
Impact of Humor and Optimism on Marital Satisfaction among Infertile Couples

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Abstract

The study analyzes the impact of humour, optimism and emotional effect on marital satisfaction among infertile couple. Infertility causes severe psychological and relational challenges for individuals. Hence, it is important to identify factors that contribute to marital well-being of the infertile couples. Using a quantitative research design, data were collected through a structured survey questionnaire administered to infertile couples residing in District Sialkot. A sample of 238 participants was selected using simple random sampling. Regression analysis was used to find out the relationship between the study's variables. The findings revealed that humor, optimism, and emotional affect each have a significant positive impact on marital satisfaction among infertile couples. Specifically, couples who engage in humorous communication, maintain an optimistic outlook, and exhibit positive emotional affect report higher levels of marital satisfaction. The study concludes that psychological and emotional resources play a vital role in strengthening marital relationships in the context of infertility. The practical implications suggest that infertile couples can enhance their marital satisfaction by incorporating humor into their interactions, fostering optimism regarding their circumstances, and promoting positive emotional expression. These findings provide valuable insights for counselors, psychologists, and family practitioners seeking to support the emotional and relational well-being of infertile couples.

Keywords: *Infertility, marital satisfaction, humor, optimism, emotional effect.*

Introduction and Background of the Study:

The incapability to conceive after a year or more of reliable, undefended sensual activity is known medically as infertility (WHO, 1992). Eight to twelve percent of couples worldwide are projected to have trouble conceiving (WHO, 1991, p. 964-8). Although the prevalence of infertility varies greatly from nation to nation, the World Health Organization (WHO) has identified infertility as a worldwide communal health concern that can jeopardize the stability of people, relationships, and communities (Boivin et al., 2007). Infertility has significant effects on the mental and social health of individuals concerned and has been linked to marital issues and disputes. Given that marriage is regarded as the most significant source of support in the context of infertility, this could be problematic. (Laffont & Edelmann, 1994).

One of the tough circumstances influencing quality of life is infertility. It is also one of the main health issues whose prevalence has grown by 50% since 1955. Infertility affects 10–15% of couple today

(Direkvand Moghadam et al, 2014). Since infertility is viewed as a social and personal issue that impacts a couple's lives and the functioning of their family, it exposes them to psychological problems and mental stress (Dana et al., 2013). As an emotional shock, infertility can even affect a couple's ability to communicate, work, and have sex. Infertility is a significant medical condition that can negatively impact a couple's quality of life. Compared to their fertile colleagues, infertile couples are more likely to experience disappointment, prostration, and rage. Additionally, infertile couples have strained relationships with their partners, families, and friends, which increases their susceptibility to psycho-emotional diseases, anxiety, depression, low self-esteem, and discontent, all of which contribute to a poor quality of life (Farrokh-Eslamlou et al., 2014).

However, several studies have shown that when spouses cooperate and share duties, treatment processes may enhance their marital life quality and intimate relationship. (Ghodratian & Farajzadegan, 2007). A couple's lives, especially marital satisfaction, can be significantly impacted by infertility (Moura-Ramos et al., 2012). One of the frequently used ideas for evaluating contentment and stability in a marriage is marital satisfaction. In actuality, the joy and achievement of married couples are far more significant than the marriage itself. A key component of building a family, feeling pleased, and cohabitating successfully is happiness in marriage, which is the extent to which couples are happy with particular parts of their marriage (Vizheh et al. 2013; Zaheri et al. 2016). (Shakerian 2010). Marital contentment is difficult to measure, though.

Infertility is one of the many variables that might have a detrimental impact on marriages (Hussein 2014). The inability of a couple to get pregnant after one or more years of sexual activity is referred to as infertility (Harzif et al. 2019; Lindsay and Vitrikas 2015; Sami et al. 2012). One of the frequently used concepts for evaluating contentment and stability in a marriage is marital satisfaction. In actuality, married couples' happiness and marital success are much more significant than the union itself (Khalatbari et al., 2013). According to Hawkins, marital happiness is the feeling of joy, contentment, and happiness that a husband or wife enjoys after taking into account every facet of their relationship. It is additionally among the most significant measures of family functioning and fulfillment in life. Infertility is one of the many variables that might have a detrimental impact on marriages (Hussein, 2014). The unwillingness of a couple to conceive after a few years of sexual activity is known as infertility (Harzif et al. 2019; Lindsay and Vitrikas 2015; Sami et al. 2012). According to Turan and Oktay (2014), infertility has detrimental impacts on one's physical and mental well-being and may result in marital issues. Some research findings indicate that infertility has a detrimental impact on marital satisfaction, while other findings indicate that it has a beneficial effect (Heidari & Latif Nejad, 2010).

Infertility is a major issue worldwide but mostly ignored in all the countries. In Pakistan approximately 22% of the couple face infertility but people mostly ignored this topic due to shyness and hesitation. This study shows that how optimism and humor between the couple effect there marital satisfaction in the context of Sialkot Pakistan.

Literature review:

One of the most crucial determinants of a family's ability to operate well is marital happiness (Greef et al., 2000). According to Kaplan and Maddux (2002), marital pleasure is a subjective practice that only spouses can evaluate. This happens as a result of their reaction to the marriage relationship satisfaction rate. They held that people's expectations and beliefs affected how happy they were in their marriages (Kaplan & Maddux, 2002). The findings of Fizer's (2002) study showed that a number of factors, including happiness with oneself and lifespan, optimistic personality-approval, self-interaction, independence, realistic opportunities, appropriate interactive assistances, a intelligence of obligation for others, and maintaining a encouraging attitude in the face of challenging living circumstances, are crucial to marital satisfaction. In general, marital happiness and mental well-being are enhanced by quality of life (Kazemi et al., 2011).

According to Sammarco (2001), quality of life is a feeling of wellbeing that results from contentment or discontent with a number of significant facets of life. Regardless of a person's relationships with family, friends, and the community, their quality of life depends on how they view the world and how satisfied they are with it. In accumulation, the individual is gratified from spiritual, public, commercial, artistic, sacred and erotic pieces (Cella, 1994)

Optimism and Marital Satisfaction

For spouses, infertility is a very painful and stressful experience that frequently results in serious emotional, relational, and psychological problems. According to studies, the stress brought on by infertility might have detrimental effects including a higher chance of relationship breakdowns, emotional discomfort, and a decline in marital satisfaction (Kraaij et al., 2011). Coping strategies like optimism and humor, however, can be quite helpful in reducing these adverse consequences. Drawing on cognitive and marital studies, this review of the literature investigates how humor and optimism affect relationship dynamics and marital happiness in infertile couples.

Health issues that include biopsychosocial, gynecologic, and musculoskeletal (Forooshany et al. 2014; Luk and Loke 2014). The psychological, physical, emotional, social, and economical issues associated with infertility have been documented in several research (Mahadeen et al. 2018; Nasim et al. 2019). According to Nasim et al. (2019), infertile couples exhibit symptoms of unease, despair, social labeling, dread, guilt, despondency, stress, and financial difficulties. Infertile couples frequently decide to conceal these problems and refrain from discussing them with their loved ones, which leaves them without assistance. Avoidance can eventually lead to social isolation (Hasanpoor et al. 2014). Numerous issues and diseases are influenced by this potentially dangerous situation (Macaluso et al. 2008). Infertile pairs fear losing their spouses (Foroozanfard and Sadat 2013) and are less satisfied with their marriages than their productive corresponding item (Roudsari and Bidgoli 2017).

According to reports, 25% of Iranian couples will at some point in their marriage face infertility (Hasanpoor et al. 2014; Vahidi et al. 2009). The WHO (2009) states that it is period to concentrate on the psychological aspects of infertility issues and enhancing the superiority of lifespan for infertile people rather than only diagnosing and treating infertile couples. A cautious examination of works displays that optimism and humor show an important character in infertile couples wedded lifespan and their confident and undesirable sentiments and moods (Ghadami and Khalatbari 2015; Gorman and Jordan 2015; Hills and Argyle 2001; Safari 2016; Saroglou et al. 2010). Infertile couples have reported higher levels of marital happiness when they are optimistic, which is defined as having a general anticipation that positive things will happen. People who are optimistic are more probable to see problematic conditions in a decent light and to hold onto optimism in the face of disappointment, which can recover their relationships with their partners (Carver et al., 2010). Jalili et al. (2020) revealed that optimism was constructively linked with marital satisfaction in a study of infertile couples, exclusively through its influence on positive affect and reduced negative emotions. These people commonly show better battle determination, greater emotional support, and more open announcement styles—all of which improve the quality of relationships.

Humor and Marital Satisfaction

In a parallel method it has been confirmed that humor—mainly positive humor categories like affiliative and self-enhancing humor—improves marital happiness in infertile couples. Over shared feelings, humor may attend as a community blubber, dropping stress and encouraging stronger relationships. According to Jalili et al. (2020), couples who used humor were talented to handle stress, express their feelings more spontaneously, and develop closeness. They also create that humor was substantially correlated with marital satisfaction. This is consistent with previous research by Cann et al. (2009), who found that couples who used humor in everyday interactions reported feeling more emotionally connected and had better relational

satisfaction. Optimism and humor collected may have a specifically commanding consequence. Couples with high stages of these characteristics were stronger to the stressors linked with infertility, according to Jalili et al. (2020). Despite reproductive worries, this interaction helped preserve marital pleasure by nurturing a healthy emotional environment in the business. The results imply that infertile couples may significantly benefit from psychological behaviors meant to improve these characteristics. Counseling and support plans might improve relationship quality and emotional resilience by including humor and optimism.

Hypotheses

H1: there is a significant relationship between humor and marital satisfaction.

H2: there is a significant relationship between optimism and marital satisfaction.

H3: there is a significant relationship between emotional effect and marital satisfaction.

Theoretical Framework:

John Bowlby's attachment theory is the source of the term "attachment style" or "society," which designates a person's characteristic approaches of connecting in close caring and receiving relationships with "accessory statistics," which are commonly their maternities, children, and pensive partners. The impression involves taking reliance that the attachment numeral will be there to attend as both a safe haven where one may go for support, safety, and consolation in times of need and a secure foundation from which one is able to explore the world when not in trouble. Observation of the globe includes not only the physical surroundings but additionally reflection and human relationships. about one's own experiences. Bowlby (1982) envisioned attachment theory as a framework for clinical treatment from the beginning. This notion is supported by the growing interest in applying an attachment theory approach to psychotherapy (for reviews, see Berant & Obegi, 2009; Levy & Kelly, 2009). Good health and well-being depend on having close relationships. One of the key components of successful personality development and a crucial developmental job is the aptitude to shape nearby associations with other individuals (Bowlby, 1988; Cassidy, 2001; Loubser, 2007). Warm associations between adults are extremely complicated occurrences that may be analyzed at many different levels, including the individual, the societal, cultural, and ancient background of their communications, and the universal connections between those levels (Johnson, 2003; Reis, Clerk and Holmes, 2004).

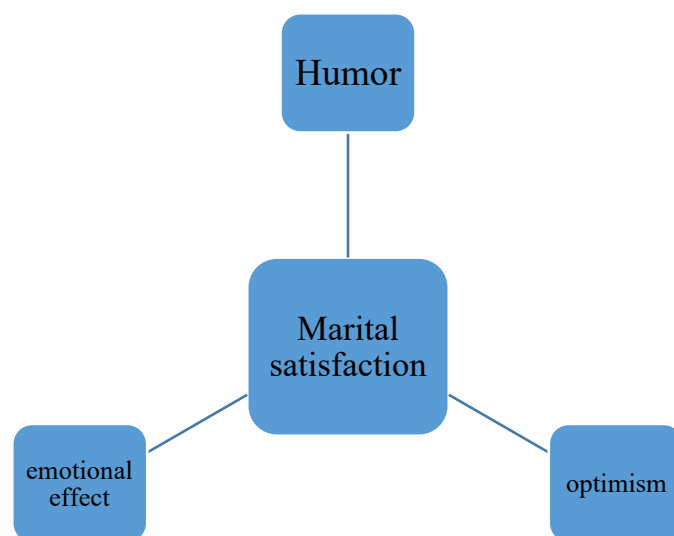


Figure: 1 Conceptual model of the study

Material and Method

This research employed a quantitative research design and adopted the positivist research paradigm. The study was carried out in Sialkot Pakistan. The infertile couples of Sialkot served as the study's unit of analysis. In line with the prior to recent research simple random sampling is used. We randomly chooses the gynecologic clinics that infertile couples are visiting commonly. There we got data from the present couples at the moment. We collected data from the infertile couple of district Sialkot. Sample sizes drawn from the Demorgan table. As the number of populations is unknown the G power analysis suggested the sample size as 119.

As recommended by Sekaran and Bougie (2016) to protector in contradiction of the frail answer rate escaping of mistake and batter response rate, the investigator favored the huge than minor trial size. According to Gay and Diehl (1992) the sample should be 10% of the population and 20% if the population is small Hair et al. (2020) recommended that a sample between 100 to 400 is suitable. So, we to make the data collection more accurately we doubled our sample size to 238.

Survey responses were the methods utilized in this study to obtain the data. The survey was used to gather data from infertile couple of district Sialkot.

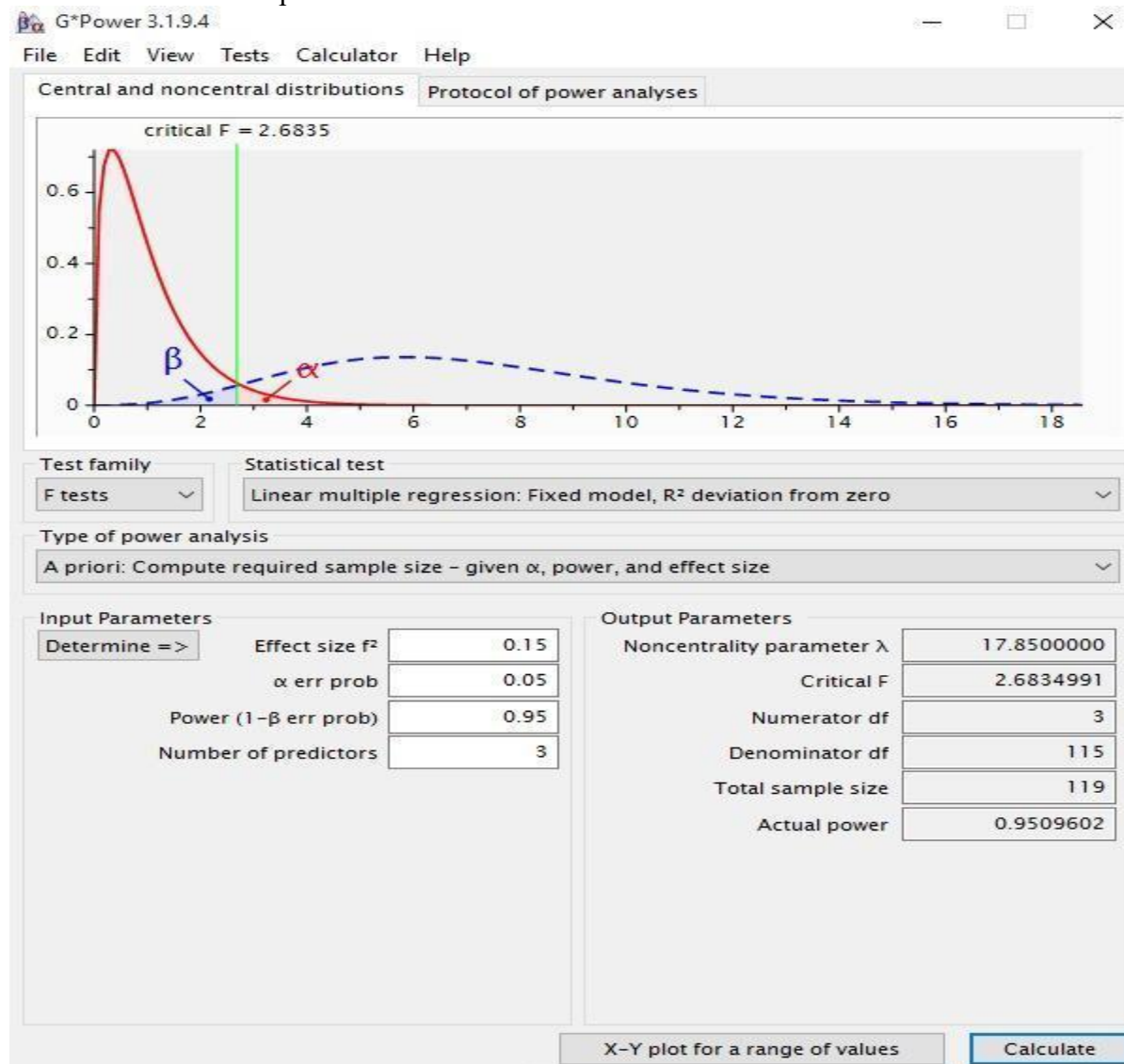


Figure :2 G power analysis of the population

Table 1
Description of the Demographic Portion

Variable	Categories	Frequency	Percentage
Gender of the respondent	Male	119	50%
	Female	119	50%
Age of the respondent	18-22	101	42%
	22 and above	137	57%
Year of marriage	1-4	52	51.7%
	4-above	48	48.3%
Religion	Muslim	235	98.1%
	Christian	3	1.3%
Residence	Urban	143	60%
	Rural	95	40%

Table 1 showed that based on gender both male and female were equally presented with 50%. Respondents each. While in term of Age majority 57% of respondents belong to 22 and above age group. However, most the respondents 51.7% had been married for 1-4 years. In term of religion majority 98.1% of respondents were Muslims, while regarding residence of participants, the majority belonged to urban areas, comprising 60%.

Table 2

Hypothesis	Relationship	Beta Value	T- value	p-value	Decision	R2
H1	Humor > martial satisfaction	0.787	19.904	.000	Supported	0.56
H2	Optimism > marital satisfaction	0.529	10.049	.000	Supported	
H3	Emotional support > marital satisfaction	0.344	5.794	.000	Supported	

Table 2 shows that the relation between humor and martial satisfaction (R=.152, B=.787, T=19.904, P=.000) having a significant impact support the H1. While relation between optimism and martial satisfaction

($R=.152$, $B=.529$, $T=10.049$, $P=.000$) having a significant relation and support the H2. As well as the relation between emotional support and marital satisfaction ($R=.152$, $B=.344$, $T=.5794$, $P=.000$) having a significant relation and support the H3.

Discussion and Conclusion:

After applying regression analysis to test the hypothesis. The conclusions indicate that the relation among humor and marital satisfaction having a significant impact. Our results were similar with prior to recent studies of (Shayla ostovar et.al,2020). According to the study findings humor and marital satisfaction has positive relation. Our results were similar with the prior to recent studies findings that the couple who have positive humor between them are more likely to satisfy from their partner as compare to those who do not have positive humor between them.

After applying regression to test the hypothesis. The finding designates the connection amongst optimism and marital satisfaction having a important influence. Our results were like with prior to recent studies of (Shayla ostovar et.al,2020). Our research hypothesis posits that there is a significant positive relationship between optimism and marital satisfaction in infertile couples.

Subsequently smearing regression to test the hypothesis. The finding indicates the relation between emotional support and marital satisfaction. Our significant hypothesis proposes that there is a meaningful connection among emotional effects and marital satisfaction in infertile couples. Specifically, we hypothesize that higher levels of emotional distress such as anxiety, sadness, frustration, or grief resulting from infertility are associated with lower levels of marital satisfaction.

This study emphasizes on humor and optimism's effect on Marital satisfaction among infertile couple. The conclusion shows that most of contestant believe that they use humor in their communication and they usually laugh at things and stay happy. This appears to be associate with high level of Marital satisfaction. Couple who use most humor tend to have high level of Marital satisfaction. While numerous of respondents stay positive in different situations. They show the trait of optimism. This indicates that couple who stay optimism during treatment of infertility tend to have high level of satisfaction. However e positive memorial effect have high level of Marital satisfaction.

Theoretical Implication:

Studying the impact of humor and optimism on marital satisfaction among infertile couples can provide insights into relationship dynamics, stress coping mechanisms, and the application of positive psychology principles. It can help understand how humor and optimism influence relationship quality and resilience, and how they mitigate stress and anxiety, ultimately contributing to a deeper understanding of marital satisfaction in the context of infertility. This research can inform theories of relationship maintenance, stress management, and positive psychology, shedding light on the complex interplay between individual and relational factors in the face of adversity.

Practical Implication:

The practical implications of the impact of humor and optimism on marital satisfaction among infertile couples include incorporating humor-based interventions and optimism-building strategies into couples therapy. Support groups can also benefit from humor-focused support and optimism-promoting activities. Healthcare providers can educate themselves on the benefits of humor and optimism in infertility treatment and provide couples-oriented care. Additionally, online forums and workshops can be created to teach couples humor and optimism strategies to enhance marital satisfaction. By integrating these approaches, healthcare providers can help infertile couples better cope with challenges and strengthen their relationships.

Methodological Implication:

Simple random sampling has significant methodological consequences for quantitative research underneath the positivist paradigm, which values objectivity, experimental dimension, and generalizability. This approach serves the positivist goal of providing trustworthy and repeatable findings while allowing researchers to handle vast, complex populations effectively. Studying these hypotheses among couple requires a thoughtful research design. . A quantitative surveys method provides a comprehensive understanding. Data analysis would involve PLS-SEM and SPSS to investigate relationships and predictors. Cultural sensitivity and minimizing participant burden are essential considerations due to the sensitive nature of the topic

Recommendation:

- Couples should be encouraged to use humor as a way to alleviate stress and strengthen emotional connections. Light-hearted moments and shared laughter can help reduce tension, but it's essential to avoid humor that could be perceived as hurtful or dismissive.
- Infertile couples should focus on cultivating an optimistic mindset, maintaining hope about potential positive outcomes, whether through treatments or alternative paths to parenthood. Developing an optimistic outlook can help them navigate setbacks and reinforce their emotional resilience.
- Open communication is key to maintaining marital satisfaction during infertility. Couples should be encouraged to share their feelings, fears, and hopes regularly, creating a safe space for each other to express themselves and offer support.
- Infertile couples should arrange emotional support for one another. Identifying each other's emotional requirements and confirming their involvements can strengthen the bond between partners, dropping feelings of separation and strengthening a sense of partnership.
- Upholding a stability in the relationship is vital. While infertility is a foremost test, couples should make time to fostering their connection, prioritize intimacy, and engage in positive practices together, confirming their relationship remains strong despite external stresses.

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