



Relationship between Big Five Personality Factors Neuroticism, Extraversion, Agreeableness, Openness, Loyalty and Marital Adjustment

Roghayeh Mousavi

ABSTRACT

The present research aimed to study the correlation between big five personality factors; Neuroticism, extraversion, agreeableness, openness, loyalty and marital adjustment. The population is composed of all married employed teachers of the department of education in Nourabad, within the academic year 2014 - 2015. The sample size includes 154 married teachers (77 couples) who were chosen through simple random sampling. The instrumentation contains NEO-FF-I questionnaire, and twosome compatibility questionnaire (DAS). The data has been respectively collected through these two questionnaires which were related to five factors of personality and marital adjustment. The results of correlation coefficient show that among these five personality factors, Neuroticism has a meaningful and negative correlation with marital adjustment ($P < 0/001$) and, extraversion, agreeableness ($P < 0/001$), loyalty ($P < 0/005$) have a positive and meaningful correlation with marital adjustment. It is noted that there is no correlation between Openness and marital adjustment. Also, the obtained results of regression analysis reveal that among these five factors, Neuroticism and agreeableness are the strongest indicators of marital adjustment respectively which have the power of prediction to a significant level. Undoubtedly, personal features and factors are very essential in marital adjustment so that it must be considered by counselors before marriage. Evaluation of personality features in couples by counselors can play as a key role in selecting the proper spouse and prevent the marital incompatibility and unsatisfactory.

172

Key Words: neuroticism, extraversion, agreeableness, openness, loyalty, marital adjustment

DOI Number: 10.14704/nq.2017.15.4

NeuroQuantology 2017; 5, 4:

Introduction

Family is the most important social unit in a society which is created by two people whom are married as a wife and husband. Marital satisfaction and adjustment are the most important factors in marriage. Compatible couples are the ones' who get satisfaction from their relationships and they agree on spending the pleasure time and financial issues together (Greef, ۲۰۰۰). Marital compatibility is the foundation stone of good performance of a family.

It's one of the most important predictors of mental health in married people. The accomplished studies depict marital compatibility can help a person to have general adjustment; it means that the couples whom have higher marital compatibility, have more self-esteem. They are compatible in their social relationships too. There's mobility and exhilaration in compatible couples' life which prevent the negative feelings about each other. These types of couples have an emotional and

Corresponding author: Roghayeh Mousavi

Address: Department of Human sciences, Shahed University, Tehran, Iran

e-mail ✉ naser.1012@yahoo.com



Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

Received: 12 July 2017; **Accepted:** 7 September 2017

smart life (Gottman, 1999). The lack of compatibility in couples is the most important reason for their reference to counselors and family therapists. Raising divorce rates, the existence of conflicts and also confusion relations cause researchers to find some strategies against divorce phenomenon. Much studies show that unstable and unrest relationship between couples increase their physical and mental problems and make it increased in their children (Watson *et al.*, 2000). The accomplished researches depict that the reason behind being weakening the marriage ties are economic issues, decreasing the income, unemployment, education level, religious, age and social-cultural challenges. It is obvious that the role of these factors cannot be ignored in increasing the marital compatibility but, the majority of researches ignore the fact that the characteristics features can effect on couples' compatibility and satisfaction in long term. The five factor models have been the most influential models in recent decades which absorbed many studies. These five factors which are known as big five are: Neuroticism, Extraversion, Agreeableness, Openness and, Loyalty (Pervin and John, 2008). Marital connection is the connection between two different characters. It is essential that the pathology of marital incompatibilities interpersonal reasons and failure in marriage should be considered and personal factors roles should be studied. Each of the spouses enters to marital connection with a development background, personality style and combination of biological, environmental and empirical agents. Research findings depict personality factors can predict the quality of marital relationship better than calendar variables such as age, education or separation background (Bentler and Newcomb, 1998). Since marriage experience in pre-marriage period is not possible in our culture, many couples are not able to recognize personality features of each other and it can be one of the reasons in marital incompatibility after a while in their common life. This question is presented to what extend each of the main behaviors of couples' personality characteristics are linked to marital compatibility? Fisher and Macknalti (2008) have shown a high level of Neuroticism in a person and his/ her spouse can predict low levels of marital compatibility in one year. In another research, it is proved that the couples who are involved in distraught relationships are more Neurotic

temperament and more introspective than ordinary couples (Barelds *et al.*, 2006). Many researches reveal that some especial personality factors can predict marital quality. For example, Bentler and NewComb (1998) show that personality factors can predict marital instability better than the demographic factors such as (age, education and etc.). Lester *et al.*, (1989) proved that when the extraversion in each the couples are high, their marital unsatisfactory will increase. The other researches show that there is a positive relationship between agreeableness, openness, loyalty and marital compatibility (10-13). The accomplished researches have shown that married young men has more stress than women, because marriage is an environment in which women have peace of mind, but men have more sense of responsibility. Marriage for women has an emotional aspect but for men, it relates to care, attention, sex relationship (Gholizadeh, 2010) by studying the divorcing couples, Kelley (1992) and Noller (1997) concluded that the lack of good relationship, marital unsatisfactory and emotional problems lead to increase divorce (Sadeghi, 1999). Appet *et al.*, (1996) and Yang *et al.*, (2000) found out that sexual relationships and love expression make marital compatibility increase (Gholizadeh, 2010)

Regarding conflict conclusions in the accomplished research, we want to study the relationship between big five personality factors Neuroticism, extraversion, agreeableness, openness, loyalty, and marital compatibility.

These studies have shown that marital compatibility is the most important predictor of mental health in married people. The marital compatibility can help person to have general adjustment. The lack of compatibility in couples is the most important reason for their reference to counselors and family therapists. These studies also show that personality factors can predict marital instability as well as marital quality. Therefore, this research is aimed to analyze the relationship between big five personality factors Neuroticism, extraversion, agreeableness, openness, loyalty and marital adjustment.

Methods

Materials

The population is composed of all married employed teachers of department of education in Nourabad within the academic year 2014 - 2015.