

## Marital adjustment: the role of prenuptial agreement and spiritual attitudes

Zahra Hosseini<sup>1</sup>, Nader Monirpour<sup>2</sup> PhD\*

- 1) Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran.
- 2) Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran. monirpour1357@gmail.com

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### ABSTRACT

The purpose of this study was to explain marital adjustment based on pre-marital agreement and spiritual attitudes. The statistical population of this study consisted of all couples from Qom, Iran. The sample size of this study included 360 married couples who were selected by available. Sampling method. To assess the subjects, Spinner's marital adjustment questionnaire (1978), Abedin, Fatehi, and Dehghani's pre-marriage agreement questionnaire (2011) and spiritual attitude of Shahriari and Farrokhnia (2012) were used. Pearson statistical method, correlation coefficients and multiple regression of two variables were used to analyze the research hypothesis data. The results of the analysis showed that married couples' agreement before marriage in total with 32% had spiritual attitudes among married couples with a total of 16% and a total of 47% of the ability to predict marital adjustment. The findings of this research can be considered as the basis for scientific advancement and planning to prioritize the individual, psychological, and social issues of couples.

**KEYWORDS:** marital adjustment, premarital agreement, spiritual attitudes

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<sup>1</sup> zahos313@gmail.c

<sup>2</sup> monirpour1357@gmail.com

## INTRODUCTION

Marital adjustment is one of the broadest concepts for determining and showing the degree of happiness and stability of a relationship (McKay, Fanning and Pelg, 2014). Marital adjustment can be defined as a process that is accompanied by consequences such as difficulty in understanding sexual differences, personal and interpersonal anxiety, and marital satisfaction (Spinner, 1978). Studies have shown that married people who have more marital adjustment generally have longer lives, are more emotional, are physically healthier, and live longer (Halvorsan and Metz, 2010). Haws (2013) has also shown that couples who are able to understand and accept each other's thoughts and feelings are more compatible in married life. They also showed that factors such as psychological, social, personal factors and demographic characteristics of individuals affect their marital adjustment because a couple's marital adjustment at any time is the result of the interaction of various variables and conditions that affect their relationship. One of the most important components that can explain the marital compatibility of couples is the agreement before their marriage. Premarital agreement is an individual dimension of marital compatibility, because if a couple can not reach a relative agreement in their relationship and as a result of compatibility, their marital function will be disrupted (Faryabi and Mahmoud Abadi, 2013). Satisfactory marital relationships require effective and beneficial marital adjustment, relationships in which agreement prevails; The motherchild-father-child relationship is positive, and parents are more likely to have similar roles, partnerships, and (Griff, 2014) Because premarital agreement can help predict marital compatibility or incompatibility in marriage. (Abedin, Fatehi and Deghani, 2011; Eghbali et al, 2013; Tayyebi et al, 2013).

Brun and Hill (2012) define premarital agreement as the ability to gain more insight into one's characteristics and the relationship between couples for a successful or unsuccessful marriage. Researchers have also shown that prenuptial agreement is very effective in reducing the incidence of mental health problems that lead to psychiatric problems in children because it prevents the consequences of wrong marriages (Hiddon, 2012). Compatible couples are couples who have a lot of agreement with each other before marriage, are satisfied with the type and level

of their relationship, are satisfied with the type and quality of leisure time, and plan their time and financial issues well (Lee, Oken and Sebland, 2010).

Spiritual attitudes can also be another important component in explaining the marital compatibility of couples. Spiritual attitude can be effective in marital relationship because it includes guidelines for life and the systemic presentation of beliefs and values that these characteristics can affect marital adjustment (Hanler and Gunchuz, 2015). Most researchers believe that the existence of spiritual attitudes in couples has a significant effect on marital adjustment.

In fact, paying attention to spiritual tendencies with the support of reason, creates a spiritual attitude in human beings. As a result, spiritual attitude can be considered from the depth of human consciousness and knowledge that passes through the surface and appearance of objects and into , Their nature and their relationships and dependencies penetrate with the aim of searching for cause and meaning; Therefore, the more a person's spiritual tendencies and attitudes undergo a doctrinal (belief in the existence and presence of God) and intellectual thinking and knowledge about creation and its meaning, the more and deeper a person becomes in the process of spiritual development (Gradner, 2007). ). Being in the process of spiritual growth, attention and faith in God and understanding of His presence in life, has a profound effect on his views and behavior about himself and his relationships with other human beings and shows him the way to find the right purpose and meaning in life. Which is the achievement of spiritual ability and the result of a healthy spiritual attitude (Mahmoudi, Sadeghi and Jamal Omid, 2018).

Smith (2008; quoted by Zarei, 2014) considers spiritual attitudes as religious experiences, coping with stress and having specific goals in life. These components are the principles according to which a person can withstand the pressures of life and the problems that lie ahead and not perform actions that cause harm to oneself and society. Niegren et al. (2014) also found that when spouses have a spiritual attitude to their relationship, they have higher marital satisfaction and less conflict and are better able to resolve their problems. Other research in this field has shown that spiritual attitudes are an important factor in the stability of marriage and marital adjustment. (Manjezi, Shafiabadi and Sudani, 2012). Therefore,

library studies and detailed studies led to the conclusion that no coherent research has been done in the field of the present subject, therefore, research in the present field has the aspect of innovation and virginity and society. Makes an unlimited goal beneficial. Research of the present type of research, while being a response to scientific and research gaps in this field, will be a prelude to attracting the attention of researchers and scholars to this scientific field and in order to identify other dimensions and aspects of the issue. Also, the low number of researches in this field and the study of the combination of three variables in explaining marital adjustment based on pre-marital agreement measurement and spiritual attitudes are other necessities of this research. Therefore, according to the study of the relationships between variables, this study seeks to answer the question of whether pre-marriage agreement and spiritual attitudes explain marital adjustment among married couples? The answer to this question is the main purpose and issue of the present research. According to the theoretical considerations and research findings in the field of study, the hypotheses of this study were examined as follows: Hypothesis 1) Premarital agreement among married couples predicts marital adjustment; Hypothesis 2) Spiritual attitudes among married couples predict marital adjustment; Hypothesis 3: Premarital agreement and spiritual attitudes predict marital compatibility.

## Method

### Statistical population, sample and research method

The present study is a descriptive study that was performed by correlation method. The statistical population of this study consisted of all couples from Qom, Iran. (20 to 40 years). The statistical sample of this study also includes 360 married couples living in Qom (Iran) who were selected by available sampling method after calculating the sample size in the Cochran test formula. In this way, first a list of all 10 areas of Qom city was prepared and then the subjects were randomly selected from each area by visiting their door. The method of implementation was implemented by conducting questionnaires among the statistical sample. Thus, the required tools were first prepared and then the necessary sampling process was performed by obtaining the necessary permits from the relevant authorities, followed by the

questionnaires used among the samples. Selected distribution and information on how to fill out the questionnaires, accuracy in completing as well as honesty in answering. The data obtained from this study were analyzed using SPSS software. To analyze the data related to the research hypotheses, Pearson statistical methods, correlation coefficients and multiple simultaneous bivariate regression were examined.

## Test tools

### Marital adjustment questionnaire

Spinner (1978) Marital Adjustment Questionnaire is used to assess marital adjustment. Which includes a self-assessment questionnaire of 32 questions and people's perceptions about marital adjustment are extracted from it. The scores of this questionnaire vary from zero to 151, which scores greater than or equal to 100 means people's compatibility and scores less than 100 means there is a problem. It is marital relations and incompatibility and family understanding. Studies on the reliability and validity of this scale have always been positive. Sponsor (1978) Reliability 0/96. Obtained through Cronbach's alpha coefficient for this scale and also reported a high validity criterion for this questionnaire. In Iran, the validity and reliability of this questionnaire by Hassan Shahi (2008) using the ballad method 0/96 And using Cronbach's alpha coefficient 0/92 it was estimated. Also, high validity of this questionnaire has been reported.

### prenuptial agreement Questionnaire

This scale is made by Abedin, Fatehi and Dehghani (2010) which is made up of 28 phrases in the form of four scales of ritual of communication and entertainment, understanding and exchange of emotions, political and social affairs and educational affairs. Table expressions and their answers with Likert rankings in a six-choice range including high agreement very high (5), high agreement (4), moderate agreement (3), low agreement (2), very low agreement (1) and Finally I did not talk about it (0) are set. A high score means a high agreement and a low score means a low agreement. Cronbach's alpha coefficient of the whole questionnaire 0/91. Percentage has been obtained. The validity of the questionnaire has also been reported to be very high.

### Spiritual Attitudes Questionnaire

This questionnaire was developed by Shahriari and Farrokhnia (2012) to assess the spiritual attitude. The Attitude and Spiritual Ability Questionnaire consists of 43 items and 2 subscales of Spiritual Attitude (24 questions) and Spiritual Ability (19 questions) which are used to assess the level of spirituality and spiritual growth. The questionnaire is scored as a 5-point Likert scale for the options I strongly disagree, disagree, somewhat agree, agree and strongly agree, the scores of 0, 1, 2, 3 and 4 are considered, respectively. In this questionnaire, the score between 0 and 57: spiritual attitude, the score between 57 to 86: moderate spiritual attitude and the score above 86: strong spiritual attitude. The reliability of the questionnaire was tested by retest method on 40

subjects at intervals of 5 weeks (35 days) and the correlation coefficient obtained from this retest was calculated to be 0/61. Also, the internal consistency of the questionnaire was calculated through Cronbach's alpha and the coefficient obtained for the whole test was calculated to be 0/91. Internal consistency The questions of each component also showed that the obtained components have a high internal consistency.

### Demographic data

In the following, the descriptive indices of the variables of the present research as well as the results of the data normality are reported. First, the results of the descriptive indices are reported in Table 1.

Table 1: Descriptive indicators of the variables of the present study

Structure	Dimensions	Average	The standard deviation	The least	The most
			n		
<b>Marital compatibility</b>	Marital Satisfaction	30/60	5/16	20	43
	Two-person solidarity	19/94	2/57	7	24
	Two-person agreement	34/86	3/05	17	52
	Expression of love	11/79	6/04	4	17
	Total	92/20	14/59	57	131
<b>Relative agreement</b>	Ritual of communication	20/58	5/53	13	26
	Understandings	20/64	4/54	9	27
	Socio-political affairs	19/66	3/88	13	26
	Education of children	19/24	3/83	11	24
	Total	80/14	14/20	47	103
<b>Attitude Spiritual</b>	Spiritual attitude	81/72	17/04	56	117
	Spiritual ability	61/08	11/89	45	94

Tables 1: show the results of descriptive indices related to the research variables, the mean indices and standard deviation of the variables indicate the appropriate scatter of data and the skewness and

elongation indices indicate the normal distribution of variables. Table 2 reports the results of the Kalmogorov-Smirnov test to check the normality of the distribution of variables for parametric tests.

Table 2: Results of Kalmogorov-Smirnov test to check the normality of the distribution of variables

Variable	z K-S	p	Result
Marital Satisfaction	0/09	0/12	normal
Two-person solidarity	0/14	0/10	normal
Two-person agreement	0/22	0/08	normal
Expression of love	0/17	0/11	normal
Total	0/19	0/11	normal
Ritual of communication	0/09	0/12	normal
Understandings	0/14	0/12	normal
Socio-political affairs	0/12	0/08	normal
Education of children	0/10	0/10	normal
Total	0/22	0/11	normal
Spiritual attitude	0/16	0/15	normal
Spiritual ability	0/05	0/13	normal

According to Table 2, the Kalmogorov-Smirnov z statistic is not significant for all variables at the 0/05 level. According to this finding, it can be said that the distribution of variables is normal and parametric tests can be used to test the research hypotheses. In this section, the inferential findings of the research are

presented to answer questions or test hypotheses. To test the first hypothesis, stepwise regression test was used, however, before presenting the results, Pearson correlation test was used to examine the relationships between these variables.

Table 3: Correlation matrix between spiritual attitude and marital adjustment

n	Variable	1	2	3	4	5	6	7
1	Marital Satisfaction	1						
2	Two-person solidarity	0/36**	1					
3	Two-person agreement	0/74**	0/45**	1				
4	Expression of love	0/55**	0/46**	0/53**	1			
5	Marital compatibility	0/87**	0/61**	0/29**	0/72**	1		
6	Spiritual attitude	0/23**	0/12**	0/15**	0/12**	0/19**	1	

<b>7</b>	<b>Spiritual ability</b>	0/36**	0/13**	0/21**	0/18**	0/28**	0/70**	1
*p<0.05, **p<0.01								

The results of Table 3 show that there is a significant relationship between the components of marital adjustment and marital agreement, so that the relationship between marital adjustment with spiritual attitude is 0/19 and spiritual ability is 0/28. Simultaneous multiple regression analysis was used to predict marital adjustment from religious attitudes

among married couples. Before presenting the regression results, in Table 4, the results of the camera-Watson test are reported to check the independence of standard variable errors as well as the results of checking the absence of multiple alignment between predictor variables (VIF).

Table 4, the results of the study of error independence and multiple alignment in regression analysis

Variable	Test	The value obtained	Allowed amount	Result
<b>Marital compatibility</b>	Durbin - Watson	1/61	Between 1.5 and 2.5	There is independence of errors
<b>Spiritual attitude</b>	VIF	1/23	Less than 10	There is no multiple alignment
<b>Spiritual ability</b>	VIF	1/19	Less than 10	There is no multiple alignment

According to the above findings, the value of the Durbin-Watson in the present study is 1/61. Values between 1.5 and 2.5 indicate the independence of errors in the data. Therefore, it can be said that in the present study, there is an independence of errors for multivariate regression. The variance inflation factor (VIF) statistic in the present study for all predictor

variables is less than 10, which indicates the absence of polynomials. Therefore, it can be said that in the present study, there is no multiple alignment between the predictor variables. The results show a summary of the regression model for predicting marital adjustment in Table 5 and ANOVA results in Table 6.

Table 5: Regression model for predicting marital adjustment based on predictor variables

Sig	ΔF	standard error	Explanation coefficient	Correlation
0/001	14/09	1/19	0/16	0/40

Table 6: Results of analysis of variance table for regression of marital adjustment from predictor variables

Model	Total squares	df	Average squares	f	Sig
<b>regression</b>	66791/47	2	56709/11	17/07	0/001
<b>left over</b>	456198/11	717	4531/13		

The results of Table 5 show that the dimensions of religious attitude are able to predict 16% of changes in the variable of marital adjustment, also  $f = 17/07$  with a significance level of 0/001 in Table 6 shows that the

amount of prediction is statistically favorable. And is significant, however, in order to investigate the effect of each of the effective factors in predicting the criterion variable, the results of beta coefficients, t-

statistic and significance level of each are reported in Table 7.

Table 7: Beta coefficients, t and significant level of marital adjustment regression

Indicators				
Variables	B	rd error b	$\beta$	T
Spiritual attitude	0/25	0/09	0/29***	7/30
Spiritual ability	0/11	0/11	0/14***	1/28

\*\*\*p<0.001

Based on the findings in Table 7, the coefficients of influence and T statistics related to religious attitude and spiritual ability show that these components at a significant level of 0/001 can confidently predict changes in variance of marital adjustment. . Simultaneous multiple regression analysis was used to predict marital adjustment from premarital agreement

and spiritual attitudes among married couples, Before presenting the regression results, in Table 8, the results of the Durbin-Watson test are reported to check the independence of standard variable errors as well as the results of checking the absence of multiple alignment between predictor variables (VIF).

Table 8: Results of the study of error independence and multiple alignment in regression analysis

Variable	Test	The value obtained	Allowed amount	Result
Marital compatibility	Durbin - Watson	1/69	Between 1.5 and 2.5	There is independence of errors
Ritual of communication	VIF	1/09	Less than 10	There is no multiple alignment
Understandings	VIF	1/77	Less than 10	There is no multiple alignment
Political affairs	VIF	1/89	Less than 10	There is no multiple alignment
Children Training	VIF	1/56	Less than 10	There is no multiple alignment
Spiritual attitude	VIF	1/87	Less than 10	There is no multiple alignment
Spiritual ability	VIF	1/45	Less than 10	There is no multiple alignment

According to Table 8, the value of the Durbin – Watson in the present study is 1/69. Values between 1/5 and 2/5 indicate the independence of errors in the data. Therefore, it can be said that in the present study, there is an independence of errors for multivariate regression. The variance inflation statistic (VIF) in the present study for all predictor variables is

less than 10, which indicates the absence of polynomials. Therefore, it can be said that in the present study, there is no multiple alignment between the predictor variables. The results show a summary of the regression model for predicting marital adjustment in Table 9 and ANOVA results in Table 10.

Table 9: Regression model predicts marital adjustment based on predictor variables

Sig	$\Delta F$	standard error	Explanation coefficient	Correlation
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0/001	12/26	1/33	0/47	0/68
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Table 10: Results of analysis of variance table for regression of marital adjustment from predictor variables

Model	Total squares	df	Average squares	f	Sig
regression	18999/34	6	3166/55	16/07	0/001
left over	134150/23	713	188/13		

The results of Table 15 show that the dimensions of premarital agreement and religious attitude are able to predict 47% of the changes in the marital adjustment variable, also  $f = 16/07$  with a significance level of 0/001 in Table 4-24. The prediction rate is statistically

desirable and significant, however, in order to investigate the effect of each of the effective factors in predicting the variable, the criteria for the results of beta coefficients, t-statistic and significance level of each are reported in Table 11.

Table 11: Beta coefficients, t and significant level of marital adjustment regression

Indicators	B	rd error b	$\beta$	T
<b>Variables</b>				
<b>Ritual of communication</b>	0/08	0/30	0/02	0/78
<b>Understandings</b>	0/01	0/23	0/12	0/33
<b>Political affairs</b>	0/26	0/27	0/07	2/56
<b>Children Training</b>	0/50	0/20	0/13	1/77
<b>Spiritual attitude</b>	0/24	0/04	0/32	3/78
<b>Spiritual ability</b>	0/05	0/06	0/07	1/90

\* $p < 0.05$ , \*\* $p < 0.01$

Based on the findings in Table 16, the coefficients of influence and T statistics related to spiritual attitude and agreement show that between these components, political affairs, understandings, child rearing and spiritual attitude can significantly improve marital adjustment. Predict.

## Discussion

The purpose of this study was to explain marital adjustment based on premarital agreement and spiritual attitudes. Research findings showed that premarital agreement among married couples with a total of 32% ability to predict marital adjustment. The results of this research finding are in line with the findings of previous studies by MalekEshgar, Mazaheri and Sadeghi (2017), (Taymimi, 2016), Baharloo, Sadeghifard, Amini and Zamanpour (2016), Rahmati (2016), Metriot (2014), Hidton (2012), Stanley (2011) concluded that premarital agreement among married couples has the ability to predict marital adjustment. In explaining this research finding, it can be said that choosing a spouse is one of the most important decisions of each person in his life

period and he has his own unique criteria and agreements for choosing each person. Everyone is looking for someone who has the desired characteristics, criteria and agreements, so the correct and informed choice based on prenuptial agreement guarantees marital compatibility. Ellis (2001) considers marital adjustment as the pleasure experienced by couples, when all aspects of their marriage (premarital agreement) have been considered, so premarital agreement helps to predict the success or failure of marriage. And in order to reduce the incidence of mental health problems, which in turn causes psychiatric problems in children, has a great impact and allows couples to pay attention to the areas that need to be addressed, Be aware because pre-marital agreement predicts the degree of compatibility or incompatibility in marriage to some extent (Abedin, Fatehi and Dehghani, 2010). Because understanding the information from the parties (such as: age, gender, ethnicity, marriage, job, income, education, religious affiliation, etc.) evaluation and general agreement on matters and principles of life to each party and to a large extent can prevent the choice



of a spouse at random and the challenges arising from it. These factors are used to assess potentially problematic areas or to identify areas of strengths and burdens of the marital relationship.

Findings also showed that spiritual attitudes among married couples with a total of %16 have the ability to predict marital adjustment. The results of this research finding are in line with the findings of previous lunar and studies (2018), Rashidi (2018), Islaminejad, Taslimi and HashemiNasab (2017), Kermani and Rezaei (2017), Yousefi, Bukani and Kurd (2017), Zarei (2016), Alex and Ajwani (2015), Silva, Kimura, Stelmach and Santos (2015), Griff (2014), Karun and Hirnell (2013), Seebold and Hill (2012) concluded that the attitude Spiritual relationships among married couples have the ability to predict marital adjustment.

Explaining this research finding, it can be said that marital adjustment based on spiritual attitudes and beliefs can solve disputes, problems and challenges faced by couples through dialogue, perseverance and mutual tolerance. Spiritual attitudes are the main unifying factor among couples that helps resolve conflict. Religious attitudes also primarily strengthen and improve couples' relationships, improve parenting duties. Secondly, it helps people to plan their leisure time with their family properly. Religious attitudes help people to accept and adapt to their spouse's differences of taste. Fourthly, it helps people to resolve conflicts between themselves and their spouse well, and ultimately makes people have mutually satisfying sex. Spiritual attitudes make a person's attitude to the whole universe purposeful. Lack of spiritual attitude also causes a person to lack cohesion and peace, and this causes weakness and the source of many differences in marital adjustment. In general, spiritual attitudes give disabled and maladapted families the ability to find meaning and purpose in life, and provide spirituality as a support for identity and a basis for coping with change, loss, and limitation. Because couples with high spiritual attitudes have the ability to deal effectively with challenges and conflicts, they can cope with unexpected problems and issues, are able to help each other, and work together effectively when dealing with problems. These couples have open relationships and explicitly express their spiritual beliefs and have a spiritual self-knowledge.

The results also showed that pre-marital agreement and spiritual attitudes among married couples with a total of 47% in the components of political and social affairs, understanding and exchange of feelings, education of children and spiritual attitudes, the ability to predict marital adjustment. Has. The results of this research finding are in line with the findings of previous studies by MalekAsgar, Mazaheri and Sadeghi (2017), Rashidi (2017), Taymimi (2016), Islaminejad, Taslimi and HashemiNasab (2016), Kermani and Rezaei (2016), Rahmati (2015), Alex and Ajwani (2015), Silva, Kimura, Stelmach and Santos (2015), Mahoney et al. (2014), Seebold and Hill (2012), Stanley (2011) concluded that attitudes Spirituality among married couples has the ability to predict marital adjustment.

The first component of prenuptial agreement that has the power to predict marital compatibility is agreement in political and social matters. The fact that agreeing on political issues and social activities as a more external shell of extroverted factors in interpersonal relationships can play a significant role in the future of marital relationships can be due to cultural factors in Iran and social studies. Demands more. The results of the present study have introduced this factor as one of the four main pillars of having more agreement in cohabitation to maintain balance (Ambert, 2009). For example, individuals and families who support the Republican view are more opposed to having premarital sex because they have more religious attitudes than Democrats, and prefer to choose their spouse from people who have experienced relationships. They are not close before marriage. In a study conducted by SakaliAgarlu and Gilk (2009) In Turkey, they found that older men with a conservative political outlook preferred to choose virgin girls for marriage. Since political and spiritual attitudes seem to play an important role in the ordinary life of the Iranian people, examining the direct impact of politics on individual choices such as marriage opens the way for further scientific research. The factor in the couple's agreement that explains marital compatibility is related to the scale of understanding and exchange of feelings. Although the intention of most people to get married is a bedrock for the exchange of romantic feelings and reproduction, and having an agreement in this regard is somewhat obvious, but looking at the structure of the phrases included in this component, such as the degree of success in understanding each other's

feelings and needs Removing barriers to expressing emotions, how to express emotions when annoyed, ways to resolve conflict between you, the quality and how to have any sexual intercourse or how to prevent pregnancy, all along with your emotional load, in a way Recognize that achieving those emotions requires a set of communication skills that pave the way for the exchange of emotional emotions and its clarity.. This point is highlighted when most couples who go to psychological clinics to solve their problems complain of feeling lonely and misunderstood in their life together and often receive training in verbal and non-verbal skills. Communication will lead to greater satisfaction in cohabitation (Tirgari, 2014). A factor that may be influential in the process of turning passionate love in young couples into friendly and responsible love. This finding could complement the studies that have been presented so far on the effect of love on the permanence of marital relationships. Education of children is another component of premarital agreement that has the ability to predict marital adjustment. Explaining this research finding, it can be said that this component is about agreement in the style and context of couples about the transfer of information and social values and educational teachings to children. Although it has been observed that many young people in their dreams about their future life together, have a child and a relationship with it, But they do not pay attention to the need to talk about it and the time of joint preparation for the adoption of the child at the time of choosing a spouse. In today's Iranian society, where women have turned to employment and continuing their education, the time of pregnancy is more important to them. Today's Iranian women live in a quagmire between tradition and modernism. On the other hand, the official policy of the country is based on theocracy, strengthening religion and traditional values, and on top of that the patriarchal value system. On the other hand, Tamimi (2016) in a study on the employment situation of women in Iran today reports that %20 of women Iran wants to work outside the home, and the higher the level of education of women, the greater their tendency to work outside the home. %11 of Iranian women cite the responsibilities of being at home as the most important obstacle to their employment. These women believe that women's employment is one of the most important tools to control the population. On the other hand, with the changing methods of marriage in Iran today than in the past, it

is more likely that couples have different attitudes and practices towards child issues Fostering and enforcing sexual role in their children in their developmental process. Research on the factors affecting the satisfaction or dissatisfaction with marriage in Iran has pointed to the effect of quality of attitude and understanding in the upbringing of children (Rostami, Shokrkan and Attari, 2011; Banki et al , 2011). The results of Etemadi (2014) research indicate that the similarity of normal couples in the attitude towards family orientation and attitude towards educating children is more than the similarity between couples seeking divorce. More recently, Pope and Cumming and Joke Murray (2009), most of whom had children, cited misunderstandings about children and parenting as top priorities for marital incompatibility and marital disputes. Did.

Spiritual attitudes are another component that has the ability to predict marital adjustment. Explaining this research finding, it can be said that the spiritual attitude provides a harmonious relationship between internal forces and is characterized by characteristics such as stability in life, peace, fit, feeling of close relationship with oneself and God and the environment. In general, it can be said that spiritual attitudes and human attitudes and perceptions towards God and the concept and image of God affect the health and stability of life, especially his married life. God and one's image of God are influenced by the process of upbringing and education. In other words, it can be said that spiritual attitudes and belief in the existence of a sacred being have a positive correlation with low levels of marital incompatibility, higher spiritual support and increased supportive relationships between couples. In fact, spirituality is effective on the stability of marital malice and It can strengthen and strengthen marital relations. Spiritual growth has had important positive consequences in life relationships, especially the quality of family life. Jerican and Knock, religion and spiritual attitudes are the best factor of stability in marriage and life They know marriage, Because practicing religious beliefs increases verbal participation, increases happiness, significantly reduces verbal aggression and marital conflicts and differences, and ultimately leads to marital compatibility. Therefore, the results of such studies can be considered as a treatment method in marital satisfaction by specialists in higher education. At the same time, the emphasis of the society and especially the academic community on the spiritual

attitude in all stages of life and peace and comfort and problems should be given more attention.

This study is a cross-sectional study with correlation method that limits the causal conclusion to some extent. Also, this study was conducted only on couples aged 20 to 40 years in Iran-Qom and its generalization to other research groups is limited. Therefore, it is suggested that due to the lack of access to counseling services, people specializing in family and communication and marital adjustment are recommended from the results of this study to acquaint people with marital adjustment issues and injuries in this area and provide solutions in the field. Increasing marital adjustment from mass media, especially television, in cultural planning and psychological services for couples should prioritize spiritual teachings and explaining the dimensions of premarital agreements and considering that the results of this study emphasize the importance of premarital agreement in couples, it is suggested to couples who are about to start living together in public classes that are held in health centers to explain the comprehensive dimensions. Make the necessary arrangements to enter this important course. Also, using the results of the present study, it can be recommended to psychologists and therapists in the field of family issues who can use the strengthening of the couple's religious beliefs system and also bring such beliefs closer between couples to improve marital satisfaction.

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