



## Evaluating The Relationship Between Quran Commands and Marital Satisfaction in Family (Case Study: Families Living in Marand City)

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### ABSTRACT

**Background:** the aim of this study was to evaluate the association between Quran commands and marital satisfaction in family.

**Methods and materials:** this study is performed with quantitative methods and survey technique by using a questionnaire. The sample size was families living in Marand city. By using Cochran formula and based on systematic randomized sampling, 360 persons were survived.

**Results:** the study results showed that there is a meaningful association between Quran commands and marital satisfaction. It means that the more commitment to Quran commands the more marital satisfaction results. Based on multifactorial regression equation, among all evaluated variables, commitment to Quran commands, individual age and education explain 53 percent of all dependent variable changes.

**Conclusions:** Religion and emulation of families to religious principles regarding the emphasis of Islam to have a measured and correct behavior could be an important factor against life complications, so it is proposed that there is less marital dissatisfaction in religious families. While our society is on the way of industrialization, but with these changes, religious beliefs and values have preserved their character, and play roles as a powerful supremacy observing society behaviors.

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### ► Implication for health policy/practice/research/medical education:

Familiarize individuals with Quran concepts and solutions effective for upgrading marital satisfaction in families.

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## 1. Background

Family is the most important social institution in human societies in which individuals personality is educated and developed (1). If family wants to be able to achieve its main accomplishments, peace and security must be

in there. The truth is that there are some problems and complications in family life cycle process, which affect its peace temporally (2). Among these divorces is considered as one of the important points which have directed the researchers' attention to marital satisfaction. Therefore

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since 1990, compared to the recent decades, this issue has been paid attention by many researchers in different fields with various goals (3).

Family is not only a place for needs satisfaction, birth and reproduction, but also an institution which has higher goals in its comprehensive plan. In verse 21 of An-Nisa marriage which leads to family formation has been mentioned as a strong pledge: "And how could you take it while you have gone in unto each other and they have taken from you a solemn covenant?" (4).

In verse 72 of holy An-Nahl, family is mentioned as "favor of Allah"; And Allah has made for you from yourselves mates and has made for you from your mates sons and grandchildren and has provided for you from the good things. Then in falsehood do they believe and in the favor of Allah they disbelieve? (5).

It has been stated in verse 32 of An-Nur that; "and marry the unmarried among you and the righteous among your male slaves and female slaves. If they should be poor, Allah will enrich them from His bounty, and Allah is all-Encompassing and Knowing" (6).

Islam religion considers the marriage as the only way to satisfy the sexual instinct, and suggests chastity to those who are not able to marry until god creates an opening; But let them who find not [the means for] marriage abstain [from sexual relations] until Allah enriches them from His bounty (6), and states in another verse that; Your wives are a place of sowing of seed for you, so come to your place of cultivation however you wish and put forth [righteousness] for yourselves (7).

Based on this family is mentioned as one of the important issues in Islamic literature especially Quran and plays a key role, and is the central core of society formation. Family position in the society structure is like atom in the structure of natural materials. If family be healthy and strong, it can be hoped to have a safe, competent and admirable society as well (8).

Holy Quran is considered as a complete sample of necessary educations and trainings for the human life. This complete book is the most clear divine message for the mankind which its most important duty is to guide human to redemption and salvation. Quran universality means the completeness of commands and suggestions complex of this holy book in all fields which lead to eternal bliss and happiness. If these commands and guidelines were not available, humankind would not reach to its main goal from coming to this world, and unavailability of these would be considered as the religion deficiency. "And We have sent down to you the Book as clarification for all things and as guidance and mercy and good tidings for the Muslims" (9). In recent years, psychologists have considered the role of spirituality in marital satisfaction. They believe that there is an extraordinary strength in believe in god and spiritual orientations, which grants a kind of spiritual power to human and helps him or her to bear life complications (10). Spirituality or commitment

to Quran commands has been defined as a human aspect which induces a sense of existence to human beings with some qualities like nature, internal understanding capacity and reinforcement source, saint mental experience, individual sublimation to love capacity and more knowledge, unifying with the whole life shadow and finding a meaning for individual entity which is the base of every creature. Although spirituality is a complex of values, approaches and hopes which is related to high existence and guides human life (11). Commitment to Quran commands or spirituality from the general view has been mentioned as finding a way related to humanization. In other definition spirituality is a manner in which individual find his or her historical structure in and live in it. It is the resplendence of religion, philosophy or moral considered as the most sublime, noble and deliberate thing which leads to richness and perfectness (12). In Peterson and Seligman idea (2004), spirituality is the personal and friendship relationship between human and god and encompasses the entire world, while there is a special content for different spiritual believes, but all cultures have a concept of ultimate, supreme, sacred and divine power in themselves. Furthermore all cultures are aimed at helping individuals to reach the core of spiritual communications and a positive and invaluable role which support individuals to reach friendship relationship, which is better than human afford to accommodate with life discomfort. Worship is full of potential treatment elements including music, aesthetics, environments, familiar worships, devotion and praying, thinking, freedom from mental stresses, a chance for socialization, membership and education. Coordination and sharing favorites leads to maintaining faith and resistance to stresses, increasing altruism, sense of belonging, sense of being in the vicinity of god and love to others (13).

Among these, wellbeing and happiness of the family members is one of the necessary provisions to reach economical, social and cultural improvements. Reversely disappointment facilitates degradation and destruction of family, which disturbs following growth goals and development in different fields of life of that society, because without the active existence of all society groups, its development and improvements seems to be impossible. Therefore programming for the social welfare and improving marital satisfaction necessitate scientific identification and evaluation of this population, so this investigation is of great importance.

## 2. Objectives

The aim of this article was to evaluate the association between Quran commands and marital satisfaction in family.

## 3. Materials and Methods

This study was performed in quantitative method and

survey technique. Evaluation tool was questionnaire. Validity or reliability of each spectra statement was evaluated by consulting with a socialist professor and comparison of spectra statements with basic concepts of theories which are used in the structure of research. The sample size of this article was families living in Marand city, which wife and husband were alive and living together. According to the high number of sample size and not being able to gather all people information, and facilitate and expedite investigation and economy in time and expenses, few were selected from the society with regular stratified randomization method as sample size. Cochran formula was used to calculate sample size. This formula estimates the sample size based on total population (sample size) with a confidence interval of 95% and error of 5% (14). Based on this sample size were calculated as 386 families. The sampling method in this study is based on randomized systematic sampling (15).

#### 4. Results

There is an association between gender and marital satisfaction. *Table 1* shows Average difference test of family marital satisfaction based on sample individuals' gender. According to the available statistics in this table, average score of women marital satisfaction (87.89) is higher than men (87.35). This difference among these averages is 4.01 based on T test which is in the minimum meaningful level of 95%.

There is an association between individuals' age and family marital satisfaction. *Table 2* shows that there is a positive and meaningful association between the two variables. It means that with increasing age, individual marital satisfaction increases. Based on the meaningful level ( $P = 0.000$ ) and measured Pearson coefficient ( $r = 0.22$ ), this hypothesis is in the minimum meaningful level of 95%.

*Table 2* data indicates that there is no association between the two variables, and based on the measured meaningful level ( $P = 0.11$ ) and a Pearson coefficient ( $r = 0.08$ ) this hypothesis is not confirmed.

*Table 2* connotes that there is a meaningful association between this variable and marital satisfaction. The measured coefficient for this variable of ( $r = 0.16$ ) with meaningful level of ( $P = 0.002$ ) confirms the hypothesis with minimal level of 95 percent.

Although results show that there is no association between the two aforementioned variables ( $r = 0.02$ ;  $P = 0.57$ ). There is no meaningful association between marriage duration and the level of marital satisfaction ( $r = 0.03$  and  $P = 0.50$ ). Ninth hypothesis: there is an association between commitment to Quran commands and family marital satisfaction.

*Table 3* indicates that there is a positive and meaningful association between the two mentioned variables. Based on the calculated meaningful level ( $P = 0.000$ ) and Pearson coefficient ( $r = 0.31$ ) it can be said that the hypothesis is acceptable. Individuals' commitment to Quran has the highest correlation level with marital satisfaction.

##### 4.1. Multivariable Regression

According to the results from regression equation about the multivariable analysis of independent variables to predict dependant variable (marital satisfaction level), regression prediction model includes three phases. In this analysis all of the background and mediated independent variables were entered the equation step by step, and to identify the dependant variable variables of commitment to Quran commands, age and education based on their importance entered the equation. The correlation coefficient for the first two variables and the last variable is minimally meaningful at the level of 99% and 95% correspondingly. The first variable which entered

**Table 1.** Average Difference Test of Marital Satisfaction Based on The Sample Individuals' Gender

	Frequency	Average	Standard Deviation	T Value	Meaningful level
<b>Female</b>	198	87.89	7.95	4.01	0.000
<b>Male</b>	188	84.35	9.32	4.01	0.000

**Table 2.** The Correlation Coefficient Between Background Variables and Family Marital Satisfaction

	Age	Salary	Education	Number of Children	Marriage Duration
<b>Marital Satisfaction Level</b>	0.22	0.08	0.16	0.02	0.03
<b>Meaningful Level</b>	0.000	0.11	0.001	0.57	0.50

**Table 3.** The Correlation Coefficient Between the Main Study Variable And Family Marital Satisfaction

	Commitment to Quran commands
<b>Marital satisfaction</b>	0.31
<b>Meaningful Level</b>	0.000

the equation was the spiritual and Quran orientations. Results show that there is a high correlation between this variable and marital satisfaction, it means that the more individuals' commitments to Quran commands the more marital satisfaction. In the second step, age was considered in the equation. T values for this variable and

**Table 4.** Independent And Background Variables Elements in To The Equation for Prediction of Marital Satisfaction.

	R	2R	B Coefficient	Beta Coefficient	T test	Sig
<b>First Commitments to Quran commands</b>	0.693	0.480	0.668	0.191	5.161	0.000
<b>Second Age</b>	0.713	0.509	0.483	0.172	4.818	0.000
<b>Third Education</b>	0.729	0.532	- 0.174	- 0.155	- 4.377	0.002

meaningful level are 4.818 and 0.000 respectively. In the third step education variable was entered the equation. T value and meaningful level for this variable are -4.377 and 0.003 respectively. Three variables could clarify 53 percent of dependent variance for marital satisfaction in family (Table 4).

## 5. Discussion

Each investigation aims to solve a problem or complication. In our study what directed the author to this issue were some problems which some Marand families were faced with. Also it seems that these problems have affected the family life and marital relationships of these families. After identifying the problem, for evaluating its aspects, it was necessary to review recent performed investigations. It helps not only to better understand the problem angles, but also to clarify the deficiency of these results and to draw a better way to conduct the study process.

In this study Filsinger and Spanier marital adjustment indicator were applied to the definition of marital satisfaction. This indicator has been used in most of researches performed on marital relationships, and one of its applications is to identify the marital satisfaction. Based on this indicator marital satisfaction comprises of four related aspects; couples unification, consensus, interest to each others and satisfaction. Pearson correlation test analysis revealed a meaningful association between variables of age, education and spiritual and Quran orientation with marital satisfaction.

Important variable which has entered our multivariable regression analysis and had the most effect on clarifying our equation was the variable of commitment to Quran commands. Religion and emulation of families to religious principles regarding the emphasis of Islam to have a measured and correct behavior could be an important factor against life complications, so it is proposed that there is less marital dissatisfaction in religious families. While our society is on the way of industrialization, but with these changes, religious beliefs and values have preserved their character, and play roles as a powerful supremacy observing society behaviors. Faith and religious believes as a basic and main approach affect all aspects of individuals personality like living goal, social, cultural and economical aspects, individual ideas about jobs, marriage, education and even more detailed aspects like recreation, lifestyle preferences and interests directly and indirectly (16). Therefore Islam has the most emphasis on faith. In Islam it is suggested to individuals

to facilitate their behaviors with praying and trust in god before marriage and choosing a spouse and ceremonies in later courses (17), because it helps to accompany marriage with spirituality and promotes its sacredness to predispose humanity growth and development. Imam Sadeq (A) states that; increasing faith and religious believes in men increase love to their women (18). Generally religious faith affects the strength and stability of family in two ways: first with fortifying individuals' moral basis and second with the effect of religious faith to make sense the life and creating individuals' satisfaction.

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## Authors' Contribution

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