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**THE RELATIONSHIP BETWEEN THE PERSONALITY CHARACTERISTICS AND
SEX SELF ESTEEM WITH MARITAL ADJUSTMENT MARRIED WOMEN BUSHEHR
UNIVERSITY OF MEDICAL SCIENCES**

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ABSTRACT

The purpose of this study was to investigate the relationship between the personality characteristics and sex self esteem with marital adjustment married women Bushehr University of Medical Sciences. Due to the nature and purposes of research is used of the practical and implementation of the correlation method. The research population was included all married female employees Bushehr University of Medical Sciences in the 2014-2015 academic year, that using multi-stage cluster random sampling of 230 married female employees selected as the sample size. For data collection was used from NEO Five Factor Personality questionnaire, sexual self-esteem questionnaire of Aschwarz and Zeina (1996), marital adjustment of Aspainr (1976). Inferential statistics were used Pearson correlation analysis, regression simultaneous analysis. The results showed that Negative relationship between the neuroticism and marital adjustment and relationship is positive between the extroversion, agreeableness, flexibility and responsibility, sexual self-esteem and its dimensions with the marital adjustment. Also results showed that neuroticism is able to negatively predict marital adjustment and extroversion, agreeableness, flexibility and responsibility are able to positively predict marital adjustment and also dimensions of sexual self-esteem are able to positive predict marital adjustment.

Keywords: Personality characteristics, sex self-esteem, marital adjustment.

INTRODUCTION

The main core of every family and community health and mental health centers and important role in shaping children's character and future

mothers, fathers, and any reference entity cannot be a substitute family. Family or social institutions have introduced the institution of

marriage between men and women and the spouses and children of family members, including grandparents and grandchildren is sometimes based on peaceful coexistence, peace, warmth, intimacy and mutual understanding and cooperative living. Usually small family unit consisting of two or three people, but in terms of its significance as the most important social institutions and build the first source and breed and most excellent source of happiness and affection have considered the richest source [1]. Including aspects of human social life, healthy and productive interaction between humans and communicate the love of neighbor and expressing communion to each other, multi-dimensional beings is an important part of his complex nature and the desire to live together save link up with fellow degree [2]. What is the family and the affiliation with the fellow and marital satisfaction is the marriage. Physical and emotional health and mental health in the community depends on the health and sustainability of marriage is marriage Compatibility of a person's sex life as family consent and the consent of the family was the concept of life satisfaction and thus facilitates the growth and development of material and spiritual progress of society. Considering the importance of psychologists, sociologists and even all religions to family and marital relationships are effective and that the family is not a place for dissatisfaction with this question in mind that why couples are unhappy with,

what causes and other factors can affect satisfaction. By identifying these factors can be reduced in high-risk marriage and the satisfaction and happiness in marriage and said that the consequences of family disruption prevent [3]. Sexual compatibility is a condition in which the couple often feelings of happiness and Satisfaction with each other, and the process that occurs during the life of the couple requires compliance tastes, personality traits, establishing rules of behavior and communication patterns are formed. Marital adjustment on many aspects of individual and social life affects humans. In essence the family is the cornerstone of good performance and facilitates the role of parents, the couple's life increases, increased health, economic development, satisfaction of life, psychological problems, conflict management, communication skills better and better problem solving and conflict resolution skills [4]. Several factors have been identified as a factor affecting marital adjustment of which can be contextual factors - such as the individual's personality traits and sexual self-esteem. Generally indicates that personality traits are associated with human actions. The believe [5] significant interpersonal differences, and the differences among individuals, to practice by logical individual personality differences between predicted and explained. Personality either directly or as a factor influencing the process is effective communication couples. One specific and different personality types of

reaction from the opposite side beckon. Naturally it affects marital satisfaction and adjustment. Moreover how sex marriage is an important factor in quality. Says so in a healthy marriage, however good sex in a way that would provide mutual consent, the role of the family is crucial to the success and sustainability. [6] As the founder of the theory of psychoanalysis, sexual desire is natural and physiological knew that human needs and, according to Maslow, humanistic theorist in 1960, meeting the need, transcendence man seriously injured possible [7]. On the other hand sex couples from each other, forming an important part of understanding that maintaining marriage [8]. So sexuality plays an important role in coping and marital satisfaction, which requires attention and be investigated. Marital one of the factors in the stability and reliability of families and mental health but also their wives and children. It is necessary to consider the factors influencing it. In this regard, the relationship between personality traits and sexual self-esteem and marital adjustment is considered.

MATERIALS AND METHODS

The research and application of research is descriptive and correlational. The population in this study consisted of all married women in Bushehr University of Medical Sciences is 2014-2015. The sampling multistage random

cluster sampling was used. To measure three types of questionnaires, the first questionnaire short form of the NEO Personality Inventory (Revised) is a fast reliable and valid measure of assessment made just five personality adults is. This questionnaire is Article 60, which aims to measure five personality traits of neurosis, extroversion, flexibility, agreeableness and conscientiousness and responsibility is. Each of these factors is measured by twelve answer the question for each of the five-point scale (from strongly disagree to strongly agree) offers. The time required for completing the questionnaire is ten to fifteen minutes and scoring methods as well as five-point Likert scale from strongly disagree (1) Disagree (2), no opinion (3), agree (4) fully agree (5), is. The second related to sexual self-esteem questionnaire of the questionnaire [10] built and includes 81 questions and 5 sub-scales. This questionnaire measured emotional reactions of women to their mental thoughts and feelings about sexual behavior measures the

And third questionnaire related to marital adjustment questionnaire by Spanier (1976) to assess the quality of the marital relationship has been prepared.

RESULTS

The following table presents the results of descriptive variables.

Table 1: statistical indicators of personality traits, self-esteem and marital sex and its dimensions

maximum score	minimum score	SD	mean	Variable	
60	12	4/03	37/71	OCD	Personality characteristics
60	12	4/66	37/72	Extroversion	
60	12	3/34	35/74	flexibility	
60	12	3/51	36/97	Agreeableness	
60	12	3/36	36/57	Accountability	
90	18	6/76	58/48	Skills and experience	Sexual self-esteem
85	17	6/80	51/46	Attraction	
80	16	8/80	46/93	Control	
75	15	7/12	46/88	Moral judgment	
70	14	7/20	44/41	VERSATILITY	
405	81	26/73	251/72	Sexual self-esteem (general)	
160	32	13/94	112/39	Marital	

B) Other results

Table 2: Kolmogrov Smirnov test

Kolmogrov Smirnov			Variable
Significance level	Degrees of freedom	Statistics	
0/586	227	0/893	Personality characteristics
0/432	227	0/902	Sexual self-esteem
0/613	227	0/761	Marital

The first hypothesis: there is a significant relationship between personality traits and marital adjustment. To test this hypothesis the Pearson correlation coefficient was used.

Table 3: Correlation matrix analysis to examine the relationship between personality traits and marital adjustment

7	5	4	3	2	1	Variable
					1	1. OCD
				1	-0/36**	2. Extroversion
			1	0/29**	-0/28**	3. flexibility
		1	0/21**	0/27**	-0/15*	4. Agreeableness
	1		0/12	0/32**	-0/19**	5. Accountability
1	0/30**	0/27**	0/25**	0/31**	-0/34**	7. Marital

**P<0/01

Second hypothesis: the sexual self-esteem and its dimensions have a significant relationship with marital adjustment.

Table 4: Correlation matrix analysis to examine the relationship between self-esteem and its dimensions marital sex

7	6	5	4	3	2	1	Variable
						1	1. Skills and experience
					1	0/32**	2. Attraction
				1	0/45**	0/30**	3. Control
			1	0/46**	0/41**	0/47**	4. Moral judgment
		1		0/59**	0/47**	0/34**	5. VERSATILITY
	1	0/78**	0/77**	0/76**	0/69**	0/65**	6. Sexual self-esteem (general)
1	0/27**	0/26**	0/24**	0/29**	0/30**	0/17*	7. Marital

**P<0/01 *P<0/05

The third hypothesis: characteristics are significantly able to predict marital adjustment.

To test this hypothesis of simultaneous regression analysis method is used.

Table 5: Test results Simultaneous multiple regression analysis to predict marital adjustment through personality traits

P<	df	f	R ²	R	P<	T	(Beta)		
0/001	315	6/181	0/13	0/36	0/001	-4/171	-0/32	Smooth Affliction	Predictor variables
					0/008	3/980	0/29	Extroversion	
					0/013	3/123	0/24	flexibility	
					0/009	3/756	0/27	Agreeableness	
					0/009	3/842	0/28	Accountability	

Fourth research hypothesis: the dimensions of sexual self-esteem were significantly able to predict marital adjustment.

To test this hypothesis of simultaneous regression analysis method is used.

Table (6) the results of multiple regression analysis to predict marital adjustment at the same time in a manner of self-esteem through sex

P<	df	f	R ²	R	P<	T	(Beta)		
0/001	315	4/706	0/10	0/31	0/045	2/439	0/16	Skills and experience	Predictor variables
					0/009	3/865	0/29	Attraction	
					0/012	3/700	0/27	Control	
					0/023	1/980	0/22	Moral judgment	
					0/028	3/11	0/24	Conformity Vulnerability	

DISCUSSION

The first research hypothesis: there is a significant relationship between personality traits and marital adjustment.

According to Table (3): the personality traits of the marital relationship there is between the negative and significant relationship between the dimensions neuroticism and extroversion compatibility, flexibility, accountability and responsibility agreement with the marital relationship there are positive and significant. Hosseini Nasab research with these findings, et al., Golparvar et al., Shakerian, White and colleagues [13], Fischer and MacNalty, et al Malof match. Results showed that personality traits (agreeableness, extraversion, agreeableness, flexibility) and marital adjustment were significantly correlated, and the characteristics of neuroticism and marital adjustment there is a significant negative correlation. On account of these findings it can be said that aspects of neuroticism (anxiety, mood swings, hostility, impulsivity) is formed,

the inability to control negative emotions and positive relationships lead stable, so that Johnson [14] identified low levels of positive affect and that high levels of negative skills tend to deteriorate quickly in their relationship. The Zarei research (2005) shows a high level of mental health problems in divorce more. The Kaglyn, Houston and Hats also whatever the wing in each of the spouses is more neurotic, more negative attitudes towards their wives show. So it is natural that neurotic character driving ability and willingness to empathize with others near the responses do not have a wife, as well as in communication based on mutual acceptance, comfort and without tension and has no trouble positive way to the wife of, such practices led to a decrease in marital satisfaction and adjustment. In addition, in explaining the findings it appears that extroversion that aspect (warmth and affection, gregariousness, assertiveness, activity, excitement seeking, positive Vat) consists of 15 couples this allows cheerful atmosphere and

pleasing to raise their family and marital adjustment level. Basically, extroversion features capable of humor and happiness [16] and create favorable living conditions. The results of the relationship between personality characteristics and marital adjustment flexibility indicates that the Understanding personality and attitude of the character issues with communication. This finding can be said that openness in explaining the increased interest in regard to the talks, asked his wife and understanding his views on the consequences associated with Intra-group understanding and attitude of marital adjustment because of Understanding with the open character of the relationship, mutual acceptance and feeling empathy factor is the increase in happiness and adjustment of the attitude of a kind internal emotional bias against their wives and having a positive attitude and understanding of his views defined. So justified if there is a positive relationship between flexibility and adaptability.

Second hypothesis: the sexual self-esteem and its dimensions have a significant relationship with marital adjustment.

According to Table 4, between self-esteem and sexual dimensions (skill and experience, charm, control, moral judgment, adaptability) there is a significant positive correlation with marital adjustment. This finding is consistent with research findings cab, Doraville and Beradbory (2001) [19], Morrison (2000) and

Ali Akbar dehkordi match. Results showed that among the components of sexual function and pain were significantly correlated with marital adjustment. To explain these findings, we can say that the skills and experience to be able to enjoy your partner refers, when couples of each other and enjoy being together, empathy and intimacy will be more and more of their lives will be satisfied and compromise experience. According to one of its elegant charm and appeal refers to the belief, cause the formation of a person's self-confidence and a positive attitude towards the wife or husband can be beautiful and attractive to the opposite side of its provides and helps to establish a sexual relationship with your partner better and better and compromise the quality of married life more experience. Because of the ability of management to control thoughts, emotions and sexual behavior implies, helps couples communicate the right way to operate marital sex so with each other have sex, both sexual satisfaction and repeat this in the future to achieve more enjoyable for them, so it is natural that under these conditions improve quality sex couples and couples living scene Marital have a pleasant experience.

The third hypothesis: characteristics are significantly able to predict marital adjustment. Based on the table (5) Due to significant levels of beta can be realized and that the dimensions of extraversion and neuroticism negatively, flexibility, agreeableness and responsibility to positively predict marital adjustment are. This

dimension of personality characteristics, including sensitivity to false beliefs, desires and tend to experience poor control Psychological distress like anxiety, anger, depression, embarrassment, disgust and a range of negative emotions. So neurotic couples with negative emotions and are more willing to impulsivity and vulnerability, such behavior the level of satisfaction and adjustment spouses reduces. High scores on extraversion factor experienced positive emotions, positive assessment of the general health, physical functioning better and higher life satisfaction associated [20]. Extroverts have more freshness and vitality of the show, a positive attitude towards the environment and their lives and property, such as being positive, encouraging things up and sharing and interaction between couples to improve the relationship and also to appeal to the Conversely, what to do or refrain from doing it, this social characteristic can cause more marital partners, thus predicting marital adjustment is justified by the personality trait extraversion.

Fourth research hypothesis: the dimensions of sexual self-esteem were significantly able to predict marital adjustment. Based on the table (6) given the significant level of beta can be realized and that all positive aspects of sexual self-esteem are able to predict marital adjustment. This finding is consistent with research findings cap (2001), Morrison (2000) and Ali Akbar dehkordi (2010) is consistent. The study showed that marital sexual self-

esteem and positive forecasts. To explain these findings can be said for their own satisfaction or human value that is, Very important in a person's behavior and internal dynamics and more experts in the self-esteem (positive assessment of their own) as a central factor in emotional adjustment and basic know-social. Cooper Smith with his extensive studies on the self-esteem to the conclusion that people with high self-esteem in many different ways by people with low self-esteem. They set higher goals, suffer less anxiety, less stress and psychosomatic symptoms less experience, less susceptible to failure and criticism, feel more in control (less suffer from feelings of helplessness) more inclined to seek conflict with their problems (more curiosity about themselves and their environment show) generally said that they were really excited that people not only deserve, but have a positive attitude towards themselves. People with low self-esteem and their ability to express their repressed sexuality sexual dysfunction are often, but in If you have high self-esteem caused by sexual behavior. Most researchers have concluded in their study that there is a negative correlation between self-esteem and sexual dysfunction which means that low self-esteem increases sexual dysfunction and sexual dysfunction can prevent high sexual self-esteem, Because it causes sexual self-esteem, emotional response to the evaluation of thoughts, feelings and behaviors. Improve their sexual self-esteem so sex with the formation of

appropriate sexual behavior and positive attitudes in the field of peace and satisfaction in the couple's marriage provides, and can predict marital adjustment.

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