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The effect of marital satisfaction in mothers on anxiety of adolescent girls

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ABSTRACT

It is known that many factors impact on anxiety in female adolescents. The aim of this study is investigating effect of marital satisfaction in mothers on anxiety of adolescent girls. The population under study consists of all the girl students of third grade of guidance schools of Tehran; among which 144 students of Tehran fourth education region were selected based on Multi-stage cluster sampling Method. The participants filled up Cattell `S Anxiety and Enrich Marital Satisfaction Questionnaires. The Result Analyzed with Correlation and regression. Result showed that Marital satisfaction and marital dissatisfaction of mothers, both, have influence on prediction female adolescents' anxiety. Marital satisfaction of mothers predicts better the anxiety and marital dissatisfaction increase anxiety in girl adolescents. These results have implications for families and consultants that will be discussed in this article.

Keywords: anxiety; Marital satisfaction; adolescent girls

1. INTRODUCTION

Marital life refers to one of the most fundamental human links which is comprised of two people with different talents and abilities and various interests and tastes and various personalities (Goldenberg and Goldenberg, 2004). However, that which is more important

than marriage itself is success in marriage or compatibility and accord between couples (Dunka, 2008 quoted by Noori, 2010). Marital compatibility refers to a situation in which man and wife have, at most occasions, a sense of happiness and satisfaction with each other and satisfactory relations can be evaluated via mutual interests, acceptance and mutual understanding. Many of the factors, including having sense of hostility and weak ability in coping with problems are accompanied by less forgiveness against errors by relatives, conflicts in intimacy realitons, especially in relations between couples, thereby becoming a threat for the compatibility in the marital life (McCoulagh et al, 2006; quoted by Noori, 2010). Happy and successful marriage is a marriage in which forgiveness, forbearance, tolerance and mutual understanding are regularly practiced. Forgiveness also helps us to maintain and enjoy relations which are valuable for us (Wesson, 2006, Translated by Tamadon, 2010; quoted by Noori, 2010).

Since the way parents behave has direct impacts on children and their future emotional states and behaviors, many of children experts maintain that the way parents support will affect children's mental health, where in this connection, children's anxiety disorder is one of the most prevalent disorders which are related with problems existing in the various areas of psychiatric issues, such that most of the issues are concerned with tests, examinations, oral reports, rejection by peers and failing in lessons by the age of 9-12. Anxiety disorder in this period of time will foresee problems in adulthood as well as anxiety disorders in adulthood (Haghighi and Long, 2004; quoted by Argyl Chi. et al. 2010). Anxiety can be considered as an unpleasant feeling which is characterized by feeling of taking risks which is done subjectively and hypothetically and has no definite source and this manifest in a corporeal, cognitive, emotionally and interpersonally such that it depends on our thinking style (Honarparvaraan, 2007; Janbozorgi and Noori, 2010; Quoted by Zare' and Samani, 2010). Mothers who are not satisfied with their own life become anxious. Kates and Mittal (2005) have pointed out that children of these mothers are exposed to the risks of difficulties pertaining to development, including anxiety disorders, anxious parental behavior and disorder in the interaction between parents and child which arise from thee transference of risks from mothers to child. Mothers of anxious children, disregard of their distress, are less warm and have more extreme control over their children (Van Gastel, 2008).

It is highly important for the family to throw support during adolescence, because adolescents are faced with ambiguity and instability most of the time and for this, they are extremely in need of family support and contribution and other adults. Though social support plays a significant role in the life of children and adolescents, insufficient and inadequate support by the social milieu can be considered as a predictor of various issues such as consumption of addicts, behaviors related with violence, anxiety, and especially negative emotions. Social support gives people the ability to overcome issues relating to health, reduced depression personal merits, under stressful conditions, overall positive affection, balance of emotions (affection), perception of one's values and satisfaction with life as well as psychological well-being (Swariss, 1998; quoted by Golacti, 2010). To attain satisfaction in marital life, various factors are effective. According to researches by Newman and Newman (1991), these factors are: thinking and understanding, communication skills, financial issues, gender realitons, intervention by relatives expression of love and affection, and personality features (Jafarzade et al. 2010).

In the family, parents the most significant roles. Parents' inappropriate performance and adverse quality of communicating between them lay the ground for various mental

abnormalities among other members of the family, i.e. children (Pope, Murray, and Cummings, 2004). The family environment is the first and most sustainable factor which affects peoples' personality. Children inherit some characteristics from their own parents and through this, parents will allow for the progress of children (Azadi, 2010). There is a significant relationship between children's mental health and the marital subsystem functioning. Though in various researches, relationship between quality of marital realitons and compatibility and mental health of children has been clearly defined, the nature and mechanism of this relationship is not yet clear. It appears that this relationship can be formed both directly and indirectly (Fishman and Meyers, 2000; Miller, 2002 and Ramos, 2006). The abnormal performance of family member is considered the result of interactions among all members and the individual is not seen outside of the family construct; the family does joint have an independent member and imaging an individual independent from the system is just a fancy (Tabrizi and Alavi Nia, Translated by 2003; Ahadi and Jamhari, 2008).

Many of the problems adolescents and the young are faced with takes root from improper performance of the family construct. Changes in socio-economic realitons and development as well as variations in the traditional structure of the family and creation of conditions in which members of the family are compelled to spend their time outside of this framework, as well as gaps between generations and lack of mutual perception by parents and children, in proportion to social developments, have led to weakening of the traditional structure of the family. Today, children are less obedient to family's structure and authority and are less affected by value system governing over it. Therefore, it is required parents create a space of trust empathy, rational treatment for solving problems in the family construct and allow the children to raise their own issues without fear a d anxiety (Ekhtiari, 2010).

Anxiety is among disorders which appear in adolescence. Anxiety can be defined the feeling of suffering which is related with a current shocking situation against a risk relating to an uncertain object (Dadsetan, 2001). Anxiety is a warning sign. Though little anxiety is necessary for continuing life and preserving the individual against threatening risks; however, as it is called a motivational factor, it is a factor which causes disturbance and collapse of organizations. Thus, anxiety might get us out of life path such that we might lose life track (Allen, 1995). Investigating the fact to what extent quality of parents' relation can lead to creation of tension and anxiety in children assumes importance for health officials in the division of prevention and treatment.

Jeremy writes that the type of adolescents' affective problems is related with their affective experience of parental marital conflicts. Couples' dissatisfaction will render in collapse of families. This fact is all clear for all (Khanjani et al, 2010).

2. METHODOLOGY

2. 1. Statistical population, sample and sampling

The current research method is descriptive which falls under causal and comparative researches. The statistical population consists of all female third grade junior students in the city of Tehran, from among whom four districts were randomly chosen and from among the four districts, six junior high schools and from each school, two classes and from each class, 12 students, and totally 24 people were selected. Therefore, as many as 144 female third grade junior students were selected as sample for the research. Students and their mothers were investigated to participate in explanations classes and to compete the questionnaires so that

the working trend, the way questionnaires are completed and confidentiality of the information are explained to them. After necessary explanations are given, Enrich Marital Satisfaction Questionnaire among Mothers and Rogers Self-Concept Questionnaire were distributed.

2. 2. Research tools

Enrich Marital satisfaction Questionnaire: This questionnaire has 115 questions and 12 scales, including arbitrary answers, marital satisfaction, personality subjects, marital relationship, conflict solution, financial monitoring, activities relating to leisure time, gender relations, marriage and children, relatives and friends, equality roles and doctrinal orientation which are scored on a five degree Likert scale from one to five. Olson et al. reported the reliability of this questionnaire at 0.92 via Cronbach's alpha. The 47 question form of this questionnaire was estimated by Soleimani (1993) on a fifty people group through Cronbach's alpha where the validity coefficient was obtained 0.95. The Cronbach's alpha coefficient of this questionnaire in the report by Olson et al. (2010) (quoted by Bahreinian and Yavari, 2009) were obtained as 81/90, 73/0, 68/0, 75/0, 74/0, 76/0, 48/0, 77/0, 72/0, 71/0, and 0/0 for such subscales as idealism distortion, marital satisfaction, personal satisfaction, marital communications conflict solution, financial management, leisure time, gender relations, children, families and children and equality (Bahreinian and Yavari, 2009).

Kettle's Anxiety Questionnaire: this test is among the most effective tools for measuring anxiety which has been developed based on widespread researches which contain 40 questions; a questionnaire which can yields clinical diagnosis complementary and objective results with research aims.

3. FINDINGS

A) Mothers marital satisfaction predicts adolescent girls' anxiety

In Table 1, it is seen the correlation square value is $r^2 = 0.48$, suggesting the model under study has taken into account as much as 48% of variations in girls' anxiety scores among mothers with marital satisfaction. Table 2 indicates that the variable of girls' anxiety is foreseen with the level of marital satisfaction among mothers and the standard Beta coefficient value between the two variables of girls' anxiety and mothers' marital satisfaction level is 0.31, suggesting how much anxiety does exist for each unit change in level of marital satisfaction.

Table 1. Regression model summary.

Estimate standard error	Modified correlation square	Correlation square	Correlation coefficient	Model
1/60584	0/471	0/480	0/693	1

As seen in Table 1, the correlation square value is $r^2 = 0.48$, suggesting the model under study has taken into account as much as 48% of variations in girls' anxiety scores among mothers with marital satisfaction.

Table 2. Estimate of model's coefficients for correlation coefficients.

	Non-standardized coefficient		Standardized coefficient	T	Sig.
	B	Standard error	Beta		
Constant	49/021	7/942		6/172	0/000
Girls' anxiety with mothers with marital satisfaction	0/096	00/40	0/310	2/371	0/021

Table 3. Variance analysis between variables of criteria and predictive.

	Square sum	Freedom degree	Square average	F estimate	Sig.
Regression (girls' anxiety)	94/548	1	94/548	5/622	0/021
Error or residual	891/379	53	16/818		
Total	985/927	54			

As seen in Table 3, regression square sum of girls' anxiety in satisfied mothers is 94.54 and the F value estimated is 5.622, suggesting the F estimate value (5.622), and (49.13) with freedom degree of 1 and 53 are greater than the F value in the table ($F_{ob} > F_{cr}$). Thus, marital satisfaction in mothers with satisfaction is effective in predicting girls' anxiety and could predict young girls' anxiety based on mothers' marital satisfaction.

B) Mothers dissatisfaction predicts adolescent girls' anxiety

Table 4. Regression model summary.

Estimate standard error	Modified correlation square	Correlation square	Correlation coefficient	Model
5/29500	0/548	0/553	0/744	1

As seen in Table 4, the correlation square value is $r^2 = 0.553$, suggesting the model under study has taken into account as much as 55% of variations in girls' anxiety scores among mothers without marital satisfaction.

Table 5. Estimate of model's coefficients for correlation coefficients.

	Non-standardized coefficient		Standardized coefficient	T	Sig.
	B	Standard error	Beta		
Constant	61/971	2/234		27/743	0/000
Girls' anxiety with mothers without marital satisfaction	0/166	0/016	0/744	10/380	0/000

As seen in Table 5, variable girls' anxiety is predicted with the level of marital satisfaction in mothers without marital satisfaction and the standard coefficient value between the two variables of girls' anxiety and satisfaction level in mothers without marital satisfaction is 0.744, suggesting that for each unit of change in the level of marital dissatisfaction, how much change will occur.

Table 6. Variance analysis between variables of criteria and predictive.

	Square sum	Freedom degree	Square average	F estimate	Sig.
Regression (girls' anxiety)	3020/956	1	3020/956	107/749	0/000
Error or residual	2439/244	87	28/037		
Total	95460/180	88			

As seen in Table 6, regression square sum of girls' anxiety in satisfied mothers is 3020.95 and the F value estimated is 107.74, suggesting the F estimate value (5.622), and (49.13) with freedom degree of 1 and 87 are greater than the F value in the table ($F_{ob} > F_{er}$). Thus, marital satisfaction in mothers with satisfaction is effective in predicting girls' anxiety and could predict young girls' anxiety based on mothers' marital satisfaction.

4. CONCLUSIONS

Research results indicate that in families where mothers enjoy relatively good marital satisfaction, adolescent girls enjoy less anxiety and the mother marital satisfaction, the less anxiety among girls. Therefore, marital satisfaction among mothers in mothers with satisfaction is effective in girls' anxiety and adolescent girls' anxiety can be predicted based on the marital satisfaction of mothers with satisfaction.

Davoodi and Tagahvae (2010) investigated the impacts of difficulties of women jobs on behavioral disorders of children and his research results indicated that one can negatively predict children's anxiety, aggression and isolation based on marital satisfaction. Abbasi et al. (2010) examined the efficacy of child-parent interaction treatment on reducing disorder of separation anxiety. Results of covariance analysis indicated that child-parents interaction treatment has caused a significant reduction in the experimental group as regard anxious signs and the said treatment could reduce separation anxiety disorder among mothers.

In the area of typology of family child rearing and its impacts on adolescents' depression and anxiety, Seifi et al (2009) have conducted a series of investigation and found out that lower depression and anxiety are products of acceptance and favorable control of both parents and adolescents and more unfavorable outcomes are results of control and acceptance or explicit conflicts. There is a significant difference between anxiety of children which suffer from parental marital dissatisfaction with those who are kind together and more anxiety is seen in the first group (Yu, 2008).

Though in various researches, relationship between quality of marital realitons and compatibility and mental health of children has been clearly defined, the nature and mechanism of this relationship is not yet clear. It appears that this relationship can be formed both directly and indirectly (Fishman and Meyers, 2000; Miller, 2002 and Ramos, 2006). Koorosh Nia and Latifian (2007) did a research on relationship between dimensions of family communications patterns and children's depression and anxiety. The results suggested that fathers and mothers' good relations could predict children's depression and anxiety significantly and negative predict their anxiety and depression.

In a research, Fahimi (1996) addressed relationship between parental marital satisfaction and children's depression and anxiety. He considers depression and anxiety as among common mental complications among adolescents and the young and regard several factors as effective in their creation, where one of these factors is the family. Results indicated that there is a significant relationship between mothers' marital situation and level of depression and anxiety among male and female children.

The finding of this research are in line with those by Arastoo Irani (1997), Kajbaf et al. (2001), Eftekhari (2006), Farahani (2006), Ghaemi (2007), Emami (2007), Bahrebar (2008), Azadi (2010), Sajadi (2009), Seifi et al. (2009), Salami (2010), Bahreinian et al. (2010) and Dehghani and Salehi (2011).

Findings obtained also suggested that girls' anxiety can be predicted from level of marital dissatisfaction in mothers without better satisfaction, Latif Nejad et al (2010) showed that one of the factors that is effective in children's anxiety is mothers' lack of marital satisfaction. Since the way parents behave has direct impacts on children and their future emotional states and behaviors, many of children experts maintain that the way parents support will affect children's mental health, where in this connection, children's anxiety disorder is one of the most prevalent disorders which are related with problems existing in the various areas of psychiatric issues, such that most of the issues are concerned with tests, examinations, oral reports, rejection by peers and failing in lessons by the age of 9-12. Anxiety disorder in this period of time will foresee problems in adulthood as well as anxiety disorders in adulthood (Haghighi and Long, 2004; quoted by Argyl Chi. et al. 2010).

Mothers who are not satisfied with their own life become anxious. Kates and Mittal (2005) have pointed out that children of these mothers are exposed to the risks of difficulties pertaining to development, including anxiety disorders, anxious parental behavior and disorder in the interaction between parents and child which arise from thee transference of risks from mothers to child. Mothers of anxious children, disregard of their distress, are less warm and have more extreme control over their children (Van Gastel, 2008).

In a research done by Moradi in 2007, he found out that there is a positive correlation (77%) between girls' anxiety and mothers' marital conflicts at the Cronbach's alpha of 1%. In a research by Maghsoodloo in 2006, it was found that there was a relationship between parental marital satisfaction and compatibility and children's anxiety. Investigations have also suggested that affective deprivations and absence of comfort at home is harmful for girls as much as food deprivations. Thus, loss of affection and comfort in marital life will bring about big crises for children (Scout, 1997, quoted by Kajbaf, 2004).

In a research by Kajbaf et al. (2004), relationship between marital satisfaction and emergence of girls' behavioral disorders was addressed and they found out that there is a significant relationship between parental marital satisfaction and emergence of behavioral disorder among girls. Research findings by Molla Bagher et al. (2006) indicated that there is

an inverse relationship between depression and anxiety in adolescents and mothers' marital satisfaction. Demise of family, divorce and separation, as an unpleasant phenomenon can result in anxiety and depression in children (Afrooz, 2004). Kakia (2001) states that children and adults who are living in tense families are more likely to face with affective problems. In 2000, Sima Kaheni et al. conducted a case-control study on 12-19 aged students in male and female schools in Birjand under the heading of anxiety, depression and aggression as well as on juvenile delinquency aged (12-19) in broken and disintegrated families.

The findings reveal that level of anxiety in girls in disintegrated families was higher than that in integrated families. Quality of parental marital relations is a major factor in creating and aggravating affective or behavioral disorder of children. Children of parents whose marriage are accompanied with tension, conflicts, mutual dissatisfaction, criticism and loss of warmth and intimacy, are more likely to meet with disturbances. According to studies by Morris and Merkel Bach who have focused in transference of anxiety disorder from parent to child, i.e. there is significant relationship between parental psychological control and presence of signs and clinical anxiety disorder in children (Quoted by Argyl et al. 2010). Given researches done and the findings of this research we can say that the more mothers' marital satisfaction increases. The fewer girls will be faced with anxiety. More research could help provide more comprehensive and applied information for the use of officials and planners in this regard.

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