

Research Article

# Study of the Relationship Between Social Health and Couples' Adjustment (Field Research of Married Women in Sari)

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## Abstract

**Introduction:** Social health is one of the most important criteria of social welfare that can play a role in family life. Thus, the present study was conducted to investigate the relationship between social health and adaptation of married women in Sari. **Method:** The research method was descriptive-survey and the statistical population includes all married women in Sari in 1399 that by cluster sampling and then simple random sampling, 384 people were selected according to Cochran's formula and data were collected. The research tool is questionnaire which was used in the independent variable section of Keyes standard questionnaire (2004) and the dependent variable part of the researcher-made questionnaire. Pearson test and path analysis in structural equations were used to evaluate the relationships between variables. **Findings:** The results of Pearson test showed that the five dimensions of social health had a positive and significant relationship with the dependent variable of the study. **Conclusion:** The results of path analysis showed that the three dimensions of social health (social participation, social acceptance and social adaptation), they were able to explain approximately half (0.48) of the variance of the dependent variable of the research, which includes a significant amount of explanation.

## Keywords

Social Health, Adaptation of Married Women, Social Participation, Social Acceptance

## 1. Introduction

“The family is the most important social institution in human societies in which the formation and development of people's personality is formed. In order for the family to be

able to perform its main functions well, it is necessary for security and tranquility to penetrate into its center [15].”

“No family can claim health if it does not have healthy

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families. There is no social harm that arises regardless of the impact of the family and in fact, the preservation and continuity of this sacred institution depends on the continuity and health of the relationship between husband and wife. The marital relationship that underlies the family system is one of the most complex human relationships. Now, if the choice of a spouse is based on knowing and applying calculated and deeper criteria, life is more likely to go in a more productive direction and love in old age will reach a certain maturity and sweetness and young girls and boys who want to get married and start a family can be careful in their choice by being aware of these factors until to be able to create a comfortable and peaceful life for themselves and their children with the right choice [17].”

“The couple is paid within the family based on their compatibility. Marital adjustment is an evolutionary process that occurs during a couple's life. Because it requires adapting tastes, recognizing personal traits, creating rules of behavior and forming patterns (Bradbury et al., 2000: 964-980). Reconciliation through intimate relationships helps strengthen family cohesion and a sense of mutual obligation between husband and wife and gives life to the community. According to Durkheim, social solidarity has two basic elements: 1. Social support that binds people to common goals by providing social connections and makes interested in social issues 2. Social control, which is one of the tools to create social order [4].” Now, couples' adjustment as a dependent variable in this study is influenced by important factors which is one of the most important factors in the social health of couples.

“Social health indicators include trust and social support which includes two components of psychological and social capital which can prevent social harm through intergroup and interpersonal interactions [12].” Because the researchers of this study themselves are directly and indirectly involved in the subject of family research Therefore, they want to examine what effect women's social health has on their adjustment in their life together?

## 2. Theoretical Foundations

“Talcott Parsons was the first sociologist to study health and disease in the Paradigm of Order. He emphasized the responsibility of individuals for their illness / treatment and recovery, because the disease causes the person to be unable to perform his normal functions in society. Therefore, this approach had a very strict medical orientation and required ongoing treatment under the supervision of health professionals [11].” Keyes believes that social health consists of several elements which these elements show together, how and to what extent people do well in their lives. According to Keyes, 5 dimensions and basic indicators for social health are suggested:

1. Social inflorescence 2. Social solidarity 3. Social participation 4. Social solidarity 5. Social acceptance.

“Keyes defines the concept of social health as follows:

Social health is how an individual evaluates his or her performance in relation to society. A socially healthy person considers society as a meaningful, understandable and potential set for growth and inflorescence and he feels that he belongs to the community, he or she is accepted by the society and contributes to its development. As can be seen from the above definitions, there is a close gap between the concept of mental health and social health [16].”

“A socially healthy person sees society as a meaningful, understandable, and potential environment for growth and prosperity. And he feels that he belongs to the community and is accepted by the community and contributes to its development. Accordingly, there is a close gap between the concept of mental health and social health. All members of society at different ages with their active presence in society can guarantee their social health and provide the basis for progress, inflorescence and social development [3].” “Keyes (1998) believes that social cohesion is the understanding, rationality, and predictability of society. Social solidarity is comparable to the meaninglessness of life. A sense of cohesion in a person can be a sign of his health. People who are cohesive try to be cohesive when faced with unpredictable events. Social solidarity is an individual's understanding of the quality of his or her social world and the way it is organized and operated. This category has the ability to give meaning to a person's existence. Social adaptation means assessing the quality of interpersonal relationships in society and social groups. Healthy people feel part of society, thus, social adaptation is the extent to which people feel they have something in common with others, and belong to the community and social groups [9].”

“Omidi and Firooz Rad in a study called "Study of the relationship between social health and marital adjustment among married women living in Astara" which was conducted on 373 statistical samples of the study, they concluded that the dimensions of social health in its dimensions had a positive and significant correlation with the marital adjustment of married women living in Astara [14].”

“Afshani and Shiri in a study entitled "Study of the relationship between life satisfaction and social health of women in Yazd performed on 288 people. They concluded that there was a positive and moderate relationship between life satisfaction and social health in its 5 dimensions [2].”

“Zaki and Khoshoei in their research entitled "Social health and its effective factors among the citizens of Isfahan" which was collected from 384 people. They concluded that the six variables of social alienation (-0.42), social trust (0.36), social class structure (0.15), responsibility (0.13), social commitment (0.10) and migration (0.07) affected social health, respectively. These six variables have been able to explain 63% of the changes in the social health of Isfahan citizens [19].”

“Better social health can be associated with higher social capital [7].” “Moreno, Lara and Torres believe that social relations are one of the components of social capital and the

basis for the formation of social relations and membership in society [13].”

“According to research of Bae higher levels of social capital in young people lead to higher scores in their psychological well-being [5].” “Hatami saw high social health as correlated with higher socio-economic status, social support and high communication skills [8].”

### 3. Research Method

The method used in this research is survey type, the research information obtained is from the questionnaire tool. The statistical population of the study is all married women in Sari with a number of 62,700. According to Cochran's formula, 384 people were selected by cluster sampling. The reliability of the questionnaire tool through Cronbach's alpha is above 0.7 and is optimal.

#### 3.1.1. Conceptual and Operational Definitions of Variables

In this part, first the conceptual definition and then the operational definition of both dependent and independent variables are done.

#### 3.1.2. Couple Adjustment

“Couple adjustment is a situation in which a couple often feels happy and satisfied. Satisfactory relationships between couples can be measured through mutual interest, level of care for each other and mutual acceptance and understanding [18].” This variable is related to 27 items in the form of Likert scale that are tested, regarding the level of agreement of couples in financial, entertainment, religious, dealing with others, coordination of decisions, housekeeping, communication with others, treatment of each other, satisfaction with each other and trust in Each other.

#### 3.1.3. Social Health

“The term social health actually refers to a person's internal responses (feelings, thoughts, and behaviors) that also include how people feel and how they work [1].” “Elements of social health: 1. Social solidarity: means the evaluation of the quality of their relationships in society and social groups 2. Social acceptance: It means that the individual understands society as a general and general set consisting of different people and they trust others as capable and kind people 3. Social participation: It is a belief according to which

an individual considers himself a vital member of society and he thinks he has something valuable to offer the world. 4. Social adaptation: means understanding the quality, organization and function of the social world, the socially healthy person tries to know more about the world around you 5. Social inflorescence: It is the evaluation of the potential and evolutionary path of the community and the belief that the community is a gradual evolution and has the potential for positive change which are identified through social institutions and citizens [10].” These 5 elements of social health were measured with 32 items in the form of a questionnaire.

#### 3.1.4. Research Hypotheses

*A: The main hypothesis of the research:* It seems that there is a significant relationship between social health and adjustment of married women in Sari.

*B: Research sub-hypotheses:*

- 1) It seems to be a significant relationship between social acceptance and adjustment of married women in Sari.
- 2) It seems to be a significant relationship between social adaptation and adjustment of married women in Sari.
- 3) It seems to be a significant relationship between social participation and adjustment of married women in Sari.
- 4) It seems to be a significant relationship between social solidarity and adjustment of married women in Sari.
- 5) It seems to be a significant relationship between social inflorescence and adjustment of married women in Sari.

**Table 1.** Research tool reliability report.

Scale	number of items	Cronbach's alpha
Social health	32	0.79
Couple adjustment	27	0.94

### 4. Research Findings

Table 2 describes the research context variables. Based on this, it shows descriptive results. The average age of the participants was 36.47 years. In terms of education, 36% of people had an associate degree and 31.3% had a diploma. The results also show that the majority of people were in the middle class (53%) and 25.3% of people were in the lower middle class.

**Table 2.** Description of the frequency and percentage of demographic variables of the respondents.

sample characteristics	frequency	Percentage	sample characteristics	frequency	Percentage
Education level			Socio-economic class		

sample characteristics	frequency	Percentage	sample characteristics	frequency	Percentage
Diploma	94	31.3	Low	13	4.3
Associate Degree	108	36	Below of moderate	76	25.3
Bachelor's degree	73	24.3	Moderate	159	53
Masters	25	8.3	Higher of moderate	50	16.7
			High	2	0.7
age average 36.47					

Descriptive statistics of social health (with 5 dimensions) and dependent variable (couple adjustment)

**Table 3.** Shows the statistics of the independent variable (with its five dimensions) and the dependent variable in detail.

Descriptive indicators	social acceptance	Social adaptation	social participation	social solidarity	Social inflorescence	Social health	Couple's adjustment
Mean	28.42	31.96	27.51	18.93	117.17	123.99	144.97
Standard deviation	4.471	6.617	4.948	6.805	2.838	16.317	22.215
Minimum	13	11	7	7	8	66	51
Maximum	35	42	35	35	25	167	179

**Table 4.** Results of Pearson correlation test between independent variables (with 5 dimensions) with research dependent variable.

Independent variables	Level of correlation	significant level
Social health	0.59**	0
social acceptance	0.46**	0
social adaptation	0.41**	0
social participation	0.66**	0
Social solidarity	0.13**	0.009
social inflorescence	0.19**	0

Table 4 shows the results of Pearson test for the independent social health variable (with its five dimensions) with the dependent variable (couple adjustment).

**Table 5.** Results of Regression Analysis of Couples Adjustment Explanatory.

variable	Regression coefficients		T test		Collinearity Statistics	
	B	Beta	T	Sig	Tolerance	VIF
Constant	43.104		7.416	0.000		
social participation	2.420	0.539	12.384	0.000	0.714	1.401
social adaptation	0.540	0.161	3.739	0.000	0.730	1.370

variable	Regression coefficients		T test		Collinearity Statistics	
	B	Beta	T	Sig	Tolerance	VIF
social acceptance	0.635	0.128	2.686	0.008	0.598	1.673
Model summary	R	R squared	R adjusted squares			
	0.697	0.486	0.482			
ANOVA	F	Sig	Durbin-Watson			
	119.860	0.000	1.761			

Table 5 describes the multivariate regression test between the five dimensions of the independent variable and the dependent variable of the research. Which shows the direct and significant relationship between the three dimensions of the five dimensions of the independent variable and the dependent variable of the research, finally, the two dimensions (social solidarity and social inflorescence) have not shown a

direct and significant relationship with the dependent variable, and have been removed from the communication table. But in the path analysis test again, these two dimensions, outside of the relationship with the dependent variable, have re-entered the analysis model which have shown a significant indirect relationship with the dependent variable, which are shown in Figure 1 with their coefficients.

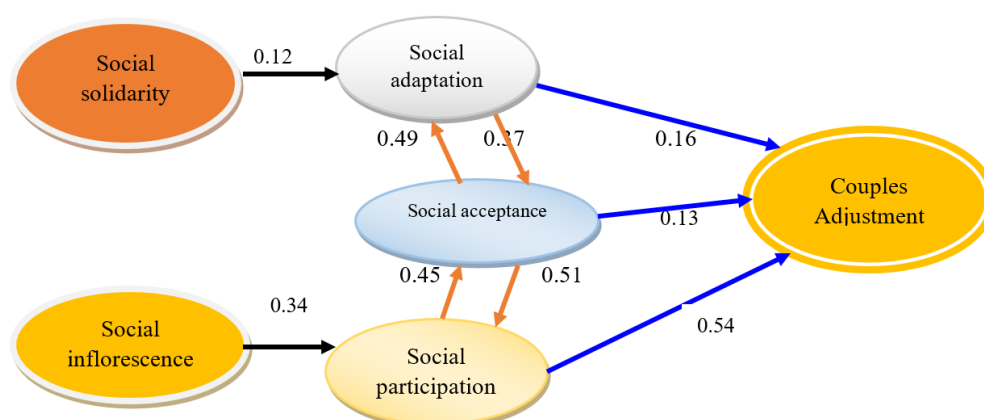


Figure 1. Path analysis diagram of 5 dimensions of independent variable (social health) on the dependent variable of couple adjustment research (with path coefficients).

## 5. Discussion and Conclusion

One of the most important and necessary phenomena in today's societies is the social health of families, especially women, in other words, the mother of the family. In this study, the relationship and impact among social health on the adjustment of married women in Sari was investigated. The results are expressed by examining the research hypotheses.

To test the main hypothesis of the research, according to the results obtained in Pearson analysis, the hypothesis of the effect of social health on the adjustment of married women in Sari is confirmed with 99% confidence. This variable has had a positive and almost "high" effect on the adjustment of married women in Sari. And its Beta level was equal to 0.59.

This result is consistent with the research of Omid and Firoozrad (2018), Ehsan et al. (2019), Moreno et al. (2019), Bey (2019), Afshani and Shiri (2014), Zaki and Khoshoei (2013) and Hatami (2010). In fact, as seen in Keyes theory, Social health with its 5 dimensions can increase the compatibility and satisfaction of couples in their living space. And in a way, social health as an individual's perception of society as a meaningful, understandable and potentially powerful set for growth and prosperity, along with a sense of belonging to society has brought balance to the inner part of society, the family and it can affect the balance of society.

In the first hypothesis, it deals with the effect of social acceptance on the adaptation of married women in Sari which this hypothesis has also been confirmed. And this variable also had a positive and significant effect on the adjustment of married women in Sari (0.46). This variable means that first



acceptance must take place to increase and decrease the couple's compatibility. The result of the experimental test is interpreted as follows as an introduction, this variable has the effect of opening other dimensions of social health.

The second implicit assumption in this study is that social adaptation has a significant effect on the adjustment of married women in Sari. This variable after social acceptance is conducive to other dimensions of social health. Thus, the social adaptation variable has shown a positive and significant relationship to a moderate extent (0.41) with the dependent variable.

The third hypothesis of the research that expresses the relationship between social participation and adaptation of married women in Sari. The most and most effective dimension of social health is the adjustment of married women in Sari which has shown a positive and very strong impact. In other words, by paving the way for the two dimensions of acceptance and adaptation of social health variables, the dimension of social participation with elements of commitment and obligation to the principles of family life has led to a great increase in adjustment of married women in Sari.

The fourth implicit hypothesis in this study is that social cohesion has a significant effect on the adjustment of married women in Sari. The Pearson coefficient obtained for this hypothesis shows a direct and significant relationship between the above two variables But the ratio (0.13) is evaluated as weak.

The last hypothesis of this study expresses the relationship between social inflorescence and adjustment of married women in Sari. Also showed a direct and significant relationship with Pearson test to a weak extent between the two variables mentioned above.

In total, the social health variable with its five dimensions was able to explain approximately "half (0.48) of the variance of the research dependent variable (adjustment of married women in Sari), this figure is considered significant and important. The three dimensions of social participation, social acceptance and social adaptation are evaluated as the most influential dimensions of social health, respectively, which had both direct and indirect effects on the dependent variable of the research. And then there are the two dimensions of social inflorescence and social solidarity that only indirectly have a direct and significant impact on the adjustment of married women in Sari.

## Abbreviations

PNU Payam NOOR University  
TMU Tarbiat Modares University

## Conflicts of Interest

The authors declare no conflicts of interest.

## Resources

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