

Original research

Predicting the meaning of life based on personality traits and self-control in couples

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Abstract

Introduction: Family is the most important and fundamental unit of the structure of society. This study deals with predicting the meaning of life based on personality traits and self-control in couples.

Research Method: This study was conducted using a descriptive correlational method. 154 couples were selected using a convenience sampling method. Data collection tools included the Meaning in Life Questionnaire by Steger et al., the Five-Factor Personality Questionnaire by Kaska and McCrae, and the Tangi Self-Control Questionnaire. The collected data were analyzed using SPSS24 software.

Findings: Self-control predicted 35% of the meaning of life in couples, and among the personality traits, extraversion 40% and conscientiousness 19% positively and neuroticism 26% negatively and significantly predicted the meaning of life in couples.

Conclusion: According to the results obtained, it can be said that paying attention to personality traits and self-control in couples provides the basis for improving the meaning of life.

Keywords: meaning of life, personality traits, Self-control

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Introduction:

The family is the most important and fundamental unit of the structure of society. The family is the most important and fundamental unit of the structure of society. The foundation of the family is formed by couples who have promised each other commitment, loyalty and responsibility. The quality of marriage is determined by concepts such as compatibility, satisfaction and happiness. Identifying factors that affect the level of quality of life of couples is very important. Studies have found several factors to be effective, among which the meaning of life can be mentioned. Meaning in life can affect couples' relationships; meaning in life should be examined in married life because, naturally, when a person has not yet found his individual and personal meaning, he cannot properly play his role as a spouse, and this lack of meaning in life also spreads to married life, as a result, he has no desire to live together and the desire to separate increases in them. Meaning in life has been defined in various ways. Some researchers have considered it as a perception of coherence and solidarity. According to numerous studies, one of the components related to the meaning of life is personality traits. Personality is an abstract concept that constitutes a set of behavioral characteristics, thoughts, perceptions, motivation, and emotions of individuals and causes individual differences between individuals. Another variable affecting the meaning of life is self-control. In the study by Lotfi Amiri, Lafmanjani, and Poursafar, the results showed that there is a positive and significant relationship between self-control and the meaning of life. Self-control can also affect the quality of life through the ability to avoid or eliminate unwanted thoughts, behaviors, and emotions. Self-control is a single resource that can be used or manifested in one of the response domains including cognitive, emotional, and behavioral. This study deals with predicting the meaning of life based on personality traits and self-control in couples.

Research Method:

The aim of the study was to predict the meaning of life based on personality traits and self-control in couples. The method of this study was descriptive and correlational. The statistical population of the study included all couples referring to family counseling centers in the Piroozi area of Tehran, including: Marzieh Dehghan Clinic, Atefeh Amiri Clinic, and Somayeh Roshan Clinic. 154 couples were selected from the statistical population using convenience sampling. Three questionnaires were used to collect data: Meaning in Life by Steger et al. (6), Kaska and McCrae's Five-Factor Personality Scale (12), and Tangi's Self-Control (2004). The collected data were analyzed using SPSS24 software.

Findings:

The results showed that self-control significantly positively predicts the meaning of life in couples. Also, among the personality traits, extraversion and conscientiousness positively and neuroticism negatively and significantly predict the meaning of life in couples. Self-control can affect the quality of life through the ability to avoid or eliminate unwanted thoughts, behaviors, and emotions. Self-control helps people cope with their daily lives, work, and relationships. It has also been shown that people with high self-control are more likely to approach and strive for positive outcomes and future goals, get a job promotion, and are less likely to focus on preventing negative outcomes than people with low levels of self-control. Also, high self-control creates appropriate interpersonal interactions, better communication, and fewer marital conflicts, which improves the health and

satisfaction of couples with life. Self-control helps people cope with their daily lives, work, and relationships, which in turn enhances their sense of meaning in life. Also, based on personality traits, meaning in life can be said to be a state in which a person perceives that life events have a purpose and that their life purpose is shaped in line with that. Meaning in life is an important psychological construct. Meaning refers to having clear goals in life, a sense of achieving goals, a belief that one's daily activities are worthwhile, and a sense of belonging and passion for life. The presence of meaning is the extent to which a person considers their life important, meaningful, and understandable. In general, the presence of meaning in life is positively related to general health, social support, gratitude, and self-esteem. People who have no meaning in their lives may be considered meaningless, aimless, and unplanned in life. Given that spirituality, which includes searching for meaning and finding meaning in life, is one of the dimensions of human existence, and humans need to pay attention to this dimension and its needs along with other dimensions of their existence. Having some personality traits in the field of human spiritual dimension can also play an effective role. Extraversion and conscientiousness help a person to be successful in changing their thoughts, behavior, and emotions when faced with various events, and adaptability is created, and when adaptability leads to a person's success in social, personal, and psychological dimensions; it can pave the way for searching for meaning and finding meaning in life.

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