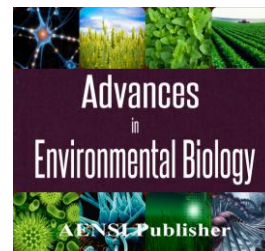




AENSI Journals

## Advances in Environmental Biology

ISSN-1995-0756 EISSN-1998-1066

Journal home page: <http://www.aensiweb.com/AEB/>

### Mental Health of Woman Married to Smokers: The Role of Spouse Forgiveness and Relationship Quality

<sup>1</sup>Mostafa Alikhani, <sup>2</sup>Ali Zakiee, <sup>3,4</sup>Parisa Janjani, <sup>3</sup>Mostafa Janjani, <sup>1</sup>Masoud Moradi, <sup>5</sup>Teymor Jamshidi

<sup>1</sup>Substance abuse prevention research center, Kermanshah University of medical sciences, Kermanshah, IRAN.

<sup>2</sup>Social Development and Health Promotion Research Center, Kermanshah University of Medical Sciences, Kermanshah, IRAN.

<sup>3</sup>Kermanshah University of Medical Sciences, Kermanshah, IRAN.

<sup>4</sup>College of Social Sciences, Razi University, Kermanshah, IRAN.

<sup>5</sup>Kermanshah province- general office of legal medicine, Kermanshah, IRAN.

#### ARTICLE INFO

##### Article history:

Received 11 June 2014

Received in revised form 21 August 2014

Accepted 25 September 2014

Available online 5 October 2014

##### Keywords:

Mental health, Spouse forgiveness, Spouse relationship, Smoking

#### ABSTRACT

**Aim:** Smoking cigarette by the husband can be harmful both to the woman's mental health and the relationship between the couple, and this fact, has led the researchers to examine the relationship between spouse forgiveness, spouse relationship and their mental health. **Method:** To do this solidarity descriptive research, samples of 450 women from Kermanshah city (Iran) were chosen using the cluster sampling method. The used data collection method was family forgiveness, mental health and spouse relationship quality questionnaires. The used statistical methods were the Pearson correlation coefficient and Regression Analysis. **Finds:** The results show that, in both women married to smokers and women married to non-smokers, there is a relation between spouse forgiveness, spouse relationship and mental health. **Results:** Women having better spouse relationships and women having more spouse forgiveness have higher mental health.

© 2014 AENSI Publisher All rights reserved.

**To Cite This Article:** Mostafa Alikhani, Ali Zakiee, Parisa Janjani, Mostafa Janjani, Masoud Moradi, Teymor Jamshidi, Mental health of woman married to smokers: The role of spouse forgiveness and relationship quality. *Adv. Environ. Biol.*, 8(11), 1098-1102, 2014

### INTRODUCTION

Smoking cigarette and being addicted to it, is a well-seen phenomenon in the field of family problems and may damage a family by making mental and physical damages to family members. Of the worst of these consequences is that the head of the family is addicted to smoking cigarettes and this affects all family members, especially the wife.

Because of the sensitive role of the married to a smoker wife to the family, the husband, the children and the society, it is very important that they receive special attention. Looking at the structure of the family of a smoker, we see the lack of proper relation between the spouses, turbulence and conflicts between the family members. Smoker spouses show more negative and harmful relations such as making excuses, humiliation, and anger.

A smoker husband may influence the health of the family members. If there is a smoker in a family, he/she will influence the health of other non-smoker family members [1].

Because family is an important basic social foundation, a person and society health depends on it. Not only a person's physical and biological health, but also his/her mental, emotional health and personality is influenced by the family, because family is where a person can complete his personality and be prepared for his/her roles in the society [2].

It seems, of the variables with women's mental health, which is married to a smoker, is spouse forgiveness and spouse relationship. A person's mental health is influenced by several factors, and although this factors are studied separately, but in reality they are influenced by each other. Meaning that, due to environmental conditions or personal factors, a person's mental balanced is changed, and the more these factors, the more their influence. Because mental health has a direct relation to "Social personal performance" and "Social mental damages", it is of high importance. World health organization has introduced family as a basic social factor in increasing health and welfare [3].

**Corresponding Author:** Parisa Janjani, Ph.D Student Psychology, Kermanshah University of Medical Sciences, Kermanshah, Iran  
E-mail: [p\\_janjani@kums.ac.ir](mailto:p_janjani@kums.ac.ir), Tell& Fax: ++9808338214653

Forgiveness is a useful characteristic of human behavior, and is widely considered as a research topic by social science researchers. Most of the conducted researches point to the influences of forgiveness on influencing dimensions of mental health. For example, researches show that forgiveness influences reducing anxiety [7,4], depression [9,8], sorrow and grief [10] hostility and enmity [9] and correction of in-person relationships [11]. Toussaint and Webb, found in their research that forgiveness is related to depression [12]. Farhoudian describes in an article that lacking forgiveness is related to weaker mental health [13]. Also, Saif and Bahari's research show that there is a relation between spouse forgiveness and couple's mental health [14].

Researches show that the type of relation between husband and wife is the main predictor of spouse satisfaction and couple's mental health [1].

Because no research has been conducted on the relation of spouse relationship quality and spouse forgiveness with mental health of smoker and non-smoker spouses so far, this research is trying to answer the question of what is the relation between the quality of spouse relationship and spouse forgiveness with mental health of women married to smoker or non-smoker husbands?

#### *Method:*

This research is descriptive of type solidarity and to conduct it, among the primary school students of Kermanshah city (at year 2013), and those whose father is a cigarette smoker, 200 students were chosen using the multilevel cluster sampling method. Then their mothers were asked to gather at school, and the objectives of the research were explained to them and they were handed out some pre-made questionnaires. These questionnaires were filled out in front of the researcher and each participant took the questionnaires individually. For the sake for comparison another sample of 200 students (Shahed group), were selected from the same schools using the same method. These second group's fathers were not addicted neither to cigarette nor anything else, and their mothers were asked to fill out the questionnaires in the same way as the other group. Because some of the questionnaires could be incomplete or some mothers might refuse to cooperate, 25 people were added to each sample, so the total number of participants was 450 people. Also, the participants were assured that their privacy will be preserved and the questionnaires were filled out by the participants with full knowledge of the research and at their own will.

The population for this research consisted of all the married women of Kermanshah city, aging between 32 and 50 years, which have been married between 9 to 20 years and had not re-married, and also had a child studying at primary school. Research data analysis was done using SPSS-19 software using the Pearson correlation coefficient and Regression Analysis.

#### *Research tools:*

##### *Mental Health Questionnaire (GHQ-12):*

Goldberg created this questionnaire at 1972 for identifying mental disorders in different centers and environments. The questions in the questionnaire, which relate to the person's mental conditions during the past 4 weeks (1 month), contains signs such as misconduct thoughts and feelings and aspects of visible behavior. Therefore the questions insist on the current situation and current place. As many other researchers admit [6] the health questionnaire (GHQ) is the most known screening tool in the psychiatry, psychology and behavioral sciences world, and has had a wonderful impact on the improvement of researches. The questionnaire comes in the form of containing 60, 30, 28 and 12 questions. The 28-question form (GHQ-28) and the 12-question form (GHQ-12) have been very useful both in Iran and other countries. The GHQ-12 questionnaire consists of 12 questions of the main 60 questions and like other forms, each of its questions measures the intensity of mental problems in the recent weeks [15]. This questionnaire consists of 4 sub-criteria: physical symptoms, anxiety, social function disorder and depression. The GHQ questionnaires are graded in two ways. One way is the old Goldberg method (0- 0- 1- 1), which means that **a** and **b** choices are 0 and **c** and **d** are 1. This way, the maximum grade of a participant in a GHQ -12 questionnaire would be 12. Another way of grading, is the Likert method, which comes as (0- 1 -2- 3), which means choice **a** is 0, **b** is 1, **c** is 2 and **d** is 3. Maximum grade of a participant in a GHQ-12 questionnaire using this method of grading would be 36. Goldberg in his first study calculated the credit of GHQ and reported that, the overall indicators of sensitivity, property, and error rate of a 60-question form of GHQ, using the Likert method is 77.5 %, 88.4 % and 15.4 % respectively and using the Likert method is 80.6 %, 93.3 % and 10.9% respectively. In a recent study performed on a population of new students, these numbers for the GHQ -12 were 62 %, 65 %, and 35.7 %, respectively [16]. In this research the stability of the questionnaire was inspected which resulted in a Kronbach Alpha of 0/83.

##### *Family Forgiveness Measurement Scale (FFS):*

To measure spouse forgiveness we used the family forgiveness measurement scale (FFS). Pullard and Anderson created this scale at 1988. This scale consisted of 40 items and came in two parts. The first 20 items relates to main family relations and the other 20 relates to current spouse relations. The aforementioned scale is graded on 5-degree Likert scale, 1 (never) to 5 (almost always). Obtaining a high grade in this test denotes high

forgiveness. This scale measures 5 components: Realistic perception, authentication, compensation, propitiation and recovery. Saif and Bahary have been standardized for Iranian families and its stability has been evaluated as 0.84. Pullard *et al*, to check the credit of family forgiveness measurement scale, used a sample of 342 people, to correlate this scale with Wertington independence scale and Relational ethics scale. The results showed that the sub-criteria of this scale have a good credit convergence. Also, the results of this research showed that, the family forgiveness scale has an acceptable structure credit [17]. Also, Zakee *et al*, reported a Kronbach Alpha coefficient of 0.93 [18]. In this research the stability of the questionnaire was inspected and yielded in 0.79 Kronbach Alpha.

#### Spouse relationship quality questionnaire:

The spouse relationship quality questionnaire has been taken from the book "Life Strategies" (2005) by Phillippe Ma gura [19]. Because this questionnaire had not been normalized, it was used experimentally in the city of Kermanshah. After first assessment and some corrections, they were performed. After first assessment, a number of 21 questions were considered. For this questionnaire, the 4 grade Likret scale (Never 0, to some extent 1, much 2, very much 3) was used, too. In this questionnaire, the highest the grade, the worse is the relation with the spouse. In this research, the stability of the questionnaire was inspected and a Kronbach Alpha of 0.85 was yielded.

#### Findings:

In table 1, average and standard deviation of the inspected variables and the correlation coefficient of mental health is shown.

**Table 1:** Bivariat ecorrelations and descriptive statistics for study variables.

variable	Group 1		Group 2		total		compare	
	M(Sd)	R(P)	M(Sd)	R(P)	M(Sd)	R(P)	F	sig
Family forgiveness	13.41(3.57)	-0.14(0.04)	12.03(3.42)	-0.21(0.002)	12.90(7.60)	-0.22(0.001)	15.51	0.001
Qualify	15.55(7.40)	0.27(0.001)	10.25(6.86)	0.17(0.01)	12.72(3.56)	0.27(0.001)	55.20	0.001
Mental health	107.45(9.67)	1	112.66(9.50)	1	110.06(9.92)	1	29.52	0.001

**Table 2:** Multiple regression analysis predicting mental health.

Group	Model	variable	B	$\beta$	t	sig
Group 1	R <sup>2</sup> = 0.09 F= 20.43(P<0.001)	Qualify	0.10	0.22	4.43	0.001
		forgiveness	-0.05	-0.13	2.72	0.007
Group 2	R <sup>2</sup> = 0.07 F= 8.35(P<0.001)	Qualify	0.12	0.25	3.53	0.001
		forgiveness	-0.02	-0.06	0.82	0.41
total	R <sup>2</sup> = 0.06 F= 6.57(P<0.002)	Qualify	0.06	0.12	1.75	0.008
		forgiveness	-0.06	-0.18	2.59	0.01

To checkout the relation between spouse relationship quality, spouse forgiveness and mental health, we used the Pearson correlation coefficient test (table 1). The results show that, in the whole sample, between spouse relationship quality and mental health there is a correlation coefficient of 0.27 (P<0.001), in the women married to smokers group there is a 0.27 (P<0.001) correlation coefficient and in the group of women married to non-smokers there is a 0.21 (P<0.01) correlation coefficient. Also the results show that, between spouse forgiveness and mental health, in the whole sample there is correlation coefficient of 0.22 (P<0.001), for women married to smokers there is a correlation coefficient of 0.14 (P<0.04) and in the group of women married to non-smokers there is a correlation coefficient of 0.21 (P<0.002). The results of Z Fisher test show that between the two groups, there is not a big difference in correlation coefficient.

To predict mental health based on spouse relationship quality and spouse forgiveness, we used the Simultaneous Regression Analysis method (table 2). The results show that in the whole test sample the prediction variables can predict 9 percent of changes in the mental health and spouse relationship quality and spouse forgiveness with Beta coefficients of 0.22 and 0.13, respectively, can predict mental health. The results show that, in the group of women married to smokers, the prediction variables can predict 7 percent of mental health changes, but only the spouse relationship quality variable with Beta coefficient of 0.25 can predict society mental health. Also the results of the analysis showed that in the group of women married to non-smokers the prediction variables can predict 6 percent of the mental health changes, but, only the spouse forgiveness variable with Beta coefficient of 0.18 can predict mental health.

#### Discussion and conclusion:

This research was conducted to determine the relation between spouse forgiveness and spouse relationship quality in both women married to smokers and women married to non-smokers. The results of the research show that, generally, there is a positive relationship between spouse relationship quality and mental health. Based on the used questionnaires, this means that the higher the quality of relationship with husband, the better the mental

health of a woman. The results of the research showed that, both in women married to smokers and women married to non-smokers, there is a positive relationship between spouse relationship quality and mental health. But in women married to smokers, the spouse relationship quality can predict mental health.

The results of the research showed that, in both groups of women married to smokers, and women married to non-smokers, there is a negative relation between spouse forgiveness and mental health, and this means that the higher the spouse forgiveness, the better the mental health. But, the results of the research showed that spouse forgiveness in women married to non-smokers can predict mental health.

The results of the research in this section match the results of previous researches [7,4,9,8,12,13,14].

It seems that smoking cigarette can affect behavior and can lead a person toward behaviors such as making excuses, anger, boredom and so on and also affect sexual relationship and spouse relationship. These factors can affect spouse's mental health and challenge his/her mental health. If a woman married to a smoker can forgive these factors and the relationship quality is reviewed, the influence of these factors is decreased.

Because forgiveness is one of the psychological and communicational processes for increasing mental health and healing irritation, and is a requisite for communicational, emotional, spiritual and physical growth and affects most of mental health indicators which affect life satisfaction. We can say that in the life of women married to smokers, in which spouse relationship can be damaged, this process shows its forgiveness effect more.

Forgiveness in spouse relationship can be used as a way to end an impaired or painful relation and provide a means of reconciliation with the transgressive person. Therefore, it can increase spouse satisfaction and decrease conflicts by leaving the negative interaction loop by one of the spouse, and thus keep mental health.

Family is a social institution, which is the product of the spouse relationship between a man and a woman. One of the social manifestations of human life, is the presence of healthy and building interactions between humans and the presence of love for others, intimacy and empathy. Family is the place for satisfying different physical, intellectual and emotional needs and knowing about mental and biological needs and how to satisfy them and being equipped with technique of knowing mental and biological needs is a undeniable must. Personal satisfaction from marriage life means satisfaction from family and being satisfied with family means life satisfaction and therefore eases the process of growth, improvement and health. But addiction to something like cigarette damages all these systems and if a woman married to a smoker can keep the quality of his relation with his husband, and forgive his errors, and then she maintains her personal health.

When a woman married to a smoker (or other addictions) can forgive the balance between spouse relationship quality and low spouse satisfaction and desecration is kept. Desecration, (which cigarette and addiction can increase it and some women admit smoking by the husband is one of the errors) can have negative impacts on spouse relationship and satisfaction and also on the person and family. Also, spouse forgiveness can be a cause of spouse relationship stability and increase mental health.

According to the results of the research, we can conclude that, there is a relation between spouse forgiveness and spouse relationship quality and mental health in women married to smokers. Also this relation is percent among women married to non-smokers. According to the results of the research, it is suggested that, family consultants and psychotherapists address the effect of spouse forgiveness and spouse relationship quality in women's mental health. Because this research was conducted in society of Kermanshah, we must be wary of expanding the results to other societies, so we recommend that the research is conducted in other societies too. Because there has not been a research about women married to smokers and this research is unique in its own kind, therefore we recommend researches to do more comprehensive researches in this field.

#### ACKNOWLEDGEMENTS

The present study was financially supported by Kermanshah University of Medical Sciences Substance abuse prevention research center Kermanshah, Iran. We would like to thank staff of clinical research development center of Emam Khomeini hospital for their consultation support in this study

#### REFERENCES

- [1] Phillips, R., A. Amos, D. Ritchie, S.C. Burley, C. Martin, 2007. Smoking in The Home after The Smoke-Free Legislation In Scotland: Qualitative Study, . *BMJ*, 335(7619): 553-556.
- [2] Riahi, M.I., 2007. Sociological analysis of trends in divorce. *Women's Journal*, 5(5): 110.
- [3] Khoshkam, S., A. Ahmadi, M. Abedi, 2007. The effect of communication training programs for mental health. *relationships and couples Counseling Research & Developments*, 24.
- [4] Freedman, S.R., R.D. Enright, 1996. Forgiveness as an Intervention goal with incest survivors. *Journal of Consulting and Clinical Psychology*, 64: 983-92.
- [5] Lin, W.N., 1998. Forgiveness as an intervention for late adolescents with insecure attachment in Taiwan. *The Sciences and Engineering*, 59(5): 2456.

- [6] Subkoviak, M.J., R.D. Enright, C.R. Wu, E.A. Gassin, S. Freedman, L.M. Olson, *et al.*, 1995. Measuring interpersonal forgiveness in late adolescence and middle adulthood. *Journal of Adolescence*, 18: 641-55.
- [7] Coyle, C.T., R.D. Enright, 1997. Forgiveness intervention with postabortion men. *Journal of Consulting and Clinical Psychology*, 42(6): 1042-6.
- [8] Rye, M.S., 1995. Evaluation of a secular and religiously integrated forgiveness group therapy program for college students who have been wronged by a romantic partner. *The Sciences and Engineering*, 59(12): 6495.
- [9] Coates, D., The correlations of forgiveness of self, forgiveness of others, and hostility, depression, anxiety, self-esteem, life adaptation, and religiosity among female victims of domestic violence. *The Sciences and Engineering*, 58(5): 2667.
- [10] Coyle, C.T., R.D. Enright, 1997. Forgiveness intervention with postabortion men. *Journal of Consulting and Clinical Psychology*, 65(6): 1042-6.
- [11] E MM, Worthington EL, Jr. Promoting forgiveness, 1995. A comparison of two brief psychoeducational group intervention with a waiting list control. *Counseling and Values*, 40: 55-68.
- [12] Toussaint, L., J. Webb, 2005. Theoretical and empirical connections between forgiveness, mental health and wellbeing. In: In: Worthington EL E, editor. *Handbook of forgiveness*: New York: Routledge, pp: 349-62.
- [13] Frhodyan, A., 2005. Forgiveness and mental health variables. *New Cognitive Sciences*, 1: 76-7.
- [14] Bahari, F., S. Sayf, 2000. Forgiveness: Tell a therapeutic model of marriage and family counseling. *Quarterly scientific – research - Association of Consulting*, 7-8(2): 49-61.
- [15] Handerson, M.M., P.M. Verhak, 1990. Determinants of the help- seeking process: Goldberg and Huxley first level and first filter. *Psychol med.*, 25: 95-104.
- [16] Goldberg, D., P.A. Williams, 1988. *A users guide to the General Health Questionnaires*. Windsor, Uk: NFER- Nelson: NFER- Nelson.
- [17] Pollard, M., R. Anderson, W. Anderson, G. Jennings, 1998. The development of family forgiveness scale. *Journal of family therapy*, 20: 95-109.
- [18] Zakiei, A., M. Alikhani, K. Khodadadi, S. Rostami, J. Karami, 2011. The relationship between life skills and personality characteristics with marital forgiveness in women in Kermanshah. *women and family study*, 10: 75-91.
- [19] Graw, M., 2005. *Life strategies: doing what works, doing what matters*. New York: Hyperion.