

Comparing Emotional Maturity and Marital Satisfaction in Married Men Having Healthy and Unhealthy Inference from their Family-of-Origin Employed in Tehran Oil Company

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Abstract: The aim of this study was to analyze and compare the relationship between emotional maturity and dyadic adjustment in people having healthy and unhealthy inference from their family-of-origin. 240 individuals were selected to do this study from among 681 individual married men working at Pipe Line Oil Co. of Tehran using systematic random sampling. In this study, data obtained from, family-of-origin scale, dyadic adjustment scale, and emotional maturity scale. To analyze data the researcher used Z-test, Pearson correlation, multi-dimensional linear regression and T-test with independent samples. In this study, the researcher found that in two groups of samples having healthy and unhealthy inference from their family-of-origin there was significant relationships between the rates of 1. Emotional maturity and dyadic adjustment 2.The rate of emotional maturity and 3.Dyadic adjustment. The result of this study shows that the first hypothesis is supported by 95% confident and second and third hypothesis are by 99% confident at significant level of 0.0001. The result of this study focuses on the role of family-of-origin in creating emotional maturity and the quality of dyadic adjustment in people in the adolescence and after marriage.

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Introduction

Human's identity do not forms in vacuum. If we want to know ourselves, we should know our family. Today, we believe that family is one of the most important psychopathological canons. Most of the marital problems are rooted in the family-of-origin of man and woman. Family-of-origin is a family that we spent the most part of our childhood or the entire years our childhood in that time (Thananee, 2000).

Naturally, marital relationship of couples is influenced by the experience of both parties from their family-of-origin. Patterns that each of the couples had in their family-of-origin in the form of a psychological heritage enters their marital life along with them. Therefore, each of couples enters a specific history from his/her primary relationships to the marital life (Goldenberg, translated by Naghshbandi et al. 2003).

On one hand, one of the most important causes of problems in marital life of couples is lack of dyadic adjustment between them, and as emotional maturity is an important personal factor related to dyadic adjustment and also for the role it plays because of the family-of-origin, analysis and comparison of the relationship between emotional maturity and dyadic adjustment people in two groups having healthy and ill interpretations from their

family-of-origin can be fruitful with respect to two dimensions of prediction and treatment about problems of marital life of couples.

Family is a school that children learn smile, anger, friendship, politeness, avoidance, balance and evolution, deontology, responsibility and ethics (Rajers, translated by Seif, 1989). The primary and original core of the family is smaller system named marital system. In this subsystem, two individuals begin their relationship as wife and husband and they underpin the foundation of family. In fact, such a canon that forms based on love, commitment and intimate relationships makes a great impact on all of the family members. Doubtless happy and successful marriage is the best support for healthy and suitable function of family. Such a happy relationship provides the ground for applying the best patterns of upbringing children, compatibility and normal growth of children (Herington, 1999, quoted in Haghighi, 2002).

On one hand, girl and boy with heritages from their family-of-origin enter to marriage stage. This heritage can make their marriage easy, difficult, or even impossible. Parents from the beginning hours of birth explain everything for us and became our mental schema and establish disciplines also they become our marital schema and provide our mental image of marital life or marriage (Thananee, 1995).

Six successful marital criteria that have been used for two decades ago are: stability, reaching emotional maturity, compatibility, economical problems, sexual relationships and mutual love (Wishman 2001).

According to these criteria, benefiting suitable emotional maturity in the young age and adolescence as a potential factor that can strengthen relationship between generations and also increase their positive function in forming a healthy family is very important. Anca Ramsden introduced seven components for general definition of emotional maturity that are, intimacy, sympathy, assertiveness, mental stability, independence, mental balance and ability to regulate emotional distance (Ramsden, 2001).

Another criterion that Wishman refer to as a key for marital success is dyadic adjustment. Dyadic adjustment is externalizing husband and wife to each other in every period of the time (Thanee 2000). Also, the researcher attended marital therapy sessions as apprentice and inferred that the root of most of the problems is lack of emotional maturity among couples to start marital life or even develop their marital relationship. In these situations the basis principle for treating couples is based on increasing their emotional maturity to overcome their relationship problems. By clearing the importance of having emotional maturity in couples dyadic adjustment the researcher tried to clear forming of emotional maturity of people from the start of life to before starting marriage. As the family-of-origin is a canon that people are interacting with, it can play a pivotal role in forming emotional maturity among its members. Finally researcher tried to do research in this domain to analyze and compare the relationship between emotional maturity and dyadic adjustment in people healthy and unhealthy interpretation from their family-of-origin in order to clear the role and importance of family-of-origin in creating emotional maturity among people that it is the most important key factor in dyadic adjustment.

Purpose of the study

General purpose: understanding the relationship between the rate of emotional maturity and marital compatibility with people's inference from the level of health in family-of-origin.

Research hypothesis

The main research hypotheses are:

- There is a significant difference between emotional maturity and dyadic adjustment in married men having healthy inference from their family-of-origin and married men having unhealthy inference from their family-of-origin.
- There is a significant difference between emotional maturity between married men having healthy inference from their family-of-

origin and married men having unhealthy inference from their family-of-origin.

- There is a significant relationship between married men dyadic adjustment having healthy inference from their family-of-origin and married men having unhealthy inference.

Methodology

The recent inquiry with respect to its nature is of post-occurrence or cause and effect and also comparative research. Statistical society of this research is all married men employed in Tehran Pipe Line Oil Company that are 681 individuals.

Of the 681 individual male and married employed staff Tehran Pipe Line Oil Company, 240 individuals to do this research were used benefiting systematic sampling method and as the society variance was not accessible, Morgan table was used to select the samples of this research.

Data collection

Data collection tools used for this study were:

1. Emotional maturity scale
 2. Dyadic adjustment scale
 3. Family-of-origin scale
1. Emotional maturity scale: this scale was made by Yashouier sing and Mahish Bhar Gahwa (1974).

Emotional maturity scale consists of 48 questions that can be divided in five groups:

1. Lack of emotional stability
2. Emotional return
3. Social compatibility
4. Personality breakdown
5. Lack of independence

Marking in a five item interval was done in the expert spectrum and least of apprentice marks were at least 48 and at last 240.

2. Dyadic adjustment scale: this scale was prepared by Graham B. Spanier in 1976 and was translated by Thanee into Persian language. This scale would be used for qualitative analysis of marital relationship or similar mutual relationship.

Description of the scale

This scale is a 32 question tool for qualitative analysis of marital relationship in the view of wife and husband or two individual who live together.

3. Family-of-origin scale: this scale is prepared by Allan J. Hovestadt, William T. Anderson, Fred P. Piercy, Samuel W. Cochran and Marshall Fine in 1985 and was translated by Thanee in 2000. This scale is used to measure people's inference from the level of health in their own family-of-origin.

Description of the scale

Family-of-origin scale is a 40 questions tool that is used for measuring consumption and inference of person from the rate of 'health' of family-of-origin. This scale is based on autonomy, intimacy as two key concepts for the life of healthy family. In this pattern, the healthy family gives autonomy to its members.

Procedure for data analysis

In this research, to analyze and understand the relationship between understudied variables statistical description was used that consists of frequency, percentage frequency and inferential

statistic using Z test, Pearson correlation and multi-variable linear regression, t-test with independent samples to analyze and test the research hypothesis.

Data analysis in the framework of hypothesis

Findings related to the first hypothesis:

The first (main) hypothesis: There is a significant difference between emotional maturity and dyadic adjustment in married men having healthy inference from their family-of-origin and married men having unhealthy inference from their family-of-origin.

Table 1. the relationship between emotional maturity and dyadic adjustment married men having healthy inference from their family-of-origin and married men having unhealthy inference from their family-of-origin.

emotional maturity and dyadic adjustment correlation	applicants	r
Family having unhealthy inference from its family-of-origin		-0.92
Family having healthy inference from its family-of-origin		-0.69

To test the hypothesis, comparative test of confident correlation in two groups with equal variance was used. By the way after obtaining the rate of correlation of two groups the rate ZR1 and ZR2 was calculated.. As Z is the criterion(=5.837) and greater than Z table (1.96) therefore, the research hypothesis is based on significant difference between emotional maturity and married men dyadic

adjustment from their family-of-origin and it is acceptable by 95 percent confident.

Findings related to the second hypothesis:

The first (main) hypothesis: There is a significant difference between emotional maturity between married men having healthy inference from their family-in-origin and married men having unhealthy inference from their family-of-origin.

Table 2. comparison of married men emotional maturity having healthy inference from their family-of-origin and married menhaving unhealthy inference from their family-of-origin

Emotional maturity applicants	No	Average	Difference in average	The rate of freedom	T value	The level of significance
healthy inference from family-of-origin	47	82.62	-59.296	91	16.89	0.0001
unhealthy inference from family-of-origin	46	141.91				

To test this hypothesis t test with independent sample was used and results were offered in table 2 and as the value of t were equal to 16.89 and the level of significance was equal to 0/0001 and less than 0/01, therefore there is a significant difference between married men emotional maturity having healthy inference from their family-of-origin and unhealthy inference from

family-of-origin at 99% confident and the null hypothesis is rejected.

Findings related to the third hypothesis:

There is a significant relationship between married men dyadic adjustment having healthy inference from their family-of-origin and married men having unhealthy inference.

Table 3. comparison of dyadic adjustment of married men having healthy inference from their family-of-origin and married men having unhealthy inference from their family-of-origin

Emotional maturity applicants	No	Average	Difference in average	The rate of freedom	T value	The level of significance
healthy inference from family-of-origin	47	129.47	48.831	91	22.072	0.0001
unhealthy inference from family-of-origin	46	80.63				

To test this hypothesis t test with independent samples were used and the results were observed in table 3 and as the amount of t was observed, it was equal to 22.072 with the level of equivalence equal to 0.0001 and less than 0.01; therefore, significance difference between dyadic adjustment from the family-of-origin in married men having healthy

inference from family-of-origin and married men having unhealthy inference from family-of-origin, and null hypothesis will be rejected.

Findings related to subsumption hypothesis

First hypothesis (subsumption): there is a significant relationship between variables of emotional maturity and dyadic adjustment.

Table 4 the rate of emotional maturity correlation and dyadic adjustment

	No	Coefficient correlation	Level of significance
Emotional maturity and Dyadic adjustment	240	-0.896**	0.0001

To test this hypothesis Pearson correlation was used. Based on the results and table 4 the samples are 240 and correlation coefficient -0.896** and as the level of significance was 0.0001 and less than 0.00, therefore by decreasing the scores of emotional maturity scores of dyadic adjustment increases (reverse relationship)it means that at 99

confident we can say there is a significant relationship between emotional maturity and dyadic adjustment.

Second hypothesis(subsumption): there is a significant relationship between emotional maturity subscales and family of origin scale.

Table 5 regression table between subscales of emotional maturity and family-of-origin

	Sum of squares	Rate of freedom	R	Rate of F	Level of significance
Regression	103619.6	3	0.85	204.909	0.0001
Remaining	39780.69	236			
Total	143400.3	239			

In this hypothesis, we defined family-of-origin scale as dependent variable and emotional maturity subscales as independent variables. To analyze the relationship between emotional maturity subscales and family-of-origin and multi-variable

linear regression method was used by stepwise method. The rate of F was equal to 204/909 and the level of significance was equal to 0.0001 therefore at the level of 99 percent zero hypothesis is rejected.

Table 6. multi-variable linear regression analysis (emotional maturity subscale) for family-of-origin predicting set

model	R	R squire	Standard deviation of estimator
1	0.794a	0.63	14.938
2	0.831b	0.691	13.671
3	0.850c	0.723	12.983

- a. Predictor: (stable), personality breakdown
- b. Predictor: (stable), personality breakdown, lack of emotional stability
- c. Predictor: (stable), personality breakdown, lack of emotional stability, emotional return in table 6.
- d.

Model	Beta	Standard deviation
1.(stable) personality breakdown	179.146	2.753
	-2.367	0.118
2.(stable) personality breakdown, lack of emotional stability	200.937	4.052
	-1.527	0.163
	-1509	0.22
3.(stable) personality breakdown, lack of emotional stability, emotional return	205.297	3.939
	-1.038	0.181
	-1.183	0.218
	-1.060	0.205

Dependent variable (FOS)

Third hypothesis(subsumption): there is a significant relationship between dyadic adjustment subscales and family-of-origin

Table 7 regression table between subscales of dyadic adjustment and family-of-origin scale

	Sum of squares	Rate of freedom	R	Rate of F	Level of significance
Regression	105524.69	3	0.858	219.17	0.0001
Remaining	37875.927	236			
Total	143400.296	239			

In this hypothesis family-of-origin scale is defined as dependent variable and subscales of dyadic adjustment as independent variables. To analyze the relationship between subscales of dyadic adjustment and family-of-origin scale multi-variable

linear regression analysis using stepwise method was used. The rate of F was 219/17 and the level of significance was 0.0001, therefore with 99% confident the null hypothesis is rejected.

Table 8 multi-variable linear regression analysis (dyadic adjustment subscale) for family-of-origin predicting set model

model	R	R square	Standard deviation of estimator
1	0.80a	0.648	14.56
2	0.852b	0.726	12.869
3	0.858c	0.736	12.669

- e. Predictor: (stable), dyadic adjustment
- f. Predictor: (stable), dyadic adjustment, marital satisfaction
- g. Predictor: (stable), personality breakdown, marital satisfaction, dyadic correlation in table 8

Model	Beta	Standard deviation
1. (stable), dyadic adjustment	44.181 2.069	4.078 0.099
2.(stable), dyadic adjustment, marital satisfaction	15.835 1.174 1.84	4.987 0.139 0.224
3.(stable) Personality breakdown, marital satisfaction, dyadic correlation	14.693 1.061 1.743 0.562	4.925 0.143 0.223 0.192

Dependent variable (FOS)

Forth hypothesis (subsumption): there is a significant relationship between subscales of emotional maturity and dyadic adjustment

Table 9. regression table between subscales of emotional maturity and dyadic adjustment

	Sum of squares	Rate of freedom	R	Rate of F	Level of significance
Regression	88376.657	3	0.913	395.481	0.0001
Remaining	17579.326	236			
Total	105955.983	239			

In this hypothesis dyadic adjustment scale is defined as dependent variable and subscales of emotional maturity as independent variables. To analyze the relationship between subscales of emotional maturity and dyadic adjustment multi-

variable linear regression analysis using stepwise method was used. The rate of F was 295/481 and the level of significance was 0.0001, therefore with 99% confident the null hypothesis is rejected.

Table 10. multi-variable linear regression analysis (emotional maturity subscales) for predictor of dyadic adjustment

model	R	R square	Standard deviation of estimator
1	0.863a	0.746	10.642
2	0.907b	0.823	8.907
3	0.913c	0.834	8.631

- h. Predictor: (stable), personality breakdown

- i. Predictor: (stable), personality breakdown , emotional return
- j. Predictor: (stable), personality breakdown , emotional return, lack of emotional stability

Table 11

Model	Beta	Standard deviation
1.(stable), personality breakdown	153.358 -2.214	1.961 0.084
2. (stable), personality breakdown , emotional return	165.024 -1.351 -1.363	2.005 0.110 0.135
3.(stable), personality breakdown ,emotional return, lack of emotional stability	172.145 -1.125 -1.204 -0.588	2.619 0.121 0.136 0.145

Dependent variable (FOS)

Fifth hypothesis(subsumption): married men having healthy inference from their family-of-origin in subscale of lack of emotional stability obtain lower

score in comparison to married men having unhealthy inference from their family-of-origin.

Table 12 comparison of lack of emotional stability in married men having healthy inference from family-of-origin and married men having unhealthy inference from family-of-origin

Lack of emotional stability applicants	No	Average	Difference in average	df	T value	The level of significance
healthy inference from family-of-origin	47	20.55	-12.729	91	13.029	0.0001
unhealthy inference from family-of-origin	46	33.28				

To test this hypothesis the t-test with independent samples are used and the result is inserted in table 12 as the value of tis equal to 13.029 and its level of significance is equal to 0.0001 and less than 0.01; therefore, there is a significant relationship between lack of emotional stability in married men having healthy inference from their family-of-origin and unhealthy inference from their family-of-origin and the research hypothesis is accepted.

Conclusion

First hypothesis: There is a significant difference between the rate of emotional maturity and dyadic adjustment of married men having healthy inference from their family of origin and married men having unhealthy inference from their family of origin. As it was specified in table (1) the result related to the correlation and z test show that there is a significant relationship between emotional maturity and dyadic adjustment in married men having healthy inference from their family of origin and married men having unhealthy inference from their family of origin ($z=837/5$) it means that the relationship between emotional maturity and dyadic adjustment of married men having healthy inference from their family-of-origin is $r=-0.69$ while this relationship for married men having unhealthy inference from their family-of-origin is $r=-0.69$. It is necessary to state

that there is no research in this domain to support or reject this hypothesis.

Second hypothesis:There is a significant relationship between emotional maturity of married men having healthy inference from their family of origin and married men having unhealthy inference from their family of origin. Based on table 2 results related to t with independent samples of average scores of emotional maturity of married men having healthy inference from their family of origin and married men having unhealthy inference from their family of origin (its level of significance was equal to 0.0001 and rate of t was 16.89). Mean difference of emotional maturity between people having healthy inference from their family of origin and married men having unhealthy inference from their family of origin was -59.296 and as this difference is negative it shows that mean scores of emotional maturity in people having healthy inference from their family of origin is less than people having unhealthy inference from their family of origin. As by increasing the score of emotional maturity the rate of emotional maturity increases; therefore, the rate of emotional maturity in people having unhealthy inference from their family of origin is higher.

With respect to second hypothesis like first hypothesis there was no research to verify or reject this hypothesis.

Third hypothesis: There is a significant relationship between dyadic adjustment married men having unhealthy inference from their family of origin and married men having healthy inference from their family of origin. Based on table 3 results related to t method with independent samples the mean of dyadic adjustment of married men having healthy inference from their family of origin was higher than married men having unhealthy inference from their family of origin (the level of its significance was equal to 0.0001 and t was equal to 22.072). Mean difference of dyadic adjustment between people having healthy inference from their family of origin and those having unhealthy inference from their family of origin was 48.838 and as this difference is positive it shows that the mean of dyadic adjustment score in people having healthy inference from their family of origin is more than the mean of dyadic adjustment in people having unhealthy inference from their family of origin. The result of this research is in line with the results of Rezaee (1998) and Thanaee's (1995) research based on the importance of family of origin in forming and quality of marriage of offspring's. Moreover, the result of this research is in line with the research of Moller and Pope (1977) that they studied the transference phenomenon between generations with respect to dyadic instability in some respects.

The first subsumption hypothesis: There is a significant relationship between emotional maturity variable and dyadic adjustment. According to the table related to the correlation coefficient there is a reversal significant relationship between emotional maturity variables with dyadic adjustment. Therefore, higher scores of emotional maturity scale, less emotional maturity for individuals and to the extent that the scores of dyadic adjustment scale is less, then the person benefits less dyadic maladjustment. Therefore, the relationship between emotional maturity and dyadic adjustment is reversal (the rate of correlation is -0.896). The result of this research is in line with the result of Jorlice's (2001) research based on quarrels between family and children's emotional health.

The second subsumption hypothesis: There is a significant relationship between emotional maturity subscales and family-of-origin scale. Based on the table related to the multi-variant linear regression there is a significant relationship between subscales of (lack of emotional stability, emotional return, social adjustment, personality breakdown and lack of autonomy) and family-of-origin. It means that by increasing the score of subscales of emotional maturity the inference from the family-of-origin increases (the rate of $F=204/909$ and its level of significance is equal to 0.0001). Moreover, it means

that the scale of family-of-origin predicts subscales of emotional maturity and there is a significant relationship between them. The result of this study is in line with the result of Karbalo's (1988) study based on the relationship between internal relationships of family members and mental health of teenagers.

The third subsumption hypothesis: There is a significant relationship between dyadic adjustment subscales and family-of-origin scale. Based on the table related to the multi-variant linear regression there is a significant relationship between subscales of dyadic adjustment subscales (marital satisfaction, dyadic correlation, dyadic agreement, and family-of-origin scale). It means that by increasing the score of subscales of dyadic adjustment the score of family-of-origin increases (the rate of $F=209/17$ and level of significance at 0.0001) and this means that the scale of family-of-origin is predictor of dyadic subscales. The result of this research is in line with the result of Mike's (1993) study based on the relationship between emotional health of family and dyadic adjustment of their daughters.

The fourth subsumption hypothesis: There is a significant relationship between scales of emotional maturity and dyadic adjustment. Based on the table related to the multi-variant linear regression there is a significant relationship between subscales of emotional maturity (lack of emotional stability, emotional return, social adjustment, personality breakdown, lack of autonomy) and dyadic adjustment. It means that by increasing subscales of emotional maturity the rate of dyadic adjustment increases ($F=395/481$ and level of significance is 0.0001) and this means that the scale of family-of-origin is predictor of emotional maturity subscales.

The fifth subsumption hypothesis: Married men having healthy inference from their family-of-origin have lower score at subscale lack of emotional maturity in comparison with married men having unhealthy inference from their family-of-origin (significance level 0.0001 and the rate of t is equal to 13.029). Based on table t (no, 12), married men having healthy inference from their family-of-origin significantly have lower score at subscale of lack of emotional maturity in comparison with married men having unhealthy inference from their family-of-origin.

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