

## COMPARISON OF MARITAL SATISFACTION IN WORKING AND NON-WORKING PREGNANT WOMEN

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### ABSTRACT

**Introduction:** Pregnancy and breast feeding are factors lead to special situations for female in work place and marital satisfaction is an index of psychological health that is affected by working. In other words, mood changes and pregnant women requirements at home and work place can cause some problems for them. This study aimed to assess marital satisfaction of working and non-working pregnant women. Materials and

**methods:** This is a descriptive, cross-sectional study. 239 pregnant women referred to the gynecology clinic of Jahrom, Iran between March and May 2015 were assessed. Enrich Marital Satisfaction Scale was used in order to assess Marital Satisfaction in four different domains of conflict resolution, communication, idealistic distortion and satisfaction. Finally, the data analyzed by descriptive statistics and Student's T test to evaluate groups by the SPSS statistical software [v. 21].

**Results:** Mean age of pregnant women was  $28.47 \pm 4.95$  in age range of 18-45 years old. Total marital satisfaction in working pregnant women was  $44.60 \pm 10.51$  and in non-working was  $48.25 \pm 9.47$  and difference between two groups was statistically significant [ $P=0.03$ ].

**Conclusion:** The results of this study showed that marital satisfaction is different in pregnant working women and the housekeepers. It seems that the decline in marital satisfaction of pregnant working women is due to work stress and mood changes caused by hormonal variation in pregnancy. Thus, counseling programs, would be effective steps to improve the satisfaction

**KEY WORDS:** marital satisfaction, working women, pregnancy