

# The Relationship between Social Capital and Sexual Self-Concept in Couples Referred to Health Centers in the City of Sari

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**ABSTRACT:** The aim of this research was to study the relationship between social capital and sexual self-concept in couples referred to health centers in the city of Sari. The population under study was couples referred to health centers in the city of Sari on 4,500 people who according to Morgan and 351 subjects randomly participated in the study. A questionnaire was used to collect data. Pearson correlation and regression were used for data analysis. The results showed that there was a relationship between two variables of social capital and sexual self-concept and in fact, social capital could play a role in the conception and sexual self-concept of the study.

**Keywords:** Social Capital, Self-Concept, Marital.

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## INTRODUCTION

In today's society, human life in all aspects is rapid and significant changes. Marriage, marital, and sexual behavior are not also an exception. Marriage is a unique relationship that men and women can experience in its deepest sense. For many people, marriage is the main source of intimacy, support and companionship that provides facilitates of personal growth, but the reality is that married life is not always based on love, but it is in danger of conflict and confusion (Shoa Kazemi, 2010). The issue of marriage has been one of important issues of human life throughout history and this also continues. That is why, in addition to religions, this issue has taken into consideration for different scientific fields such as sociology, law, economics, psychology, philosophy etc. Therefore, with attention to the importance of the family as one of the major institutions of society, if any change in the community, naturally, changes in these institutions will be created. It should also be noted that the marital relationship is capable to meet many physical and emotional needs in a safe environment and this can have an important effect on mental health of people especially if the assumption and sexual self-concept of the individual are positive and has not a negative and imperfect impression (Keshavarz, 2012). Among the biological needs, sexual instinct has had a deep mix with psychological needs so that the impact of these demands can be observed in many aspects of life. This instinct has an undeniable impact on family life and the integrity and stability. It has also an important and fundamental instinct and constructive role in the trend towards health and mental balance and it is with this remarkable characteristic that sexual desire is separated from other biological needs and this becomes as a psychological need. Sexual self-concept is an important component of the universe setting that researchers rarely test it; sexual self-concept describes different behaviors, knowledge, emotions and sexual features. It seems according to what was expressed in the debate intimacy, image and self-concept could also have a major role. Social

capital is network of relations and links based on interpersonal and intergroup social trust and interactions of individuals among institutions, organizations and social groups (Mousavi et al., 2008) resulting in solidarity and social cohesion and social protection of individuals and groups and necessary energy to facilitate individual and collective action in order to achieve the objectives. Therefore, the present study sought to answer the question that is there a relationship between social capital and sexual self-concept in couples referred to health centers in the city of Sari?

## MATERIALS AND METHODS

The research method was descriptive and correlational. The population under study was couples referred to health centers in the city of Sari on 4,500 people who according to Morgan and randomly 351 subjects participated in the study. In the stage of the study, after the presentation of preliminary explanation about measuring tool and the purpose of the test, how to answer test for participants was described in detail. On ethical considerations, after obtaining the consent of the people and the necessary awareness, they were assured that information received in this research will be used and will be protected from any abuse. The following questionnaires were used to measure the variables.

**Social capital questionnaire:** social capital questionnaire of Nahapiet and Ghoshal (1998) has three structural, relational and cognitive dimensions studying seven sub-scales of networks, trust, cooperation, mutual understanding, relationships, values, commitment and is regulated in 28 items and made based on five-item Likert scale (strongly agree = 5, agree = 4, no idea = 3, disagree = 2 and strongly disagree = 1). **Reliability and Validity:** Cronbach's alpha was taken 0.93 (Qelichlee & Moshabbaki, 2006). Also, Unaq (2005) in a study has obtained Cronbach's alpha coefficient of the questionnaire for each three heads 0.91 and has confirmed the validity.

**Sexual self-concept questionnaire:** this questionnaire which has 100 questions is multidimensional and was designed as practical tools for measuring 20 psychological areas of human sexuality. Sexual self-concept questionnaire is regulated on the basis of the work of Fisher and Snell (1995), Snell, Fisher and Miller (1993), Snell, Fisher and Saul (1992), Snell, Fisher and Miller (1991) and Snell and Papini (1989). On 473 participants (302 female, 170 male, 1 unknown) derived from the basic psychology classes at the University of Miami's America West by Williams Vasnell (1995) was conducted that in which 85% of people were from 25 to 26 years old and they were scored on the basis of 5 items that Cronbach's alpha coefficient in all vigesimal cases of sub-scales have enough internal consistency. The reliability of components of sexual stereotypes examined in this study is 0.87 (quoted by Qaderi et al., 2015). Pearson correlation and regression were used for data analysis. In all analyses, the significance level of  $p < 0.05$  was considered.

## RESULTS

Kolmogorov-Smirnov test results showed normal distribution of the data ( $p > 0.05$ ). Pearson correlation was used to examine the relationship among variables. The results are presented in Table 1. Given that in the Table of Pearson, the value of significance level is smaller than (0.025), therefore, it can be said that there is a relationship between social capital and sexual self-concept in in couples referred to health centers.

**Table 1.** The results of the analysis of the relationship between social capital and sexual self-concept.

Variables	Pearson coefficient	Error rate ( $\alpha$ )	Sig.
social capital sexual self-concept	0.275*	0.05	0.025

\*Significant at the level of  $\alpha = 0.05$

\*\*Significant at the level of  $\alpha = 0.01$

To analyze the data and determine how the effect of social capital in sexual self-concept of couples, i.e., figuring out what percentage of the variance in sexual self-concept is explained by social capital components, social capital components as predictor variables and sexual self-concept as dependent variable are in the regression equation in the

method of (Enter). Multiple correlation coefficients and regression analysis (Enter) for predictors of social capital are presented in Table 2.

**Table 2.** Multiple correlation coefficients and the results of regression analysis (Enter).

Enter model	Variable	R	R <sup>2</sup>	F	Sig.	B	Standard error	Beta coefficient	t-statistic	Sig.
1	Networks					46.469	8.041		5.779	0.000
2	Trust					0.198	0.124	0.157	1.599	0.112
3	Co-operation					0.010	0.112	0.008	0.088	0.930
4	Mutual understanding	0.270 <sup>a</sup>	0.073	2.122	0.054 <sup>a</sup>	0.023	0.116	0.016	0.200	0.842
5	Relations					0.184	0.121	0.159	1.523	0.130
6	Values					0.005	0.082	0.006	0.057	0.954
7	Obligation					0.225	0.111	0.180	2.016	.054

The results of variance analysis for regression credit are shown that this enjoys enough credit with  $F = 2.122$  at the significance level less than 0.05 of regression performed. In regression performed, it can be seen that all components of social capital were remain in the regression model. In other words, social capital components are capable of sexual self-concept.

## DISCUSSION AND CONCLUSION

The aim of this research was to study the relationship between social capital and sexual self-concept in couples referred to health centers in the city of Sari. The results showed that there was a relationship between two variables of social capital and sexual self-concept and in fact, social capital could play a role in imagination and sexual self-concept of the couples. This finding is consistent with results of previous studies. For example, Qaderi et al (2015) showed that training through emotion-oriented approach can be used to increase intimacy in couples. Bahadori Khosroshahi et al (2012) showed that there was a significant and positive relationship between psychological capital and components with social capital. On the other hand, the results showed that psychological capital and its components were able to predict significantly changes in psychological well-being. Accordingly, persons who have better psychological capital, enjoy high social capital. Rohani (2011) has been focused on social capital after pointing to different kinds of capital and the views of theorists of social capital have been introduced. After criticism that the negative aspects of social capital have been spoken, the value of the recognition of this capital is refereed, Islamic perspectives on the concept of social capital are discussed and the concept of "family capital" as a collection of social capital accumulation, reproduction and redistribution has been presented in the family that it is consistent. Other findings showed that social capital components were capable of sexual self-concept and each of the components of social capital in the conception and sexual self-concept can contribute.

Salehi et al (2015) showed that there was not a difference in the group of couples with physical and motor problems in the field of sexual self-concept but their self-esteem was low. Generally, there is a relationship between sexual self-concept and self-esteem and in the meantime, there is a difference between men and women in this context and high self-esteem in women can be a predictor of sexual self-concept. Marshall and Helena (2006) showed that there was a negative relationship between moral judgment and control components and sexual abuse. Sexual abuse had not a relationship with five components of sexual self-esteem, but a significant negative correlation between psychological abuse and five components of sexual self-esteem was observed, especially feelings of lack of attraction had a high negative relationship with thoughts and feelings associated that it was aligned and consistent (quoted by Huber, 2009).

According to the research findings to agencies such as the National Youth Organization, as well as the staff are recommended that it be attempted to pay more attention to families (couples) as the capitals of the country through workshops related to sexual issues in this context and necessary awareness be given.

### Conflict of interest

The authors declare no conflict of interest.

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