

Examining the Relationship Between Marital Satisfaction Based on Sexual Awareness and Marital Commitment Feelings in Married Women in Tehran

Fatemeh Babazadehgan¹, Mojtaba Sedaghati Fard^{2*}

1 Master's Degree Graduate in Clinical Psychology, Department of Psychology, Garmsar Branch, Islamic Azad University, Garmsar, Iran

2 Assistant Professor, Department of Sociology, Garmsar Branch, Islamic Azad University, Garmsar, Iran

*Correspondence: sedaghati_fard@yahoo.com

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ABSTRACT

The aim of this study was to investigate the relationship between marital satisfaction based on sexual awareness and marital commitment feelings in married women in Tehran. This research was applied in nature and, considering the subject matter, employed a descriptive correlational design. The statistical population consisted of all married women aged 20 to 50 residing in Tehran, of whom 249 were selected through convenience sampling. Data were collected using the Marital Satisfaction Questionnaire (ENRICH, EMSS, 1982), the Sexual Awareness Scale (Snell et al., SAS, 1991), and the Dimensions of Commitment Inventory (Adams & Jones, DCI, 1997). Data analysis was conducted using multivariate regression via SPSS version 26. Findings revealed that the variable of marital commitment feelings had a positive and significant relationship with marital satisfaction. However, the variable of sexual awareness did not significantly contribute to predicting the quality of dimensions within the marital relationship and failed to explain it. It can be concluded that higher expressions of love and greater marital satisfaction are associated with elevated levels of marital commitment, while lower levels of commitment are linked to marital boredom. This implies that as feelings of commitment in the relationship increase, satisfaction within the relationship also increases.

Keywords: marital satisfaction, sexual awareness, marital commitment feelings, married women.

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Introduction

Family formation begins with marriage, and its purpose is to establish a healthy and satisfying marital relationship. Marriage, as a social phenomenon, is experienced by more than ninety percent of individuals (1). What matters most is the couple's effort to maintain this long-term relationship. This effort helps them fulfill their individual and interpersonal needs (2). According to Glasser (2010), maintaining a successful marital relationship is among the most difficult types of human relationships (3). While over half of married individuals preserve their union for a lifetime, only a few manage to do so with harmony and happiness (4).

Nonetheless, success in marriage and the satisfaction of married couples is of critical importance. Marital satisfaction, by creating a climate of respect, commitment, and responsibility in shared life, profoundly impacts various aspects of a couple's lives. When marriages are stable and fulfilling, spouses tend to be healthier, happier, and live longer lives (5). Therefore, identifying the factors that help couples achieve stable and satisfying relationships is a primary concern for many researchers in the field of marriage and family (6). Among these, sexual awareness and marital commitment feelings are identified as two key factors.

Marital satisfaction, as a key indicator of quality of life, is a complex subjective concept that reflects an individual's evaluation of their marital relationship (5). This concept includes not only positive feelings and satisfaction with various aspects of married life but also an individual's perception of the benefits and costs of marriage (2). In other words, when individuals feel that the benefits of their marriage outweigh its costs, they report greater satisfaction with their marital life (5). Marital satisfaction is influenced by various factors, including mental health, behavioral predictability of the spouse, and stability of the shared life vision (Kang et al., 2023). Furthermore, the way individuals perceive and interpret their marital relationship also plays a significant role in determining their satisfaction (7). Marital satisfaction is not only recognized as a determinant of healthy family functioning but also serves as an important predictor of marital stability and longevity (8). According to Olson's Circumplex Model of Marital and Family Systems (9), marital satisfaction helps families adapt and respond flexibly to changing needs and facilitates behaviors such as cohesion, adaptability, and positive interactions. Given the importance of marital satisfaction in the quality and sustainability of married life, identifying its influencing factors is essential. One such significant factor is sexual awareness, which can play a crucial role in enhancing marital satisfaction among women (10).

Optimal sexual functioning is a vital factor in family stability and cohesion and can be influenced by various elements (11). Sexual knowledge and awareness—encompassing information on sexuality and sexual relationships including physiological aspects, reproduction, functioning, and behavior—are essential for couples. Such knowledge can influence all their interactions and help improve communication strategies and constructive conflict resolution in marriage (12). Studies have shown that higher levels of sexual satisfaction are associated with reduced anxiety and depression in women (13). Moreover, sexual awareness has a significant positive relationship with marital satisfaction, while its absence may lead to sexual dysfunctions and disorders. Consequently, sexual knowledge and attitudes impact individuals' quality of life, and inadequate sexual functioning can result in marital issues (14). Increasing sexual awareness and correcting negative beliefs can assist in resolving marital problems (10). However, many couples lack sufficient psychological well-being and do not possess the necessary knowledge or skills to address challenges related to sexual relationships (15). Sexual issues play a major role in marital life, and sexual knowledge is considered a core component of a successful sexual relationship (16, 17).

Marital commitment, as one of the most fundamental factors in marital stability and strength, plays a significant role in marital satisfaction (7). This concept refers to the sense of responsibility and adherence couples feel toward their relationship, along with their efforts to preserve and enhance it. Marital commitment includes not only loyalty and fidelity to the spouse but also a willingness to invest in the relationship and work through challenges and problems in married life. Arriaga and Agnew (2001) defined marital commitment as an individual's willingness to sustain the marriage permanently and remain faithful to the spouse, family, and shared values. They identified its components as behavioral, cognitive, and

emotional (18). Research has shown that low levels of marital commitment may lead to marital dissatisfaction, reduced intimacy, and even divorce (19). Conversely, high commitment is associated with increased marital satisfaction, greater adaptability, relational stability, improved problem-solving skills, and heightened expressions of love and affection (20). In other words, marital commitment serves as a protective factor against problems and challenges in married life, helping couples approach difficulties with greater motivation and hope. Tang and Curran (2013) asserted that every successful marriage includes three core pillars: commitment, attraction, and mutual understanding. They identified commitment as the strongest and most stable predictor of relationship quality, satisfaction, intimacy, and durability (21). Additionally, marital commitment can influence sexual satisfaction, with more committed couples reporting higher levels of sexual satisfaction (22). Ultimately, marital commitment is recognized as a key factor in enhancing marital quality and couple satisfaction and must receive focused attention in family and marital research.

Considering the above, marriage plays a vital role in the lives of most adults (Arab Bafrani et al., 2023), and various studies have shown that it can function as a protective factor against worry and anxiety and provide meaning and purpose to life (1, 23). In other words, the mental health and marital adjustment of couples influence many aspects of their individual and social lives (4). On the other hand, despite the importance of the family system in fostering individual and societal health, in recent years, there has unfortunately been a rising trend of family disintegration in our country (17). One of the major threats to the growth and development of marital life is dissatisfaction and incompatibility (2). Studies have shown that two factors—sexual awareness (10, 24) and marital commitment (19)—significantly affect individuals' life stability. Therefore, investigating marital satisfaction and its various dimensions, including sexual awareness and marital commitment feelings, is crucial due to their influence on individuals' psychological well-being. However, there is a lack of coherent empirical evidence examining the relationship between these two variables and marital satisfaction. The present study addresses this gap by simultaneously examining these two factors in relation to marital satisfaction. Thus, this research seeks to answer the following question: To what extent can marital satisfaction in married women be predicted based on sexual awareness and marital commitment feelings?

Methods and Materials

Study Design and Participants

The aim of the present study was to examine the relationship between marital satisfaction, sexual awareness, and marital commitment feelings in married women in Tehran. This study employed a descriptive correlational design. The statistical population included all married women aged 20 to 50 years living in Tehran in 2023. The sample size was calculated using the Q method (total number of questionnaire items \times 2) as proposed by Saadipour (2019). Since the total number of items was 123, the required sample size was determined to be 246 participants. To ensure sufficient sample size and minimize data loss due to incomplete questionnaires, 249 questionnaires were collected using convenience sampling.

Given the vast geographical span of Tehran, District 12 was selected as the target population, and to access the participants, active centers affiliated with the Ministry of Health, Treatment, and Medical Education within the district's neighborhoods were used. The researcher approached married women who sought individual counseling at these centers and met the inclusion criteria: providing informed consent to

participate in the study, having at least three years of cohabitation with their current spouse, absence of severe psychological and emotional disorders (either individual or relational), absence of acute marital problems, no emotional divorce, and no history of infidelity by either partner. Questionnaires were distributed to women who were willing to participate and met these criteria. Exclusion criteria included unwillingness to participate and incomplete responses. Ethical considerations such as informing participants about the study process, obtaining informed consent, and ensuring confidentiality of the data were fully observed.

Data Collection

ENRICH Marital Satisfaction Questionnaire (EMSS): The ENRICH Marital Satisfaction Questionnaire was developed by Olson, Fournier, and Druckman in 1982. This 47-item questionnaire assesses ten components: satisfaction, personality issues, marital communication, conflict resolution, financial management, leisure activities, sexual relations, parenting, relationships with relatives and friends, and religious orientation. Items are rated on a 5-point Likert scale ranging from "Strongly Agree" (1) to "Strongly Disagree" (5). The score range is from 47 to 235, with higher scores indicating greater marital satisfaction. According to Olson et al. (1982), the Cronbach's alpha values across subscales ranged from .48 to .90. The test-retest reliability over a four-week interval was reported to be .86 on average (25). In Iran, Soleimani (1994) reported internal consistency coefficients of .93 for the long form and .95 for the short form (26). In the present study, the Cronbach's alpha coefficient for the entire scale was .85.

Sexual Awareness Scale (SAS) by Snell et al.: The Sexual Awareness Scale is a self-report instrument developed by Snell, Fisher, and Miller in 1991. It consists of 36 items grouped into four subscales: sexual consciousness, sexual monitoring, sexual assertiveness, and awareness of sexual attractiveness. Responses are given on a 5-point Likert scale ranging from "Strongly Agree" (score of 4) to "Strongly Disagree" (score of 0). Items 6, 9, 23, 30, 31, and 32 are reverse-scored. The total score ranges from 0 to 144, with higher scores indicating greater sexual awareness. For standardization, the scale was administered to two independent samples of psychology students at Midwestern University, with average ages of 24.1 and 24.07. In the first group, Cronbach's alpha values were .83 for sexual consciousness (men), .86 (women), .80 for sexual monitoring (men), .82 (women), .89 for awareness of sexual attractiveness (men), .92 (women), and .83 for sexual assertiveness (men), .81 (women). In the second group, the corresponding alphas were .85 (men), .88 (women), .81 (men), .82 (women), .92 (men and women), and .80 (men), .82 (women) (27). In the Iranian study by Nasiri and Bashardoust (2018), Cronbach's alpha was above .70, indicating good internal consistency. The scale was also confirmed via confirmatory factor analysis (28). In the present study, Cronbach's alpha was .85.

Dimensions of Commitment Inventory (DCI) by Adams and Jones: The Marital Commitment Inventory was developed by Adams and Jones in 1997 and consists of 44 items measuring three dimensions: personal commitment, moral commitment, and structural commitment. Responses are rated on a 5-point Likert scale from "Strongly Agree" (5) to "Strongly Disagree" (1), with higher scores reflecting greater marital commitment. Items 11, 12, 16, 23, 28, 29, 30, 32, 34, 35, 36, and 38 are reverse-coded. The total score ranges from 44 to 172. Adams and Jones (1997) tested the scale on 417 married, 347 single, and 46 divorced individuals across six studies. Test-retest reliability coefficients were reported as .91 for personal

commitment, .89 for moral commitment, and .86 for structural commitment. In the Iranian adaptation by Mohammadi et al. (2014), Cronbach's alpha values were .66 for personal commitment, .76 for moral commitment, .78 for structural commitment, and .87 for the overall scale. Content validity for the Iranian version was reported with a Kappa coefficient of .90 (29). In the present study, Cronbach's alpha was calculated at .89.

Data analysis

Data analysis was conducted using Pearson correlation and stepwise regression through SPSS version 26.

Findings and Results

In the present study, 86 participants were between 20 and 30 years old, 126 were between 30 and 40, and 37 were between 40 and 50 years old. Regarding marital duration, 97 participants had been married for 3 to 5 years, 86 for 5 to 7 years, 40 for 8 to 10 years, and 26 for more than 10 years. Descriptive findings are presented in Table 1.

Table 1: Mean, Standard Deviation, Skewness, and Kurtosis of Research Variables

Variable	Subscale	Mean	SD	Skewness	Kurtosis
Marital Satisfaction	Conventional Response	8.96	2.224	0.353	0.127
	Satisfaction	20.69	4.486	0.307	-0.126
	Personality Issues	9.29	2.134	0.092	-0.287
	Marital Communication	10.82	2.380	0.025	0.327
	Conflict Resolution	16.16	2.535	-0.013	-0.248
	Financial Management	8.54	1.704	-0.103	0.019
	Leisure Activities	12.90	2.094	0.168	-0.137
	Sexual Relations	12.67	2.225	-0.170	-0.101
	Parenting	12.99	2.964	-0.201	-0.140
	Relatives and Friends	13.36	2.842	-0.017	-0.482
Sexual Awareness	Gender Equity	4.94	1.488	0.260	0.339
	Religious Orientation	11.55	2.907	0.063	0.124
	Sexual Consciousness	16.51	3.085	0.065	0.010
	Sexual Monitoring	22.86	3.947	0.091	0.171
	Sexual Assertiveness	19.00	3.196	0.126	0.299
Marital Commitment	Sexual Attractiveness	8.26	2.000	-0.260	-0.048
	Personal Commitment	56.65	7.447	-0.344	0.293
	Moral Commitment	42.52	5.713	-0.792	1.754
	Structural Commitment	64.65	6.979	0.074	0.410
Marital Satisfaction (total)		142.88	17.283	0.006	-0.057
Sexual Awareness (total)		66.63	9.748	-0.012	0.933
Marital Commitment (total)		163.82	17.849	-0.279	0.975

As shown in Table 1, the mean and standard deviation for marital satisfaction were 142.88 and 17.283, respectively. For sexual awareness, these values were 66.63 and 9.748, and for marital commitment feelings, they were 163.82 and 17.849. The skewness and kurtosis values for all research variables were less than ± 2 , indicating that the data distribution meets the assumption of normality in terms of skewness and kurtosis.

To examine the assumption of univariate normality, skewness and kurtosis values were assessed. To evaluate the multicollinearity assumption, Variance Inflation Factor (VIF) and tolerance index were checked. The skewness and kurtosis statistics of the research variables were found to lie within ± 2 , confirming the normal distribution of the data. Additionally, the VIF values were below 10, and tolerance indices were greater than 0.10, indicating that the multicollinearity assumption was not violated. To assess the

independence of residuals or the assumption of independent observations, the Durbin-Watson test was conducted, yielding a value of 1.642, which confirms that this assumption is also met.

Table 2 presents the Pearson correlation coefficients between the study variables.

Table 2: Pearson Correlation Coefficients Between Study Variables

Variable	Marital Satisfaction	Sexual Awareness	Marital Commitment Feelings
Marital Satisfaction	1.000		
Sexual Awareness	0.155*	1.000	
Marital Commitment Feelings	0.172**	0.766**	1.000

The results of the Pearson correlation analysis indicated a significant positive correlation between marital satisfaction and sexual awareness ($r = 0.155$), and between marital satisfaction and marital commitment feelings ($r = 0.172$). Additionally, sexual awareness was strongly and positively correlated with marital commitment feelings ($r = 0.766$) at the 0.01 alpha level ($p < .001$). These findings suggest statistically significant and positive relationships among the research variables. Given the fulfillment of all regression assumptions, multivariate regression analysis was employed to test the study hypotheses.

Table 3: ANOVA Results for Predicting Marital Satisfaction

Source	Sum of Squares	df	Mean Square	F	p
Regression	2280.107	2	1140.053	3.906	0.021
Residual	71796.279	246	291.855		
Total	74076.386	248			

As shown in Table 3, the observed F value ($F = 3.906$, $p < .01$) was statistically significant, indicating that sexual awareness and marital commitment feelings significantly predict marital satisfaction. To determine the unique contribution of each predictor, stepwise multiple regression analysis was conducted (Table 4).

Table 4: Stepwise Regression Analysis for Predicting Marital Satisfaction

Predictor	B	SE B	β	t	p	Tolerance	VIF
Constant	115.675	10.002	-	11.565	.001	-	-
Marital Commitment	0.166	0.061	0.172	2.736	.007	1.000	1.000

The significance test of regression coefficients ($p < .01$, $\beta = 0.172$) shows that marital commitment feelings significantly explain variance in marital satisfaction. However, sexual awareness did not enter the regression equation and, therefore, does not significantly predict marital satisfaction.

Table 5: Stepwise Regression Analysis for Predicting Conventional Response

Predictor	B	SE B	β	t	p	Tolerance	VIF
Constant	3.687	1.262	-	2.921	.004	-	-
Marital Commitment	0.032	0.008	0.258	4.199	.001	1.000	1.000
Constant	3.549	1.252	-	2.871	.004	-	-
Marital Commitment	0.053	0.012	0.425	4.489	.001	0.414	2.417
Sexual Awareness	0.050	0.022	0.218	2.304	.022	0.414	2.417

In the first step, marital commitment feelings significantly predicted variance in the "Conventional Response" dimension ($\beta = 0.258$, $p < .01$). In the second step, both marital commitment feelings ($\beta = 0.425$, $p < .01$) and sexual awareness ($\beta = 0.218$, $p < .05$) jointly predicted this dimension.

Table 6: Stepwise Regression Analysis for Predicting Satisfaction

Predictor	B	SE B	β	t	p	Tolerance	VIF
Constant	14.479	2.605	-	5.558	.001	-	-
Marital Commitment	0.038	0.016	0.151	2.400	.017	1.000	1.000

Table 6 shows that marital commitment feelings significantly predicted the satisfaction dimension of marital satisfaction ($\beta = 0.151$, $p < .05$).

Table 7: Stepwise Regression Analysis for Predicting Personality Issues

Predictor	B	SE B	β	t	p	Tolerance	VIF
Constant	62.319	1.815	-	34.340	.001	-	-
Marital Commitment	0.375	0.047	0.448	7.947	.001	1.000	1.000
Constant	58.821	2.142	-	27.459	.001	-	-
Marital Commitment	0.333	0.049	0.398	6.850	.001	0.914	1.094
Sexual Awareness	0.135	0.046	0.172	2.963	.001	0.914	1.094

Table 7 shows that in the first step, marital commitment feelings significantly predicted the "Personality Issues" dimension ($\beta = 0.448$, $p < .01$). In the next step, both marital commitment ($\beta = 0.398$, $p < .01$) and sexual awareness ($\beta = 0.172$, $p < .01$) significantly predicted this dimension.

Table 8: Stepwise Regression Analysis for Predicting Marital Communication

Predictor	B	SE B	β	t	p	Tolerance	VIF
Constant	53.978	2.954	-	18.274	.001	-	-
Marital Commitment	0.525	0.109	0.291	4.811	.001	1.000	1.000

Table 8 shows that marital commitment feelings significantly predicted the "Marital Communication" dimension of marital satisfaction ($\beta = 0.291$, $p < .01$).

Table 9: Stepwise Regression Analysis for Predicting Conflict Resolution

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	63.488	4.489	-	14.143	.001	-	-
Marital Commitment	1.842	0.166	0.574	11.108	.001	1.000	1.000
Constant	71.906	5.392	-	13.336	.001	-	-
Marital Commitment	2.068	0.183	0.644	11.283	.001	0.798	1.253
Sexual Awareness	0.517	0.189	0.157	2.741	.007	0.798	1.253

Table 9 shows that in the first step, marital commitment feelings significantly predicted variance in conflict resolution ($\beta = 0.574$, $p < .01$), making it the strongest predictor. In the next step, sexual awareness also entered the model along with marital commitment, and both variables significantly predicted conflict resolution ($\beta = 0.644$ and $\beta = 0.157$, respectively; $p < .01$ and $p < .05$).

Table 10: Stepwise Regression Analysis for Predicting Financial Management

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	52.903	2.798	-	18.904	.001	-	-
Marital Commitment	0.399	0.073	0.327	5.488	.001	1.000	1.000

Table 10 shows that marital commitment feelings significantly predicted variance in financial management ($\beta = 0.327$, $p < .01$), indicating a meaningful contribution to marital satisfaction.

Table 11: Stepwise Regression Analysis for Predicting Leisure Time

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	71.906	5.392	-	13.336	.001	-	-
Marital Commitment	2.068	0.183	0.644	11.283	.001	1.000	1.000

Table 11 indicates that marital commitment feelings significantly predicted variance in leisure time ($\beta = 0.644$, $p < .01$), representing a statistically meaningful predictor of this dimension.

Table 12: Stepwise Regression Analysis for Predicting Sexual Relationship

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	9.953	0.962	-	10.345	.001	-	-
Sexual Awareness	0.041	0.014	0.178	2.850	.005	1.000	1.000

Table 12 shows that sexual awareness significantly predicted variance in sexual relationship ($\beta = 0.178$, $p < .05$), indicating a meaningful statistical contribution.

Table 13: Stepwise Regression Analysis for Predicting Parenting

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	10.364	1.292	-	8.023	.001	-	-
Sexual Awareness	0.039	0.019	0.129	2.052	.041	1.000	1.000

Table 13 reveals that sexual awareness significantly predicted variance in the parenting dimension ($\beta = 0.129$, $p < .05$), thus having a statistically meaningful role in prediction.

Table 14: Stepwise Regression Analysis for Predicting Relatives and Friends

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	48.978	2.954	-	18.274	.001	-	-
Marital Commitment	0.525	0.109	0.284	4.811	.001	1.000	1.000

As shown in Table 14, marital commitment feelings significantly predicted the "Relatives and Friends" dimension ($\beta = 0.284$, $p < .01$), indicating a statistically meaningful effect on marital satisfaction.

Table 15: Stepwise Regression Analysis for Predicting Gender Equality

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	52.903	2.798	-	18.904	.001	-	-
Marital Commitment	0.399	0.073	0.327	5.488	.001	1.000	1.000

Table 15 shows that marital commitment feelings significantly predicted the gender equality roles dimension ($\beta = 0.327$, $p < .01$), demonstrating a statistically significant contribution to this aspect of marital satisfaction.

Table 16: Stepwise Regression Analysis for Predicting Religious Orientation

Variable	B	SE B	β	t	p	Tolerance	VIF
Constant	66.616	2.461	-	27.064	.001	-	-
Marital Commitment	0.358	0.089	0.245	4.009	.001	1.000	1.000
Constant	69.191	2.614	-	26.468	.001	-	-
Marital Commitment	0.512	0.105	0.351	4.864	.001	0.702	1.425
Sexual Awareness	0.289	0.108	0.194	2.683	.008	0.702	1.425

As indicated in Table 16, marital commitment feelings significantly predicted religious orientation in the first step ($\beta = 0.245$, $p < .01$). In the second step, both marital commitment ($\beta = 0.351$, $p < .01$) and sexual awareness ($\beta = 0.194$, $p < .05$) significantly predicted this dimension, showing a combined predictive power on religious orientation.

Discussion and Conclusion

The aim of the present study was to predict and explain marital satisfaction based on sexual awareness and marital commitment feelings in married women residing in Tehran. The findings indicated that marital commitment significantly explained the variance in marital satisfaction and had a statistically meaningful

contribution to its prediction. However, sexual awareness did not enter the regression model and therefore was not a significant predictor of marital satisfaction. These results are consistent with the prior findings (22, 30-32), and inconsistent with some other results (10, 24).

Marital satisfaction is considered one of the fundamental components of mental health, happiness, and the stability of marriage. Among its core foundations, marital commitment plays a vital role. Couples with high levels of marital commitment strive to maintain and strengthen their relationship, which in turn leads to more enduring unions. Studies have shown that higher levels of commitment are associated with more expressions of love, increased adaptability, strengthened marital bonds, improved problem-solving skills, and greater overall marital satisfaction (22, 30-32). Individuals who are committed to their marriage tend to spend more time with their spouse, prioritize their partner's needs, and engage in actions that promote happiness and intimacy. Conversely, lower levels of commitment often indicate less investment and benefit in the relationship, resulting in diminished satisfaction (33). Low marital commitment may lead to deeper relationship issues such as resentment, jealousy, competition, vengefulness, humiliation, lack of trust, and decreased self-esteem (34), all of which negatively impact marital satisfaction.

The nonsignificant role of sexual awareness in predicting marital satisfaction can be explained by the cultural context. While sexual knowledge is essential to satisfaction, in traditional societies like Iran, individuals often enter marriage with incomplete or inaccurate information about sexual relationships. This lack of knowledge undermines both self-concept and confidence, particularly when problems in sexual performance arise. When individuals recognize their knowledge deficiencies, they may see themselves as inadequate partners, which negatively affects satisfaction. Nevertheless, accurate sexual knowledge can help individuals understand their limitations and promote healthier sexual behavior, ultimately contributing to emotional well-being and fulfillment.

Regarding the first hypothesis, both marital commitment and sexual awareness were significant predictors of the "conventional response" dimension of marital satisfaction. According to Olson's Family Systems Theory, satisfying marital relationships—rooted in mutual commitment—enable families to adapt and respond to emerging needs. This mutual commitment enhances coordination and positive interactions, leading to greater satisfaction and reduced dissatisfaction (9). Similarly, proper sexual education—especially in societies where such knowledge is lacking—can help couples correct misconceptions and improve their marital interactions (35).

The second hypothesis showed that marital commitment significantly explained the "satisfaction" dimension of marital satisfaction. Satisfaction in this context refers to an individual's emotional pleasure and happiness in the relationship. Committed couples who derive joy from their union report greater marital satisfaction and longer-lasting relationships (36). Their sense of responsibility toward each other's happiness enhances intimacy, emotional expression, and family stability.

For the third hypothesis, both marital commitment and sexual awareness jointly predicted the "personality issues" dimension. This refers to the mutual respect for personal boundaries within the relationship. Couples who are self-confident, responsible, and aware of both their own and their partner's sexual needs tend to experience higher levels of marital satisfaction by preserving their personal autonomy.

The fourth hypothesis indicated that only marital commitment predicted the "marital communication" dimension. Quality communication—marked by intimacy, empathy, gratitude, and collaboration—

strengthens marital satisfaction. Committed couples are more likely to engage meaningfully and navigate challenges together.

In support of the fifth hypothesis, both marital commitment and sexual awareness predicted the "conflict resolution" dimension. Conflict is inevitable in all relationships, often stemming from external pressures. However, committed and sexually aware couples are more likely to resolve disputes collaboratively, turning challenges into opportunities for growth.

The sixth hypothesis showed that marital commitment alone predicted the "financial management" dimension. Financial dissatisfaction is common in marriages, but committed couples who plan and prioritize shared responsibilities tend to experience greater satisfaction. Mutual responsibility and equitable participation in financial decision-making reinforce trust and cohesion.

The seventh hypothesis revealed that marital commitment alone predicted the "leisure time" dimension. Leisure time with family creates bonding opportunities. When couples prioritize shared recreation, they foster intimacy and marital satisfaction through mutual enjoyment and relaxation.

In the eighth hypothesis, only sexual awareness predicted the "sexual relationship" dimension. Understanding the sexual response cycle and gender differences enhances sexual health and intimacy. Accurate sexual knowledge corrects misconceptions and contributes to more satisfying sexual experiences, thereby improving overall marital satisfaction.

The ninth hypothesis showed that sexual awareness alone predicted the "parenting" dimension. Research indicates that marital satisfaction often declines during the parenting years. Couples who are sexually aware and plan their family size responsibly tend to experience greater peace of mind and satisfaction, as they can avoid unplanned pregnancies and maintain emotional intimacy.

According to the tenth hypothesis, marital commitment predicted the "relatives and friends" dimension. External relationships influence marital dynamics. When spouses are dissatisfied, they may turn to outside relationships, reducing commitment. However, committed couples focus more on each other and less on external social ties, enhancing their marital satisfaction.

The eleventh hypothesis demonstrated that marital commitment predicted the "gender equality roles" dimension. Gender roles—culturally shaped expectations about men and women—impact marital dynamics. Spouses who transcend gender stereotypes and support equitable roles report higher mental well-being and satisfaction. Studies show that gender-neutral couples experience better relationships.

The twelfth hypothesis showed that both marital commitment and sexual awareness predicted the "religious orientation" dimension. Shared religious beliefs and spiritual practices can enhance unity, reduce stress, and promote resilience in facing crises. Faith-based practices have been linked to increased marital satisfaction, suggesting that spiritual compatibility strengthens relationships.

Like other studies, this research had several limitations. The most notable were the use of convenience sampling, the restriction of the study population to District 12 of Tehran, and the lack of control over variables such as education, cultural background, socioeconomic status, and family structure. These factors may have influenced the results. Future research should include a broader population and conduct comparative studies across various social and cultural settings. Controlling for influential variables like education and socioeconomic status is recommended.

Future studies should consider qualitative methods to explore the reasons behind the significance or insignificance of certain variables on marital satisfaction. Additionally, longitudinal studies can provide more insight into how these factors evolve over time within marital dynamics.

To improve marital satisfaction, it is recommended to promote individual and couple counseling sessions tailored to the unique personality and cultural characteristics of each couple. Moreover, considering the complexity and cultural sensitivity of marital satisfaction, educational workshops at healthcare and counseling centers should be organized to raise awareness and provide guidance to couples.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. Written consent was obtained from all participants in the study.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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