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# Relationship between Androgenic Features, Physical self-esteem and Tendency to Marriage in Single Girls

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### ABSTRACT

To examine the relation between androgyny, body esteem, and desire for marriage, 400 single female college students completed Bem Androgyny Test, Body Image Scale, and Desire for Marriage Scale. The relations between these variables were calculated by correlation, Multiple Regression Method and ANOVA. Findings indicated that there is no significant relation between androgyny and body esteem. But, there was a significant tie between body esteem and desire for being married. In addition, being androgen or feminine can predict the desire for marriage. Regarding to the magnitude of sex typing and body esteem for interpersonal relationships, it should be suggested that further investigation using different populations such as single males or impact of these variables on married couples is required.

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## INTRODUCTION

Marriage is one of the important issues considering mental health. Single peoples are usually deprived of a satisfying, secure and entertaining life and do not have any goal and in case of not observing religious principles, they usually look for fun to find an unreal friendship so that they could get rid of mental pressures.

Another disadvantage of late marriage, is tiredness and lack of interests in doing the tasks and feeling emotional supports, not understanding by others.

The problem of marriage is one of the main important issues during the history. So, this is considered by the scientific and religious fields such as sociology, economy, psychology and philosophy. So, considering the importance of family as one of the most important bases of society, will change the society in case of any transformation. Increasing the age of marriage in girls and being single is one of the changes in developed and industrial countries which has happened in the society. However, it is not only in Iran but in United States, too. So, the results of the studies showed that the marriage age in this country has increased since 1960s.

Many psychologists believe that sexual frames are dangerous and incompatible since these roles limit the women and men's behaviors. According to Yung, old patterns of Anim and Animous points to the fact that human being are biosexual. Biologically, both sexes have their own and the opposite sex's hormones. Psychologically, each sex has the characteristics of its own and the other sex.

Looking back to the human culture shows that all the cultures categorized people in different times based on their sex. Differentiating the sexual role starts after birthday and a girl or boy baby shows the behaviors related to its own sex.

Most of the psychologists believe that the traditional ideas about being male or female concepts are changing sociologically.

Bam (1979) believed that the role playing behavior in upper limit is a mental disease and the biosexual behaviors which blend the behaviors of two sexes have high mental health since they have the behavior based on postion. Budater (1998) considers the importance of being bisexual and says that female and male have the human features in case of having both systems qualities.

Biosexual people behave based on sex and when it is proper they would have male behavior and if they are in a female condition, they behave as women.

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Although human identity is defined influenced by different factors of gender, nationality, age and job. But in most societies the most important factors are sex and gender identity but in modern psychology, gender is determined based on biological dimensions which are determined at birth.

Smuel Taylor in 19th century recognized that people may be bisexual and he said that a great mind should be bisexual.

Virginia Volf believed that when male and female are integrated a natural balance is created and the person can be creative and relax carefully.

Caroline Hillberan in her article as the "Men Desert" stated that freedom of men and women is considered as limitation cliché and he believed that bisexuality is the friendship of both sexes.

Love and devotion about one owns' body creates a healthy feature about the person and is one of the most efficient methods of controlling the weight and treating obesity. A person image of his own means this feeling about his body and his idea about himself is considered as self-esteem.

Wardal, Warel and Jerviz (2002) showed the mutual relationship between the social and economic condition and body size and dissatisfaction which is more important among women and people who live in modern societies or lower social classes. This classification in society is clear and certain. It seems that obesity among women is worse than men and there are some indications that obesity has consequences for them.

Having bad feeling about body instead of caring about it in women makes them be more careful about their body. They feel ashamed of their body and try to be negatively affected by their body. Mac Kniley and Hide (1996) according to feminists theoreticians consider women as an object and said that women look at their appearance which is due to the fact that they considered themselves as an object which is not related to the body. Researches approved the feminists findings. Understanding the relationship between this factor and body care is important since it improves the women's life.

Nazlack (2001) and Friedman, Dixon, Brawnell, Whisman, Wilfley (2010) have shown that as body satisfaction is lower, less satisfaction of marital life is obtained.

Cash Annis (2004) believed that if women do not have self-confident and are not satisfied about their body, then they are more anxious in their relationship (1999).

Ackard and colleagues (1999) believed that the value that a person considers for his body is related with his sexual behavior. They understood that women who have higher value for their body show more sexual behavior and feel more relax in sexual activities.

Friedman, Dixon, Brawnell, Whisman, Wilfley (2010) also believed that dissatisfaction about marital life is due to dissatisfaction about body appearance and they think that having a weak body leads to being away from society and having stress in marriage.

Bordo (1993) stated that women who are highly educated, compensate the lack of confidence or hate of their body by their position.

Dove and Widerman (2009) stated that some women learn that being attractive physically may have a better partner for them and raising the sexual feeling through eye is very important for them.

Appearance and image of a woman about herself is related with her sexual performance and lead to marital satisfaction of her. In fact, sex has two importance issues: one is sexual satisfaction and the other sexual frequency (repetition and frequency of sex). Good body image leads to success in marriage and people with weak body image avoid socialization and have stress in their marriage.

Based on the previous research in this field and the gap in the researches, the present study deals with the tendency of single girls to marry.

#### *Research Hypotheses:*

- There is a relationship between endrogenic features and body esteem.
- There is a relationship between endrogenic features and tendency to get married.
- There is a relationship between body esteem and tendency to get married in girls.

#### *Population and Sample:*

The sample population consisted of all undergraduate and graduate female students of Islamic Azad University in the academic year 2013-2014 in Roudehen who studied psychology, counseling, social sciences, theology, foreign language, art, architecture and accounting.

They have no age limit and Education. Considering Sample Size According to Morgan, the sample size was approximately 384 people. Next, the test was performed for 410 patients and 400 patients completely responded. Due to the limitations of sampling and in order to facilitate the research process and save the time of sampling, random (available) method is used.

The researcher attended the Islamic Azad University of Roudehen and gave the questionnaire to the participants to provide the necessary explanations about how, after filling in the questionnaire, participants

should respond. In average filling each series of tests lasted 15 minutes and the implementation of the questionnaire lasted 20 days.

#### Measurement Tool:

Three types of questionnaires have been used in this study.

#### a) Questionnaire of endrogenic features including 60 items in a 7 point Likert scale

Bem (1974) provided a test which measured endogeneity. This test included 60 adjectives or descriptive statement. The respondents are asked to rate each items from 1 (never or nearly never) to 7 ( always or nearly always). 20 adjectives are for women and 20 adjectives are manly. 20 of them are neutral and do not depend on gender. Its 1,4 and 7 are , manly and 2,8 and 5 are for women and 3,6 and 9 are neutral. So, manly self-reliance, obedience, kindness are considered as women features and neutral. When respondents perform a task they get two points; one for man and one for women features. So, the endogenic people are those with higher than average points in man and women adjectives. Those who have higher points in women adjectives have women features and so one. Finally, those with low point in both categories ate neutral or undistinguished. So, a person can be rated as woman, man or endrogenic based on Bem questionnaire.

**Table 1:** Mean and standard Deviation of male and female students in the scale (N=60).

Mae students		Female students		index
SD	Mean	SD	Mean	
0.49	4.92	0.56	5.25	womanliness
0.74	5.02	0.81	4.5	manhood

#### Psychometrics:

Bem (1981) studied the correlation of short-form gender role questionnaire with the long form to measure its reliability and the correlation coefficient of these two were 0.99. reliability of the short form test based on Mehraiee zade and colleagues (2007) was calculated using Pearson Correlation test. All the correlation coefficients for the test were significant at  $p > 0.001$  and total correlation coefficient for women is 0.99 and for men it was 0.75. Internal consistency of the scale was 0.90 according to Bem. Mehrzaiee and colleagues calculated the Cronbach alpha of the scale as 0.80 which shows high internal consistency.

b) Desire for Marriage Scale includes 10 items on a 5 point Likert scale. This test was build in 2003 by Rebecca Schroeder. The test is build in three stages. First 25 items were written based on the technical literature and researcher ideas. Then this items were discussed with a panel of single women and experts. The correctness of the words was approved and then the questions were reduced into 10 using statistical methods. Internal consistency of the 10 items was 0.85.

#### Application of Psychometrics of DFM test in Iran

Shahi [7] in an unpublished research, determined the Cronbach Alpha coefficient as 0.86 for the test and the face validity showed that the test has the validity for measuring the desire for marriage.

c) Body image questionnaire includes 23 items in five point Likert scale. This test was build by Maria and colleagues in October 2002. This scale is based on body image concept which is a self concept about the physical, social and cultural aspects. This construct is a collection of values, beliefs, feelings, behaviors and attitudes of a person about his body. Body image can be defined as a person imagination about his body as it is and as he thinks about his body. So, body image has three dimension of : body reality, ideal body and body image.

These two researcher after selecting 45 items, reduced them to 23 by doing statistical analysis and these 23 items has proper psychometric features. Internal consistency of the test is 0.91 and its discriminate validity is high, too ( $p > 0.001$ ). in addition reliability of the test construct is at a proper level.

#### Application of Psychometrics of BIQ test in Iran:

Shahi [6] in an unpublished research, determined the Cronbach Alpha coefficient as 0.85 and 0.91 by Ramous and colleagues (2002). The face validity showed that the test has the validity for measuring the desire for marriage.

**Table 2:** Age distribution of the participants .

Variable	N	Max score	Min score	Mean	SD	skewness
age	400	50	18	2366	4181	2036 0.122

Table shows that the mean and standard deviation of the participants age is 23.66 and 4,181 respectively. Minimum age is 18 and maximum age is 50. The Skewness is high and it is shown that the age of most people is under average.

**Table 3:** frequency distribution of BAT scores.

Variable	N	Max score	Min score	Mean	SD	skewness	
Endrogenic	400	384	173	25821	34334	0.208	0.122

Table shows that the mean and standard deviation of the endrogenic is 258,21 and 34,334, respectively. Minimum score is 173 and maximum score is 384. The Skewness is high and it is shown that the endrogenicity of most people is under average. Figure 2-4 shows the fact.

**Table 4:** frequency distribution of DFM scores

Variable	N	Max score	Min score	Mean	SD	skewness	
Desire for marriage	400	45	10	3065	7356	0405	0122

Table shows that the mean and standard deviation of the endrogenic is 3065 and 7356, respectively. Minimum score is 10 and maximum score is 45. The Skewness is high and it is shown that the desire of most people is under average. Figure 3-4 shows the fact.

**Table 5:** frequency distribution of BIQ scores.

Variable	N	Max score	Min score	Mean	SD	skewness	
Body self esteem	400	101	37	6103	12234	0299	0122

Table shows that the mean and standard deviation of the endrogenic is 6103 and 12234, respectively. Minimum score is 37 and maximum score is 101. The Skewness is high and it is shown that the desire of most people is under average. Figure 4-4 shows the fact.

#### Findings:

First Hypothesis : the endrogenic groups are different in terms of body esteem.

As can be seen, there is a correlation in terms of variance among the groups and one way ANOVA can be used.

**Table 6:** Variance Test.

tset s'enevel	fd1	fd2	gis
0.552	4	395	0.697

**Table 7:** summary of one way ANOVA of body esteem in endrogenic groups.

	sum of squares	df	mean squares	F	sig
among groups	802.385	4	200,596	1345	0.265
inside groups	58914,193	395	149,150		
Total	59716,955	399			

As it can be seen there is no significant meaning between the groups in terms of body esteem. So, the first hypothesis is accepted.

**Table 8:** K-2 relationship between endrogenic and body esteem.

bisexual		body self-esteem		Total		
		min	max			
bisexual	bisexual	observed frequency	92	33	125	
		expected frequency	89,7	35,3	125,0	
	womenly	observed frequency	58	17	75	
		expected frequency	53,8	21,2	75,0	
	nearly womenly	observed frequency	116	58	174	
		expected frequency	124,8	49,2	174,0	
	nearly manly	observed frequency	10	1	11	
		expected frequency	7,9	3,0	11,0	
	manly	observed frequency	11	4	15	
		expected frequency	10,8	4,2	15,0	
	Total		observed frequency	287	113	400
			expected frequency	287,0	113,0	400,0

**Table 9:** summary of K-2 results

	ratio	df	sig
Pearson Chi Square	5593	4	0,232
Number	400		

taht yas eb nac eno ,ecnedifnoc tnecrep 95 htiw os dna eulav lacitirc eht naht ssel si detalucac 2-k eht woleb elbat eht ni nees eb nac sA .devorppa ton si sisehtopyh tsrif eht T .meetse ydob dna ynegodne neewteb pihsnaitaler tnacifngis on si ereht

Second hypothesis: there is a difference between androgyny groups in terms of desire for marriage.

**Table 10:** Table of variance.

Leven test	Df1	Df2	sig
1335	4	395	0.256

As it is shown in the table below, the group variance is same and one way ANOVA can be used.

**Table 11:** Summary of one way ANOVA comparing desire for marriage in androgenic groups.

	sum of squares	df	mean squares	F	sig
among groups	1525,278	4	381,322	5867	0,000
inside groups	25674,650	395	64,999		
Total	27119,937	399			

As can be seen in the table above, *there is a significant difference between the groups in terms of desire for marriage. so, the second hypothesis is approved. In order to determine the difference between groups, 2-k test is performed and results are shown in table below.*

**Table 12:** Multiple comparison of desire to marriage in androgyny group.

(I)	(J) bisexual	Mean Difference (I-J)	SD	sig
bisexual	womenly	- 0.203	1.178	1.000
	nearly womenly	- 2.151	0.945	0.155
	nearly manly	*7.140	2.536	0.041
	manly	4.504	2.203	0.247
womenly	bisexual	0.203	1147	1.000
	nearly womenly	-1.949	1114	0.405
	nearly manly	*7.343	2.603	0.040
	manly	4.707	2280	0.238
nearly womenly	bisexual	2.151	0.945	0.155
	womenly	1.949	1.114	0.405
	nearly manly	<sup>9.292</sup> 6.655	2.507	0.002
	manly	<sup>6.655</sup>	2.170	0.019
nearly manly	bisexual	* - 7.140	2.536	0.041
	womenly	* - 7.343	2.603	0.040
	nearly womenly	<sup>9.292</sup> 2.636	2.507	0.002
	manly	2.636	3200	0.923
manly	bisexual	-4.504	2.203	0.247
	womenly	-4.707	2280	0.238
	nearly womenly	*-6.655	2170	0.019
	nearly manly	2.636	3200	0.923

Results are described as below:

1. Desire for marriage with 95 percent confidence in endogenic groups is higher than the nearly manly groups and does not differ from other groups.
2. Desire for marriage in women with 95 percent confidence in endogenic groups is higher than the nearly manly groups and does not differ from other groups.
3. Desire for marriage in women with 95 percent confidence in endogenic groups is higher than the nearly manly and manly groups and does not differ from other groups.

**Table 13:** Third Hypothesis: there is difference between groups in terms body esteem and desire for marriage.

		Tendency to marriage	body self-esteem
Tendency to marriage	Pearson coefficient	1	*0.119
	sig		0.017
	N	400	400
body self-esteem	Pearson coefficient	*0.119	1
	sig	0.017	
	N	400	400

As it can be seen in table below, correlation coefficient is 0.119 at the level of 2 percent alpha and with 98 percent confidence one can say that there is a positive relationship between desire for marriage and body esteem.

## RESULTS AND DISCUSSION

*Hypothesis 1:* there is a relationship between androgyny adjectives and body esteem

According to the low correlation at the alpha level 0.05 which was not significant ( $r=0.094$ ) so the first hypothesis is not accepted. it was expected that endrogenic people have more desire for marriage as they are more free of traditional limits. although the researcher cannot find direct evidence about the hypothesis in

foreign literature, may be the girls with lower endrogenic features are mentally less desired for marriage but there are some social pressure on them to get married or have psychological and economic reasons.

*Hypothesis 2:* there is a relationship between endogeny adjectives and desire for marriage

The results showed that participants with womanliness adjectives, high womanliness and androgen participants had more tendency for marriage since the womanliness features can be a reason for desire for marriage since they want to have a husband as a woman. Hypothesis 3: there is a relationship between body esteem and desire for marriage in girls. The correlation between desire for marriage and body esteem at the alpha level 0.05 which was significant ( $r=0.161$ ). In other words, as body esteem is higher desire for marriage will be more. Evidence shows that sexual desire and sexual satisfaction are highly related to delay in social relations. in addition, Nazlack (2001) and Friedman and others (2010) showed that although one may hav less satisfaction about their body , they may feel less satisfaction in their relationship and sexual relations.

#### *Limitations and Suggestions:*

- Only female students participated in the present study. This sampling can be used again with male students and so, results can be generated.
- No research is done in Iran concerning the effect of endogeny on marital relationship, how to select a partner, the evidences of selecting a partner and general issues, so it is better to pay more attention to these issues.
- The effect of body esteem on physical disorders is not shown yet.
- Present sample is done based on in access strategy due to academic obstacles, so it is evident that random and cluster sampling will have more reliable and decisive results.

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