

An Assessment of the Correlations between Marital Adjustment and Marital Satisfaction based on Light Triad Traits and Quality of Life in Women

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Abstract

Background: Light triad traits play a significant role in predicting one's mental well-being and can greatly influence interpersonal relationships and overall happiness. This study aimed to assess the correlation between marital adjustment, marital satisfaction and quality of life in alignment with light triad traits.

Methods: Structural equation modeling was used for data analysis. The study population included women living in Bastak, Iran in 2023. A total of 270 participants were selected through convenience sampling method, and completed Light Triad Scale, Dyadic Adjustment Scale (DAS), ENRICH Marital Satisfaction Scale (EMSS), and WHO Quality of Life-BREF questionnaires. Data were analyzed using SPSS version 26 and Amos version 24, with both descriptive and inferential analysis conducted through canonical correlation, regression analysis, and structural model testing.

Results: There was a significant and positive relationship between clear personality traits and compatibility in married couples ($\beta=0.564$, $P<0.001$). Furthermore, the association between adaptation in married couples and quality of life ($\beta=0.307$) was also statistically significant at the $P<0.001$ level. Similarly, the association between marital satisfaction in married couples and clear personality traits ($\beta=0.586$) was statistically significant ($P<0.001$). Also, the association between marital satisfaction in married couples and quality of life was both positive and significant ($\beta=0.215$, $P<0.001$).

Conclusions: Women's marital satisfaction model, which is based on positive personality traits, highlights the significance of taking into account personality traits and their alignment when examining satisfaction in relationships. This suggests that partners with well-adjusted personality traits and compatible differences can contribute to higher levels of satisfaction within a marriage.

Keywords: Marital Adjustment, Marital Satisfaction, Light Triad Traits, Quality of Life, Women

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1. Introduction

Marriage is a highly intricate human relationship, and no other human relationship possesses the same extensive and diverse dimensions as marriage (1). Marital adaptation, a gradual process that occurs throughout the course of marriage, refers to a state in which both husband and wife experience contentment and fulfillment with each other for the majority of the time. This process necessitates the adjustment of preferences, understanding of personality traits, establishment of behavioral guidelines, and development of healthy patterns of communication and interaction (2). According to a previous study, marital adaptation comprises four key elements, namely, couple satisfaction, couple agreement, couple interconnection, and friendly conversations (3). Epidemiological studies indicated that marital maladjustment serves as a significant risk factor for both morbidity and

mortality. Furthermore, hostile correlations detrimentally affect the mental and physical well-being of couples (2-4).

Marital adjustment is suggested to be a crucial factor in determining the stability and longevity of a marriage (1). In the study by Roshannejhad and Talepasand, it was determined that couples with higher levels of extraversion, conscientiousness, agreeableness, openness, lower levels of neuroticism, and greater differentiation of self and psychological resilience have greater adjustment ability in their married life (5). Marital satisfaction and adjustment refer to a situation where spouses generally feel happy and content with each other, and the quality of correlations among women can be assessed based on mutual interest, care for each other, acceptance, and understanding (6). Also, Naziri and colleagues, emphasized the significance of personality factors and traits in marital adjustment, indicating that

personality traits can serve as important predictors of marital adjustment (7).

Life satisfaction refers to a positive and enjoyable attitude that couples have towards various aspects of their correlation (8). Marital satisfaction is when both husband and wife feel happy and content with their decision to marry and be together (9). Marital satisfaction is a temporary assessment that can contribute to the overall functioning and well-being of a family. In essence, it is influenced by factors such as expressing love and affection, mutual respect, sexual relations, shared attitudes and communication style, and problem-solving abilities (10). The examination of theories and models in the field of marriage reveals that several factors influence the stability or instability of a marriage (1). The behavioral theory of marriage highlights the importance of exchanging positive interpersonal behaviors. Positive behaviors contribute to a favorable evaluation of the marriage, while negative behaviors have detrimental effects (6). A study on forgiveness factors and marital satisfaction in Finland revealed a significant correlation between forgiveness and marital satisfaction (11). Shahi and co-workers conducted a study on the correlation between women's mental health and marital satisfaction, involving 300 married individuals in vulnerable areas of Gorgan, Iran. They found that marital satisfaction is predicted by a person's level of mental health (12).

In their research, Kaufman and colleagues found that individuals with light triad traits experience greater satisfaction in both their lives and relationships with others (13). Duradoni and colleagues studied light triad traits of personality and identified three dimensions that are seen as complementary rather than opposing dark triad traits (14). These dimensions, which include empathy, compassion, and altruism, were further validated by Jonason and colleagues (15) in four separate studies, as well as later affirmed by Jonason and colleagues (16). Moreover, light triad traits also influence the "reaction structure" of individuals, shaping their ability to respond appropriately and effectively in various situations (17). Research indicated that individuals with light triad traits, characterized by qualities such as empathy and high altruism, are more likely to sustain stable correlations and collaborate with others, which plays a crucial role in reducing ambivalence and interpersonal sensitivity (14-16). According to

many psychologists, the capacity to maintain high-quality correlations and minimize interpersonal issues is an essential indicator of mental health (18).

The concept of quality of life refers to how individuals perceive their position and place within their cultural and environmental contexts, as well as their goals, standards, and interests. Quality of life is influenced by the interaction of several factors, including physical and mental health, religiosity, correlations, and environmental elements (19). Quality of life, particularly concerning health, is defined to be associated with physical, psychological, and social well-being that are shaped by an individual's experiences, beliefs, expectations, and perceptions (20). Job satisfaction, income satisfaction, family status satisfaction, and social well-being are all elements of quality of life that can directly or indirectly impact marital satisfaction (21). By enhancing quality of life and striving for a harmonious alignment within women, marital satisfaction can be improved, ultimately leading to a stronger marital bond. Additionally, the strong correlation between quality of life and marital satisfaction suggests that women with a higher quality of life are more likely to experience greater levels of marital satisfaction. It is challenging to interpret the inconsistent findings reported in previous studies (20-23). Furthermore, it can be concluded that the variables in this research have not been collectively examined and explored within a model (Figure 1). Given the theoretical and empirical foundations, the present study primarily aimed to investigate whether the model of marital adjustment and satisfaction in women, based on light triad traits and quality of life, is appropriately aligned.

2. Methods

Structural equation modeling was used for data analysis. The study population consisted of women living in Bastak, Iran in 2023. A convenience sampling technique was used, with 15 individuals selected for each variable, resulting in a total of 300 participants following the guidelines set by Hu and Bentler (24). These participants completed questionnaires distributed through social media platforms. After excluding 30 incomplete responses, the final sample size was reduced to 270. The inclusion criteria required the participants to be willing to participate, with a minimum of one year of marital experience, specifically seeking counseling for marital conflicts in Bastak, Iran.

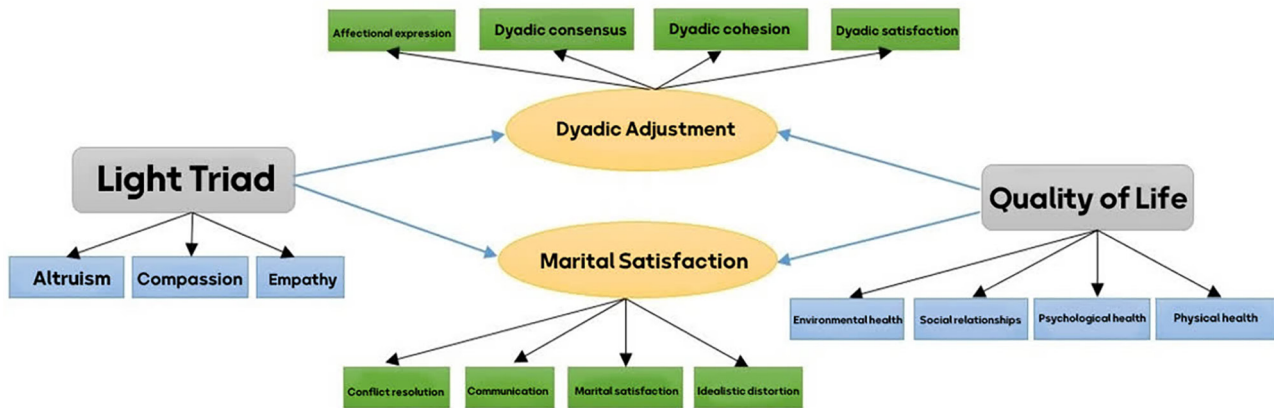


Figure 1: The figure shows the conceptual framework of the research.

Failure to respond to questionnaires or provide consent led to exclusion from the study. The research protocol, questionnaires, and study procedures were approved by the Office of Vice-Chancellor for Research. The researcher personally visited counseling centers in Bastak, Iran to explain the purpose of the study and obtain a written consent form from eligible participants. During this stage, participants were ensured of confidentiality and that their responses would only be used for research purposes. Following data collection, the questionnaires were analyzed using SPSS version 26 and Amos version 24. Ethical considerations included clearly conveying the objectives of the study to participants and ensuring that a written consent form is obtained. The anonymous questionnaires were completed online. The study participants were informed that their involvement was voluntary, they could withdraw at any point, and their information would be kept confidential. Additionally, they were informed that they could receive the findings of the study through email.

2.1. Measures

2.1.1. Dyadic Adjustment Scale

Spanier developed the Dyadic Adjustment Scale in 1976 to gauge the level of adjustment between couples who are married or live together (25). Using factor analysis, Spanier found that this scale measures four dimensions: dyadic satisfaction, dyadic cohesion, dyadic consensus, and affectional expression. Comprising 32 items, this measure is designed to assess the quality of the marital correlation from the perspective of either partner. It serves two primary purposes: to evaluate overall correlation satisfaction based on total scores and to measure the four dimensions of the correlation

mentioned above. The husband-and-wiferatings scale incorporates three different types of rating scales, with higher scores indicating a more positive and well-adjusted correlation. The items corresponding to each subscale are as follows: dyadic satisfaction (16, 17, 18, 19, 20, 21, 22, 23, 31, 32), dyadic cohesion (24, 25, 26, 27, 28), dyadic consensus (1, 2, 3, 5, 8, 9, 10, 11, 12, 13, 14, 15), and affectional expression (4, 6, 29, 30). Scoring is based on a Likert scale. The method for scoring the measure is straightforward and involves basic calculations that do not require training. The developers suggest that the scores for each subscale can be obtained by adding up the items that belong to that subscale, with some items needing to be scored in reverse. By adding up all individual subscale scores, the DAS Total Score can be determined. The final score can range from 0 to 151, with higher scores reflecting better dyadic adjustment and lower levels of distress. The total score of the scale demonstrates good internal consistency, as evidenced by a Cronbach's alpha of 0.96. Additionally, the subscales exhibit good to excellent internal consistency: dyadic satisfaction (0.94), dyadic cohesion (0.81), dyadic consensus (0.90), and affectional expression (0.73) (26). In this study, the reliability of the scale was determined to be 0.91 through Cronbach's alpha.

2.1.2. ENRICH Marital Satisfaction Scale

Olson (27) developed the ENRICH Marital Satisfaction Scale that contains four different subscales: idealistic distortion, satisfaction within marriage, communication, and resolution of conflicts. This survey consists of 35 questions using a five-point Likert scale, with options ranging from "Strongly Disagree" to "Strongly Agree" scored from 1 to 5. However, certain questions (3-5-6-7-10-13-14-18-19-21-22-23-26-27-28-29-32-33-34)

are reversed in scoring, with “Strongly Agree” receiving a score of 1 and “Strongly Disagree” receiving a score of 5. Essentially, on these questions, the scoring is flipped. The scale follows a Likert-style approach with five choices representing varying degrees of agreement or disagreement, each assigned a number from one to five. A higher score on this scale indicates greater satisfaction in marriage. The alpha coefficients for the subscales of the ENRICH scale were as follows: idealistic distortion (0.9), marital satisfaction (0.81), personality aspects (0.73), communication (0.68), conflict resolution (0.75), financial management (0.74), leisure activities (0.76), sexual correlation (0.48), children and parenting (0.77), family and friends (0.72), for equative roles (0.71) (27). The Marital Satisfaction Scale showed strong correlations with family satisfaction scales (0.41 to 0.60), and with life satisfaction scales (0.32 to 0.41), suggesting the validity of the construct (28). Additionally, all subscales of the ENRICH scale distinguished between satisfied and dissatisfied couples, demonstrating good criterion validity.

2.1.3. Light Triad Scale

The attributes linked with the light triad in this study include: empathy, compassion, and altruism. Empathy involves understanding and perception of human beings in general. Compassion entails treating individuals with tenderness and kindness. Altruism implies showing respect and honor to individuals based on their history and background (14). Participants are asked to rate the items in the questionnaire on a 5-point Likert scale, ranging from 1 (completely disagree) to 5 (completely agree). Items 1-8 evaluate the level of empathy, items 9-16 measure the level of compassion, and items 17-24 assess the level of altruism. Some items, including 22, 21, 20, 18, 15, 12, 8, 7, 4, and 1, are reverse scored. A higher score indicates a higher possession of the corresponding attribute. According to Jonason, the Cronbach's alpha coefficients were as follows: empathy (0.67), compassion (0.80), altruism (0.79), and scale reliability (0.88) (16). To check validity, factor analysis was performed, with factor loadings ranging from 0.24 to 0.50 for empathy, 0.36 to 0.60 for compassion, and 0.30 to 0.70 for altruism. The questionnaire was standardized in Iran (29). In the present study, the reliability of the scale was assessed using Cronbach's alpha coefficient, yielding values of 0.657 for empathy, 0.778 for compassion, and 0.761 for altruism.

2.2. WHO Quality of Life-BREF

This survey includes 26 questions that evaluate an individual's overall quality of life. It was created in 1999 by experts from the World Health Organization by modifying a 100-item version of the same survey (30). The questionnaire consists of 4 subcategories and a total score: physical health, psychological health, social relationships, environmental well-being, and an overall score. Each subcategory provides a raw score that is then transformed into a standard score between 0 and 100 using a specific formula. A higher score suggests a better quality of life. The physical health section is determined by combining the scores of questions 3, 4, 10, 15, 16, 17, and 18. Scores for this section range from 7 to 35, with a 28-point difference. The psychological health section is determined by combining the scores of questions 5, 6, 7, 11, 19, and 26. Scores for this section range from 6 to 30, with a 24-point difference. The social relationships section is determined by combining the scores of questions 20, 21, and 22. Scores for this section range from 3 to 15, with a 12-point difference. The environmental well-being section is determined by combining the scores of questions 8, 9, 12, 13, 14, 23, 24, and 25. Scores for this section range from 8 to 40, with a 32-point difference. The quality of life and overall general health section is determined by combining the scores of questions 1 and 2. Scores for this section range from 2 to 10, with an 8-point difference. After obtaining raw scores for each section, they are converted into standard scores from 0 to 100. The reliability coefficients for test-retest of the sections were: physical health (0.77), psychological health (0.77), social relationships (0.75), and environmental well-being (0.84) (31). In this study, the reliability of the questionnaire was evaluated using Cronbach's alpha coefficient, which resulted in a value of 0.78.

2.3. Statistical Analysis

The researcher analyzed the questionnaires using SPSS version 26 and Amos version 24. The descriptive statistics described the data by calculating frequency, percentage, mean, standard deviation, minimum and maximum values. The inferential statistics used focal correlation methods to examine the correlation between variables, and regression analysis to investigate the predictive role. To ensure adherence to this assumption, outliers and extreme values were initially detected

and eliminated through the use of rectangular diagrams. Subsequently, the normality of the data distribution was assessed via the Kolmogorov-Smirnov test. Furthermore, the substantial sample size and the absence of extreme Skewness and kurtosis in the data substantiate the validation of this assumption. To verify this assumption, the collinearity diagnostics test was employed. The reliability of each indicator for the latent variable in the AMOS model was determined based on the factor loadings of each indicator. The factor loadings of all indicators for the latent variable were equal to or greater than 0.4. One of prerequisite for the analysis is the independence of independent or predictor variables from each other. Tolerance and Variance Inflation Factor (VIF) indexes were checked to check the assumption of collinearity. VIF statistic is used to check the intensity of multiple collinearities. This shows how much of the changes related to the estimated coefficients have increased due to collinearity. If VIF is greater than 5, collinearity is high. If the Tolerance value is more than 0.2, it means that the model has a good fit. This assumption was also confirmed.

3. Results

According to Table 1, 34 (%12.9) of the participants had a high school diploma, 75 (28.4%) had a diploma, 9 (3.4%) of the samples had a degree: Associate degree, 84 (%31.8) an undergraduate degree, 44 (%16.7) a Master's degree, and 18 (%6.8) a

PhD degree. Likewise, 15 (%5.7) had lived together for less than 2 years, 8 (%3) had lived together for 2-5 years, 22 (%8.3) had lived together for 5-10 years and 219 people (%83.0) had lived together for more than 10 years. Also, 6 (%2.3) were unemployed, 101 (%38.3) were housewives, 38 (%14.4) were self-employed, and 119 (%45.1) were employees. Table 1 shows the mean and standard deviation of the study variables.

Based on the findings (Table 2), the study variables showed a significant positive correlation with each other ($P < 0.05$). In Table 3, Tolerance and VIF values were checked and confirmed.

Following the model analysis, the researcher examined the path coefficients and significance levels of the variables (Table 4). In terms of the path coefficients, which correspond to standardized beta values in regression analysis, values below 0.3 are considered weak, those between 0.3 and 0.6 are seen as moderate, and anything above 0.6 is deemed strong.

Table 3 and Figure 2 reveal that the model of compatibility in married couples based on clear personality traits has a good fit. The path coefficient between clear personality traits and compatibility in married couples was significant and positive ($\beta = 0.564$, $P < 0.001$). Also, the compatibility model in married couples based on the quality of life has a good fit. The coefficient of

Table 1: Descriptive statistics of the variables

Variables	N	Mean±SD	Skewness	Kurtosis	Min	Max
Sympathy	264	28.08±3.53	0.113	-0.023	18	38
Compassion	264	32.76±3.84	-0.546	0.743	19	40
Philanthropy	264	34.05±3.65	-0.78	0.926	20	40
Clear personality traits	264	94.89±8.45	-0.493	0.739	64	118
Marital Satisfaction	264	37.12±4.59	1.437	3.362	15	46
Dual solidarity	264	16.48±4.06	-0.346	0.149	4	25
Two-way agreement	264	44.77±9.97	-0.992	1.126	9	60
Expression of love	264	8.59±1.84	-1.172	1.758	2	12
Marital compatibility	264	23.66±7.34	-0.575	-0.324	5	35
Physical health	264	24.83±3.84	0.018	0.067	12	35
Mental health	264	20.94±4.75	0.159	-1.204	12	30
Community Relations	264	11.01±2.16	-0.171	-0.326	5	15
Environmental health	264	27.85±5.84	-0.066	-0.521	12	40
General health	264	7.37±1.40	-0.286	0.548	2	10
Quality of Life	264	92.01±14.14	0.119	-0.43	54	125
Ideal distortion	264	15.92±1.99	0.894	-0.526	14	20
Marital Satisfaction	264	31.59±4.74	-0.789	-0.061	20	38
Connections	264	30.66±4.03	-0.321	0.113	20	38
Conflict resolution	264	32.05±5.44	-0.795	-0.727	20	38

Table 2: Correlation matrix between variables

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Sympathy	-														
Compassion	0.649	-													
Philanthropy	0.673	0.817	-												
Marital Satisfaction	0.604	0.622	0.736	-											
Dual solidarity	0.577	0.537	0.611	0.669	-										
Two-way agreement	0.542	0.459	0.579	0.740	0.697	-									
Expression of love	0.678	0.553	0.665	0.775	0.611	0.797	-								
Physical health	0.686	0.623	0.716	0.756	0.564	0.587	0.722	-							
Mental health	0.673	0.605	0.661	0.573	0.530	0.508	0.628	0.830	-						
Community Relations	0.659	0.635	0.701	0.676	0.517	0.537	0.670	0.854	0.850	-					
Environmental health	0.704	0.670	0.754	0.676	0.565	0.544	0.684	0.847	0.863	0.874	-				
Ideal distortion	0.598	0.514	0.553	0.401	0.365	0.384	0.507	0.596	0.584	0.588	0.667	-			
Marital Satisfaction	0.658	0.561	0.595	0.595	0.495	0.512	0.628	0.671	0.635	0.628	0.646	0.512	-		
Connections	0.528	0.591	0.556	0.457	0.489	0.379	0.461	0.551	0.567	0.504	0.570	0.513	0.818	-	
Conflict resolution	0.603	0.630	0.608	0.507	0.514	0.439	0.528	0.552	0.555	0.517	0.583	0.624	0.809	0.823	-

Table 3: Model path coefficients and model significance

Paths	Estimate	P value	Result
Clear personality traits→ Marital compatibility	0.564	<0.001	Confirmation
Clear personality traits→ Marital Satisfaction	0.586	<0.001	Confirmation
Quality of Life→ Marital compatibility	0.307	<0.001	Confirmation
Quality of Life→ Marital Satisfaction	0.215	<0.001	Confirmation

Table 4: Examining the assumption of non-collinearity between predictor variables

Variable	Collinearity Statistics	
	Tolerance	VIF
Physical health	0.533	1.875
Mental health	0.432	2.315
Community Relations	0.476	2.100
Environmental health	0.490	2.042
Sympathy	0.893	1.120
Compassion	0.619	1.616
Philanthropy	0.614	1.629

VIF: Variance Inflation Factor

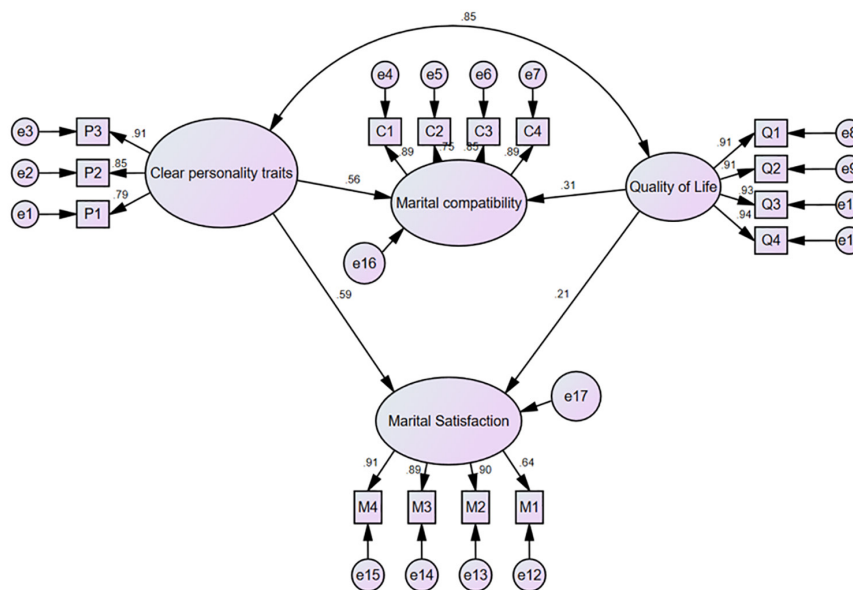


Figure 2: The figure shows the path coefficients between variables.

the path between compatibility in married couples, based on quality of life ($\beta=0.307$), was statistically significant ($P<0.001$). At the same time, the model of marital satisfaction in married people, based on clear personality traits, has a good fit. The path coefficient between marital satisfaction in married couples, based on clear personality traits ($\beta=0.586$), was statistically significant ($P<0.001$). It should be noted that the model of marital satisfaction in married people, based on the quality of life, has a good fit. According to Table 3, the path coefficient between marital satisfaction in married couples based on quality of life ($\beta=0.215$, $P<0.001$) is positive and significant. Table 5 indicates that indices of the research model demonstrate excellent model fit. Consequently, the final model exhibits a satisfactory fit.

4. Discussion

This study aimed to assess how light triad traits and quality of life in Bastaki women can predict marital adjustment and satisfaction. The analysis revealed a significant correlation between the adjustment model in women and light triad traits, suggesting a good fit. Our results indicated a positive and significant association between empathy, one of the light traits, and adjustment. In other words, as women's empathy scores increased, so did their level of adjustment. These findings aligned with the research results of Kaufman and colleagues (13), Jonason and co-workers (16), Zaheri and colleagues (22), and Song and Shi (32).

People who have a high level of life satisfaction also tend to experience more positive emotions and have a positive view of themselves and others. Moreover, they often have deeper emotional experiences, better overall health, and display personality traits that are consistent and commonly exhibited. Research has found that empathy, a trait associated with understanding and sharing the feelings of others, is significantly correlated with higher levels of life satisfaction

and better adjustment. Empathy is considered an essential concept and a fundamental human need (10, 11). It is worth mentioning that adjustment and satisfaction play vital roles in an individual's overall well-being, which is closely linked to their physical and psychological health. In case of women, empathy can contribute to improved communication and a pleasant feeling within their married life, thereby reducing stress and pressure, ultimately leading to increased satisfaction and adjustment. Moreover, satisfaction and adjustment enhance an individual's health and effectiveness within their professional environment. Therefore, establishing positive and empathetic correlations with people can contribute to greater satisfaction and adjustment in life (11, 12).

The adjustment model for women, based on quality of life, shows a strong fit. The results of this study were consistent with a research carried out by Ruggeri and colleagues (21). It is evident that strengthening connections has played a role in enhancing marital satisfaction. There are certain skills that can be used to meet the deep-seated desires of families, which are universal across different cultures. These desires, such as love, empathy, belonging, trust, loyalty, security, and pleasure, are highly meaningful. Fulfilling these desires for a spouse and other family members serves a psychological and social purpose, leading to increased love, closeness, self-worth, and personal development for each individual. This creates a nurturing environment that promotes stable support, ultimately improving the quality of marital relationships. Demonstrating compassion is essential for fostering security, stability, positive intimate connections, and personal growth. Furthermore, enhancing connections through enrichment programs has resulted in greater agreement within marital relationships (21).

The model of marital satisfaction in women based on light triad traits and quality of life demonstrates a satisfactory fit. These findings aligned with the

Table 5: Model Fit of the research

Variable	χ^2/df	RMSEA	RMR	GFI	NFI	RFI	IFI	CFI
Marital compatibility	1.365	0.035	0.028	0.840	0.926	0.922	0.979	0.979
Clear personality traits	1.138	0.022	0.044	0.878	0.946	0.942	0.993	0.993
Quality of Life	1.466	0.039	0.064	0.962	0.987	0.982	0.996	0.996
Marital Satisfaction	1.949	0.056	0.188	0.907	0.929	0.919	0.964	0.964

RMSEA: Root Mean Square Error of Approximation; RMR: Root Mean Square Residual; GFI: Goodness-of-Fit Index; NFI: Normed Fit Index; RFI: Relative Fit Index; IFI: Incremental Fit Index; CFI: Comparative Fit Index

results of previous studies conducted by Kaufman and colleagues (13), Jonason and co-workers (16), Entezami Lahijani and colleagues (33), and Sayehmiri and co-workers (34). It can be concluded from these findings that personality traits play a significant role in determining marital satisfaction. Traits such as agreeableness, emotional stability, and extraversion are more likely to contribute to marital satisfaction, whereas traits like neuroticism and low conscientiousness may result in dissatisfaction (34). This discovery is consistent with a previous study that highlights the influence of personality on correlation outcomes (33, 34). Furthermore, this model emphasizes the importance of compatibility among women's personality traits. It suggests that couples with similar or complementary characteristics are more likely to experience higher levels of marital satisfaction. This supports the idea that shared values, interests, and behaviors can foster better adjustment and understanding within correlations. Moreover, the model indicates that individuals can enhance their marital satisfaction by actively cultivating positive personality traits. By consciously striving to increase satisfaction and emotional stability, individuals may improve the dynamics and overall satisfaction of their relationship (35).

This highlights the positive impact of personal growth and self-improvement on marital correlations. However, it is crucial to acknowledge that this model does not account for other factors that can also influence marital satisfaction, such as communication skills, conflict resolution strategies, and external stressors. While personality traits undoubtedly play a significant role, they are not the sole determinants of correlation satisfaction. Future research should incorporate these additional factors to obtain a more comprehensive understanding of marital satisfaction (10, 11). The model of marital satisfaction based on personality traits and appropriate adjustment offers valuable insights into the factors that contribute to marital satisfaction. It underscores the significance of personality traits and their adjustment in predicting and comprehending marital happiness. Nevertheless, it is essential to recognize that this model should be examined in conjunction with other factors that impact marital satisfaction in order to develop a more comprehensive understanding of marital dynamics (36).

The present findings supported the notion that

the model of marital satisfaction in women based on quality of life and model fit, is a valuable and effective model for comprehending the factors that influence marital satisfaction (30). Quality of life encompasses elements such as job satisfaction, income satisfaction, satisfaction with family status, and social well-being. These factors can directly and indirectly impact marital satisfaction (31). For instance, job satisfaction and income satisfaction can enhance women's psychological equilibrium and financial stability, thus strengthening marital satisfaction. Additionally, good fit plays a significant role in marital satisfaction (34). Good fit refers to the compatibility and agreement between women's characteristics, values, and needs. Women who have better communication, and harmony, and fulfill each other's needs are more likely to experience higher levels of marital satisfaction. Conversely, an inappropriate fit and lack of alignment between women may lead to dissatisfaction and marital tensions. Therefore, drawing from the model of marital satisfaction in women based on quality of life and good fit, it can be concluded that quality of life and good fit in women have an impact on marital satisfaction.

4.1. Limitations

The limitations of the study included the inability to control variables, such as the social and economic status of the participants; thus, caution should be exercised when generalizing the findings. Due to time constraints, the study did not explore the role of environmental factors even though they play a significant part in determining marital adjustment and quality of life. Implementing the proposed model, women can participate in training programs aimed at enhancing their personality traits, which may incorporate communication skills, stress management, problem-solving techniques, and empathy development. To validate the suggested model, it would be beneficial to conduct cross-sectional studies examining the associations between light and dark personality traits and marital satisfaction at a broader societal level with larger sample sizes.

5. Conclusions

The model of women's marital satisfaction, based on light triad traits with good fit, underscores the importance of personality traits and their adjustment when understanding satisfaction.

This implies that when couples possess adjusted personality traits with a good fit, they can contribute to heightened levels of marital satisfaction.

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Ethical Approval

This study was approved by the ethics committee of Hormozgan University of Medical Sciences with the code of IR.HUMS.REC.1402.359. Also, written informed consent was obtained from the participants.

Authors' Contribution

Abdullah Azhdari: Substantial contributions to the conception and design of the work, the acquisition, analysis, and interpretation of data for the work, drafting the work. Eghbal Zarei: Substantial contributions to the conception and design of the work, the acquisition, analysis, and interpretation of data for the work, drafting the work and reviewing it critically for important intellectual content. Kourosh Mohammadi: Substantial contributions to the design of the work, drafting the work and reviewing it critically for important intellectual content. All authors have read and approved the final manuscript and agree to be accountable for all aspects of the work, such that the questions related to the accuracy or integrity of any part of the work.

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