

# THE IMPACT OF LOVEMAKING IN MARITAL SATISFACTION

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## ABSTRACT

Love is an urgent, critical and public need which its lack can create corruption in human. In this study the researchers have tried to explain the difference between true love and un true love and also they were studied how human can have succeed and correct marriage and factors affecting it have been investigated ,too .In present research that its title is the impact of lovemaking in marital satisfaction ,the method of study was that whether there is a significant relationship between marital satisfaction and lovemaking or not ? Therefore, such a hypothesis was: There is a significant relationship between marital satisfaction and lovemaking. After obtaining the information sources and literature review, the following steps have been done :The research sample included 30 couples between the ages of 25 and 35 years old from mayors in 1392.The instruments were marital satisfaction questionnaire(ENRICH) and Sternberg's love triangle scale and finally by using Pearson and Spearman correlations and independent sample t- test were examined between variables.

**KEYWORDS:** Love, Lovemaking, Marital Satisfaction, Satisfaction

Nothing is love can be a motivation for reliable investigation which continues from the cradle to the grave. Our heart is not alive until experienced the pain. So, "pain love "is the gate opener of heart, even its gate is the hardest stone."I love you" is the word of God in man, both short term and this is the whole story, the never-ending story because its beginning is in the time unbeginning. When God was but didn't create the world that God reveals his goodness in every things that he loves. This is the mystery of creation, the creator creates because of more love and more being love, even if his lover is supposed to come after thousands of years .And last word is that "I love you" is offering to someone who his love is forever and he knows himself who he is.

## STATEMENT OF PROBLEM

Since the family is the fundamental unit of society and has the most important role in the upbringing of children, the couple should understand each other's language of love in order to be succeed in this daunting task.

## THE IMPORTANCE OF RESEARCH

In this study the effects of marital satisfaction in lovemaking were examined:

As we know, married life connects two seas of strength and vitality of two souls on the horizon of intimacy and coordination for paving risky path life and take part into the fate and the regulation of life in order to promote children and family members. This study was conducted to give required awareness about correct decision for marriage in the young people and determine

the difference between lie love with real love which followed by more knowledge to deal with these issues.

## RESEARCH PURPOSES

The purpose of marriage is not only to satisfy lust, but also is the union of two souls in the body.

Expressing the truth of love and its significant role in marital status

Understanding of love in marital relations

Informing the youth of marital disputes that arising from the lack of mutual understanding of each other and also don't receive the correct massage.

## Research question

Is there a relationship between marital satisfaction and lovemaking?

## Research hypotheses

H1: There is a significant relationship between marital satisfaction and lovemaking.

H 2: There is a relationship between love scores and its subscales and demographic variables with couple marital satisfaction.

H3: There is a relationship between love scores and its subscales and demographic variables with women marital satisfaction.

H4: There is a relationship between love scores and its subscales and demographic variables with men marital satisfaction.

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H5: There is a difference between the rates of Love, Intimacy, commitment, lust and marital satisfaction for men and women

### **Operational and conceptual definitions of the variables**

Lovemaking is independent variable and marital satisfaction is dependent variable.

**Love:** Love is derived from convolvulus. Convolvulus is a plant that twines to trees like Lilies and it dries it. As well as it twines to lover and make him weak and slim so that make him indulge and love means excess in affection and intimate in Persian (Dehkhoda dictionary, 2003)

Sternberg knows love includes three components: intimacy, commitment, desire and express that full-featured love has three components. Love is a symbol of life, and by lose the love, you've lost your life. So hug the life (Buskaly, 1994).

**Life:** The true meaning of life is not found in the world around you into your mental world.. The concept of human life is trying to achieve wishes, if not trying to shirk it and tries to answer it right and appropriately (frankel, 1969, Adler ,1969)

**Marriage:** It is a legal bond between a male and female that us followed by principles of country.

**Success :** It is developing in finding the desired progress.

**Married life:** It is the legal bond between two people of the opposite sex that usually cause the generation of children.

### **LITERATURE REVIEW**

This study consists of two parts, the first part is related to lovemaking and its constraints and the second part is about married life and the relationship of love making in forming marriage .

Love comes from our different parts of existence. Love doesn't have selfish origin while true love is the result of best oneself.

One relationship has two very important purposes: a practical purpose and higher purpose. Practical purpose is a relationship that we just have someone to decide our life with him. Travel duet on the road can be a very enjoyable experience, having lovely wife close to yourself that in times of joy and difficulty is amazing. But, sometimes the problems related to money,

sex, kids, work, etc. can be made this trip very difficult, so we require to have a higher purpose.

The higher aim is that we learn to have more love, even if the problems were blocking our way, and we will continue to our way and we use the problems as a means of finding the need to keep heart love. The higher aim is learn how to paying attention to all the good and positive things in our relationship. Many of us do not even pay attention to the apparent level. Practical purpose is a clear relationship and often the goal is not clear. Unless we learn, understand it and always keep in mind our goal.

Otherwise, it may get damaged to that relationship. Be careful, do not mistake about it and many times without the need to pay attention to our higher purpose, we begin by asking the initial boom love and in this time move begins in reverse spiral. Instead, we now have a great opportunity for growth and learning, we blame our spouse. Then criticism, corner kick, dishonor and other destructive behaviors appear in love little by little. We get hurt, we are disappointed and irritation and anger arise. We see ourselves in what we call the "selfish love" and very soon we regret to being in this relationship and it is better for many of us to predict that the end is near.

Love with responsibility brings empathy. The word empathy, although it may be used many times but it is still a wonderful word. It means is understanding the other person's feelings .The empathy makes us responsible towards another love on all human beings. The death of every person in the world causes each of us die a little. With human suffering, each of us suffer a little. Through the birth of any child in the world, we're finding more possibilities. We all certainly look like another, but the point is that we live in different countries, so we have different roles in society in a variety of different theaters in different stage towards the alien audience

When our lives are affected by our ego, we fear that don't see the feelings of our spouse and don't trust to our ability to take responsibility for the errors that have been committed about ourselves. We can not really love our spouse because we heed him/her so much. As a result there would be selfishness, envy, anger, resentment and disrespect.

When we live in a way that affects the Premier ourselves, we live in the most powerful and lovely part of

ourselves. We have to trust ourselves (our confidence is high).we have deep interest to our spouses' feelings. we know that we can afford what happens in this regards and we have actually perfect sense without any such a threat, we love others. As a result: There would be forgiveness , confidence, compassion, gratitude, love, joy .

### **Part II: "Satisfactory definition**

Satisfaction: Emotional state that arise by achieving to a the purpose.

Parsons expressed satisfaction as the internal state against kinship that has apparent state.

Encyclopedia of Philosophy defines satisfaction: satisfaction derived from the knowledge of a convenient location, usually with some satisfaction that are linked with certain tendencies.

### **"The definition of marital satisfaction"**

Winch et al 1974 argued that marital satisfaction is compliance between existence status and expected status. One of the most important factors affecting the marital relationship is receiving and sending message.

### **Marriage in point view of innocents and Imams**

There are many narratives about marriage and no angular isn't hidden from the Imams' (peace be upon them) point of view about complex aspects of this divine tradition.

### **The place of love in married life"**

The result of love is different according to the psychological needs, desires and tastes of people and for some physical attractiveness is important and for some moral character, personality, social skills and temperament are important.

For others, intimacy and power of kindness are appreciated. This kind of love and idealism usually only pay attention to the positive aspects and it seems the person lose his ability to correct and logical analyze or he is extremely weak to do it.

To have a genuine love in joint life, there would be enough time and study. Love is a learned phenomenon. If someone wants to live in love, he/she should allocate enough time. Nobody can teach thing that does not understand it .For learning love, it must learn it in life. Someone can not forgive what you do not own it .In order to forgive love, person should be in love and for

determining love, we should want it. Marriage should be exact selection and shouldn't be in an age when feelings are not at the peak of perfection. In this situation ,love isn't in the real meaning , and everything seems to be lovely converted to untrue love .

### **"Love Secrets for lasting relationship in marital life"**

Every relationship begins with a love and husband and wife want to be able to keep their same passion of early days during marriage

### **Magic of love in marital life**

If we want to happy someone , first we should be able to in love, because person who is in love do anything for the comfort of lover and Secondly, we should feel lucky, because if someone does not know the meaning of happiness, cant happy another person and the researchers believe that if we know real feeling of happiness in marriage, making happy becomes very easy work because we've been fortunate to get him and we are with the miracle of love and do anything for happy So develop love of your spouse after the love of God in your heart and say this sentence in your heart that :

"Love is not only gain someone but also is sacrifice and forgiveness."

### **"The place love and awareness in marital life"**

If the magic of love without the knowledge of married life can guarantee a happiness life for long time or forever? True love should be recognize, respect it and trust it . Love is very strong, powerful feeling and full of abundant energy that surrounds human existence, such as fire and influenced scores of all aspects of her/his life.

Marriage is successful when we are aware of the principles of cooperation between the parties married, a woman needs her husband and needs' of her husband resolved by his wife and it would only gain by knowledge and skills and other needs (emotional needs, emotional, sexual, financial, support, independence, etc.) So boys and girls are encouraged to married life and shared and enhance their knowledge about it .So they can path of peace, happiness, progress, prosperity and true happiness with their spouse.

More marriages begin with passion, enthusiasm, optimism, kindness and compassion and in early life, married couples assume that they are different from others, their relationships are strong and have eternal love and kindness .Indeed, enthusiasm and optimism make

everything in the beginning pretty and easy and help couples to feel good and beautiful, but then problems occur because love without knowledge isn't sufficient to solve all the problems of the common life. Misunderstanding, lack of knowledge and lack of skills shake the foundations of love and leads hostility and even hatred and hatred in them.

**METHODOLOGY**

In this part, the through descriptive and inferential methods including tables, graphs and Pearson and Spearman correlation coefficient data are analyzed. The population are 30 couples of mayors with age range of 25 to 35 years and are investigated by random sampling and the impact of lovemaking on marital satisfaction measured by using two questionnaire "ENRICH Marital Satisfaction" and "scale love triangle Sternberg".

**RESULTS**

According to five hypotheses as follows: H1: There is a significant relationship between marital satisfaction and lovemaking.

H 2: There is a relationship between love scores and its subscales and demographic variables with couple marital satisfaction.

H3: There is a relationship between love scores and its subscales and demographic variables with women marital satisfaction.

H4: There is a relationship between love scores and its subscales and demographic variables with men marital satisfaction.

H5: There is a difference between the rates of Love, Intimacy, commitment, lust and marital satisfaction for men and women.

The below table shows the results of Pearson and Spearman correlation coefficient tests:

marital satisfaction	variable
R=0/798 P=0/000 N=15	Love
R=0/575 P=0/025 N=15	intimacy
R=0/535 P=0/040 N=15	lust

R=0/460 P=0/085 N=15	commitment
R=-0/190 P=0/515 N=14	age
R=0/115 P=0/709 N=13	educational level
R=0/006 P=0/985 N=14	Time of marriage

The above table, there are data correlation between the scores of love, intimacy, desire and commitment and marital satisfaction at 0.01 per cent statistical error. But the relationship between age, education and length of marriage and marital satisfaction is not statistically significant at 0.05 per cent error.

Investigating the relationship between love scores and its subscales and demographic variables with women marital satisfaction.

marital satisfaction	variable
R=0/978 P=0/000 N=15	love
R=0/762 P=0/003 N=15	intimacy
R=0/935 P=0/000 N=15	lust
R=0/941 P=0/000 N=15	commitment
R= -0/179 P=0/524 N=15	age
R= 0/019 P=0/949 N=14	Educational level
R=0/288 P=0/339 N=13	Time of marriage

According to the above table, there are meaningful relationship between the scores of love, intimacy, desire, commitment and Marital Satisfaction at 0.01 per cent statistical error . But the relationship between age, education and length of marriage and marital satisfaction at 0.05 per cent error is not significant.

### Summary of Research

Love is an urgent, critical and public need which its lack can create corruption in human. This study consists of two parts. The first part is related to lovemaking and its constraints and its responsibilities and the second section corresponds to marital life and the relationship in the formation of a successful marriage.

Procedure in this case study is whether there is a significant relationship between lovemaking and marital satisfaction, or not? Thus the first hypothesis is that there is a significant relationship between lovemaking and marital satisfaction as follows:

The sample included 30 couples between the ages of 25-35 years old mayors in 2013.

The instruments were Marital Satisfaction Inventory (ENRICH) scale Sternberg Triangular Love questionnaires and finally by statistical method "correlation coefficient" the relationship between marital satisfaction and lovemaking was measured. Finally, it was found a significant relationship between lovemaking and marital satisfaction in per cent statistical error. So, the null hypothesis is rejected and the research hypothesis is accepted.

### LIMITATIONS OF THE STUDY

One limitation was that in this study some questions were not obvious choices for subjects. Another limitation of this study was the inability to control confounding variables. Differences in subjects related to economic - social - cultural researcher were not in control of researcher. However, subjects' scores were effective in responding to the questionnaire. Also, due to the lack of time and space may not be the correct variables selected by the uncontrolled nuisance factors that are considered important in the study of marital satisfaction questionnaire and affect the validity of the questionnaire. With regard to the subjects, it was told that the information provided will remain confidential in marital test but it appears that some subjects response to the questions about sexual issues, economic issues have worked in artificial way. Some subjects also had no desire to answer questions as well as some of the subjects did not cooperate with the investigator's Progressive Matrices IQ questions or they have been answered reluctantly because it seems they have been concerned about their IQ score.

### THE EXECUTIVE'S IMPLICATIONS

1. The researchers recommended that this study should be done by specialists, psychologists at wider scale. Because with this number of samples, we can not really understand that obtained result is correct.
2. The researchers recommended that more resources are needed to find some background research on the variables.
3. They would recommend that research centers give people the knowledge by the media in order to have better collaborate with researchers.

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