



**PREDICTING OF PSYCHOLOGICAL WELL-BEING BASED ON BODY IMAGE,
SEXUAL AND MARITAL SATISFACTION****HANIEH MOZAFARI¹, ADIS KRAKSIAN*², SHEIDA SODAGAR²**

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***Corresponding Author Email:** Adis.kraskian@kiaiu.ac.ir**ABSTRACT**

Psychological well-being considers the observed growth and evolution against the challenges of life, and strongly emphasizes on developing the human spirit. The goal of the current study is to predict psychological well-being based on body image, sexual satisfaction, and marital satisfaction in women initiating divorce. The method of research is correlation type descriptive. Statistical society of the research is the women, who initiate divorce, went to family court in Karaj. Among them, 203 people have been selected as available sampling. They have filled standard questionnaires, Psychological well-being (RSPWB-18) (Reef, 1989), Enrich couple scale (Foorez and Olson, 1989), Hudson Sexual satisfaction (Hudson, Harrison and Kroskap, 1981) and satisfaction with body image (soutu and Garcia, 2002). All the questionnaires had a reasonable alpha. For the research hypotheses test, multivariate linear regression analysis methods and stepwise regression analysis in compliance with the relevant default (Pearson correlation, Kolmogorov-Smirnov (KS) test, and evaluation of non-alignment) have been used in 5% significance level. The analysis has been performed using SPSS version 19. The results showed that, the total score of psychological well-being has positive significant correlation with sexual satisfaction, and negative significant correlation with marital satisfaction and body image. On the other hands, the results from regression and stepwise regression analysis from variance in psychological well-being showed marital satisfaction of 16%, sexual satisfaction and body image of 9 and 10, respectively. Body image, conflict resolution components, sexual satisfaction, and marital satisfaction predict

total 36% of variance in psychological well-being. According to the significant contribution each variables of body image, sexual satisfaction, and marital satisfaction has on predicting psychological well-being; therefore, it is recommended that in order to improve psychological well-being of the organizations, more attention must be given for body awareness workshops and training skills leading to increase in sexual satisfaction and marital satisfaction.

Keywords: Predicting, psychological well-being, body image, sexual satisfaction and marital satisfaction

INTRODUCTION

Psychological well-being is a multi-component concept and includes positive attitude and accepting individual's various aspects such as good and bad features and positive feeling about life, satisfaction and intimacy relationship with others and understanding the importance of these relationship, feeling independence and being effective in life occurrences and having active role in behaviors, controlling external activities and effective utilization of opportunities around, feeling continuous growth and achieving new experiences as a creative with potential talents, having goals in life and believing to this fact that past and current life matters. Psychological well-being is one of important components of public health and satisfaction. Humans have physical, social, and psychological needs that provide their satisfaction from life [1]. The need for sex and its importance in marriage is more essential than a physical and sexual relationship [2]; therefore, inappropriate evaluation of their bodies can gradually effect on their desire

for having sexual relationship and the way of behaving each other. Studies in this case show that, there is a significant correlation between body dissatisfaction and negative consequences on mental health [3, 4] which says body image is an important factor in sexual orgasm. Meltzer and Macnaulti (2010) also stated that body image predicts marital satisfaction by increasing the number of sexual relationship and consequently increasing sexual satisfaction. Psychological well-being has direct correlation with marital satisfaction, that is, by increasing psychological well-being, marital satisfaction of married women increases [5]. Family's poor performance and also having disease such as obsession can cause divorce, resulting in low quality of life. To increase marital satisfaction and quality of life, couples should increase their life skills and decrease their obsession [6]. In the research performed by Darling F, Uytman C, Allen RJ, and Pearson DG (2015) entitled "*body image, visual memory, and mental-visual imagery*", the results showed that visual memory span

and mental imagery talent, predict body image dissatisfaction. In return, space memory and its integrity do not depend on body image dissatisfaction. In the research conducted by Lehmann et al. (2015), a similar number of survivors and individuals were under control of single health, they had already had sex, or they have been married. The married people having sexual affairs are reported to be satisfied; they had positive body image and higher sexual satisfaction. Meaning in life is a strong prediction factor of psychological well-being, especially about the acceptance scales, purpose in life, and mastery of the environment. Women gained higher scores in personal growth scales, mastery of the environment, and purpose in life [7]. In the research conducted by Lee ET AL., (2014) with the use of mass media, body image and psychological well-being were performed on 502 Americans and 518 Korean people. The findings showed that body satisfaction has a positive correlation with psychological well-being. It also showed that there is a positive significant correlation between body image satisfaction and psychological well-being [8]. Married white women who have sexual partner, satisfy sexually more than black women. Also, there were not measures for prevention of appropriate predicting pregnancy to report the sexual satisfaction

of married women [9]. With a glance to the previous researches, we find that there has not been research about body image, sexual satisfaction and marital satisfaction and their impact on psychological well-being and mainly, the researches related to body image and sexual performance have been based on college students. Therefore, the authors try to fill the sexual satisfaction and marital satisfaction of this research gap by the use of predicting psychological well-being based on body image.

METHODOLOGY

The method of research is correlation type descriptive. Statistical society of the research is the women, who initiate divorce (ages 18-50), went to family court in Karaj to apply for divorce. Among them, 210 people have been selected as available sampling. In this research, four questionnaires have been used to collect the data. The questionnaires are as follows:

a) Psychological well-being (RSPWB-18) (Reef, 1989), b) Enrich couple scale (Foorez and Olson, 1989), c) Hudson Sexual satisfaction (Hudson, Harrison and Kroskap, 1981) and d) satisfaction with body image (Soutu and Garcia, 2002).

a) Psychological well-being (RSPWB-18) (a psychological well-being questionnaire with 18 questions created by Reef, 1989 and was then revised in 2002). According to the collected data to confirm and

emphasize internal consistency in the current study, Cronbach's alpha for Reef questionnaire (RSPWB-18) was calculated to be 0.74.

b) Enrich couple scale (this questionnaire consists of 115 closed questions and 12 sub-scales). According to the collected data to confirm and emphasize internal consistency in the current study, Cronbach's alpha for Enrich couple scale was calculated to 0.87.

c) Hudson Sexual satisfaction (ISS)(this scale was created by Hudson, Harrison and Kroskap, 1981, to evaluate satisfaction level of couples). According to the collected data to confirm and emphasize internal consistency in the current study, Cronbach's alpha for Hudson sexual satisfaction was calculated to be 0.79.

d) Satisfaction with body image (SWBI) (This scale was created by Soutu and Garcia, 2002. The early edition of this scale had 81 articles; considering the articles with the same meaning, the number of articles is reduced to 43). Cronbach's alpha reported a stability of 0.91, and retest method calculated correlation of 0.75 between scores of the two tests. According to the collected data to confirm and emphasize internal consistency in the current study, Cronbach's alpha was calculated to be 0.85.

For research hypotheses test, multivariate linear regression analysis and stepwise regression analysis methods have been used in 5% significance level while considering related defaults (Pearson correlation, Kolmogorov-Smirnov (S-K) test, and evaluation of non-alignment. All the analysis were performed using SPSS statistical software version 19.

RESULTS

The findings in Table 1 show that:

Self-acceptance component of psychological well-being has a positive significant correlation with idealistic distortion of marital satisfaction and sexual satisfaction. Positive relationships with others component of psychological well-being has a positive significant correlation with all the components and total score of marital satisfaction and body image. Autonomy component of psychological well-being has a negative significant correlation with all the components and total score of marital satisfaction. Mastery of the environment component of psychological well-being, except with the marital satisfaction, has a positive significant correlation with all the components and total score of marital satisfaction and sexual satisfaction, and has a negative significant correlation with body image. Purpose driven life component of psychological well-being has a positive

significant correlation with all the components and total score of marital satisfaction and body image. Personal growth component of psychological well-being has a negative significant correlation with all the components and total score of marital satisfaction and body image, and has a positive significant correlation with sexual satisfaction. Total score of psychological well-being has a positive significant relationship with conflict

resolution and sexual satisfaction, and has a negative significant correlation with marital satisfaction and body image. Sexual satisfaction has a positive significant correlation with all the components and total score of the marital satisfaction. Body image has a positive significant correlation with all the components and total score of marital satisfaction.

Table 1: Correlation matrices of the research variables

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13
1. self-acceptance	1												
2. positive relationship with others	0.03	1											
3. autonomy	0.16*	0.36*	1										
4. mastery of the environment	0.23**	0.17*	0.38**	1									
5. purpose driven life	0.06	0.05	0.04	0.2**	1								
6. personal growth	0.46**	0.53*	0.69**	0.53*	0.03	1							
7. psychological well-being	0.68**	0.13	0.64**	0.72*	0.26**	0.82**	1						
8. marital satisfaction	0.04	0.35*	-0.45**	-0.05	0.2**	-0.45**	-0.19**	1					
9. sexual relationships	-0.01	0.17*	-0.45**	0.21*	0.3**	-0.35**	-0.11	0.72*	1				
10. conflict resolution	0.08	0.35*	-0.11	0.32*	0.19**	-0.12	0.17**	0.41*	0.62*	1			
11. Idealistic distortion	0.21**	0.17*	-0.42**	0.15*	0.15*	-0.2**	0.001	0.68*	0.7**	0.4**	1		
12. total marital satisfaction	0.07	0.31*	-0.44**	0.17*	0.27**	-0.36**	-0.07	0.86*	0.94*	0.72*	0.79*	1	
13. sexual satisfaction	0.38**	0.06	0.11	0.18*	0.02	0.16*	0.3**	0.46*	0.3**	0.32*	0.21*	0.4*	1
14. body image	0.02	0.58*	-0.53**	-0.24**	0.19**	-0.65**	-0.31**	0.62*	0.54*	0.5**	0.39*	0.63**	0.2**

Table 2: Regression analysis for predicting psychological well-being using marital satisfaction components

Predictor	B	Standard Error (SE)	Beta	t	Significance	Tolerance	VIF
Marital satisfaction	-0.42	0.14	-0.3	-2.99	0.003	0.42	2.41
Sexual relationships	-0.38	0.14	-0.33	-2.75	0.006	0.29	3.39
Conflict resolution	0.74	0.16	0.39	4.61	0.001	0.61	1.65
Idealistic distortion	0.83	0.29	0.28	2.89	0.004	0.44	2.27

Regression coefficients show that all the predictor variables' contribution is significant. According to the calculated intercept (57.76) and non-standard

$$Y = a + b1.x1 + b2.x2 + b3.x3 + b4.x4$$

prediction coefficients, we can report the equation of the criterion variable prediction:

Table 3: evaluating the research predictor variables; the contributions of each in psychological well-being variance

Step	Predictor	R	R ²	F	Significance of F	B	Beta	t	Significance
1	Body image	0.31	0.1	21.96	0.001	-0.2	0.31	-4.69	0.001
2	Body image Conflict resolution	0.49	0.24	31.71	0.001	-0.34 0.83	0.53 0.43	-7.46 6.12	0.001 0.001
3	Body image Conflict resolution Sexual satisfaction	0.57	0.32	31.36	0.001	-0.35 0.66 0.14	-0.54 0.35 0.3	-7.08 4.95 4.85	0.001 0.001 0.005
4	Body image Conflict resolution Sexual satisfaction Satisfaction component	0.6	0.36	27.43	0.001	-0.26 0.67 0.18 -0.37	-0.4 0.35 0.39 0.27	-5.08 5.17 5.90 -3.31	0.001 0.001 0.001 0.001

$$\text{Well-being} = 57.76 - 0.42 * (\text{satisfaction}) - 0.38 * (\text{relationships}) + 0.74 * (\text{conflict resolution}) + 0.83 * (\text{idealistic distortion})$$

The results of multivariate regression analysis using stepwise methods showed that, between predictor variables (marital satisfaction, body image, and sexual satisfaction), four variables body image, conflict resolution, sexual satisfaction, and satisfaction component are included in the equation. Body image defines 10% of psychological well-being variance, on its own; F statistical test for correlation coefficient significance is equal to 21.96,

which is significant in level 0.001. Body image and conflict resolution predict 24% of psychological well-being variance, together; F statistical test for correlation coefficient significance is equal to 31.71, which is significant in level 0.001. By deducting the contribution of body image, conflict resolution predicts 14% of psychological well-being variance. Body image, conflict resolution, and sexual satisfaction totally predict 32% of

psychological well-being variance. F statistical test for correlation coefficient significance is equal to 31.36, which is significant in the level of 0.001. This way, sexual satisfaction predicts 8% of psychological well-being variance. Body image, conflict resolution, sexual satisfaction, and satisfaction component totally predict 36% of psychological well-being variance. F statistical test for correlation coefficient significance is equal to 27.43, which is significant in the level of 0.001. Satisfaction component predicts 4% of psychological well-being variance. According to the calculated intercept for the last step (65.45) and non-standard prediction coefficients, we can report the equation of the criterion variable prediction as below:

$$Y = a + b_1.x_1 + b_2.x_2 + b_3.x_3 + b_4.x_4$$

$$\text{Well-being} = 65.45 - 0.2 * (\text{satisfaction}) + 0.83 * (\text{conflict resolution}) + 0.14 * (\text{sexual satisfaction}) - 0.37 * (\text{satisfaction})$$

CONCLUSION

The results of regression analysis showed that among predictor variables (marital satisfaction, body image, and sexual satisfaction), four variables of body image, conflict resolution, sexual satisfaction, and satisfaction component are included into the regression equation. According to the above results regarding to the role of body

image, sexual satisfaction and marital satisfaction in predicting psychological well-being of women applying for divorce, it is seen that the variable marital satisfaction (14%) contributes more than sexual satisfaction (9%) and body image (10%) variables in predicting psychological well-being. Also, among marital satisfaction components, according to its regression coefficient of 0.39, conflict resolution contributes more than three other components in predicting psychological well-beings. It seems that one of vital aspects of marital systems is a kind of satisfaction that the spouses experience in their relationships [10]. Individuals' satisfaction in marriage provides a primary structure to build family relationships [11] and improves mental health. Therefore, family is the place of satisfying different needs of physical, intellectual, and emotional. Being aware of biological and psychological needs, recognizing the way of satisfying them, and equipping to the recognition techniques of biological and psychological tendencies are necessarily undeniable. In the early days of marital relationships, there are serious disagreements and frequent conflicts that if not solved might cause dissatisfaction and un-stability in relationships [12], and psychological well-being might be effected. Besides, regardless of marital relations that

result in divorce, there are also a large number of marriages and failed relationships that would never result in divorce [13]. Therefore, because of their role in couples' mental health and children, attention must be given to the marital satisfaction [14] and conflict resolution techniques.

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