

## Relationship between Religious attitude and Marital Satisfaction

Mohammad Khodayarifard, PhD<sup>•</sup>

Roholah Shahabi<sup>••</sup>

Saeed Akbari Zardkhaneh<sup>•••</sup>

### Abstract

The increasing rate of divorce in our Iranian society, necessitate studying of effecting factors on marital adjustment and satisfaction. Religious attitude is one of these factors that influence marital relationships, decision-making, commitment and parenting styles. The purpose of current study was to investigate the relationship between religious attitude and marital adjustment in university of Tehran's married students. The sample group included 165 married students that were selected by using simple random sampling method. For collecting data, Dyadic Adjustment Scale (Spanier, 1976) and Religious Attitude Scale (Khodayarifard et al., 1384) were used. The finding indicated that there was a positive correlation between religious attitude and marital adjustment. Religious attitude showed the greatest relationship with Dyadic Satisfaction's subscale of adjustment. Base on this study, family therapists should consider the role of religious or spiritual couple's attitude as a vital factor in reveal and solving the marital conflict. Consistency and inconsistency of the results were discussed.

**Keywords:** religious attitude, marital Satisfaction, student

---

<sup>•</sup> Associate Professor, Faculty of Psychology and Education, University of Tehran.

<sup>••</sup> M.A. student, Faculty of Psychology and Education, University of Tehran.

<sup>•••</sup> M.A. in clinical psychology