

The relationship between personality traits, irrational beliefs and Couple Burnout

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Abstract

The purpose of this study is to investigate the simple and multiple relationships of personality traits (neuroticism, experiencing, extroversion, agreeableness and conscientiousness) and irrational beliefs with marital burnout among couples who referred that was hold in counseling centers in Tabriz. The present sample study is all couples that refer to counseling centers in Tabriz in 2014 and 2015. The sample size according to the Korjesi and Morgan table (1970) determined. The sample in this study was 100 couples who referred to counseling centers in Tabriz (50 women and 50 men) that were selected in classified and random manner and the examined responded to Pines marital burnout questionnaire, personality questionnaire (Neo-FFI) and Jones Irrational Beliefs Questionnaire (IBT). The research method is correlation that in this method researcher can examine the relationship among variables at the same time. The hypothesis of this study by using multivariable regression, correlation and t-test were analyzed. The results of the research are indicative of positive and meaningful relation between personality factors of neuroticism and marital burnout, but the factors of extroversion, experiencing, agreeableness and conscientiousness have negative relation with marital burnout. Personality trait of neuroticism and irrational belief is the predictor of marital burnout, and the personality trait of neuroticism can predict irrational beliefs.

Key words: Personality Factors, Irrational Beliefs, Marital Burnout

Introduction

The family is the first social organization in which one lives. The family basically is a center of help, relief, redress and the healing. Family is a center that should help relieve the psychological pressure exerted on its members and to pave the way to growth and development (Sanaei, 2000). Brief study of theories and models in the field of marriage clarifying an important point that various factors influence the marital life that are the most important factors of personality traits of spouses (Samani, 2007 quoted Golparvar, Taheri zadeh and Ismaili, 2011; Watson and Clark, 1984 quoted Khojaste Mehr, 2005). The men in terms of having personality, in a very wide sense of the psychology word are identical with each other, in the other word, everyone has a personality. But this personality or self is not the same in all; but for anyone is certain that distinguishes him from the others. Personality as an effective factor in public health and harmony is an organized complex unit, united and consisting of properties that are relatively constant that distinguishes a person from someone else (Baraheni and Birashk, 1998 quotes Mahmoud Aliloo, Samadi Rad and Daneshvarpour, 2010). Marital relationship is the connection of two personalities

and each of the spouses with development background, personality style, a combination of different biological and experimental factors step into common life and forms a system where the both behavior influenced of each other. In the meantime, one of the best provided patterns in the effect of personality traits is five factor model of personality (NEO). Maladaptive beliefs is the cause of many social conflicts especially the relations of the couples (Ellis, 2001), the purpose of such beliefs are actually is false and nonconforming opinion with facts about themselves and the world.

According to Ellis (2001) any events don't cause psychic chaos in human nature because all the drivers and events have meaning and interpretation and accordingly the compromise of emotional problems is due to interpreting and processing the information as a result of stimuli and the events that the thoughts and dysfunctional beliefs underlying them. A major area of expression and influence of irrational opinions is dysfunctional marriage. Although many experts believe marriage is considered as one of the global foundations and somehow closely affect the life of human being, but many are not safe from various damages. Several studies focus on the relationship among these beliefs with other variables of marital relationships. For example, couples' dysfunctional relationships beliefs related to their reaction to conflict in marital relations. For example, if they know the maintaining of their relationships require not pose a problem in order to avoid conflict, they will not reach the right solution to solve communication problems (Kaiser and Hyml, 1994). Metz and Kapach study (1990) also showed that the dysfunctional relationship beliefs with destructive active response including thinking to leave the relationship, threatening to leave, leave or practical destruction of relationships have a direct connection. Moreover the irrational relationship beliefs with the individual experience in marital relationships or romantic relationships have an inverse relationship and lead to the less consent and compromise in relationships (stackert and Burusk, 2003). People with a set of expectations and beliefs about the wives and their behavior and overall about marriage, stepped into this realm and it seems many of these beliefs are irrational and non-realistic. That is why relations go to coolness, frustration and mistrust. The results of studies have shown that many spouses in establishing and maintaining friendly and intimate relations with each other are in trouble because they expect to gain benefits from marriage in general and spouses specially. In other words, their expectations of marital relations have become more widespread and in many cases irrational and even have been able to provide the context of marital burnout. Ellis considers many of the conflicts and problems with the psychological origin as a result of irrational thinking. (Mousavi, 2004). Many of the spouses begin their common life with love and never at this time think that someday might the flame of their love have a blackout. Ellis states the couple who have been married recently, they think rarely to this point that may be their legendary love become pale and its exactly when the burnout started (Adibrad and adibrad, 2005). Burnout is an experienced state of physical, emotional and psychological fatigue that arises as a result of the large difference between expectations and reality (Pines, 1996). Marital burnout arises due to a set of unrealistic expectations and irrational thinking of the life's ups and downs. Contrary to the opinion of most clinical approaches used in couple therapy, couples burnout is due to a difficulty in one or both of them. The burnout of love is a gradual process and rarely occurs suddenly. In fact, intimacy and love fade gradually, and with it general fatigue caused that the worst kind of burnout equals the collapse of the relationship. (Bernstein, Johnny Live Translation, 2001) The results of Adib Rad study (2005) showed that there is a significant difference between marital burnout and reasonable belief among women who wish to continue living. The results of this study show that rational beliefs have a very important role in marital satisfaction and dissatisfaction with life and finally marital burnout. In a research that Balordid (2001) in order to examine the marital burnout and the irrational beliefs with the in 192 nurses, the results showed that even burnout thoughts and behaviors positively with irrational thoughts and beliefs were correlated. Now, as regards some irrational thoughts and beliefs that besides of personality traits, each couple can have effects on their common lives and leads to distress in their relationships and reduce the satisfaction and happiness of married life and gradually

lead to marital burnout. The present study seeks to answer the question is there relation among the personality traits of couples and irrational beliefs with marital burnout among couples in Tabriz?

Research hypothesis

- 1) There is a relation between personality traits and marital burnout of couples.
- 2) There is a relation between irrational beliefs and marital burnout of couples.
- 3) There is relation between personality traits and irrational beliefs.

Research method

The method of the present research is correlation. In this method the researcher could examine the relationship between variables at the same time. The hypothesis of this research by using multivariable regression, correlation and t-test were analyzed.

Society and Sample study:

The sample of the present research is all the couple who referred to counseling centers in Tabriz city in 2014 and 2015. Sample size determined based on the Krjesi and Morgan table (1970). The studied sample in the research was 100 people of the couples referred to counseling centers in Tabriz city (50 female and 50 male) that were selected by stratified random sampling.

Research tools

- 1) NEO Personality Questionnaire

Mac Carey and Costa (1985) for the first time provided a questionnaire under the title neo with 85 questions. Thereafter the form of 240 and 60 questions prepared in order to measure personality traits of people. This questionnaire used in the various societies and is the suitable tool for the measurement of personality traits of people. In the present research in order to examine the personality traits of spouses, it was used of NEO short form that has 60 questions, and for the first time by Kiamehr (2002) has been prepared in Farsi. This test measures five big personality traits of people consist of: neuroticism (N), extraversion (E), openness (O), Agreeableness (A) and conscientiousness (C).

Each of these traits in the test measures with 12 questions. Scoring of these questionnaires is in a range of 5 degrees of Likert type and in a range between (1) completely disagree (5) to completely agree, which scoring of some the material is done in reversely.

Kiamehr (2002) reported correlation coefficient with NEO test long form (240 questions) for five personality traits in a range r 0.71 to r 0.91. KhojasteMehr (2005) reported also the validity of this questionnaire with two methods of concurrent criterion validity and the internal correlation of five index of questionnaire properly. In a case study (2005) calculated also the reliability of the NEO personality questionnaire short form (NEO-FFI) with Cronbach's alpha and ballads in a range between 60.0 to 86.0, respectively.

- 2) Jones Irrational Beliefs (IBT)

The irrational beliefs test IBT (Jones, 1968), is a self-report questionnaire consists of 100 items and 10 sub-scale is based on 10 types of irrational thinking on the theory of Ellis and scoring is developed 4-point Likert scale. IBT overall score is in the range of 100 to 400 so that a high score indicates the irrational and non-efficient beliefs and low score indicates the rational and efficient beliefs (Brydjz and Sandrman, 2002, quoted by Azkhosh and Asgary, 2007). Jones (1968) showed the IBT's validity through factor analysis and correlation of its sub-scale with some clinical measures such as Cattel's 16 factor questionnaires. The high correlation of this scale with depression questionnaire (Nelson, 1977) and non-efficient attitudes of marriage (Eidelson & Epstein, 1982, cited in Azkhosh and Asgary, 2007) has provided credible evidence for convergent validity. Taghipur (1998) achieved 71% of the reliability of this test on a sample of 106 students of AllamehTabatabai University through Cronbach's alpha (Quoted from Asgari et al., 2007).

3)Pines marital burnout tscale

Marital burnout scale is a self-evaluation tool by Pines (1996) with the aim of measuring the degree of burnout among couple was made. The questionnaire contains 21 articles that 17 articles include negative terms such as fatigue, sadness and worthlessness and 4 articles include positive statements such as being happy and energetic. The scoring of this scale on a 7-degreeLikert scale is in the range between 1 (never) to 7 (always). The examined person determines the happened number of proposed instances in marital relationships. The scoring of 4 articles makes also inversely. The examined oerson`s higher score in this scale indicates a sign of more burnout.

The reliability coefficient of scale with retest method in a period of one month calculated 76%.As well as the reliability of this scale by using cronbach's Alpha in a range between 91% to 93% is calculated his research calculated the reliability of this scale by using cronbach's alpha 85.0 and 82.0 respectively(pines, 1996).

The findings of the research

The first hypothesis: there is a relation between personality traits and the marital burnout.

Table1. Average, standard deviation, minimum and maximum study scores in personality traits and burnout variables

Variable	Average	Standard deviation	Minimum	Maximum
Neurotic	36.75	6.52	19	54
Extroversion	15	5.62	15	53
Empiricism	37.55	4.36	20	48
Agreeableness	6.24	40.32	29	56
Conscientiousness	42.67	7.25	24	59
Couple Burnout	4.24	0.99	2.05	6.14

Table2. The simple correlation coefficients between personality traits and marital burnout

Predictor variables	Criterion variable(marital dissatisfaction)		
	correlation coefficient	N	significance level
Neurotic	0.55	200	0.001
Extroversion	-0.36	200	0.001
Empiricism	-0.39	200	0.001
Agreeableness	-0.48	200	0.001
Conscientiousness	-0.45	200	0.001

As can be seen there is a significant positive relation between the personality traits of neuroticism and marital burnout. (R 0.55 and $p < 0.001$). Also, there is a significant negative relationship between the traits

of extraversion, empiricism, agreeableness and conscientiousness with marital burnout. Thus the first hypothesis confirms that there is a significant relationship between personality traits and marital burnout.

The findings also suggest that there is a significant relationship and positive relationship between traits of neuroticism and irrational beliefs are.

The second hypothesis: there is a relationship between irrational beliefs and marital burnout.

Table3. Simple correlation coefficients between irrational beliefs and marital burnout

Criterion variable	Statistical indicators predictor variables	Couples					
		N=200		N=100 female		N=100 male	
		r	p	r	p	r	p
couple Burnout	Irrational Beliefs	0.24	0.0001	0.22	0.010	0.19	0.072
	Demand for confirmation	0.19	0.004	0.19	0.027	0.20	0.061
	Expect too much of yourself	0.19	0.004	0.23	0.008	0.09	0.414
	Tend to blame	-0.03	0.649	-0.01	0.834	-0.06	0.598
	Reaction to failure	0.20	0.003	0.26	0.002	0.07	0.326
	Emotional irresponsibility	0.01	0.893	-0.08	0.310	0.11	0.122
	There is concern about anxiety	0.23	0.001	0.21	0.015	0.17	0.008
	Avoid the Pitfalls	0.22	0.001	0.19	0.026	0.28	0.106
	Dependence	0.18	0.009	0.13	0.117	0.18	0.106
	In ability to change	0.20	0.003	0.24	0.004	0.10	0.333
	Perfectionism	0.08	0.218	-0.01	0.396	0.16	0.144

Therefore, hypothesis 2 confirms. There is a significant positive relationship between beliefs demand for verification, expecting too much of yourself, reaction to frustration, much concern about anxiety, avoidance of difficulties, dependence and helplessness to change and marital burnout of all the couples and it wasn't observed a significant and positive relationship between other components.

There is no significant and positive relationship between irrational beliefs (and all its components except much concern about the anxiety) and men's marital burnout.

The third hypothesis of the research was that there is a relationship between personality traits and irrational beliefs and the share of each of the factors and personality traits in explaining the irrational beliefs is different. To test this hypothesis was used of multivariate regression test.

Table°. Analysis of variance for significance of R^2

	Sum of squares	Degrees of freedom	Mean Square	F	significance level
Between group	102398.378	5	2047.876	7.129	0.000
Intergroup	27001.612	44	287.251		
Total	37240.990	49			

According to the above tables, it can be stated that there is a significant and positive relationship between personality traits and irrational beliefs and personality trait of neurosis can predict the irrational beliefs of people (significance level = 0.000).

Conclusion

Marital relationship is the connection of two characters, and each of their spouses with an evolutionary history, personality style, the combination of biological and various experimental factors step to a common life and form a system in which both behavior effect of each other. Ellis believed that the probably some couples affected irrational beliefs experiencing particular trends in their behavior and actions which causes their dissatisfaction of marital life and of these irrational thoughts are the root of many problems and mental disorders, and due to the collection of this non-realistic expectations and thoughts that marital burnout.

In this research, the findings in relation to the significant relationship between personality traits and marital indicates that there is a significant and positive relationship between the personality factor of neuroticism and marital burnout, but personality factors of experiencing, extroversion, agreeableness and conscientiousness have a negative relationship with marital burnout. It was also observed a significant and positive relationship between irrational beliefs and marital burnout of all couples and also observed a significant and positive relationship among all of its components except the components of tendency to blame, emotional irresponsibility and perfectionism with marital burnout of all couples.

There was a significant positive relationship in women society all components except the tendency to blame, emotional irresponsibility, dependency and perfectionism with marital burnout but in men society there wasn't a significant positive relationship between the irrational beliefs in all its components except high concern about anxiety and marital burnout. These findings are consistent with research scholar Adib Rad (2005) and Azkhosh and Asgary (2007) in which they have mentioned that there is a significant relationship between irrational beliefs and marital burnout. In Balver's research (2001) the relationship between irrational beliefs and marital burnout was proved. In explaining the second hypothesis Ellis also believes that many of the conflicts and marital problems with psychological origin are the result of illogical and irrational thinking. According to Ellis behavior emotional rational theory (1962), having a string of irrational thoughts and beliefs can lead to disruption in marital relationship. In examining the obtained third hypothesis showed that there is a significant and positive relationship between personality traits and irrational beliefs and personality traits of neuroticism can anticipate irrational beliefs of people. In other words neurotic people have more irrational beliefs.

In a conclusion we should say personality traits and people beliefs enter through the various mechanisms in the field of interactive processes and relations of couples arise the compatibility or incompatibility that in the event of lack of prevention and treatment of such issues can lead to marital burnout and finally divorce. Since the choice of a spouse and the conclusion of a marital treaty are a milestone in the personal growth and progress and since one of the most important decisions that will be adopted throughout the life is the choice of a life partner. The importance of the issue requires that in choosing a spouse, in addition to factors such as religion, social class, appearance, age, education stand also it should be considered the underlying factors such as personality factors that by a right choice in the shadow of satisfaction of a suitable marriage provided a healthy and productive environment that provide the foundation for the next generation, the development of society, transcendence of culture and the transmission of values.

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