



## Testing the Model of Marital Life Quality Through the Perception of Equity and Daily Spiritual Experiences by Mediation of Self Differentiation in Married Female Teachers

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### Abstract

The purpose of this study was to investigate the model of marital life quality through equity perception, and daily spiritual experiences mediated by self-differentiation among married female teachers of elementary schools in Ahvaz. The statistical population included married female teachers of elementary schools in Ahvaz. The samples subsumed 200 participants whom were selected by multi-phase random sampling. The research was designed as correlational of structural equations type. To collect data Marital Quality Index (Nortoon, 1983), Measurement of Equity Perception (Perry, 2004), Daily Spiritual Experiences Scale (Alipour et al., 2016) and Self-Determination Inventory (Skowron & Friedlander, 1998) were implemented. To analyze data structural equations analysis was applied. The results indicated that equity perception and daily spiritual experiences had direct significant impact on marital life quality. The findings also showed that equity perception and daily spiritual experiences had indirect significant impact on marital life quality through self-differentiation among married female teachers of elementary schools in Ahvaz. The evaluated model had an optimal goodness of fit.



## Extended abstract

**Introduction:** Assessing the quality of marital life plays a substantial role in assessing the overall quality of family relationships. Therefore, the quality of marital life is a multidimensional concept that includes various dimensions of marital relationships. On the issue of quality of marital life, the issue of equity perception, especially from the perspective of women, had attracted the attention of many researchers. The equity perception was considered as a balance between in-data (investment) and out-data (rewards) of a relationship, an effective factor and a significant factor in the quality of marital life. Another variable that can be effective in the marital satisfaction of working women is daily spiritual experiences. Today, spirituality is considered as one of the most important aspects of human life and this factor had caused it to be considered more than ever. Another factor that could link some psychological components to the quality of marital life was self-differentiation in women. Differentiation of self is a key concept in the theory of family systems and includes a kind of interpersonal capacity to distinguish between thought and emotion, as well as an interpersonal ability to maintain independence within the context of deep relationships with significant people in life. So the purpose of this study was to investigate the model of marital life quality through equity perception, and daily spiritual experiences mediated by self-differentiation among married female teachers of elementary schools in Ahvaz.

**Method:** The statistical population included married female teachers of elementary in Ahvaz. The samples subsumed 200 participants whom were selected by multi-phase random sampling. The research was designed as correlational of structural equations type. To collect data Marital Quality Index (Nortoon, 1983), Measurement of Equity Perception (Perry, 2004), Daily Spiritual Experiences Scale (Alipour & et al., 2016) and Self-Determination Inventory (Skowron & Friedlander, 1998) were implemented. To analyze data structural equations analysis was applied.

**Results:** The results indicated that equity perception and daily spiritual experiences had direct significant impact on marital life quality. The findings also showed that equity perception and daily spiritual experiences had indirect significant impact on marital life quality through self-differentiation among married female teachers of elementary schools in Ahvaz. The evaluated model had an optimal goodness of fit.

**Conclusion:** According to the findings, the direct effect of equity perception and daily spiritual experiences on the quality of marital life in married female elementary school teachers was significant. According to the findings, the significant indirect effect of perception of equity and daily spiritual experiences on quality of marital life was achieved through self-differentiation. In explaining the results obtained in general, it could be reported that: concerning the theory of equity, individuals perceive a relationship as fair and just when the rewards they receive in these relationships were proportional to their share in the relationship. If in the interpersonal relationship of the spouses, each was aware of the rights of the other and separating a person from rights such as welfare, need for security and expression of love, creates a sense of differentiation and independence in his/her spouse and in this way, he/she could improve the quality of marriage and satisfaction with cohabitation. Also, the perception of spirituality on a continuous and daily basis in



personal life and reliance on the infinite power of God, led to the expansion of the spirit of forgiveness and reduced the problems between couples and improved the relationship between them. The factor of daily spiritual experiences and the emphasis on receiving the support of such a great power made one consider oneself different and independent from others in daily affairs. Increasing spirituality on the part of couples and paying attention to the spiritual and spiritual dimension of spouses caused them to consider each other as a person with authority and status with spiritual needs and respect their privacy while being attached to cohabitation. On the other hand, it affected the conditions that create satisfaction between couples and leads to the improvement of their interpersonal relationships. This in itself could help each couple in the marital relationship and improve it while maintaining privacy. Couples in a fair relationship would be happier than couples who in a relationship have received more or less than they deserve. The theory of equity also predicts that feelings of unhappiness due to a lack of equity or fairness in a relationship are likely to weaken the relationship and reduce overall commitment and satisfaction.

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