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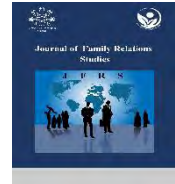
Research Paper

Predicting Marital Satisfaction based on Attitudes Towards Gender Roles and Identity Styles in Couples

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ABSTRACT

Objective: This study investigates the prediction of marital satisfaction based on attitudes toward gender roles and identity in married couples.

Methods: The research method employed for this purpose is descriptive and correlational. Therefore, A cluster sampling method was used to select 350 married individuals from the residents of the second municipality district of Mashhad in 2022, including 150 women and 150 men. Data was collected using the Tagras scale, Smith identity styles, and Enrich marriage satisfaction questionnaire. Correlation and regression models were employed to analyze the data.

Results: The findings reveal significant relationships between attitudes toward gender roles, identity styles, and marital satisfaction. Additionally, it is important to note that the significance of these relationships differed among males and females. After analyzing the data using regression analysis, it was found that attitudes towards gender roles and identity styles have the ability to predict marital satisfaction by %26 and %34, respectively and at the p<0.01 significance level.

Conclusion: Hence, based on the results, it can be concluded that individuals who hold egalitarian attitudes toward gender roles tend to experience higher levels of marital satisfaction. Conversely, those who adhere to traditional gender roles are more likely to experience lower levels of marital satisfaction. Furthermore, it was observed that an informational identity style positively predicts marital satisfaction, while a diffuse identity style negatively predicts it.

1. Introduction

Marital satisfaction is a highly studied subject within the realm of marriage and family relationships, and it assists individuals in attaining happiness in their marital unions (Constantin, 2015). It pertains to the personalized perception of contentment, gratification, and enjoyment shared by both partners when evaluating all elements of their conjugal existence (Ellis, 2003). This satisfaction is influenced by various factors, such as mutual agreement on important issues, shared responsibilities, and affection for each other's success (Mansouri et al., 2020); it also includes factors like sexual satisfaction(BakhshiPour, 2024) and adaptive emotion regulation strategies (Pourmohseni et al.,2023). Attitudes toward gender roles are another factor that might greatly affect the couple's overall satisfaction in their relationship.

According to Deebiaji (2003), the perception of gender roles entails an individual's understanding of personality traits, occupations, and appropriate behaviors for men and women within a specific culture (Brako, 2013).

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Furthermore, the concept of gender roles encompasses actions, behaviors, explicit definitions, and implicit societal beliefs, attitudes, and stereotypes (Zeebaee Nejad, 2009).

Klock and Lamberty (2016) have classified attitudes towards gender roles into three categories: traditional, egalitarian, and anti-traditional. Traditional gender role attitudes are based on the belief that men and women have inherently different personalities and mental characteristics, which results in the belief that they should be engaged in different roles and tasks. In this perspective, women are expected to prioritize household duties and childcare responsibilities, while men are encouraged to focus on being breadwinners and taking up political leadership positions. Additionally, specific personality traits and behaviors are expected from each gender, with women being expected to display nurturing and compassionate qualities and men being associated with dominance and self-interest. On the other hand, individuals with egalitarian gender role attitudes reject differential evaluations based on gender in these scenarios. They do not harbor any biases that favor one gender over the other. People with anti-traditional gender role attitudes actively promote the defiance of traditional gender expectations. This may be demonstrated by their preference for men to assume childcare responsibilities or their belief that women are more qualified for managerial positions. These individuals critically question and challenge established societal gender norms (Klocke & Lamberty, 2016).

Recently, there has been a notable shift in attitudes towards gender roles(Zuo & Tang, 2000), and various societal changes have contributed to the expansion of more liberal attitudes towards gender roles. Advances in birth control methods, a rise in separation and divorce rates, and a decrease in traditional family structures have all played a part in this transformation (Bolzendahl & Myers, 2004). Education also significantly impacts individuals' attitudes towards gender roles, particularly among women (Marks et al., 2009), and studies reveal that women consistently exhibit more egalitarian views compared to men, regardless of cultural context(Dotti Sani & Quaranta,2017). These egalitarian gender roles have tangible implications for various domains, including family structures, politics and education (Inglehart & Norris, 2003). The traditional gender norms that imposed domestic roles on women while designating men as breadwinners and household heads have declined, as evidenced by the growing prevalence of egalitarian perspectives among both genders (Mickelson et al., 2006).

Although researchers have been interested in the importance of attitudes towards gender roles in the dynamics of the family system for several decades (Johnston et al., 2014), there is a lack of research on attitudes towards gender roles in couple relationships. In Iran, almost no research has been conducted in this field. The current study can be compared to previous research studies solely in terms of the title, as they have exclusively employed the gender roles questionnaire (for example, see the sources (keyhan & Saber, 2016) and (Kiani et al., 2011). These studies primarily assess the presence and quantity of male, female, or bisexual traits in individuals (Bem, 1983) rather than the specific type of attitude towards gender roles. Only in the 1980s were attempts made to develop questionnaires based on the role structure theory (Hoffman et al., 2000).

Furthermore, most of the questionnaires used in foreign and non-Iranian studies to measure attitudes have limitations. They cannot comprehensively evaluate the full range of attitudes, including traditional and non-traditional views. Some questionnaires measure attitudes solely based on traditional perspectives, while others focus on egalitarian or modern views. Constantin and Voicu(2015) further concluded in their study that these scales only capture a partial understanding of the complexity of these attitudes, and they fail to adequately measure both egalitarian and traditional perspectives and neglect to incorporate attitudes in both private and public spheres (Constantin & Voicu, 2015). The relationship between attitudes towards gender roles and marital satisfaction can be analyzed from various theoretical viewpoints. In this context, attitudes towards gender roles essentially encompass internalized beliefs that have been shaped through socialization, thus influencing the quality of marital life (Qian & Sayer, 2016). As the concept of gender is shaped through social interactions, it can be inferred that gender roles and identities are constructed similarly. Marriage formation further shapes these roles and identities, leading individuals to closely adhere to them (Gough & Killewald, 2010). Jain (2014)conducted a study on Indian immigrant couples in America and found that immigration has contributed to an increase in egalitarian perspectives among educated Indian men regarding gender roles. Consequently, these couples have expressed greater satisfaction in their marriages, attributing it to their egalitarian attitudes. Faulkner's (2005) research findings indicate that men who adhere to traditional gender roles often experience conflict with their spouses in relationship matters and decision-making, leading to decreased marital satisfaction over time (Faulkner et al., 2005).

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Furthermore, Tanguchi and Kaufman found a positive correlation between belief in gender equality and higher levels of marital satisfaction for men. Conversely, this belief negatively correlated with marital satisfaction for women(Taniguchi & Kaufman, 2014). In support of these findings, Rakwana(2010) emphasizes the importance of gender roles in predicting marital satisfaction and provides evidence that individuals with more egalitarian attitudes exhibit higher levels of intimacy and overall satisfaction in their marriages(Rakwena,2010). Saginak and Saginak (2005) also discovered a positive correlation between couples who support egalitarian views on gender roles and those with a more equitable distribution of tasks within their marriages(Saginak & Saginak, 2005). These findings highlight the significance of an individual's identity style in shaping their attitudes towards gender roles, as these attitudes are integral to one's sense of self. Consequently, an individual's perspectives on gender roles and cognitive processing of related information can transform based on their identity style. For instance, individuals with a normative identity style are likely to exhibit a preference for traditional gender roles in an environment and culture that promotes such traditional attitudes. By contrast, individuals with an informational identity style characterized by their pursuit of self-awareness and understanding of the world through acquiring and evaluating information tend to be more receptive towards new and diverse thoughts that may differ from traditional teachings. As a result, these individuals are more inclined to embrace egalitarian or anti-traditional attitudes.

Berzonsky (2014) presents three distinct categories of identity styles: informational identity, normative identity, and confused-avoidant identity. Individuals with a normative identity style adhere to the expectations, values, and instructions deemed appropriate by influential figures (Berzonsky & Papini, 2014). Conversely, those with an informational identity style persistently seek, process, and evaluate self-relevant information (Berzonsky et al.,2011). The diffuse-avoidant identity style is characterized by defensive delay and avoidance tendencies, resulting in the avoidance of decision-making situations, personal problems, and conflicts related to identity (Berzonsky & Papini, 2014). In their study, Cook and Jones (2002) concluded that couples with similar identity styles experience higher levels of satisfaction, with men scoring higher than women in terms of marital satisfaction(Cook & Jones, 2002). Strom and Kalmanier's research also revealed a positive correlation between identity acquisition and loyalty in

relationships and love for both men and women. In contrast, identity interruption or confusion demonstrated a negative correlation with loyalty and love. Furthermore, advanced identity formation is found to strongly predict involvement in committed participation in married life or readiness to establish such a partnership (Berk,2017).

Given the previous findings on the impact of identity on close relationships, cohabitation, and gender role attitudes in couples' marital satisfaction, it is important to consider how different identity styles and attitudes towards gender roles could affect marital satisfaction among Iranian couples. Therefore, the objective of this study is to explore whether attitudes towards gender roles and identity styles can be used to predict the level of marital satisfaction. Additionally, this research aims to investigate the relationship between attitudes towards gender roles, identity styles, and marital satisfaction and determine the individual contribution of each variable in this relationship.

2. Materials and Methods

The research method employed in this study is descriptive and correlational. Correlational research aims to predict a criterion variable based on several predictive variables, analyzing the relationship between variables in accordance with the research objective (Sarmed et al., 2019). In this research, apart from examining the extent and nature of the relationship between attitudes towards gender roles, identity styles, and marital satisfaction, marital satisfaction is predicted based on attitudes towards gender roles and identity styles.

The sample size determination was based on the nature and methodology of the research, specifically a correlation study. To assist in this determination, Morgan's table of 350 individuals was consulted. The sample included couples between the ages of 20 and 60 who met the criteria of having at least an elementary education and married for more than three months. Both partners in each couple expressed willingness to participate concurrently. Therefore, 175 couples were selected as the sample for this study. Data collection was conducted in the field using a questionnaire. The sample of 175 couples was chosen as a representative sample from the entire population of couples residing in the two municipalities of Mashhad in 2022, using a multi-stage cluster random sampling technique. In the initial round of data collection, approximately eighty individuals from the sample were excluded due to non-cooperation, such as failure to submit completed questionnaires by one or both spouses or incomplete responses. Subsequently,

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this number was replenished in the second round of data collection.

Pearson's correlation coefficient was used to investigate the relationship between attitudes towards gender roles, identity styles, and marital satisfaction. Also, an investigation was conducted to determine whether attitudes towards gender roles and identity styles could predict marital satisfaction. A multivariate correlation coefficient and regression equation were calculated using the step-by-step method. In order to evaluate the significance of correlation coefficients, regression equations, and inter-group comparisons for data analysis, a range of statistical inference models, such as Z, T, and F tests, were implemented. To expedite these calculations and enhance efficiency, the software SPSS was utilized.

Research instruments employed in this study included the demographic questionnaire, which gathered general information about the sample. Furthermore, Enrich's marital satisfaction questionnaires, Tagras' gender role attitude scale, and Smith's identity styles were utilized and are elucidated below.

Tagras: Tagras Gender Role Scale, developed by Ulrich Klock and Pia Lamberty(2016), was constructed based on content analysis of eleven established questionnaires in the field of gender roles. The authors developed a novel questionnaire that incorporated the scale of anti-traditional attitudes. This instrument measures attitudes towards gender roles on a continuum ranging from traditional to anti-traditional. It encompasses various specific behaviors associated with gender roles in different contexts, diverging from the relatively widely used GRAIT scale for measuring attitudes towards gender roles and the purpose of the Tagras scale is less apparent to respondents, thereby mitigating potential biases towards favorable responses.

Tagras consists of a set of eleven questions that are designed to assess individuals' preferences for female and male roles. Each person completes the questionnaire twice, once for ideal female roles and once for ideal male roles. The Likert scale rates the answers, ranging from -2 to +2. A score of +2 indicates a very negative evaluation, while a score of -2 indicates a very positive evaluation. The scoring of the questionnaire involves subtracting the score of the ideal woman evaluation section from the score of the same item in the ideal man evaluation section. This calculation reveals the extent to which the subject prefers men over women to perform specific tasks. To ensure accuracy, the signs of the items related to women's gender roles are reversed. The average difference score is then calculated. The scores are situated on a spectrum, with zero representing an egalitarian attitude. As the scores increase to the right side of the spectrum, the person's views become more traditional. Conversely, scores that decrease to the left side of the spectrum indicate anti-traditional tendencies. Therefore, the interpretation of the level and grade of the scores, as well as the average sign of the difference score, can be used to measure attitudes towards traditional gender roles(positive score), egalitarianism(zero), and anti-traditionalism (negative score).

The creators of the Tagras scale conducted two studies on teenagers(study1&2) and one study on adults(study3) to demonstrate the presence of anti-traditional attitudes among individuals. The factorial structure and internal consistency of the TAGRAS were confirmed in Study 3, indicating good internal reliability. Also, the TAGRAS showed similar correlations with sex and education level in Study 2, further supporting its internal reliability. The external reliability of the scale was examined using Cronbach's alpha, which yielded a high value of 0.89 .

The construct validity of TAGRAS was expanded in Study 3, as it showed correlations with various measures related to attitudes towards sexual diversity. Furthermore, The TAGRAS demonstrated convergent validity in Study 2, as its correlations with the motivation to act without prejudice, acceptance of gender-fair language, and political attitudes were consistent. To establish the convergent validity of the scale, the relationship between traditional attitudes measured by the questionnaire and right-wing political attitudes, social dominance, and religious fundamentalism was examined. The results showed a positive and significant correlation between these variables. Additionally, a significant negative correlation was observed between traditional attitudes, acceptance of gender-neutral language, motivation to act without prejudice, and level of education (Clock & Lamberty, 2016).

In order to assess the psychometric properties of the questionnaire in Iran, which was administered for the first time, the questionnaire was initially translated into Persian and then retranslated into English by two language experts. The disparities between the English versions were examined and minimized through an iterative review process. This meticulous procedure thoroughly examined the semantic equivalents between the Persian and English versions. Furthermore, to ascertain this scale's content and construct validity, fifteen experts and faculty members specialized in social sciences and psychology evaluated the appropriateness of the questions for their

intended purpose. These experts also confirmed the validity of the content and cultural compatibility of the questionnaire. In a preliminary investigation, this test was conducted on three hundred students, comprising both males and females (160 females and 140 males). The test-retest method was employed to gauge the test's validity, and the reliability coefficient was calculated as 0.91 after one week using the same sample. Additionally, the Cronbach's alpha coefficient of this questionnaire was 0.80.

Enrich couple scale: This questionnaire was developed by Olson in 1989 and updated in 2010 regarding the Enrich couple scale. The Enrich scale comprises thirty-five items and is divided into four subscales: marital satisfaction, communication, conflict resolution, and ideal distortion. In Olson's research, the Cronbach's alpha coefficients for these subscales were 0.86, 0.80, 0.84, and 0.83, respectively. The test-retest validity was 0.86, 0.81, 0.90, and 0.92, respectively. Furthermore, the diagnostic and construct validity of this questionnaire were established in their study, demonstrating its capability to differentiate between highly satisfied couples and dissatisfied couples (Fowers & Olson,1989). In Asoodeh's research, the questionnaire's alpha coefficients were determined to be 0.78, 0.62, and 0.77(Asoodeh et al.,2011). Moreover, the Cronbach's alpha coefficient for this scale was computed as 0.76 in the present study.

Scoring for this questionnaire involves five response options for each item: completely agree, agree, neither disagree nor agree, disagree, and completely disagree, assigned scores ranging from 1 to 5. Questions 3, 5, 6, 7, 10, 13, 14, 18, 19, 21, 22, 23, 26, 27, 28, 29, 32, 33, and 34 are reverse scored. The questionnaire yields four distinct scores, with each scale having its score. The raw scores are then converted into percentages. Marital satisfaction ranging from 100% to 85% is considered very high, while scores from 80% to 65% indicate high satisfaction. A range of 60% to 40% is deemed average, while scores from 35% to 20% reflect low satisfaction, and scores from 15% to 5% indicate very low satisfaction.

Identity Styles Questionnaire: The Identity Styles Questionnaire, Version 4, developed by Smith (2009), was utilized to assess identity styles. Smith's research, which encompassed students from the United States, Belgium, and the Netherlands, yielded test-retest reliability percentages of 80%, 85%, and 87% for informative, normative, and diffused styles, respectively, after one week. Cronbach's alpha coefficients for internal consistency were 0.71, 0.78, and 0.82 in the United States and 0.76, 0.69, and 0.77 in the Netherlands and Belgium (Smits, 2009).

Rahiminejad (2009) conducted a study on Iranian students to determine the psychometric properties of the Identity Styles Questionnaire, Version 4, and standardized it in Iran. The research reported a total Cronbach's alpha coefficient of 0.69 and Cronbach's alpha coefficients of 0.73, 0.62, and 0.66 for informational, normative, and confused-avoidant identity styles, respectively. The questionnaire's Cronbach's alpha coefficient in the present study was calculated as 0.78. The questionnaire consists of 33 items scored on a five-point Likert scale, ranging from 1 (not at all applicable to me) to 5 (completely applies to me). Items 7, 10, 13, and 18 are reverse-scored. The dominant style of an individual is determined by the highest score among the three evaluated styles, and subsequent analyses and stages of research are conducted accordingly (Rahimi Nejad et al., 2010).

3. Results

In terms of the findings, descriptive and demographic indicators are presented initially. The average age of male and female respondents is 39.75 and 35.84, respectively, with an average duration of 13.12 years in couples' relationships. The majority of male and female participants hold a bachelor's degree, accounting for 48% and 53% of men and women, respectively. Moreover, the percentage of individuals with higher education or a master's degree and doctorate is nearly equivalent for both genders, at 20.7% and 19% for men and women, respectively. Additionally, 64% of women are housewives, while 28.3% are employed. In contrast, 43.7% of men are employed. The remaining individuals are either unemployed or retired.

Before examining the research hypotheses, the mean and standard deviation of the variables of marital satisfaction, attitudes toward gender roles and identity styles were analyzed and reported in Table 1.

Table 1. mean and standard deviation of research variables

Variable	mean	SD
Satisfaction	168.48	26.74
Gender roles	0.85	0.402
Informational	44.25	7.97
Normative	33.54	6.08
Diffused	31.14	6.29

The present study, conducted within Iranian society, has revealed that the prevalence of anti-traditional and egalitarian attitudes is somewhat limited. The majority of individuals tend to hold traditional attitudes, as indicated by their scores falling within the range of less than one to zero and also by the mean score of the attitudes toward gender roles, which is 0.85 in this study.

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To provide a more detailed understanding of the distribution and nature of gender role attitudes in the sample, a new category called "relatively egalitarian attitudes" was introduced. This category includes scores between zero and one, representing a position that is neither completely egalitarian nor traditional. It is important to note that all scores fall within the same range, and the magnitude of the score determines the extent and nature of the attitudes. Our findings showed that the majority of individuals hold traditional attitudes (58%) towards gender roles, followed by moderately egalitarian attitudes (34%), both among males and females. It is worth noting the proximity of these percentages. On the other hand, anti-traditional attitudes (2.5%) and egalitarian attitudes (6%) have the lowest frequencies and percentages, respectively. The results presented in Table 1, show the correlation coefficients among the variables.

Table 2. Correlation coefficients among the examined variables

Normative	Confused	Informational	Gender role	satisfaction	
0.222**-	0.089	** 0.168	-0.134*	1	satisfaction
0.020	0.147*	-0.153**	1	-0.134*	Gender role
0.159*-	0.023	1	-0.153**	0.168**	Informational
0.092	1	0.023	*0.147	0.089	Normative
1	0.092	0.159*-	0.020	-0.222**	Confused

**P<0/01 , *P<0/05

Table 2 indicates a significant and inverse association between individuals' attitudes towards gender roles and their level of satisfaction in their marriage. This correlation coefficient highlights the relationship between the variables. The correlation coefficient for this analysis is -0.134, indicating statistical significance at the p<0.05 level. Further examination reveals that the correlation coefficients for informative and confused identity styles in relation to marital satisfaction are 0.168 and -0.222, respectively, both of which are statistically significant at a level of p<0.01. moreover, a significant and negative relationship is observed between the informational identity style and attitudes towards gender roles, with a correlation coefficient of -0.153 and a significance level of p<0.01. This suggests that individuals with an informational identity style are more likely to hold egalitarian or near-egalitarian attitudes. On the other hand, a positive and significant association exists between the normative identity style and attitudes towards gender roles, with a correlation coefficient of 0.147 and a significance level of p<0.05. This indicates that individuals with a normative identity style tend to have more traditional attitudes towards gender roles.

In order to determine whether attitudes towards gender roles and identity styles could predict marital satisfaction, A multivariate correlation coefficient and regression equation were calculated using the step-by-step method. Additionally, an analysis of variance test was used to evaluate the significance of the correlation between marital satisfaction, attitudes towards gender roles, and identity styles. The analysis considered two predictor variables, with the contribution of each variable. The results are presented in Tables 2 and 3 as follows:

Table 3. Summary of correlation coefficients and variance analysis of marital satisfaction scores based on attitudes towards roles and identity styles

Model	DF	F	R	R square	Sig
Regression (attitudes toward gender roles)	4	15.30	0.59	0.34	0.0001
Regression (identity styles)	4	10.04	0.51	0.26	0.0001

The results in Table 2 demonstrate that the magnitude of F is significant, indicating that the predictor variables have successfully provided a meaningful prediction of the criterion variable. Furthermore, the coefficient of determination reveals that the variable of attitude towards gender roles accounts for 26% of the variation observed in marital satisfaction scores, while the variables related to identity styles accurately predict 34% of the changes observed in marital satisfaction.

Table 4. Beta coefficients in the regression equation

Variable	Unstandardized Coefficients(β)	STD. ERROR	standardized Coefficients(β)	T	Sig
Informational	0.57	0.17	0.30	3.53	0.000
Normative	0.18	0.14	0.10	1.25	0.21
Diffused	1.-54	0.37	-0.38	-4.18	0.0001
Attitudes	-0.37	0.12	-0.25	-2.86	0.005

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Based on the findings presented in Table 4, it is clear that certain variables, specifically attitude towards gender roles and two specific identity styles (informative and confused), have achieved statistical significance. The standardized coefficients in the table show that attitude towards gender roles has a negative and inverse impact on marital satisfaction scores.

Additionally, the informative identity style directly predicts marital satisfaction scores, while the confused identity style has an inverse predictive effect. To gain a more precise understanding of the correlation between these variables, a separate analysis was conducted based on gender. The results of this gender-specific analysis can be seen in Table 5 as follows:

Table 5. Gender-based Analysis of Beta Coefficients in the Regression Equation

Variable	Unstandardized Coefficients(β)	STD. ERROR	standardized Coefficients(β)	T	Sig
women					
Informational	0.52	0.22	0.28	3.20	0.005
Normative	0.14	0.16	0.08	1.74	0.26
Diffused	-1.80	0.29	-0.49	-3.91	0.0001
Attitudes	-0.15	0.12	-0.13	-0.036	0.09
Men					
Informational	0.63	0.22	0.32	3.73	0.003
Normative	0.31	0.16	0.12	1.61	0.34
Diffused	-1.25	0.18	0.37	-4.02	0.0005
Attitudes	-0.70	0.11	-0.24	3.02-	0.0001

The findings in Table 5 indicate a noteworthy association between the perception of gender roles and marital contentment in men, while such associations are not statistically significant in women. The perception of gender roles, with a beta coefficient of -0.24 and an alpha of 0.0001, shows significance at the p<0.01 level in men. Furthermore, the informational aspect of identity style is significant in both women and men, with beta coefficients of 0.28 and 0.32 and alphas of 0.005 and 0.003, respectively, at the p<0.05 level. Similarly, the confused identity style is also significant, with beta coefficients of -0.49 and 0.37 and alphas of 0.0001 and 0.0005 at the p<0.01 level.

4. Discussion and Conclusion

This study aims to predict marital satisfaction by examining attitudes towards gender roles and identity styles. The statistical analysis confirms a significant correlation between attitudes towards gender roles, identity styles, and marital satisfaction. These two variables can accurately predict marital satisfaction, with attitudes towards gender roles accounting for twenty-six percent and identity styles accounting for thirty-four percent of the variations in marital satisfaction. The outcomes reveal a significant negative connection between attitudes towards gender roles and marital satisfaction, indicating that lower attitude scores indicate a more egalitarian perspective. It is worth noting that marital satisfaction is highest within the mid-range of the spectrum, while higher scores, which lean towards traditional views, correspond to lower marital satisfaction.

Moreover, an analysis of the data by gender revealed that this association was only significant in males. This finding is consistent with previous research conducted

by Faulkner (2002), Rakwana (2010), Xu & Lai(2004) and Tanguchi and Kaufman (2014), who all identified a relationship between attitudes towards gender roles and marital satisfaction specifically in men. These researchers considered this relationship significant and even identified it as a predictor of marital satisfaction for couples. From this information, it can be deduced that men who hold less traditional and more egalitarian views on gender roles tend to experience higher levels of marital satisfaction. This is because these attitudes reflect their level of flexibility in their personal lives and interactions with their partners. It also influences their perception of what is moral or immoral for themselves and others and their ability to empathize with a partner with differing viewpoints. In marital relationships, disagreements often arise due to differing perceptions of women's gender roles. As a result, women often seek freedom from these situations, driven by external circumstances or personal interests. Consequently, men who better understand their spouse's needs and attitudes tend to experience higher satisfaction in their married life and relationships. These findings align with previous research conducted by Saginak & Saginak (2005), (Ickes, 1993) and (Dasgupta & Basu, 2011). Additionally, alternative theories and research in this domain propose that men may experience anxiety and a concern for conforming to societal expectations in their personal and social lives, regardless of their personal preferences (McCreary et al.,1996). (Del Pilar Sánchez-López et al.,2012) and (Sweeting et al.,2014) also demonstrated a direct association between traditional attitudes towards gender roles and anxiety, stress, and physical health issues.

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Based on the research findings, it can be inferred that the informational identity style demonstrates a positive and significant correlation with marital satisfaction. In contrast, the confused identity style exhibits a negative and inverse relationship. These correlations are explicitly observed within the categories of women and men. In line with Erikson's (1968) perspective, resolving each stage's conflict is crucial for the uninterrupted development of one's character. Failure to resolve conflicts at any given stage diminishes the likelihood of successfully adapting to subsequent challenges (Schultz & Schultz, 2016). According to Erikson's theory, the development of intimate relationships in adulthood is contingent upon successfully resolving the crises of earlier stages, specifically the stage of identity versus role confusion during adolescence. Individuals who have not achieved a cohesive and well-defined identity during this period will likely struggle to form satisfying relationships.

Similarly, those with an informational identity style characterized by problem-solving skills, cognitive motivation, and openness to alternative perspectives are more likely to enjoy successful partnerships (Berzonsky, 2008). Therefore, individuals with this identity style are likely to have better interpersonal relationship skills, leading to higher marital satisfaction. This finding is consistent with the research conducted by (Maaref et al., 2015), (Amininejad & Shahnazarie, 2016), (Babakhani et al., 2016), (Moghadasali et al., 2021) and (Shokrollahzade & Madani, 2016), which suggest that informational identity style is a predictor of marital satisfaction.

Furthermore, the results of the current study indicate a negative and significant relationship between informational identity style and attitudes toward gender roles. On the other hand, there is a positive and significant relationship between normative identity style and attitudes toward gender roles. This implies that individuals with an informational identity style tend to hold relatively egalitarian attitudes, falling in the middle of the spectrum; on the contrary, individuals who possess a normative identity exhibit a predilection towards traditional beliefs and practices, as evidenced by their scores aligning with the right side of the spectrum. As mentioned, those who adopt a normative identity style adhere to societal expectations, values, and instructions deemed appropriate by influential figures. Consequently, these individuals maintain a closed cognitive structure (Berzonsky, 2004). Given the prevailing traditional views on gender roles in Iran, individuals who adopt a normative identity style tend to accept these attitudes unquestioningly and believe them to be right.

Conversely, those with an informational identity style actively seek, analyze, and evaluate information about their beliefs and are reluctant to form fixed opinions, demonstrating a genuine interest in learning about new issues. Given these characteristics, it is reasonable to assume that individuals with an informational identity style possess a critical outlook towards societal attitudes on gender roles and are less inclined to accept what is deemed normal and acceptable. Instead, they are more inclined to explore this field themselves and, as a result, exhibit a greater willingness to embrace egalitarian attitudes. Consequently, the present study confirms this hypothesis.

Regarding the results and outcomes mentioned above, it is noteworthy that clinicians should consider the findings of this study when working with couples in therapeutic endeavors.

About the new Tagras (2016) scale, which was recently implemented in Iran, the findings reveal that within the sample being examined, approximately two and a half percent of individuals exhibited anti-traditional attitudes (as indicated by scores with a negative sign). Additionally, around six percent of the sample displayed anti-traditional attitudes that leaned towards egalitarianism (scores of zero). A considerable portion, approximately thirty-four percent, demonstrated relatively egalitarian attitudes (scores between zero and one), while the remaining fifty-eight percent exhibited traditional attitudes (scores of one and above). Based on these findings, it can be concluded that the majority of the sample, consisting of regular individuals from the city of Mashhad and representing the middle class of Iranian society, held traditional attitudes. Also, the relatively egalitarian perspectives have the most frequency in the population after traditional attitudes. Hence, it has been established that while the presence of the desired anti-traditional attitudes among the builders of the society can indeed be assessed using the Tagras scale, their quantity and occurrence are significantly limited. This limitation is, naturally, in direct proportion to the size and composition of the current study sample, rendering it immensely valuable. Currently, there exists a scarcity of scales that can effectively gauge attitudes towards gender roles. The Tagras scale, the most recent instrument in this domain, can be employed in a broader range of samples encompassing individuals of varying age, educational attainment, occupation, and social and economic status. Such an approach will enable researchers to gather more precise and comprehensive data regarding prevailing attitudes towards gender roles in Iran and facilitate

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comparative analyses among distinct groups possessing different characteristics in this variable.

5. Ethical Considerations

Compliance with ethical guidelines
Compliance with ethical guidelines: All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them.

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Conflicts of interest
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