

Role of Religious Orientation in Predicting Marital Adjustment and Psychological Well-Being

PDF (Size: 128KB) PP. 131-136 DOI : [10.4236/sm.2013.32020](https://doi.org/10.4236/sm.2013.32020)

Author(s)

Taliebeh Yeganeh, Hassan Shaikhmahmoodi

ABSTRACT

Considering indices such as dynamism and complexity of modern societies, advances in psychology science, and increasing growth of spiritual needs of human against physical ones, also with respect to increasing rate of divorce in Iran, current research was done in order to study the relationship between Religious Orientation and Marital Adjustment and Psychological Well-Being. The method of current research is descriptive-correlation. Statistic population includes all married teachers of Langroud city in 2012, which 150 individuals were selected as sample via multi level cluster sampling. Alport Religious Orientation Scale (1950), Spanir Marital Adjustment Scale (1976) and Ryff Psychological Well-Being questionnaire (1998) was used. Data analysis shows that there is meaningful relation between internal religious orientation and marital adjustment ($p = .000$, $r = .436$) and also between internal religious orientation and psychological well-being ($p = .000$, $r = .506$). In addition, results showed that internal religious orientation is able to meaningful predictions of Marital Adjustment and Psychological Well-Being. These findings show that internal religious orientation can predict the psychological well-being and marital adjustment meaningfully. So from scientific dimension, application of religion with the meaning of inner faith is suggested in prevention and medical interferences in this area.

KEYWORDS

Psychological Well-Being; Marital Adjustment; Religious Orientation

Cite this paper

Yeganeh, T. & Shaikhmahmoodi, H. (2013). Role of Religious Orientation in Predicting Marital Adjustment and Psychological Well-Being. *Sociology Mind*, 3, 131-136. doi: [10.4236/sm.2013.32020](https://doi.org/10.4236/sm.2013.32020).

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