

## Developing a marital adjustment model based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men

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### Abstract

**Introduction:** Marital adjustment is the main structure of every family and as a social-emotional unit, the place of growth, development and change; Therefore, the effect of family on psychological, emotional and social balance cannot be ignored. The present study was conducted by developing a marital adjustment model based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in men and women.

**Methods:** The present study was an applied and descriptive-correlational study. The statistical population of the study consisted of all married men and women in District 8 of Tehran (45-45 years old) in 2016-2017, which was surveyed using the available sampling method. In order to collect information from the compatibility questionnaire Spanier Marriage, Maslow Mental Security Questionnaire, Neo McCray and Costa Personality Traits Questionnaire, Collins and Reed Attachment Styles Questionnaire, Larson Sexual Satisfaction Questionnaire were used. AMOS software version 24 was used for data analysis.

**Results:** The regression coefficients of the model show that the mentioned variables well explain the relationship between marital adjustment based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men, and the values of fit indices showed that the model The measurement of this research has an acceptable status (GFI = 0.897).

**Conclusion:** According to the findings, it is inferred that the effectiveness of marital adjustment is on psychological security, sexual satisfaction, personality traits and attachment styles. As a result, it is suggested to use the results of this study to help marital adjustment between men and women.

**Keywords:** Attachment Styles, Marital Adjustment, Psychological Security, Personality Traits, Sexual Satisfaction

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## **Introduction:**

Marriage is considered a very important and valuable component in human life. Marriage is a social institution that forms the basis of human relationship (1). What is important in marriage is marital compatibility and marital satisfaction. Marital compatibility is the outsourcing of a couple to each other at any point in time (2). And is a process that occurs during the life of a couple; Because it requires the adaptation of tastes, the recognition of personality traits, the creation of communication patterns. Adaptation in couples' relationships affects various aspects of quality of life, including mental and physical health (3). Marital adjustment is a process that faces many consequences such as difficulty in understanding sexual differences, personal and interpersonal anxiety, marital satisfaction, etc. (4), which in this study, the effective factors of the marital adjustment model in married men and women are discussed.

Psychological security is one of the variables affecting marital adjustment. Psychological security has access to their own and others' negative emotions and feelings, but their positive emotions often dispel negative emotions and feelings. They perform positively and have no unreasonable fears, and because of their higher self-confidence, they feel calmer, irrational, and more productive than others. Psychological security begins with a person's sense of love and acceptance of others and the environment in which he lives, an environment that is friendly and empathetic and free from deprivation and a sense of threat and danger (5). The need for psychological security is considered as one of the most important needs in building personality traits and presenting their values, norms, behaviors and positive tendencies. These are one of the most important conditions for mental health (which will include sexual health) (6). In a study, Jafari et al. (7) examined the relationship between psychological security and marital adjustment. The results showed that there is a positive relationship between psychological security and marital adjustment. Martin, Horn, and Almand conducted a study on the interpersonal relationship between psychological security, satisfaction, and psychological adjustment in the daily lives of older people. The results showed that the elderly have a significant variation in mental security, satisfaction of autonomy needs and psychological competence and adaptation over time, and psychological security was positively associated with psychological adjustment in individuals. It can also be said that psychological security with the experience of autonomy And competence are relevant in the daily lives of older people (39).

Another variable examined in this study is personality traits. Personality traits are fixed characteristics that a person shows most of the time. Personality traits are among the important factors that affect the marital adjustment of couples and are an empirical predictor of marital adjustment (8). Shakarian, Mohammad Nazari, Ebrahimi, Fatemi, and Danaei (9) also found in a study that personality traits can be a significant predictor of marital adjustment.

Another variable examined in this study is attachment styles. According to Balbi's theories, attachment means the emotional bond that is formed in childhood between the child and his primary caregiver and affects the child's social development and feelings throughout life (10). In a study by Asghari et al. (11) entitled The relationship between attachment styles and marital adjustment, the results showed that there is a significant relationship between secure attachment style and marital adjustment and there is a significant negative relationship between insecure

and ambivalent attachment styles. Thus, healthy attachment styles enhance marital adjustment and unhealthy attachment styles weaken marital adjustment. Attachment styles are among the factors that play an important role in functioning as well as marital adjustment. There is also a positive and significant relationship between couples' sexual satisfaction and secure attachment styles, and attachment styles can predict changes in sexual satisfaction in couples (12). Many studies have shown that people with a secure attachment style are more compatible in their relationships than people with an insecure attachment style (13-14).

Sexual satisfaction is one of the most important factors that affect the quality and stability of the couple's relationship (15). Sexual issues are among the first issues of life in terms of importance and adaptation in sexual relations and proportion and balance in the amount of sexual desire in men and women are the most important causes of happiness and success of a married life (16).

The relationship between sexual dissatisfaction and marital adjustment problems shows that couples' satisfaction with their sexual relationship is one of the most important dimensions of marital adjustment (17-18-19). Researchers believe that commitment increases sexual satisfaction, they believe that relationships with higher commitment are more flexible, and couples have more peace of mind (20). Numerous studies have been conducted on the factors affecting the level of sexual satisfaction, and among them, personality and personality traits are effective on increasing sexual satisfaction (21). Hazan and Shaver (22) used the theory of attachment styles to justify and explain social relationships, romance and sexual satisfaction during adolescence and adulthood and play a very fundamental role in communicating with others.

If with the help of a reliable research method can determine the factors that determine marital adjustment, in fact, an important step has been taken to achieve a healthy family and society. Determining these factors will save couples from confusion and show them a healthy way to live. The importance and necessity of this research is determined by the fact that to reduce the adverse consequences, a suitable solution can be provided to reduce the consequences of psychological and social harms.

Considering the importance of family and marital adjustment, finding a suitable solution requires identifying the causes and factors affecting the formation of the marital adjustment process. Examined personality traits and attachment styles mediated by sexual satisfaction. Given what has been mentioned so far, and considering the importance of marital adjustment and sexual satisfaction as a positive indicator and considering the challenges that families face in their lives, a study of factors such as mental security, personality traits, attachment styles that can lead to be marital compatibility.

### **Methods:**

The method of this research is non-experimental and the research design is a correlation of structural equation modeling. In the present study, the statistical population included all married men and women in District 8 of Tehran (25-45 years) in 2016-2017. 600 subjects were studied using the available method (due to coronary conditions and frequent home quarantines,

the use of available sampling method was chosen). Subjects included married men and women between the ages of 24 and 45, living in District 8 of Tehran, who had the inclusion criteria to participate in the study if they did not use psychiatric drugs and did not use certain drugs and narcotics.

**Marital adjustment questionnaire:** The Marital Adjustment Questionnaire was developed by Graham Spanier (1976) to assess the quality of a marital relationship in terms of a spouse or both living together, which has 32 items and is scored based on the Likert scale. The scores of this questionnaire vary from zero to 150. A score higher than or equal to 100 means that people are married, and a score below 100 means that there are problems in marital relationships and incompatibility and lack of family understanding. This questionnaire assesses the individual's overall marital adjustment. Studies on the reliability and validity of this scale have always been positive. Spinner (23) obtained a reliability of 0.96 through Cronbach's alpha coefficient for this scale. Sharpley and Kroos (24) reported the reliability coefficient of the questionnaire as 0.96, and they also recommended the use of this scale due to its appropriate psychometric basis compared to other scales. The obtained reliability was estimated by Mousavi et al. (25) using halving methods equal to 0.96 and using Cronbach's alpha coefficient of 0.92. This reliability was confirmed in the research of Sharpley and Kroos (24). In another study by Spanier and Thompson (26), the internal consistency was calculated using the Cronbach's alpha coefficient of 0.91. In Iran, Mollazadeh, Mansour, Ejei and Kiamanesh (27) reported the validity of the scale as 0.86 with the retest method and 0.89 with the Cronbach's alpha method and its concurrent validity with the Lockwalls marital adjustment questionnaire equal to 0.90. In the present study, the reliability of this questionnaire was 0.844 through Cronbach's alpha.

**Mental Security Questionnaire:** The Maslow Mental Security Questionnaire was developed in 2004 with the aim of measuring different dimensions of mental security, which has 62 items and 15 subscales and includes: environmental incompatibility (1-6), paranoia (7-11), self-belief (12-16), desire for life (17-21), depression (22-25), feeling of happiness (26-30), social security (31-34), self-awareness (35-37), self-confidence (38-41), Feelings of anger (44-42), despair (45-47), interest in life (48-51), compatibility with others (52-54), feelings of health (55-58), feelings of inferiority (59-62). It is scored with yes and no options. Correct answers are given a score of 0 and incorrect answers are given a score of 1. Achieving a high score in this test indicates a person's high mental security and a low score indicate low mental security. Bowen, Chaula, and Marlett (28) reported Cronbach's total alpha coefficient of 0.92 and two-week retest validity of 0.81. In Sarkhosh (5) research, the validity of the questionnaire has been evaluated and confirmed well using the opinions of supervisors and consultants. Also, the reliability of the mental security questionnaire was calculated through Cronbach's alpha coefficient and the reliability was 0.88. In the present study, the reliability of this questionnaire was 0.463 through Cronbach's alpha.

**Personality Traits Questionnaire:** The Neo Personality Traits Questionnaire was used by McCray and Costa (1985) to assess the 5 main personality factors that have 60 items and 5 subscales (neuroticism, extraversion, flexibility, pleasantness, and responsibility). The questionnaire has two forms, one (S) for personal reports and contains 240 five-point questions from strongly agree to strongly disagree, which are graded by the subject and are suitable for

men and women of all ages. The other is called form (R) or revised and is based on a grade from completely agree to strongly disagree that is graded by the subject itself and is suitable for men and women of all ages, and the other is called form (R1) or revised and is based on observer ratings. Form (R2) can be used both independently for personality assessment and as a supplement to Form (S) personal reports or their validity. This questionnaire is based on the Likert scale (strongly disagree, disagree, indifferent, agree and strongly agree). The scoring of the short form of this questionnaire is not the same in all materials. This means that in scoring some materials of the short form of the questionnaire, I completely disagree with the grade 4, I disagree with the grade 3, indifferently the grade 2, I agree with the grade 1 and I completely agree with the grade 0. While some other materials of this short form are scored in reverse (29).

The test has been translated into Czechoslovakia, Arabic, Dutch, French, German, Japanese, Norwegian, Polish and Swedish for research purposes. Also, McCray and Costa have obtained credit scores between 0.83 and 0.75. The long-term validity of this questionnaire on the scales of temper tantrums, extraversion and openness to experience has shown the validity coefficients of 0.68 to 0.83 in the reports. The validity coefficient of the two factors of compatibility and conscientiousness at two-year intervals were 0.79 and 0.63, respectively (30). In the standardization of this test in Iran, which was performed by Grossi Farshi (29), the correlation coefficient of the 5 main dimensions has been reported between 0.56 to 0.87. Cronbach's alpha coefficients in each of the main factors of irritability, extroversion, openness, adaptation and conscientiousness were 0.86, 0.73, 0.56, 0.68 and 0.87, respectively. To evaluate the content validity of this test, the correlation between the two forms of personal report (S) and the observer evaluation form (R) was used, with a maximum correlation of 0.66 in the extraversion factor and a minimum of 0.45 in the adjustment factor. In the study of fire (31) using the internal consistency method, Cronbach's alpha coefficient for each of the 5 traits: irritability, extroversion, openness, adaptation and conscientiousness, respectively 0.74, 0.55, 0.27, 0.38 And was obtained 0.77. In the present study, the reliability of this questionnaire was 0.689 through Cronbach's alpha.

**Attachment Styles Questionnaire:** Modified Attachment Styles Questionnaire was developed by Collins and Reid in 1990 based on Hazan and Shaw's theory. Secure attachment is compatible (style of attachment (which is almost the opposite of avoidant attachment). For scoring in the Likert scale, from strongly disagree to strongly agree, we give a score from 0 to 4.

Collins and Reed (32) reported the reliability of the retest for each of the three subscales of intimacy, dependence and anxiety as 0.68, 0.71, 0.52, respectively, and also showed that the subscales of intimacy, dependence and Anxiety persisted for 2 months or even 8 months. Given that Cronbach's alpha values are equal to or greater than 0.80 in all cases, the degree of reliability obtained is high. Cronbach's alpha for each subscale of this questionnaire is reported in three different samples as follows: in 173 samples in secure attachment 81% avoidance 78% anxiety 85% in 139 samples in secure attachment 80% avoidance 78% and in anxiety 85% And in 100 people the sample of secure attachment is 82% avoidance 80% and in anxiety 83%. Pakdaman (33) in order to assess the content validity, ran this questionnaire on 100 people, by

examining the correlation coefficient between materials related to each subscale with the score of the subscale, in this group the degree of internal coherence of materials and their correlation with what is the purpose of measurement. The corresponding subscales were 0.45 for dependency, 0.71 for anxiety, and 0.57 for proximity. Cronbach's alpha coefficient was 0.8, which indicates the relatively high validity of this test. In the present study, the validity coefficient by Cronbach's alpha was 0.70.

**Sexual Satisfaction Questionnaire:** Larson Sexual Satisfaction Questionnaire was developed in 1998 with the aim of measuring satisfaction with sexual function, which has 25 items and 4 subscales including the desire to have sex (20-18-15-22-23), sexual attitude (19- 5-12-14-3-25), quality of sexual life (7-8-2-4-5-9-17-24) and sexual compatibility (11-13-10-1-16-21). And is scored based on the Likert five-point range (never = 1 to always = 5). The minimum possible score will be 25 and the maximum 125. A score between 25 and 41 indicates a low level of sexual satisfaction, a score between 42 and 84 indicates a moderate level of sexual satisfaction and a score above 84 indicates a high level of sexual satisfaction.

Larson et al. (34) The results of the test and its re-run were analyzed by correlation test. The results of this test show a correlation of 0.96 at a significance level of 0.01. Also, for a more accurate review, the validity obtained from the method of halving the test has been 0.88. The calculated Guttman coefficient is also 0.80. In Iran, the internal consistency of Cronbach's alpha sexual satisfaction questionnaire questions was calculated to be more than 0.7. The construct validity of the questionnaire was obtained using exploratory factor analysis, which showed four factors (desire to have sex, sexual attitude, quality of sexual life and sexual adjustment) with a specific value of more than one. Four hidden factors explained 53.21% of the total variance. Confirmatory factor analysis confirmed the final model structure of the Sexual Satisfaction Questionnaire (35). In the present study, the reliability of this questionnaire was 0.492 through Cronbach's alpha. In the present study, the structural validity of the Sexual Satisfaction Questionnaire was tested by confirmatory factor analysis (CFI) method and according to the obtained statistics, the results of the confirmatory factor analysis model were a reasonable and acceptable fit.  $\chi^2 = 995$ ,  $df = 995$ ,  $GFI = 0.984$ ,  $IFI = 0.95$ ,  $TLI = 0.975$ ,  $NFI = 0.984$ ,  $CFI = 0.984$  and  $RMSEA = 0.056$  indicates that the measurement pattern of the latent variable of satisfaction Sex in various dimensions has a good structural fit and validity.

### **Results:**

According to the data analysis, among the respondents, 288 (52%) were male and 312 (48%) were female, and among the respondents, 56 (9.3%) under 25 years of age, 108 (18%) between 25 and 30 years, 288 people (48%) between 31 to 35 years, 116 people (19.3%) between 35 to 40 years, 17 people (2.8%) between 41 to 45 years and 15 people (2.5%) were over 60 years old. Also, among the respondents, 114 (19%) had a diploma, 47 (7.8%) had a master's degree, 254 (42.3%) had a bachelor's degree, 146 (24.3%) had a master's degree and 39 (6.5%) have been in doctoral degree.

**Table 1: Descriptive indicators of research variables**

Variable	Average	Standard deviation	skewness	kurtosis
<b>Psychological security</b>	<b>35/503</b>	<b>5/161</b>	<b>- 0/061</b>	<b>-0/182</b>
Environmental incompatibility	2/748	1/194	0/136	-0/316
Paranoia	1/703	1/156	0/518	-0/042
Self-trust	2/743	1/431	-0/218	-0/837
Eagerness to live	3/461	1/291	-0/468	-0/715
Depression	2/218	0/989	-0/137	-0/546
Feeling happy	2/731	1/445	-0/233	-0/808
Social Security	2/963	1/098	-0/912	0/053
Self-awareness	2/236	0/899	-0/939	-0/087
Self-confidence	2/321	1/147	-0/093	-0/908
Feeling angry	1/516	0/978	-0/021	-0/123
Despair	1/325	0/915	0/152	-0/807
Interest in life	1/885	0/879	-0/041	-0/254
Compatibility with others	2/071	0/787	-0/311	-0/834
Feeling healthy	1/833	1/071	0/025	-0/616
Feeling inferior	2/295	0/982	0/081	-0/619
<b>Personality traits</b>				
Neuroticism	32/185	5/021	-0/471	1/547
Extraversion	39/205	5/336	-0/009	0/767
flexibility	39/598	5/627	0/903	1/824
Being pleasant	38/848	4/975	0/035	0/609
responsibility	38/606	4/919	0/271	0/815
<b>Attachment style</b>				
Anxiety Attachment	17/746	4/126	-0/349	-0/308
Secure attachment	18/528	3/949	0/324	-0/397
Avoidance attachment	18/063	3/955	-0/306	0/184
<b>Sexual satisfaction</b>	<b>79/906</b>	<b>11/094</b>	<b>1/553</b>	<b>2/894</b>
The desire to have sex	16/113	3/295	0/359	-0/234
Sexual attitude	19/171	4/251	-0/104	-0/146
Quality of sexual life	23/036	3/639	0/411	0/509
Sexual adjustment	18/021	4/124	0/416	-0/063
<b>Marital adjustment</b>	<b>111/426</b>	<b>18/627</b>	<b>-0/686</b>	<b>0/873</b>
Marital satisfaction	37/111	5/418	-0/087	0/839
Two-person correlation	16/828	3/955	-0/638	0/421
Two-person agreement	43/831	10/586	-0/847	0/777
Expression of love	12/961	3/157	-0/238	0/779

The results of the normality test of variables based on Kolmogorov-Smirnov test showed that the significance of most research assets is higher than the level of = 0.05, although at this level the hypothesis of normality is not rejected, so it can be said. The main research has a variety of software that is used to test the hypotheses of selected tests.

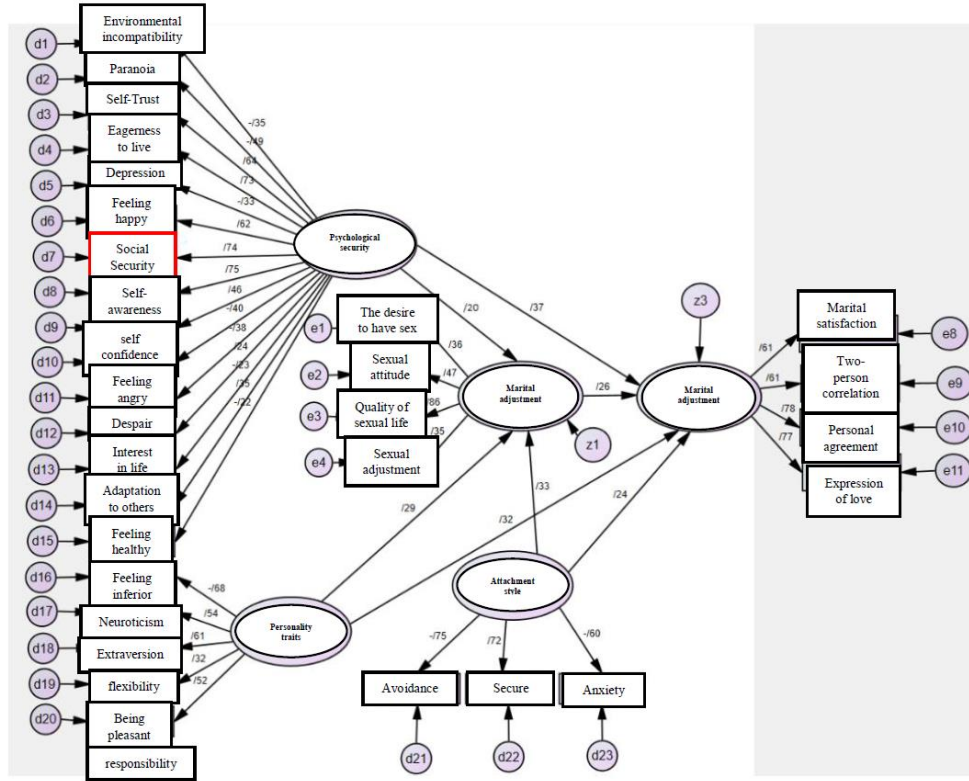
**Table 2: Kolmogorov-Smirnov test to test the assumption that the variables are normal**

Variable	Statistics of z	meaningful	Normal assumption
Marital adjustment	2/029	0/057	Is established
Psychological security	1/3	0/168	Is established
Sexual satisfaction	1/551	0/124	Is established
Neuroticism	1/171	0/234	Is established
Extraversion	1/813	0/063	Is established
flexibility	1/449	0/136	Is established
Being pleasant	1/445	0/137	Is established
responsibility	1/8	0/062	Is established
Anxiety Attachment	1/437	0/131	Is established
Secure attachment	1/302	0/166	Is established
Avoidance attachment	1/762	0/071	Is established

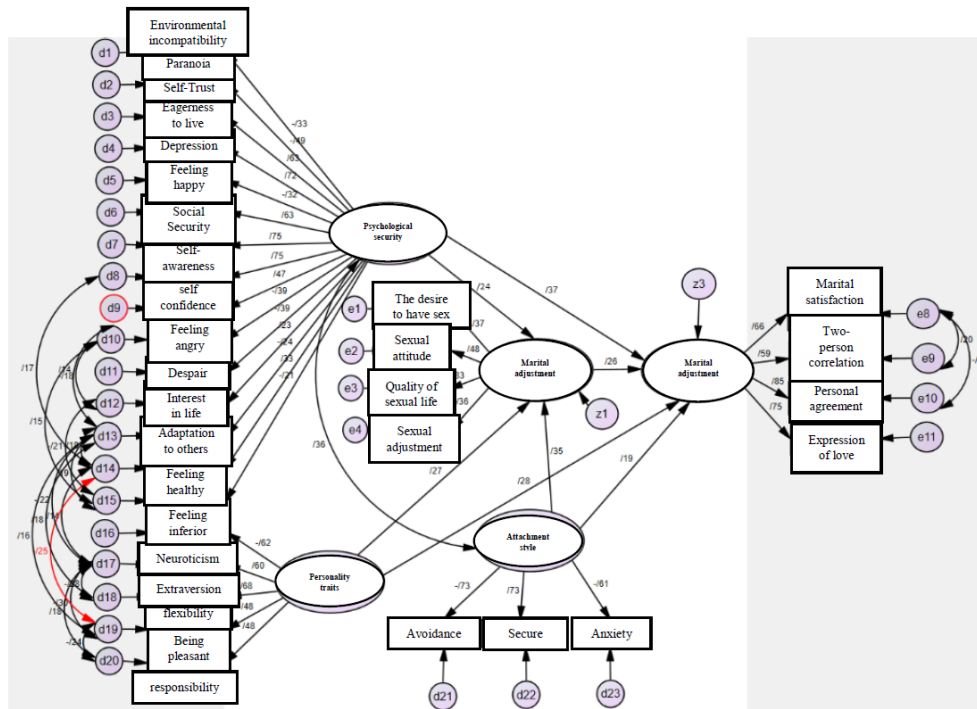
The fit of the initial pattern based on the fit indices used in this study is reported in the first row (compiled model) of Table 3. Which shows that the values of some fitness indicators of the original model indicated that the proposed model needs to be modified and improved, for this purpose in the next step according to the correction indicators (MI) at the output of 24 Amos paths that are significant Were not removed and the proposed covariance paths were added to the model. After applying these changes, the results of its fitness indicators are given in the second row of the table in Table 3. As the contents of Table 3 show, the first model does not have a good fit (because the fit indices, ie GFI and IFI, CFI, TLI are less than /90)) In the next steps, by adding the proposed correction index (MI) paths, the pattern Improved and the fit indicators of the final model are acceptable (because the fit indicators ie GFI and IFI, CFI, TLI are close to 0.90 and above).



**Figure 1: The model of marital adjustment based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men in the present study.**



**Figure 2: Modified model of marital adjustment based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men in the present study.**



**Table 3: Fitness indicators for the developed models and the final model.**

Pattern fit indicators	X <sup>2</sup>	Df	X <sup>2</sup> /Df	NPAR	GFI	IFI	TLI	CFI	RMSEA
Developed model	2432/4	472	5/70	69	0/777	0/74	0/711	0/74	<b>0/089</b>
	5					5		2	
Corrective model (final)	2031/1	408	4/97	88	0/904	0/91	0/907	0/911	<b>0/079</b>
	1					4			
Independence model	6073/7	465	13/06	31	0/481	0/00	0/001	0/001	<b>0/142</b>
	1					1			

Considering the values of the fit indices of the final model (formulated model) and the limit of acceptable values mentioned above, it can be said that the model presented in this research is acceptable. The model regression coefficients show that the mentioned variables well explain the relationship between marital adjustment based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men.

Using general fit indices, the question can be answered as to whether the developed model is generally supported by the collected experimental data, regardless of the specific values reported for the parameters. If the answer is yes, the model is acceptable. To interpret the values in the table above, it should be said:

- The presence of non-significant chi-square (CMIN) equal to 2031/11 and the level of significance (P = 0.001) shows the desired results, but in this the role of the degree of freedom (Df) is also important. In addition, considering that the degree of freedom (Df) of the fitted model (equal to 408) is close to zero and approaches the degree of freedom of the model of independence (equal to 465), the model should be considered favorable.

- The number of free parameters for the developed model (NPAR), the value of which is 78, indicates that the degree of freedom has not been easily spent in the development of the model, and this situation is acceptable.
- Regarding the relative indices, it should be said that in this table, the relative chi-square value (CMIN / DF) is 4.97, which indicates an acceptable status for the model. Also, the value of 0.079 of the second root mean square index (RMSEA) for the developed factor model indicates the acceptability of the model.
- In the above table, the Tucker-Lewis fit index (TLI) is equal to 0.907 and the adaptive fit index (CFI) is equal to 0.911, and since their values are close to 0.90, based on these indicators, the model has been developed. Is considered acceptable.
- In the table above, the value of the Goodness Fit Index (GFI) is equal to 0.904 and the value of the Incremental Fit Index (IFI) is equal to 0.914, both of which indicate acceptable values. The values of the general fit indices in the table above show that the measurement model of this research is quite acceptable.

### **Discussion and conclusion:**

Considering the values of the fit indices of the final model (formulated model) and the limit of acceptable values mentioned above, it can be said that the model presented in this research is acceptable. The regression coefficients of the model show that the mentioned variables well explain the relationship of marital adjustment based on psychological security, personality traits and attachment styles mediated by sexual satisfaction in women and men, so the research hypothesis is confirmed.

Marital adjustment is a process that has many consequences. Marital adjustment is a situation in which a couple often feel happy and satisfied with each other. Satisfactory relationships between couples through mutual interest, caring for each other and mutual acceptance and understanding that psychological security based on the results of this study play a role in shaping marital adjustment. Mental security means having a calm mind, free from fear, feeling relatively free from danger. This feeling creates a pleasant state and the person has physical and mental peace in it. Security or safety from emotions is a vital foundation for mental health (36). In fact, it can be said that the level of psychological security affects the marital adjustment of men and women, and men and women who have high psychological security, as a result, will have better marital adjustment. Of course, it should be noted that since the present study is a correlational study, it can be inferred from this finding that marital adjustment can also increase psychological security. This finding is consistent with the results of Mahmoudi (37) who reported a significant relationship between psychological security and marital satisfaction, ie the higher the level of marital adjustment, the more prone a person is to experience positive emotions and feelings. In a study, Jafari et al. (7) examined the relationship between psychological security and marital adjustment. The results showed that there is a positive relationship between psychological security and marital adjustment.

As previously stated, according to Maslow's theory, people who feel less secure have a number of clinical signs that negatively affect marital relationships and lead to a decline in marital

adjustment. Feelings of rejection, feelings of loneliness, feelings of insecurity, dissatisfaction with life, and stress on the one hand can be negative responses to psychological insecurity, each of which can lead to many problems in a couple's relationship. Married people who feel inferior and lack of self-confidence due to social and psychological insecurity certainly generalize this mental state in their relationships with their spouse and on the other hand cannot satisfy their spouse's psychological needs and as a desirable spouse in promoting satisfaction and compatibility. His marriage will be effective, and on the other hand, with the negative response he gets from his relationship with his wife, his feelings of inferiority and lack of self-confidence will increase, he will have a vicious cycle, and he will constantly face devaluation. On the other hand, the feeling of constant tension and tension leads a person who suffers from a feeling of mental insecurity to find a lot of blame and a feeling of weakness and helplessness, and this person considers himself responsible for all the misery and misfortune in his marital relationship. Enjoy marital satisfaction (38).

Martin, Horn, and Almand conducted a study examining the interpersonal relationship between psychological security, feelings of satisfaction, and psychological adjustment in the daily lives of older people. The results showed that the elderly have a significant variation in mental security, satisfaction of autonomy needs and psychological competence and adaptation over time, and psychological security was positively associated with psychological adjustment in individuals. It can also be said that psychological security with the experience of autonomy and competence are relevant in the daily lives of older people (39).

People who have a secure attachment think positively about themselves and the person they love, and show more compatibility in their relationship. Secure attachments feel comfortable in both intimate and independent relationships, often wanting to strike a balance between intimacy and independence in their relationships. Secure attachment styles lead to more vivid communication, more intimate self-expression, which leads to increased marital adjustment. Findings showed that there is a positive and addictive relationship between anxious attachment style and marital adjustment. The results were in line with the results of friendship studies (40), Shakriani and Farhadian (9). People with anxiety attachments are often reluctant to approach others and worry that the other person will not reciprocate their feelings. This leads to the successive severance of the relationship, and the reduction of intimacy and compatibility. The results of Yang, Rig, and Kaminski (41) showed that spouses with anxious attachment styles and avoiding lower levels of marital adjustment, less work cooperation, and parental conflict reported.

Following the study of this hypothesis and based on the results of the present study, there was a positive and significant relationship between extroverted personality traits, conscience, agreement and openness and negative and significant relationship with marital adjustment. According to Hosseini's research (42), there is a significant relationship between personality traits, satisfaction and marital adjustment.

Personality tendencies such as emotional instability or neuroticism provide persistent vulnerability that affects couple adjustment and overall relationship satisfaction. Consistent with this finding, various studies have shown that there is a negative and significant relationship between neuroticism and marital relationships (43). Neurotic people have low

self-esteem and low levels of life satisfaction (17). Report. This low level of satisfaction leads them to analyze life events and consequences in a negative way. This lack of psychological health and even negative traits such as anxiety and sadness due to marital satisfaction are reduced and the level of adjustment is reduced. In describing neuroticism, it can be stated that such people tend to experience negative emotions such as anxiety, depression, and anger, which in turn prevent them from engaging in good and intimate relationships with each other. In Taggart, Bannon, and Hammett (44), the results showed that some personality traits moderate the relationship between conflict resolution and relationship satisfaction. For individuals with above-average levels of conscientiousness and psychosis, the bond was negative. It was also found that personality traits may affect relationship satisfaction in couples over time.

Numerous studies have been conducted on the factors affecting sexual satisfaction and among them personality and personality traits are effective on increasing sexual satisfaction (20) and Farahdal and Mehdian (45) Sexual satisfaction has a significant relationship with marital adjustment in women. So that the variable of sexual satisfaction has a positive relationship in predicting marital adjustment.

Finally, to explain the results of the present study, it can be stated that marital adjustment is a process that is constantly changing and is considered as the ability to adapt and solve problems through which people come to understand and accept individual differences related to growth that the structure of mental security, personality traits, and attachment styles can be explained by psychological development. The need for psychological security is considered as one of the most important needs in building personality traits and presenting their values, norms, behaviors and positive tendencies. These are one of the most important conditions for mental health (which will include sexual health), as well as personality traits that, as consistent characteristics that a person often exhibits, predict the empirical prediction of marital adjustment. Attachment styles are sources within the individual that can moderate levels of stress and disability in adverse situations and lessen the negative effects of stress. On the other hand, sexual satisfaction as a mediating variable state that sexual satisfaction is an effective reaction that arises from the positive or negative mental evaluation of the dimensions related to sex. People with high marital compatibility, better sex, understanding the other party and expressing emotions are other characteristics of these people. My strengths grow due to psychological development with sub-components (my resilience and self-control) under the influence of attachment styles and personality traits and psychological security, and affect the marital adjustment of couples. Research by Mohammadzadeh, Rezaei, Alizadeh Mansour (46) showed that the level of life satisfaction is affected by the interaction between the type of attachment style or individuals and their personality shape, so that people with secure attachment style in both types of personality shape of satisfaction They had a higher life. This is while the level of sexual satisfaction of individuals is not affected by the type of attachment style and personality shape and the interaction between these two components. In fact, the level of life satisfaction of individuals is affected by their personality type according to the type of attachment style.

### **Research Limitations**

1. Restrictions on the implementation of questionnaires: Due to the coronary conditions in the community for implementation, 987 questionnaires were sent to the subjects, which were implemented and stopped by following the samples (288 males and 312 females). The subjects included married men and women between the ages of 25 and 45, living in District 8 of Tehran, who had the inclusion criteria to participate in the study if they did not use psychiatric drugs and did not use special drugs and narcotics.
2. Time constraint: Time consuming in collecting questionnaires online due to coronary conditions.
3. Limitations in the samples: Due to the variety of questionnaires and conditions in the community and lack of close contact with individuals due to the difficulty of the subjects was possible to cooperate.
4. Limitations in research tools: For variables such as mental development, sexual satisfaction and psychological security, multiple questionnaires with higher usage were not available to the researcher.

### **Research suggestions**

1. It is suggested that other samples be evaluated in different communities. Also keep in mind that these research evaluations have already been performed in corona conditions.
2. It is suggested that other psychological factors affecting marital adjustment be examined in other examples.
3. It is suggested that similar studies on marital and family adjustment with more unknown variables such as mental security and psychological development and sexual satisfaction in different different societies and with a larger sample size, by limiting groups in age groups and with health status. The normal psychology of individuals in non-coronary coronary conditions should be examined.
4. It is suggested that a similar study be considered outside the geographical area of Tehran.

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