



Compare The Psychological Basis of Satisfaction In Blind Couples, Sighted Couples and Blind Man or Woman Couples

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ABSTRACT

Since marital satisfaction is an important factor to have a life in peace. Thus, to study the state of couple's satisfaction, is so necessary. In this research, a survey containing of 20 both blind couples, 20 both sighted couples, 20 couples with blind man and sighted woman and 10 couples with blind woman and sighted man according to educational level, duration of common life and the economic situation under the purposive sampling is selected from all the blind and sighted couples of Tehran city. After collecting the data, it was studied by one way Analysis of Variance (ANOVA) and independent (t) test. According to the result of the total average of couples, it does not have any big difference with 95%. Only in 3 subsets of common life, personal behaviours plus communicational and social behaviours, couples with man or woman blind is higher than couples who are both blind or able to see. The same situation of marital satisfaction represented probably the state of blindness is not the main cause of couple's satisfaction.

Keywords: Satisfaction, Blind, Psychology

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INTRODUCTION

One of the most important sources of obtaining information and coordinator factor between individual and environment is the sense of sight. Lack of ability of this sense will create numerous problems and obstacles for the person (Nameni, 2011/1389). Each disability is not necessarily along with sensory and intellectual and emotional disabilities (Asghari, 2012/1391).

Result of blindness is varied between different people according to natural differences, capabilities and their social adaptation. It should be noticed that the remain of vision, time of disability, duration of losing the sight and the cause of blindness may rise excellent chances or plays an effective

role in person's situation. Efforts on adapting with the environment and conditions will leave its particular psychological effects (Nameni, 2011/1389). The field of cognitive development of blind ones, can say: Although the process of symbol formation and environmental perception takes place slowly in blind people but blind people's centralization and attention, memory of recording different situations will improve in them. Blind people are successful in making illustration by using abstract thinking. In another word, clever teens and youth illustrate the personal traits suitable with people by listening to their acoustic and vocal patterns and they believe in them. Generally, when they listen to different acoustic patterns, they imagine a better picture for people with attractive voice.

The basic of many of their social interactions is built through this method. It is obvious that the process of their social communications such as communicating with peers, parents, trainers and school advisor according to a better acoustic pattern has effective outcome in order to provide mental health for blind teens and youth. Blind people have better capabilities in learning, high power of centralization, vocabulary memory especially in mental and abstract concepts, abstract thinking, developing the mental concepts of information processing, ability of memorizing the short time and long time memory capacity, ability of analyzing the issues and the ability of analysis and imposition compare to their peers (Afrooz, 2009/1388).

To explain the aspects of psychosocial traits of blind people, a streak of difference is observed compare to sighted people. Blind people with lack of visual perception-particularly those who experienced dependence to receive visual stimuli- tolerate significant psychological traits. One of the obvious cases in blindness is the feeling of being conspicuous. This feeling is observed and describable in blind people.

There is a feeling of conspicuity in privacy and gathering blind people is the reason for them to be sensitive about others (Afrooz, 2009/1388). Blind people, commonly have a good theory in relation to social interactions and verbal communication with others such as blind and sighted people (Asghari, 2012/1391). Normally, sighted people have brief information about blind people. Some people imagine there are big differences between blind and sighted people in sensory, motional, morale and cognitive cases and sometimes blind people themselves think that they are living in a dark world. But the truth is the difference between these two groups is not only within the ability of sighted or not, and traits such as behaviour, talents, interests, desires and its comments are counted as individual differences observed in others (Nameni, 2011/1389).

Blindness is not necessarily accompanied with emotional and social incongruence. In fact, reflection of family and social behaviour specifies the power of adaption in blind people (Asghari, 2012/1391). To explain the effective dimension of blind people's marriage, we can point to the blind person and family and the society that the blind person is associated with some of the most important factors to provide a blind person for common life are right method of growing the child, enough recognition about the disability, acceptance of having a blind child, attention to skills and abilities and training these skills in order to build confidence, independence of thinking and social abilities in them; and supports of the family as guide and advisor to improve their couple life which has particular position.

Also blind person tries to have suitable recognition and believe in himself, increasing confidence by training the skills and improving other senses instead of sense of sight and in order make effective connection with environment and to collect more trust from others expresses his/her competence.

In social aspect, it determines the visional method and the way to understand the blind people, level feeling safe and the

type of communications and how to adapt individually and socially.

Need of education and providing the basic knowledge in order to identify the abilities and needs of blind people is possible through social supportive systems and group media.

It seems to be mandatory to provide educational needs, cognitive skills, life skills, appropriate social opportunities, basis of occupation and earning sufficient salary and establishing communication for them by clubs and rehabilitation centers. Bilateral discrimination of sex and disability in girls life, makes the conditions and chances of marriage much harder based on the evaluations, norms and conventions of society. it is important to study the rate of knowledge, recognition and deep perception about them, family's cultural, social and economical conditions, level of education with the purpose of gaining knowledge and social skills, communication, attention to the needs, respect their thoughts, interests and choices based on being human and a chance for common life.

Generally, blind adults prefer to have a sighted or partially sighted partner for their couple life (Asghari, 2012/1391). Marriage is the reason to have relaxation and comfort, individual and social improvement, preparation of sexual needs, generation survival and preparation of psychological needs which results to individual and social health. Failure of meeting these needs properly and on the right time will cause irreparable damages to individual and society being intimated and close with each other is directly linked to partner's sexual relation satisfaction, love and passion of life (Sharafi, 2007/1386). Marriage is not only forming a family for disables, but marriage is promotion of their social level (Mahmood Nejad, 2011/1390).

The amount of satisfaction, success and compatibility is more important in marriage steps. Common life satisfaction is a process which is created during lifetime and it requires compliance tastes, identifying personality, morale instructions and relationship patterns.

Thus, couples with satisfaction, have many understandings in each stage of life. couples who are satisfied with their verbal and nonverbal life, feel their sexual relationship enjoyable, come up with same religious plans, manage their time and financial issues, they have flexibility in order to solve their disagreements because common life is much more important, satisfied with life quality and spending time with relatives, and have subscription about the number of children and the way of upbringing them (Ahmadi, 2005/1384). Perception of husband and wife for the measure and level of problems in relation is the reflection of their satisfaction (Sanaaei, 2001/1380).

In families with good function, couple not only believes in life conflict, but this conflict is soluble in an effective way (Greeff, 2000). Stability of couple life of disable people is a subordinate of psychological factors like, mental preparation of disabled people and partner, their beliefs, their vision of life, positive thinking, skills of how to live successfully, honesty and mental abilities. Also, in economical aspect including disabled people's occupation, their earnings, support from organizations and family, having social and supportive networks are considered (Peterson, 2009).

There are a lot factors which are effective to increase common life satisfaction such as power of perception and acceptance of different thoughts, feelings and emotions of each other in common life, agreement on values and better skills in problem solving. But the most important factors in blind people couple life satisfaction and success in marriage are expressed as below:

Honesty of partner, discipline in life, supporting each other in different conditions (job, moves,...), listening, olfactory, touch attractions and tone words (friendly and respectful), desired odour and etc. family's support is also welcomed as long as they do not involve too much (Maverdi J., 2009/1388). Schilling, Baucom, Burnett, Allen, and Ragland (2003), (Halford, Sanders, & Behrens, 2001), (Butler, 1999), found that couple's communication program has positive effect on level of interaction between couple. In total couples communication program can be a reliable, comprehensive and practical for couples to increase their compatibility in common life. The application of two involving methods (in person training and non-face training about communication skills) is effective on couple life satisfaction, communication skills and also improving irrational beliefs (Maverdi J., 2009/1388).

Satisfaction of blind couple is issue which has seldom been under research. Therefore this research is aiming to find out that are there any differences in the amount of marital satisfaction between blind couples, sighted couples and blind man or woman couples. Analytical and comparative observation of psychological basics of sighted people and blind people's satisfaction in common life is counted as the most important step toward a suitable codification of educational and rehabilitation program, their individual and social support and their success in more effective communication in couple relationship and its functions.

This should be noted that during the research, an attributable source for this current research was not found and it is too important to pay attention to it. The goal of this current research is to compare the psychological basics of marital satisfaction in blind couples, sighted couples and blind man or woman couples. Research hypothesis: there is difference between the amount of couple satisfaction and subscales of both blind couple, both couple can see and blind man or woman couples.

Research variables are: Independent variable: couple's status of vision, Dependent variable: couple's satisfaction, moderator variable: couple's sex, Control variable: duration of common life, educational level and economical situation. Definition and practical: Marital satisfaction, mutual satisfaction of husband and wife from one other's psychological and sexual attractions and having the most inner peace and psychological security in common life and following mark which comes from the Afroz Marrital satisfaction Scale.

A blind person is someone, whose eye sight of one eye or both eyes is 200/20 or less, despite the usage of ophthalmology, glasses and etc. In another word, whatever that a normal eye sees in 200 feet away, a blind eye sees in 20 feet away or even less. In fact, a blind person is someone who is excluded from light and eye sight experience in process of

growing, cognition, individual and society. The current method of research is non-experimental and the main method is the cause and effect and comparison. In this type of research, the researcher does not have complete control on independent variable, because either these variables are not manipulative or they occurred before the research (This type of research sometimes is called after the effect).

The causes and compare method or the effect Method, normally happens that the researcher continues to study the causes with noticing the dependent variable, or in another word cause and compare method is a retrospective and tries to find the likely cause through the caused (Delavar, 2012/1391).

Statistic society and its volume; All the married blinds and sighted couples of the Tehran City, including couples with experience of having to 2-10 years of common life with educational level of bachelor and master and the amount of salary is average. The volume of the sample and the method of sampling; 20 both blinded couples, 20 both sighted couples, 20 couples with blind man, and 10 couples with blind woman, picked with available and targeted method and each couple is supposed as one unit.

Research tools; Afroz marital satisfaction scale (Ams), survey form with 110 questions containing 10 components:

- 1-Partner's good thinking.
- 2-Common life satisfaction.
- 3-Personal behaviour.
- 4-Communicative and social behaviours.
- 5-Method of solving the problem.
- 6-Financial matters and economical activities.
- 7-Feeling of religious morale.
- 8-Child training method.
- 9-Leisure.

10-Emotional engagement, has been used, which is including 5 options from totally agree to totally disagree factor authentication.

It provided according to 47 question Enrich Survey and the usage of Apha Cronbak 0.95 which shows the positive reliability of the satisfaction. Data compilation method: Survey containing 110 questions of marital satisfaction, illustrative form for blind people and normal form for sighted people and collected after completion. Method of analyzing the data: Recorded data has been calculated by two parts, first is descriptive statistics (average and standard deviation) and second is inferential statistic, One way Analysis of Variance (Anova) and Independent (t) test by using software of (SPSS).

FINDINGS

As it is shown in the table, the result of one way analysis of variance presents that the effect of independent variable is meaningless to the total score of couple's satisfaction ($F=1.82, P<0.05$).

Therefore the hypothesis of zero would be approved, meaning that there is no big difference between the average of total score of couple's satisfaction of three groups.

The result of one way variance analysis (ANOVA) presents that the effect of independent variable (group) is meaningless to the score of good thinking ($F=0.65, P<0.05$), the effect of independent variable (group) is meaningless to the method of problem solving ($F=1.23, P<0.05$), the effect of independent variable is meaningless to the score of financial states and economical activities ($F=0.27, P<0.05$), the effect of independent variable is meaningless to the score of emotion and religious behaviour ($F=0.37, P<0.05$), the effect of independent variable is meaningless to the score of child training ($F=0.58, P<0.05$), the effect of independent variable is meaningless to the score of leisure ($F=2.17, P<0.05$), the effect of independent variable is meaningless to the score of emotional interaction ($F=1.66, P<0.05$).

Therefore the zero supposition is proved, meaning there is not any big difference between the scores of good thinking, problem solving method, amount of financial states and economical activities, emotion and religious behaviour, child training method, leisure, and emotional interaction of four groups. Also, the results of one way variance analysis (ANOVA) shows that the effect of independent variable is meaningful to the score of couple's satisfaction ($F=3.46, P>0.05$) and independent variable to the score of personal behaviour ($F=2.96, P=0.05$).

The effect of independent variable is meaningful to the score of communicational and social behaviour ($F=3.30, P>0.05$). So therefore the zero supposition is rejected meaning that there is a big difference between the average of people's life score, personal behaviours and social and communicational behaviours.

Scheffe post-hoc analysis shows that the average score of these 3 subscales is more about blind man and woman couples than both blinded and both sighted couples.

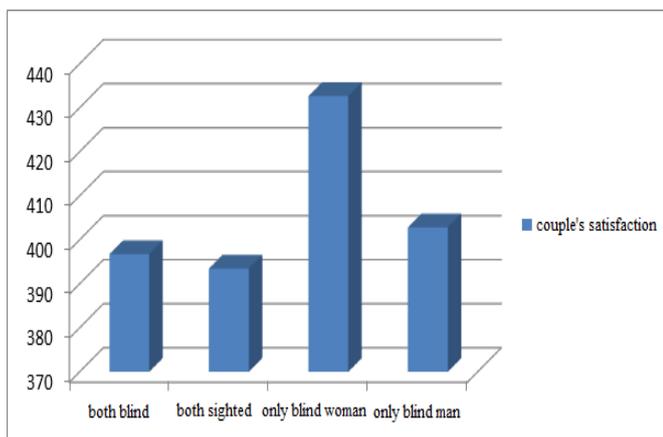


Fig 1. The total score of statistic diagram of Marital Satisfaction in four groups.

According Fig 1, the averages of marital satisfaction sequentially, are for the blind woman couples 432.65, the blind man couples 402.85, both blinded couples 396.75, both sighted couples 393.47.

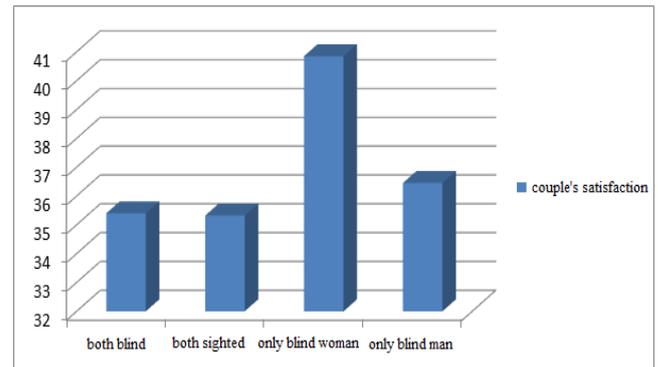


Fig 2. The score of statistic diagram of common life satisfaction in four groups.

According Fig 2, the averages of common life are sequentially for the blind woman couples 40.85, the blind man couples 36.45, both blinded couples 35.40 both sighted couples 35.32.

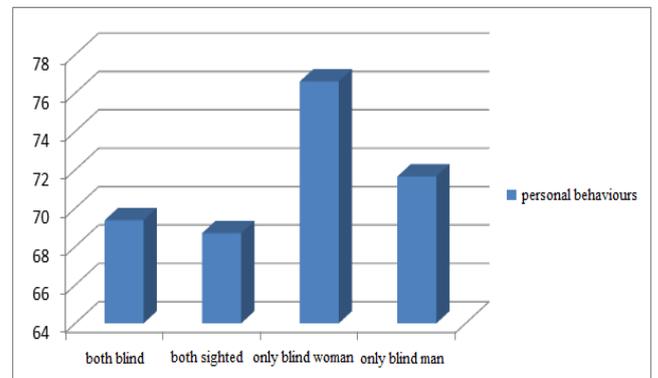


Fig 3. The score of personal behaviour in four groups.

According Fig 3. the averages of personal behavior sequentially, are for the blind woman couples 76.60, the blind man couples 71.65, both blinded couples 69.37, both sighted couples 68.70.

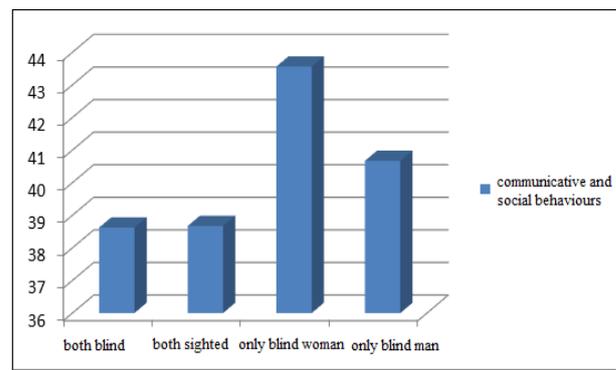


Fig 4. The score of statistic diagram of communicational and social behaviours in four groups.

According Fig 4, the averages of communicational and social behaviors sequentially, are for the blind woman couples 43.56, the blind man couples 40.67, both blinded couples 38.67, both sighted couples 38.62.

Table 1. One way analysis of ANOVA of study variables

Scale	Changes resource	SS	DF	MS	F	SIG	Scheffé tests
Good thinking	Between	40.661	2	20.330	0.65	0.52	-
	Within	4234.276	137	30.907			
	Total	4274.936	139				
Common life satisfaction	Between	223.785	2	111.892	3.46	0.03	3>2,1
	Within	4430.958	137	32.343			
	Total	465.743	139				
Personal morales	Between	632.046	2	316.023	2.96	0.05	3>2,1
	Within	14592.375	137	106.514			
	Total	15224.421	139				
Communicative And social morales	Between	312.060	2	156.030	3.30	0.04	3>2,1
	Within	6467.483	137	47.208			
	Total	6779.543	139				
Method Of Solving The Problem	Between	57.152	2	28.576	1.23	0.29	-
	Within	3163.733	137	23.093			
	Total	3220.886	139				
Financial Matters and Economical Activities	Between	11.602	2	5.801	0.27	0.76	-
	Within	2896.283	137	21.141			
	Total	2907.886	139				
Feeling of Religious Morale	Between	16.421	2	8.211	0.37	0.68	-
	Within	2986	137	21.79			
	Total	3002.421	139				
Child Training Method	Between	21.042	2	10.521	0.58	0.55	-
	Within	2464.358	137	17.988			
	Total	2485.4	139				
Leisure	Between	126.918	2	63.459	2.17	0.11	-
	Within	4000.625	137	29.202			
	Total	4127.543	139				
Emotional Engagement	Between	246.452	2	123.226	1.66	0.19	-
	Within	10147.233	137	74.06			
	Total	10393.686	139				

DISCUSSION AND RESULT

The result of the research shows that the total average of marital satisfaction with 95% assurance does not have any big difference. The same situation of marital satisfaction represented probably the state of blindness is not the main cause of couple's satisfaction. Contrary to, the blind woman and sighted man couples' satisfaction showed the best state, this kind of couples are the least promotion in Iran 'and other hand, generally, blind adults prefer to have a sighted or partially sighted partner for their couple life, so, they make the conditions and chances of girls' marriage much harder. It is very important for the society and family to provide the suitable base of abilities, cognitive skills and life skills, particularly, the communicational and excitement skills for the blind person. The chance to motivate confidence and showing individual and social competence and blind person's interactions could be developed in clubs and rehabilitation centers. Creating right view and feeling of security and necessary supports is possible with introducing successful blind people in media. Analytical and comparative view of psychological basics about the common life satisfaction of blind couples and sighted couples is counted as the most

important step toward codification rehabilitation and educational programs, individual and social support and their success in more effective communication in couple's life. Recognition of blind people's traits and setting complete rehabilitation, educational, social and cultural programs based on traits and toward providing their needs is the main duty of officials in Islamic society and the big responsibility of the parents, trainers and specialists in psychological field. Some of the restrictions of the study are expressed as; the number of blind couples is much less than the number of sighted couples and since the method is causes and comparative, researcher had to select only 20 couples for sampling in each group. Difficulties in finding couple with blind man- blind woman each group contains 20 couples- which finally 10 of them were available for the researcher and also lack of sources and appropriate books about marriage, blind people's common life satisfaction and components and also access to few sources of disables satisfaction were some of the restrictions of this study. Finally, it is suggested to develop chances of marriage for blind people and particularly blind females by training skills and improving blind youth according to their competence.

Giving more psychological advices for their marriage increases life quality and their common life satisfaction. So blind couples can improve their life skills, communicational skills, problem solving skills and sexual abilities in order to improve their life quality, also it is very important for them to have appropriate job and the chance of continuity and satisfaction. Therefore it is suggested to provide suitable occupation and enough salary in order to help them improve

their lives. Since marital satisfaction is an important factor to have a life in peace, it is necessary to study more about satisfaction, determinant factors and develop the between blind people and also it is needed to study about emotional, communicational and social issues, mental health, sexual activities and child training methods through the life and communicational skills education.

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