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Der Pharmacia Lettre, 2015, 7 (12):442-445
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A Comparative survey on marital satisfaction between male & female nurses and physicians

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ABSTRACT

Marital satisfaction have effects on different issues in society. One of the most important factors that lead to a sense of peace and security and hence better performance in all affaires in professional life and other daily activities. Different studies have also pointed to the fact that marriage makes people happier, and healthier to live with more happiness. The objective of this study was to compare the marital satisfaction of nurses and physicians. In this comparative study, 92 nurses and physicians working in hospitals of Zabol were selected by clustered randomized sampling. Two-part questionnaire including personal characteristics and Enrich marital satisfaction questionnaire (Enrich) were filled out. The marital satisfaction of nurses and physicians had statistically significant differences but It is not found any significant relationship between male and female physician and male and female nurses. Also, there was not a significant relationship between marital satisfaction and duration of marital satisfaction. Results indicated the marital satisfaction raise with higher levels of education.

Key words: Marital satisfaction, Nurses, Physicians,

INTRODUCTION

Family is the first environment, as the formation of human personality have special importance. Especially, the parents' relationship have a huge impact on of a healthy, balanced emotional-psychological growth. Rightly, any society if does not have a healthy family, it cannot claim health. Whatever the family have a health, knowledge, honesty, culture and healthier and stronger beliefs, It can deliver healthier and more efficient people to the community. Usually, The family begins with marriage and it is the starting point. Marriage is a globe custom which it has been in all societies and throughout the history and human life and, It can respond to a set of human needs(1). In assessing the relationship marriage satisfaction and marriage, its complexity is very important as a social phenomenon and various factors interfere with it. Family life cycle is affected by many factors such as spouse, children age, duration of marriage, etc. and whatever is important, that is measuring individual satisfaction within the family and in the community structure. For this purpose, various researches have conducted to assess effects of society structure on marital satisfaction (type of employment, educational systems, gender role, etc.) which their objectives were finding relationship between individual characteristics(marital satisfaction) and structure of society (2). In today changing society, marriage is complex phenomenon. Humans marry for different reasons. Beyond to sexuality desires that are of fundamental issues, love, economic security, protection, emotional security, relaxation and escape from loneliness also, some of the factors that the human are tend to be married (3). Women who are employed part-time work, they had higher levels of marital

satisfaction in comparison of housewives. In contrast, women who were working as shift and night work had lower marital satisfaction than other working women (4). Marital satisfaction have effect on different community issues and it is one of most important factors that causes sense of relaxation and security and, then result of better performance in all daily affaires and professional life. Moradi studied marital satisfaction in couples who live with the original family and couples who live apart and independent. The results showed that the following factors had effect in the marital satisfaction of couples: mutual understanding, communication with relatives and friends, division of labor, responsibility, expressing affection, education and social class, lack of family involvement couples, having a job and income, having children(5). As more and more women find their place as a manpower in the labor market, men gradually have accepted responsibility for family and children care.

Women perform a large part of the works at home still. Profligate spouses with the program of too much duties and enthusiasm in the job and official affaires caused them time and energy that should be devoted to family life, these spouses limited the time and affected the on family quality of life. Stresses and unlimited desire to working almost have negative effects on family relationships, happiness and mental health and marital satisfaction (6). Marital satisfaction can effect on job satisfaction. So family has a pivotal and special role all institutions, organizations and social foundations particularly all persons who have thought about family, they believed that any of the social problems that have emerged regardless of the family's influence (7). A study carried out by Hall (1996) titled job strain, stress and physical health problems in women working full-time and housewives. The results showed that with increasing in heavy roles of employed women, the marital dissatisfaction will increases (8). Rogers study entitled "Family and Community" came to the conclusion that a significant increase in the problems and marital discords so reduces job satisfaction and significant marital satisfaction led in increased working satisfaction(9). The main objective in this study is: Is there a difference between nurses and physician marital satisfaction?

MATERIALS AND METHODS

The research method in terms of time period is cross-sectional and in terms of the objective, is fundamental. Its measurement scale was interval. In this descriptive study, the population research were nurses and physicians were working at the Zabol hospitals in 2014. With regard of this descriptive research, the minimum sample size proposed 30. The sample size considered 92 nurses and physicians were working at Zabol hospitals. Zabol is a city of Sistan and Baluchestan province which is located near the Boarder of Afghanistan. Stratified random sampling used according to population heterogeneity. The instrument of research has been ENRICH Marital Satisfaction Questionnaire. The questionnaire is a valid tool for measuring marital satisfaction has been applied in various studies. Each of the topics of the questionnaire dealt with one of the most important context of life affaires.

The questionnaire consisted of 12 scale that included call contract responses, marital satisfaction, , financial management, leisure activities, personality, marital relationship, conflict resolution, sexual relationship, marriage, children, relatives and friends, the role of the gender equality and ideological orientation(10).

Soleimanian translated it in Persian and afterward to determine its validity and reliability of the questionnaire after translation, the questionnaires delivered to experts. The content validity for questionnaire confirmed. Then the questionnaire run in a group of 11 subjects and its reliability calculated through Cronbach's alpha coefficient (93%)(11). Due to the high number of the questions (115 questions) which it resulted in excessive fatigue, it was decided that it be developed in short version. For this purpose, correlation coefficient calculated with total questionnaire. Then those questions which had a relatively high correlation were selected to an equal number of different scales of questionnaire. The final questionnaire consisted of 47 items. The final version was checked on 11 subjects and the reliability calculated 95% through reliability checked Cronbach's alpha coefficient which indicated a high reliability of this short form questionnaire. The data were tabulated and entered in SPSS version 20.0 and analyses through descriptive and inferential statistics. The significant lever considered $P > 0.05$.

Findings

The results showed that most subjects (71.7%) were female and the nurses were 68.5%. The age mean was 31.83 years and the average duration of marriage was 6.76. Also results showed that the subjects 6.76 years. The results showed that the level of marital in nurses was 72.6 % and the level of marital satisfaction was 96.4% in physician (table 1). There is a significant difference between nurses and physician about marital satisfaction. The findings also showed that there was not statistically difference in female and male physician about marital satisfaction.

Table 1 Level of marital satisfaction among nurses and physicians

Variables	Satisfied	Dis-satisfied	P-value Exact fisher
Nurses	(72/6)45	(24/7)17	0.009
Physicians	(96/4)27	(3/6)1	

The result of difference in female and male nurses was not significant too but the female nurses were dissatisfied (table 2).

Table 2 Level of marital satisfaction in male and female nurses

Variables	Chi-square test	Satisfied	Dis-satisfied	P-value
Female	0.93	(73/5)36	(26/5)13	0.761
Male		(69/2)9	(30/8)4	

Spearman correlation There was not any correlation between marital satisfaction and duration of marital relationship by Spearman correlation (table 3).

Table 3 Correlation between marital satisfaction and Duration of marital duration.

Variable	Marital satisfaction	p-value متغیر
Duration of Marital relationship	-0.123	0.241

DISCUSSION

In current study, there was a statistically significant difference between marital satisfaction among nurses and physicians, so that the marital satisfaction higher in physician than nurses. Always education and literacy has considered as a component of personal and social development and changes. Therefore, for this mean, pay attention to education and its role in personal and social health and its pivotal role in sexual satisfaction and marital satisfaction is remarkable. The importance of this issue when it is further clear that most previous studies, for example Banijamali and mohammadzadeh, Qadiri found a significant relationship between education marital satisfaction and they have emphasized on this factor (12,13). In this research, there was not found any significant difference about marital satisfaction between male and female. The findings other research is varied about male and female differences in marital satisfaction. In the findings of Huston et al.(14) as well as Bakhshaesh(15), there were no difference in marital satisfaction for women and men about marital satisfaction. This results confirmed the current study results. Also, the findings of Razavieh research which had conducted on the Foundation of Martyrs and Veterans Affairs staff in Shiraz. It concluded that the gender of workers cannot have a meaningful relationship with marital satisfaction (16). Brezsnyak et al.(17) and Trudel(18) findings showed that women had reported lower marital satisfaction than men. Also, in current study, after statistical analysis, it determined that there was not significant relationship between duration of marriage and marital satisfaction and this results is in line with the findings of Adullahzade(19), Sadeghmoghaddam et al.(20), Zaki(21) and Bakhshayesh(15).

It seemed that one of the reasons for rejecting the current hypothesis is that many factors affect marital satisfaction during the couple's marriage as married life events such as conflicts, birth of children, financial problems, etc., no merely the duration of passed year of marriage.

CONCLUSION

Based on these results, it is recommended to avoid disappointment marital satisfaction, premarital classes or workshops will be held to teach couples how to have a healthier life and better things and issues to pay attention them. Sex education is also necessary for having marital consent and satisfaction. If men and women aware of personality traits and their respective roles before the marriage, the couples can establish communication, relations and proper responses in private and specific situations. Since marital satisfaction plays an important role in the lives of married persons and is effective in all aspects of life, all the organizations and institutions should consider measures and actions for their employees to live better and healthier. Undoubtedly satisfaction of the personal life have impact on their workplace environment and healthy working environment requires healthy workforce, this health create from healthy relations and communications. It is beneficial to assess satisfaction of married persons to prevent of dilemmas and some problems.

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