



# Relationship between Making Love Styles and Personality Traits with Satisfaction with Life

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**Abstract:** *The aim of the present study was to investigate the relationship between love styles and personality traits with satisfaction of students' life. The present study is practical in terms of purpose and according to the subject of research and objectives has a descriptive method of correlation type. The statistical population of the present study consisted of all the married students of the Azad University of Qods City which were 340 according to the estimations. In order to estimate the sample size, Morgan table was used, which approximately 181 person were obtained. In order to collect the data, the satisfaction with life scale (SWLS), and Stenberg love scale and personality traits inventory (BFI-44) were used. The obtained data were analyzed by descriptive statistics (mean, variance and standard deviation) and inferential statistics (correlation and regression analysis) in SPSS software. Based on the results, 29% of the changes in dependent variable (satisfaction with life) are explained by the independent variable of love styles. Beta  $\beta$  shows the relative share of each variable in the dependent variable prediction. Based on the results, love style of the committed adoration style, 45%, sincere adoration style, 19% and ardency adoration can explain the changes in satisfaction with life as well as the mental component-neuroticism 27% of the variance of satisfaction with life in reverse and meaningful, in other components of the extraversion, experienceability, adaptability and responsibility were 26%, 11%, 29%, and 28% positively and statistically capable of explaining the variance of satisfaction with life.*

**Keywords:** *Style of Adoration, Personality Traits, Satisfaction with Life*

## INTRODUCTION

Styles of adoration/love is an effective factor in the overall quality of marital relationships (Abolabolghasemi and Tavakoli Varaniyab, 2010) and one of the goals of human social life, healthy interactions and constructive, expression of love to others as well as intimacy and empathy between them (Kavoosi, Ebadi and Moosavi, 2016). The satisfaction of life means satisfaction of the family and satisfaction of the family means satisfaction with life, which leads to the spiritual development of society (Edalati and Redzuan, 2010). The results of the study show strong relationships between love styles and compatibility of marital life. The results of Gonzaga, G.C, Keltner, D, Londahl, E.A., and Smith, M.D., reserach (2006) showed that love is only linked to more positive emotional states, that is, the amount of expression and experience of love can predict the consequences of positive relationships, and in addition to this character is generally associated with satisfaction with life (Areizi, Abedi and Amini, 2016).

The results of Fotouhi and Abolghasemi (2017) showed that neuroticism, negatively and extraversion, agreement, aperture and loyalty positively predict marital adjustment. The results of path analysis showed that the style of love, amiable, erotic, logical, factitious and devotional can also have minor and complete intermediate role in the relationship between personality characteristics and marital adjustment. Variables such as love styles can be manipulated and moderated due to their dynamic, changeable and scalable nature, hence, the mediating role of these processes in the proposed pattern of the research gives the promise that the consultants of the marriage and family area, instead of focusing on the constant factors in their interventions, can focus on communication patterns and couples' lovemaking.

Nameni, Abbasi, and Zareie (2017) showed that romantic, manic, and devotional love style are the predictors of marital commitment, and among the beliefs of non-rational communication, belief in devastating is the opposite of marital commitment predictors. Since commitment is considered as a decision to continue a marital life, it is necessary to help couples to know that a relationship is a set of skills that can be learned and, in this way, they could develop and strengthen the sense of marital commitment in themselves and thus contribute to the stability and sustainability of their family. Kermani and Rezaei (2016) showed that spiritual intelligence, love styles and marital adjustment have meaningful correlation with happiness of couples, and the Cordova, J.V, and his colleagues (2014), were examined the ability to identify and express emotions, intimacy and marital satisfaction. The sample of this study included 92 married couples. The results showed that the ability to identify and express the emotion with marital adjustment was moderated by intimacy. White and colleagues (2004), examined the five major personality factors and establish personality relationship with Samimet and styles of love in the 117 students of psychology. In this study, they used NEO personality questionnaire and the Love Attitudes Scale (LAS) and the results showed that there is a negative correlation between the neuroticism and intimacy and relationship satisfaction. Extraversion has a positive correlation with the satisfaction of the relationship, intimacy and erotic styles of love. Being conscientious had a positive correlation with the relationship satisfaction and intimacy and erotic and devotional styles of love.

According to the above mentioned, it can be said that marriage is one of the most important decisions in every person's life and studying the relationships of couples can be contributed to clarify the framework of structures that the relationships of couples in which they are formed, and the relationships of couples are among the most important factors affecting the satisfaction or lack of consent of life and the mental health of both partners, so taken these in to account and given that the family welfare and help solving their problems, it has been of great importance in this study; the importance of satisfaction with life (especially marital life) and two factors of styles adoration and personality traits of individuals and its effects on satisfaction with life in married people were studied.

## **Material and Method**

The method of research is practical in terms of application and according to the subject of research is a descriptive and correlational type. The statistical community of the present study was all married students of the Azad University of Shahre Qods, which were calculated 340 individual and sample size was estimated 181 people using Morgan table. In order to collect the research data, the satisfaction with life scale, Stenberg love scale and personality traits questionnaire were used, which have been introduced below.

### **Satisfaction with life (SWLS)**

This questionnaire was established by Diener, Emmons, Larsen and Griffin (1985). This scale has 5 questions. For each question, there are 7 spectrum from completely opposite to fully agree that the option is with completely opposite means the equivalent of score 1 and the fully agreed option is equivalent to the 7 score. Therefore, the scope of the scores has a score of 5 to 35 fluctuations. Higher scores represent greater satisfaction with life. The validity of the scale was 0.87- $\alpha$  coefficient and its verification coefficient was

reported as 0.82. Reliability (Cronbach's alpha, 0.85) and validity (convergent and differential) were desirable for the scale (Diener, Horwitz and Emmon, 1985). Bayani, Mohammad Kouchaki, and Goodarzi (2007) also, obtained the variability of this scale on a sample of 109 students of the Islamic Azad University of Azadshahr, using Cronbach's alpha (0.83). The validity of this scale was obtained 69.0 by verification method. Construct validity was estimated through convergent validity using the Oxford Happiness Inventory (OHI) and Beck's Depression Inventory (BDI), which was negatively correlated with the happiness Inventory and with Beck's Depression Inventory. Based on the results of this study, life satisfaction scale is a useful scale in Iranian psychological research. The reliability of this questionnaire in the present study was 0.761.

#### **Identity Style Inventory (ISI)**

This scale has been prepared by Robert Steenberg in 1986 and has 45 questions that examine three styles of sincere, erotic and committed love. The first expressions (1-15) of the sincere style, 15 middle words (30-16) are for erotic, and the last 15 words (45-16) are for commitment style. In response to that, a 9-degree scale has been used. After specifying that the person has earned a weak or strong score in any sub-scale, his romantic style becomes clear. Cronbach's alpha for this study was reported 0.90 and the cross-correlation analysis was used to calculate its validity. The results were reported for sincere and commitment 0.73 and for commitment, 0.71. In an Iranian research, Mahmoudi, Gulshani and Norouzian (2013) reported the Cronbach's alpha to the sincere 93.0, the erotic 95.0, the commitment 96.0, and the entire questionnaire 95.0.

#### **Personality traits Questionnaire (BFI-44)**

Big Five Inventory examines the main characteristics of the five factors (extraversion, neuroticism, adaptability, conscientiousness, acceptance) by short expressions, in other words, the need to measure the main components of the five personality factors through short phrase, made John, Donaand and Kentel to establish BFI inventory (1991; quoted by Kurko and Hanna, 2004). This questionnaire provides effective and flexible measuring of the five personality dimensions, when the distinct measurement of individual aspects is not the main focus of reserach. A five-factor questionnaire (John et al., 1991; John and Strivastava, 1999; quoted by Korko and Hanna, 2004), contains 44 short questions that in Iran is used by Shokri (2004), which is based on a five-degree scale of the completely opposite (1) to fully agree (5). Questions with consensus of experts and using experimental analysis of the question were selected to achieve the main traits that were referred to the five major personality factors (Rmsted and John, 2007; quoted by Taghi Lu, Zare' Bahram Abadi and Arian, 2010). Garavand, Shokri, Afzali, and Tulabi (quoted by Shokri et al., 2008) in Research on 419 students (166 male, 253 female) with the aim of investigating the BFI factor structure by exploratory factor analysis, showed the five-factor model. In this study, the results of realibility factor analysis also confirmed the factor structure of exploratory factor analysis, showed that five factors with data were reasonably consistent. Shokri colleagues (2004), obtained the Cronbach's alpha coefficient for neuroticism, acceptance, extraversion and adaptation 85.0, 84.0, 76.0, 60.0, respectively. In the study of Taghi Lu, Zare ' Bahram Abadi and Arian (2010), Cronbach's alpha for mental neuroticism, extraversion, receptive, adaptability and perceptive were 80.0, 70.0, 77.0, 56.0, 82.0. In the research of Shokri and colleagues (2004), Cronbach's alpha for neuroticism and extraversion factors were 84.0 and 72.0, respectively. Research of Abdollah pur and colleagues (2012) showed the Cronbach's alpha for mental neuroticism and extraversion factors 87.0 and 85.0, respectively. In the present study, Cronbach's alpha coefficient for neuroticism, extraversion, acceptance, adaptability and conscientiousness were 73.0, 69.0, 75.0, 71.0 and 77.0, respectively.

#### **Results**

The results showed that the frequency of male in statistical sample was equal to 38.4% and the frequency of female was 61.6% (n=225) and 19.2% of students were less than 25 years, 38.4 percent between 25 to 30 years, 22.5% between 31 and 35 years and 20% higher than 35 years old.

**Table 1.** Mean and standard deviation of research variables

	<b>variables</b>	<b>mean</b>	<b>Standard deviation</b>
<b>Styles of adoration</b>	Marital satisfaction	165.72	25.29
	Loyalty	83.22	14.29
	Sincere	55.71	5.84
	Erotic	50.33	10.95
<b>Personality traits</b>	Extraversion	38.17	4.306
	Adoptability	40.57	1.113
	Conscientious	42.81	4.072
	Neuroticism	39.78	4.350
	Receptive	41.89	5.780

According to table 1, marital satisfaction was equal to 165.99 among respondents and for each of the other variable personality characteristics, adoration styles are brought about. Based on the results, 29% of the changes in dependent variable (life satisfaction) by the independent variable of love styles of 63% are explained by personality traits.

**Table 2.** The estimates of model

<b>Model</b>	<b>R</b>	<b>R<sup>2</sup></b>	<b>Moderated R</b>	<b>Standard deviation</b>
<b>Adoration patterns</b>	0.439	0.193	0.185	0.981
<b>Marital satisfaction</b>	0.799	0.638	0.637	1.83874

**Table 3.** Model coefficients

Model	Non standard coefficient		Standard coefficient	t	Sig.
	<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
Constant	3.105	.424		12.315	.000
Loyalty adoration style	.235	.512	.454	15.988	.000
Sincere adoration style	.295	.215	.191	21.174	.000
Erotic adoration style	.412	.314	.252	13.525	.001

In the table (3),  $\beta$  Beta is the relative contribution of each variable in predicting dependent variable. Based on the results, the love style of the commitment, 45%, the sincere adoration style, 19% and the erotic adoration style is 25% that can explain the changes in life satisfaction.

**Table 4.** Estimated coefficients of model

Model	Non standard coefficient		Standard coefficient	t	Sig.
	<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
Constant	3.501	.450		17.775	.000
<b>Neuroticism</b>	.214	.54	-0.27	21.968	.000
<b>Extraversion</b>	.31	.62	0.26	15.057	.002
Experienceability	.154	.66	0.11	14.656	.001
<b>Adoptability</b>	.325	.65	0.29	16.290	.001
<b>Receptive</b>	.315	.50	0.28	26.549	.004

In the table (4), the results of beta coefficient indicate that the psychological component of the neuroticism, 27% of the variance of life satisfaction is reversed and significant, in other components of extraversion, experienceability, adaptability and receptive of biology were 26%, 11%, 29% and 28% positively and it is able to explain the variance of life satisfaction.

## Conclusion

Based on the obtained results, 29% of the changes in dependent variable (life satisfaction) were determined by the independent variables of adoration styles and the results showed that the love style of the loyalty, 45%, a sincere adoration style, 19% and erotic adoration style, 25% are able to identify changes in life satisfaction. The findings of this study were consistent with the results of Namini, Abbasi and Zarei (2017), Kermani and Rezaei (2016), Hafazi Torghabeh and colleagues works (2006).

Love is commonly defined as an emotional and passionate experience between the two individuals which may be reflected in a few aspects, such as attitude, emotion and behavior. Previous studies have reported that love attitudes are related with a wide range of variables including personality characteristics, life satisfaction, sexual relations, and stress psychology, or disorders (Zang X. et al., 2015). The results of the Qomrani (2005) study showed that love has an important role in marital satisfaction, and love and trust among the spouses were the first motivation in adaptation and conflict resolution. The loving spouse is the foundation of the satisfaction with life and marital satisfaction is an overall assessment of the situation of marital relationship or current romantic relationship of person (Hafezi and Jamei Nejad, 2010). Estranberg (1998) takes three components for love: intimacy, passion and loyalty. In terms of Hendrick and Hendric (1986) adoration styles refer to how people define love or how they love each other. People use special style and technique to adore their spouse and this style is influenced by the mutual and constant communication between the spouses and indicating the attitude of their life environment. It should be noted that the impact of adoration styles on behavior and cognition is sometimes direct and without any intermediate, and sometimes with the influence of mediating factors, it causes behavioral and cognitive consequences so that by examining the adoration styles, can be characterized the satisfaction of each person's life. Feeling of love is excitement which in the event of having the original and true love that is found after the needs of the sensual and satisfies with the desire, sexual needs can increase their satisfaction, because feelings of intimacy among couples can make their relationships more desirable and each of them can express their own needs more effectively. Couples who have greater intimacy have more ability to face problems and changes related to their relationship and can experience higher satisfaction.

In the second part, the results showed that the neuroticism can demonstrate reversely and significantly. 27% of the variance of satisfaction with life, and in other components of extraversion, experienceability, adaptability and responsibility were 26%, 11%, 29%, and 28% positively and significantly demonstrating the variance of life satisfaction. These findings were consistent with the results of Schimmack and colleagues (2004), Maggie, Miller and Heaven (2013), Mirzaei, and Hatami (2010), Capmann and lax (2004), Amiri and colleagues (2014), Kokuman and colleagues (2013). According to previous studies, among all aspects of personality, emotional stability and extroversion are more relevant to life satisfaction. It is obvious that life is full of positive and negative experiences. A person, who has a better stability, is less likely to be influenced by the negative life events and hence, with that negative event will deal better. Personality traits are among the most powerful predictors of life satisfaction. According to the results of Shemak studies and colleagues (2004), psychoneurosis and anxiety are the strongest predictors of life satisfaction. In addition, Maggie, Miller and Heaven (2013) found that the increase in acceptance, extraversion, responsibility, and accountability comes with greater satisfaction of life. The results of Diener and Seligman (2002) determined that people with higher life satisfaction have higher scores in agreement and lower scores in mental-neuroticism.

Taking these together, it appears that people who have higher neuroticism are more likely to carry out low-value behaviors and act more based on their internal behaviors so the inability to decide which of these people's obvious characteristics can be harm their life satisfaction. The lack of control of emotion and the way of demonstrating them that are the most prominent mental neuroticism, can reduce the satisfaction with life and harm it. In general, neuroticism as a negative personality dimension can specifically have negative effects on the adaptation of individuals in life because high scores about neuroticism is along with negative emotions

and emotional instability such as fear, sadness, anger and guilt, those who score the higher are more aggressive and vulnerable and are also more prepared to show their anxiety in stressful situations. The results of this study are in accordance with other researches, such as Attari, Elahifard and Honarmand, 2006, keshavarz, 2003, Toieng and Campbell, 2007, Hendrick, 2008 and suggest that the use of the experience of couples is along with more satisfaction of life. People who use the experience, the more easily they can understand others, also these people are curious, logical and have intellectual attitude. They tend to listen and understand other people's opinions. Intellectual people can also tolerate the hardships and respect the differences in the thoughts and behavior of others, thus, many conflicts are reduced, and agreement is increased.

Lack of control other variables that may have an impact on the results of this research was the main limitation of this study. In the next study, other variables such as demographic characteristics and socio-economic status and other influential factors of subjects should also be considered.

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