

# The mediating role of religious belief according to personality traits, identity, conflict and marital satisfaction among couples in Tehran

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## ABSTRACT

The purpose of the present study is to investigate “the mediating role of religious belief according to personality traits, identity, conflict and marital satisfaction among couples in Tehran”. The research method is descriptive by correlation method. The population of this study included students and young couples of Tehran that at least one year has passed since their marriage. The results of the responses of 232 subjects that’s mean 116 couples have been extracted and analyzed. To do this study, three questionnaires “NEO Personality” (Costa and McCrae, 60 questions), “Islamic marital satisfaction (Jodeyri, 50 questions) and the “religious adherence» (Janbozorgi, 60 questions) were used. Data were analyzed with the help of T test, F test, LSD test and analysis of variance. The results of this study can be helpful in counseling before and after marriage, indicates that there is no significant relationship between personality characteristics introversion / extroversion and satisfaction of marriage. Also the relationship was not found between identity / contradiction of the character traits and marital satisfaction that therefore cannot offer a good mix of couples to predict higher levels of marital satisfaction but there is a positive significant relationship between religious adherence of couples with their marital satisfaction.

**KEY WORDS:** IDENTITY/CONFLICT, INTROVERSION, EXTROVERSION, RELIGIOUS ADHERENCE, MARITAL SATISFACTION

## INTRODUCTION

One of the basic topics of psychology science is the study of personality characteristics. Since these features form the foundation of people’s behavior, can

make clear empty aspects of individuals performance in various fields. One of the most common category that psychologists apply for personality is introversion and extraversion that first used by Carl Jung (Karimi, 1996). In Jung’s theory, people to interact with guests one of

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two ways; these two ways are always there in every person, but the person is more inclined to a trend, in other words, it can be seen that one end of the axial position of the person on introspection and the other end of extroversion. In other words, it can be seen that one end of the axial position of the person on introspection and the other end of extroversion. In the case of introspection, the main orientation of the individual and the self. Introverted person, hesitant, thoughtful and cautious. Extroverted people tend to go out to the outside world. Socially extroverted person is engaged, active and enterprising. Introspections are more reticent than extraversion and prevent further development of their feelings. It is on this basis that introverts get their energy from inside (the ideas and concepts of mind) and extraverts' energy from the outside world and in relation to others (Parvin, 1993). Characteristics of introversion and extraversion, personality characteristics affecting marital satisfaction is important. Unique features of every human being, but it seems that it can be classified. Introversion and extraversion as two ways of being and feeling, facing each other and they reflect two different views (Shahandeh, 2008).

Morris and Carter (2000) consider factors such as personality traits, attitudes, expectations and gender and communication patterns including marital satisfaction factors (Tirgari, 2004). From a religious viewpoint, marital satisfaction is a situation in which the couple marry each other and being together, pour and feel at their ease. Couples' marital satisfaction is a process that occurs throughout life and it needs to adapt tastes, knowledge of personality traits, creating rules of conduct and interaction is the formation of patterns (Ahmadi et al.2005). Thus it can be said that couples with satisfaction in various areas of life are in agreement with each other. Such wives and husbands of their type and level of verbal and nonverbal relationships are satisfied with their sexual relationships enjoyable and rewarding know, common religious beliefs, their own time and financial issues are well planned and managed, on issues that disagree, the good life and the good of your family prefer a high level of flexibility, are satisfied with the type and quality of leisure time and traveling with family and friends and finally, the number and type of education their children together share (Jodeyri, 2009).

According to research results, as well as with respect to the effect that religious beliefs and personality traits such as extroverted and introverted on human behavior and interpersonal relationships, current study will be planned and implemented in order to answer the question of whether it can be given to the religious beliefs of couples with similar determination, contradiction and characteristics of introversion, extroversion as one of the most important and influential personality char-

acteristics, marital satisfaction of couples predicted or not? We will also examine the relationship between religious beliefs and adhere to it with marital satisfaction. In addition, we want to achieve the highest levels of marital satisfaction, the best combination in terms of identity, contradiction and personality characteristics introversion and extraversion.

Given that marriage is one of the most important decisions a person during their lifetime encounters with it and also began to take shape a new era in one's life as a result, it's expected to reach perfection and growth, be sure to choose a spouse before marriage and at the factors that affect the future of marriage can be given to couples with a rational right choice rather than on emotion and feelings, enter into marital life and a healthy and constructive environment to be created by the next generations, the progress of society, culture and the transmission of values. Among the factors influencing the religious beliefs and adherence to it, social class, age, appearance, education level and etc. and is one of the most important couples' personality traits. Features such as introspection and extroversion are the fundamental factors that can have an impact on marital life. Due to this it is necessary to know the couple adhere to religious and otherwise, in terms of the character traits what should be combined to benefit from a successful life. According to Cal and Heaton (1997) since the institution of religion and family emphasized similar values and to strengthen the socialization of family members are interdependent, the researchers predict that the close relationship between the two. This orientation led to the express statements like these that religion can reinforce and strengthen the marital relationship.

Hunler and Gencoz (2005) also believe that religious attitudes can be effective in the marital relationship, because religion provides guidelines for life and system of beliefs and values that these features can affect the married life (Khodayarifard and others, p. 612). Corporate (2004) after his studies came to the conclusion that religious differences between family members could cause problems to continue in marriage that the issue that leads to increased satisfaction and reduce conflicts and marital discord and divorce (Rouhani, 2008, p. 193). Bradbery, Fincham and Beach (2000) states that one who is thinking of getting married or married expects the mobile life with happiness and satisfaction and enjoy every minute of your life and your marriage because what is more important to success or satisfaction among couples in marriage (Jodeyri, 2009).

*Sinha* and Macerjec (1990) consider a situation where the marital satisfaction of married couple being together with each other and feel happy and satisfied (Ahmadi and others, 2005, ). Considering the unique research in the field of relationship between personality characteris-

tics and marital satisfaction, we find that most of these studies have been done on a spouse but the relationship between couples is considered together with lower marital satisfaction. In addition, it examines the similarities, contrasts these personality characteristics and marital satisfaction is very important cases that have been neglected, in this research, the study of this relationship, moderating variable that the relation between belief and religious adherence is the communication patterns of couples is considered.

### MATERIAL AND METHODS

The research method is descriptive by correlation method. The population of this study included students and young couples of Tehran that at least one year has passed since their marriage. The results of the responses of 232 subjects that's mean 116 couples have been extracted and analyzed. To do this study, three questionnaires "NEO Personality" (Costa and McCrae, 60 questions), "Islamic marital satisfaction (Jodeyri, 50 questions) and the "religious adherence» (Janbozorgi, 60 questions) were used. Data were analyzed with the help of T test, F test, LSD test and analysis of variance.

### RESULTS

The main hypothesis of this study is that "there is a positive significant relationship between personality traits similar introversion / extroversion and degree of marital satisfaction." This means that wives and husbands who are both introverted or extroverted both, are entitled to more marital satisfaction. In order to evaluate the different modes personality trait introversion / extroversion at the level of marital satisfaction, one-way analysis of variance among subjects was used.

Data of Table 1 shows that is ( $P>0.05$ ), so the difference between different states of introversion / extroversion in marital satisfaction with degree of freedom

3 and 228 will not be significant. So we can conclude that there is no significant relationship between different states of introversion / extroversion and marital satisfaction.

### DATA ANALYSIS BASED ON THE SECOND HYPOTHESIS

The first hypothesis of this study is that "there is a positive significant relationship between religious adherence and marital satisfaction level, as well as religious adherence has a significant relationship with the traits of introversion / extraversion."

Data of Table 2 shows that is ( $P>0.05$ ), so it will be a significant difference between groups in marital satisfaction with the degree of freedom 2 and 113 religious adherence. So we can conclude that there is a significant relationship between religious adherence and marital satisfaction.

Based on the results of Table 3 there are significant differences among couples that both adhere to the religion and couples who are both non-adherence to religion, because is ( $P>0.05$ ). In this case, both adhere to the religion of marital satisfaction is more than the satisfaction of couples who are both non-adherence to religion. There are also significant differences among couples that are both religious non-compliance with couples where only one of them is committed to religion because is ( $P>0.05$ ), in this case, marital satisfaction, both of which are religious non-compliance will be less satisfaction than couples who adhere to the religion are just one of them. The second part of the first sub-study hypothesis is that "there is a significant relationship between religious adherence and character trait introversion / extroversion." This means that the individual's religious adherence will vary with the characteristics of introversion / extroversion.

According to the above table because is  $0.05>0.575$ , it must be said that the amount of variance are equal and

Table 1. Analysis of variance result among the characteristics of introversion / extroversion and marital satisfaction

	Sum of squares	Degrees of freedom	Mean Square	F	Significance level
Between groups	1225.025	3	408.342	1.221	0.303
Within groups	76264.406	228	334.493		
Total	77489.431	231			

Table 2. Analysis of variance result between religious adherence and marital satisfaction

	Sum of squares	Degrees of freedom	Mean Square	F	Significance level
Between groups	5005.065	2	2502.532	12.996	0.001
Within groups	21759.651	113	192.563		
Total	26746.716	115			

Table 3. The results of multiple comparison test after the event between religious adherence and marital satisfaction levels

Dependent variable	Couples adherence (B)	Couples adherence (F)	Average difference (F - B)	Standard error	Significance level	Confidence interval 95%	
						Lower bound	Upper bound
Marital satisfaction	Both are adherence	Both are non-adherence	14.9250 (*)	2.96543	0.000	7.5691	22.2809
		One is adherence and other is non-adherence	4.5065	3.31276	0.399	-3.7110	12.7239
	Both are non-adherence	Both are non-adherence	14.9250 (*)	2.96543	0.000	-22.2809	-7.5691
		One is adherence and other is non-adherence	10.4186 (*)	3.40205	0.011	-18.8575	1.9796
	One is adherence and other is non-adherence	Both are adherence	4.5065	3.31276	0.399	-12.7239	3.7110
		Both are non-adherence	10.4186 (*)	3.40205	0.011	1.9796	18.8575

(\*)Correlation significance in the level of 0.05

to obtain T value, we use top tier values. In this section, T value indicates that the introvert and extrovert groups in terms of religious adherence are significantly different from each other because of T value (4.893) and is (0.05), therefore, there is a significant difference between the two groups introvert and extrovert and introvert and the extrovert average religious adherence is not like each other. So our first assumption is acceptable that means there are differences among individuals within and external, in the religious adherence. According to the introvert and extrovert average groups can say that extroverts than introverts are more religious adherence.

### DATA ANALYSIS BASED ON THE THIRD HYPOTHESIS

The second hypothesis of this study is that “both wives and husbands who are extroverted, marital satisfaction has both wives and husbands who are more introverted.”

According to the above table because is  $0.197 > 0.05$ , it must be said that the amount of variance are equal and

to obtain T value, we use top tier values. In this section, T value indicates that the introvert and extrovert groups in terms of religious adherence are not significantly different from each other because of T value (-1.892) and is ( $0.064 < 0.05$ ), therefore, there is no significant difference between the two groups introvert and extrovert and the average marital satisfaction as the characteristics of introversion / extroversion (the couple both introverted and extroverted both couples) like each other. So our null hypothesis is rejected, which means that there is no significant difference between the two groups in the degree of marital satisfaction.

### DATA ANALYSIS BASED ON THE FOURTH HYPOTHESIS

The third hypothesis of this study is that “extreme introversion and extraversion couples with one of them, reducing marital satisfaction.”

Data of Table 8 shows that is ( $P > 0.05$ ), so it will be a significant difference between groups in marital sat-

Table 4. Variable descriptive indicators personality trait introversion / extroversion based on religious adherence

Variable	Introversion / extroversion	Number	Average	Standard deviation	Average standard deviation
Religious adherence	Introverted	117	60.2222	15.211349	1.40649
	Extroverted	115	69.8174	14.64587	1.36573

Table 5. Comparing the mean scores of subjects to determine the different characteristics of introversion / extroversion in religious adherence

Variable		Levine test for equality of variances		T test for equality of means				
		F	Significance level	T	df	Two-sided significance level	Average difference	Standard error of difference
Couples adherence	Assuming equal variances	0.316	0.575	-4.893	230	0	-9.59517	1.96111
	Assuming unequal variances			-4.894	229.901	0	-9.59517	1.96047

Table 6. Couples descriptive indicators such as the characteristics of introversion / extraversion on the basis of marital satisfaction

Variable	Hypothesis 3	Number	Average	Standard deviation	Error standard deviation
Marital satisfaction	Both introspective	29	140.9138	14.39002	2.67216
	Both extrovert	28	148.5179	15.93533	3.01149

Table 7. Comparing the mean scores of subjects to determine the similarities and contrasts between features introversion / extroversion in marital satisfaction

Variable		Levine test for equality of variances		T test for equality of means				
		F	Significance level	T	df	Significance level	Average difference	Standard error of difference
Satisfaction	Assuming equal variances	1.706	0.197	-1.892	55	0.064	-7.6041	4.01880
	Assuming unequal variances			-1.889	53.984	0.064	-7.6041	4.02611

isfaction with the degree of freedom 6 and 109 marital satisfaction. So we can conclude that there is a significant relationship between extreme states of introversion / extroversion and marital satisfaction. In Table 4-27 has been shown that significant differences of which group with another.

Based on the results of Table 9 only there were significant differences among couples that are both extreme

extrovert and couples who are both two extreme introvert because is (P <0.05). In this case extrovert, both of which are extreme marital satisfaction of couples who both inward satisfaction is greater extreme. In other cases there is no significant difference in Table 4-28. According to the tables and accurately in different conditions Average concluded that the null hypothesis is rejected, this means that the intensity of the personality

Table 8. Analysis of variance result between extreme states of introversion / extroversion and marital satisfaction

	Sum of squares	Degrees of freedom	Mean Square	F	Significance level
Between groups	4215.244	6	702.541	3.396	0.004
Within groups	22549.472	109	206.876		
Total	26746.716	115			

Table 9. The results of multiple comparison test after the event between the states of introversion / extraversion extreme and marital satisfaction

Dependent variable	Introversion / extraversion (B)	Introversion / extraversion (F)	Average difference (F - B)	Standard error	Significance level	Confidence interval 95%	
						Lower bound	Upper bound
Marital satisfaction	Normal conditions (non-extreme)	One extreme extrovert	-1.9219	4.09984	1	16.7592	12.9154
		Both extreme extrovert	-15.9205	5.39914	0.203	35.4599	3.6190
		One extreme introvert	0.7284	4.18060	1	-14.4012	15.8581
		Woman extreme introvert and man extreme extrovert	-8.0625	6.01692	0.936	-29.8377	13.7127
		Man extreme introvert and woman extreme extrovert	-11.1875	6.01692	0.749	-32.9627	10.5877
		Both extreme introvert	8.3750	6.01692	0.924	-13.4002	30.1502
	One extreme extrovert	Normal conditions (non-extreme)	1.9219	4.09984	1	-12.9154	16.7592
		Both extreme extrovert	-13.9986	5.02710	0.267	-32.1917	4.1945
		One extreme introvert	2.6503	3.68762	0.998	-10.6952	15.9958
		Woman extreme introvert and man extreme extrovert	-6.1406	5.68545	0.978	-26.7163	14.4350
		Man extreme introvert and woman extreme extrovert	-9.2656	5.68545	0.849	-29.8413	11.3100
		Both extreme introvert	10.2969	5.68545	0.772	-10.2788	30.8725
	Both extreme extrovert	Normal conditions (non-extreme)	15.9205	5.39914	0.203	-3.6190	35.4599
		One extreme extrovert	13.9986	5.02710	0.267	4.1945	32.1917
		One extreme introvert	16.6489	5.09319	0.110	1.7833	35.0812
		Woman extreme introvert and man extreme extrovert	7.8580	6.68329	0.966	-16.3289	32.0448
		Man extreme introvert and woman extreme extrovert	40.7330	6.68329	0.998	-19.4539	28.9198
		Both extreme introvert	(*) 24.2955	6.68329	0.048	0.1086	48.4832
	One extreme introvert	Normal conditions (non-extreme)	-0.7284	4.18060	1	-15.8581	14.4012
		One extreme extrovert	2.6503	3.68762	0.998	-15.9958	10.6952
		Both extreme introvert	-16.6489	5.09319	0.110	35.0812	1.7833
		Woman extreme introvert and man extreme extrovert	-8.7909	5.74397	0.884	-29.5784	11.9965
		Man extreme introvert and woman extreme extrovert	-11.9159	5.74397	0.636	-32.7034	8.8715
		Both extreme introvert	7.6466	5.74397	0.938	-13.1409	28.4340

Woman extreme introvert and man extreme extrovert	Normal conditions (non-extreme)	8.0625	6.01692	0.936	-13.7127	29.8377
	One extreme extrovert	6.1406	5.68545	0.978	-14.4350	26.7163
	Both extreme introvert	-7.8580	6.68329	0.966	-32.0448	16.3289
	One extreme introvert	8.7909	5.74397	0.884	-11.9965	29.5784
	Man extreme introvert and woman extreme extrovert	3.1250	7.19159	1	-29.1514	22.9014
	Both extreme introvert	16.4375	7.19159	0.519	9.5889	42.4639
Man extreme introvert and woman extreme extrovert	Normal conditions (non-extreme)	11.1875	6.01692	0.749	-10.5877	32.9627
	One extreme extrovert	9.2656	5.68545	0.849	-11.3100	29.8413
	Both extreme introvert	4.7330	6.68329	0.998	-28.9198	19.4539
	One extreme introvert	11.9159	5.74397	0.636	-8.8715	32.7034
	Woman extreme introvert and man extreme extrovert	3.1250	7.19159	1	-22.9014	29.1514
	Both extreme introvert	19.5625	7.19159	0.295	6.4639	45.5889
Both extreme introvert	Normal conditions (non-extreme)	-8.3750	6.01692	0.924	-30.1502	13.4002
	One extreme extrovert	-10.2969	5.68545	0.772	-30.8725	10.2788
	Both extreme introvert	(*) 24.2955	6.68329	0.048	48.4823	-0.1086
	One extreme introvert	-7.6466	5.74397	0.938	-28.4340	13.1409
	Woman extreme introvert and man extreme extrovert	-16.4375	7.19159	0.519	-42.4639	9.5889
	Man extreme introvert and woman extreme extrovert	-19.5625	7.19159	0.295	-45.5889	6.4639

(\*) Correlation significance in the level of 0.05

characteristics introversion / extraversion specific and does not have significant impact on the level of marital satisfaction of couples.

### DATA ANALYSIS BASED ON THE FIFTH HYPOTHESIS

The fourth hypothesis of this study is that “optimal combination of both wives and husbands who are extrovert.” It means that the wives and husbands who are both extrovert, are entitled to more marital satisfaction.

The results of Table 10 shows that there is no significant difference between the groups in terms of marital satisfaction averages characteristics of introversion / extraversion because is (P <0.05). So it is concluded that there is no difference between various combinations of couples in terms of introversion / extroversion at the level of marital satisfaction.

The results of Table 11 shows that there is no significant difference between any of the different groups of introversion / extraversion that this indicates that there is a good mix at the level of marital satisfaction and all groups are in the same situation.

Table 10. Analysis of variance result between the characteristics of introversion / extroversion and marital satisfaction

	Sum of squares	Degrees of freedom	Mean Square	F	Significance level
Between groups	1589.334	3	529.778	2.357	0.076
Within groups	25175.382	112	224.780		
Total	26764.716	115			

Table 11. One by one comparison of marital satisfaction based on characteristics of introversion / extraversion

Dependent variable	Introversion / extraversion (B)	Introversion / extraversion (F)	Average difference (F - B)	Standard error	Significance level	Confidence interval 95%	
						Lower bound	Upper bound
Marital satisfaction	Both introvert	Both extrovert	-7.6041	3.97227	0.305	-18.8792	3.6711
		Man extrovert and woman introvert	4.7384	4.18618	0.734	-16.6207	7.1440
		Woman extrovert and man introvert	1.4693	3.74098	0.985	9.1493	12.0880
	Both extrovert	Both introvert	7.6041	3.97227	0.305	-3.6711	18.8792
		Man extrovert and woman introvert	2.8657	4.21911	0.381	9.1102	14.8415
		Woman extrovert and man introvert	9.0734	3.77780	0.130	1.6498	19.7966
	Man extrovert and woman introvert	Both introvert	4.7384	4.18618	0.734	-7.1440	16.6207
		Both extrovert	2.8657	4.21911	0.927	-14.8415	9.1102
		Woman extrovert and man introvert	6.2077	4.00212	0.495	5.1522	17.5676
	Woman extrovert and man introvert	Both introvert	1.4693	3.74098	0.985	-12.0880	9.1493
		Both extrovert	9.0734	3.77780	0.130	-19.7966	1.6498
		Man extrovert and woman introvert	6.2077	4.00212	0.495	-17.5676	5.1522

## RESULTS

The purpose of this study was to investigate “the mediating role of religious belief according to personality traits, identity, conflict and marital satisfaction among couples in Tehran”. To do this study, three questionnaires “NEO Personality” (Costa and McCrae, 60 questions), “Islamic marital satisfaction (Jodeyri, 50 questions) and the “religious adherence» (Janbozorgi, 60 questions) were used. Data were analyzed with the help of T test, F test, LSD test and analysis of variance. The results of this study can be helpful in counseling before and after marriage, indicates that there is no significant relationship between personality characteristics introversion / extraversion and satisfaction of marriage. Also the relationship was not found between identity / contradiction of the character traits and marital satisfaction that therefore cannot offer a good mix of couples to predict higher levels of marital satisfaction but there is a positive significant relationship between religious adherence of couples with their marital satisfaction.

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