

The Role of Some Psychological Variables in the Emotional Distress between the Couple, who live in the Slums

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Abstract: The present study aimed to detect the amount of direct causal effects of each of the psychological adjustment, awareness of the legitimate values and teachings concerning the marital life, sexual consent, spousal abuse, and the use of social networking on the emotional distress between spouses in slum areas in the Kingdom of Saudi Arabia. The study sample included (580) with (320) husbands and (260) wives, and the study revealed that each of the psychological adjustment, awareness of the legitimate values and teachings of marital life, sexual consent, spousal abuse, and the use of social networks, directly affect the emotional turmoil between the couple. And the study concluded that the emotional distress has a role in the disruption of family and social construction among slum-dwellers.

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1. Introduction

Marital emotional disorder is the most dangerous problem for married couples in general and for slum dwellers in particular. This disorder is a psychological dilemma that threatens social and family homogeneity and stability, however; this makes it a complex social and psychological dilemma that challenges both governmental and non-governmental institutions that are concerned with the psychological, clinical and social aspects of family. It is noticed that the field of research in psychology has ignored the study of emotional disorder for slum dwellers both in Saudi Arabia and the Arab countries in general, especially that this factor is an indicator for the bad marital relation and serious critical indicator for degrading this relation into divorce. This, in turn, will be a turning point leading for a damaged family ties within societies, such thing can't be ignored by the government and other civil society institutions.

In the slums, people live a miserable social and family life conditions that is different from other social layers, yet still the consequences and effect of emotional disorder are the same. In Saudi and Gulf society, it is a newly discovered psychological and social predicament as partners lose emotion, feelings and warmth because there is no mutual interaction. But for unknown reason they still not interested in breaking down the legally sanctioned contract. The success in having a positive effect for the psychological and clinical interference depends highly on understanding the main reasons behind what lead to these predicaments. However, the current study responds to the recommendations of some of the recent research (Rosen *et al* 2004) for the importance

of using research to interpret this issue within the psychological and demographic variables. This study however tries, taking into consideration the social privacy of this problem with the Saudi and Gulf society, to give some psychological and demographic indicators to clinical intervention programs explaining the nature of this disorder.

Although researchers has extrapolated different issues from emotional disorder studies among spouses, still no tangible efforts are exerted to identify the psychological features of this behavioral disorder especially that it has a cultural, religious and social background. However, emotional disorder can be represented in two images:

The emotional image:

This is reflected in the mutual feelings between partners in all their family matters, both happiness and misery; partners try to share feelings and support each other to secure their family life in times when one partner cannot, by his own, survive the psychological, social or career predicaments of life. Support is here very important and is a great value that leads to satisfaction apart from any other external social support in difficult times (Yan Xu & Brant 2004). Mutual support in the marital relation can reduce the need for any psychological treatment from the community and enhance the mutual support to achieve satisfaction and reduce the negative side effects of the daily marital troubles. (Wright & Aquilino,2000). A husband's support to his wife mitigates conflict and achieves marital satisfaction, solving also most of the financial problems in their life. Another study found that there is a connection between the emotional maturity components (emotional stability, social

compatibility, and emotional support) and the marital satisfaction for wives whose field of work is nursing. The level of social support is crucially important in enhancing marital satisfaction, personal commitment and the ability to face psychological stress, (Chi *et al.*, 2011).

Cognitive Image

This includes a set of thoughts, opinions, perspectives, logical discussions with the partner within the marital relation. These may be an overgeneralized assumption for false and untrue expectations just based on conjecture and exaggeration without any regards to the dignity and legal rights of the other partner.

The researcher believes that this expressive image is a reflection of an underlying emotional distress and is indicating whether or not there is stability in the marital life. For example, a negative evaluation of the partner is always based on the set of your thoughts and beliefs, and this leads definitely to marital crisis and miscommunication.

Recent studies have shown that irrational and unreasonable beliefs negatively reflect the level of stability in the marital life. These unreasonable and irrational beliefs may increase marital crisis that may lead in turn to divorce (Hamamci, 2005). On the other side, other studies have shown that there is a relation between negative pre-mature evaluation of the other partner and the marital dissatisfaction, and this is in itself a predictive factor for a bad marital relation. Moreover, negative pre-mature evaluation is an indicator for disorder in the marital life. Besides, there is a correlation between this negative pre-mature evaluation and marital dissatisfaction.) ‘ Sarvestani,2011 ‘Mahintorabi & Mazaheri, (2011).

Researchers nowadays believe that we cannot ignore the variable of psychological adjustment when talking about the psychological factors and reasons that lead to emotional distress, and should deal with it as an independent variable as it is among the basics of a successful marital life. Pudrovska&Carr (2008) refers to the fact that the psychological adjustment variable is among other variables that disturb the relation between spouses and a reason for a prospective disorder and recurrent troubles in the marital life. Borelli & Sbarra (2011) refers to the idea that it is illogical to consider disorder as the main reason behind psychological incompatibility, and logical reconsiderations should exist according to the psychological understanding to the nature of the effect of psychological variables on making decisions for issues related to the marital relation. Recent research results have shown that psychological compatibility, psychological stress, and psychological burning are factors that explain the poor marital relation, (Kulik & Heine, 2011).

Psychological compatibility, personal characteristics, effective communication skills among married couples have all been positive factors that help achieve marital satisfaction and solve the troubles that face them in their marriage Blais & Boisvert, 2007. Veldorale-Brogan *et al.* (2010) believe that psychological compatibility, marriage values and emotional communication are all models that explain the quality of married life.

Psychological compatibility and personal characteristics are among the suitable factors that reflect marital satisfaction. Depression and anxiety are also behind instability and marital dissatisfaction; they negatively affect the marital life regardless of gender, not to mention that depression more dangerous for marital life than anxiety (Whisman *et al.* 2004, Larson *et al.* 2010).

Research has not enough been conducted on the relation between commitment to religion and the marital relation in the Arab community. This study focuses on the variable of Awareness for the values and religious teachings that relate to marital life, especially that awareness and vivid understanding of one another have a great role in stabilizing marriage. Ellison & Anderson (2001) refers to the fact that religion is one of the most important variables that positively affect the marital relation because it socially and emotionally supportive as it reduces the crisis and direct the morals; the more religious the less crisis needed. Baucom (2002) believes that religion is a good psychological context in which people can transcend into a high level of emotional purity and marital satisfaction.

Research has recently shown that the high level of religion is behind a secure marital life that is devoid of deviation, homosexuality and infidelity. Religion in its high level helps getting into a feeling of sexual satisfaction with the partner. Discrepancy in the level of religion among partner may reflect disorder and initiate turmoil and disorder. When partners commit to the family values that are part and parcel of our religion they become satisfied, reduce tension and avoid fabricating troubles and other problems with the partner. (Davidson *et al.*,2004) ‘ Lowenstein,2005 ‘ Birmhall & Butler,2007 ‘Edalati& Redzuan,2010).

Although “sexual satisfaction” is a confidential and sensitive issue in the Arab and Islamic culture, due to some social and habitual traditions, one cannot ignore the role of this variable in the high level of emotional disorder. However, researchers in psychological and social sciences have to focus on studying this variable to show its positive and negative effect on how the marital relation develops (satisfied/dissatisfied). Young *et al.* (2000) shows that sexual satisfaction explains only 65 % of the discrepancy among women in the feelings for marital

happiness, that is why it is an important factor in achieving happiness. Amato and Previti (2003) show that infidelity, sexual and emotional incompatibility, and contempt for the other partner are all reasons for disorder. Another study conducted by Lowenstein (2005) shows that discrepancy in the level of religion among partners together with sexual dissatisfaction are all factors leading either or both partner to disorder. Long (2005) has shown that in order to experience a better marital life, sexual satisfaction is required; sexual neglect and depression may drive partners away from a good and healthy marital life and women may consequently quit home. Baorong & Jin (2005) shows that sexual satisfaction affects the level of marital satisfaction because as is the case for the Chinese families, the better is the sexual relation the more desire created to solve marital problem.

Litzingera & Gordon (2005) have shown that sexual satisfaction is a promising factor for a satisfied marital relation and that a married people who do not achieve sexual satisfaction find it very difficult to continue in their marriage. A study conducted by Hc, *et al.*, (2006) shows that sexual satisfaction is an important factor in achieving a happy and stable marital life. Therefore, the variable of the sexual satisfaction can be considered a mediator between a good life and a marital stability. Ragmani *et al.* (2009) has shown in his study that sexual satisfaction helps for a longer married life and a marital happy life, the same study focuses on the need for training programs that help improve the methods of achieving sexual satisfaction.

Dzara (2010) believes that sexual satisfaction is a part and parcel element of the emotional communication among partners, and that it helps reduce troubles and the causes that lead to disorder. Aliakbari (2010) believes that sexual satisfaction is an important factor in achieving marital compatibility.

This study focuses on “marital abuse” as one of the reasons behind emotional disorder. It one of the most important problem encountered by the staff working in the field of family counselling. It can be defined as a directed behaviour from one partner that aims to physically or psychologically hurt the other partner. Studies conducted by Bramlett and Mosher (2001) have shown that the wife is more vulnerable to a husband abuse, and that marital abuse is among the factors that accelerate disorder among the newly married partners. The researcher believes that psychological and social statistics have shown that marital abuse is not limited to wives only and can in different degrees affect husbands as well. Thus, we have to discover the effect of this variable on the marital relation. “Marital abuse” can be considered as a shocking incident or experience through which the victim tries to avoid going through such an experience

and survive the effects manifested by degradation and withdrawal. In this regard, Chang (2003) confirms that women believe that marital abuse is the most prominent factor in the emotional disorder. Cohen and Svaya (2003) have shown that marital violence is the most important reason behind disorder in general and emotional disorder in particular.

On the other hand, Services related to the internet or what is called as the social networking (Chatting, Twitter, Facebook, Myspace, Live Bonn, High 5Orkut) are among the prominent procession in society regardless of all other related products that allow users gain more friends and share their daily issues, and get to know each other. Although these up-to-date programs provide services and facilities, they also cause troubles like sharing others’ globalized values and culture, and divert people from achieving their personal, family and social responsibilities. A study has shown that misuse of the social networking was the reason for a 68% of the marital problems and a 52% of a chilled sexual relation between partners, while 30% of the individuals have shown that the other partner was sexually betrayal as a result of the excessive use of social networking. Another study has shown that chatting online may in general change Arab female cultural values. (Schneider, 2000; Jemes 2003). Engelberg and Sjoberg (2004) found that the social and emotional communication skills of internet users are low and reflect a psychological miscommunication as a result of the psychological solitude they are in.

On the other hand, Kendall (2007) shows that the effect of using the internet may not necessarily lead to disorder, but may still initiate troubles between them. Davies. (2012) showed that some bad habits represented by the overuse of electronic media affects the marital satisfaction level for newly married couples.

It is now made clear through our review of literature that there are some psychological variables that negatively affect the emotional status between partners, such as psychological compatibility, the level of awareness of the values and Islamic teachings related to married life, level of sexual satisfaction, marital abuse, the use of and social networking. Although this issue is a critical social phenomena in our Arab community, till now the reasons and factors of the emotional disorder for the slum residents are still to best of the researcher’s knowledge not clear. This problem has not been tackled by neither local nor international researchers within this comprehensive framework of the independent variables regardless of its social and personal privacy that can be considered as a barrier ahead of producing a productive research in this area. However, this study tries to discover the most prominent psychological and demographic

variables that initiate this kind of disorder in the marital life. The present study aimed to detect the total direct and indirect causal effects of each of the psychological adjustment, awareness of the legitimate values and teachings regarding marital life, sexual consent, spousal abuse, and the use of social networking on the emotional distress among residents of slum areas.

2. Method

The researchers used a descriptive approach because of its convenience to the objectives of the study, and its dependence on describing reality and expressing it in a quantitative expression, which provides valuable indications to the researcher.

Sample:

According to the objectives of the study and its questions, the study sample included (580) of married people, of which (320) are husbands and (260) are wives of slum-dwellers in the Kingdom of Saudi Arabia.

Instrument

A. Gauge of emotional distress

Due to the lack of metrics to measure emotional distress in local and Arabic environments, the researchers set up this current measure in the light of the theoretical framework, and legal and social contexts of emotional disorder in Saudi society. The measure in its primary consisted of (42) phrases, shown to (11) arbitrators, (5) professors of psychology, (4) professors of sociology, and (3) professors of Islamic studies and according to the opinion of the arbitrators, the formula of (14) paragraphs were modified, and (9) paragraphs were deleted. (5) of them were omitted for the lack of suitability, according to the views of Islamic studies arbitrators, based on legality and jurisprudence considerations, and the rest were omitted because they did not get the proportion of the agreement specified by (90% and thereby the initial image of the scale was stabilized on (33) paragraphs to be answered according to the triple gradient (always - sometimes - rarely).

The current researchers have verified the veracity of the current measure in two ways.

Internal consistency:

After deleting and modifying the inappropriate paragraphs according to the opinions of the arbitrators, the researcher has applied the scale which consisted of (33) paragraphs to a sample of (98) married males and females, the percentage of the males was (47%) while the percentage of females was (53%) the coefficient of correlation between the degree of each paragraph with the total score of the scale was calculated by applying

the scale to a sample of (98) married men and women, and correlation coefficients of the scale's paragraphs with the total scale ranged between (0.286-0.582), all of them indicated at level (0.05).

Factorial Validity: the current researchers have checked the factorial validity of the measure's (33) paragraphs, in a sample consisted of (98) married men and women using the method of exploratory factorial analysis as a preliminary analysis to examine the exploratory sample members' scores using the Principal Components Method after "Varimax Rotation". The results of the factor analysis indicated that the (33) paragraphs were saturated with three factors. The first one which was called the Cybernetic Factor, and by finding it, (25.9%) of the total variance has been interpreted, its eigenvalue was (9.56) and (9) paragraphs numbered (28. 19-14-22-12-18-8-32) were saturated with it. The content of those paragraphs is about some perceptions and beliefs that represent the cognitive formulas of the relationship with the other partner, whether a husband or a wife

The second factor was called the Emotional Factor, and by recognizing it, (22.8%) of the total variance has been interpreted; its eigenvalue reached (7.59), and (13) paragraphs numbered (13-27-25-6-15-24-30-3-4 -20) were saturated with it. The content of those paragraphs is about some aspects of the emotional feeling of the importance of the partner. The third factor was called the Behavioural Factor (or the actual practices) and by recognizing this factor (17.62%) of the total variance has been interpreted, its eigenvalue reached (5.22) and (11) paragraphs numbered (17-23-10-11-9 -5-7-2-1-31) were saturated with it. the content of those paragraphs was about some of the behaviours, practices and conducts with the partner, whether a husband or a wife.

The Stability of the Scale:

The current Researchers have found the reliability coefficients of the dimensions of the emotional distress measure in a sample of (98), married men and women, using coefficient Alfa deCronbach, Spearman-Brown split half, and coefficient Gitman. The values of reliability coefficients of the sub-dimensions and of the scale as a whole, were illustrated in the following table.

As Shown in Table (1): the gauge with its sub-components obtained a high degree of stability, as the values of reliability coefficients in the different methods remained between (0.683-0.892). The previous procedures made researchers certain of the reliability and validity of the emotional distress measure, and of its suitability for use in the present research.

Table 1 shows the values of reliability coefficients of the sub-dimensions and the scale as a whole

Proportion	values of reliability coefficients		
	Coefficient alpha	coefficient Spearman - Brown	coefficient Gitman
Emotional	0.821	0.853	0.852
Behavioral	0.822	0.795	0.793
Cognitive	0.689	0.685	0.683
Measure as a whole	0.892	0.857	0.857

B. List of psychological factors for emotional disturbance:

In the light of the theoretical perception, which was implicated in some previous studies that addressed some of the psychological factors contributing to the emotional turmoil, the current researcher had assumed a proposed model, which is based on the saturation of emotional distress on a number of factors that are organized in about five observable factors or dimensions, and based on it, a tool was formed to measure these factors. In its preliminary image, the tool consisted of (156) paragraphs, the list paragraphs is targeting measuring five factors relating to disrupt marital life, which are: poor psychological adjustment, awareness of the legitimate values and teachings regarding marital life, sexual consent, spousal abuse, and the use of social networking. And to make sure of their validity, the list planner relied on the use of three types of validity which were:

1. **The validity of the arbitrators:** the current Researchers displayed the list's paragraphs on (10) arbitrators, (7) academics and specialists in psychology and psychometrics in some Saudi universities, and (3) psychologists with Ph.D., in order to ensure the suitability of the list's paragraphs and what it has been prepared for, and to ensure the safety of the formulation. Depending on a percentage of agreement (94%) up to accept retaining the paragraph in the list, the formulas of (19) paragraphs has been modified, and (24) paragraphs were deleted for lack of suitability, according to the views of the arbitrators, and thus the list's preliminary image was stabilized on (132) paragraphs to be answered according to the triple gradient (always - sometimes - rarely).

2. **Factorial validity:** After deleting and modifying inappropriate paragraphs according to the opinions of arbitrators. The current researcher has verified the list's (132) paragraphs, on a sample of (235), married men and women, using Factor Analysis on principal components' Varimax rotation.

The results revealed that the saturations of (111) items in the list were higher than the accepted statistical value (0.35) and having negative values, this led to the exclusion of (21) items from the list for non-visibility, whereas the rest of the list's items have been retained, which were saturated with five dimensions

and interpreted (74.8%) of the total variance, and the eigenvalue of each exceeded one positive, and the results derived from factor analysis were as follows:

- **The first factor** (spousal abuse): this factor interpreted (5.61%) of the total variance, its eigenvalue was (5.10), and (17) paragraphs were saturated with it, ranged between (0.335-0.610), except (5) paragraphs whose saturations did not reach the minimum on any of the five factors.

- **The second factor** (sexual consent): this factor interpreted (6.73%) of the total variance, its eigenvalue was (6.12) and (19) paragraphs were saturated with it, ranged between (0.300-0.726) except (3) paragraphs whose saturation did not reach the minimum on any of the five factors.

- **The third factor** (awareness of legitimate teachings of marital life): this factor interpreted (6.10%) of the total variance, its eigenvalue was (5.55) and (18) paragraphs were saturated with it, ranged between (0.322-0.655), except (5) paragraphs whose saturations did not reach the minimum with any other factor.

- **The fourth factor** (psychological adjustment): this factor interpreted (6.73%) of the total variance, its eigenvalue was (6.12) and (42) paragraphs were saturated with it, their saturations ranged between (0.326-0.638), except for (5) paragraphs whose saturation did not reach the minimum with any factor of five factors.

- **The fifth factor** (the use of social networking): this factor interpreted (5.46%) of the total variance, its eigenvalue was (4.97), and (15) paragraphs were saturated with it, their saturations ranged between (0.368-0.631), except for (3) paragraphs whose saturations did not reach the minimum with any factor of five factors.

The stability of the list: the current Researchers have calculated the reliability coefficients of the psychological factors' list, which cause the emotional disorder on a sample of (235), married men and women, the values of the reliability coefficients of the list's dimensions using alpha de Cronbach ranged between (0.76-0.82), while the values of reliability coefficients of the list's dimensions using half-split Spearman-Brown ranged between (0.74-0.82), whereas these values using Gitman ranged between (0.74-0.83). While the reliability coefficient of the list

as a whole using Alpha de Cronbach was (0.82) and by using the half-split was(0.79) and by using the coefficient Gitman (0.81). Statistically all coefficients have indicated at the level (0.01).

3.Results and discussing

The question the current study stated: How much do each of the psychological adjustment, awareness of

the legitimate values and teachings concerning marital life, sexual consent, and spousal abuse, and the use of social networking affect the emotional turmoil between the couple in slums? To answer this question the researchers used the method of path analysis via (Lisre 18.8) software.

Table 2 shows the total direct and indirect effects, which path analysis contained for each of the psychological adjustment, awareness of the legitimate values and teachings concerning marital life, sexual consent, spousal abuse, and the use of social networking on the emotional turmoil

Latent variable	Kind of impact	Emotional Distress		
		Influence	Ch	T
Psychological adjustment	Direct	0.28	0.06	4.70**
	Indirect	0.10	0.02	3.22*
	Overall	0.19	0.07	2.15*
Spousal abuse	Direct	0.36	0.07	2.88*
	Indirect	0.12	0.03	3.22**
	Overall	0.15	0.07	3.44*
The use of social networking	Overall	0.31	0.06	3.14*
Sexual satisfaction	Overall	0.22	0.06	2.86**
Awareness of the legitimate values and teachings concerning marital life	Overall	0.19	0.06	2.33**

Table (2) reveals the following:

(A) Regarding the impact of psychological adjustment on the emotional turmoil: as shown in table (2) there is a direct positive impact, statistically indicated at the level (0.01) for psychological adjustment on emotional disorder, as the amount of influence was (0.28) and the value of T = (4.70) the indirect effect's amount was (0.10) and a positive impact valued at T = (3.22). While the overall effect of the psychological adjustment on the emotional disorder (0.17) is a positive effect in terms of the worth of T (2.15), all of which were statistically indicated at the level of (0.01). Probably, this effect existed because husbands and wives with high levels of psychological adjustment may use a range of marital styles and behaviors that will contribute to the adoption of a set of emotional expression skills, like emotional support and making the partner feel secured in the family, especially when faced with psychological, professional, or social problems. The previous result confirms that psychological adjustment is one of the psychological variables that leads to a good relationship between the couple, and to the non-recurrence of disagreements between them, and thus can be considered as a means of solving emotional problems between the couple. The psychologically harmonious husband or wife is able to express the emotional and cognitive support, because he/she has a clear understanding away from unrealistic incorrect generalizations and assumptions based on a combination of conjecture and hyperbole, which are important skills required in married life. This result

confirms the importance of programs' role to improve the levels of psychological adjustment as a project within the development of family programs in general, which is directly illustrated in how to help the couple to improve the levels of their agreement and formation of perceptions and dealing with environmental and marital stimuli, and the use of effective strategies in the face of psychological pressure. This result has agreed with the results of a study of each of Yan Xu & Brant, 2004); Williams,2006 ; Claffey Blais& Boisvert, 2007 Pudrovska & Carr, 2008 (Veldorale-Brogan *et al.* 2010; Larson *et al.* 2010).

(B) For the impact of spousal abuse on the emotional turmoil: as shown in table (2) there is an overall direct impact, statistically indicated at the level (0.01) for the spousal abuse on the emotional distress among the members of the study sample, as the amount of the direct effect was (0.36) and the value of ch = (2.88), while the indirect effect of the lack of spousal abuse on the emotional turmoil was positive and amounted to (0.12), statistically indicated at the level (0.01). While the overall effect (0.15) and T valued (3.22), statistically indicated at the level (0.05). the existence of this effect probably related to that when the couple avoid psychologically or physically violent behavior, explicit or implicit, this would contribute to the strengthening of the mutual feeling between spouses in all matters of their lives, whether these things were joyous and happy or characterized by sadness. Through this compassionate marital course far from authoritarianism, the emotional marital relationship avoids the violent traumatic experiences

and incidents which force the victim partner to avoid, and protects himself/herself from the effects of those experiences which include declining sense of value and the withdrawal of the marital relationship in a way that is capable of corrupting emotional stability, marital adjustment and emotional support. In general we can say that the previous result agreed with the results of a study of all of (Chang,2003; Cohen & Svaya, 2003).

(C) For the impact of the use of social networking on the emotional turmoil: As Shown in Table (2) there is a statistically overall effect indicated at the level (0.05) for the use of social networking on the emotional turmoil where the amount of the influence was (0.31), and the value of $\chi^2 = (2.10)$. Probably, the existence of this effect is related to the excessive preoccupation and misuse of the Internet and networking, which could weaken the level of emotional communication between spouses significantly, by reducing the space of meeting and empathy between them, and the tendency of one spouse to be psychological isolated. Further on finding an unstable climate fraught with a range of ideas about sexual infidelity online as a result of this excessive use of the Internet. The researchers believe that this development in the field of communication and information technology and the services and facilities provided freely, allowed for the internet users of the couple, and others to gain more friends and share their lives, and occupying their time in an exaggerated manner, that clearly affected the level of emotional communication between the various segments of society, especially the young married couples, which refers to the occurrence of transition and integration of values and through globalization of cultures, practices and behaviors that threaten the stability of marriage and family life. Further to the resulting unconcern of fulfilling the requirements that meet the personal, family, and social life. In general we can say that this result has generally agreed with the findings of the study of (Schneider,2000 ; Jemes, 2003 ;Engelberg&Sjöberg 2004 ; Kendall, 2007 ; Davies *et al.*, 2012).

(D) For the impact of sexual consent on the emotional turmoil: as shown in table (2) there is an overall effect statistically indicating at the level (0.05) for the use of social networking on the emotional turmoil, where the amount of influence was (0.22), and the value of $\nu = (2.86)$. Probably this effect existed because sexual consent is an important factor in achieving the quality of the emotional relationship between the married couple, it is also considered as an intermediary variable between the achievement of the quality of married life, as it is significantly associated with the feeling of marital happiness, which would be a contributing factor in reducing the severity of marital

problems, and reducing the ratios of the turmoil's causes between the spouses; so it could be regarded as an integral part of communication and emotional participation between the couple. It is also considered as a form of emotional support between the spouses and one of the values of a good marital relationship, especially if it was taken into consideration that sexual consent is a set of positive sentimental feelings felt by the individual towards the sexual practice with the partner, and which reflect the extent of gratification the individual derives from this process. Thus it can be said that sexual consent is one of the important psychological factors in deepening the level of emotional relationship between the couple, accordingly, the current researcher finds that it is necessary for the marital family development programs, to include programs meant to develop the means of achieving gratification and sexual consent between the spouses according to the requirements of Islamic law and in an educational psychological way, suitable to the cultural and social frameworks of the Arab and Saudi community. In general we can say that this result has generally agreed with the findings of a study of all (Young *et al.*, 2000; Amato *et al.* 2003; Lowenstein, 2005; Long, 2005 ;Baorong *et al.*, 2005; Litzinger *et al.* 2005;Hc *et al.*, 2006;Rahmani *et al.*, 2009; Dzara,2010; Aliakbari, 2010).

(E) For the effect of awareness of the legitimate values and teachings regarding marital life on the emotional turmoil: as shown in table (2), there is an overall effect statistically indicating at the level (0.05) for the use of social networking on the emotional turmoil where the amount of influence is (0.19), and the value of $\chi^2 = (2.33)$. This effect is probably found because the level of awareness of the husband or the wife to the legitimate values and teachings regarding marital life is one of the important variables that could contribute to the improvement or declining the level of emotional relationship between the couple. It gives them a wide range of forms of social and emotional support, and moral guidance emanating from religious texts worth-while obedience to God while sensing the principles of individual's examining himself/herself, and his/her responsibility before God Almighty according to the bases of reward and punishment, judgment and penalty. Thus the higher levels of this awareness may contribute to reduce the conflict between spouses under the standards of one's suffering and his/her patience to his/her partner, the higher the level of faith of the couple the lower the desire to resort to it as a marital behavior, especially in the light of the proper complete understanding of the legitimate rights and duties. The current researchers believe that the lower the level of awareness of the legitimate values and teachings regarding marital life would be considered as an

inappropriate psychological context that worsen the emotional relationship between the couple, and this overall effect would also contribute to achieving the largest amount of the emotional relationship components by relieving the husband or the wife from a range of incorrect and unrealistic views and ideas based on a combination of conjecture and hyperbole, without taking into account what preserves the dignity and legitimate rights of the partner, the other end of the marital relationship, and what is related to the sexual gratification from the partner. Thus the current researcher believes that the religious and legitimate context of marital life is considered a proper psychological gateway to deepen the emotional relationship between the couple in the light of evoking the honorable prophetic formic dealings between couples. In general, we can say that this result agreed with the results of a study of each of (Ellison & Anderson, 2001; 2002, Baucom; Davidson *et al.*, 2004; Lowenstein, 2005; Birmhall & Butler, 2007; Edalati & Redzuan, 2010.

Recommendations of the study:

1. The necessity of adopting a range of heuristic and guiding programs for married couples and those on the verge of marriage, by governmental and non-governmental organizations, dealing with the development of the psychological adjustment skills, emotional support and sexual consent skills, and the skills of regulating the use of social networks in light of the intensification of Islamic principles and values, which were meant to organize the marital life.

2. The necessity to adopt college courses for both sexes, which include skills to deal with the psychological pressures of the marital relationship in a scientific and legitimate way, which takes into account the sexual characteristics and differences and the legal requirements for members of Saudi society.

3. The necessity to activate the units and departments of mental health and family care in a sturdy specialized psychological and social way, binding to face the psychological challenges facing the Saudi family living in the slums.

4. The necessity to adopt professional legislations regulating the work of psychological services offices and family-style consultants.

5. The necessity to hold real effective partnerships between the institution of services, psychological and family care, and domestic reform offices in the legitimate courts, and higher education institutions to develop programs which deal with the emotional side of the unrest in marital life of slum residents, in accordance with the requirements of the development programs of family in Saudi Arabia.

6. The necessity to adopt initiatives and social media which deal with psychological problems, to deal with the messages and seeking guidance to

achieve and promote the values of the marital relationship among slum-dwellers.

7. The necessity to meet the clinical psychological services sector in the field of clinical work on mental disorders that beset the family in the slum areas, by creating mechanisms of greater financial and more comprehensive support and provide an opportunity for staff working in this area in the training and foreign scholarship.

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