

**Predicting marital adjustment, sexual satisfaction,  
and psychological well-being based on thought  
control strategies among teachers of Yasuj**

**تنبؤات التكيف الزوجي - الرضا الجنسي و الرفاه النفسي على  
أساس استراتيجيات التحكم في الفكر عند معلمي مدينة ياسوج**

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**Abstract**

Marriage is a significant and valuable component of human life. Marital adjustment and sexual satisfaction have significant effects on the family and its members' physical-mental health. The present study was conducted to predict the marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies among teachers of Yasuj. This study is a fundamental research (also known as basic or pure research) conducted with a correlational design. The statistical population consists of all married teachers of Yasuj in 2016; according to the information obtained from the department of education, the statistical population is 2290 individuals. Given the high volume of the statistical population, the sample size of married teachers was reduced to 335 individuals by using Morgan table for sample size. The

questionnaires used include *Locke-Wallace Marital Adjustment Questionnaire* (1959), *Hudson's Index of Sexual Satisfaction* (1981), and *Carol Ryff's Scales of Psychological Well-Being* (1989), and *Thought Control Questionnaire* by Wells and Davies (1994). The descriptive level includes tables of mean and standard deviation as well as frequency tables and diagrams of age, gender, educational level, and income. At the inferential statistics levels, Pearson's test and multiple regression test were used for investigating the hypotheses, analyzing the data, and answering the research questions. It is worth noting that all statistical calculations were conducted in SPSS-19. The findings of the present study indicated that there is a significant relationship among predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies among teachers of Yasuj.

**Key words:** marital adjustment, sexual satisfaction, psychological well-being, thought control strategies

### **Introduction**

Marriage is regarded a social institution that forms the basis of human relationship. By marriage, men and women are absorbed in one another through a mysterious power of instincts, rituals, and love and they surrender to one another freely and completely to create a dynamic unit known as the family (Bagherian and Beheshti, 2012).

Family is a structure the performance of which is formed through interactive patterns. An effective family is a family in which the woman and his wife talk to another for many times and form their communicative patterns in these dialogs (Abolghasemi, 2014).

Brack & Bornad maintain that communication in the family system consists of the oral exchange of information between family members that includes skills such as active listening, pause, facial expressions for exchanging information patterns within the family system (Sanagouei et al, 2012).

Nowadays, the role of family is undeniable in the social development. Families in which the couples understand one another and feel satisfied with their life have a more appropriate performance and play their roles much better. Marital adjustment is one of the important factors of progress and achieving goals of family life (Saroukhani, 2007). However, the divorce rate that is the most valid indicator of marital distress indicates that marital adjustment is not easily achievable (Graham et al, 2011).

Sexual satisfaction is considered as one of the physiological needs of human health. If sexual satisfaction is not fulfilled, physical and mental pressures of this dissatisfaction increase, the individual's health is disordered, and his capabilities and creativity reduce to a significant level (Jalalvand et al, 2015).

The studies conducted indicated that sexual disorders are closely related to social problems including crimes, sexual violence, mental diseases, and divorce. Moreover, nervousness, lower abdominal pains, backaches, inability of mental focus, and even inability of conducting daily chores are included as other complications of failure to satisfy the sexual instinct. Desirable sexual function is an important factor for family strengthening. Furthermore, desirable sexual function is considered a basis for achieving and stabilizing a solid culture and high marital adjustment. Given their different mental and physical structures, men and women perform differently in terms of sexual satisfaction. Lack of awareness and information about correct sexual intercourse and mutual pleasure results in the dissatisfaction of one party; he/she does not take enough pleasure from the sexual intercourse. The sexual dissatisfaction leads to tension that can be seen in relationships and especially marital adjustment (Jahanfar and Mowlaeinejad, 2010).

Thus, the functional value of the social institution of family is of great significance in every social system. In accordance with its values, every society first works on this institution to nurture and train its future citizen. One of the significant issues of this institution is the quality of the relationship between the couples (husband and wife); when the relationships of the couples are satisfactory, peace and calm rules the entire family that results in improved performance of social life. One of the effective factors for the efficiency of this process (followed by marital satisfaction) is psychological issues. Thus, giving due attention to the couples' psychological well-being is likely to increase their marital adjustment and consequently the improved performance of the family. Previous studies indicate that the psychological well-being is a factor affecting the couples' marital satisfaction (Cohen et al, 2009; Shafiei Kandjani et al, 2008).

In fact, the most prevalent problem discussed by dissatisfied couples is failure to communicate. If the couples do not discuss their problems with each other and fail to come to a positive solution agreed by both parties, failure to express intimacy is likely to result in tension in relationship or even its termination (Abolghasemi, 2014).

Incorrect communicative patterns reduce the individuals' mutual understanding. Moreover, these patterns make the couples fail to provide supports for one another, attempt for the satisfaction of their needs, understand one another on challenging issues, and reduce marital adjustment and sexual satisfaction. However, correct and constructive communicative patterns are included as the most important factors for marital adjustment and sexual satisfaction (Sanagouei et al, 2012). The present study aims at predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies among teachers of Yasuj.

### **Method**

The present study is a fundamental research (also known as basic or pure research) conducted with a correlational design. The statistical population consists of all married teachers of Yasuj in 2016; according to the information obtained from the department of education, the statistical population is 2290 individuals. Given the high volume of the statistical population, the sample size of married teachers was reduced to 335 individuals by using Morgan table for sample size.

### **Research tools**

#### ***Locke-Wallace Marital Adjustment Questionnaire***

*Locke-Wallace Marital Adjustment Questionnaire* (1959) is a 15-question questionnaire that is considered as one of the first short scales for measuring marital adjustment. The scores of this test has a high correlation with Lock-Wallace Prediction test. This indicates the high simultaneous validity of this questionnaire. This questionnaire is a scale for predicting future adjustment (Sanagouei et al, 2012).

#### ***Hudson's Index of Sexual Satisfaction***

This questionnaire was designed by *Hudson, Harrison and Krvskap* in 1981 for evaluating the couples' levels of satisfaction. This index consists of 25 questionnaire and it is included as one of the self-report questionnaires. The findings of this questionnaire indicates the correlation of 0.95 at the significance level of 0.1. Moreover, for conducting a more accurate investigation, the split-half validity is 0.88. Guttman's coefficient is 0.80.

#### ***Carol Ryff's Scales of Psychological Well-Being***

Carol Ryff's Scales of Psychological Well-Being (1989) is multidimensional concept including six aspects: self-acceptance; positive relations with others; autonomy; environmental mastery; purposeful life; and personal growth. For measuring these structures, Ryff designed the

scale of psychological well-being including 20-question questionnaire, 14-question questionnaire, 9-question questionnaire, and 3-question questionnaire. After conducting the initial investigations, the main version of the psychological well-being questionnaire was designed; it consists of 84 questions.

#### **Scoring of the questionnaire**

This questionnaire evaluates six main components of psychological well-being pattern and thus has six 6 subscales (each subscale includes 14 items). This questionnaire has been designed for adults and has two versions; 54-item version and 18-item version. On a 6-point Likert scale (ranging from 1=completely disagree to 6=completely agree), the participant is required to specify that how far he agrees or disagrees with each of the items.

#### **Thought Control Questionnaire (TCQ) by Wells and Davies**

Thought Control Questionnaire (TCQ) by Wells and Davies (1994) is a 30-item tool that was to assess adjustment and maladjustment strategies for controlling unpleasant and unwanted thoughts in different groups. The findings related to the factor analysis of the initial version of the questionnaire about the students identified 6 factors. These factors include the behavioral strategies of distraction, the cognitive strategies of distraction, social control, worry, punishment and re-appraisal. However, in the final version of the questionnaire, the behavioral and cognitive strategies of distraction were combined and constituted one single factor.

#### **Data analysis**

In the present study, the data analysis was conducted in two methods of descriptive and inferential. The descriptive level includes tables of means and standard deviation as well as frequency tables and diagrams of age, gender, educational level, and income. At the inferential statistics levels, Pearson's test and multiple regression test were used for investigating the hypotheses, analyzing the data, and answering the research questions. It is worth noting that all statistical calculations were conducted in SPSS-19. The significance level used in the present study was considered 0.05.

#### **Research findings**

##### **Descriptive findings**

According to the findings, as many as 55.52 percent of the participants were female and 44.47 percent were male. In terms of the participants age, as many as 2.98 percent of the teachers were between 20-30 years old, 32.83 percent were between 26-30 years old, 38.80

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percent were between 31-35 years old, and 25.37 percent of them were over 35 years old.

In terms of their educational level, as many as 26.68 percent of the teacher had an associate degree, 52.53 percent had a BS/BA degree, and 20.59 percent of the teachers had an MS/MA or higher degrees. Thus, most of the participants had a BA/BS degree.

### Inferential statistics

**Table 1. The correlation coefficient values between thought control strategies with marital adjustment, sexual satisfaction, and psychological well-being, teachers of Yasuj**

| Hypothesis   | Number | Test used | Correlation coefficient | Sig   | Test result          |
|--|--------|-----------|-------------------------|-------|----------------------|
| Relationship between thought control strategies and marital adjustment       | 335    | Pearson   | 0.723                   | 0.000 | Hypothesis confirmed |
| Relationship between thought control strategies and sexual satisfaction      | 196    | Pearson   | 0.755                   | 0.003 | Hypothesis confirmed |
| Relationship between thought control strategies and psychological well-being | 335    | Pearson   | 0.647                   | 0.000 | Hypothesis confirmed |

**Table 1. The correlation coefficient values between marital adjustment and sexual satisfaction, teachers of Yasuj**

| Hypothesis  | Number | Test used | Correlation coefficient | Sig   | Test result          |
|---|--------|-----------|-------------------------|-------|----------------------|
| Relationship between marital adjustment and sexual satisfaction | 335    | Pearson   | 0.671                   | 0.000 | Hypothesis confirmed |

**Table 1. The correlation coefficient values between psychological well-being and sexual satisfaction, teachers of Yasuj**

| Hypothesis  | Number | Test used | Correlation coefficient | Sig   | Test result          |
|---|--------|-----------|-------------------------|-------|----------------------|
| Relationship between psychological well-being and sexual satisfaction | 335    | Pearson   | 0.643                   | 0.000 | Hypothesis confirmed |

**Table 1. The correlation coefficient values between marital adjustment and psychological well-being, teachers of Yasuj**

| Hypothesis   | Number | Test used | Correlation coefficient | Sig   | Test result          |
|--|--------|-----------|-------------------------|-------|----------------------|
| Relationship between marital adjustment and psychological well-being | 335    | Pearson   | 0.725                   | 0.000 | Hypothesis confirmed |

**Table 1. The correlation coefficient values between predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies, teachers of Yasuj**

| Hypothesis  | Number | Test used | Correlation coefficient | Sig   | Test result          |
|---|--------|-----------|-------------------------|-------|----------------------|
| Relationship between predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies | 335    | Pearson   |                         | 0.000 | Hypothesis confirmed |

**Table 1. The regression result between predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies, teachers of Yasuj**

| Variables  | R <sup>2</sup> | F      | □    | T     |
|--|----------------|--------|------|-------|
| Thought control strategies   | 0.39           | 3.97** | 0.16 | 2.60* |
| Marital adjustment, sexual satisfaction and psychological well-being |                |        |      |       |

\*P<0.01, \*\*P<0.05

### Discussion and conclusion

**First sub-hypothesis:** There is a significant relationship between thought control strategies and marital adjustment among teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent, sig=0.000 is resulted. Since there is sig<0.05, the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship between thought control strategies and marital adjustment among teachers. Since Pearson's correlation coefficient of this test is 0.723, the relationship is thus positive. Therefore, the first sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is strong and positive relationship between thought control strategies and marital adjustment among teachers of Yasuj. This finding can be elaborated as such that men and women will enjoy a high level of marital adjustment on three conditions: they are well aware of the problem diagnosis capabilities as well as the application of effective and potential solutions; they learn to identify their cognitive skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for their thought and decisions.

**Second sub-hypothesis:** There is a significant relationship between thought control strategies and sexual satisfaction among teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent, sig=0.003 is resulted. Since there is sig<0.05, the null hypothesis is thus rejected and the research hypothesis is confirmed. . This means that there is a relationship between thought control strategies and sexual satisfaction among teachers. Since Pearson's correlation coefficient of this test is 0.755, the relationship is thus positive. Therefore, the second sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation

coefficient obtained, there is a strong and positive relationship between thought control strategies and marital adjustment among teachers of Yasuj. This finding can be elaborated as such that men will enjoy a high level of sexual satisfaction on four conditions: they adopt thought control strategies in their life; they are well aware of sexual satisfaction, positive feelings, and liveliness; they learn to identify their cognitive skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for their thoughts and decisions.

**Third sub-hypothesis:** There is a significant relationship between thought control strategies and psychological well-being among teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent,  $\text{sig}=0.000$  is resulted. Since there is  $\text{sig}<0.05$ , the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship between thought control strategies and psychological well-being among teachers. Since Pearson's correlation coefficient of this test is 0.647, the relationship is thus positive. Therefore, the third sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is a strong and positive relationship between thought control strategies and psychological well-being among teachers of Yasuj. This finding can be elaborated as such that men will enjoy a high level of psychological well-being on three conditions: they are well aware of the abilities of guiding their thoughts and action; they learn to identify their cognitive skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for guiding their decisions.

**Fourth sub-hypothesis:** There is a significant relationship between marital adjustment and sexual satisfaction of teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent,  $\text{sig}=0.000$  is resulted. Since there is  $\text{sig}<0.05$ , the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship between marital adjustment and sexual satisfaction among teachers. Since Pearson's correlation coefficient of this test is 0.671, the relationship is thus positive. Therefore, the fourth sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is a strong and positive relationship between marital adjustment and sexual satisfaction among teachers of Yasuj. This finding can be elaborated as such that men will enjoy a high level of sexual



satisfaction on three conditions: they are well aware of the resistance and adjustment abilities against stressful events without escaping tense conditions; they learn to identify their cognitive skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for guiding their decisions.

**Fifth sub-hypothesis:** There is a significant relationship between psychological well-being and sexual satisfaction of teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent,  $\text{sig}=0.000$  is resulted. Since there is  $\text{sig}<0.05$ , the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship between psychological well-being and sexual satisfaction among teachers. Since Pearson's correlation coefficient of this test is 0.643, the relationship is thus positive. Therefore, the fifth sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is a strong and positive relationship between psychological well-being and sexual satisfaction among teachers of Yasuj. This finding can be elaborated as such that men and women will enjoy a high level of sexual satisfaction on three conditions: they are well aware of the potential capacities of mental well-being; they learn to identify their cognitive skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for guiding their decisions.

**Sixth sub-hypothesis:** There is a significant relationship between marital adjustment and psychological well-being of teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent,  $\text{sig}=0.005$  is resulted. Since there is  $\text{sig}<0.05$ , the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship between marital adjustment and psychological well-being among teachers. Since Pearson's correlation coefficient of this test is 0.725, the relationship is thus positive. Therefore, the sixth sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is a strong and positive relationship between marital adjustment and psychological well-being among teachers of Yasuj. This finding can be elaborated as such that men and women will enjoy a high level of psychological well-being on three conditions: they are well aware of their marital adjustment capabilities against the tensions and emotions ; they have learned to identify their cognitive

skills, talents, and capabilities; and they have a realistic evaluation of their own life by using the priorities for guiding their decisions.

**Main hypothesis:** There is a significant relationship among predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies in teachers of Yasuj. As the findings obtained indicate, by conducting Pearson's test at the confidence interval of 95 percent,  $\text{sig}=0.000$  is resulted. Since there is  $\text{sig}<0.05$ , the null hypothesis is thus rejected and the research hypothesis is confirmed. This means that there is a relationship among predicting marital adjustment, sexual satisfaction, and psychological well-being based on thought control strategies among teachers. Since Pearson's correlation coefficient of this test is 0.657, the relationship is thus positive. Therefore, the sixth sub-hypothesis of the present study is confirmed at the confidence interval of 95%. Given the correlation coefficient obtained, there is a strong and positive relationship among predicting marital adjustment, sexual satisfaction, and psychological well-being among teachers of Yasuj. This finding can be elaborated as such that men and women will enjoy a desirable level of marital adjustment, sexual satisfaction, and psychological well-being on two conditions: they learn to identify their cognitive skills, talents, thoughts, and capabilities and they have a realistic evaluation of their own life by using the priorities for guiding their decisions.

The findings of the present study are consistent with those of the studies conducted by Simon et al (2015), Yucel & Gassanov (2010), Santtila et al (2008), Jalalvand et al (2015), Atefifar et al (2015), Ali Akbari Dehkordi et al (2014), Zarb Estejabi et al (2014), Iman and Yad Ali Jamalouei (2013), and Arefi and Mohsenzadeh (2013).

### **Conclusion**

Family is one of the most important parts of every society. Achieving a healthy society is clearly dependent on a healthy family, and achieving a healthy family is based upon the individuals' mental health and desirable relations with one another. Thus, healthy family as well as proper relations bring about positive effects for the entire society. One might say that the most important factors for strengthening a family

include marital adjustment, marital satisfaction, psychological well-being, and thought control strategies. Therefore, it is of great significance to deal with different aspects of marital life and the factors affecting it. The main factor for the formation and stability of a family is fulfilling human's needs. Thus, if the needs are properly fulfilled, there will be a stable family. Otherwise, it will deal with lots of disorders and distresses.

### **الملخص:**

يعتبر الزواج عنصرا هاما وقيما جدا في حياة الإنسان. للرضا الجنسي و الرفاه النفسي تأثير كبير على الأسرة و الصحة الجسدية و العقلية وعلى أفرادها. تم تصميم هذه الدراسة للتنبؤ على التكيف الزوجي و الرفاه النفسي على أساس استراتيجيات التحكم في الفكر عند معلمي مدينة ياسوج. هذا البحث من نوع البحث الأساسي في إطار مشاريع التضامن. يتكون المجتمع الإحصائي من جميع المعلمين المتزوجين في مدينة ياسوج بعام ١٣٩٥ الذي وفقا للمعلومات التي تم الحصول عليها من وزارة التربية و التعليم عدل ٢٢٩٠ نسمة. بالنظر إلى الحجم الكبير للمجتمع الإحصائي و باستخدام جدول مورجان، مساوى حجم العينة للمعلمين المتزوجين ٣٣٥ نسمة. تضمن الاستبيان المستخدم في هذه الدراسة: استبيان التكيف الزوجي للوك والاس (١٩٥٩)، استبيان الرضا الجنسي لهادسون (١٩٨١)، استبيان الرفاهية النفسية لكارول ريف (١٩٨٩)، استبيان التحكم في الفكر لولز و دوىس (١٩٩٤). شمل في المستوى الوصفى على: (متوسط الجداول و الانحراف المعيارى) و (جدول و مخطط العمر، النوع الاجتماعي، المستوى التعليمي، مستوى الدخل) و في المستوى الاحصائىات الاستنباطية، من أجل دراسة الفرضيات تستخدم اختبارات بيرسون و الانحدار المتعدد لتحليل الأسئلة البحثية والإجابة عليها. و تجدر الإشارة إلى أنه يتم إجراء جميع الحسابات الإحصائية من طريق برنامج SPSS.١٩. نتائج البحث

تظهر أنَّ هناك علاقة ذات مغزى بين تبؤات التكيف الزوجي، الرضا الجنسي و الرفاه النفسي على أساس استراتيجيات التحكم فى الفكر في معلمي مدينة ياسوج. الكلمات الرئىسىة: التكيف الزوجي، الرضا الجنسي، الرفاه النفسي، التحكم فى الفكر.

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