



**EVALUATED THE PREDICTIVE POWER OF LIFE EVENTS STRESS-FULL AND
COPING STRATEGIES ON MARITAL SATISFACTION OF STAFF WOMEN OF
KHERAMEH CITY**

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ABSTRACT

The aim of this research was the study of relationship between life events stress-full and coping strategies with marital satisfaction of staff women of Kherameh city. Population of this research was staff women in kherameh city and for sampling ,150 staff women were selected using accessible sampling and completed life events scale, coping strategies questionnaire and ̈Enrich marital satisfaction inventory. Descriptive methods, Pearson correlation, enter regression and stepwise regression were used for analyzing data. Finding showed that the relationship between life events stress- full and marital satisfaction was significant. Although events stress-full significantly predict changes in marital satisfaction. On the other hand problem solving –center coping strategies, positive significantly correlated with marital satisfaction and emotion center coping strategies negative significantly correlated with marital satisfaction. Problem solving-center dimension predict positively increase marital satisfaction and emotion-enter coping strategies predict negatively changes in marital satisfaction.Considering mentioned results, we can say life events stress-full effect marital satisfaction in staff women, therefore, life events stress-full can lead to decrease in marital satisfaction. When persons encounter with life event stress- full, other domain of their life although involve with tension and distress. Although we can say that coping strategies

(problem solving and emotion-center dimensions) effect and predict increase and decrease in quality of marital satisfaction. So when individual learned effective coping strategies, marital satisfaction was high level rather than when coping strategies less effective.

Keywords: Marital Satisfaction, Life Events Stress-Full, Coping Strategies, Staff Women

INTRODUCTION

Family has always been of interest to researchers in the various variables of which can be pointed to marital satisfaction. Satisfaction is an attitude and is therefore a property of the individual couple. According to the above definition, parity satisfaction the positive attitude and enjoyable couple of different aspects of their marital relationship (Soleimani, 1994). Kaplan & Sadock (2002) argue that marriage is a personal experience of marriage is the only self in response to be assessed on the amount of pleasure they believe sex couple to satisfy the expectations of people depend. Winch (2000) believes that marital satisfaction coincidence between the status quo and the situation is expected the compatibility between the expectations of marriage and what their life experience stems.

A couple of different factors can influence the satisfaction of stress Stressful events such as the pointed position. The events that happen in the lives of all people could reduce or increase a couple's consent. Decrease and increase satisfaction back to the factors that influence these events are Such as lack of support networks, poor

coping skills, anxiety and pessimism as to reduce the resistance against stress and increasing vulnerability to cause Stressful events. And the protective factors such as effective coping strategies, social support and personality factors such as self-efficacy, optimism, self-esteem, ego and personality as the resources or the environment, by reducing the threat assessment, the bad one event or threat assessment to reduce Cohen, 2002 quoted the blessings Peacock, 2008). So one of the things picked up as a result of the event and how to deal with it and she is coping styles and techniques. So we can conclude that one of the variables that affects the couple's consent the coping strategies. Abdullahi enough Shahgholian (2011), the importance and necessity of the research:

One of the purposes of providing and maintaining the health of humans is excellent for this purpose all countries a significant proportion of the material and intellectual capital Devote themselves to it (Azerbaijan, 2006). One of the areas that provide health and public health is the cause of the family. Strengthening the foundations

of the family as a social institution, the absence of factors which could cause the loss of this important foundation in the community. With the consent of a couple of key areas for the efficient and Couples desired consistency and overall cohesion of the family, is of great importance.

The increasing dissatisfaction and problems in relationships between couples, family trauma such as divorce, infidelity, addiction, etc. are already rising (Lizard *et al.*, 2009), dealing with this area of importance is high. Also according to studies done on the relationship between The variables involved in the study of compatibility and satisfactory test and measure the impact of external variables such events in their lives, there was tension. On the other hand, thanks to the fact that environmental factors and individual May be a lawyer, the behavior of other people, such as satisfaction, collaboration and the ability to deal with problems of prediction, also, since any change in family mental health ectopic caused damage to the quality of life and institution of the family. That is why it is essential to predicting pathological view of life, and also the ability to solve problems tension and adaptation (coping strategies) are satisfied, we examine a couple of women who Kherameh city.

Literature

Bochard, Sabourin, Louser, Write & Richar (1998) Coping, marital difficulties, marital satisfaction was investigated sectional and longitudinal analyzes. The results revealed that coping strategies are a significant predictor of marital satisfaction and personal partner. Chang (2010) show that couples use of problem-oriented coping leads to greater marital satisfaction and the use of coping styles and avoidance-oriented coping and marital satisfaction is inversely. Hapoula (2012) in an article entitled, stress, coping strategies, and marital satisfaction on military wives found that coping strategies to reduce stress and marital satisfaction has improved as a result. Ronski and Kaely (2012) found that marital satisfaction with parenting stress and the use of coping skills in parents of children with autism related disorders. Abdullahi enough Shahgholian (2011) showed that problem-oriented coping style and harmony and marital satisfaction, and a significant positive correlation with coping style is related to marital satisfaction.

The research is descriptive and correlational.

The target population:

The population of this study consisted of all women who formed Kherameh city location.

Examples

Sample included 150 women working in the city offices were selected by convenience sampling, which is Kherameh.

Sample entry criteria:

1. Working in city offices Kherameh (formal and informal employment)
2. Working women between the ages of 25 to 60 years.
3. Being married or at least the period of the contract

Research tools

A) Life events scale scale live events

Stressful events to measure several assessment tools have been developed and used. But the prestige and power of the former means of determining the stresses of life has been seriously questioned.

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B) Enrich Marital Satisfaction Inventory

ENRICH Inventory by Olson, Fvrnyz, Joanne and darkman in 1989 in America, to evaluate and identify potential problem areas and identify areas of strength and

productive relationship test is made (synthetic, 2000).

C) Inventory Lazarus coping skills

Lazarus Coping Strategies Questionnaire on the list by Lazarus and Folkman built in 1980 and was revised in 1985, coping strategies, a set of cognitive and behavioral efforts in order to interpret and interpretation and modification of a stressful situation and can be used to reduce the suffering caused by it.

B) Enrich Marital Satisfaction Inventory

And a wide range of thoughts and actions of individuals when faced with pressure conditions inside job Or external to the work are evaluated. Analysis Method

To analyze the findings from 18 SPSS software into raw data and then used to test the hypotheses and questions to assess the correlation between variables and also the Stepwise regression analysis and evaluation of predictive variables (marital satisfaction) by Predictor variables (coping strategies and stress-causing life events) were used.

RESULTS

Table1: The distribution of participants by age

cumulative frequency	Frequency	Abundance	Age
43/33	43/33	65	Less than 30
77.34	34	51	40-30
100	22/67	34	More than 40
	100	150	Total

Table 2: Mean and standard deviation of coping strategies

Standard deviation	Average	Count	Variable
3/19	35/37	150	• Problem Oriented
0/89	7/55	150	Seeking social support

/98	7/33	150	Strategic problem solving
1/12	6/64	150	Responsibility
1/24	6/66	150	Positive reappraisal
2/96	32/40	150	• Focused excitement
1/24	6/79	150	Confrontation against the
0/83	7/40	150	Avoid Save
1/27	6/25	150	Continance
1/19	5/06	150	Escape-avoidance

Table 3: Mean and standard deviation of marital satisfaction

Standard deviation	Average	Count	Variable
6/26	53/87	150	Distortion of the ideal
6/12	13/25	150	Satisfaction
7/66	20/59	150	Personality problems
9/98	13/89	150	Relationship
7/77	52/01	150	Conflict resolution
7/52	28/64	150	Financial management
6/48	25/87	150	Leisure activities
7/53	35/75	150	Sex
5/20	92/82	150	Children and Parenting
7/32	48/45	150	Family and friends
8/35	71/24	150	The role of egalitarianism
5/36	50/85	150	Religious Orientation
7/31	42/26	150	Total score

Deviation استاندارد	Average	Count	Variable
11/14	70/29	150	Stressful events

Table 4: regression analysis happy couple on Stressful Events

R ²	R	F	T	Standardized regression (coefficient (Beta	SE	Non-standard factor (B)	Index
0/39	0/63	21/37	4/09*	0/35	0/08	0/33	Stressful events

*P< ** ;0/0001P<0/5

Table 5: Summary of regression happy couple on coping strategies

P	F	Mean square	df	sum of squares	Pattern	
0/0001	67/46	11/78	1	11/78	Regression	1
		0/175	149	27/59	Residual	
			150	39/37	Total	
0/0001	41/80	6/84	2	13/68	Regression	2
		0/16	148	25/69	Residual	
			150	39/37	Total	

Table 6: Regression happy couple on coping strategies

P	t	β	S. E	B	R ²	R	Pattern	
0/0001	8/21	0/54	0/41	0/58	0/31	.54	Problem-focused coping	1
0/001	-3/40	-0/24	0/40	-0/26	0/36	0/58	Problem-focused coping	2
							Focused coping	

Table 7: Summary of regression marriage on Coping Strategies and Stressful Events

P	F	Mean square	df	sum of squares	Pattern
0/001	11/12	68/52	1	87/52	Regression
		6/10	149	1873/36	Residual
			150	1960/88	Total

Table 8: Regression marital tension on coping strategies and life events

P	t	β	S. E	B	R ²	R	Pattern	
0/001	-3/33	-0/186	0/037	-0/511	0/10	0/323	Stressful events	1
0/041	1/97	-0/110	0/035	0/125	0/14	0/386	Stressful events And problem-focused coping	
0/049	- 1/096	0/092	0/054	- 0/083	0/16	0/416	Stressful events	
							Problem-focused coping	
							Focused coping	

CONCLUSION

The ability to predict events tension happy couple working women's lives .To analyze the hypothesis that the regression analysis Based on the presented results indicate that in the first place Stressful events and a significant negative correlation between marital satisfaction is Stressful events and the ability to predict changes in the couple's consent. Thus, our hypothesis was confirmed.This finding is consistent with research Apala (2012), which showed a significant relationship between perceived stress, coping strategies, and there are a couple of satisfaction; Arnesky and Kali (2012) The relationship between satisfaction with parenting stress test showed, Randall and Bodenmn (2009) stated that the couple

stress was significantly associated with lower marital satisfaction is aligned.The explanation for this finding could be argued that marriage as a relationship that is satisfactory for wives to their emotional and psychological needs In addition to providing each couple can have peace of mind, your sexual desires in an intimate atmosphere meet. Although people marry for many reasons, but most of them are demanding A good life without conflict. In other words, couples seeking marital satisfaction, which are not easy to obtain this, consent (Rosen, Myers and Hattie, 2004).Since a couple of low satisfaction, mental health in danger (Zelkowitz and Milet, 1996), thus taking Stressful events as predictor of marital satisfaction is important and can increase

tolerance and understanding in dealing with these incidents to the satisfaction of the people who helped test.

2- Coping strategies employed women have the ability to predict the couple's consent.

Another variable that may be involved in a happy couple working women was coping strategies. To analyze the hypothesis of Pearson correlation and stepwise regression were used. The results showed that problem-oriented coping strategies employed women to positively predict marital satisfaction. The above findings on the relationship between problem-focused coping strategies with the consent of the couple, like we'd be in line with the results of previous research (2005) and Chang (2008) is. The explanation for this finding could be said that since the difference between happiness and unhappy marriages, at least People who light circuit is used to tackle and reduce stress, more marital satisfaction, a sense of satisfaction from their common life. In all the different aspects (Hogan Yun Min, 1993; Frost quotes, Navabinejad and Sanaei, 2004), enjoy. The results showed that emotion-focused coping strategies can be satisfied with a couple of women who anticipate negative. This finding is consistent with results Ernesky studies and Kali (2012) on the relationship between marital satisfaction and parental stress and coping strategies; Bouchard et al (1998) stated that dyadic

coping strategies significantly predicted satisfaction. The explanation for these findings may be explained by the fact that women who have a preoccupation and responsibility fauna. With higher levels of stress and anxiety in face (Haynes and Feinli, 1980), it is possible to cope with the problems in their marital satisfaction and impact. The couple often prevents inconsistency and poor satisfaction of a person to reasonably believe. Stressful situations and strategies circuit problem. Employed women with low marital satisfaction because psychopathological (Shackelford, Besser and Goetz, 2007), and high levels of stress (Dyson, 1991) Most of the coping strategies they use. Research also has shown a high level of when the event is more important than the individuals evaluated, so probably his attention to the problem. It focuses on emotions and therefore more threatening events and coping strategies more. Are used (Hudson, 1992 Abraham, Faith, Bolhari, J. and Zolfaghari, Fazlyeh, 2002) and the fact that emotion-focused coping strategies to deal effectively with the problem and it will not be this happy couple. Who is reduced. This creates a vicious cycle, which means that consent paired down, causing a negative bias of Events. And everyday happenings that this bias is also makes use of emotion-focused coping strategies.

3- Events tension of life and coping strategies and problem-focused coping couple working women's ability to predict satisfaction.

As events have shown the greatest ability to predict life satisfaction tension test is employed women. After coping strategies: problem-focused and emotion-focused coping strategies can then test to predict satisfaction. Whatever the source of stress, can cause problems in the marital relationship and the dissatisfaction of the relationship between the man and woman. This stress may be due to a busy day of work and problems Financial Bashd.az other hand, women who are responsible for various roles, such as being a wife, mother, and stress levels are usually higher than endure Housewives (Sacco, 1993), the role conflict and job stress can cause a lot of stress for working women Because the stress and impact on various aspects of life, satisfaction can be paired down on these people. So Stressful events and stressful than coping strategies can predict marital satisfaction. Coping, cognitive and behavioral efforts to manage external or internal demands that are made by the individual are considered threatening or harmful. Among coping, problem-oriented coping style, which is the most effective way to deal with the cognitive component reasonable efficiency, flexibility, foresight

and The actual evaluation of stresses and available resources needs (Sheridan and Rodmacher, 1992

Based on the above issues, events, tension and stress of life satisfaction are affected sooner couple And then coping strategies: problem-oriented coping or problem-focused coping strategies are used to make Increase in the couple's satisfaction and emotion-focused coping strategies to reduce it.

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