shows data, F ratio and its significance level than in the first stage represents a significant effect of control variable in the regression equation. At this stage that the effects of regression ($F = 134.09$) at the significance level 0.0001 and the coefficient of determination calculated based on this variable is equal 0.47, this means that this variable predicted 47% of variance quality of life. F ratio and its significance level in the second stage represent a significant effect on control variables and adaptability in regression equation at this stage that the effects of regression ($F = 78.01$) at the significance level 0.0001 and the coefficient of determination calculated based on this variable is equal 0.51, this means that these variables predicted 47% of

Table 10: Characteristics of regression between sexual self-esteem and marital intimacy with quality of life by stepwise multiple regression methods

Steps	Variables	R values	R ²	F values	p<	β	t values	p<
First	Sexual self-esteem	0.694	0.48	137.6	0.0001	0.694	11.7	0.0001

variance quality of life. The results can be found control variables relative to other variables stronger predictor of quality of life.

The third sub-question: Are sexual self-esteem and marital intimacy can predict the quality of life? In examining the question had been used stepwise multiple regressions. According to Table 10, we can be found that regression between sexual self-esteem and marital intimacy with quality of life has gone to one step. Table 10 shows data F ratio and its significance level represents a significant variable in regression equation is sexual self-esteem.

At this stage that the effects of regression (F = 137.6) at the significance level 0.0001 and the coefficient of determination calculated based on this variable is equal 0.48, this means that this variable predicted 48% of variance quality of life. The results can be found sexual self-esteem variables relative to other variables stronger predictor of quality of life.

RESULTS AND DISCUSSION

The goal of this research is the relationship between sexual self-esteem intimacies with quality of life. For achieve the goals, presented research question:

Study findings in research: Is there a significant relationship between sexual self-esteem and intimacy with quality of life? As we can be seen in Table 4 correlation matrix, the results from the data show that there is a positive relationship between intimacy and sexual self-esteem with quality of life. This means that people who earn high scores in sexual self-esteem, intimacy and quality from life are high, on the contrary, people who earn low scores in sexual self-esteem and intimacy are from lower quality of life. The correlation between sexual self-esteem and quality of life was significant in alpha level 0.05 ($r = 0.69$) and the intimacy with quality of life (0.347) obtained at a significant level 0.0001.

The results from this study are in line with previous results, the findings of Larson. In explaining these findings can say that the combination of sexual self-esteem and intimacy that will lead to further consolidation in the marital relationship. The sexual self-esteem is a complex matter that requires special attention. Sexual self-esteem is the skill and experience, attraction, control, moral judgment, adaptability that is

designed to arouse, stimulate and sexual satisfaction. Satisfactory sexual self-esteem is associated with marital life.

Sexual self-esteem is a psychological construct and a central concept for health psychology. Relaxation and satisfaction of the body and sex not an easy task but at any age is possible. Just have a sense of inner freedom and to have a positive view. This means that dare for meet his wife and enter a marital relationship without fear (Gottman and Notarius, 2000; Gottman, 1993). In other words, sexual self-confidence, this means that confidence of his body and accepts its image and its abilities and the joy it can make. Those who think they have the perfect body cannot be expressed interest and began a relationship with them. Because they are a kind of inner conflict and gradually, these conflicts will cause physical weakness and decreased sexual desire. If anyone is confident sexually attractive and his wife loved him, sexual confidence is found. But if the feeling between him and what fashion community such as youth, lean and muscular and deep cleft happened, his look that is more critical and this could destroy his sexual confidence.

Sexual self-esteem is an essential element of personality and each person's self-concept which affects mental life and his attitudes, this image can be a positive or negative effect on mental and become a source of positive or negative emotions and increase intimacy and thereby affect the quality of life.

Is there a significant relationship between aspects of sexual self-esteem and quality of life? It was the second research question. As, we can be seen in Table 6-4 correlation matrix shows the results of data, there is a positive relationship between aspects of sexual self-esteem with a quality of life. This means that people who earn high scores in aspects of sexual self-esteem (skills and experience, attraction, control, moral judgment, adaptability) have a high quality of life and the correlation between aspects of sexual self-esteem with quality of life obtained in alpha level of 0.05, respectively (0.629, 0.617, 689/0, 0.622 and 0.682) and have been significant at significant level 0.0001. Therefore, there is a direct relationship between all aspects of sexual self-esteem with quality of life.

The results of this study are in line with previous results, Markman in 1982, Farojina and Hokas in 1988, the findings of Larson in 1989, Berg and Wilson in 1990, Yang Voloqouis in 1998, McCarthy in 1999, Sepahmansour and Mazaher in 2008, Botlaei, Ahmadi, Shahsiah, Mohebi in 2010.

In explaining these shows factors that in psychology, close relationships define and improve the quality of life in the process of living together can be considered to include things such as skills and experience, attraction, control, moral judgment, adaptability sex, warmth and loyalty to wife, intimate relationships.

Mental health professionals of the importance of sexual self-esteem in this area have done various researches in marital communication. Research shows that some people have persistent preoccupation with their physical appearance. In spite of normal or nearly normal physical demonstrations, they reported extreme fear and worry about your figure. It seems that people who feel good about themselves, usually have a good feeling relation to life. In fact, the positive image of their bodies feels worthy in person. If the image is changed mind leads to changes in the feel worthy, positive and negative of person's physical image effects can affect on quality of life.

Quality of life as a scientific discussion has attracted a lot of attention in the past few years. The ultimate goal is quality of life and its application for people living that enable them to experience life with high quality, meaningful and enjoyable. Among the important factors that affect people's quality of life amount of feeling relation to gender in relationships with each other with pleasant feeling to be unpleasant. The intimacy between husband and wife is a decisive factor for having marital and family relationships strong. These intimate relationships are including respect, mutual trust and acceptance. Communication is the foundation of health including sexual and non-sexual factors in marital intimacy. Therefore, a happy marriage and romantic marriage in which the partners grow both in sexual and non-sexual dimension.

Are the aspects of sexual self-esteem can predict the quality of life? It was the third research question. As seen in Table 7 shows that the results can be found control variables relative to other variables stronger predictor of quality of life.

The results from this study are in line with previous results, Markman in 1982, Farojina and Hokas in 1988, the findings of Larson in 1989, Berg and Wilson in 1990, Yang Voloqouis in 1998, McCarthy in 1999, Sepahmansour and Mazaher in 2008, Botlaei, Ahmadi, Shahsiah, Mohebi in 2010.

In analyzing these findings, we can say that sexual issues are important subjects in primary issues of married life. The problem in the quality of life can be a sign that there are other problems in the marital. One of the tasks to reach the agreement in a marital relationship is sexual satisfaction on both sides. In fact, self-relation to gender and satisfaction of true sexual instinct is a natural necessity that needs to be answered may otherwise, creating negative consequences such as physical and emotional disease and therefore, reduced quality of life. It requires an ability in good sex at any age having sexual self-esteem by increasing self-esteem in the above aspects can boost levels of marital adjustment and quality of life and ultimately, their general health. Sexual instinct is

natural for human need. So that, the sexual needs is in the class of physical needs or the basic vital needs. In the context of sexual relationship can be said that although, marital relation related to sex, however, this relationship may be the main cause of happiness or lack of happiness in married life because if this relationship is not perfect, leading to deprivation, frustration and lack of safety (risk factor for mental health) as a result of the disintegration of the family.

Are sexual self-esteem and marital intimacy can predict the quality of life? It was the fourth research question. As we can be seen in Table 8 the results of variable data show that sexual self-esteem, relative to other variables stronger predictor of quality of life.

The results from this research consistent is with the results, Markman in 1982, Farojina and Hokas in 1988, Berg and Wilson in 1990, McCarthy in 1999, Sepahmansour and Mazaheri in 2008, Botlaei, Ahmadi, Shah Siah, Mohebi in 2010.

In the expression about this finding, one could say that the sexual self-esteem and marital intimacy are two very important variables in improving the quality of marriage and the creation of successful and long-lasting marriage in this respect, self-respect to gender is variable from feel-good to bad and competence to incompetence cause increase intimacy between spouses.

While couples are satisfied from the marriage with one another and they feel happiness togetherness namely, the current situation is consistent in their marital relations with their expected conditions that it is an indicator of marital satisfaction. The intimate relationships between spouses have been measuring by the mutual interest, taking care of each other, acceptance and understanding with each other, the agreement on the economic affairs and success in training their children and feel often as internally but on the contrary, if between spouses are not intimacy as a result the problems between spouses are so, high that they feel cannot meet the needs and expectations and unfortunately, most couples due to adverse and unconsciously selection are somewhere between these two poles. This means that there are cases the agreement between them and sometimes it does not. One of the most important criteria that led to durability and strength of intimacy spouses is considering to instinct and sexuality couple together. The sexual instinct is accompanied humans from birth to death always and above all affects the human life and spouses who have the high intimacy, so, they have a higher sexual desire than to each other and enjoy a high quality of life.

Research shows the sexual self-esteem is first and foremost issues in the marriage in terms of importance and compatibility and satisfaction in sexual relations are one of the most common causes of happiness of life; if

this relationship is not satisfactory and complete leads to severe discomfort and even disputes and the disintegration of family, so could thus, say the sexual satisfaction is one of the significant criteria that can help the sustainability of marital satisfaction.

CONCLUSION

As we can be seen the correlation in the matrix tables, the results from the data indicated that there was a significant positive relationship between the parameters of sexual self-esteem and the intimacy and quality of life and in explaining this issue should be noted that improving sexual self-esteem and intimacy in marriage will lead to increase quality of life, also in the conducted surveys in relation to the aspects of the sexual self-esteem was found the control variable compared with other variables is a stronger predictor of quality of life, also mentioned in surveys that the ultimate goal for people's quality of life and its application is the issue that enables them to experience the high quality, meaningful and enjoyable life and this issue are closely with the individual feeling to own gender that includes a pleasant feeling to unpleasant and have the competence to incompetence in relationships with others, the intimacy between the spouses is one of the decisive factors and predictive quality of life. The cognition of every person of his realistic characteristics as well as understanding the characteristics of future husband's family, cultural and educational status is effective in understanding between male and female and makes compatibility and intimacy the spouses. In a desirable marriage in a desirable marriage, always girl and boy should be informed somewhat from the instincts and sexuality together in regard to the sexual matters. This awareness can be provided through refer to the expert and efficient counselors and psychologists or through initiatives a personal question that leads to understand the state of sexual health of opposite side.

RECOMMENDATIONS

Since, the main factor to prevent failures and desire disconnected in the sexual behaviors and seeking for sexual satisfaction in the non-marital relationships and relationships outside of marriage is increasing self-esteem and sexual intimacy and dissatisfaction and

lack of intimacy loss the marriage and effect on the quality of marriage. It recommended the holding a family workshop in neighborhoods and organizations.

Encourage understanding and applying families in increasing sexual intimacy and self-esteem and teach to them that the sexual self-esteem leads to the growth of life. If the spouses are aware of the differences in sexual demands and their different tendencies and pleasant feeling to be unpleasant and with the competence to incompetence in the sexual intercourse can treat before their relationship is in trouble, vice versa if the spouses are not aware of their intimacy. They should witness the solving problems.

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