

THE RELATIONSHIP BETWEEN THE FUNCTIONS OF
LOCUS OF CONTROL AND SEXUAL SATISFACTION OF
COUPLES

Introduction: Today, most couples agree that they will attain their two main goals in the marriage having satisfactory sexual relationship and mental agreement with the spouse. Although most individuals emphasize more on having sexual relationship, satisfactory sexual relationship and mental agreement are considered as two inseparable components in a successful marriage. Therefore, a successful marital relationship is formed when satisfactory sexual relationship and mental agreement shall be created continually and interwoven to each other among the wife and husband (Ellis and Harper, 1995,page 45). By starting the marriage and creating marital relationship, sexual satisfaction and marital satisfaction change into important variables in association with the marriage quality. Sexual satisfaction and marital satisfaction are regarded as one of the most important factors in affectionate stability of couples (Fisher&Nulty, 2008). Sexual relationship plays a fundamental role in intimate relationships resulted from the marriage and shared life (Crowe &Read Lee, 2000). In belief of Glasser and Glasser (2007), sexual relationship is a way by which the couples can really feel intimacy, sincerity and connection.

Also, the results of Morokoff and Gillillands investigations (1993) showed that there is a relationship between marital satisfaction and several aspects of sexual function . More importantly, sexual satisfaction of husband and frequency of sexual relationship has a positive relationship with marital satisfaction. Generally, the more are negative exciting reaction and disasters faction with frequency of sexual intercourse, marital satisfaction will be lower. In view of Carlson and Dink Mayer (2002), sexual relationship of wife and husband is a barometer and shows ups and downs of marital relationship. Sexual relationship of wife and husband is the manifestation of their lives. However, sexual relationship includes that part of marital life which misunderstanding is occurred about it very much. But the important problem is that how does a satisfactory sexual relationship change into an unhappy and dissatisfied relationship which is often determined by bilateral disgust? For most couples, the reason for decrease in sexual relationship after several years is lieu of a closed secret. Public opinion of couples shows that the more time passes, sexual interactions will become lower and the most rapid decrease occurs during the first four years after marriage. This decrease in frequency of sexual interaction over time is also true about couples who live together but they have not married. Surprisingly, the investigations show

that full- time working and part- time working has no negative effect on sexual life of couples (Baron,2006 page450). It is possible marital relationship has an undesired effect on their sexual satisfaction in different ways. Some of these effects are so delicate that there is an association between poor marital relationship and poor sexual relationship (Crowe and Reed lee, 2000 , page 35). In belief of Morokoff&Gilliland (1993), decrease in sexual relationship of couples is often formed because of the existence of a problem in their affectionate relationship. Problematic affectionate relationships effect on affectionate states of couples and healthy sexual performance is affected by it. Life events and conditions such as death of a close person, disease of a family member, occupational stress, baby birth or anxiety and problems, all can have an effect on starting sexual problems.

In addition, in view of Glasser&Glasser (1998), the secret of decrease in sexual relationship is due to application of external locus of control by one couple or both couples against his/ her spouse.

No factor destroys sexual relationship faster and more crucial than seven destructive factors of external control (Criticism, blame, complaint, grumbling, threat, punishment and bribe). In view of them, couples who have decrease in sexual relationship and sexual dissatisfaction are involved in external control. The emergence and occurrence of it in marital relationship deteriorates sexual intimacy and marital satisfaction.

The assumption of external control is that if we feel dissatisfaction in sexual relationship, we are not responsible of such a feeling by ourselves but our spouse, the others, chance and out- of- control events are guilty. Also, in view of Glasser, for having a successful and satisfactory sexual relationship in marital life, exerting internal control(support, encouragement and assurance, listening, acceptance and friendship, respecting and negotiation) is necessary. Regarding to theoretical patterns and findings of the present research, this general question is proposed that how should wife and husband behave to each other to achieve a satisfactory and consistent sexual relationship? The present research is in order to respond the above-mentioned question.

Material and Methods. Participants and Research design. The method of study is descriptive and of correlation kind. Statistical population of this research includes all married students who were studying in Islamic Azad University- Sari branch, provided that they have at least three years marital life up to 2011. Sample volume was selected based on Koch ran formula as 62 persons (31 women and 31 men) by multi-step clustered sampling method.

For assessment of locus of control, Rooter's locus of control scale was used. Different researches have reported the validity of this scale betweenpercent70 to %81.

Also, for measurement of marital satisfaction, 47-question short from of In rich's marital satisfaction questionnaire was used. Olson Et. Al. has reported the validity of this questionnaire as 0.22 by calculation of alpha

coefficient. Performance approach= Referring to departments and official sectors of Islamic Azad university, Sari branch, tow questionnaires of locus of control and marital satisfaction were available for 31 couples.

Each respondent answered the questionnaire individually and along with his / her spouse. For data analysis, descriptive statistical method (frequency, percentage, mean, standard deviation) and deductive statistical (the agreed correlation coefficient, X^2 khi-square and T-test) were used for comparison of independent means. For testing research hypotheses, significance level of at least %5 was selected.

Results. Statistical analysis of data by testing three hypotheses of research at confidence level of 95 percent was led to the following results. First hypothesis = There is a meaning full relationship between level of sexual satisfaction of couples with internal locus of control and external locus of control.

Table 1- Results obtained from the correlation between locus of control and sexual satisfaction in couples:

| | Locus of control | | Total |
|---|------------------|------------------|-------|
| | Internal control | External control | |
| The observed frequency less than sexual satisfaction mean | 20 | 6 | 26 |
| The expected frequency | 23.1 | 2.9 | 26.0 |
| The observed frequency | 35 | 1 | 36 |
| The expected frequency | 31.9 | 4.1 | 36.0 |
| The observed frequency | 55 | 7 | 62 |
| The expected frequency | 55.0 | 7.0 | 62.0 |

Regarding to that the value of the obtained agreed correlation coefficient ($x_2 = 6.37$, $df=1$, $p<0.05$) is more than the corresponding value in the table (3.84), therefore, zero hypothesis (H_0) is rejected. That is, there is a meaningful relationship between internal locus of control of couples and their sexual satisfaction. Second Hypothesis= There is a meaningful difference between gender and locus of control.

Table 2 = Results obtained from the comparison of locus of control of couples by gender separation.

| | Locus of control | | Total |
|---------------------------------------|------------------|------------------|-------|
| | Internal control | External control | |
| The observed frequency gender = woman | 30 | 3 | 23 |
| The expected frequency | 29.3 | 3.7 | 23.0 |
| The observed frequency | 25 | 4 | 29 |
| The expected frequency | 25.7 | 3.3 | 29.0 |
| The observed frequency | 55 | 7 | 62 |
| The expected frequency | 55.0 | 7.0 | 62.0 |

As it is observed, the value of the observed X^2 square from the above-mentioned table ($p < 0.05$, $df = 1$, $X^2 = 0.37$) is less than the corresponding value in the table (3.84). Therefore, zero hypotheses (H_0) are not rejected. That is, there is no meaningful difference between two women and men groups in terms of locus of control.

Third hypothesis = There is a meaningful difference between gender and level of sexual satisfaction of couples.

Table 3- T- test results for comparison of means of the respondents' scores in sexual satisfaction test.

| Significance level of two ranges | | f | Standard Deviation | Mean | Number | Gender |
|----------------------------------|-----|---|--------------------|--------|--------|--------|
| | | | 34.89 | 171.15 | 33 | Female |
| 0.106 | .64 | 0 | 24.4 | 183.83 | 29 | Male |

Regarding to the calculated T- value in the above – mentioned table ($T = 1.64$, $df = 60$, $p < 5\%$), the obtained significance level of 0.106 is more than 5%.

Therefore, zero hypotheses (H_0) are not rejected. On the other hand, there is no meaningful difference between gender and sexual satisfaction of couples.

Discussion

In this research, the relationship between functions of locus of control and sexual satisfaction of couples was examined. Research findings show that there is a meaningful relationship between internal locus of control and sexual satisfaction of couples. In expressing this finding, it can be said that couples with internal locus of control enjoy satisfactory sexual relationship and subsequently, they are satisfied with their marital life. While couples with external locus of control suffer from decrease in sexual relationship and sexual dissatisfaction. And there are signs of criticism, blame, insult and humiliation, threat, punishment and in their marital relationship abundantly.

This finding is consistent and concordant with the studies and researches of Glasser & Glasser (1998, 2007), Ellis & Harper (1995), Baron (2006), Hunt (1974), Fisher & Nulty (2008), Morokoff & Gilliland (1993), as well as in domestic studies and investigations, with the researches of Honar-parvaran (2006), Oliya Et. Al. (2011).

Generally, the results related to each of two kinds of internal control and external control in this research represents this fact that except of marriage of two internal control isms, other marriages are not followed by appropriate and desired marital satisfaction and sexual satisfaction. While in

marriage of two external control isms, it can be said that because of seven factors of internal control affection (support, appreciation, listening, acceptance , confidence, respect and negotiation) which the couples have in marital relationship, their sexual satisfaction and marital satisfaction will increase and stabilize and this is the best association and confirms the similarity in internal locus of control.

Second finding of this research showed that there is no meaningful difference between gender and level of sexual satisfaction of couples. The previous studies on sexual satisfaction generally show that the status of individuals gender doesn't predict sexual satisfaction of couples. (Garry, 1994, cited in OliyaEt. Al. , 2011). In description of this finding, it can be said that women love sexual relationship as much as men. But the root and pointy of feeling of need in sexual relationship is not physical in them but it focuses on affectionate relationships. But this feeling has a physical root in men. It should be considered that despite of what they want , women are emerged through physical manifestations as well as despite of what they claim, men stop at the level of physical relationship. Also, one of the other findings of this research is that there is no meaningful difference between locus of control and gender. Also, third finding of this research represents that there is no meaningful difference between locus of control and gender. It is recommended that more researches shall be performed in respect of this hypothesis.

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ԼՈՎԱՌԻՄ ԿՈՆՏՐՈՆԻ ՉՈՐԾԱՌՈՒՅԹՆԵՐԻ ԵՎ ԶՈՒՅԳՆԵՐԻ ՍԵՌԱԿԱՆ ԲԱՎԱՐԱՐՎԱԾՈՒԹՅԱՆ ՓՈԽԿԱՊԱԿՉՎԱԾՈՒԹՅՈՒՆԸ

Սեռական բավարարվածությունը համանական կյանքի կարևորագույն բաղադրիչն է, որը մեծ ազդեցություն ունի գույգերի համատեղ կյանքի գոյատևման վրա: Ուսումնասիրությունները ապացուցում են, որ բազմաթիվ գույգեր տարբեր պատճառներով զոհաբերություններ են ունենում սեռական հարաբերություններում: Մեր հետազոտության նպատակն է վեր հանել լոկուս կոնտրոլի գործառնությունների և սեռական բավարարվածության փոխադարձ կապը: