

Prediction of Marital Boredom Caused by the Difficulty in Regulating Emotion and Sexual Function in Female Married Students in Tehran University

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Abstract : The present research was conducted with the aim of the prediction of marital boredom caused by the difficulty in regulating emotion and sexual function in females married students of Tehran University. The population of the research included all female married students of Tehran University that 120 people were divided as statistical sample in the method of simple random sampling. The instruments used in this study were: Marital Boredom Scale of Pines (1996), Emotion Regulation Difficulties scale of Gratz (2004) and Female Sexual Function Index of Rosen et al (2000). Research data was analyzed using multiple regression analysis and Pearson correlation coefficient. The results showed that denial of emotional responses with the standard value B 0.268, lack of participation in behaviors resulting in the aim with the standard value B 0.197, impulse control problems with the standard value B 0.355, lack of emotional awareness with the standard value B 0.239, limited access to emotion regulation strategies with the standard value B 0.230 directly and sexual performance the standard value B -0.367 reversely had been able to predict marital boredom ($P < 0.01$). Also, emotional lack of transparency has not have a significant role in predicting marital boredom. According to the results and effective role in regulating emotions and sexual function in predicting marital boredom, it is suggested that emotion management and sex education be educated to the couples in order to prevent and reduce marital boredom in family education programs.

Keywords: marital boredom, difficulty in emotion regulation, sexual function, students

INTRODUCTION

Wife selection is among the first legal and emotional commitments and major decisions of the life of every person. Despite the positive consequences of marriage, evidence suggests that the couples to communicate and maintain intimate relationships are faced with problems which can affect the conditions of their married life (Abolqasemi et al, 2012).

When people step in their marriage life arena, they come into this relationship with certain expectations which have already had in their mind; but when they realize the reality is something else, they gradually develop a sense of frustration and annoyance and they are finally fed up of their marital relationship (Asdai, Fathabadi, Sharifi, 2013). When amorously expectations are not fulfilled, frustration is directly attributed to the wife and result in loss of love and commitment and boredom is replaced by love (Pines, 1996, translated by Shadab, 2002). Boredom is an uncomfortable situation which arises from the mismatch between expectations and realities and it depends on the compatibility of couples and their beliefs. Boredom can include different dimensions and it can be associated with physical, emotional and mental disability (Pines, 2003, Markowitz, 2004). Also, after the boredom, distrust, contempt, blame, ignoring each other and their emotional separation are dominated and family members experience reactive depression signs in these situations (Safi Pourian, Amir Qadami, Khakpour et al, 2016). According to the perspectives of Pines et al, 2011, boredom symptoms include the general lack of enthusiasm, dissatisfaction, emotional exhaustion, apathy and lack of interest.

An ability to establish and maintain a satisfactory love affair requires the ability to recognize emotions and the ability to express them (Carton et al, 1999; Meeks et al, 1998) and the ability to understand and appreciate the feelings of others (Wachs and Cordova, 2007) and people who do not have this ability cannot experience intimate and enjoyable relations. Therefore, emotion management and emotion regulation can be effective in the development or prevention of marital boredom.

Emotional regulation is defined as the process of beginning, maintaining, adapting or changing in the incidence, severity or persistence of inner feeling and the emotion associated with the social-psychological, physical processes in accomplishing individual goals (Vimz & Pina, 2010). In fact, emotional regulation is not only suppressed excitement, but one should not always be in calm and quiet state of emotional arousal and emotional regulation includes control processes and change of emotional experiences of the person instead

(Thompson, 1994). Emotions are high-quality. This means that they can result in positive or negative reactions in people. If they are proportionate to situations and circumstances, they will lead to a positive reaction; otherwise, they will result in the negative reaction. Therefore, when emotions are severe or prolonged and they are not consistent with the situations, then the need to regulating is necessary (Gross, 1998).

In addition to the emotion, another factor that could be involved in the relationship of the couples is sexual satisfaction from the wife and sex relationship.

The sex relationship is a strong and determinant element in the marital life both emotionally and physically (Laumann, Gagnon, Michael, Michaels, 2008) and intimacy in sexual relationships is one of the proximity indicators in relations and the strong indicator of love (Southern, 1999 quoted by Ali and Sohrabi, 2014). Human pays attention to the sexual relation as a means of communication and a way to express different kinds of emotions such as intimacy, love, anger and aggression (Barash and Lipton, 2010). If this relation is not satisfactory, this can result in increasing the experience of negative emotions together and this can make the person more prone to the marital boredom.

The history of the research showed that the marital boredom and factors related to it were less studied and required more studies. In this regard, the present research is seeking to respond the question which can the difficulty in regulating emotion and sexual function predict the marital boredom in females married students of Tehran University?

METHODOLOGY

The present research was descriptive- correlational. The population of the research included all female married students of Tehran University and they were 534 people. 120 people were divided as statistical sample in the method of simple random sampling and based on the number of the predictor variables (for each variable of 60 people). The tool used in the study included:

Marital Boredom Scale of Pines

In order to measure the marital boredom of the couples, the scale of 21 items of marital boredom of Pines was used. In this scale, higher scores indicate greater distraction and the top score is 147 and the low score is 21. To interpret them, the scores should be graded that this is obtained by dividing the score by the number of questions on the questionnaire (21 questions). In interpreting the scores, the grade more than 5 indicates the need to urgent help, the grade 5 indicates crisis, the grade 4 boredom, the grade 3 the risk of boredom and the grade 2 or less also indicates a good relationship (Pines, 1996). Navidi (2005) has reported the reliability of the questionnaire using Cronbach's alpha in 240 samples 0.86 and the reliability has been reported to retest at intervals of one, two and four months 0.89, 0.76 and 0.66.

Emotional Regulation Difficulty Scale

The questionnaire which was created in 2004 by Gratz is a 36-item self-report multi-dimensional questionnaire evaluating the patterns of emotional regulation of people and this includes six subscales. The subscales include: non-compliance with emotional responses, lack of participation resulting to the target behavior, impulse control problems, the lack of emotional awareness, constraint in achieving emotional regulation strategies and the lack of clarity and emotion. This question is a very good internal consistency (0.93). They are very convenient for each subscale and the reliability of subscales with Cronbach's alpha very convenient for each subscale of more than 0.80. In the research of Askari et al, the reliability of emotional regulation questionnaire has been calculated with two methods of Cronbach's alpha and bisection that this is 0.86 and 0.80 for all questionnaires, respectively and this indicates acceptable values of the mentioned questionnaire. The reliability of emotional regulation questionnaire fluctuates from 0.54 to 0.86. To determine the validity of the above questionnaire, the score has been correlated with Zuckerman sensation seeking questionnaire score that it was specified that there was a significant positive relationship among them. This indicates having valid emotional regulation questionnaire (Askari et al, 2009).

Female Sexual Function Index of Rosen et al (2000)

Female sexual function index is a scale to measure the female sexual function. This scale was made by Rosen et al (2000) and has been validated in the group of women with sexual arousal disorders and female sexual function in six areas, including: mental stimulation, desire, orgasm, humidity, sexual pain and satisfaction are assessed. About scoring, according to questionnaire design, the scores of each area are obtained through the scores of questions in each domain and multiplied by the factor number. Since the questionnaire, the number of the questions is not equal with each other, first, the scores of questions in each domain are added together in order to weight the field together and then, they are multiplied in the number of the factor. The cut off point for the total scale and subscales, respectively, is: the whole scale is 28, desire 3.3, mental stimulation 3.4, humidity 3.4, orgasm 3.4, satisfaction 3.8, and sexual pain 3.8. In other words, the

scores more than the cutoff point indicate a good performance. In Iran, the Female Sexual Function Index of the scale has been validated by Khadijeh Mohammadi et al. (2008). According to the studies of Mohammadi, the reliability index for each of the six areas and the whole scale for the groups considered, the control and the whole people were calculated using Cronbach's alpha coefficient ($r = 0.85$). Also, according to the results in the research of Mohammadi, the cut off point for the total scale and subscales was obtained.

Findings

The results of the analysis of the data are presented in the following Tables.

Table 1: correlation matrix between the difficulty in regulating emotion and sexual function in females married students

Variable	2	3	4	5	6	7	8
1. boredom	0.19*	0.28*	0.46*	0.26*	0.23*	0.08*	-0.33*
2. Non-admission	-	0.17*	0.15*	0.25**	0.28*	0.54**	0.25**
3. Lack of participation		-	0.03	0.37**	0.23**	0.16**	0.32**
4. Impulse control			-	0.34**	0.25**	0.29**	0.36**
5. Lack of awareness				-	-0.47**	0.34**	0.29**
6. limited access					-	-0.17*	0.34**
7. Lack of transparency						-	-0.18*
8. Sexual performance							-

$P < 0.01^{**}$

As it can be seen in the Table, the values of the correlation between the difficulty in regulating emotion and sexual function in females married students but for the lack of transparency emotional component are statistically significant ($p < 0.01$). In other words, there is the significance between the predictive and relationship criterion variables and since the correlation between the predictor variables is less than 0.90, the linearity is not satisfied and the predictor variables can be participated independently in determining the variance of criterion variables.

Table 2: the analysis of the variance test for the significance of relationship model of the difficulty in regulating emotion and sexual function in females married students

Sources of changes	Sum of squares SS	Degrees of freedom Df	Mean Square	F	The significance level
Regression	15468.38	7	2209.77	11.39	0.001
Remaining	20571.31	106	194.7		
Total	36039.69	113			

As it can be seen in the above Table, the value ($F(106, 7) = 11.39$) is significant ($P < 0.01$). Therefore, we can conclude with the confidence 0.99 that the relationship model of the difficulty in regulating emotion and sexual function in females married students is significant and the predictor variable (the difficulty in regulating emotion and sexual function) has the ability to predict the variable criterion (marital boredom); therefore, we can allow to analyze and report the regression results.

Table 3: a summary of the regression analysis for the relationship model of the difficulty in regulating emotion and sexual function in females married students

Multiple correlation R	Squared multiple correlation R^2	Adjusted R^2	Standard error	Change F	Sig
0.66	0.43	0.39	13.93	11.39	0.001

The results of the regression simultaneously, Table (4-4) show that the difficulty in regulating emotion and sexual function has been able to determine 43% of the variance of the marital boredom of females married students (the criterion variable).

Table 4: a summary of the regression analysis for predicting the marital boredom based on the difficulty in regulating emotion and sexual function in females married students

Variable	Non-standard factors		Standardized coefficients B	T statistics	Sig
	B	S.B			
Fixed value	31.63	10.96		2.89	0.005
Non-admission	0.88	0.26	0.268	3.45	0.001
Lack of participation	0.48	0.19	0.197	2.52	0.013
Impulse control	0.91	0.21	0.355	4.44	0.001
Lack of awareness	0.66	0.22	0.239	3	0.003
limited access	0.73	0.25	0.230	2.96	0.004
Lack of transparency	-0.32	0.19	-0.149	-1.66	0.101
Sexual Performance	-0.97	0.21	-0.367	-4.73	0.001

According to the results of Table 4-5, denial of emotional responses with the value of standard B 0.268, lack of participation leading to the target behavior with the value of standard B 0.197, impulse control problems with the value of standard B 0.355, lack of emotional awareness with the value of standard B 0.239, limited access to emotion regulation strategies with the value of standard B 0.230 directly and sexual performance with the value of standard B -0.367 reversely have been able to predict the marital boredom ($P < 0.01$); also, lack of emotional transparency has not a significant role in predicting the marital boredom. (Sexual performance) 0.91 - (limited access to emotion regulation strategies) 0.73 + (lack of emotional awareness) 0.66 + (impulse control problems) 0.91 + (lack of participation leading to the target behavior) 0.48 + (denial of emotional responses) 0.88 + 31.63 = marital boredom

DISCUSSION AND CONCLUSION

The present research was conducted with the aim of the prediction of marital boredom caused by the difficulty in regulating emotion and sexual function in females married students of Tehran University. The results of the data analysis showed that denial of emotional responses, lack of participation leading to the target behavior, impulse control problems, lack of emotional transparency, limited access to emotion regulation strategies directly and sexual performance reversely have been able to predict the marital boredom; also, lack of emotional transparency has not a significant role in predicting the marital boredom. The results are consistent with the studies of Omidfar et al (2016), Rezaee and Babakhani (2016), Kamali and Sedaqatifar (2015), Yaqoutian (2015) and Asgharzadeh Moallem (2014).

The study of Omidfar et al (2016) indicated the relationship among emotion regulation strategies, distraction and marital intimacy and there was also a significant relationship between the marital intimacy and boredom. Also, the study of Kamali and Sedaqatifar (2015) showed that there was a significant and positive relationship between sexual dysfunction and marital distraction indices. Also, sexual dysfunction is a predictor of marital suitable for the distraction. The purpose of the study of Yaqoutian (2015) was the prediction of the marital boredom of the variables of alexithymia and communication beliefs. The findings showed that the variables of communication beliefs and alexithymia were a significant predictor of marital boredom and determined 28% of the variance in marital boredom. Also, the components of the expectations of mind reading, difficulty in identifying feelings and sexual perfectionism were able to significantly predict marital boredom, respectively.

In the study of Asgharzadeh Moallem (2014), the results also showed that the correlation between marital disenchantment based on irrational beliefs and emotion regulation in married women was statistically significant and impulse control problems as the strongest predictors of marital boredom could explain 18% of the variance; in next steps, the variables rejection of emotional responses, helpless in the face of change, lack of emotional transparency and limited access to emotion regulation strategies in the final step are added to the model and these five variables could explain 37% of the variance of marital boredom.

The most common problem which unhappy couples arise is the lack of success in establishing a relationship of feeling and emotion. Marriage and the marital life is a rich tissue in emotion. If the couples have the ability and skills to identify, manage and control of their emotions, they cannot adapt themselves with stressful and unpleasant life events and their families. Frustration is disappointment and aggression and all the things which can result in marital tensions. The couples cannot establish intimate relationships with each other and they are lonely and unhappy of the marriage. In marriages which the couples conflict with each other more

excitement excitations are seen. This means that most conflicts and disputes between couples occur due to emotional excitations. Lack of agreement and disagreement between couples is usually non-avoidable and unavoidable, but its continuation and development significantly depends on their control. Happy couples compared with the ones who do not have such a good emotional marital relationship, they show better performance in recognizing and receiving the expression of the emotions, they show more empathy rather than in response to inappropriate behavior of their husbands retaliation and they show more sensitivity towards feelings for each other. Generally, it can be said that whatever the couples have more ability in emotional self-regulation, they become less bored of their marital life.

Several studies conducted about factors related to marriage show that sexual issues in terms of importance among the issues are primarily in priority of the marriage (Davis & Shower, 2006, quoted by Shafiabadi, Navvabinejad, Tabrizi, Honarparvaran, 2010).

In a healthy marriage, a good sexual relationship in a way that would satisfy both sides has an important and fundamental in success and sustainability of the family. Freud (1953) as the founder of the theory of psychoanalysis considered sexual desire as a natural and physiological subject which is the basis of human needs and According to Maslow, a humanistic theorist in 1960, not meeting the needs extremely makes human vulnerable (Aliakbari and Kayqobadi, 2009). Dissatisfaction with sexual intercourse can also cause deep trouble in the marriage and the wife hatred, resentment, jealousy, competition, sense of revenge, feelings of humiliation, feelings of confidence and like these. These issues are augmented by tensions and differences or manifested in the form of manifestation and gradually the gap between spouses becomes deeper (Christopher and sparcher, 2000; quoted by Shafiabadi et al, 2010). Whatever emotional distance becomes more among the couples, the likelihood of the marital boredom increases.

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