

9th Yazd International Congress and Student Award on Reproductive Medicine with 4th Congress of Reproductive Genetics

Poster Presentations

P-4

Exploration of couple's experiences of long-term marital satisfaction: A qualitative study

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Background: Marital satisfaction is a multidimensional phenomenon, which refers to the quality of marital relationship, or the general view of marriage status and reflection of happiness and marital performance. Repetition of certain positive behaviors can make a big difference in the success of continued married life, and that awareness of such behaviors seems to be critical to recognizing certain warnings.

Objective: This study with qualitative approach conducted to promoting long term marital satisfaction by exploring couple's experiences.

Materials and Methods: This study was conducted using descriptive phenomenology method. The participants were 12 person (six couples) with a history of 20-30 yr of married life expectancy and a marital satisfaction score of above 65. The data were collected by purposeful sampling and semi-structured interviews, analyzed using Colaizzi method. By categorizing the codes, subcategories, and main categories were extracted.

Results: An analysis of the experiences of the participants resulted in emergence of eight subcategories, and three main categories: "strong foundation for living together", "mutual commitment to protecting marital cohesion", and "striving to improve sexual relations".

Conclusion: A long-term marriage associated with a variety of variables, including a strong foundation for living together, a mutual commitment to protect marital cohesion, and an effort to improve sexuality. And the results showed that the type of relationship will change during the years after marriage in a way that takes on certain meanings and concepts and can be interpreted in physiological, cultural and other specific contexts.

Key words: Marital satisfaction, Long married life, Phenomenology.