



**EVALUATION OF SEXUAL COMPONENTS WITH COUPLES BURNOUT
WOMEN REFERRING CONSULTING CENTERS IN SHIRAZ**

FATEMEH NOWBAKHT¹, AMINALLAH FAZEL^{2*}

1-M.A. Student of General Psychology, Arsanjan Branch , Islamic Azad University ,
Arsanjan, Iran

2-Assistant professor, Department of Psychology, Arsanjan Branch, Islamic Azad University,
Arsanjan, Iran

Corresponding Author: Dr. Aminallah Fazel

ABSTRACT

This research aimed at evaluation of sexual components with couples burnout among women's referring to consulting centers in shiraz The statistical sample was 150 of women's referring counseling centers that medaling to compete the questionnaires for assessment the sexual components multiple sexual problem questionnaire (MSQ)and (CBM)for assessment of sexual couples burnout were used. The data was analyzed through multiple regression used analyze. The results should that only sexual regard, sexual motivation, sexual anxiety and sexual satisfaction can predict couples burnout significantly. Sexual regard, sexual motivation, sexual anxiety can predict positive and sexual satisfaction can predict negative of couples burnout. In other words increase in sexual regard, sexual motivation, sexual anxiety, increase in couples burnout and increase in sexual satisfaction decrease in couples burnout. The sexual components explain 51 percent variance of couple's burnout.

Keywords: Sexual Components, Couples Burnout

INTRODUCTION

The relationship of human life is taken to help people live His relationship with others. In the marital relationship as the longest and deepest relationship has always been considered satisfactory as married spouses for physical and mental health is

very useful. (Siyavoshi and Navabinejad, 2005) Marriage is the most essential things in life happen when some married couples would flourish a lot of husband and wife against each other can become the tragedy that create and maintain relationships

Hearty and satisfying emotional and psychological needs of the marriage of art and skill in addition to mental health and primary health experiences, requires logical attitude, communication skills, life skills Doing certain tasks yourself. (Etemadi, Navabinejad, Ahmadi and Farzad, 2006). Marital relationship can be the source of joy or pain, the pain is a major source of the couple's relationship allows the Together to discuss and exchange ideas and solve problems that cannot even communicate with each other, they are put in a situation of uncertainty. (Yong & yong, 1998). Good communication with our partners enables them Szadta needs, wants and interests with others in the Gzarnd.shq, friendship and love are expressed in relation to each other and well issues of the inevitable problems in the family cope but lack the necessary communication skills to such a sincere functional families and couples are denied their relationship to a relationship without intimacy makes parallel The cold and distant relationship between couples is causing disenchantment. The rejection by the collapse of the growing awareness and concern about what the size of the Not a pleasant start and if this is not done nothing to stop the progress of this process is everything from bad to worse. (Pinze 1996). Onset is usually gradual

disenchantment rarely sudden and hardly a phenomenon unpleasant or even painful kick comes. (Naeem 2008). In fact, the accumulation of frustration and stress of everyday life can lead to erosion And eventually leads to disenchantment. A process in which the couple's marital relationship, either verbal or non-verbal speech in the form of listening pauses and facial expressions of emotion and ideas are exchanged. (Navabinejad, 1998) creation and maintaining intimate relationships and satisfaction of emotional and psychological needs during Marriage is a core skill and mental health in addition to the normal experiences of a rational attitude and skills and the specific tasks (Bernstein and Bernstein, 1988 Bagarozzi, 2001).

STATEMENT OF THE PROBLEM

The most common reason marriage love marriage from the. Love is a series of deep feelings and positive difference in a person such as attachment, desire, devotion, mixing, lust understanding (Nakes 1985 quoted Tabrizi 2004). Ashq and Staying In Love marriage may be a good feeling, but not radically base Married love are more important issues that the bond between two people is the foundation of marriage is a spiritual union only if someone lives Love Bdhadr foundation may suffer a lot of pressure to live that love is not even thinking time. (Simon 2003) a strong

romantic friendship between the couple makes a strong healthy family. (Marshak 2002). Family values are very important for the survival of human kind. (Herbert, 1988 quoted mazaheri et al.2003). Family as well as productive manpower and approach other social institutions so that normal or abnormal require the General Terms and families No social damage, regardless of the family's influence does not arise. (Hamidi et al, 2004). On the other hand it is clear that determines the direction and the way families are couples. Marriage can be a source of pleasant emotions and love for their spouses if the spouse needs to ask himself or in association Following our needs not take time to reach a positive solution to meet their needs. Stress, frustration,

Frustration, anger and finally fed up of finds (Jakson & Valdrson & Moor 1980).

The importance and necessity of this research:

Due to the variable component of each sex (sexual intimacy, sex work, sexual anxiety) play an important role in relations between spouses and partners will cut illegal sex marriage and the relationships between spouses are cold and distant to soothe the little research on these variables compared to other variables Frustration, anger and finally fed up of finds. (Jakson & valdrson & moor 1980).

Other within the sexual relationships of married couples has been cut choices and the importance of this issue The study makes plain fed up married a very painful condition in which the wives of their emotional and together Pleasure and the relationships between them are not very cold and without emotion is a very monotonous life of the couples who live together are fed up and feeling of lethargy and depression often depressed and hopeless. To they have no incentive to do with being beautiful and impressive past is nothing like the cut of a couple's sexual relationship leaving a bad influence. It may be months or even years of no sex, both of whom enjoy not established. The mood wife which is not fed, but the destruction of one of the parties by environmental stresses is ideal dream that wife of error Is the result of continuous interaction between the couple and a sense that their environment can have a positive or negative impact on their love affair. Due to the negative impact of the cut marital sex Couples accurate identification of these variables and research in this field is essential to enable the identification of these wives and Strategies. Experts and consultants in order to have a healthy family life and sexual relations between married couples and a family with taken an important step with regard to the What was the need to engage

in sexual relations between spouses that marital sexual components have been trying researcher examines the importance of this issue to be addressed.

RESEARCH METHOD

This study describes research - is solidarity.

Statistical Society

The study population included all patients referred to counseling centers Shiraz.

Sample and sampling:

In order to select the sample from the sampling method used of the population above all women were referred to counseling centers, 150 women who were referred to counseling centers and marital problems Their quests with the help of consultants were selected in response to the questionnaire. Data collection tools:

Couple Burnout Scale (CBM)

The questionnaire contains 20 questions, the objective was to evaluate the behavior of citizenship altruism, conscientiousness, sportsmanship, courtesy, civic virtue) is a self-assessment tool that marital disenchantment scale

To measure the degree of disenchantment among married couples, and the scale of a self-evaluation tool designed to measure boredom else used borrowed.

A multifaceted question of sexuality (MSQ):

This questionnaire is a self-assessment tool to measure the scale of human sexuality

was designed 12 of the 12 following: the prohibition of sexual preoccupation sex sexual self-control, sexual awareness, sexual arousal, sexual anxiety, sexual certainty, depression, sexuality, sexual control External monitoring of sex, fear of sex, sexual satisfaction, maximum likelihood factor analysis, 12 factors indirectly confirmed by rotating the multifaceted expressions of sexuality questionnaire related to conceptual categories were matched with 12 of MSQ (Snell et al., 1993).

METHODS OF STUDY

The arrangements were made with advice centers and questionnaires were presented to them by the people who are fed up marital provide up to Completion of action research were explained to the participants the necessity and form of the questionnaire to ensure data confidentiality and integrity they were asked to the questionnaires, despite the difficulties on the path to run the research was eventually tried in partnership with Shop without the pressure and stress counseling centers quiet so that women can properly respond to the test.

Analysis of data

In this study, data were analyzed using SPSS software and correlation coefficient multiple regression analysis were used.

RESULTS

Table 1: Descriptive variables index (135 = N)

maximum score	minimum score	Standard deviation	Average	Variables
140	38	22/28	76/46	Marital boredom
157	38	30/23	96/65	Sex (total score)
20	0	4/67	12/25	Sexual Self-Esteem
16	0	3/37	7/37	Sexual preoccupation
20	0	4/29	9/33	Internal sexual control
20	3	4/55	11/20	Sexual knowledge
20	0	5/06	8/28	Sexuality
19	0	5/20	5/42	Sexual anxiety
20	4	2/82	10/42	Sex determination
17	0	4/64	4/49	Sex depression
15	0	3/74	5/87	Exterior sexual control
19	0	4/38	3/73	Sexual control
19	0	3/83	8/04	Fear of Sex
20	0	4/78	10/21	Sexual Satisfaction

Table 2: Correlation matrix of variables with disgust marital sex

14	13	12	11	10	9	8	7	6	5	4	3	2	1	Variable
													1	1-sexuality (total)
												1	**0/44	2. marital boredom
											1	0/12	**0/55	3. Sexual Self-Esteem
										1	**0/25	**0/48	**0/66	4. Sexual employment
								1	**0/40	**0/70	**0/70	0/13	**0/72	5. The internal sexual control
							1	**0/80	**0/49	**0/65	**0/25	**0/70	**0/70	6. Sexual Awareness
							1	**0/70	**0/61	**0/62	**0/53	**0/47	**0/78	7. Sexuality
						1	**0/40	**0/19	0/12	**0/45	-0/03	**0/57	**0/66	8. sexual anxiety
					1	0/01	**0/51	**0/37	**0/36	**0/30	**0/49	0/09	**0/40	9. sex determination
				1	**0/28	**0/75	**0/22	0/01	-0/08	**0/34	**0/24	**0/40	**0/46	10 sex depression
			1	**0/65	-0/01	**0/50	**0/24	**0/23	**0/31	**0/36	-0/02	**0/22	**0/62	11. The external sexual control
		1	**0/62	**0/63	-0/14	**0/52	0/10	-0/04	0/005	0/12	*-0/21	0/15	*0/41	12. Sexual monitoring

	1	**0/35	**0/41	**0/52	0/01	**0/76	*0/17	0/10	0/15	**0/25	-0/01	**0/32	**0/52	13. sex fears
1	-0/03	-0/07	0/06	**0/32	**0/45	-0/13	**0/32	**0/41	**0/65	0/06	**0/75	0/15	**0/45	14. Sexual Satisfaction

<P 0/01 In level of **> In level of P 0/05 *

The hypothesis of the study:

Sex is predictive of marital boredom.

To evaluate the predictive power of sex to marital dissatisfaction, linear regression was performed.

Table 3: simple linear regression disenchantment with marriage on women's sexuality

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/20	0/44	0/001	44/60	0/44	0/001	33/24	Sexuality

RESEARCH QUESTIONS

The first is the sanctity of sex is a significant predictor of marital boredom?

Table 4: simple linear regression on the sanctity of marital sexual boredom

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/01	0/12	0/1	69/22	0/12	0/1	2/08	Sexual Self-Esteem

Second question: Is sexual preoccupation is a significant predictor of marital boredom?

Table 5: simple linear regression disenchantment with marriage on women's sexual preoccupation

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/23	0/48	0/001	52/78	0/48	0/001	41/27	Sexual preoccupation

Third question: Is the internal sexual control is a significant predictor of marital boredom?

Table 6: simple linear regression marital boredom internal control women's sexuality

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/01	0/13	0/1	69/84	0/13	0/1	2/53	Internal sexual control

Question Four: Is sexual awareness is a significant predictor of marital boredom?

Table 7: simple linear regression disenchantment with marriage on women's sexual awareness

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/06	0/25	0/003	62/41	0/25	0/001	9/34	Sexual knowledge

Fifth question: Are Sexuality is a significant predictor of marital boredom?

Table 8: simple linear regression disenchantment with marriage on women's sexual arousal

R2	R	Sig.	B	Beta	Sig.	F	Variable
0/22	0/47	0/001	59/25	0/47	0/001	38/11	Sexuality

DISCUSSION

First hypothesis: the sanctity of sex is a significant predictor of marital boredom.

Linear regression was performed to test this hypothesis. The results indicate that the respect between sexual and marital boredom meaningful (r=0/12), there is also

a table The sanctity of the marital sexual boredom that regression is not significant, so that women's sexual self-esteem is not a significant predictor of marital boredom. Sex in respect of sexual privacy is important to respect the need for compactness is essential in marital sexual

relations between spouses so it is possible that the prohibition on sexual relations do not adhere to the needs and beliefs of his wife. Respect may be high, and people are fed up of their own sexual needs not take no pleasure. But if you respect the sanctity of marriage and to respect their needs and fit may experience less boredom. In the result of last hypothesis was confirmed.

The second hypothesis: preoccupation with sex is a significant predictor of marital boredom.

To evaluate the predictive power of sexual preoccupation marital boredom, linear regression carried out, the results showed a significant positive correlation between employment and marital sexual

boredom ($r=0/48$, $p=0/01$) there is also a table showing that the sexual preoccupations significant regression of marital boredom. Thus, sexual preoccupation significant predictor Fed up of their marriage ($p < 0/001$) and 23% of variance explained. The preoccupation with sexual thoughts and temptations involved a lot of these thoughts constantly involved in every time and place to think about sex and Visualize it in your mind is the idea that a review had this preoccupation can lead to unhealthy relationships, and the other wives get upset and worry that all the time think may sexuality The opposite side of the thoughts and ideas of hate and disgust with

marital so with regard to the above recent hypothesis is confirmed.

Hypothesis: Sexual internal control is a significant predictor of marital boredom

Linear regression was performed to test this hypothesis. The results showed a significant relationship between sexual control internal and marital boredom ($r=0/13$), there is no way to control women's sexuality within their marital boredom is not a significant predictor is. A discussion of sexual control from within the inner self Their expected behavior requires a person sees your emotions and feelings, and it's just in the privacy manages with his wife again Because they have a problem if the person in control of an unhealthy family will be torn apart from within your instinct and lust for control. Internal controls led to disenchantment marital sex in the marital relationship and mutual love is fading and bad feelings towards each other have less experience Them. The results of the study Estates, Pirog Good. (1989). In the case of sexual violence and control in relationships. Control between men and women is a significant indicator of this research line is not so with regard to the contents stated in a recent hypothesis was not confirmed.

The fourth hypothesis: sexual awareness is a significant predictor of marital boredom.

Linear regression was performed to investigate this hypothesis, the results

showed a significant positive correlation between awareness of sexual and marital boredom ($r=0/25$, $p=0/01$) exists so that women's sexual awareness a significant predictor of their marital boredom ($001 / p<0/001$) and 6% of variance explained.

He does. Useful information about sexual relationships and healthy family makes when a couple of emotional needs, sexuality is not aware of how to establish a healthy relationship between their love turns to hate many problems in relations due to poor performance and meeting sexual partners Their emotional needs. When there is no awareness of sexuality, marriage, and the marriage of people who are fed up and frustrated, they take no pleasure does nothing for them, as it is not beautiful, but if education and skills important premarrage and to train people and get to know each other's needs proper training may arise under which the parties are experiencing marital boredom. According to the last mentioned hypothesis is confirmed.

Fifth hypothesis: Sexuality is a significant predictor of marital boredom

Linear regression was performed to test this hypothesis. The results showed a significant positive correlation between sexual motivation and sexual boredom ($r=0/47$, $p=0/01$) there, so that women's sexual arousal a significant predictor of

their marital boredom ($p<0/001$) and 22% of variance explained. Sexual arousal in women is defined as a physiological response of arousal and stimulation mental faith often Sexual arousal in women is defined as a physiological response of arousal and stimulation mental faith is often weak correlation with female genital Slipping natural and what is wrong with women who complain of a lack of motivation may have vaginal Slipping but do not stimulate the hormones that may stimulate women to be involved in the response, so women who excite sexual terms There are a lot of excitement when they are not near any pleasure in their sexual relationships are cold and have a lot of stress and arousal levels will experience the sexual function and the person develops fed. Bradford, Moston. (2006). the effect of anxiety and sexual arousal in women showed anxiety and anxiety sensitivity associated with sexual arousal results of this study are consistent with the study so the recent hypothesis is confirmed.

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