
Lifestyle, marital commitment and responsibility in women

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The present study was conducted on the relationship between lifestyle, marital commitment and responsibility in married women studying in Tehran universities. The research method was descriptive correlation. Randomly selected from 5 state universities in Tehran, the research sample included 120 students with different educational levels.

Participants answered the questions of the research questionnaires. The research tool consisted of three questionnaires: 1- Islamic lifestyle questionnaire with 138 questions; 2- Adams Marital Commitment Questionnaire with 44 questions; 3- Responsibility questionnaire with 42 questions. Research data were analyzed using descriptive statistics and inferential tests on correlation, regression, chi-square and t-test.

Based on the results obtained from the sample population, there is a positive and significant relationship between lifestyle and marital commitment and responsibility and also between marital commitment and responsibility $p < 0/001$. Meanwhile, the Islamic lifestyle benefits from the ability to predict commitment and a sense of responsibility and durability of two variables. Considering the findings of the present study, strengthening the Islamic lifestyle enhances the level of commitment and responsibility, and through this, the foundation of the family will be strengthened.

As an innovation of this research, the class of educated women with Islamic lifestyle, contrary to the existing misconceptions, have a high sense of responsibility, and other factors such as education, employment, income and financial independence do not have an unpleasant and negative effect on their commitment and responsibility.

Keywords: Lifestyle, Marital commitment, Responsibility, Married and educated women.

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