

Research Paper

Mediating Role of Communication Patterns in Relationship Between Self-differentiation and Sexual Satisfaction



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ABSTRACT

Objectives The couples' marital satisfaction depends on their Communication Patterns. The present study aimed to investigate the mediating role of Communication Patterns in the relationship between self-differentiation and sexual satisfaction of couples.

Methods This study is descriptive correlational research. The statistical population of the study was all couples residing in Bukan City in 2019. A total of 500 couples was selected by the multistage cluster sampling method and the differentiation questionnaires, Communication Patterns, and Larsson sexual satisfaction questionnaire were performed on them. Data were analyzed using the Pearson correlation coefficient and stepwise regression and the Sobel test was performed by using SPSS V. 22 and PLS software.

Results According to the results, the survey of the mediating role of Communication Patterns in the relationship between self-differentiation and sexual satisfaction, the Sobel test statistic value was 18.663 ($P \leq 0/01$). Therefore, it can be concluded that the communication variables have a positive and significant mediating effect on their differentiation on sexual satisfaction. On the other hand, the effect of their differentiation on sexual satisfaction is both independent and positive and significant with the mediating variable of Communication Patterns.

Conclusion Considering the results, it can be concluded that couples' therapists can emphasize improving couples 'Communication Patterns' to achieve sexual satisfaction and use this approach to prevent divorcing couples from breaking up in their marriage.

Extended Abstract

1. Introduction

Sexual desire is a form of expression of love and imitation of divine creation [1]. In the shadow of satisfying sexual desire, in addition to physical need, the person is morally and intellectually as well as psychologically relaxed. This instinct is the immeasurable

impact of marital life and solidarity. It plays a constructive and important role in the path to the psychological balance of the couples [2].

One of the interpersonal factors affecting sexual relations and marital satisfaction is the nature of couples' Communication Patterns [3]. In fact, couples' communication skills play a significant role in all aspects of their everyday life, and this has a special role in the conflict and failure in a couple's marriage [5]. Other well-known

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factors affecting the quality of sexual relations and sexual satisfaction of individuals are their differentiation, and the result is a balance between maintaining independence and maintaining relationships with significant people of life [6].

The distinction is an important aspect of psychological health, which results in the primary relationships of individuals in the family to its higher and lower levels [8]. Therefore, sexual relations between spouses are a bilateral process, and any disruption can be the basis for the problems and shake up the family center. In this regard, the most important cause of the collapse of the family is divorce, which affects the individual and the family greatly [10].

2. Methods

The research method is descriptive correlational. The statistical population of the study consisted of all couples residing in Bukan City in the year 2019. Among them, 500 couples were selected by multistage cluster sampling method. Every person filled the questionnaires individually by coding to maintain the confidentiality of the respondents.

The research tools included: 1. Sexual Satisfaction Questionnaire; 2. The Self-differentiation Questionnaire, 3. Communication Patterns Scale.

The Larsson Sexual Satisfaction Scale (1998), with 25 questions and 4 components, has a maximum score of 125. The validity and reliability of this questionnaire were measured in the research by Bahrami et al. [13]. Cronbach's alpha coefficient was more than 0.87 [1].

A distinction questionnaire (Scourner and Friedlander) consisted of a 45-item tool. The maximum score of the questionnaire is 270. In the research, the content and form of the questionnaire have been evaluated by the hypothetical content and form [1]. The calculated Cronbach's alpha coefficient in the quasi-research questionnaire was estimated to be above 0.87 [1].

The Communication Patterns Scale consists of 35 questions, with a maximum score of 315. In Iran Samadzadeh et al. (2013) validated and demonstrated the above questionnaire. The Relationship Patterns Questionnaire (CPQ) has validity (Cronbach's alpha of 0.76) and is significant at the alpha level of 0.01. Also, the convergent validity of the questionnaire was from 0.30 to 0.95, indicating that the validity and reliability of the questionnaire not only is consistent with the results of other countries but also enables it to be used in research areas.

3. Results

The results in Table 1 show that in the first step the multiple correlation coefficient is 0.307 and the coefficient of determination is 0.094 which is significant at the level of 0.01. That is, the regression model in the first step has good predictive power. In the second step, multivariate correlation coefficients increased to 0.347 and the coefficient of determination increased to 0.120, which was significant at the 0.01 level. This indicates that the second step regression model also has good predictive power, and shows the results of stepwise regression analysis.

In Table 2, at the first step, self-differentiation was significant, and the non-standard regression coefficient was 0.199, which was significant at the 0.01 level. In the second step, with the inclusion of the Communication Patterns components and the constructive/reciprocal pattern component being significant, their non-standardized coefficient of differentiation increased to 0.193, which was significant at the level of 0.01.

Table 3 shows that in examining the mediating role of Communication Patterns in the relationship between self-differentiation and sexual satisfaction, the significance of the Sobel test statistic was 18.663 ($P \leq 0.01$). Therefore, it can be concluded that communication variables have a positive and significant mediating effect on their differentiation on sexual satisfaction. On the other hand, the effect of self-differentiation on sexuality is independent and with positive and significant mediating variables.

Table 1. Step by step regression of sexual satisfaction in terms of their differentiation and Communication Patterns

Step	R	R ²	R ² Justified	Estimated Deviation	F	You Mean
1	0.307	0.094	0.092.0	014.11	561.43	0.001
2	0.347	0.120	0.112	891.10	14.265	0.001

Table 2. Standardized and non-standardized regression coefficients of variables in step-by-step regression analysis

Model	Source	Coefficient	Deviation	Coefficient	T	You Mean
		Not Standardized	Criterion	Standardized		
1	Constant	42.661	4.688	---	9.100	0.001
	Self-differentiation	0.199	0.030	0.307	6.600	0.001
2	Constant	46.196	5.446	---	8.483	0.001
	Self-differentiation	0.193	0.030	0.298	6.421	0.001
	Constructive/ mutual pattern	0.255	0.083	0.159	3.084	0.002
	Exit/Exit pattern	0.138	0.063	0.107	2.173	0.030
	Avoidance/ reciprocity pattern	0.040	0.119	0.018	0.338	0.735

Sig: 0.001; f:437.9; R²: 0.083; R:0.288.

Table 3. Sobel test results on the mediating role of communication patterns

A	B	SEA	SEB	Sobel Statistics	Meaningful
0.911	0.52	0.003	0.038	18.663	0.001

4. Discussion

The results of this study have shown that Communication Patterns can play a positive and meaningful mediating role in the effect of self-differentiation on sexual satisfaction. Slowly and severely affected by the dynamics and interactions between family members, it has a profound impact on one's future life. The greater the miscarriage with the family of origin, the greater the likelihood of anxiety, incompatibility, and conflict between couples in all aspects of their marital life, including performance and sexual satisfaction [23]. Self-differentiation is largely related to the type of Communication Patterns of the individual with the main family members, which are based on the encoding and decoding of messages that are transmitted between family members and are used in how data is used in future individual interactions. Takes place [23]. These couples' Communication Patterns can be effective and effective in all areas of their lives, especially in terms of sexual and marital satisfaction [25]. Hence, it seems that on the one hand, their differentiation in each of the couples and on the other hand, couples use ineffective Communication Patterns in their relationships to make sure couples understand each other properly in most marriages. In particular, it reduces the function and satisfac-

tion of sexual needs and subsequently leads to frustration and marital strife, resulting in separation and divorce and the failure of their marriage. Thus, it can be concluded that Communication Patterns as a mediating variable in the relationship between self-differentiation and sexual satisfaction can have an effective, meaningful, and indirect effect.

Ethical Considerations

Compliance with ethical guidelines

All ethical principles were observed in this study (Ethical approval code: IR.MUK.REC.1398.066). Participants were free to leave the study at any time and were assured of the confidentiality of their information

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Authors contributions

Conceptualization, methodology, data analysis, research: All Authors; Drafting: Hossein Mam Salehi; Editing and Finalizing text: Hossein Mam Salehi, Omid Moradi; Project monitoring and management: Omid Moradi.

Conflicts of interest

There was no conflict of interest.