



# The Effects of Social Networking on Marital Relationships and Couples Quality of Life (Case Study: Couples of Social Networking Members in Shiraz)

Ziba Barghi Irani<sup>1\*</sup>, Tahereh Rezaei<sup>2</sup>

<sup>1</sup>Assistant Professor of Psychology, Payame Noor University, Tehran

<sup>2</sup>PhD Student, General Psychology, Islamic Azad University, Bushehr Branch

## ARTICLE INFO

### Article history:

Received 15 Oct 2018

Received in revised form 29 Jan 2019

Accepted 13 Feb 2019

### Keywords:

Social networks,

Marital relationships,

Quality of life,

Shiraz

## ABSTRACT

**Objective:** The purpose of this study was to investigate the effect of social networks on marital relationship quality of life among couples of social network members in Shiraz in 2018. **Methodology:** For purposes of this research, this research was a applied and descriptive-correlative method. The statistical population of this study was all couples of social networking members in Shiraz. The sample was 425 individuals selected as sample size. **Results:** The instrument used in this research was researcher made marital relationship questionnaire and the quality of life and Sherborne to analyze the data, descriptive statistics (mean, standard deviation) and inferential (Pearson correlation coefficient) and SPSS software were used. Reliability of the questionnaires was 0.83 and 0.76, respectively, through the coefficient of kronbach's alpha coefficient. **Conclusion:** The findings of this study showed that the use of social networks has a significant effect on marital relationships and quality of life of couples in Shiraz.

## 1. Introduction

Information and communication technology has become one of the most important forces and instruments that advance the process of globalization; transformations, changes, influences and different consequences in all areas. The amount of change that has been created with new information and communication technologies is so much used to describe a new term as a revolution. With the advancement of technology and the various capabilities of Android phones and iPhones, the extent of people's use of the virtual social network has been expanded, in such a process, interpersonal relationships insecure, minds wakefulness and behavior are affected, which in the long run create a gap between individuals Family, depression and family relationships. Among the issues that are easier to communicate with the use of social networks through a more diverse form of communication, couples' commitment is that the observance of this is the obvious principle for the survival of marital life. Due to the expansion of the range of communication in social networks, communication with the opposite sex has become very easy, and this ease can threaten couples' engagement, although in virtual communication, with an unlikely interval between the bodies, which behaviors and widespread of it Can be considered as a threat to marital relations, or classified in the domain of marital betrayal, which has obscure.

Another impact of the Internet and social networks on spouses' relationships is to reduce the interaction with the spouse because of addictive behavior in online activities, which is a time consuming cybercrime that increases conflicts between spouses and reduces couple's life span. Even some couples who have trouble communicating with their spouse and have a cold emotional connection may seek social networking instead of seeking a therapist and solving it, and this provides a platform for intercourse .

The correct and incorrect use of any invention or tool that is available to the audience due to the technology is subject to the views of individuals. If technology is not properly used, not only be cannot useful in individuals ' lives, but also very destructive effects it leaves. However, we are faced with people who risk themselves and their common life with the unrepresentative presence of these networks. It seems that sometimes incorrect human

\* Corresponding author: [kimia2010@gmail.com](mailto:kimia2010@gmail.com)

DOI: <https://doi.org/10.24200/jssshr.vol7iss02pp54-60>

interaction affects the relaxation of couples' lives and lives and dissociates them. As in large cities with high populations that have access to various communication facilities, these relationships are with the presence of the individual Third, due to social networks, it is shaken and the result is divorce in couple's life.

Over time, technological advancement, raising information and social education, debates on individual integrity and rising levels of personal and social expectations and demands, including the circle of all human beings and all human desires, for the utmost comfort and peace of life. Considering the impact of communication technologies on the quality of life, the relative quality of life increases. The quality of life affects time and space and individual and social values and is an abstract concept that has objective and subjective dimensions. Quality of life is the perception and reception of individuals from their own living conditions in the context and context of various cultural and special values that individuals live within, and determined by their goals, expectations and standards and concerns. This definition of the World Health Organization includes two objective dimensions (the quality of family relationships, social activity, physical health) and subjective (social vitality, social relations, self-satisfaction).

In the past decades, various communication tools have been able to expand their position in the body of our personal and family life. Contemporary family is a media family; a family whose media is part of it. Nowadays, in moments when we are with others, and when we are in private, communication tools have stabilized our position as an inseparable companion. The Internet is one of the tools that has gradually made its place in the life of community members and today has become one of the most popular information and communication tools. The unique features of the Internet have brought about a great transformation in human relationships and interactions, and have exposed all aspects of human communication with controversial opportunities and challenges. The impact of the Internet and social networks on spouses' relationships depends on the time spouses are in, for example, at a time when new couples get acquainted and have not started their common life experiences, the use of social networks as a bridge to connect The connection between them and Internet messages can play a role like traditional romance; But if, after marriage and in a common living environment where people need to engage face to face, one of the couples cannot replace the behavior of the situation appropriately with the Internet, there is a serious problem in the interactive environment with the wife and has a devastating effect on marital relations and live.

Among issues that are easily accessible on the social network, and if not addressed, in addition to harming couples' relationships, it may endanger the mental health of the person engaging in sexual relations and watching pornography on social networks, in addition to That it may change the expectations of couples from the quality and type of marital relationship and cause couples with many problems in this area can lead to addiction to pornography and ultimately sexual addiction that will disrupt mental health .

Currently, one of the problems of society is the replacement of virtual social networks rather than couples' interaction and interaction, and unwittingly, men and women have engaged in inaccurate, deceptive, and deceptive communication in virtual social networks. Part of the emotional divorce resulting in permanent divorces in the country is due to the inadequate use of cyberspace, which is why couples, after some time from the start of their joint life, have begun to harm their lives by insisting on the use of It is improperly provided by virtual social networks. This may be accelerated due to weakness in the spiritual beliefs of couples or lack of education and culture or ....

Since social networking and the virtual world seem to be one of the most important actors of today's socialization in marital relationships and the phenomenon of divorce, it has been chosen to be day-by-day. The role of the family as the smallest social unit can be very significant in its positive aspect, namely, the establishment of a center of tranquility and its negative side, i.e. creating social harm. Among the negative aspects emerging from this social institution is the occurrence of a harm called "divorce", whose destructive effects are extremely high in social dimensions and cause many social anomalies. in the emergence of this issue, there are known and unknown factors and cause marital conflict and family dissolution and divorce rate in Iranian society especially in recent years. This phenomenon is analyzed and explained by various specialists from different disciplines of the humanities. One of these possible factors in increasing the divorce process among couples is "social and virtual networks." Virtual social networking sites are a new generation of Internet websites where online users gather around virtual circles and form online groups. In fact, a social network is a network of individuals and groups and their interaction. The results of research by university researchers indicate that spending time in social networks can lead to the destruction of marital life and the incidence of depression in individuals. Accordingly, the amount of divorce and separation in people who spend a lot of time on social networks is far more than those who experience life without social networking. Nowadays, the Iranian family faces satellite channels, cyberspace, modern media, etc., each of which in turn is aimed at part of the process of influencing the family.

Some satellite networks specializing in all their focus on the family and the common message of the programs of these networks are: "promoting unscrupulous families to the structure of the family, normalizing the betrayal of the spouses to each other, the normalization of sexual relations Girls and boys before marriage, promotion of a substitute culture for abortion instead of marriage and abortion for girls ", social networks due to being addicted, reduce couples' attention to each other, diminish the role of individuals in marital life, and Creating discouragement. Also, creating a false sense of suspicion is one of the main issues that affects social networking for spouses. Social networks such as Facebook, Twitter, and mobile software such as V-Chat, Tango, whatsapp and Wi-Fi, which are freely available to all users of the world, are able to replace the modern values with traditional lifestyles Promotes the West and poses a serious challenge between couples' behavioral patterns. Divorce is a complex and multidimensional issue, and should not have a reductive approach to it, but it can be argued that apart from other issues affecting divorce, social networks should also be considered. The number of internet users in Iran has increased by five times over the past eight years, from 7 million in 2005 to about 40 million in 2016, and on the other hand, the divorce rate for marriage has risen from 10% to 18% over the same period. Due to the increasing expansion of cyberspace in people's lives, one of the most important issues facing today's societies is the level of quality of life and social capital of individuals that have not changed with the advent of virtual social networks. Given that one of the research objectives is to examine the role of the use of virtual social networks in the quality of life, we cannot deny the benefits and unique features of social media, but there are also many problems. Among these problems can be mentioned problems in marital relations. Therefore, considering the above questions, the main question of research is whether social networks affect marital relations and quality of life of couples in Shiraz?

### **1.1. Background research**

Taheri and Baynfar (2012) studied the relationship between the use of social networks and the potential for the establishment of Extramarital relations married men aged between 19 to 45 years old in Semnan. The research method was cross-sectional. The results of the study showed that the membership and use of most social networks has increased the potential of crosstalk Extramarital relations the statistical community. Meanwhile, the intensity of the relationship between mobile messenger networks with a dependent variable was more than the intensity of its relationship with social networks such as Facebook and Google Plus, and the club.

Byrene (2001) A research aimed at identifying the effect of social networks on divorce rates in families living in Babol using descriptive and analytical methods. The statistical population of the study consisted of couples living in Babol city, of which 3850 were 385 of whom were selected using the Gurcis and Morgan table and cluster sampling method. The instruments used in this study were a questionnaire of 14 questions about social and virtual networks and a questionnaire of 47 questions about marital satisfaction of Zarbakhsh Bahri et al. (2012). The results of this study showed that the use of social networking and virtual world has a significant effect on marital satisfaction of families living in Babol city. There is also a significant difference between the marital satisfaction of members of social networks and non-members. On the other hand, there is a significant relationship between divorce and membership in social networks.

Tedin Mirasfahan (2016) in this study examined the impact of social networks as one of today's socialization brokers on the phenomenon of divorce. The research method was quantitative and descriptive-analytic. The data and information required for the research was obtained through library studies and interviews with 5 judges of the family court and 5 faculty members of sociology, which resulted in the preparation of a 32-item questionnaire. Sample subjects consisted of 50 divorce applicants who were referred to Family Tribunal No. 1 in Tehran in the first half of 2014 and have been selected as available. The results showed that the higher the presence of people in social networks, the greater the tendency towards modern lifestyles. The more people engage in social networks, the less they tend to be in the traditional lifestyle, and vice versa, if people are not socially involved, their tendency to more traditional lifestyles. There is also a direct and significant relationship between the membership of couples in social networks and the application of divorce.

Mohammadi (2016) studied the effect of social networking and virtual world on divorce and marital satisfaction of couples 20 to 45 years old in West Azerbaijan Province in 2014. The statistical population of the couples is 25–40 years old in West Azerbaijan province in 2014. Two Enrich marital satisfaction questionnaires and a social and virtual network researcher-made questionnaire were used in this study. The research showed that the use of social networking and virtual worlds has a significant effect on marital satisfaction of 25–40-year-old couples in West Azerbaijan province. There is also a significant difference between the marital satisfaction of members of social networks and the virtual world and non-members. On the other hand, there is a meaningful relationship between the application for divorce and the membership of individuals in social networks and the virtual world. It was found that there was no significant difference between marital satisfaction between women and men in social networking and virtual world. Also, there is not a significant relationship between marital satisfaction of members of social networks and virtual world with educational levels.

### **1.2. Theoretical foundations of research**

#### **1.2.1 Social Networks**

The social network is a structure of people and organizations that interact with each other through their interests, desires, beliefs and interests, and people can share their thoughts, desires, enthusiasm, and their work. Social networks are considered social media subsets. These networks have attracted a lot of young people by offering free access to certain facilities such as e-mail, e-newsletters, virtual libraries, educational departments, services for participation in conferences and international gatherings. The apparent goals of these networks are based more on the same features as connecting with ex-friends and creating open and secret communication at a widespread level, expressing beliefs in free and unobtrusive areas, and the free use of educational facilities, recreational activities of these networks. Therefore, in Muslim societies, which is not possible due to religious beliefs or social constraints, the relationship between adolescents and young people from the opposite is more intense than other societies. The directors of these networks are in fact trying to shape and direct the thoughts of the youth and ultimately control the societies; and although they initially concealed this goal, they are now clearly declaring this issue.

#### **1.2.2 Social networking features**

A set of features of these networks has led to a greater impact on real social communication, the most important of which are: production, sharing and learning, common identity, and somewhat new and positive facilitating the transfer of culture and beliefs, the power to create Mobility or social movement, multimedia, globalization, entertainment, search and search, innovation and creativity.

#### **1.2.3 Virtual social networks**

For the first time, Chaiyabrin introduced the term social networks and has since quickly become a key tool in research and development. In the traditional social network theory, a social network is defined as a set of social institutions that include people and organizations interconnected by a set of meaningful social relationships and sharing together values. . The traditional form of social networking service focuses on a variety of relationships such as friendships and face-to-face relationships, but social networking services today focus more on online community and computer interface communication.

Internet social networks are the base or set of databases that provide an opportunity for users to share their interests, thoughts and activities with others, and others share these thoughts and activities with them. A social network is a set of web-based services that allow individuals to create their own public or private descriptions, or communicate with other members of the network, share their resources with them, and Use general public testimonials to find new connections. In general, in defining social networks, social networking sites can be sites that provide users with a simple site such as a search engine with added features such as chat and email, and other features of sharing. Social networks are the place to gather hundreds of millions of Internet users

who interact and exchange information regardless of the boundaries, language, gender, and culture. In fact, social networks are designed to enhance and enhance social interactions in cyberspace. Communication is generally facilitated through information on people profiles such as user photos, personal information, and interests (all of which provide information about individual identities). Users can see the profiles of others and communicate with each other through various applications such as email and chat.

### ***1.3. The goals of social networks***

#### ***1.3.1 The concept of marriage***

Marriage is relationship the holiest and most complex between two human beings of the opposite sex, which has a wide and deep dimension and has several goals. Marriage is a sacred bond between the two sexes based on the stable sexual, emotional, and spiritual relationships, and based on a legal, social, and legal contract that creates obligations for couples; therefore, marriage is a delicate and complex decision that before Any action must take into account all aspects.

In general, marriage is the bond between two characters, maintaining the relative proportion of the independence of each husband and wife, for mutual cooperation, not destroying a person for the fulfilment of other demands; in other words, marriage is an official contract for the acceptance of a commitment Mutual for the family life in which human beings are placed in a certain and specific course of life. The agreement is concluded with the consent of both parties, based on the full freedom of the two parties, and in the light of which close relations between them arise.

#### ***1.3.2 Family concept***

The family is not merely the presence of a number of people in a physical and psychological environment. The family is considered as a social-cultural system, which, along with all its other characteristics, has a set of rules and each of its members plays a special role. This system has a structure of power; by which it manifests various forms of communication. Each family has a particular way of dealing with problems. The members of the system have a deep and multi-layered relationship. Also, family members have largely shared backgrounds, shared internal perceptions, assumptions and views about the world, and shared perceptions of life goals.

In such a system, people are connected with each other by strong, long-lasting, and reciprocal emotional attachments. The severity of these interests may be diminished over time, but the same interests will continue to survive throughout family life.

#### ***1.3.3 The quality of marital relationships***

Relationship plays a central role in marriage. In terms of marital characteristics, effective and efficient communication (quality of marital relations) between husband and wife is the most important aspect of families with good performance. Griffiths (2013) found that the most common problem in unrestrained marriages was the same quality of marital relationships. In other words, communication issues may be the primary concerns and concerns of some couples referring to treatment. Communication approaches often examine marriages and marital relationships with three basic assumptions: 1. Marital conflicts are irreversible, the goal of communication therapy is not to eliminate these conflicts completely, but to try to orient them and make them in productive paths and quality. 2. Relationship occurs on both verbal and nonverbal levels, and one of the main causes of marital conflicts is the incongruence of messages that are transmitted simultaneously by these two levels, which leads to poor marital communication quality; Wives in a manner Communication and marital quality differ. In general, it has been a general premise that the causes of many marital communication problems are ineffective communication skills of spouses. According to this view, communication education and the enhancement of marital quality as an attempt to restore problem-solving relationships is an important component in many marital treatment approaches.

The study of couples helps to clarify the structural frameworks in which couples' relationships are formed. The quality of marital relations plays an essential role in assessing the quality of family communication. The quality of marital relations is a multi-dimensional concept and includes various dimensions of couples' relationship such as compatibility, satisfaction, happiness, coherence and commitment.

#### ***1.3.4 Quality of Life***

In the mid-20th century, with the economic, social and cultural development of countries and the advancement of science and technology, humans gradually became more prosperous and demanded a better quality of life. For this reason, the quality of life in the twentieth century has been seriously addressed, and various research centers are now assessing the quality of life at the national and international levels. In the United States, since the 1960s, the Institute for Social Research at the University of Michigan and the Chicago Observatory have measured the quality of life, and since 1995, with the establishment of the International Association for the Study of Quality of Life, the measurement of this concept has been well-established. The quality of life is a social construct and in the explanation of this concept, it is better to prioritize social opinion, and also the quality of life is a developed development from the human development perspective of Abraham Maslow, which includes meeting the higher needs of socialization, self-esteem and self-development needs. In most developed societies. Theories of quality of life each attempt to describe the cognitive, emotional and symbolic processes through which people assess and determine their quality of life. Psychological theories emphasize the fulfillment of basic human needs, while economic theories, it is important to allocate limited resources based on rational principles in determining quality of life, sociological theories emphasize the importance of social relationships in determining the quality of life. Push The social dimension is one of the key factors in shaping the quality of life, which has a significant impact on the fundamentally social sentiment. This dimension is measured at the intermediate level and its indicators are a combination of objective and objective indicators of quality of life. Ellison et al. (2010), in the definition of quality of life, bring together the mental and objective components and dimensions of this concept in a together: welfare consists of a combination of understanding and mental reception, as well as objective evaluation, all kinds of physical well-being, Material, social, and emotional, determined on the basis of the assessment of individuals from their values.

## 2. Materials and methods

### 2.1. Research hypotheses

Hypothesis 1: There is a significant relationship between the social networks with couples' marital relations.

Hypothesis 2: there is a significant relationship between social networks and the quality of life of couples.

### 2.2. Research Method

The method of this research is descriptive - inferential.

### 2.3. Statistical community

The statistical population includes all couples aged 18 to 40 years old in Shiraz in 2018.

### 2.4. Statistical sample

The sampling method in this study is cluster random with sample size of 150 couples has been selected for 18 to 40 years.

### 2.5. Research tool

#### 2.5.1 Social networking questionnaire

In this research, a social networking questionnaire was developed by a researcher, and questions were mainly designed in the form of Likert spectrum. To determine the validity of the questionnaire, the content or form method was used, and the Cronbach's alpha coefficient was used to determine the reliability. As shown in Table 1, the results of the Cronbach test show that all of the research variables have an alpha higher than 70%, that is, the items considered have a high internal correlation to measure each of the variables and to measure the variables of the case the comment is appropriate.

**Table 1: Cronbach's alpha coefficient**

Variable	Alpha amount
The variety and breadth of social networks	75%
Confidence in social networks	70%
Easy communication and communication	77%
The rate of using virtual networks	69%
The type of use of virtual networks	73%

#### 2.5.2 Questionnaire marital relations

Marital quality of life data was used from standard Grimes questionnaire. The questionnaire was developed by Cutrona et al. in 2011, which is used to examine couples' relationships and has 28 items, 4 options (opposite, totally opposed, agree, and totally agree) the validity of this tool is high given its specificity. Also, the content validity of this questionnaire with the help of 5 family counselors showed high content validity of Esther's questionnaire and its colleagues about the reliability of this questionnaire, Cronbach's alpha was 0.89 for women and 0.85 for men.

## 3. Discussion and results

### 3.1 Distribution of individuals by membership in social networks

Abundance of social networking members (Table2).

Table 2. Abundance of social networking members

Social Networks	Member	Number	Percentage
Female	75	75	50%
Man	75	75	5%
Total	115	150	100%

**Hypothesis 1:** There is a significant relationship between the social networks with couples' marital relations.

**Hypothesis 2:** there is a significant relationship between social networks and the quality of life of couples.

Pearson correlation coefficient was used to study the hypotheses. The findings are shown in Table 2.

**Table 3: Social network matrix with marital relationships and quality of life**

	Social Networks	Marital relationship	Quality of Life
Social Networks	1		
Marital relationship	-.217**	1	
Quality of Life	-.167**	-.189**	1

From the output of Table 3, one can conclude that there is a significant inverse relationship between social networks ( $r = -0.217$ ,  $p < 0.01$ ) with marital relations. Among social networks ( $r = -0.16$ ,  $p < 0.01$ ), there is a significant negative relationship with quality of life.

### 3.2 Marital quality questionnaire

This is a questionnaire by Brown et al. (2008) with 14 questions and three similarity and agreement subscales (1, 2, 3, 4, 5, 6), satisfaction (7, 8, 9, 10) and cohesion (11, 12, 13, 14) are designed to measure the quality of marital relationships. The questionnaire is literally scored as Likert 6 degrees from: Absolutely Agree (5) to Absolutely Opposed (0). The reliability of the questionnaire was reported by Cronbach's alpha in the Widyanto and Murran study (2004) from 80% to 90%. Xu and Tan (2012). In this study, the psychometric properties of this questionnaire were based on internal consistency reliability coefficient including Cronbach's alpha and ballot for 14 items and three factors in the whole questionnaire (92 and 89 percent respectively). Reported also, the coefficients of marital couple's convergence were measured by marital satisfaction questionnaire, couples' correlation questionnaire and compatibility scale of the two consensus (39, 36 and 33% respectively). The purpose of this study was to predict the quality of marital satisfaction based on the components of spiritual intelligence (spiritual life and reliance on inner core) in couples in Isfahan. In this research, descriptive statistics (such as mean and standard deviation) and inferential statistical methods were used to test the predictive value of spiritual intelligence components in marital satisfaction variable.

## 4. Conclusion

The findings of the study showed that there is a significant and inverse relationship between social networks and marital relationships and quality of life of couples. In explaining this finding, it can be said that social networks lead to a decrease in marital relationships and quality of life for couples, this finding is consistent with the findings Mohammadi (2016), the Mohammadi (2016) findings indicate that there are 17 % of divorces, especially in the first three years of life, have been due to the penetration and expansion of social networks. Social networks directly target social needs such as the need for love, affection, affiliation, and so on. Participation in social networks makes the person feel that he is paying attention and is an influential member of society. According to Ansordi et al. (2014), the separation of marital roles is "relationships in which the husband and wife have a distinct distinction between tasks and those Separate between themselves, they have separate interests and activities." He suggests that the degree of separation between husband and wife's roles is directly different from that of the social network of the family. If the husband and wife each have a dense network and after the marriage they are retained, the family relationship resulting from their marriage will be added to this network of relationships, because each of the couples has friends and acquaintances who can Out of the family help them; but if the social network is scattered, people do not know each other in the network; therefore, the social consensus and membership of the members will decrease the likelihood of diversification within the norms within the network; in this way, the couples who help And they do not enjoy the support of their friends outside the home, they have to reciprocate One another, and even accept the traditional roles of each other. given the social ties of the family, David and Stafford (2013) pointed out that all families 'relations with society are like "network"; that is, each family communicates with a number of people at the community level, and this type of network call is "connected" "And" scattered ". In this case, the network of relationships is connected in the family after the marriage between the friends and acquaintances of the husband and wife. But if this is not done, the network of relations will be dispersed; in the event that the network of social relations is dispersed, the division of modern roles and their life will be of a cooperative nature. Regarding this view and based on the observations and responses of the interviewees, it should be said that since the type of virtualized network in the Iranian family is most often dispersed, it is less concerned about the decrease in linkage capital. These days, by expanding communication in cyberspace, relationships between family members are cold. Cold family relationships can be attributed to having different biological experiences among family members. Other parents and children experience common memories in common physical, emotional, informational and recreational spaces. This reduction in emotional, intellectual, and informational connotations contributes to differences in their perspective and perspective, and as a result each of them interprets life in its own way and may be different. Creating a misunderstanding and cooling of couples' relationships, divorces, and increase it also results from the negative consequences of virtual networks.

### 4.1. Research suggestions

It is suggested that in order to reduce the damage social networks, recognizing the target medium and its harmful functions through training at different levels, and conducting classes to improve the literacy of virtual networks of couples can be done.

Officials and cultural planners of the country, and the officials of the Ministry of Audio and Television and various organizations must take measures to fill the leisure time of the couple, both in accordance with the culture of the community and useful for improving the information and level of education of individuals.

Organizations such as Voice and Television (IRIB) should plan and document about cyberspace and express their different angles and even express their negative effects for Iranian families, which is a means to become familiar with these networks.

Carrying out qualitative research; These studies are useful if Feta Police, as part of the important and credible information about users and cybercrime damage, will do its utmost to collaborate with researchers, since the Feta is categorized by individuals The basis for the type of damage they cause can help researchers achieve a good result, and in fact researchers will achieve theoretical saturation.

## REFERENCES

- Ansordi, E., Hosseini, S., Salehi, F. & Momeni, F. 2014. The Relationship between Internet Addiction and Adolescent Conflict with Parents, Multidimensional Perceived Social Support and Happiness. *Journal of Family and Research*, 20, 94-78.
- Brown, E., Orbuch, T. L. & Bauermeister, J. A. 2008. Religiosity and marital stability among black American and white American couples. *Family relations*, 57(2). 186-197.
- Byrene, B. M. 2001. Structural equation modeling with amos Basic concept, application and programming newjersey: Lawrence Erlbaum Associated.
- Cutrona, C. E., Russell, D. W., Burzette, R. G., Wesner, K. A., & Bryan, C. M. 2011. Predicting relationship stability among midlife African American couples. *Journal of Consulting and Clinical Psychology*, 79(6), 814-825.
- David, P. & Stafford, L. 2013. A Relational Approach to Religion and Spirituality in Marriage the Role of Couples, *Religious Communication in Marital Satisfaction. Journal of Family Issues*, 33(2).
- Ellison, C. G., Burdette, A. M. & Bradford, W. 2010. The Couple That Prays Together: Race and Ethnicity, Religion, and Relationship Quality Among Working-Age Adults. *Journal of Marriage and Family*, 72(4), 963–975.
- Griffiths, D. 2013. Social networking addiction: Emerging themes and issues. International Gaming Research Unit, Psychology Division, Nottingham Trent University, UK, 2155-6105.
- Kiesner, J. & Kerr, M. 2004. Families, peers and context as multiple determinants of adolescent problem behavior. *Journal of Adolescence*, 27, 493-495.
- Mohammadi, H. 2016. The Impact of Social Networks and Virtual World on Divorce and Marital Satisfaction Case Study of West Azarbaijan Province. Third International Conference on Engineering, Science and Technology, Batumi - Georgia, Karin Conference Leading Institute.
- Taheri, M. & Baynfar, F. 2012. Determining the Relationship Between Using Social Networks and Extreme Relationships Among Married Men 19 to 45 Years of Semnan. The First Conference on Basic Research in Management, Accounting, and Economics, Tehran, Institute of Knowledge Gostar Salar Kia.
- Tedin Mirasfahan, F. 2016. The Impact of Social Networking on the Occurrence of Divorce. The First National Conference on Recent Findings in the Humanities and Social Security, Tehran, Iran and World Legal Studies Institute.
- Widyanto, L. & Murran, M. 2004. The psychometric properties of the internet addiction test. *Cyberpsychol Behav*, 7, 433-50.
- Xu, H. & Tan, B. C. Y. 2012. Why do I Keep Checking Facebook: Effects of message characteristic on the formation of social network services addiction.
- Zarbaksh Bahri, M. R., Rashidi, V. & Khademi, M. J. 2012. Loneliness and Internet Addiction in Students. *Journal of Health Promotion Management*, 2(1), 38-32.

### How to Cite this Article:

Barghi Irani Z., Rezaei T., The Effects of Social Networking on Marital Relationships and Couples Quality of Life (Case Study: Couples of Social Networking Members in Shiraz), *UCT Journal of Social Sciences and Humanities Research* 7(2) (2019) 54–60.