

Contents lists available at Sjournals



Journal homepage: [www.Sjournals.com](http://www.Sjournals.com)



**Original article**

## **Investigation satisfaction with life predictors via sexual satisfaction, positive emotion, and negative emotion in employees**

**M. Kianfard<sup>a,\*</sup>, Z. Naderi Nobandegani<sup>b</sup>, Z. Karami<sup>c</sup>**

<sup>a</sup>M.A, Department of Counseling, Azad university of Kermanshah, IRAN.

<sup>b</sup>Phd student of counseling, Department of Counseling, Shahid Chamran University of Ahvaz, Ahvaz, IRAN.

<sup>c</sup>M. A, Department of Counseling, Allame Tabataba'ee University, Tehran, IRAN.

\*Corresponding author; M.A, Department of Counseling, Azad university of Kermanshah, IRAN.

### ARTICLE INFO

### ABSTRACT

*Article history:*

Received 20 August 2014

Accepted 04 September 2014

Available online 29 September 2014

*Keywords:*

Sexual satisfaction

Positive emotion

Negative emotion

The Aim of present research was investigation, predictors of Satisfaction With Life via sexual satisfaction, positive emotion and negative emotion in employees. This present research is a descriptive correlation-based study. The statistical population consists of all employees of Iran's Ministry of Jihad-e-Agriculture organizations working in Tehran City during 2011-2012 year. 200 persons were chosen using Morgan table and cluster randomization from this statistical population. Collection tools were a Larson's sexual satisfaction questionnaire and Positive and Negative Emotion Questionnaire and Satisfaction with Life Scale (SWLS). Findings: The obtained results showed that there is a significant correlation between Satisfaction With Life and positive/negative emotions and the variables of sexual satisfaction and positive/negative emotions are able to predict Satisfaction With Life in male and female employees. Additionally, the present research led to the inference that there is a relationship between Satisfaction With Life and positive/negative emotion and these emotions can predict the Satisfaction With Life. Positive and negative emotions reflect fundamental experiences of people from their life events. It can be therefore stated that the sort of a person's emotion might to

---

a large extent represent their life quality, and ultimately, their satisfaction with life.

© 2014 Sjournals. All rights reserved.

---

## 1. Introduction

Satisfaction With Life is one of the mental health indices. Satisfaction With Life refers to an individual's attitude and general assessment about their overall life conditions and/or some aspects of life such as familial life and educational experience. As an overall assessment of life quality based on the selected criteria, Satisfaction With Life includes comparison of life circumstances based on personal criteria with the condition when the individuals experience high levels of satisfaction with life can be regarded as the most comprehensive assessment of people about their living conditions (Diener, 2000). The main advantage of Satisfaction With Life as an index of wellbeing is the fact that the respective index provides an overall sense of the person's wellbeing. It seems that people use their own criteria for their judgments and this might occasionally lead to unreliable or valueless evaluations. However, researches in general indicate that most of the information used in satisfaction judgments is the strongly accessible information which probably matters to the respondents (Lent, 2004).

Diener stated that when people are asked to prepare a list of their good life features, these features most probably would comprise happiness, health, and life expectancy. In his paper, Diener mentions evidences that show Satisfaction With Life and positive/negative emotions affect health and life expectancy (Diener, & Chan, 2010).

Sexual satisfaction is among the variables that has an impact on the Satisfaction With Life. Sexual activity is an integral part of people's life and an essential need which has been somehow implied by almost all theorists in the field of psychology (Berek & Berek, 2007). Many people are dissatisfied with their sexual life and consider it as boring and some others even think about separation (Shahvari, & Mohamadhoseini, 2010). Some individuals suffer from organic diseases which leaves a negative impact on their sexual activity and satisfaction. Yet, non-organic factors such as the obstacles related to social-religious beliefs, sexual damage and bad sexual experiences also influence the natural sexual performance. Depression, mental stresses, chronic diseases, medicines, infertility, pregnancy, or lack of suitable relationship with spouse (Botros, & Abramov, 2006) and social characteristics of the person are significant factors in individual and general health (Holemborg, 2010). Hoogo (2012) demonstrates that the same argument holds for men as well. An empirical research at large scale indicated that positive assessment of people's sexual life is closely related to their sense of happiness (Laumann et al., 1994). Therefore, sexual satisfaction is directly linked to physical and mental health, sexual activity level, and foundation of relationship (Määttä and Uusiautti, 2012). Many mental anxieties, marital incompatibility, and also increase in unfaithfulness and divorce have their roots in sexual dissatisfaction of couples (shariati et al., 2009). Sexual dissatisfaction might result in profound problems in marital relations as well as feelings of hatred toward spouse, resentment, envy, rivalry, revenge, humiliation, lack of self-confidence, and similar issues. These problems are intensified by or are reflected in the form of tensions and disputes and gradually deepen the split between the couple (Christopher & Sprecher, 2000).

On the other hand, the research works have also corroborated significance of sexual satisfaction in marital satisfaction (Byers, 2005; Slosarz, 2000; Nicole, 2005; Bakhshayesh, & Mortazavi, 2009). The research carried out by Widerman and Hurd (quoted by Atkins, Jacobson, & Backom, 2001) associates marital infidelity to factors like scarce sexual intercourses, willingness to extramarital sexual relationships, and having sufficient time and chance to establish such kind of sexual relationships. Davison et al. (2009) found out there exists a positive and significant correlation between sexual satisfaction and general satisfaction with life. This conclusion also holds for sex drives or sexual desires.

Another factor that can affect Satisfaction With Life is the person's emotions and temper. Emotion is defined as fluctuating reactions which are constantly influenced by person's thinking and cognition (Spindler, Denollet, Kruse, & Pedersen, 2009). Emotions are generally classified in two categories of

positive emotion and negative emotion (arizi, 2010). Positive and negative emotions are two constituting components of mental wellbeing. Mental happiness is reflected in people's perceptions and assessments about life in cognitive dimensions besides psychological and social performances. Positive emotion entails positive feelings and excitements such as pleasure, joviality, consent, and pride whereas negative emotion includes negative feelings and excitements such as guilt, shame, grief, anxiety and dead, anger, and stress (Johnson & Kroger, 2006; quoted by Hafezi, and Jameienejhad, 2009). Research results suggest that positive emotion reflects how passionate and willing a person is to life and what level of activity and consciousness they feel they have. But negative emotion represents a general dimension of internal unhappiness and unpleasant preoccupation and consists of undesirable states such as anger, hatred, resentment, guilt, fear, and nervousness (Krammer, 1992). In fact, positive emotion includes positive sentiments and excitements like pleasure, joviality, consent, and pride while negative emotion refers to negative feelings and excitements including guilt, shame, sadness, dread and anxiety, anger, and stress (Crowford & Henry, 2004). In nature, positive and negative emotions are relatively independent and separate phenomena both as a state and as a behavior. Individuals with high positive emotion are energetic, have high spirits ;and enjoy their life. On contrary, those with high negative emotion are anxious, worried and lack energy. Positive emotion plays role in improvement of physical health through strengthening the body's immunity system. Regarding mental health, the studies have corroborated that positive emotions can nullify the negative emotions and counterbalance their detrimental effects. (Martinz-Sanchez, Ato- Garcia, and Mortiz- Soria, 2003).

The available research evidences are suggestive of the fact that there exists a correlation between positive emotion and establishment of extensive social relations, prosocial behavior, attentiveness, concentration, and decision-making ability. On the other hand, there is also a relationship between negative emotion and mind complaints and poor abilities in dealing with stress, tension, and anxiety (Spindler, 2009). Watson & Tellegen (1985) reached to the conclusion that the respective emotional elements have different relationships with depression and anxiety. Since negative emotional states are observed in anxiety as well as depression, the evaluation tools of each component has equal degree of negative emotion factor. Thus, negative emotion is positively related to anxiety and depression. Soltanizadeh, Malekpour, and Neshatdoost (2012) demonstrated in their research that there is a positive and significant correlation between positive emotion and Satisfaction With Life among university students.

With regard to absence of adequate structured research works in the scope of Satisfaction With Life, the present research was conducted aimed investigation predictors of Satisfaction With Life via sexual satisfaction, positive emotion, and negative emotion in employees.

## **2. Methodology**

The present research is a descriptive correlation-based study. The statistical population consists of all employees of Iran's Ministry of Jihad-e-Agriculture organizations working in Tehran City during 2011-2012 year. Of this statistical population, 200 persons were chosen using Morgan table and cluster randomization method. Among 12 subsidiaries of Agriculture Ministry, Office of Planning and Social Support Deputy and Office of Soil Study and Soil Fertility were randomly selected. Their employees were totally 950 persons. Among them, 230 persons were chosen; 30 persons were added in order to prevent from decrease in number of samples as some respondents might refrain from attending the survey.

Among the participants in the study, 53.5 percent were male while the female respondents accounted for 46.5 of the sample. 13.5 of participants held a high-school diploma degree, 35 percent had associate degree, 40.5 percent had bachelors' degree, and the remaining 11% had masters or higher educational degrees. 23.5% of the respondents had been married for 1 to 5 years, 58% for 6 to 10 years, 18% for 11 to 15 years, and the rest 0.5% for 16 to 20 years. 25% of the participants aged below 30 years, 51% were in the age interval of 31-40 years, 21% in the age interval of 41-50 years, and the remaining 3% in the age interval of 51-60 years. 28.5 percent of participants had one child, 29 percent had 2 children, 29 percent had 3 children, 1.5 percent had 4 children, and 1 percent had 5 children.

### **2.1. Data collection**

**Larson's sexual satisfaction questionnaire:** is a standard pre-prepared questionnaire called "ISS (Index of Sexual Satisfaction)" used by Larson in her research to evaluate level of sexual satisfaction of couples. In the respective research, the scientific validity of the questionnaire was approved by Hudson and Harrison and the scientific reliability or consistency of the questionnaire was confirmed by retesting in the same study. This questionnaire consists of 25 questions. To answer each of the questions, five choices are included as follows: Never or None of the time (score: 1), Seldom or Rarely (score: 2), Some of the time (score: 3), Often or Most of the time (score: 4), and Always or All of the time (score: 5). And each question is assigned a score in the range of 1-5 based on the given answer, and at last, having the summation of acquired scores, the respondents are classified in four groups of "complete satisfaction", "relative satisfaction", "low satisfaction", and "dissatisfaction". The scores below 50 represent dissatisfaction or lack of satisfaction, scores between 50 and 75 signify low satisfaction, scores between 76-100 suggest relative satisfaction, and finally, scores above 100 denote complete satisfaction. Validity of the questionnaire was verified based on validity of contents. Cronbach's alpha coefficient was also used to evaluate the reliability. This coefficient equaled 0.86. Scientific validity of the data-collection tool (questionnaire) was measured using content validity. Retest was applied in order to verify the consistency and reliability [23]. In the present research, Cronbach's alpha coefficient was achieved equal to 98%.

**Positive and Negative Emotion Questionnaire:** The extended list of Positive Affect Negative Affect Scale (PANAS-X, Watson & Clark, 1994) is a 60-item self-report test. In addition to two main scales i.e. positive and negative emotions, this questionnaire also evaluates four fundamental scales of negative emotion (Fear, Hostility, Guilt, and Grief), 3 fundamental scales of positive emotion (Joviality, Self-assurance, and Attentiveness), and 4 other emotional states (Shyness, Fatigue, Serenity, and Surprise). The items are single words reported by the examinees on a five-point scale based on their personal experiences as follows: (1: very slightly), (2: a little), (3: moderately), (4: quite a bit), and (5: extremely). The designers have prepared the respective test using 8 different time orders: Moment, Today, Past Few Days, Past Week, Past Few Weeks, Past Month, and Past year. As such, it enables evaluation of emotional state as well as trait. To match the test with standard or state-based format, the instruction must be modified to adjective-related style (how do you usually feel?) or state-related style (For instance, how do you feel today?) It means that the respondents are asked to recall their emotion on a usual basis or in certain time periods.

In the study conducted by Mohammadi et al. (2012), internal correlation coefficients (Cronbach's alpha) ranged between 72% and 93% for "Moment" instruction, between 74% and 90% for "Past Week" instruction, and between 74% and 91% for "Past Year" instruction. In Watson and Clark's research (1994) with trait instruction, Cronbach's alpha was reported between 83% and 90% for positive emotion and between 85% and 93% for negative emotion. The extended list of Positive Affect Negative Affect Scale (PANAS-X) was translated into Persian and then normalized by Mohammadi et al. (2012).

**Satisfaction with Life Scale (SWLS):** Diner, Emmons, Larsen & Griffin (1985) developed a 5-question version of Satisfaction with Life Scale (SWLS) in order to measure cognitive dimension of people's psychological wellbeing. In this scale, the participants respond to each question on an 8-grade Likert spectrum (from 0: strongly disagree to 7: strongly agree). It is worth mentioning that the total scores of respondents in overall Satisfaction With Life factor would increase with increase of their score in this scale. The lowest and highest scores of respondents will be respectively equal to 0 to 35 in the respective scale. In the present research, the Cronbach's alpha coefficient of the SWLS is equal to 0.85.

### 3. Results

In this section of the research, first of all, mean values and standard deviations of research variables are reported.

As shown in Table 1, among the research variables, the highest and lowest mean values respectively belong to positive emotion with 79.26 and sexual satisfaction with 3.08. Also, Satisfaction With Life (6.29) and sexual satisfaction (0.73) have the largest and smallest standard deviations, respectively.

As observed below, correlation coefficient was used for investigating the relationships between research variables. Simultaneous regression analysis was utilized for prediction of criterion variables.

**Table 1**

Mean value and standard deviation of research variables.

Standard deviation	Mean value	Number	Variables	
29/6	54/23	200		Satisfaction With Life
73/0	08/3	200		Sexual satisfaction
51/1	26/79	200	Positive	
86/1	71/74	200	Negative	Emotion

**Table 2**

Correlation matrix of sexual satisfaction, positive emotion, negative emotion, and Satisfaction With Life.

	4	3	2	1	Variable
				1	Sexual satisfaction
			1	**36/1	Positive emotion
		**20/0-	**24/0-		Negative emotion
1	63/0-	47/0	**39/0		Satisfaction With Life

\*\*p<0/01 \*p< 0/05.

Results of Table 2 showed that the research variables are significantly correlated to each other such that a negative and significant correlation exists between Satisfaction With Life and negative emotion ( $p<0.01$ ). There is also a positive and significant correlation between Satisfaction With Life and positive emotion and between Satisfaction With Life and sexual satisfaction ( $p<0.01$ ) as well. Furthermore, there is a negative and significant relationship between negative emotion and positive emotion and sexual satisfaction ( $p<0.01$ ).

**Table 3**

Simultaneous regression analysis for predicting Satisfaction With Life.

Sig	T	B	F	R2	Variables
006/0	78/2	14/0-	81/77	54/0	Sexual satisfaction
0001/0	88/5	06/0-			Positive emotion
0001/0	66/10-	27/0			Negative emotion

Table 3 suggests that the research variables i.e. sexual satisfaction ( $p<0.006$ ) and positive and negative emotions ( $p<0.0001$ ) predict Satisfaction With Life. F value obtained from this analysis equals 77.81. Also, the acquired determination coefficient indicates that the predictor variables are able to explain 0.54 percent of variance of Satisfaction With Life variable.

#### 4. Conclusion

The objective of present research was to investigate predictors of Satisfaction With Life via sexual satisfaction, positive emotion and negative emotion. As corroborated by the findings of this study, there is a significant correlation between Satisfaction With Life and positive/negative emotions and the variables of sexual satisfaction and positive/negative emotions are able to predict Satisfaction With Life in male and female employees. People can probably assess their living conditions; they can assess their conditions and then evaluate their life in a satisfaction-to-dissatisfaction scale or domain. This overall cognitive judgment is referred to as Satisfaction with Life Scale (SWLS). In fact, Satisfaction With Life is positive attitude of the person toward current life despite all problems and difficulties, bitter events, and failures along with their victories, successes, delights, and growth of talents (Sheikhi, 2011). Soltanizadeh et al. (2012) reached to the conclusion in their research that there is a significant correlation between physical pleasure and level of positive emotion experience. In addition, Määttä and Uusiautti (2012) hold the opinion that sexual satisfaction and health are positively related to physical and psychological wellbeing, level of sexual activity, and foundation of relationship. It seems that people would acquire a positive feeling of

themselves and their life with improvement of their sexual satisfaction level, contributing to a positive emotion in short term and Satisfaction With Life in the mid and long term.

Additionally, the present research led to the inference that there is a relationship between Satisfaction With Life and positive/negative emotion and these emotions can predict the Satisfaction With Life. Positive and negative emotions reflect fundamental experiences of people from their life events. Therefore, it is not surprising that some scholars consider such emotional assessments as the basis for judging mental wellbeing. Analyzing variety of emotional reactions experienced by the individuals, the researchers are capable of comprehending the methods they apply in evaluation of their life happenings and circumstances (Diner, Schullen, & Lucas, 2003). The research carried out by Soltanzadeh, Malekpoor, and Neshatdoost (2012) can be mentioned as an example which confirms this finding. In the respective study, the researchers found out that there is a positive and significant correlation between positive emotion and Satisfaction With Life in university students. Furthermore, Meyers, & Diner (1995) demonstrated that Satisfaction With Life is related to high levels of mental health and the higher level of Satisfaction With Life signifies more frequent experience of positive feelings and emotions. piltcher (1998) also realized that Satisfaction With Life is significantly correlated to feelings such as: depression, anger, anxiety, physical health and frequency of physical diseases, positive and negative emotions, and sleeping quality. It can be therefore stated that the sort of a person's emotion might to a large extent represent their life quality, and ultimately, their satisfaction with life.

## References

- arizi, H., Nasery Mohammadabadi, A., Askari, A., 2009. The role of positive affect in relation between pain and stress, and negative affect in employed women. *J. Mazand. Univ. Med. Sci.*, 20 (75), 55-63.
- Atkins, D.C., Jacobson, N.S., Baucom, D.H., 2001. Understanding infidelity: Correlates in a national random sample. *j. Family Psychol.*, 15, 735-749.
- Bakhshayesh, A., Mortazavi, M., 2009. Sexual relations, public health and marital satisfaction in couples. *J. Appl. Psychol.*, 3 (12), 73-85.
- Berek, S., Berek, J., Novak's Gynecology., 2007. 14th. Philadelphia: Lippincott Williams & Wilkins. p: 247.
- Botros, S.M., Abramov, Y., Miller, J.J., Sand, P.K., Gandhi, S., Nickolov, A., et al., 2006. Effect of parity on sexual function: an identical twin study. *Obstet. Gynecol.*, 107(4), 765-770.
- Byers, E.S., 2005. Relationship satisfaction and sexual satisfaction. A longitudinal study of individuals in long-term relationships. *J. Sex. Res.*, 42(2),113-118.
- Christopher, F.S., Sprecher, S., 2000. Sexuality in marriage, dating , and other relationships. *J. Marr. Family.*, 62, 999-1017.
- Crawford, J.R., Henry, J.D., 2004. The positive and negative affect schedule (PANAS): Construct validity, measurement properties and normative data in a large non-clinical sample. *Brit. J. Clin. Psychol.*, 43, 245-265.
- Davison, S., Bell, R., LaChina, M., Holden, S., Davis, S., 2009. The relationship between self-reported sexual satisfaction and general well-being in women. *J. Sex. Med.*, 6, 2690-26 97.
- Diener, E., Chan, S., 2010. Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity, *Running Head. Health Benef. Happ.*
- Diener, E., 2000. Subjective well-being: the science of happiness and a proposal for a national index. *Amer. Psycholog.*, 55(1), 34-43.
- Diener, E.D., Emmons, R., Larsen, R., Griffin, S., 1985. The satisfaction with life scale. *J. Personal. Assess.*, 1,71-75.
- Diener, E.D., Scollon, N.S., Lucas, R.E., 2003. the Evolving Concept of subjective well-being : the multifaceted Nature of Happiness . *Adv. cell Ag. Gerontol.*, 15,187-219.
- Hafezi, F., Jameienjhad, F., 2009. The relationship between love, positive affect, negative affect, and attachment styles with marital satisfaction in National Drilling Company Khuzestan. *New find. psychol.*, 4 (10), 52-4.
- Holemborg, D., blair, K., Philips, M., 2010. women s sexual satisfaction as a predictor of well-being in same-sex vesus mixed-sex relationships. *j. res.*, 471-11.
- Hoogo, m., 2012. Is sexual well –bing part of subjective well –being ?*J. sex. res.*, 49(2-3) 264-273.

- Lent, R.W., 2004. toward a unifying theoretical and practical perspective on well being and psychological adjustment. *J. voun sel. psychol.*, Vol 51, Nc 4, pp 482-509.
- Laumann, E., Gagnon, J., Michael, R., Michaels, S., 1994. *The social organization of sexuality*. Chicago, IL: University of Chicago Press.
- Määttä, k., Uusiautti, s., 2012. How to Learn to Enjoy Sexuality – The Resources of Human Sexuality. *Adv. Psychol. Study*.
- Martinez-Sanchez, F., Ato- Garcia, mortiz- Soria, B., 2003. Alexithymia- state or trait?. *Span j. psychol.*, 6(1), 51-9.
- Meyers, D.G., Diener., 1995. E who is happy?. *Psycho sci.*, 6, 10-19.
- Mohammadi., et al., 2012. Functional analysis of the long-form list of positive and negative affect (Positive and Negative Affect Schedule -X) Proceedings of the First National Conference of character and modern life group - C (2012) The role of personality characteristics in predicting aggression in the Razi University of Kermanshah, Iran, unpublished.
- Mohammadi, F., et al., 2012. Functional analysis of the long-form list of positive and negative affect (PANAS-X) Proceedings of the First National Conference of character and modern living. Azad Univ. Sanandaj.
- Nichols, M.P., 2005. Concurrent discriminant validity of the Kansas marital satisfaction scale. *J. Marr. Family.*, 48(2), 381-387.
- Pilcher, J.J., 1998. Affective and daily events predictors of life satisfaction in college students. *Soc. Ind. Res.*, 43(3), 291–306.
- Shahvari, Z., Mohamadhoseini, S., 2008. Factors associated with sexual satisfaction Gachsaran city. *J. Gorg. Univ. Med. Sci.*, 11(4), 51-56.
- Shahvary, Z., Gholizade, L., MohamadHoseiny, S., 2010. Determination of some related factors on women sexual satisfaction Gachsaran. *J. Gorgan. Uni. Med. Sci.*, 11 (4), 51-56.
- Shariati, M., Ghamarani, A., Solati, S.K., Abasi, H., 2009. relationship Alexeithymia and sexual satisfaction among married female group of students of Tabriz University. *J. Family Res.*, 6 (21), 59-70.
- Sheikhi, M., 2011. Modeling of "Loneliness Feeling" Based on the Spiritual Welfare, self-efficacy and Satisfaction With Life, Thesis (PhD) Dep. Psychol., Azad University of Tehran.
- Slosarz, W.J., 2000. Relationship between lifestyle and factors affecting sexual life. *J. Sex. Relat. Therapy.*, 15(2), 367-380.
- Soltanizadeh, M., Malekpour, M., Neshat Doost, H., 2012. T. The relationship between positive affect and negative affect with Satisfaction With Life in Isfahan university student. *J. Clin. psychol. Personal.*, 19, 7, 53-64.
- Soltanizadeh, M., Malekpour, M., Neshat Doost, H.T., 2008. The relationship between physical pleasure and positive and negative affect at the Isfahan university. *Psycholog. stud.*, 4, 1, 31.
- Spindler, H., Denollet, J., Kruse, C.h., Pedersen, S.S., 2009. Positive affect and negative affect correlate differently with distress and health-related quality of life in patients with cardiac conditions: Validation of the Danish Global Mood Scale. *J. psychosomat. res.*, 67 (1), 57-65.
- Watson, D., Clark, L.A., tellegen, A., 1988. Development and validation of brief measures of positive and negative affect : the PANAS scales. *J. pers. soc. psychol.*, 47, 1063.
- Watson, D., Clark, L.A., 1994. *The PANAS-X manual for the positive and negative affect schedule-expanded form*. The University of Iowa. <http://www.psychology.uiowa.edu>.