

ARTICLE

RELATIONSHIP BETWEEN THE PERSONALITY TRAITS, DEFENSE MECHANISMS AND MARITAL SATISFACTION OF ELEMENTARY SCHOOL STUDENTS' PARENTS

Farzane Abbaspour Khoshdast*, Mohammad Reza Jalali, Ali Reza Kakavand

Department of Psychology, Imam Khomeini International University, Qazvin, IRAN

ABSTRACT

The purpose of this study was the relation between personality traits, defense mechanisms and marital satisfaction of the parents of the elementary school students. Research sample includes of 300 (150men and 150women) from parents of the elementary school of Qazvin city that sampling with multistage. Questionnaires in this study were NEO-Five Factor Inventory, Defense Styles Questionnaire and Enrich marital satisfaction scale. For the analysis of the data used multiple regression, ANOVA and Pierson correlation. The results showed that there was a meaningful relationship between such personality traits as neuroticism, extraversion, agreeableness, conscientiousness, mature defense mechanisms, immature defense mechanisms and marital satisfaction. Neuroticism, conscientiousness and immature defense mechanisms had a significant effect on anticipated marital satisfaction. Marital satisfaction without personality traits such as top extraversion, agreeableness, conscientiousness and below neuroticism had no duration even with a starting balance. Couples who most use matures defense mechanisms have more marital satisfaction.

INTRODUCTION

KEY WORDS
personality traits,
defense mechanisms,
marital satisfaction

The marriage is to enter a new phase of life which covers an important part of personal and social life [1]. In the meantime, what seems to be more important than the marriage itself and formation of family is the marital satisfaction. The marital satisfaction is one of the deepest and the most fundamental human pleasures and its absence is one of the greatest and the most profound source of suffering [2]. The marital satisfaction is the couple agrees about problems and struggles, common interests and activities, frequent and public displays of affection, mutual trust, a few complaints and a few complaints about loneliness, misery and suffering [3]. Soleimani believe that the marital satisfaction is the conformity between the current situation and the expected situation. According to this definition, the marital satisfaction exists when there is conformity between the current situation of an individual in marital relations and his expected situation [4].

Sherbafalso believe that three general areas of satisfaction, including the individual's satisfaction with marriage, satisfaction with family life and general life satisfaction are overlapping and interdependent. In fact, the marital satisfaction has a significant impact on other aspects of couples' life. The concept of marital satisfaction is one of the most common concepts to show happiness, sustainability and quality of marriage, but this cannot be easily achieved [5]. Many factors can influence the marital satisfaction. Some people consider the intellectual and emotional maturity of couples, similar cultural class and similar interest and ideology to be among factors affecting marital satisfaction [6]. Others consider religion [7-9], children [10-12], duration of marriage [13], education [14-16], sexual issues [17, 18] and economic issues [19, 20] as important factors in marital satisfaction.

In the meantime, the factor which can affect the marital satisfaction more consistently in the long term is the personality characteristics. Personally, as a challenging concept among researchers, represents durable and unique features which indicate a person's behavior in all fields. Raymond Cattell has a definite personality and said "personality provides the ability to predict what a person will do in a particular situation" [21]. All port considers personality traits as the readiness to present the same or similar answers to various stimuli. In the other words, traits are stable and durable responses to the environment [22]. Therefore, since the personality is relatively stable and predictable, it plays an important role in family life and marital satisfaction. Research findings show that the personality factors and aspects can predict marital quality better than calendar variables such as age, education and experience of divorce in the past [23].

Some researchers who have investigated the relationship between personality traits and marital satisfaction have indicated the importance of personality traits in satisfaction and dissatisfaction of couples. For example, Stroud et al. consider the marital dissatisfaction to be the result of the mutual influences of personality traits, stressful life experiences and compliance process [24]. They believe that the personality traits affect couple's dissatisfaction indirectly through the process of couple's compliance. Lazarides et al. point out the mediator role of personality as a regulatory factor in the manner of communication and stability among couples [25]. The results of their studies, Strode et al. found that marital satisfaction and personality traits are linked together and duration of marital relationship influences marital satisfaction as an important factor. The most widely used models in the study of

***Corresponding Author**

Email:
arzane.abbaspour.khosh
dast@gmail.com
Tel.: +98-9125828644

Received: 15 Aug 2016
Accepted: 29 Aug 2016
Published: 5 Oct 2016

personality traits is the five-factor personality model. These five factors include neuroticism, extraversion, openness, agreeableness and conscientiousness [24].

Various studies suggest that these five personality factors are useful in assessing the relationship between personality and marital adjustment and they are commonly used in the study of marital relationships [26]. Therefore, since marriage is the union of two different characters, investigating the relationship between personality traits and marital satisfaction of couples will bring useful and productive outcomes. Life satisfaction, happiness, development and public health, reducing the conjugal, marital discords reduction, divorce prevention and finding valid criteria in mate selection are among these outcomes [27]. Therefore, this study aims to examine the role of personality factors in marital satisfaction from the perspective of pathology.

Defense mechanisms are among the factors influencing the marital satisfaction, but few studies have been focused on it. Defense mechanisms are an automatic setting process which acts to reduce cognitive dissonance and to minimize the sudden changes in internal and external reality by influencing the manner of perception of threatening events [28]. Defense mechanisms include mature defense mechanisms, immature defense mechanisms and neurotic defense mechanisms [29]. Defense mechanisms which are responsible for protection of ego in dealing with various forms of anxiety may be normal or abnormal and efficient or inefficient depending on their function. The mature defense mechanisms are regarded as the normal and efficient methods of adaptive confrontation. The neurotic defense mechanisms and immature defense mechanisms are considered to be the maladaptive and ineffective methods of confrontation [30].

These defense mechanisms are used by all human beings since their existence is valuable to show the failures unimportant and to protect excitement and anxiety. For this reason, they are called "the normal adaptive response". If they are used excessively, all the defensive positions which were created to protect the values of the person will cause disruptions. Therefore, despite the necessity of psychological defense, it brings some losses. First, in all of them, two important issues of "self-deception" and "escape from reality" have a vital role. It makes the access to "real self" very difficult. The constant and unreasonable use of it will lead to a situation that the person cannot properly solve the problems by the use of reason and logic and adapt himself to the environment [31].

Consequently, defense mechanisms also influence the relations between spouses and marital satisfaction. While the habit of using the abnormal defense mechanisms may bring compromise problems due to ignoring the facts and issues, the effective use of normal and adaptive defense mechanisms can help the couples to have a more realistic view of each other and to pay more attention to the needs of each other. While denial, rationalization, suppression, identification and projection may separate the couples, bring some problems in understanding each other's needs and make the disputes permanently, the use of some defense mechanisms such as introjection, displacement and sublimation can lead them in the process of empathy and supplementation. With reduced the challenging topic, they can help the couples to solve the specific problems of each other. Therefore, due to the abundant use of this mechanism in daily life and their unconscious nature, the investigation of their effects on the couple's interactions with each other and marital satisfaction in the form of research is very important.

Although marriage is pleasant, statistical data suggest that couple's consent is not obtained easily. Therefore, the most powerful human link which is marriage is in serious danger [32]. The rising rate of divorce and the existence of conflicts and turmoil in relations between spouses confirm this matter. The studies also concluded that divorce in marital life has a negative impact on physical and mental health of couples. These negative effects are also evident in their children [26]. Family is the first social institution where people grow and establishes other social institutions. These social institutions will be healthy only if the family is healthy. Therefore, understanding the underlying factors to identify and explain the factors affecting marital satisfaction are among the topics considered in this study, which can lead to the realization of successful marriages and mutual consent as well as the continuation of healthy life. As it was stated, the personality traits and defensive styles are among the factors which affect the marital satisfaction. With regard to the research literature, there are insufficient researches in this area in our country. For this reason, the aim of this study is to investigate the relationship between the personality traits and the defense mechanisms and marital satisfaction of elementary school students' parents in Qazvin.

MATERIALS AND METHODS

This study was a descriptive (non-experimental) and co-relational research. In this study, the relationship between the independent or predictor variables (personality traits and defense mechanisms) and criterion or dependent variable (marital satisfaction) were investigated.

The statistical population of this study was all parents of elementary school students in Qazvin in academic year of 2012-2013. The research sample was 300 parents (150 men and 150 women) of elementary school students in Qazvin. Given the nature of the subject and marital satisfaction questionnaire, there was the possibility of subjects drop. To achieve the desired sample, 100 subjects (50 men and 50 women) were added to the sample size to be substituted for the respondents who present incomplete and missing questionnaires. Due to some limitations, both parents did not take part in this study. Therefore, one of the parents (father or mother)

participated in this study and completed the questionnaire. The selected parents should live with their spouse and have a common life. They should also have a sufficient level of literacy to enable them to complete the questionnaire. The sampling method used in this study was the multi-stage random sampling. Eight public and private schools (4 girls' schools and 4 boys' schools) were selected randomly out of two regions of education. Several classes were selected out of these eight schools and some students were randomly selected through the list of students. Their parents (mother or father) came to school to obtain and complete the questionnaire.

The tools used in this research were the five-factor personality questionnaire (NEO-FFI-60), defensive styles questionnaire (DSQ-40) and ENRICH (evaluation and nurturing relationship issues, communication, and happiness) Marital Satisfaction Scale. At each school, a specific date was determined for presence of parents (mother or father) in the school. On the specified date, the necessary explanations were given to parents about the purposes of the study, its importance and sincerity in responding. Then, the parents filled out questionnaires. The one-way analysis of variance, multivariate linear regression and Pearson correlation were used to analyze the data. SPSS Statistics V21 was used for statistical analysis.

RESULTS AND DISCUSSION

In [Table 1], the descriptive indicators related to defense style subscales (mature, immature, and neurotic) were presented.

Table 1: The statistical indicators related to defensive styles variable's subscales

Defensive Styles	Females		Males		Total	
	M	SD	M	SD	M	SD
Mature	44.99	10.69	47.63	9.43	46.31	1.26
Immature	113.2	24.59	109.38	26.23	111.29	1.06
Neurotic	46.7	9.83	47.92	9.29	47.31	1.19

[Table 2] provides the mean and standard deviation of the 5 subscales of personality traits included neuroticism, extraversion, openness, agreeableness and conscientiousness.

Table 2: The statistical indicators related to personality traits variable's subscales

personality traits	Females		Males		Total	
	M	SD	M	SD	M	SD
Neuroticism N	23.04	8.2	19.33	7.11	21.18	7.88
Extraversion E	29.48	6.2	31.09	4.88	30.28	5.63
Openness O	23.81	4.54	23.98	4.39	23.89	4.46
Agreeableness A	32.6	5.99	31.06	5.51	31.83	5.79
Conscientiousness C	37.55	5.62	37.11	5.9	37.33	5.75

Regarding the level of marital satisfaction, the results in [Table 3] indicated that the average of marital satisfaction of men (177.37) were higher than women's (163.64). The difference was close to 14 scores.

Table 3: The statistical indicators related to marital satisfaction variable

Gender	M	SD
Females	163.64	30.04
Males	177.33	25.17
Total	170.51	28.51

In [Table 4], the results of comparing the scores average of marital satisfaction in three groups with mature, immature and neurotic defensive styles were provided. With respect to the amount of F (F=16.75) (Table 5), there was a significant difference between these three groups in terms of marital satisfaction ($p < 0.01$).

Table 4: The descriptive indicators related to marital satisfaction in three groups of defensive styles

Defensive Styles	Number	M	SD	SE
Mature	101	179.71	27.72	2.75
Immature	93	157.63	25.96	2.69
Neurotic	106	173.03	27.53	2.67

Table 5: The results of the one-way analysis of variance (ANOVA) to compare defensive styles and marital satisfaction

Source of variations	Sum of square	Degree of freedom	Mean Of Square	F	Sig.
Between Group	24643.82	2	12321.91	16.75	0.0001
Within The Group	218487.15	297	735.64	-	-
Total	243130.98	299	-	-	-

In [Table 6], the results of the correlation coefficient between each pair of variables were given. Based on the results, it can be said that there was a significant relationship between the marital satisfaction and the personality traits including neuroticism ($r=-0.49$), extraversion ($r=0.36$), agreeableness($r=0.37$) and conscientiousness ($r=0.39$), mature defensive style ($r=0.13$) and immature defensive style ($r= -0.38$).

Table 6: Correlation between marital satisfaction variable (criterion) and variables of personality traits and defensive styles (predictor)

Variables	1.	2.	3.	4.	5.	6.	7.	8.	9.
1. Marital Satisfaction	-								
2. Neuroticism	-.49**	-							
3. Extroversion	.36**	-.52**	-						
4. Openness	.10	-.11*	.11*	-					
5. Agreeableness	.37**	-.45**	.32**	.03	-				
6. Conscientiousness	.39**	-.36**	.4**	.08	.42**	-			
7. Mature Defensive Style	.13*	.13**	.36**	.04	.03	.12*	-		
8. Immature Defensive Style	-.38**	.51**	-.20**	-.04	-.48**	-.3**	.23**	-	
9. Neurotic Defensive Style	-.10	.2**	.05	.01	.06	-.02	.41**	0.32**	-

*p < .05. **p < .01.

[Table 7] shows the results of the analysis of variance. It indicated that the regression of criterion variable scores toward the scores average of predictor variables was statistically significant. In other words, the used model was an appropriate model.

Table 7: Analysis of variance of the scores of criterion variable and predictor

Source of variations	Sum of square	Degree of freedom	Mean Of Square	F	Sig.
Regression	78214.36	8	9776.79	17.25	0.0001
Residual	164916.62	291	566.72		
Total	243130.98	299			

The standardized Beta coefficients to assess the contribution of each predictor variable were presented in [Table 8]. The results show the great effect of the three predictor variables of neuroticism, conscientiousness and immature defensive style in anticipation of the criterion variable (marital satisfaction).

Table 8: Standardized Beta values and coefficients

Predictive variables	Non-Standardized coefficients		Standardized coefficients	t	Sig.
	B	SE	β		
Constant	143.39	19.22		7.45	0.0001
Neuroticism	-0.88	0.24	-0.24	-3.65	0.0001
Extroversion	0.29	0.31	0.05	0.93	0.35
Openness	0.21	0.31	0.03	0.7	0.48
Agreeableness	0.39	0.29	0.08	1.34	0.17
Conscientiousness	0.85	0.28	0.17	3.07	0.002
Mature Defensive Style	0.26	0.16	0.09	1.6	0.11
Immature Defensive Style	-0.19	0.07	-0.17	-2.7	0.007
Neurotic Defensive Style				-0.46	0.64

The aim of this study was to investigate the relationship between the personality traits and the defense mechanisms and marital satisfaction of elementary school students' parents in Qazvin. The results showed that there was a significant negative relationship between the marital satisfaction and personality traits of neuroticism and there was a significant positive relationship between the marital satisfaction and personality traits of extraversion, agreeableness and conscientiousness. There was a significant negative relationship between the marital satisfaction and immature defense mechanisms. These findings were consistent with the research results of Watson and Clark [33], Abdollahzadeh [27], Razzaghi et al. [34], Mehrabizadeh et al. [35], Malaf et al. [36], Shakerian et al. [37], Botwin et al. [38], Bass [39], Ahadi [40], Rasoulzadeh and Abbasi [41].

The significant negative relationship between the marital satisfaction and neuroticism is due to the association between the high scores of neuroticism and emotional instability, depression, hostility and the experience of negative emotions such as fear, sadness, confusion, anger, guilt and hatred. People who have such features are more prone to impulsiveness, aggression and vulnerability. They are also more likely to have compatibility problems and irrational beliefs. The mentioned features can hurt any communication and interaction, especially between spouses. It will most likely lead to general or partial dissatisfaction with marital life. In this situation, couples will experience lower satisfaction in their interpersonal relationships.

People with personality trait of extraversion have positive emotions like intimacy, being active, gregariousness, optimism and positive excitements such as joy, happiness and love. These people are full of energy and prefer to be in public and create intimacy with others. These features are most relevant to the quality of interpersonal relationships. These positive features improve the quality of relations between spouses and increase the intimacy between them. They increase not only the satisfaction of their marital life, but also the happiness and life satisfaction.

The significant positive relationship between the marital satisfaction and the personality trait of agreeableness can be explained on the basis that a person with this feature is basically altruist and has sympathy for others. He is eager to help others and believes that others are reliable. People who receive a high score in this feature respect others, hide their aggression, forgive and forget. They are humble, gentle and compassionate and always consider others. Like extraversion, the agreeableness is another aspect of interpersonal tendencies. It can affect couples' marital satisfaction in a positive way since the marital life is based on altruism, sympathy, helping each other, mutual trust, respect, forgiveness and humility. Lack of these features will damage the durability and strength of marital life severely even if it doesn't have an unbalance start.

People who have conscientious or dutiful personality traits are purposeful, strong-willed and determined. They adhere to ethical principles and do their moral obligations accurately. They work very hard to achieve their goals. These people are entirely responsible and have no conflict in doing their tasks. They have a definite purpose and planning for their life. They are mainly responsible and reliable. The results of the present study showed that the conscientiousness variable and the personality trait of neuroticism are good predictors of marital satisfaction and there is a positive and significant relationship between the personality trait of conscientiousness and marital satisfaction. The present study did not find any relationship between openness to new experiences and marital satisfaction. Based on the above theories and researches, individuals' openness to new experiences confirms their flexibility and tolerance in the field of communication. Therefore, it seems logical that the relationship between the spouses which is one of the closest and most intimate interpersonal relationships and (according to Ericsson) requires the highest interactive capacities and communication tolerance to maintain intimacy to be affected by such a feature on both sides of marital life. Based on these descriptions, the researcher has doubt about finding no positive association between openness to experience and marital satisfaction just in terms of method and administration. He suggests the repetition of such a research with more accuracy.

There is a significant negative relationship between the immature defense mechanisms and marital satisfaction. It means that, by increasing the use of immature defense mechanisms, the marital satisfaction decreases. There is a significant positive relationship between the mature defense mechanisms and marital satisfaction. It means that, by increasing the use of mature defense mechanisms, the marital satisfaction increases. The present research did not find any relationship between the neurotic defense mechanisms and marital satisfaction. In fact, the couples who mostly use the mature defense mechanisms compared to the immature and neurotic defense mechanisms have more marital satisfaction. The finding could also be justified on the basis that the use of immature and neurotic defense mechanisms and engaging in the defense mechanisms of denial, rationalization, revocation will bring two issues of escape from reality and self-deception. These issues make the couples not to have efficient, adaptive and effective confrontation with life problems. These couples will have negative interactions in their marital relations due to the use of immature and neurotic defense mechanisms.

These issues also make the couples not to accept your weaknesses and to have a dynamic and rationalized defense. These couples are insecure, worried and anxious about being attacked, threatened and reprimanded. They will create a kind of unbalance behavior in their relations. The couples who use the mature defense mechanisms to reduce the anxiety caused by their instincts' unconscious desires which are morally unacceptable are far more consistent in dealing with issues of their marital life. On a theoretical assessment of the research findings, the characteristics of each defense style and personality trait can be specifically focused. The extroverts have more adaptive and social power. The agreeableness will bring social conformity. The openness to experience disappears any prejudice, rigidity and dogmatism in interpersonal relationships. It creates a flexible and tolerant

person who doesn't ignore others' experiences and wants to interact with them. Responsibility also prevents people from confrontation with others without any norms, values and inward frameworks. By comparing each of these personal traits which are designed and built entirely out of social and interpersonal view with mature defense mechanisms, understanding their positive correlation and high convergence will not be difficult.

Basically, the maturity of some defense mechanisms is due to their social and adaptive functional power. The mechanisms which prevent the person from being isolated and strengthen his social relations are in contrast to the negative mechanisms which do not show any successful adaptive and social action, make the person involved in secrecy and covering the inner conflict and stop his social relations.

In addition to benefits, all researches have some limitations. In order to overcome these limitations, it is suggested to conduct further researches on defense mechanisms and marital satisfaction in different samples. Due to the unconscious nature of the defense mechanisms, some researches must be done on the constructive or destructive role of these mechanisms in interpersonal relationships and their effects. Arranging some meetings to inform the couples about the unequivocal effects of personality traits on marital life is also suggested to help the couples to change the personality traits which lead to marital dissatisfaction.

CONFLICT OF INTEREST

There is no conflict of interest.

ACKNOWLEDGEMENTS

None

FINANCIAL DISCLOSURE

None.

REFERENCES

- [1] Jafari A. [2010] Assessing the effectiveness of before-marriage training of communication skills on after-marriage marital satisfaction. *Journal of Behavioral Sciences* 1(2):31-51.
- [2] McKee M, Fanning P, Palg K. [2007] Marital skills. (M. Gozarabadi, Trans.). Tehran, Rasa.
- [3] Karney B, Combs RH. [2000] Memory bias in long term close relationship: consistency improvement. *Personality and Social Psychology Bulletin* 26(8):159-170.
- [4] Soleimani AA. [1995] Investigation of irrational thinking and couples' dissatisfaction based on cognitive approach (Unpublished doctoral dissertation). Tarbiat Moallem University, Iran.
- [5] Sherbaf M. [2001] To compare the characteristics of employed married women and housewives in city of Mashhad and the relationship between these characteristics and marital satisfaction (Unpublished doctoral dissertation). University of Alzahra, Iran.
- [6] Jahromy M, Moein L, Yazdani L. [2011] Evaluation and comparing the relationship between personality characteristics and marital satisfaction among employed women in Kazeroon. *Journal of Women and Society* 1(2): 143-162.
- [7] Brooks P. [2006] A qualitative study of factors that contribute to satisfaction and resiliency in long-term African American marriage (Doctoral dissertation). Our Lady of the Lakes University, San Antonio, Texas.
- [8] Dehejia R, Deleire T, Luttmner FP. [2007]. Insuring consumption and happiness through religious organization. *Journal of Public Economics*, 91: 259-279.
- [9] Lichter DT, Carmalt JH. [2009]. Religion and marital quality among low-income couples. *Social Science Research*, 38, 168-187.
- [10] Perren S, Von Wyl A, Burgin D, Simoni H, Von Klitzing k. [2005] Intergenerational transmission of marital quality across the transition to parenthood. *Family Process* 44 (4): 441-459.
- [11] Faulkner RA, Davey M, Davey A. [2005]. Gender-related predictors of change in marital satisfaction and marital conflict. *The American Journal of Family Therapy* 33, 38-61.
- [12] Purdom CL, Lucas JL, Miller KS. [2006] Couple type, parental status, and the mediating impact of social support. *North American Journal of Psychology* 8(1): 1-8.
- [13] Burr WR. [1970] Satisfaction with various aspects of marriage over the life cycle: a random middle class sample. *Journal of Marriage and the Family* 32: 29-37.
- [14] Heaton TB. [2002] Factors contributing to increasing marital stability in the United States. *Journal of Family* 23(3):392-409.
- [15] Jose O, Alfons V. [2007] Do demographics affect marital satisfaction? *Journal of Sex & Marital Therapy*, 33:73-85.
- [16] Watson D, Klohnen EC, Casillas A, Simms E, Haig J, Berry DS. [2004] Match markers and deal breakers: analyses of assortative mating in newlywed couples. *Journal of Personality*, 72: 1029-1068.
- [17] Sprecher S. [2002] Sexual satisfaction in premarital relationship: associations with satisfaction, love, commitment, and stability. *The Journal of Sex Research* 39: 190-196.
- [18] Yeh HC, Lorenz FO, Wickrama KAS, Conger RD, Elder GH. [2006] Relationships among sexual satisfaction, marital quality, and marital instability at midlife. *Journal of Family Psychology* 20: 339-343.
- [19] Fox GL, Chancey D. [1998] Sources of economic distress: individual and family outcomes. *Journal of Family* 19: 725-749.
- [20] White L, Rogers SJ. [2000] Economic circumstances and family outcomes: a review of the 1990s. *Journal of Marriage and the Family* 62:1035-1051.
- [21] Ross AO. [2008]. Personality psychology (theories and processes). (S. Jamalifar, Trans.). Tehran, Ravan.
- [22] Schultz DP, Schultz SA. [2005] Personality theory. (Y. S. Mohammedi, Trans.). Tehran, Virayesh.
- [23] Mohammadzadeh EA, Jamhari F, Borjali A. [2009] Relationship between similarity and complementarity of the main dimensions of couples' personality and marital satisfaction. *Journal of Psychological Health* 2(1): 143-162.
- [24] Stroud CB, Durbin CE, Saigal SD, Knobloch LM. [2010] Normal and abnormal personality traits are associated with marital satisfaction for both men and women: an actor-partner interdependence model analysis. *Journal of Research in Personality* 44:466-47.
- [25] Lazarides A, Belanger C, Sabourin S. [2010] Personality as moderator of the relationship between communication and couple stability. *Europe's Journal of Psychology* 2(6): 11-31.
- [26] Mead N. [2005] Personality predictors of relationship satisfaction among engaged and married couples: an analysis of actor and partner effects (Unpublished doctoral dissertation). Brigham young university, England.
- [27] Abdollahzadeh H. [2004] Relationship between personality traits (and other family factors) and marital satisfaction in couples of Damghan (Unpublished doctoral dissertation). University of Tabriz, Iran.

- [28] Davidson K, MacGregor WM, Johnson EK, Woody EZ, Chaplin WF. [2004] The relation between defense use and adaptive behavior. *Journal of Research in Personality*, 38: 105-129.
- [29] Ashtiani A. [2010]. *Psychological tests*. Tehran, Besat. 24-29.
- [30] Besharat MA, Hajiaghazadeh M, Ghorbani N. [2008] Analysis of the relationship between emotional intelligence, defense mechanisms and general intelligence. *Contemporary Psychology* 2(1):56-61.
- [31] Freud S. [1956]. *Psychological defense mechanisms*. (H. Goharyrad & M. Javadi, Trans.). Tehran, Radmehr.
- [32] Khodayarifard M, Shahabi R, Akbari ZS. [2008]. Relationship between religious attitudes and marital satisfaction in married students. *Journal of Family Studies* 10: 611-620.
- [33] Watson D, Clark LA. [1984] Negative affectivity: the disposition to experience aversive emotional states. *Psychological Bulletin* 96: 465-490.
- [34] Razeghi N, Nikijoo M, Mojembary AK, Zohrabi A. [2012] Relationship between the big five personality factors and marital satisfaction. *Developmental Psychology, Psychology of Iran* 7(27):269-277.
- [35] Mehrabizadeh M, Amanollahifard A, Attari Y. [2007] Investigate the relationship between personality characteristics and interpersonal and family factors and marital satisfaction among employees of government offices in Ahwaz. *Journal of Education and Psychology of ShahidChamran University* 3(13): 81-108.
- [36] Malouff JM, Thorsteinsson EB, Schutte NS, Bhullar N, Rooke SE. [2010] The five factor model of personality and relationship satisfaction of intimate partners: a meta-analysis. *Journal of Research in Personality*, 44(1), 124-127.
- [37] Shakerian A, Farhadian M, Fatemi A. [2012] Relationship between personality traits and marital satisfaction. *Scientific Journal of Kurdistan University of Medical Sciences* 15:92-99.
- [38] Botwin MD, Buss DM, Shackelford TK. [1997] Personality and mate preferences: five factor in mate selection and marital satisfaction. *Journal of Personalit*, 65, 107-136.
- [39] Buss DM. [1991] Evolutionary personality psychology. *Annual Review of psychology*, 42: 459-491.
- [40] Ahadi B. [2008] The investigation of the relationship between personality and marital satisfaction. *Contemporary Psychology* 2(2): 31-36.
- [41] Rasoulzadeh TK, Abbasi R. [2008] Marital satisfaction and individual differences. *Journal of Behavioral Sciences* 3(3): 237-242.