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Marital compatibility and family mental health

لتوافق الزواجي والصحة النفسية الأسرية

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Abstract:

The current study aims to reveal the correlation between marital compatibility and family mental health in a sample of 60 husbands and wives, chosen in an intentional way, There are also statistically significant differences between marital compatibility and mental health attributable to gender, number of children and duration of marriage. We adopted the correlational descriptive approach.

Keywords: Family compatibility, Mental health; Family mental health; Family Family Pattern

الملخص:

تهدف الدراسة الحالية إلى الكشف عن العلاقة بين التوافق الزواجي و الصحة النفسية الأسرية لدى عينة مكونة من 60 زوج و زوجة، اختيروا بطريقة قصدية واعتمدنا على المنهج الوصفي الارتباطي، وتوصلت النتائج إلى أنه توجد علاقة ارتباطية دالة إحصائيا بين التوافق الزواجي و الصحة النفسية الأسرية، وإن هناك فروق ذات دلالة إحصائية تعزى لمتغير عدد الأولاد و مدة الزواج.

الكلمات المفتاحية: التوافق الأسري، الصحة النفسية، الصحة النفسية الأسرية، الأسرة، النسق الأسري.

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1/ Introduction

The purpose of life is for a person to adapt to circumstances and situations, interact with others, and reach a degree of satisfaction and self-defense, through compatibility, which is the cornerstone of an individual's life.

The end result is interaction with the environment Among the most complex types of environment, whether in its origin, in its system or even in its goals, we find the family, which is an important factor for social control and security. Especially when it comes to its members, whether they are old or young, it works hard to provide positive trends towards achievement for its members while protecting them from negative deviant behaviors that contradict the laws of society. This goal can only be achieved in light of the compatibility between the 1 couple, which appears through sharing roles, mutual respect and containing differences and differences.

If we say marital compatibility, we necessarily refer to the congruence and rapprochement between the spouses in terms of psychological, scientific, social, mental and environmental.

2/ Problematique

Mental health expresses the individual's ability to feel social compatibility in particular, and his belief in the value of life, and this can only happen through his freedom from mental and psychological illness. Flexible compatibility is an individual's ability to forge flexible social connections that include cooperation, respect and mutual appreciation. Marital compatibility is an emotional state that indicates the extent of acceptance of the marital relationship, and is considered the outcome of mutual interactions between spouses in several aspects, including expressing the emotional feelings of the other party, respecting him, showing keenness to continue and continue the relationship with him, similarity with him in values, ideas and customs, agreeing on methods of raising children and aspects of budget spending, in addition to a sense of sexual satisfaction. Based on this, compatibility has pillars and conditions, including the time factor, the more years of marriage, the

greater the marital compatibility, and this is confirmed by the study of Rawya El-Desouky 1986, and the lack of successful choice of the partner as well as the difference in age is one of the most important reasons for divorce, and this is confirmed by the study of Masouda Kassal 1986 has joined the opinion of researcher Hala Ferjani 1990, which found a positive relationship between the age difference between spouses and poor marital compatibility.

Studies have indicated that in the event of any defect in this ability, it leads to a defect in the family and its coordination and negatively affects its members and their mental health, as 75% of the problems dealt with by clinical practices are problems related to family pressures causing marriage disorders. This is in addition to other conditions that establish marital compatibility, if not to say based on them, which is the mental health of the individual. Based on the above, the study of the current research tried to identify the correlation between marital compatibility and family mental health by asking the following questions:

General question: Is there a statistically significant correlation between marital compatibility and family mental health?

2.1/ Partial questions

- Are there statistically significant differences between marital compatibility and family mental health due to the variable of the duration of marriage?
- Are there statistically significant differences between marital compatibility and family mental health due to the variable number of children?
- Are there statistically significant differences between marital compatibility and family mental health due to the gender variable?

2.2/ Study hypotheses

General hypothesis

There is a statistically significant correlation between marital compatibility and family mental health.

Partial hypotheses

There are statistically significant differences between marital compatibility and family mental health due to the duration of marriage variable.

- There are statistically significant differences between marital compatibility and family mental health due to the variable of the number of children.
- There are statistically significant differences between marital compatibility and family mental health due to the gender variable.

3/ Objectives of the study

Through this study, we aim to:

- Detecting the correlation between marital compatibility and family mental health.
- Examination of differences in marital compatibility and family mental health attributed to both the duration of marriage and the number of Children and sex.

4/ Importance of the study

The importance of the study is summarized in the following points:

First: The topic is part of the research in family health psychology, which is concerned with the diagnosis and search for family disorders in order to prevent the causes leading to the creation of the family generating the disease, by following consensual healthy behaviors between spouses in order to achieve the mental health of the rest of the individuals.

Second: The study deals with a very important psychosocial issue related to the family, as most Algerian families of all kinds have become vulnerable to disorders and vibrations resulting in most cases from the absence of health.

Family psychology, which leads to serious complications in most cases, including suicide, illegal immigration, escape from home, separation.

5/ Study methodology:

The study relied on the descriptive correlational approach because it is the appropriate approach to the nature of the study and because according to (Bouhoush and Thneibat, 1995, 130) "depends on the study of the phenomenon as it exists in reality and is interested in an accurate description, and expresses it qualitatively or quantitatively."

6/ Define the concepts of the study

6.1/ Mental Health

Mustafa Khalil Al-Sharrafawi (1983) defines mental health as achieving maximum growth and compatibility with the environment and satisfaction with this adaptation and interaction with the requirements of the environment and the situations facing it and the extent of effectiveness in society, thus achieving happiness for oneself and the other. It is the degree obtained by the researcher through the mental health scale.

6.2/ Compatibility

Compatibility is considered the opposite of disharmony and dissonance, which is closer to adaptation, but the term adaptation is given to the environment, while the term compatibility is applied to human relations.

6.3/ Marital compatibility

It is the emotional, emotional and sexual communication between the spouses in order to achieve them to take consensual methods together to help them overcome the obstacles that hinder their marital relationship and achieve the maximum reasonable degree of happiness and satisfaction. is the degree to which-It is the score obtained by both spouses on the Marital Compatibility Scale.

7/ Theoretical approach to the study

7.1/ Mental health

According to (Mohamed Mayas (1997)) is the ability of the individual to conform to himself and the society in which he lives and to live a life free of crisis and turmoil, and it is relatively permanent through

which the individual can face the normal psychological crises that usually occur to him with a sense of sufficient happiness.

7.2/ Levels of mental health

There are three levels of mental health:

- The defensive level: where the individual defends himself in a certain defensive position, and this level varies according to the cultural level of the individuals, as well as the moral level.
- Cognitive level: This level determines the competence of individuals and their handling of stressful family situations in more positive ways.
- Human level: where individual or family mental health cannot be achieved at the expense of others.

7.3/ Mental Health Standards

There are five basic criteria for mental health: Receptivity, flexibility, social compatibility, emotional balance and coping.

8/ Marital compatibility

Marital compatibility is about complacency and peace of mind and reassurance as a result of feeling self-able to adapt and interact with the other person. It is judged by three angles: Pair angle, Wife's Corner, Marriage Angle:

8.1/ The difference between marital compatibility and marital consent

Marital satisfaction is an emotional state that involves accepting or not accepting the marital relationship, as it is affected by the variation in the rate of marital satisfaction and then has an important role in the rapid collapse of many marriages in the early years of marriage, as the feeling of satisfaction on the part of the spouses is a basic pillar of mar ital stability and family construction.

8.2/ Marital compatibility factors

Among the most important factors affecting marital compatibility are the following:

- Family background,

- Social class,
- Engagement,
- Age at marriage
- Personality traits.

8.3/ Determinants of marital compatibility:

- Family background of the spouse,
- Basic role behaviors and role expectations,
- Developmental tasks of marriage,
- Family rules and relationship patterns,
- Responsibility and division of labor.
- Friends and social activities,
- Patterns of communication between spouses,
- Compatibility of the couple's personalities.

9/ Family

It is the first purpose of marriage, and the first educational institution that receives the human being, and the container within which the child's personality is formed, individually or socially, and it is the ideal place where the ideas of parents and children are presented, achieving belonging and satisfaction of all kinds, simply it is the basic structural social unit in society, fit with its goodness, and disturbed by its disorder. It is the first building block of society and is the cornerstone for the stability of social life, as it is the unit of interaction between family members who perform the roles and mutual duties between them, and as a system of interaction, it affects and is affected by social and cultural norms, values and customs. There are three basic types of family:

9.1/ Nuclear family

It is a family that consists of a husband, wife and unmarried children and residents under the same roof.

9.2/ Extended family

It includes the husband, wife, children and wives of children, as well as uncles, aunts, grandmother, grandfather, and sometimes goes beyond them to uncles.

9.3/ Composite family

It is the family in which the husband is married to several wives and lives in one house.

The functions of the family are limited to one function, which is education, but education is the one that is multiple and varied to:

- Health and physical education: by achieving physiological needs such as the need to eat, drink and clean.
- Moral, psychological and emotional education: by securing a good education for children by instilling values And sound attitudes, commensurate with the requirements of society, along with achieving emotional satisfaction by offering kindness, tenderness and self-esteem.
- Mental education: This type of education is achieved by achieving the function before it, where the amount of care And the attention and containment provided to the child as much as his proper mental development.
- Religious education: including the correct belief and respect for the other with self-respect and not to exceed the commands of God Almighty.
- The Sex education: In this case, parents must educate their children about sexual matters gradually, in order to gain prior knowledge that protects them from falling into gender identity disorder or related disorders.
- Recreational education: by accustoming the child to the fact that the body has the right to rest in order to renew its energy, whether psychological or cognitive.

The family is considered as a relational institution for socialization, where the relationship between parents is the main axis of the pattern of relations between family members, and the basic premise of the socialization process, the family exercises a role that contradicts the principle of reducing permanent psychological tension in children with the achievement of the principle of emotional psychological alienation with them as most recent studies as reported by (Awatef Ali Suleiman, 2000),

show that the democratic method leads to the achievement of educational balance, and psychological integration, when the child and enhances his boldness, self-confidence, and inclination To initiative, critical spirit, sense of responsibility, and social adaptability.

10/ Family Pattern

Pattern is defined as a complex system of elements interacting with each other, and therefore each family member cannot be understood individually, but must be studied within the overall context of family members. Those interested in the field of work with families with special needs consider the family as an open format, and that the problem of the disabled child is the problem of the family, and this system or system makes a development on the family life cycle to satisfy the requirements related to each stage, the effective family in its performance, follows flexible rules and methods of positive parental treatment with its child, in its face of the requirements placed on it, considering that the disabled child is an additional burden on the family, not only one of its members. Characteristics we mention as follows:_

- College: It means that the system interacts not only with a member of the family, but with all family members and clarifies the relationship between them.
- Relationship: which refers to continuous interactions in the format.

According to these two characteristics, the individual acts according to the characteristics of the system, and therefore the individual's disorder does not concern him alone, but it means the disorder of a family that disclosed himself through one of its members, which calls for intervention and work with that family and understanding its problems.

The family system consists of four basic components:

- Family characteristics: which give identity, uniqueness and family distinction, as well as reactions to the child's disability and the characteristics of the disability itself.
- Family interaction: This component discusses interactions between family members, as knowing the interrelationships between family

members helps specialists assess the impact of disability on each party in the family.

- Family functions: It includes all the overlapping life tasks of the family that are necessary to meet family needs, including economic functions, daily care, recreational recreation, self-identity, sentimentality, in addition to socialization functions.
- The course of the family life cycle: It includes a series of changes that occur in the family.

Applied and methodological approach to the study

11/ Methodology of the study

In this research, we adopted a correlational descriptive approach that studies the relationship between variables. 1.6 / Research sample: The research sample consists of 60 individuals (30 husbands and wives) aged from 30 to 57 years, some of whom are workers and some of them are staying at home. It was chosen intentionally. The study sample was divided according to the taxonomic variables as shown in the following table:

Table (1): Characteristics of the research sample by taxonomic variables

Number of children	%	Sex	%	Duration of marriage		Variables / العينة
03	**50**	**m30=**	**33.33**	**10**	Under 5 years	**60**
05	**50**	**w30=**	**50**	**15**	5x to 10 years	
07			**16.66**	**5**	Over 10 yearsر	
	100	**60**	**100**	**2*30**		

It is clear from the table that the sample members whose marriage period is less than five years represent an estimated percentage of 33.33% and the number of children estimated at 03 children, while the number of sample members whose marriage period is between five and ten years reached 15 couples, i.e. 50%, and the number of children is estimated at 05 children, while five couples whose marriage period is more than Hams years, by an estimated 16.66%, and the number of

children is 07 children. As for sex, it is equal, i.e. thirty husbands for thirty wives.

12/ Research Techniques:

Two main questionnaires were relied upon: the modified mental health questionnaire, developed by Leonard R., Derogets, and Lehman, Lenokovi, and then Abu Hein Arabized the scale and codified it on the Palestinian environment by calculating its validity and stability., The scale consists of 90 statements that fall under 09 dimensions and are distributed as follows: (physical symptoms, obsessive-compulsive disorder, reactive sensitivity, depression, anxiety, hostility, fear anxiety, paranoia, psychosis). The second scale is the marital compatibility questionnaire developed by the researcher in social psychology Messaoudi Zahia (University of Blida 2), consisting of 38 statements distributed on the following dimensions:

Personality traits of the spouse, commitment to religion and morals, agreement on vital topics, convergence of ideas, values, customs, attitudes, methods of raising children, ways of earning and spending money, the extent of social communication, sexual satisfaction, participation in activities, showing concern for the continuity of the marital bond, the ability to solve problems and satisfaction with the relationship with the family and friends of the spouse.

13/ Presentation and discussion of the results of the study

13.1/ Presentation and discussion of the results of the general hypothesis:

The general hypothesis states that there is a significant correlation between marital compatibility and family mental health, and the following table shows the results obtained:

Table (2): shows the correlation coefficient between mental health and marital compatibility (n = 30 * 2)

Level Correlation	Significance Coefficient	Variables
0.01	**0.20**	**Mental Health/Marital Compatibility**

It is clear from Table (2) that there is a statistically significant positive correlation at the significance level of 0.01 between mental health and marital compatibility in the research sample. The general hypothesis of the study was thus confirmed.

13.2/ Analysis of results and discussion of partial hypotheses:

After applying the scales of marital compatibility and mental health, we found that there are statistically significant differences due to the variable of the duration of marriage, which confirmed the first partial hypothesis. According to Linda Davidoff, the longer the marriage, the lower the degree of love and the longer the degree of admiration. As for the results of the second partial hypothesis, which states that there are statistically significant differences between marital compatibility and family mental health due to the variable of the number of children, they have also been achieved because small-sized families are more cohesive and understanding of their children, and meet their demands, which achieves family mental health and thus marital compatibility, i.e. caring for the partner, unlike large families that neglect many of the marital necessities and duties, in order to meet the demands of children, which leads to a crack in marital compatibility as it becomes on the verge of collapse, and thus the deterioration of family mental health as it becomes a family that generates and feeds the disorder.

The third partial hypothesis, which states that there are statistically significant differences between marital compatibility and family mental health due to the gender variable, has not been realized. The reason for this may be due to the fact that married life is achieved with the presence of two parties, both of whom are looking for marital compatibility and thus achieve the family psychological health of his family, which is a successful model that expresses his success or a failed model that expresses his failure.

14/ Conclusion

The current study procedures sought to verify the objectives of revealing the correlation between marital compatibility and family mental health, as well as identifying the different differences in marital

compatibility and family mental health according to the duration of marriage, the number of children and sex. It should be noted that the objectives of this work have been achieved through the results obtained, which opens new horizons for future research, including:

- Study le Coping strategies adopted by couples in stressful situations. As well as studying the features of healthy behaviors and risky behaviors and the impact of each on marital compatibility and family mental health.

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