Predicting Depression based on Marital Satisfaction, Marital Conflicts and Marital Instability among Married Women in Ahwaz

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Abstract

Background and Objective: The quality of marital life can affect the various dimensions of individual and social life, including the physical and mental health of couples. The purpose of this study was to predict depression based on marital satisfaction, conflicts and instability among married women in Ahwaz.

Materials and Methods: This descriptive-correlational study was conducted with participation of 240 married women who were selected through convenience sampling method in Ahwaz in 2016. Data were collected via Beck depression inventory, Enrich marital satisfaction questionnaire, marital conflict questionnaire, and Edwards’s marital instability scale. Data were analyzed in SPSS-20 statistical software using descriptive methods and analytical tests such as Pearson correlation coefficient and stepwise regression tests.

Results: The mean (SD) age of participants was 38 (9.2). Most participants, 90 (37.5%), had bachelor degree. The mean (SD) marital satisfaction score was 28.2 (8.4), marital conflicts 84.3 (31.7), marital instability 20.5 (8.4) and depression 5.1 (6.1). Depression score had a significant association with marital satisfaction, marital conflicts and marital instability (P<0.01).

Conclusion: Marital instability, marital satisfaction and marital conflicts were predictors of depression among married women.

Keywords: Depression, Marital Satisfaction, Marital Conflict, Marital Instability

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