

The Relationship between Islamic Lifestyle and Religiosity with Marital Adjustment of Female Teachers in Gonbad Qabus

Sharhrbanoo Adina¹, Hamzeh Akbari^{2*}

¹Department of Counseling, Azad Shahr Branch, Islamic Azad University, Azad Shahr, Iran

²Department of Clinical Psychology, Azad Shahr Branch, Islamic Azad University, Azad Shahr, Iran

*Corresponding Author Email: h.akbary@yahoo.com

ABSTRACT: The aim of this study was to investigate the relationship between Islamic lifestyle and religiosity and marital adjustment of married women teachers in the city of Gonbad, which was descriptive – correlation. The population included female married teachers of Gonbad. The sample size was estimated based on research by Morgan (1970), 267 teachers. Sampling was done randomly classified. Data were collected by Islamic lifestyle Freedom questionnaires (2009), religiosity Glock and Stark (1965) and Locke-Wallace Marital Adjustment (1959) and were analyzed by Pearson correlation coefficient. The results showed that there was a significant relationship between Islamic lifestyle and teacher's marital adjustment. Among the components of the social, religious, moral, family, health and chronology there was a significant positive relationship and marital teachers. Religiosity and marital adjustment was significant relationship between teachers. There was also a significant positive relationship between all aspects of religiosity (beliefs, emotional, consequences and ritual) and marital teachers. The general conclusion that can be a woman's marital adjustment is to promote the adoption and implementation of the Islamic religion and lifestyle.

Keywords: Islamic Lifestyle, Religiosity, Marital Adjustment.

INTRODUCTION

In today society, due to the several reasons including the transition from tradition to modernity, changing family systems, and occupational and social pressures, and also emerging new roles such as occupation and adding it to women traditional roles, and regarding to the peculiar importance and prominent position that the traditional roles including wife and maternity roles of women have in their husbands' opinion, the family and marital problems and issues have incredibly increased and many facts demonstrate that the couples have encountered grave and comprehensive problems to maintain intimate and friendly relationships.

In new research, the most effective individual factor in marital adjustment is Islamic life style (Heirat et al. 2014; Salmabadi et al., 2014; Mahoney (2005) and religiosity (Khoshfar & Ilvari, 2015; Sedighi et al., 2014; Hatami et al., 2009; Dudley & Kosinski 2013; McNulty et al., 2012).

Marital adjustment is a concept that was first provided by Spiner and Coul (1976) (Khakpour et al., 2015) that can be considered a permanent cooperation process. Marital adjustment is defined in a way that is parallel with some

consequences including difficulty in understanding sexual differences, personal and inter-individual anxiety, marital satisfaction and so on (Roshan et al., 2012).

Among the components related to marital adjustment, the variable Islamic life style can be regarded. Life styles include a complex of values, behavior ways, conditions, and tastes in everything. Folk music, television, advertisement, and all other events provide imaginations and potential pictures of life style (Mahdavi-kani, 2007). The most important innovation in the concept of Islamic life style is that Islamic instructions and totality of Islam has been regarded. Islamic life style is related to whole life and its dimensions of individuals. On the other hand, it differs from other life styles. In sociology, management medical sciences, clinical psychology and so on you can find it discussing about life styles, however, they deal with a specific behavior in these domains and do not directly cope with recognitions and feelings. Islamic life style can't overlook the intentions. For instance, prayers (*Namaz*, the ritual prayers prescribed by Islam to be observed five times a day) can't be regarded an Islamic behavior if it does not enjoy believing in God and Day of Doom. Religiosity is one of the variables that is related to marital adjustment. Religiosity has an effective influence on individual control and life different events. It is that has effective role in mind health and protects the individual against depression (Kit, Rebecca, and Joseph, 2010; cited in Mohammadi et al., 2014). Religiosity can be defined as "recognition and belief in God, prophets, judgment day, and divine orders, and having specific desires and feelings toward God, yourself, others, and the universe in order to approach God and obey religious duties" (Khodayari et al., 2001).

Extensive research studied the relationship of Islamic life style and religiosity with marital adjustment. For instance Khoshfar & Ilvari (2015) found out there was a significant relationship between religiosity and marital adjustment. Heirat et al (2014) demonstrated that there is a positive and significant correlation between dimensions of life style regarding Islamic attitude and marital adjustment. Mahoney (2005) stated that obeying religious beliefs increase verbal partnership, and scale of satisfaction, decrease extensively verbal aggression and marital quarrels and disagreements, and finally go up marital satisfaction. The importance of satisfaction or marital adjustment is recognized by its influence on mental and physical health. Research shows that satisfaction or marital dissatisfaction has effects on many dimensions of individual and social life. On the other hand, marital disagreement is related to the lower level of health and physical diseases such as cancer, heart diseases, and chronic pain. For example, unfriendly behaviors during marital disagreement and quarrel have relationship with changing immune functions of endocrine glands and cardiovascular (Heidari, 2013). Kim et al (2014) found out that following the religious beliefs has a positive relationship with positive excitements and feelings including, goodness, happiness, kindness, self-confidence, attention, and calmness. McNulty et al (2012) showed that religion has a considerable influence on adjustment, and it can be utilized in clinical and consultative works as well. Regarding the importance of marital adjustment in families, research in the field is of great importance. Since recognition of effective reasons and components in marital adjustment and related components of it can prevent many conflicts in families. The results can be used by counselors, psychologists, and even family members.

MATERIALS AND METHODS

The following research is a descriptive one that was done by correlation method. The population of the research included the married female teachers in city of Gonbad Qabus. The report by Gonbad Qabus Education Organization said that 1060 female teacher were teaching in two levels of elementary and high school (12 grades). 870 of them were married. Therefore, the population of the research equaled 870 married female teachers in city of Gonbad Qabus. The sample volume was assigned 267 teachers, based on Krejcie Morgan Table (1970). The sampling was done in cluster random method. That means, first the levels and married female teachers were determined, and then based on the ratio of the population in each level sampling was done. The data were obtained in library and field ways. In order to collecting literature and theoretical approaches of the research, books and essays were used and to collect data, standard questionnaires were responded to. Islamic Life Style Questionnaire was designed (ILST) by Kavyani (2011). It has long-format (135 questions) and short-format (75 questions). The short-format had been used in this research. The following are the 10 components: social (11 items), beliefs (6 items), worship (6 items), morality (11 items), financial (12 items), family (8 items), health (7 items), thought and knowledge (5 items), safety (4 items), and punctuality indexes (5 items) that the respondents should answer them according to their own life conditions in a four-rate Likert scale, ranging from very low to very much.

Religiosity Glock and Stark (1965) Questionnaire was designed to measure religious attitudes and beliefs and religiosity. The current questionnaire has four dimensions that measure religiosity using belief, emotional,

consequences, and ritual dimensions. The reliability of the questionnaire was determined in different research on different samples that demonstrate its high reliability in different dimensions.

Locke-Wallace Marital Adjustment Questionnaire (MAT) was designed in 1959 and was based on inter-individual understanding in marital relationships. This measured the level of success of couples in related activities in marital adjustments, asking 15 questions. The range of this test could be between 2 to 158. The low scores showed conflict and high scores demonstrated low adjustment. The scores lower than 100 demonstrated serious disagreement in marital relationships (Sanaei, 2008).

To analyze collected data, 1-dimension figure was drawn up using Matrix Figure and Frequency Response Percentage. Also, to describe the data and figures, bar graphs related to the questions and responses were shown. On the other hand, Regression and Pearson Coefficients had been used to analyze the data.

Results

In this section, in order to describe the data, the frequency, percentage, mean, and SD of the scores obtained by the teachers had been used. Normality of the data was approved by the Kolmogorov-Smirnov test (K-S test). The sample volume of the teachers was shown in Table 1, in separate ages.

Table 1. Distribution of Frequency and Percentage of Teachers based on Age Variable.

Age	Frequency	Percentage	Density Percentage
Lower than 30	32	12	12
30-34	85	31.8	43.8
35-39	59	22.1	65.9
40-44	52	19.5	85.4
45-49	32	12	97.4
50 and more	7	2.6	100
total	267	100	-

The Table 1 shows that %12 of teachers are less than 30 years old, %31.8 is between 30-34, %22.1 are between 35-39, %19.5 is between 40-44, %12 is between 45-49, and %2.6 is 50 years old and more. The data shows that age of most teachers are between 30-39. The sample volume of the teachers based on their experience is as following:

Table 2. Distribution of Frequency and Percentage of Teachers based on Experience.

Experience	Frequency	Percentage	Density Percentage
Less than 5 years	83	31.1	31.1
5-9 years	70	26.2	57.3
10-14 years	56	21	78.3
15-19 years	45	16.9	95.1
20-24 years	11	4.1	99.3
25 years and more	2	0.7	100
Total	153	100	-

The data in Table 2 shows that the experience of %31.4 of the teachers is less than 5 years, %24.8 is between 5-9, %20.3 are between 10-14, %17 is between 15-19, %5.2 is between 20-24, and %1.3 is 25 years and more.

Islamic life style and religiosity variables and their components were considered as independent variable, and marital adjustment was considered as dependent variable that the mean, SD, the lowest and the highest score was shown in Table 3.

Table 3. Mean and SD of the scores of Islamic Life Style Variable and its Components.

Variables	Mean	SD	Variance	Least Score	Highest score
Social	31.05	2.67	7.11	25	39
Beliefs	13.43	3.76	9.12	10	22
Religious	15.84	2.75	7.56	11	47
Moral	28.19	2.69	7.24	20	38
Financial	30.16	2.55	6.52	24	36
Family	22.87	2.56	6.57	15	30
Health	19.15	2.09	4.38	14	26
Thought	13.71	2.02	4.06	10	19
Safety	10.99	1.67	2.80	10	19
Punctuality	14.15	1.47	2.16	11	18
Islamic Life Style	199.54	14.20	201.68	173	246
Belief Dimension of Religiosity	26.17	2.37	5.61	17	28
Emotional Dimension of Religiosity	20.48	2.35	5.54	13	24
Consequence Dimension of Religiosity	14.09	4.38	19.21	2	22
Ritual Dimension of Religiosity	16.03	5.95	35.34	6	27
Religiosity Total	76.33	2.49	156.04	57	97
Marital Adjustment	42.98	4.24	18.02	35	58

The data in Table 3 shows that the mean of scores of social components is 31.05, beliefs 13.43, religion 15.84, moral 28.19, financial 30.16, family 22.87, health 19.15, thought 13.71, safety 10.99, punctuality 14.15, and the total score of Islamic life style is 199.54. Also, the mean of scores of religiosity in belief dimension is 26.17, emotional dimension 20.48, consequence dimension 14.09, and the ritual dimension is 16.03. The mean of scores of religiosity total is 76.33 as well. Marital adjustment mean was measured 42.98.

In order to evaluate the relationship between variables and their components, the hypotheses were stated orderly, and according to the kind of variables and their measurement levels Pearson correlation coefficient had been used.

In order to investigate the hypothesis that there is a significant relationship between Gonbad married female teachers' Islamic lifestyle and marital adjustment, Pearson correlation coefficient was used. Table 4 shows the correlation between Islamic life style and its components with teachers' marital compatibility.

Table 4. Correlation coefficient between Islamic lifestyle and its components with marital compatibility.

Variables	Marital compatibility		
	Number	Correlation coefficient	Sign.
Social	267	0.183	0.003
Beliefs	267	0.109	0.076
Religious	267	0.123	0.048
Moral	267	0.316	0.001
Financial	267	0.114	0.063
Family	267	0.209	0.001
Health	267	0.200	0.001
Knowledge	267	0.056	0.359
Safety	267	0.082	0.184
Punctuality	267	0.270	0.001
Islamic lifestyle	267	0.261	0.001

Considering the fact that p value <0.05 the null hypothesis which is no significant relationship between two variables is rejected and the hypothesis is confirmed. So it can be said that there is a significant relationship between Islamic life style and marital compatibility of studied teachers. Also there is a significant relationship between Islamic life style and female teachers' marital compatibility. Also there is a significant relationship between social, religious, behavioral, family, health, and punctuality components and teachers marital compatibility which is shown in table 4. It means that the closer these variables are to Islamic life style, the higher marital compatibility will be present.

In order to investigate the hypothesis that there is a significant relationship between Gonbad married female teachers' religiosity and their marital compatibility, Pearson correlation coefficient is used. Table 5 shows the correlation between religiosity and its components with teachers' marital compatibility.

Table 5. Correlation coefficient between religiosity and its components with marital compatibility.

Variables	Marital compatibility		
	Number	Correlation coefficient	Sign.
Religious aspect of religiosity	267	0.159	0.009
Emotional aspect of religiosity	267	0.171	0.005
Outcome aspect of religiosity	267	0.150	0.014
Ritual aspect of religiosity	267	0.169	0.006
Total religiosity	267	0.151	0.014

Considering the fact that p value <0.05 the null hypothesis which is no significant relationship between two variables is rejected and the hypothesis is confirmed. So it can be said that there is a significant relationship between religiosity and marital compatibility of studied teachers. Also there is a significant relationship between religiosity and female teachers' marital compatibility. Also there is a significant relationship between all components of religiosity and teachers marital compatibility which is shown in table 5. It means that the higher religiosity is the higher marital compatibility will be present.

RESULTS

The results being achieved from the analysis of the hypothesis which there is a significant relationship between Gonbad married female teachers' Islamic lifestyle and their marital compatibility showed that there is a significant relationship between Islamic life style and marital compatibility of studied teachers. Also there is a significant relationship between Islamic life style and female teachers' marital compatibility. Also there is a significant relationship between social, religious, behavioral, family, health, and punctuality components and teachers marital compatibility. It means that the closer these variables are to Islamic life style, the higher marital compatibility will be present.

In comparison of the achieved results with previous results it can be said that these findings are compatible with Heirat et al (2014), Salmabadi et al (2014), Mahoney (2005), Heaton and Pratt (2004). Heirat et al (2014) also investigated the effect of Islamic lifestyle dimensions and Islamic approach in predicting marital compatibility and the have concluded that Islamic lifestyle has a significant effect on marital compatibility.

The results achieved from the analysis of hypothesis showed that there is a significant relationship between religiosity and marital compatibility of studied teachers. Also there is a significant relationship between religiosity and female teachers' marital compatibility. Also there is a significant relationship between all components of religiosity and teachers marital compatibility. It means that the higher religiosity is the higher marital compatibility will be present.

In comparison of the achieved results with results of previous studies it can be said that these results are in line with Khoshfar and Ilvari (2015), Sedighi et al. (2014), Hatami et al (2009), Mahoney (2005) and Heaton and Pratt (2004). Khoshfar and Ilvari showed that there is a significant relationship between level of religiosity and marital compatibility. Also results showed that there is a significant relationship between dimensions of religiosity and marital compatibility and the outcome dimension is a more powerful predictor for marital compatibility.

Conflict of Interest

The authors declare no conflict of interest.

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