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(Short Communication)

Investigating Relationship between Spiritual and Religious Orientation and Positive Feelings toward the Spouse

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Abstract

Background: The present study has investigated the relationship between spiritual and religious orientation and positive feelings toward the spouse.
Method: Method of this research, is descriptive of correlation type, and in terms of purpose, is a part of applied research. A sample with volume of 200 (98 females, 102 males) were selected randomly among the employees of Kerman University of Medical Sciences. The data were collected using a positive feelings toward the spouse questionnaire and spiritual orientation questionnaire and has been analyzed using Pearson Correlation (R) and SPSS 22 software.
Results: results showed that there is positive and significant relationship between emotional and sexual feelings to spouse with internal spiritual orientation and there is a negative and significant relationship between emotional and sexual feelings to spouse with external spiritual orientation (P> 0.05).
Conclusion: Therefore, it can be concluded that spiritual and religious orientation, plays an important role in the positive feelings to the spouse.

Keywords: Spiritual orientation, Religious, Positive feelings, Spouse

Introduction

The family is a social and natural system with a complex emotional structure that love, loyalty, and continuity of membership are the most important features of it (1). Harmful and negative effects will be created on family and Children's mental health

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In case of harming the intimate relationships between husband and wife (2) Therefore, various spiritual orientation, emphasize solidity of the family and the basis of the common life should be based on love, affection, and sympathy for providing the peace of the husband and wife. According to spiritual orientation we expect, those who are more spirituality have a more positive feeling toward their spouse, (3) Positive feeling toward the spouse shows that how well a couple feels good about their marital life (4). Various studies have shown that religion and spirituality have had important positive consequences in marital life relationships, especially family-quality of life. Also, spiritual and religious beliefs lead to positive correlation with low levels of marital conflicts and increase the support relationship between parents and children (5). Religion is an organized system of beliefs including tradition, moral values, customs, and participation in a religious community for a more conscientious belief in God or a superior power (6). From the perspective of Allport, spiritual orientation is both internal and external. In a person with an internal spiritual attitude, personal solidarity is important, while for people with an external spiritual, religious motives and external or social values and beliefs are important.
Allport describes that the external spiritual is an immature religion rather than internal spiritual (7).
In other words, the internal spiritual orientation is referred to all attitudes and beliefs of the person that is related to spiritual and rooted in the person mind; but the external spiritual orientation refers to the objective, real and measurable behaviors of a person which derived from religious beliefs (8). Some people believe that religion is the best factor for stability and resistance in marriage and marital life because the practice of religious beliefs increases the verbal contribution and the amount of happiness and it will lead to a dramatic decrease in verbal aggression and marital conflicts and differences, ultimately it will cause increased marital satisfaction and more favorable feelings (9).
On the other hand, religion provides commands and standards for family life. It also helps to strengthen communication between individuals and families by creating group affiliation at critical times and setting up rituals and meaningful ceremonies, so it contributes to the unity and coherence of family members and corrects their inter-individual -relationships (10).
Clinical reports have shown that the main and common cause of professional referrals of people to couple therapy is a communication problem. Accordingly, the necessity of paying attention to couples' communication patterns is an issue that has attracted the attention of researchers in the field of couple therapy in recent decades. Moreover, healthy and constructive communication patterns are one of the most important factors in marital satisfaction, and defective communication patterns are one of the reasons for marital problems and dissatisfaction. (11).
Research has demonstrated that various factors affecting the development of this model, including gender, marital interactions in the family of origin, environmental factors, and cultural and religious factors (12). Among these factors, the component of religion and spirituality is one of the most important cultural factors that enhance the experiences, behaviors, and human values (3) The present study has paid to the relationship between internal and external spiritual orientation with positive feeling toward the spouse (emotional and sexual feelings of couples).
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Material and Methods

Considering the aim of this research, that is to investigate the relationship between internal and external spiritual orientation with a positive feeling toward the spouse, the research method is a descriptive correlation.
Statistical population of the present research are all employees of Kerman University of Medical Sciences that they are estimated to be 410 people according to the statistics center report of the University of Science Medical. The characteristics of the statistical society of the present research are the marriage of the employee and lack of psychotic disorder report. According to the Morgan table, sample size is estimated 200 people. From this volume,

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187 ones completely responded to the questionnaires. Sampling method is randomized and Table 1, shows the number of people in sample group in term of gender.

Table 1: gender distribution of sample group

Gender	n
Female	98
Male	102
Total	200

In term of gender, there were 98 males (51.1%) and 102 females (48.9%) (Table 1).

two questionnaires, positive feeling toward spouse (1983) and Allport spiritual orientation (1950), was distributed among people.

Spiritual Orientation Questionnaire:

Allport and Ross, in 1950, measured this scale for internal and external orientation of spiritual. In the first study on the basis of this, it has been observed that the correlation between the external and internal orientation is 0.21. This test was translated and standardized in 1999. In some researches has earned its internal consistency by using Cornbrash's alpha coefficient, 0.71 and reliability of its retest is 0.74 (13).

On this scale, options 1 to 12, which measure external spiritual orientation, are between totally opposed to entirely agree such as:

The first option (a) is completely opposed, option2 (b) approximately opposed, option 3 (c) almost agrees, and option 4 (d) entirely agrees. The next9 issues, numbers 13 to 21, which measures the internal spiritual orientation response, are on the contrary i.e. option (a) is entirely agree, the second option (b) almost agree, the third option (C) approximately opposed, and the fourth option (d) completely opposed. The answers are given a score of 1-5; So that option A has a score of one, option B the score two, option c the score four and option d the score Five and unanswered phrases the score three. This scale is based on Likert scaling. (13).

Positive feelings questionnaire:

The positive feelings questionnaire created by Eliery et al, in 1983, to measure positive feelings of a person toward his spouse. This scale is designed with 17 phrases to assess the impact of positive feelings or love toward the spouse. Positive feelings questionnaire measured the influence of behaviors such as stroking, being alone with spouse, kiss, and sitting nearby spouse on another one. This scale is written at the level of the seventh grade of the school and it is easy to apply and grade. These features make it a useful tool for counselling and treating couples. How to score options in the Positive feelings questionnaire are as follows:

Very negative =1, negative =2, slightly negative, = 3, neutral = 4, slightly positive =, 5 positive, = 6, very positive = 7. To obtain the final score, it is enough to submit the score of the 17 points. In order to the standardization of the positive feelings questionnaire. This test was carried out on various samples, including 46 females and 46 males who participated in the test through the newspaper advert and 58 males and 56 females that refer to the couple therapy clinic of the university. The mean for the male of the community was 100.52(SD=12.4) and for the females was104.26 (SD = 9.7). The mean for males in the clinic was 83.98 (SD =18.2) and for females was 73.86 (SD = 22.4). Positive feelings questionnaire has very good internal stability and its alpha coefficient is 0.94. The validity of the questionnaire is very positive and there are significant correlations with marital adjustment test, Beck depression inventory, marital couples' commitment, and the amount of hypothetical positive actions from their spouse. In the helpless group, the score of the positive feelings questionnaire for females' was as much lower than that of males, but it was not in the group from the community. This scale is also sensitive to changes due to treatment (14).

It has been used the descriptive statistics (mean and standard deviation) and inferential statistics (correlation coefficient and regression) for statistics analyze

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Results

Table 2, have demonstrated the descriptive features of people, variable's mean and standard deviation, and the study criteria i.e. spiritual orientation and positive feeling toward spouse.

Table 2: descriptive features of spiritual orientation and variables of positive feeling toward the spouse

Positive sexual feeling toward spouse	Positive emotional feeling toward spouse	External spiritual orientation	Internal spiritual orientation	Descriptive index
187	187	187	187	Frequency
56.9385	47.6000	28.989	30.0110	Mean
8.17997	7.58166	0.83998	4.68687	Standard deviation

In order to statistical hypothesis testing the Pearson Correlation has been used. Table 3, has shown the spiritual orientation variables (internal and external) with positive feeling toward the spouse (emotional and sexual).

The results of the correlation coefficient r of spiritual orientation and personal trust in males and females showed that external spiritual orientation has an inverse but significant relationship with a positive feeling toward the spouse. (Rxy = -0. 19, p <0.05).

There was a negative and significant relationship between positive feeling toward the spouse (sexual) and external spiritual orientation (Rxy = -0.22, p <0.05).There was statistically significant relationship between the internal spiritual orientation and the positive feelings toward the spouse (Emotional) (Rxy = 0.17, p <0.05). This point indicates that internal spiritual can be an important predictor of a positive feelings toward the spouse (emotional).

The results also showed that there is a statistically significant relationship between the internal spiritual orientation and the positive feelings toward the spouse (sexual) (Rxy = 0.40, p <0.05). Internal spiritual can be predictor of positive feelings toward the spouse (sexual). This finding, with more than 99 percent confidence, can be generalized to the community.

Table3: correlation matrix of spiritual orientation and positive feeling toward spouse variables

Variable	١	2	3	4
Positive emotional feeling	1			
Positive sexual feeling	.617**	1		
Internal spiritual orientation	.171*	. 40**	1	
External spiritual orientation	-0.19*	-0.229*	-0.628**	1

Discussion

The results of correlation matrix showed that there is a significant and direct relationship between positive feelings towards the spouse (sexual and emotional feelings) with internal spiritual orientation, and there is a significant and inversed relationship between positive feelings toward the spouse (sexual and emotional feelings) with external spiritual orientation. These results are in line with the findings of (15) and (16).

In explaining these results, it can be said in addition that marriage has benefits, sometimes it causes the challenges that can eliminate the first positive emotions and good times. The existence

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of religious beliefs has a profound effect on the family for facing these challenges and difficulties in life and faith in God makes the person's attitude to the whole purposeful in a way that makes marriage stable (17). Moreover, the lack of faith leads to a lack of peace (18). This lack of peace, by itself, can be another factor for losing the positive feelings towards the spouse. One of the important areas in the positive feelings toward the spouse's structure is to determine the amount of female or male's power to deal with irritations and difficulties (4). As mentioned, religious beliefs can be an important factor in resisting the problems. So it can be concluded that spiritual orientation will increase the positive feelings of a wife or a husband toward their spouse, through raising one's ability to solve general problems of Life as well as marital problems. Therefore, in general, it can be said that individuals with internal spiritual orientation find their main spiritual motivations in religion itself. However other needs are strong t, have less value than this motivation. Such individuals, when accepting the belief, try to internalize and follow it completely (19).

Conclusion

According to this finding, it can be said that one of the significant parts of the life of these people is healthy sexual relationship with the spouse. Therefore, it can be said that the existence of an internal spiritual orientation in couples affects their marital emotionally and sexually relationship and increases positive feelings toward the spouse.

Ethical Consideration

Ethical issues (Including plagiarism, informed consent, misconduct, data fabrication and/or falsification, double publication and/or submission, redundancy, etc.) have been completely observed by the authors.

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