

Relationship of Dyadic Adjustment and Social Adjustment with Life Quality of Married Women: The Mediating Role of Self-Knowledge

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ABSTRACT

Objective: The aim of the present study is to determine the mediating role of self-knowledge in the relationship between dyadic Adjustment and social adjustment with the life quality of married women. **Methodology:** Therefore, a number of 350 participants was selected from married women in Tehran City using the convenience and purposive methods, and they were asked to answer the Quality of Life Questionnaire, Dyadic Adjustment Scale, Social Adjustment Scale, and Self-Knowledge Scale. The type of the study was descriptive-correlational. The data were analyzed using Pearson correlation coefficient and hierarchical and simultaneous regression tests. **Results:** The results indicated that there is correlations between dyadic Adjustment and life quality, social adjustment and life quality, self-knowledge and life quality, self-knowledge and marital adjustment, and self-knowledge and social adjustment of married women. **Conclusion:** The results of hierarchical regression indicate that self-knowledge has a mediating role in the relationship between dyadic Adjustment and social adjustment with life quality in married women. That is with the increase in self-knowledge, marital adjustment and social adjustment increases and consequently, life quality improves.

1. Introduction

Successful marriage requires a stable level of adjustment among couples. Sometimes marriage faces a lot of problems and influences the life quality of couples (Danesh, 2006).

The general meaning accepted for life quality refers to the mental feeling of a person from well-being originating from then experience his current life. The WHO defines life quality as the state of life in the form of value and cultural system based on ideals, expectations, standards, and interests of individuals (King and Hinds, 2003). Most scholars and theorists of this field agree that the concept of life quality includes five dimensions. The physical dimension contains concepts such as power, energy, ability to do everyday activities and caring oneself. The psychological dimension includes fear, depression, and anxiety. The social dimension includes the relationship of an individual with family, friends, colleagues and finally society. The spiritual dimension includes individuals' perception of life, aim, and meaning of life. Symptoms related to diseases or changes related to treatment such as pain, nausea and vomiting are related to life quality. This dimension receives attention more in special instruments (Fayers and Machin, 2000).

In addition, it seems that marital adjustment can completely influence the quality of life (Abbasi, 2006). Dyadic Adjustment was defined as a process in which married couples try to take particular relational and situational systems which they have achieved in families.

Research has shown that family adjustment is closely related to social adjustment and these dimensions influence each other (Caughlin and Scott, 2010). One of the prerequisites of effective social and interpersonal relations is self-knowledge (Khanifar and Pour Hosseini, 2006). Self-knowledge as an important variable can play roles in the relationship between family and social adjustment on the one hand and life quality on the other hand. Some researchers have considered marital quality as a success for a marriage (King and Hinds, 2003). Most counseling and psychotherapy methods and even religious schools and teachings have called individuals to thinking on themselves (Bern, 2009). Self-knowledge refers to the moment by moment

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knowledge of individuals to their psychological states and the power of discriminating and analyzing the content of current experiences as well as active cognitive processing about oneself and towards past events (Tahmaseb, 2005).

It is hypothesized that low adjustment is with low self-knowledge and by increasing self-knowledge, the degree of maladjustment and other psychological damages decrease (Ghorbani et al., 2003). In this research, it was shown that social adjustment can predict self-knowledge.

At last, regarding what has been discussed about the literature existing about process of marital and social adjustment, life quality and factors affecting it, the present study is to provide a model among variables via their relationship among married women. To determine the state of variables based on priority, a model will be presented. Accordingly, since adjusted humans tend to self-knowledge, the model is to investigate the causal relationship of dyadic Adjustment, social adjustment, and life quality with the mediating role of self-knowledge.

2. Materials and methods

The research method is descriptive-correlational. The population of the study include all married women in Tehran. Using the stratified random sampling method, Tehran was divided into five north, south, east, west, and north and from among them, areas 1, 8, 16, 2, and 6 were selected and in counseling centers and health houses of the municipality of the mentioned regions, 250 participants were selected using the convenience and purposive sampling method. In the present study 4 questionnaires were used.

World Health Organization Quality of Life (WHOQOL): this questionnaire contains 26 questions which assesses four physical health, psychological health, social relations, and environmental health. Answering questions is by use of five-point Likert Scale. In Iran, Nejat et al. (2006) normalized the scale and obtained alpha coefficient of the scale for healthy population in its components as 0.70, 0.73, 0.55, and 0.84 respectively. Fathi Ashtiani (2009) obtained its reliability using Cronbach's alpha coefficient as 0.95%. The reliability of this questionnaire in the present study was obtained as 0.769 using Cronbach's alpha.

Spanier Dyadic Satisfaction (DAS): a 32 items self-report tool developed by Spanier (1976), to assess couple satisfaction and to evaluate how each partner within the couple perceives his or her relationship. It evaluates four relational dimensions of marital satisfaction, marital correlation, marital agreement, and affection. In Moein et al. (2012), in the Iranian population, its reliability was obtained as 0.84. The reliability of this questionnaire was obtained as 0.792 for the present study.

Social Adjustment Scale (SAS): This scale was developed by Weissman et al. (1974). It contains 52 questions. This scale investigates Social compatibility and extra-curricular activities, relationships, marriage, parenthood, family and economic situation and its score ranges is from 0 to 15. In addition, it was conducted on the Iranian population and its Cronbach's alpha was obtained as 0.79. The reliability of this questionnaire in the present study was calculated as 0.801 using Cronbach's alpha.

Integrative self-knowledge scale: this scale was developed by Ghorbani et al. (2008) and contains 12 items based on the five-point Likert scale. During several study, its validity and reliability were confirmed. The mean alpha coefficient of the scale is 0.80. In Ghorbani et al. (2008), the obtained alpha for this scale in Iran was obtained as 0.81 and in USA was 0.83. The reliability of this questionnaire for the present study was 0.799 using Cronbach's alpha.

3. Discussion and results

H 1: there is a correlation between dyadic adjustment and life quality of married women.

To investigate this hypothesis, Simultaneous Regression was used.

Table 1. The results of the model of dyadic adjustment and life quality of married women

sig	F	R ² adjusted	R ²	R	Variable
0.0001	260.9	0.511	0.513	0.716	Dyadic adjustment

The value of correlation coefficient as $R=0.716$ indicates the correlation between dyadic adjustment and the criterion variable, i.e. life quality. The value of coefficient of determination is $R^2=0.513$ and the F-value is significant at the significance level 99%.

Table 2. The impact of the regression coefficient of dyadic adjustment predicting life quality

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	6.93	-	3.99	27.68	Intercept
0.0001	16.15	0.716	0.036	0.589	dyadic adjustment

The impact of standardized regression coefficient as $\beta=0.716$ of the correlation of the dyadic adjustment and life quality is significant.

H 2: there is a correlation between social adjustment and life quality of married women.

To investigate this hypothesis, Simultaneous Regression was used.

Table 3. The results of the model of social adjustment and life quality of married women

sig	F	R ² adjusted	R ²	R	Variable
0.0001	238.7	0.488	0.490	0.700	Social adjustment

The value of correlation coefficient as $R=0.700$ indicates the correction between dyadic adjustment and the criterion variable, i.e. life quality. The value of coefficient of determination is $R^2=0.490$ and the F-value is significant at the significance level 99%.

Table 4. The impact of the regression coefficient of dyadic adjustment predicting life quality

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	6.84	-	4.13	28.29	Intercept
0.0001	15.45	0.700	0.023	0.385	Social adjustment

The impact of standardized regression coefficient as $\beta=0.700$ of the correlation of the social adjustment and life quality is significant.

H 3: there is a correlation between self-knowledge and life quality of married women.

To investigate this hypothesis, Simultaneous Regression was used.

Table 5. The results of the model of self-knowledge and life quality of married women

sig	F	R ² adjusted	R ²	R	Variable
0.0001	27.25	0.095	0.099	0.315	self-knowledge

The value of correlation coefficient as $R=0.315$ indicates the correction between self-knowledge and the criterion variable, i.e. life quality. The value of coefficient of determination is $R^2=0.099$ and the F-value is significant at the significance level 99%.

Table 6. The impact of the regression coefficient of self-knowledge predicting life quality

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	19.03	-	4.13	72.08	Intercept
0.0001	5.22	0.315	0.090	0.470	self-knowledge

The impact of standardized regression coefficient as $\beta=0.315$ of the correlation of the self-knowledge and life quality is significant.

H 4: there is a correlation between dyadic adjustment and self-knowledge of married women.

To investigate this hypothesis, Simultaneous Regression was used.

Table 7. The results of the model dyadic adjustment and self-knowledge of married women

sig	F	R ² adjusted	R ²	R	Variable
0.046	4.23	0.013	0.017	0.130	dyadic adjustment

The value of correlation coefficient as $R=0.130$ indicates the correction between dyadic adjustment and the criterion variable, i.e. self-knowledge. The value of coefficient of determination is $R^2=0.017$ and the F-value is significant at the significance level 99%.

Table 8. The impact of the regression coefficient of dyadic adjustment predicting self-knowledge

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	20.43	-	4.80	98.25	Intercept
0.041	2.05	0.130	0.114	0.235	dyadic adjustment

The impact of standardized regression coefficient as $\beta=0.130$ of the correlation of dyadic adjustment and self-knowledge is significant.

H 5: there is a correlation between social adjustment and self-knowledge of married women.

To investigate this hypothesis, Simultaneous Regression was used.

Table 9. The results of the model social adjustment and self-knowledge of married women

sig	F	R ² adjusted	R ²	R	Variable
0.016	5.92	0.019	0.023	0.153	Social adjustment

The value of correlation coefficient as $R=0.153$ indicates the correction between social adjustment and the criterion variable, i.e. self-knowledge. The value of coefficient of determination is $R^2=0.023$ and the F-value is significant at the significance level 99%.

Table 10. The impact of the regression coefficient of social adjustment predicting self-knowledge

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	20.43	-	7.71	157.7	Intercept
0.016	2.43	0.153	0.184	0.447	Social adjustment

The impact of standardized regression coefficient as $\beta=0.153$ of the correlation of social adjustment and self-knowledge is significant.

H 6. Self-knowledge has a mediating role in the relationship between dyadic adjustment and life quality.

Table 11. The results of the dyadic adjustment predicting life quality with the mediating role of self-knowledge

sig	F	R ² adjusted	R ²	r	Variable	steps
0.0001	260.9	0.511	0.513	0.716	Dyadic adjustment	First step
0.0001	158.9	0.559	0.563	0.750	Dyadic adjustment Self-knowledge	Second step

As observed in table 11, in the first step, the value of correlation coefficient is $r=0.716$ indicating the correlation between dyadic adjustment and criterion variable (life quality) and the value of coefficient of determination is $R^2=0.513$. In the second step, by entering the variable of self-knowledge, the value of correlation coefficient is $r=0.750$ and the value of coefficient of determination is ($R^2=0.563$) and the value of coefficient of determination decreased as 0.050. The F-value is significant which indicates dyadic adjustment predicting the quality of life with the mediating role of self-knowledge.

Table 12. Coefficient of the effect of regression coefficient of dyadic adjustment predicting life quality with the mediating role of self-knowledge

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	6.93	-	3.99	27.60	Intercept
0.0001	16.15	0.716	0.036	0.589	Dyadic adjustment
0.0001	3.82	-	4.33	16.55	Intercept
0.0001	16.18	0.687	0.035	0.565	Dyadic adjustment
0.0001	5.32	0.226	0.63	0.337	Self-knowledge

Regarding table 12, the prediction of life quality based on dyadic adjustment and the mediating variable of self-knowledge, in the first step, the significance of the standardized regression coefficient as $\beta=0.716$ of dyadic adjustment is effective on life quality without considering the mediating role of self-knowledge. And in the second step, the significance of the standardized regression coefficient as $\beta=0.226$ of dyadic adjustment is effective on life quality with considering the mediating role of self-knowledge.

H 7. Self-knowledge has a mediating role in the relationship between social adjustment and life quality.

Table 13. The results of the social adjustment predicting life quality with the mediating role of self-knowledge

sig	F	R ² adjusted	R ²	r	Variable	steps
0.0001	238.7	0.488	0.490	0.700	Dyadic adjustment	First step
0.0001	141.8	0.531	0.535	0.731	Dyadic adjustment Self-knowledge	Second step

As observed in table 13, in the first step, the value of correlation coefficient is $r=0.490$ indicating the correlation between social adjustment and criterion variable (life quality) and the value of coefficient of determination is $R^2=0.490$. In the second step, by entering the variable of self-knowledge, the value of correlation coefficient is $r=0.731$ and the value of coefficient of determination is ($R^2=0.535$) and the value of coefficient of determination decreased as 0.045. The F-value is significant which indicates social adjustment predicting the quality of life with the mediating role of self-knowledge.

Table 14. Coefficient of the effect of regression coefficient of social adjustment predicting life quality with the mediating role of self-knowledge

Sig.	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	6.93	-	4.13	28.29	Intercept
0.0001	16.15	0.700	0.023	0.358	Dyadic adjustment
0.0001	4.09	-	4.46	18.28	Intercept
0.0001	15.20	0.687	0.022	0.341	Dyadic adjustment
0.0001	4.84	0.213	0.66	0.318	Self-knowledge

Regarding table 14, the prediction of life quality based on social adjustment and the mediating variable of self-knowledge, in the first step, the significance of the standardized regression coefficient as $\beta=0.700$ of dyadic adjustment is effective on life quality without considering the mediating role of self-knowledge. And in the second step, regarding the mediating role of self-knowledge, the standardized regression coefficient as $\beta=0.668$ of social adjustment is effective on life quality with considering the mediating role of self-knowledge. And the standardized regression coefficient as $\beta=0.668$ of self-knowledge is effective on life quality.

General hypothesis: self-knowledge has a mediating role in the relationship between dyadic adjustment and social adjustment with life quality of married women.

Table 15. The results of the model of dyadic adjustment and social adjustment predicting with mediating role of self-knowledge

sig	F	R ² adjusted	R ²	r	Variable	steps
0.0001	167.3	0.572	0.576	0.759	Dyadic adjustment	First step
0.0001	132.1	0.612	0.617	0.786	Dyadic adjustment Social adjustment Self-knowledge	Second step

As observed in table 15, in the first step, the value of correlation coefficient is $r=0.759$ indicating the correlation between social and dyadic adjustment and criterion variable (life quality) and the value of coefficient of determination is $R^2=0.576$. In the second step, by entering the variable of self-knowledge, the value of correlation coefficient is $r=0.786$ and the value of coefficient of determination is ($R^2=0.617$) and the value of coefficient of determination decreased as 0.041. The F-value is significant which indicates social and dyadic adjustment predicting the quality of life with the mediating role of self-knowledge.

Table 16. Coefficient of the effect of regression coefficient of social and dyadic adjustment predicting life quality with the mediating role of self-knowledge

Non-standardized coefficients Mean standard error	t	Standardized coefficients	Non-standardized coefficients		Model
		Beta	Mean standard error	B	
0.0001	4.66	-	4.01	18.72	Intercept
0.0001	6.06	0.376	0.032	0.192	Social adjustment
0.0001	7.04	0.437	0.051	0.359	Dyadic adjustment
0.031	2.16	-	4.24	9.20	Intercept
0.0001	5.90	0.350	0.030	0.178	Social adjustment
0.0001	7.27	0.429	0.049	0.353	Dyadic adjustment
0.0001	5.14	0.206	0.060	0.307	Self-knowledge

According to table 16, in the second step, by adding self-knowledge to the equation of predicting the value of standardized coefficient (B), variables of dyadic and social adjustment decrease as compared to those in the first step (standardized coefficient (B) of social adjustment in the first step is 0.376 and in the second step is 0.350 and standardized coefficient (B) of dyadic adjustment in the first step is 0.437 and in the second step is 0.429). This decrease is due to the mediating role of self-knowledge in relationship between dyadic and social adjustment with life quality. As a result, self-knowledge has a significant role in relationship between dyadic and social adjustment with life quality.

4. Conclusion

Analyzing the results indicated that stable couples in terms of personality have more self-esteem, more adjusted social relations, and more satisfaction with their relations. In contrast, those couples who have not reached a level of self-knowledge, suffer from the lack of stable emotions and negative emotions which influence their adjustment and they have more tendency towards impulsivity, aggression and vulnerability. Such a people tend more to illogical beliefs and less power to control their desires and impulsivity. Testing some hypotheses of the present study indicated that the degree of dyadic adjustment of couples who have reached a knowledge of their all personality aspects is higher than in other couples. Maybe it can be concluded that relational skills are important factors which approximately influence all dimensions of dyadic and social dimensions of life. When couples are weak in these skills, it should be expected that the occurrence of problems in different dimensions of their lives emerges and consistent with other research which were referred to, by creating self-knowledge, dyadic and social adjustment can be increased in them and individuals will achieve a high degree of satisfaction and quality of relations. The life quality of each person is under the influence of features such as personal, social, cultural, and environmental grounds.

The results of the present study indicated that the enjoyment of weak life quality can influence the family relationship. A lot of researchers investigated the relationship between personal features and life quality and identified some factors including the degree of self-knowledge, access to life objectives, methods of coping with and the degree of adjustment. The present study also indicated that family adjustment and social adjustment have close relationship and these dimensions are influential on each other. One of the prerequisites of effective social and interpersonal relations is self-knowledge which takes role in creating sympathy with others.

Explaining the obtained results, it should be noted that the factors of culture and economy have received less attention and it seems that each society requires particular education adaptable with its culture (Eslami Nasab, 2000). As observed, and referring to the results obtained from the previous studies, it is necessary that self-knowledge be considered significant in couples' adjustment and its effects on life quality and interpersonal relations in order that specialists, counselors and psychologists of family can timely and effectively identify different aspects of personality and emphasize the key role of self-knowledge in misadjusted couples and by solving dyadic and social differences, they can prevent the collapse of families and provide the psychological health of the society.

From among the limitations of the present study, it can be referred to the lack of cooperation of some of the subjects due to too many questionnaires and the present study investigated women in the City of Tehran; therefore, its results cannot be generalized to other cities. In addition, it is suggested that for holding workshops based on the necessity of self-knowledge and one's own aspect and training it can be studied with different approaches.

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