

## Study of Relationship Between self- knowledge and marital Adjustment

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**Abstract:** This research makes an attempt to study the relationship between self- knowledge and marital adjustment. For this regard 120 couples (240 subjects) selected from couples who referred to family courts or Tabriz consulting clinics, then responded self – knowledge and spanier marital adjustment scales .Data were analyzed using stepwise regression analysis. Results indicated self- knowledge as significant predictors to marital adjustment. According to the present result, there is a beneficial and practical usage of this project's data in family intervention.

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### Introduction

In marriage, marital adjustment and consent of that is an important case .Marital adjustment is situation in which Man and wife in most of times have sense result from welfare and mutual consent (Sinha and Mukerjec, 1990), have high agreement with each other, are consent of their relationship type and quality and of their leisure time spending type and quality, and have good management on the field of financial affairs (Greef, 2001).

Different research,also, say that marital adjustment affect most of the individual and social dimensions of human life,is infrastructure of family's good performance and simplify parental role (Mackey and Obrien, 1998), make man and wife live a long life (Nakonezny and Rodgers, 1995), cause health growth (Demo, 1996), economical development (Douglass, 1995) and more consent of life (Nock, 1995) .

Marital adjustment is process that develop a long the life of husband and wife, because essential of this is tastes adaptation identify personality characters, establish behavioral rules and configure intercourse patterns; of course more serious attention should be paid to the first days of marital life (Fotuhi,1388).

Therefore marital adjustment is an evolutionary process between man and wife (Ahmady, 1384).

There are several factors (social, economical, personal, cognitional and religious)that affect marital adjustment and treat it meanwhile self-knowledge is one of the welfare life pillars and increase marital consent and adjustment (Fotuhi, 1386). Self-knowledge consist of momentarily consciousness of psychological states and Current experience content

and analysis and differentiate power and active cognitional processing about self and refer to past events, which result in wider vision, for behavior direct and more complicated and completed schemas configuration.

In other words, self- knowledge is to acquire knowledge of self states (adult, parental). IF we pay attention to ourselves behavior and analysis self internal dialogues, notice that we have three type of action and behavior. (Tahmaseb, 1384).

This three kind of performance emerge in face state, looking type, sound, words content and other aspects of behavior .thus in every one personality structure there is three sections. Parent, adult, child there is an hidden power inside everyone that can call it wisdom, logic or advisability for encounter with reality, this aspect of personality is adult that has no existence reality and data collection, review and conclusion. Everyone has this ability to assign adult as his personality executive. If adult release from negative and irrelevant in fluencies of parent and child, human would be able to independent decision-making. when adult become executive of personality,messages first receive with him and this adult who decide which of personality states is appropriate for responding .therefore adult as personality executive,direct and coordinate between parent and child personality states. Especially the internal dialogues between parent and child flow destructive and harmful (Bahramy, 1385).

Bern say that anyone who select adult as personality executive, learn to use of insight –in a way that childish and parental characters emerge only in appropriate situations and mean while have coordination so that could transfer from one state to another in essential times (Heris,1383) . Much more

use of his /himself adult, human better can improve it. Bern says that adult personality state is as muscle, which with more use, become stronger. One of the ways of adult improve is enhancing consciousness, training and practice (Bahrami, 1385). Research Butler and Wampler (1999), Massey (1995),

Slavik, Carlson and Sperry (1992) showed that self-knowledge has positive relationship with consent feeling and marital adjustment. Danesh studies, (1382, 1385) showed that self-knowledge has positive relationship with marital adjustment and in this relationship adult self have more relation with marital adjustment than self other states, (parent self- childish self). With regard to importance of self-knowledge in marital life, main goal of this study is to answer this question that is there relation between self-knowledge and marital adjustment and adult self has more relationship with couples, marital adjustment than other states.

### Method

#### Statistical universe and sample

This research Statistical universe are couples, who referred to family court or Tabriz consulting clinics and with use of available sampling method, 120 couples have selected and tested.

#### Measurement instruments

##### Self - knowledge questionnaire

Self - knowledge questionnaire which translated and adjustment by Zea'aden Rezakhany is a 29 question assess subject self-knowledge rate and also her/his knowledge rate to self-state in three categories: D/self-confidence or adult self, g/ parent self, p/childish self. Psychologists found that everyone's self-image validity is function of above-mentioned three main factors. Maximum score that subject can obtain in each expression, is score 2and in total questionnaire 58 and minimum score is zero .Maximum score in self- knowledge main factor: adult self, parent self and childish self is18, 18 and

22, respective. High score in total test indicate non-self-knowledge,and in each of three factor D,G,P indicate negative adult self, parental self and childish self, respective. (0-4) score in D indicate individuals adulthood and logical fitness between his/her perception of himself and other, perception of he/she. (0-4) score in G indicate appropriate parental self,specify that subject,release from child had quality and his /herself image is appropriate with others, mind image of he/she.(0-4) score in P shows subject appropriate childish self and balanced release from childhoods fancy bands and his /her dreamy propensities. Subject total score obtain from three factors sun score. In this score between (0-15) indicate that Subject self-confidence and self-knowledge is appropriate, and his /her self-image and other mind –image of he/she is very close to each other. It's internal with use of kornbankhs, alpha ratio is 0178 (Danesh, 1382).

##### Spanier's twosome Dyadic Adjustment scale (D.A.S)

This scale employed Spanier for adjustment assessment between man and wife in 1986 .Intent of this scale is adjustment rate assessment in twosome structures. This scale is a32 question instrument for marital relation quality assessment, which is made for several goals. By calculate total scores, we can use this instrument for total adjustment measurement. Factory analysis show that this scale assessment four dimension which consist of: doubles consent, doubles correlation and show kindness. Spanier estimate this instrument's reliability 0/96 in total score. Total score reliability with0/96 kranbakh alpha have significant internal sameness. Internal sameness subscale is between good and excellent (Sanaie, 1379).

##### Findings

Variables statistical features and relation between variables (descriptive) listed in table 1, 2 as follow:

Table 1: descriptive index of provided and basis variables

index variable	mean	Standard deviation	N
Marital adjustment	104.28	25.50	240
Adult self	8.29	2.02	240
Parent self	10.95	3.09	240
Child self	10.24	2.81	240

In order to describe under study variables and determine their role in basis variables transformation predication (marital adjustment), we calculate variable's correlation, which listed in table 2.

Table 2: under study variables correlation matrix

		marital adjustment	Adult self	Parent self	Childish self
Perison Correlation ratio	marital adjustment	1	-0/35	-0/16	-0/20
	Adult self		1	0/18	0/25
	Parent self			1	0/21
	Childish self				1
Meaningful level	marital adjustment	-	0/001	0/01	0/001
	Adult self		-	0/01	0/001
	Parent self				0/001
	Childish self				-
N	marital adjustment	-	240	240	240
	Adult self		-	240	240
	Parent self				240
	Childish self				-

As contents of table 2 show adult self (r=0/35) at level p<01/05 is meaningful. Additionally to this, correlation between marital adjustment and Parent self (r=0/16) and also correlation between marital adjustment and Childish self (r=0/20) at level p<0/05 is meaningful. Initial look at achieved ratio show that between self's different states (parent, adult and Child) adult self has the most Child self

relationship with marital adjustment and following there are Child self and Parent self. However for determine segregative share of each variable in marital adjustment transformations we need step by step multi variable regression, which will discuss for review each variable role (Parent self, Child self and adult self).first insert variables alike to analysis system. This analysis output listed in table 3.

Table 3: marital adjustment regression analysis toward adult self, childish self, parent self

meaningful level	Intergroup freedom degree	Among group freedom degree	f	Standard error	Determination ratio	correlation	Provident variables
0.001	238	1	34.81	23.87	0.128	0.35	adult self
0.04	237	1	4.25	23.71	0.143	0.37	Child self

With regard to contents of table 3 we conclude that between provident variables, only two variable (adult self and Child self) could predict evidence variable transformation (marital adjustment) and in this relationship adult self variable because of low correlation with marital adjustment could not have meaningful share in transformation predication. However in marital adjustment predication, adult self has most role and child self is in second degree of

importance. Illustration is that two variable overall determine 14percent of marital adjustment transformations, in this regard adult self assigned about 13 percent of this share to himself, Whilst Child self alone predict 1 percent of transformations. However share of both variables in marital adjustment predication is meaningful and this analysis detailed in table4.

Table 4: marital adjustment transformations variance analysis based on adult self and Child self transformations.

index variable	Sum of squares	Freedom degree	Mean squares	F	Meaningful Level(p)
<b>Regression toward adult self</b>	19844.3	1			
<b>Residue total</b>	135662.8	238	19844.3		
	155507.1	239	570.01	34.81	0.001
<b>Regression toward adult self, child self</b>	22234.7	2			
<b>residue total</b>	133272.4	237	11117.3		
	155507.1	239	526.3	19.77	0.001

Table 4 show that marital regression toward adult self in meaningful, because calculated F (34/81) at p<0/05 level is meaningful. Therefore adult self

has meaningful share in marital adjustment transformations fore cast .more ever second section of variance analysis show that marital adjustment

regression toward adult self and Child self is meaningful. Because calculated F (19/77) at  $p < 0/05$  level is meaningful. Therefore we can conclude that adult self and Child self jointly have meaningful Table5: variables Beta ratio (adult self, Child self)

index variable	Beta ration	t	meaningful	Un segregative correlation	Semi-segregative correlation	segregative correlation
adult self	0/35	5/9	0/001	0/35	0/35	0/35
adult self	0/32	5/2	0/001	0/35	0/32	0/31
Child self	0/12	2/06	0/001	0/20	0/13	0/12

Table 5 show that adult self with Beta ration 0/35 and calculated t (5/9) able to meaningful predication of marital adjustment transformations. However with combination this variable with the other variable (Child self), it's Beta ratio decrease to 0/32, though this ratio, also is meaningful at  $p < 0/05$  level. Over all adult self segregatively has relationship equal to  $r = 0/31$  with marital adjustment and Child self is equal to  $r = 0/12$ . This rates with regard to the calculated t was meaningful and show that in predication of marital adjustment transformations, between different state's of self (adult self, Parent self, Child self) adult self has the most role and Child self is in second degree of importance. This analysis confirm fifth hypothesis.

#### Discussion and conclusion

Review and analysis of this hypothesis, first with use of Pierson correlation ratio, specify that correlation between marital adjustment and adult self ( $r = 0/35$ ), correlation between marital adjustment and Parent self ( $r = 0/16$ ) and between marital adjustment and Child self ( $r = 0/20$ ) at  $p < 0/05$  level is meaningful and adult self has the most relationship with marital adjustment. For specifying share of each variable in marital adjustment predication, stepwise multi variable regression was used. Result showed that only two variable i.e. adult self and Child self could predict variable (marital adjustment) transformations, and in this relation Parent self variable because of low correlation with marital adjustment could not have meaningful share in their predication and adult self assigned 13 percent of share to himself and Child self only 1 percent. Provident variable Beta ratio (adult self, Child self) is such that adult self segregatively has relation equal to  $r = 0/31$  and Child self  $r = 0/12$  with marital adjustment. This correlation rates with regard to calculated t were meaningful and show that in marital adjustment transformations predication, between self's different states (adult, Child, Parent), adult self has the most role and is in first degree of importance.

For this hypothesis explanation we can say that inside every one there is a hidden force, that can

share in marital adjustment transformations predication. However this results show that adult self share is in first degree of importance. With review contents of table 5 we can deduce this issue.

call it wisdom, logic and advisability for encounter with realities.

This aspect of personality is called adult, which has no relation with age education and include attention to existence realities and data collection, review and logical conclusion (Bahramy, 1385). Adult can think, reasons, predict and discover quality of works performance. Adult gradually think about work's results (Heris, 1383). Everyone has this ability to assign adult as himself /herself personality executive. If adult release from negative and irrelative affects of Child and Parent, human can decide independent. When adult become personality executive, messages first receive through he/ she and this is adult who decide that which of the personality executive states are appropriate for responding. There for adult as personality executive, direct and coordinate parent and adult personality states and therefore the most relationship with marital adjustment (Bahramy, 1385). This results are homogeneous with Buttler and wampler (1999), Massey (1995), Slavik (1992), Danesh (1383) researches results.

If couples reaction be excessively arbitrary and childish, blot their self-confidence and self-respectability and their relationship with mate and family members, make family rules hollow and strict and their bond with society difficult. Therefore with self-consciousness can accept self with all weakness and strength as a human and in human place. As a wise human in incompatibility conditions, neither suppress self emotions nor follow them blindly, but on the base of intellectual distinction and confident to self under the light of adult self become able to identify self emotions and determine their normality and justification by aid of moral conscientious (parental self), without fear or guilt feeling; consequently has self respectability (Fotuhi 2010).

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