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Prediction of attitudes towards infidelity based on identity and life satisfaction

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Abstract

Infidelity as a traumatic event can endanger married life. Parents' infidelity has numerous negative effects on the emotional and motivational characteristics of students, especially elementary school students. For this reason, it is important to know the influencing factors on the attitude towards infidelity. The present study was conducted with the aim of predicting attitude towards infidelity based on identity and life satisfaction. This research was descriptive and correlational. The statistical population included parents of elementary school students in Saveh city (Iran). Participants were 115 of parents were randomly selected. The tools include Whately's attitudes toward infidelity scale, Satisfaction with Life Scale (SWLS) and Berzonsky Identity Style Inventory. The data were analyzed using regression analysis and Pearson correlation test. Pearson's correlation test showed that there is a correlation between the attitude towards infidelity with life satisfaction and normative identity style. According findings, it can be concluded that satisfaction with life and normative identity style predict the attitude towards infidelity, negatively. Based on the findings, it is suggested that training workshops be designed and implemented to educate students' parents about the negative effects of infidelity on students' behavior and emotions.

Keywords
attitude towards infidelity, satisfaction with life, identity, parents

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Introduction

Marriage is a bond between two individuals, while preserving the relative independence of each, aimed at the personal development of the parties in a shared life and is an important factor in creating peace, tranquility and a fundamental factor in maintaining balance (Zare & Rosta, 2011). The need for a stable and intimate relationship, coupled with love and affection, is one of the most important factors that ultimately drives every man and woman towards choosing a spouse and marriage (Dehkhordi, 2007). The family institution, alongside religious, economic, political, and educational institutions, is one of the five fundamental social institutions that meets many of the physical, psychological, and social needs of humans within its framework. However, the married life of couples is faced with risks, one of which is marital infidelity. Marital infidelity is a phenomenon that often occurs due to the satisfaction of personal emotional or sexual needs through relationships outside the marital realm (Abdalmalki, Azadeh, & Ghazi-Nejad, 2015). Infidelity in marriage is a major factor in marital dissatisfaction (Bagarozzi & Sprigg, 2012), the main cause of marital conflicts and differences (Platt, Nalbone, Casanova, & Wetchler, 2008), and one of the most significant problems in marital relationships and the most important reason for divorce and marital separation (Momeni Javid, Shoa Kazemi,Ebrahimi Tazehkand, & Bahmani, 2012).

Attitude is a relatively stable set of beliefs, emotions, and behavioral tendencies towards individuals, groups, events, or social institutions (Hogg & Vaughan, 2005; cited in Yousefi, 2016). Therefore, the attitude towards marital infidelity can be defined as a relatively stable set of beliefs, emotions, and behavioral tendencies towards establishing a physical, emotional, or combined relationship with a person outside the marital relationship. In other words, the individual has a desirable evaluation of marital infidelity and therefore individuals who have a positive attitude towards marital infidelity consider it desirable and are more likely to engage in extramarital relationships. Consequently, they are more likely to be involved in extramarital affairs (Wattley, 2008). Based on this, various variables can contribute to the attitude towards marital infidelity in couples.

An individual's attitude towards marital infidelity is influenced by various factors such as cultural and social values, personal experiences, the type of relationship between the man and the woman, and their level of satisfaction with the relationship. Additionally, factors such as communication styles within the family, parenting styles, level of education and cultural background, income and economic status, gender roles in the family and society, etc. can also affect the attitude towards

marital infidelity. For this reason, in various studies, these factors have been investigated as influential variables in the attitude towards marital infidelity. However, it should be noted that the attitude towards marital infidelity is only one of the influential factors in couples' behavior towards infidelity, and considering other important and influential factors is also essential.

One of the factors that can affect attitudes towards infidelity in couples is satisfaction with life and identity. Life satisfaction refers to a general feeling of well-being and a sense of meaningfulness in life beyond the past, present, and future (Kamari & Fooladchang, 2016; Steinhagen, Extremera, Nourdine, & Almoustafa, 2014). Life satisfaction is a general attitude and evaluation of an individual towards life as a whole, and therefore, it is broader and more general than evaluating specific aspects such as satisfaction with friends, family, career, school, or university (Dyner, Emmons, Larson, & Griffin, 1985; as cited in Urban, Andre, & Perzibilski, 2019). As mentioned earlier, an individual's satisfaction with their married life is considered as their satisfaction with their family, which in turn facilitates growth, prosperity, and spiritual and material progress in society (Rohlehr, Galuszka, Beek, Goff, & Dortschy, 2018).

Longitudinal studies show that overall stability in life satisfaction is influenced by background factors and may change over time (Zuffianò, Martí, & López, 2018). A slight difference between actual and ideal life reflects high life satisfaction, while a significant difference reflects low satisfaction with life. High life satisfaction is a desirable goal, and many individuals strive to increase it (Fowler,Davis, Booth, & Bust, 2018). Overall, life satisfaction encompasses an individual's cognitive and emotional evaluation of their entire life (Zhao, Zhang, Liu, Ji, & Li, 2020), and on the other hand, reflects the discrepancy between a person's desires and their current situation (Momeni Javid & Rafiei, 2018). Individuals with high life satisfaction experience more positive emotions, less negative emotions, even positive evaluations of stressful events, and have better mental health with less stress and depression (Lin & Cheng, 2019). It appears that with increasing age, individuals may experience more disrupted adaptation and performance, which may lead to a lower level of life satisfaction (Rogers, Neville, & Lachman, 2017), which in turn may affect the attitudes of couples towards infidelity.

Another factor that can affect couples' attitudes towards infidelity, which was also mentioned earlier, is identity. Identity is what an individual has for the continuation of their psychological well-being and is a unity and unity that they always feel in their psychological state against changing external conditions (Behzad Far, 2011). One of the researchers who fundamentally

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addressed identity is Erikson. According to Erikson's theory, identity is an emotion that is experienced consciously (Campbell & Weiner, 1995). According to Erikson, identity is based on the same childhood adaptations, but is mostly a summary of them.

People have various identity styles. Identity style is how individuals process information related to themselves, discuss and decide on identity issues. Bronowski (1989) has assumed that individuals use various cognitive-social strategies to deal with or avoid the task of identity formation, which are information, normative, and confusion-avoidant. Individuals with an informational identity style actively process information about themselves, actively search for it, and actively process and evaluate information related to themselves in dealing with identity issues and decision-making situations (Bronowski, 2006). The normative identity style is shaped by actively delaying and avoiding decision-making, committing and negotiating identity. Individuals with this style are duty-bound and purposeful, but very structured and closed to information that may conflict with their values and personal beliefs (Bronowski, 2006). Individuals with a confusion-avoidant identity style postpone dealing with identity issues as long as possible, and when forced to make a decision, they act based on a situational-emotional style and are influenced by its immediate consequences (Crocetti, Sica, Esposito, Sterini, & Meeus, 2013).

Therefore, based on the above paragraph and considering that very few studies have been conducted on the relationship between identity styles and family-related issues, especially attitudes towards infidelity, we decided to examine this relationship. Based on the above findings, can attitudes towards infidelity be predicted based on satisfaction with life and identity?

Based on the information provided in the above paragraph, it can be said that individuals' identity style can affect their attitudes towards infidelity. Individuals with an informational identity style actively process and evaluate information related to themselves and may be able to make better decisions to resolve problems and avoid infidelity by researching and processing more information when faced with difficulties and tensions in their relationships. In contrast, individuals with a normative identity style tend to be committed and adhere to the structures and rules established in their relationships, and it seems that they also avoid infidelity due to their commitment and adherence to their relationships.

On the other hand, individuals with a confusion-avoidant identity style avoid dealing with their identity issues and only act based on a situational-emotional style when forced to make a decision.

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It seems that these individuals may resort to infidelity due to their avoidance of identity issues and lack of processing relevant information.

Therefore, it cannot be definitively predicted that attitudes towards infidelity are based on satisfaction with life and identity. However, depending on individuals' identity styles and how they process and evaluate information related to their relationships, it may be possible to infer their attitudes towards infidelity. Nevertheless, more research is needed to provide a more accurate answer to this question.

Materials and Methods

The current research was a correlation study. In this study, identity and life satisfaction were considered as predictor variables and attitude towards infidelity as the criterion variable. The statistical population of this study consisted of all married individuals in Saveh city (Iran). Due to the limitations of access to all married individuals, a sample of 115 individuals was selected randomly from about 2000 individuals who met the inclusion criteria. Data were collected using three questionnaires, including the Attitudes Toward Infidelity Scale (Withey, 2008), the Satisfaction with Life Scale (Diener et al., 1985), and the Identity Style Inventory (Berzonsky, 1992). Data analysis was performed using SPSS software and descriptive and inferential statistics were used. Pearson correlation and multiple regression tests were used to examine the relationship between variables and predict the criterion variable. To participate in the study, individuals had to be parents of primary school students (first semester), aged 35 to 40 years, have 1 or 2 children, have a family income of 5 to 7 million rials per month, and have no history of divorce.

The Attitudes Toward Infidelity Scale: The Attitudes Toward Infidelity Scale has 12 questions and is scored on a 7-point scale from 1 (completely disagree) to 7 (completely agree). The highest score of 84 indicates acceptance of infidelity, and the lowest score of 12 indicates rejection of infidelity. In several studies conducted in Iran and abroad, the Cronbach's alpha coefficient for the total score of the questionnaire has been estimated between .70 to .80. Different methods have been used to assess the validity of the questionnaire, including criterion validity (convergent validity) and construct validity (correlation with other variables). In one study on women living in Karaj, a Cronbach's alpha coefficient of .89 was reported for the questionnaire (Ajami, 2016). Another study on parents of preschool and elementary school students in Poldokhtar reported a Cronbach's alpha coefficient of .85 (Yousefi, Karimipour, & Amani, 2017). In a study conducted

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abroad, the Cronbach's alpha coefficient was measured to be .80 (Wathley, 2008), indicating good reliability of the questionnaire. Moreover, the construct validity of the questionnaire has been evaluated using the correlation between individual item scores and the total score, with correlation coefficients ranging from .75 to .78 and being statistically significant at the 0.05 level, indicating good construct validity. The reliability of the questionnaire has also been assessed using the Cronbach's alpha coefficient, with a value of .81 reported in one study (Toplu-Demirtas & Fichman, 2017). Overall, the Infidelity Questionnaire has shown to have good validity and reliability in studies conducted in Iran and abroad, and can be considered as an effective tool for assessing infidelity in couples.

2. Satisfaction with Life Scale (SWLS): Diener and colleagues (1985) developed the Satisfaction with Life Scale (SWLS) for all age groups. The scale consisted of 48 questions that reflected levels of satisfaction with life and well-being, and factor analysis showed that it consisted of three factors. Ten questions were related to satisfaction with life, which was reduced to five questions after several investigations and was used as a separate scale. The validity and reliability of the Satisfaction with Life Scale have been examined in numerous studies. Diener and colleagues evaluated the SWLS in a sample of 176 undergraduate students. The mean and standard deviation of the students' scores were 23.5 and 43.6, respectively. The test-retest reliability coefficient of the scores after two months was 0.82, and the Cronbach's alpha coefficient was 0.87. Additionally, in a study titled "Validity and Factor Structure of the Satisfaction with Life Scale Among College Students," Lewis and Shevlin (1999) concluded that the mentioned version of the scale has appropriate validity and can be used in various research studies. Cronbach's alpha coefficient was used to examine the internal consistency of the questions. The range of correlation coefficients was between 0.43 and 0.69, with a mean of 0.56. The range of correlation coefficients between the questions and the total score of the scale was between 0.54 and 0.73, with a mean of 0.73.

3. Identity Style Inventory: The Identity Style Inventory (Berzonsky, 1992) is a 40-item scale consisting of 11 informational items, 9 normative items, 10 diffuse/avoidant items, and 10 commitment items that are used for secondary analysis and are not considered an identity style on their own. Respondents' answers to the questions are in a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). Berzonsky reported internal reliabilities (alpha coefficient) of .62 for the informational scale, .66 for the normative scale, and .73 for the diffuse/avoidant scale. In a study by White, Wampler, and Wine (1998), the alpha coefficients for

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the diffuse/avoidant scale were .78 for the ISI 6G form and .77 for the original ISI form. The normative scale was .64 for the ISI 6G form and .67 for the original form. The informational scale was .59 for the ISI 6G form and 64% for the original form. These coefficients were similar to those reported by Berzonsky (1992) and White and colleagues (1998). Berzonsky and Sullivan (1992) found that the informational scale was divided into two separate factors reflecting high and low levels of commitment. This indicates that the informational identity style is a complex variable, so lower reliability of the informational scale is not surprising. In another study to assess the internal consistency and homogeneity of the Identity Style Inventory (Ghazanfari, 2009), the Cronbach's alpha coefficient was calculated on the original sample data, and the obtained coefficients were very close to those calculated by Berzonsky (1992) and White and colleagues (1998). In this study, which used factor analysis, the KMO test was performed on the suitability of the 30 items of the Identity Style Inventory for factor analysis, and the obtained coefficient was satisfactory (0.81). Additionally, the Bartlett's test for sphericity was significant at the level of $p<0.001$.

Results

Main hypothesis: Attitude towards marital infidelity in individuals is predictable based on their identity and life satisfaction.

Table 1. Multiple regression results

Variables	Beta	p
Identity	.218	.528
Life satisfaction	-.482	.025
R = .352	R^2 = .322	Adjusted R^2 = .258
F= 56.78	P < 0.05	

The table 1 shows the results of the multiple regression test to examine attitude towards marital infidelity in individuals based on their identity and life satisfaction. As can be seen, the multiple correlation coefficient is .325, indicating that the two variables of identity and life satisfaction are simultaneously correlated with the attitude towards infidelity by .35. The adjusted coefficient of determination is also .258, indicating that the variables of identity and life satisfaction were only able to explain 25% of the variation in the attitude towards infidelity. The significance level of the ANOVA test is also .05, which is significance. Therefore, it can be stated that the present regression equation is significant and the independent variables have the power to explain the

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dependent variable. The results also show that only the life satisfaction variable (Beta = -0.482) has a significant and negative impact on the attitude towards marital infidelity (P<0.05).

Table 2. Matrix correlation of research variables

Criterion variable	Predictors	Statistics values		N
		Coefficient	p	
Attitude towards infidelity	Life satisfaction	-.46	.029	104
	Informational identity style	.016	.18	
	Normative identity style	-.204	.03	
	Diffuse/avoidant identity style	.036	.15	

Table 2 presents the results of the Pearson correlation test between attitude towards marital infidelity and life satisfaction and identity styles.

Subsidiary hypotheses1: There is an inverse relationship between attitudes towards infidelity and life satisfaction.

The results of the Pearson correlation test for two variables, attitudes towards infidelity and life satisfaction, in married individuals, show that the Pearson correlation coefficient between these two variables is -0.46 and negative, and the level of significance is 0.029 which is smaller than the significance level of 0.05. Therefore, it can be concluded that the present hypothesis is confirmed and there is a significant and inverse relationship between attitudes towards infidelity and life satisfaction, which increases with a decrease in life satisfaction and an increase in attitudes towards infidelity (P<0.05).

Subsidiary hypotheses 2: There is an inverse relationship between attitudes towards infidelity and informational identity style.

The results of the Pearson correlation between the two variables of attitudes towards infidelity and informational identity style show that the correlation coefficient between these two variables is -0.016, and the level of significance is 0.18, which is greater than the significance level of 0.05. Therefore, it can be stated that there is no significant and inverse relationship between these two variables and the present hypothesis is rejected, and the null hypothesis (H0) is accepted (P>0.05).

Subsidiary hypotheses 3: There is an inverse relationship between attitudes towards infidelity and normative identity style.

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The results of the Pearson correlation test between attitudes towards infidelity and normative identity style in married individuals show that the correlation coefficient between these two variables is -0.204, and the level of significance is 0.038, which is smaller than the significance level of 0.05. Therefore, it can be said that there is a significant and negative relationship between these two variables, and the present hypothesis is confirmed. With an increase in normative identity style, attitudes towards infidelity decrease and vice versa (P<0.05).

Subsidiary hypotheses 4: There is a direct relationship between attitudes towards infidelity and avoidant identity style.

The results of the Pearson correlation test for two variables, attitudes towards infidelity and avoidant identity style in married individuals, show that the correlation coefficient between these two variables is 0.036, and the level of significance is 0.153, which is greater than the significance level of 0.05. Therefore, there is no significant and direct relationship between attitudes towards infidelity and avoidant identity style, and the present hypothesis is rejected while the null hypothesis (H0) is accepted (P>0.05).

Discussion

The aim of the present study was to predict attitudes towards infidelity based on identity and life satisfaction in married individuals. Initially, a regression analysis was used to examine the overall research, and the results indicated that identity and life satisfaction are predictors of attitudes towards infidelity. Therefore, the main hypothesis was confirmed. Using the beta coefficient table, it was found that only life satisfaction has a significant and negative effect on the level of attitudes towards marital infidelity and can predict changes in attitudes towards infidelity. As a result, the first secondary hypothesis was also confirmed. The Pearson correlation test showed a significant relationship between attitudes towards infidelity and life satisfaction, indicating that changing the level of life satisfaction can change people's attitudes towards infidelity. Therefore, this hypothesis was confirmed.

As you know, life satisfaction includes various components such as marital relationships (sexual, physical, and emotional relationships, appropriate marriage, and lack of misconduct), personal issues (psychological and past issues), and social issues (environmental and economic issues) (Habibi Asgarabad & Hajiheydari, 2015) that all affect life satisfaction and, consequently, attitudes towards infidelity. This finding is consistent with Habibi Asgarabad & Hajiheydari (2015) and

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Estes & Hamons (2002), who state that emotional or sexual deficiencies and lack of sexual attractiveness led to a decrease in life satisfaction and, consequently, attitudes towards infidelity. Dissatisfaction with marital relationships also leads to less satisfaction with life and attitudes towards infidelity (Theroux & Jenks, 2000). Therefore, it can be concluded that the level of life satisfaction is the cause of attitudes towards marital infidelity, such that dissatisfaction with life leads to a greater tendency towards infidelity, which can be a basis for infidelity. This finding is consistent with the results of the studies by Yousefi, Karimipour, and Amani (2017), Ghasemi, Ranjbar Soodjani, and Sharifi (2018), and Bahar (2018).

Couples who have higher levels of psychological well-being and general health, and consequently greater life satisfaction, have a more negative attitude towards marital infidelity and seek their needs within the family. Therefore, it is logical to say that life satisfaction predicts attitudes towards marital infidelity in couples.

In this study, the results are consistent with previous research, indicating that individuals who have higher levels of psychological well-being and general health, and consequently greater life satisfaction, have a more negative attitude towards marital infidelity and seek their needs within the family. Thus, this study can serve as a useful guide for married individuals and marriage and family psychologists. For example, by increasing satisfaction with marital relationships, infidelity can be prevented, and this can improve the relationship between couples.

According to the second, third, and fourth hypotheses, the variable of normative identity style has a significant and negative correlation with attitudes towards infidelity, while informational and avoidant identity styles do not have a significant relationship with attitudes towards infidelity. Therefore, the third secondary hypothesis was confirmed, while the second and fourth hypotheses were rejected. Despite the fact that not all identity styles had a significant correlation with attitudes towards infidelity and only normative identity style showed a significant and negative correlation, identity styles can still be considered as effective factors in couples' attitudes towards infidelity. Thus, one of the factors that affects couples' attitudes towards infidelity is marital satisfaction, which was also discussed by Shakourzadeh and Madani (2016) who explained the influence of identity styles on marital satisfaction. The informational identity style has a significant and positive correlation with marital satisfaction, while the diffuse/avoidant identity style has a significant and negative correlation with marital satisfaction. Additionally, Abdizarrin et al. (2010) found that the informational and normative identity styles have a significant positive correlation with

psychological well-being, while the diffuse/avoidant identity style has a significant negative correlation with psychological well-being. However, the relationship between normative identity style and psychological well-being is not clear and requires further research (Shokri et al., 2008).

In the second hypothesis, it was determined through Pearson correlation test that there is no significant relationship between attitudes towards infidelity and the informational identity style, meaning that the informational identity style cannot predict individuals' attitudes towards infidelity. Therefore, this hypothesis was rejected, which contradicts the findings of Karimian, Heydari, and Salari (2015), Shakourzadeh and Madani (2016), and Zare and Teklouy (2019). Although this hypothesis was not confirmed, Bronksema (2003) believes that individuals with an informational identity style are familiar with life management skills, are open-minded towards people with different opinions and tastes, and are patient with themselves and others. As a result, they tend to have more intimate relationships, interact better with their surroundings and spouses, have emotional independence, are less dependent on others' approval, and have more self-confidence. Therefore, they can easily establish a relationship with others and receive emotional support from them without losing their independence and autonomy. Individuals with an informational identity style use problem-focused coping strategies in dealing with life problems and challenges. Consequently, they deal with conflicts and disputes with their spouse successfully and are less likely to engage in infidelity.

In the third hypothesis, with the help of the Pearson correlation test, it was determined that there is a significant and inverse relationship between attitudes towards infidelity and the normative identity style. This means that the normative identity style can predict individuals' attitudes towards infidelity. Therefore, this hypothesis was confirmed, and it can be said that individuals with a normative identity style consider conformity with family and social expectations more important, and given that infidelity and extramarital relationships are frowned upon in Iranian families and have their own specific punishments, individuals with a normative identity style always avoid this issue and have a reverse attitude towards infidelity. This finding is contrary to Karimian, Heydari and Salarieh (2015), Shakaralizadeh and Madani (2016), and Zare and Tavakkoli (2019).

In the fourth hypothesis, with the help of the Pearson correlation test, it was determined that there is no significant relationship between attitudes towards infidelity and the avoidant/disorganized identity style. This means that the avoidant/disorganized identity style cannot predict individuals'

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attitudes towards infidelity. Therefore, this hypothesis was rejected, which is contrary to the findings of Karimian, Heydari and Salarieh (2015), Shakaralizadeh and Madani (2016), and Zare and Tavakkoli (2019). However, it can be said that individuals with an avoidant/disorganized identity style tend to delay commitment and decision-making in general, and even avoid committing to a stable identity. They shy away from accepting adult responsibilities and tend to avoid personal problems, conflicts, and decision-making. This style has a negative relationship with positive coping strategies, external locus of control, self-disempowerment, incompatible decision-making strategies, mood swings, psychological distress, depression, and anxiety, and a positive relationship with self-awareness, cognitive stability, conscience, and optimal components of life (Brousian, 2006).

The research results indicate that self-knowledge and awareness of one's personality and identity traits, as well as the level of satisfaction of the spouses with their life, are among the most important factors in predicting attitudes towards infidelity.

In general, in the research process, hypotheses are proposed and then analyzed and examined using collected data. In this text, two hypotheses were proposed, one of which was confirmed using the Pearson correlation test, and the other was rejected. However, it is important to note that in any research, the results obtained are not always generalizable to the entire population under all conditions. To determine the validity or invalidity of a hypothesis, multiple tests and analyses should be used. Additionally, the results of any research and hypotheses proposed should always be compared with previous research findings, and if there are contradictions, the reasons for these contradictions should be investigated. Therefore, one should not blindly trust the results of a single research and consider its findings as an absolute truth.

One of the major limitations of this study is that it was conducted on a specific sample, which consisted of married men and women residing in the city of Saveh. Therefore, the possibility of generalizing the results to other married men and women in different countries is limited. Hence, caution should be exercised when using the results to generalize to other couples and in other cities. Additionally, since the study's sample consisted of married men and women with children, the findings cannot be generalized to married men and women without children. Another limitation of the study was the non-cooperation of the sample population in responding to the questionnaire due to the taboo nature of infidelity in our society. This made it challenging to investigate the issue without invading individuals' privacy. It is recommended that future studies test the current

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research model on couples in different cities and age groups. The use of longitudinal studies and other research methods (a combination of qualitative and quantitative) may be more beneficial in examining this study. Furthermore, in future studies, other predictive factors, such as personality traits, emotional characteristics, and marital functions, such as marital self-regulation, marital dissatisfaction, positive feelings towards the spouse, and marital intimacy, should also be examined.

The study results showed that identity styles and the level of life satisfaction predict married individuals' attitudes towards infidelity. This finding, along with future studies, can assist researchers interested in family, couple therapists, and social psychologists in finding appropriate ways to investigate this issue more deeply. Since attitudes towards infidelity exist before the occurrence of marital infidelity, identifying high levels of these attitudes can prevent infidelity through couple therapy and providing prevention strategies. It has been observed in many couples that the lower their level of life satisfaction, the higher their attitudes towards infidelity, which leads them towards infidelity. Therefore, by identifying this issue, their life satisfaction can be increased through training, and they can be prevented from leaning towards infidelity.

In marital issues and problems, the level of life satisfaction and the type of individuals' identity can have a significant impact on therapists' understanding of couples and their treatment. These data can be obtained through the SWLS and Berzonsky Identity Style Questionnaires. It seems that counseling enrichment programs before and after marriage, pregnancy, and childbearing periods, as well as appropriate psychological interventions and services, can help increase couples' awareness of each other's identity styles and provide training in increasing life satisfaction. Additionally, such interventions can prevent individuals from being attracted to attitudes towards infidelity.

Data availability statement

The original contributions presented in the study are included in the article/supplementary material, further inquiries can be directed to the corresponding author.

Ethics statement

The studies involving human participants were reviewed and approved by ethics committee of Bu-Ali Sina University, Hamedan, Iran.

Author contributions

MR contributed to the study conception and design, material preparation, data collection and analysis. All authors contributed to the article and approved the submitted version.

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Conflict of interest

The author declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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