

## Relationship between Tendency to sexual betrayal and quality of marital life mediated by women's sexual satisfaction

Ghafariyan Rohparvar H.<sup>1\*</sup>, Izadi A.<sup>2</sup>, Froughi E.<sup>3</sup>, Razizadeh D.<sup>4</sup>, Talebiyan Sharif J.<sup>5</sup>

### Abstract

**Introduction:** Considering the importance of the quality of marital life and its relationship with various variables, the relationships between the variables of sexual infidelity, marital quality and sexual satisfaction are examined. Purpose: The purpose of this study was to investigate the Relationship between Tendency to sexual betrayal and quality of marital life mediated by women's sexual satisfaction.

**Method:** This research is descriptive and correlational research framework. The statistical population of this study included all married women in Mashhad. A sample of 200 individuals was selected from the statistical community based on the available sampling method, which included the Hudson Sexual Satisfaction Questionnaire, Harrison & Kruskap, The quality of marriage quality of Busby et al. and the attitude to marital infidelity scale. In order to describe the data in this study of descriptive statistics (such as mean and variance) and the index of inferential statistics such as Pearson correlation coefficient and path analysis were used.

**Results:** The results of this study showed that there is a negative and significant relationship between Tendency to sexual betrayal and quality of marital life and sexual satisfaction in men.

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<sup>1</sup> - Corresponding Author: Master of Family Therapy Psychology, Shahid Beheshti University, Tehran, Iran. Email: [ghaffarian.psy@gmail.com](mailto:ghaffarian.psy@gmail.com) ORCID: 0000-0002-9091-2323

<sup>2</sup> - Master of Family Counseling, Hekmat Razavi Non-Profit Higher Education Institute, Mashhad, Iran, Email: [atefeizady@gmail.com](mailto:atefeizady@gmail.com) ORCID: 0000-0003-2408-5662

<sup>3</sup> - Master of Clinical Psychology, Islamic Azad University, Torbat-e Jam Branch, Torbat-e Jam, Iran, Email: [eforoughi69@gmail.com](mailto:eforoughi69@gmail.com) ORCID: 0000-0002-4737-433x

<sup>4</sup> - Master of Clinical Psychology, Islamic Azad University, Torbat-e Jam Branch, Torbat-e Jam, Iran Email: [mrrazi67@gmail.com](mailto:mrrazi67@gmail.com) ORCID: 0000-0002-9908-5037

<sup>5</sup> - Professor at Ferdowsi University, Mashhad, Iran, Email: [talebian@um.ac.ir](mailto:talebian@um.ac.ir) ORCID: 0000-0002-8173-2611

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There is a significant positive correlation between sexual satisfaction of women and marital quality of life. The results also showed that sexual satisfaction plays a mediating role in relation to the Tendency to sexual betrayal and the quality of male marital life ( $P < 0.05$ ).

**Conclusion:** This study showed that sexual satisfaction plays an important role in the relationship between quality of married life and the tendency to sexual infidelity of women, which needs to be on the agenda of clinical specialists and family counselors in order to develop prevention programs.

**Key words:** Quality of marital life, Sexual satisfaction, Tendency to sexual betrayal

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## Introduction:

The family as the smallest part of human society is considered by all counselors, psychiatrists and psychologists. Some believe that the root of all psychological problems is in the family, In other words, one of the most important structures determining the health of families is the marital quality of couples (1). Marital quality and similar structures such as marital adjustment and satisfaction have been the subject of study by many researchers in the field of family. Fincham and Beach (2) do not necessarily consider marital quality to be the opposite of marital discord; There is between couples. Therefore, marital quality is a multidimensional concept and includes various dimensions of couples' relationship such as compatibility, satisfaction, happiness, cohesion and commitment and is one of the factors of successful marriage (2). According to Fincham and Bradbury, marital quality depends on how the couple interacts and how they cope in stressful life situations. Cole and Spanier have described marital quality as the success and performance of a marriage (3). Troxel (4) stated that marital quality is a dynamic concept because the nature and quality of relationships between individuals change over time, which makes it possible to identify the factors that affect the quality of a relationship. One of the factors disrupting the quality of marital life is the tendency to marital infidelity (5). A particular issue in any intimate relationship is the negative reaction to the real or imagined attraction of the partner to another person (3). Marital infidelity is the main reason that brings couples to family counseling clinics for divorce. About 40 percent of divorced people in the United States also report having been involved in extramarital affairs at least once in their married life (6). Marital infidelity can have severe emotional consequences for couples. Psychotherapists report that unfaithful spouses, They often experience emotions such as anger, low self-esteem, depression, depression, and helplessness, and unfaithful spouses also experience theoretical feelings of shame, guilt, doubt, anger, and despair (7). Infidelity or marital

infidelity According to Waghan theory (8), is a kind of sexual-emotional or emotional-sexual conflict with a person other than the spouse who hides from him. And it is one of the most common reasons for ending a marriage, Breaking the marital covenant or illegitimate relationship outside the marital sphere always causes severe emotional trauma to both parties. This type of relationship causes symptoms similar to post-traumatic stress disorder as well as feelings such as: depression, anger, frustration, lack of self-confidence, loss of identity and feelings of worthlessness in the betrayed person (9). He loses his trust and sense of belonging and has a strong desire to leave his wife. The most important negative consequence is the damage to the self-esteem and personal and sexual abilities of the betrayed spouse. The experience of depression and anxiety follows the first disclosure in both people. And in the meantime, those who have more trust in their spouse suffer more severe damage, while this also causes feelings of doubt, depression and remorse in the unfaithful spouse (10).

The study by Stephenson and Maston (11) showed that Tendency to sexual betrayal and marital satisfaction are related to both men and women in both permanent and relationship marriages. Litzering and Gordon (12) and Amiranzadeh and Amiranzadeh (13) in separate studies have confirmed the relationship between sexual satisfaction and marital satisfaction, as well as the relationship between sexual intimacy and emotional intimacy, respectively. But predictive studies failed to provide useful information. Because sexual satisfaction and the quality of communication may affect each other at the same time, The relationship between sexual satisfaction and marital satisfaction is higher in women than men (5). According to Masters and Johnson's theory, sexual satisfaction is an emotional response that results from a person's mental evaluation of the positive and negative dimensions of a person's sexual relationship. Sex will only be enriching in the true sense of the word when it is accompanied by lovemaking; This means sharing their hearts and emotions. Most people are not looking for enriching sexual experiences, They are only looking for sexual satisfaction. Sexual enrichment cannot be achieved by modifying the methods of lovemaking and the influence of sexual intercourse. Satisfaction and feeling of inner richness is possible only by improving and modifying the emotional relationship between two people (15). Due to the sensitivity and importance of quality of married life and the need to study the variables related to it and also due to the lack of coherent research on the subject, the researcher in this study seeks to answer the following question: Does sexual satisfaction play a mediating role in the relationship between Tendency to sexual betrayal and sexual satisfaction?

## **Methods:**

The present study is methodically descriptive-correlational. The statistical population of this study included all married women in Mashhad. Due to the large statistical population and the lack of access to a list, a sample of 200 people was selected from the statistical population based on the available and voluntary sampling method for ease of sampling. Data collection tools and their validity and reliability Are:

**Index of Sexual Satisfaction (ISS):** This scale was compiled by Hudson, Harrison, and Croscope, which contains 17 questions and is graded on a 5-point Likert scale (1 = never, 2 = rarely, 3 = sometimes, 4 = most of the time, and 5 = always). Evaluates sexual satisfaction in two dimensions: physical satisfaction and sexual satisfaction.

The physical satisfaction dimension includes sexual behaviors and desires, and the emotional dimension includes intimacy and the quality of sexual relations. Hudson believes that this scale measures sexual satisfaction through the degree, severity and extent of sexual components. The internal stability of this test is reported from Cronbach's alpha coefficients of 0.92. Research indicates that this questionnaire has a significant relationship with scales designed to measure similar structures, The correlation coefficient of this scale with the Marital Satisfaction Questionnaire has been reported to be 0.66 (16). Regarding reliability and validity, it should be noted that the alpha value for the whole scale of sexual satisfaction is equal to 0.94 and for each of the dimensions of physical sexual satisfaction and emotional sexual satisfaction is equal to 0.88 and 0.90, respectively, and for subscales. Sexual behavior, sexual orientation, sexual intimacy and quality of sexual relations are estimated to be 0.84, 0.78, 0.87 and 0.74, respectively. The reliability coefficient was calculated using the doubling method for the sexual satisfaction scale equal to 0.85 and the modified Spearman Brown coefficient equal to 0.92 (17).

**Revised Dyadic Adjustment Scale(RDAS):** The revised form was created by Busby, Kran, Larsen, and Christensen, and is used to gauge the quality of marital relationships. This questionnaire consists of 14 items and 3 subscales of agreement (6 questions), satisfaction (5 questions) and cohesion (3 questions) that show the total score of marital quality and high scores indicate higher marital quality. The scoring of the questionnaire is in the form of a 6-point Likert scale (we always have a difference = 0 and we have a permanent agreement = 5). The reliability of the questionnaire in Cronbach's alpha method in the study of Holist, Cody and Miller (2005) for the three subscales of agreement, satisfaction and cohesion have been reported from 0.79, 0.80 and 0.90, respectively.

In Panahi and Fatehizadeh Research, Cronbach's alpha coefficients and halving of the marital quality questionnaire in the whole sample were extracted for 14 items and four factors, satisfactory and high by sex (above 70), which indicates the homogeneity of the item. Are questionnaires. The correlation between the subscales is between 0.49 and 0.71. These correlations are statistically significant ( $P < 0.001$ ). The validity of the Marital Quality Questionnaire was tested in relation to concepts based on structures such as marital satisfaction, couple solidarity and couple agreement. The table below shows the validity coefficients between the factors of the marital quality questionnaire and the standard questionnaires. In all of them, the relationship was significant ( $P < 0.0001$ ) (18).

This questionnaire was prepared by Mark Watley and translated by Abdollahzadeh. The scale has 12 terms, each question in a seven-point ranges from strongly disagree (1) to strongly agree (7). The questionnaire asks for the subject's honest reaction and opinion to the sentences. Phrases

include sentences about negative and positive feelings about the category of betrayal, which the subject gives a score of one to seven according to his feelings. The purpose of this assessment is to identify the type of feelings and thoughts of people towards issues related to marital infidelity. In fact, the betrayal questionnaire measures the amount of desire and the degree of acceptance or rejection of betrayal from the perspective of different people. In fact, the betrayal questionnaire measures the amount of desire and the degree of acceptance or rejection of betrayal from the perspective of different people. Cronbach's alpha of this scale was 0.84 among 383 single and married men and women living in Aliabad and Behshahr who were randomly selected (19).

## Results:

In this section, descriptive and inferential review of data is discussed.

Table 1: Descriptive findings related to research variables

Variable	mean	SD	Skewness	kurtosis
Sexual infidelity	13.74	1.23	0.55	0.47
Sexual satisfaction	168.17	2.67	0.90	- 0.84
Quality of married life	36.01	1.73	- 0.55	- 0.13

The results of Table 1 indicate that the variables between sexual orientation, sexual satisfaction and quality of life are equal, respectively 13.74, 168.17 and 36.01. Also, the results of the table above indicate that the present research data is normal.

Table 2: Pearson correlation coefficients related to research variables

Variable	Quality of married life
Sexual infidelity	-0.56

The results of Table 2 show that there is a significant negative relationship between Sexual infidelity and the quality of married life of women ( $P < 0.05$ ). Therefore, the first sub-hypothesis of this study confirms that there is a relationship between the tendency to sexual infidelity and the quality of women's marital life.

Table 3: Pearson correlation coefficients related to research variables

Variable	Sexual satisfaction
Sexual infidelity	-0.60

The results of Table 3 show that there is a significant negative relationship between sexual infidelity and female sexual satisfaction ( $P < 0.05$ ). Therefore, the second sub-hypothesis of this study confirms that there is a relationship between sexual orientation and sexual satisfaction of women.

Table 4: Pearson correlation coefficients related to research variables

Variable	Quality of married life
Sexual satisfaction	0.51

The results of Table 4 show that there is a significant positive relationship between women's sexual satisfaction and quality of married life ( $P < 0.05$ ). Hence, the third sub-hypothesis of this study confirms that there is a relationship between sexual satisfaction and women's quality of married life.

The following figure presents the results of structural equation modeling related to the main research hypothesis.

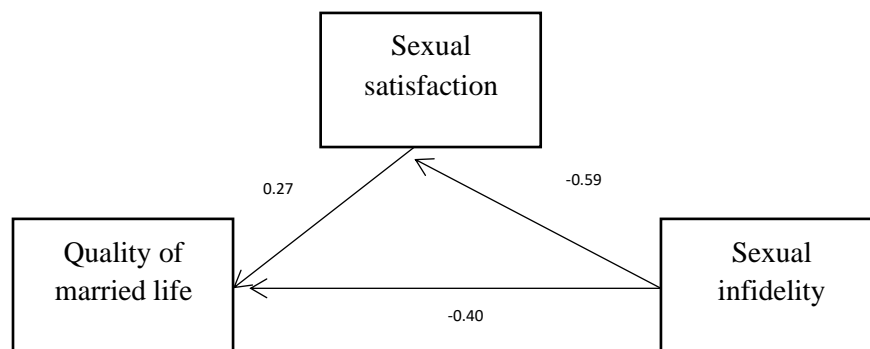


Figure 1. Fits the model of the mediating role of sexual satisfaction in the relationship between sexual orientation and the quality of married life of women

The figure above shows that sexual satisfaction mediates the relationship between sexual orientation and women's quality of married life. Indicators of Khido ( $\chi^2$ ), Adaptive Fit (CFI), Normative Fit (NFI), Relative Fit (RFI), Incremental Fit (IFI), Good Fit (GFI) and Near Root

squared (RMSEA) for the Fit Model – Related to the mediating role of sexual satisfaction in the relationship between the tendency to infidelity with quality of marital quality ( $P = 1$ ) was 0, 1, 1, 1, 1 and 0.001. Based on available sources (Myers, Gamest and Garino, 2012), it is better that the fit indices are greater than 0.90 and the near-root index of the mean squares is less than 0.08. Therefore, according to the fit indices, it can be inferred that the fitted model has a perfect fit. Tendency to sexual infidelity negatively and significantly predicts the quality of marital life ( $P < 0.05$ ,  $\beta = -0.40$ ,  $t = -5.73$ ) and sexual satisfaction ( $P < 0.05$ ,  $\beta = -0.59$ ,  $t = -10.26$ ) are. Sexual satisfaction is also a predictor of marital quality of life ( $P < 0.05$ ,  $\beta = 0.27$ ,  $t = 2.80$ ). Therefore, it can be said that the direct effect of sexual infidelity on marital quality of life is 0.40, sexual infidelity on sexual satisfaction is -0.59 and also sexual satisfaction on marital quality of life is 0.27. On the other hand, the indirect effect of sexual infidelity on the quality of marital life through sexual satisfaction is -0.16 ( $P < 0.05$ ,  $t = -5.56$ ). Therefore, the main hypothesis of this study that sexual satisfaction has a mediating role in the relationship between sexual orientation and the quality of marital life of women is confirmed.

### **Discussion and Conclusion:**

In this study, it was shown that there is a negative and significant relationship between the tendency to sexual infidelity with the quality of marital life and women's sexual satisfaction and there is a significant positive relationship between women's sexual satisfaction and the quality of marital life. The results also showed that sexual satisfaction has a mediating role in the relationship between sexual orientation and the quality of marital life of women. This hypothesis has been in line with the results of the research of Ghasemi, Ranjbar and Sharifi (5), Rajabiun (19), Brown and Eric (20), Ovivo (21) and Hamsoon.

In explaining this finding, attention to women's mental health is of particular importance, which is one of the most important and complex aspects of their health, their sexuality, gender and sexual desire. In fact, women with perfect sexual, mental and emotional health are the strong foundations of a healthy and prosperous family life. Suppression of their natural needs will have adverse effects on the intimacy and vitality of family members. And having a spirit of hope, vitality and freshness can have a great impact on how they function and activity, and in turn provide the happiness of the next generation (22). There are several factors involved in life satisfaction in women, one of the most important of which is healthy and pleasurable sex. As Rafi's research shows (23), ignoring the issue of sexual satisfaction in women causes problems in their relationships with their husbands. It often manifests itself in the form of resentment, jealousy, competition, a sense of revenge, feelings of humiliation and lack of self-confidence, failure and insecurity. In fact, sexual satisfaction or dissatisfaction is a hidden reason for a better relationship or conflict between spouses. Marital satisfaction in life can also be related to overall life satisfaction, Because man pays attention to sex as a means of communication and a way to express different types of emotions such as: intimacy, love, anger and aggression. And Marx (1989) has a systemic approach to the

individual, the individual's relationship with his or her spouse, and the individual's relationship with others. From this point of view, a married person has three angles, including the inner angle, the spouse angle, and the outer angle. The first angle is the inner self of the individual, which includes the inner dimension of the individual and the various efforts, motivations, and energies that are shaped by the long history of all life experiences. The second angle is the relationship with the spouse. The part of the self that constantly pays attention to the spouse, coordinates with him / her and takes care of her (24).

One of the effective factors in creating marital satisfaction is creating intimacy between couples. In fact, couples have a more satisfying sexual relationship in a cordial and happy environment, and the attractiveness of this relationship will remain over time. To create and maintain this intimate relationship, sex is of particular importance that the lack of this intimate atmosphere destroys the vitality and vitality of the couple and will negatively affect the quality of marriage. And over time, this intimacy and sexual success and increase the level of pleasure and satisfaction resulting from it is between couples. Which is the main factor in preventing the rupture of tendencies in their sexual behaviors and seeking sexual satisfaction in extramarital and extramarital relationships, And research has shown that there is a significant relationship between intimacy in sex and the quality of married life. In fact, sexual intercourse increases the attachment between couples to each other, because these two variables are bilaterally related to each other and For many couples, sexual intercourse occurs when they are able to have a softer and more delicate relationship with each other and respond to their attachment needs, and in fact, sex is part of the romantic relationship between couples. Romantic relationships, intimacy and sexual satisfaction are key factors in couples' attachment. In other studies, we see that there is a relationship between the degree of intimacy and empathy of spouses with better and more complete sexual satisfaction and a sense of happiness, and sexual relations and expressions of love increase marital compatibility (25).

Given that sex is one of the most important issues in married life in terms of importance and acts as an emotional barometer in relationships, it can reflect the couple's satisfaction in other aspects of the relationship, Therefore, it can be a good measure of the overall health and well-being of the couple. In fact, sexual relations form a part of couples' perceptions of each other, which are positively related to behaviors that lead to the continuation of marriage, and are a miniature of other couples' relationships. And if the research showed that the more effective the marital relations of individuals and the more marital intimacy they experience, the less inclined people are to marital infidelity and in the meantime, the important role of sexual satisfaction is also very important and confirms the threefold relationship of Sternberg love triangle including intimacy, commitment and sexual attraction. Therefore, according to the research results, it is suggested that in order to reduce family injuries, special psychological education for couples from the beginning of marriage, focusing on research variables should be provided.

### **Research Limitations**

One of the limitations of this study was research on married women, which reduces the generalization of results to other members of society, so it is suggested that in future research, a broader study of society and both sexes be done. Another limitation of the research was the collection of data and information through self-report and questionnaires, this method is always influenced by various influential factors such as the tendency of respondents to provide community-friendly answers, so it is recommended to use other data collection tools such as interviews.

### **Application of research**

According to the results of the study, its application for young couples is in premarital counseling and the beginning of their married life to minimize family harm.

### **Ethical considerations**

After obtaining the informed consent of the participants and assuring them that the research information was confidential, they entered the research in order to observe the ethical considerations of the participants.

### **Conflict of interest**

The authors thus declare that there is no conflict of interest.

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