

Abstract

Background: Multiple Sclerosis (MS) is one of the neuro-degenerative disorders. It affects negatively to life satisfaction of its patients. In current literature, it is known that there is a positive correlation between life satisfaction and marriage satisfaction. In this study, we aimed to examine life and marriage satisfaction of patients with MS (pwMS) in terms of demographic variables.

Material and methods: This study was conducted between May-June 2019 in Ondokuz Mayıs University, Faculty of Medicine. In data collection Demographic Information Form, Marriage Life Scale (MLS), and Life Satisfaction Scale (LSS) were used. Data were analysed with IBM SPSS V28 software program. The significance level was taken as $p < 0.05$.

Results: Marriage satisfaction of pwMS did not change according to patient's education level, partner's education level, income level, marriage duration, marriage age, child number, disease duration and total attack number, significantly. Their marriage satisfaction significantly changed according to dating period before marriage in marriage satisfaction. Patients who have 6 or more years dating period before marriage have higher marriage satisfaction than less than one year. In addition, their life satisfaction significantly did not change according to patients' education status, patients' income level, disease duration and total attack number. There was a significant positive correlation between marriage satisfaction and life satisfaction of pwMS.

Discussion: As in healthy individuals, marriage satisfaction plays important roles in life satisfaction in pwMS. Demographic factors that is related to MS does not affect marriage and life satisfaction as other demographic factors. In a result, by finding out the factors affecting the marital and life satisfaction of pwMS, new strategies can be developed to increase the quality of life of pwMS.

Key words: Multiple Sclerosis, marriage satisfaction, life satisfaction, demographic factors

Introduction

Multiple Sclerosis (MS) is one of the nervous system disorders. It was found that there is a positive significant correlation between marriage and life satisfaction of patients with MS (pwMS) This study aimed to investigate life and marriage satisfaction of pwMS in terms of demographic variables.

Methods and Materials

This study was conducted between May-June 2019 in Ondokuz Mayıs University, Faculty of Medicine. In data collection Demographic Information Form, Marriage Life Scale (MLS), and Life Satisfaction Scale (LSS) were used. Data were analysed with IBM SPSS V28 software program. The significance level was taken as $p < 0.05$.

Results

- Marriage satisfaction of pwMS did not change according to patient's education level, partner's education level, income level, marriage duration, marriage age, child number, disease duration and total attack number, significantly ($p > .05$) (Table 1).
- Their marriage satisfaction significantly changed according to dating period before marriage in marriage satisfaction. Patients who have 6 or more years dating period before marriage have higher marriage satisfaction than less than one year ($p < 0.05$) (Table 1).
- Their life satisfaction significantly did not change according to patients' education status, patients' income level, disease duration and total attack number ($p > 0.05$) (Table 2).
- There was a significant positive correlation between marriage satisfaction and life satisfaction of pwMS ($p < 0.05$) (Table 1).

Table 1. Comparison of marriage satisfaction in terms of demographic variables

	Marriage Satisfaction	
		Sig.
patient's education level		.764
partner's education level		.858
income level		.757
dating period before marriage		.008
marriage duration		.422
marriage age		.864
child number		.344
disease duration		.750
total attack number		.590
Life satisfaction		.001

Table 2. Comparison of life satisfaction in terms of demographic variables

	Life Satisfaction	
		Sig.
patient's education level		.747
income level		.369
disease duration		.965
total attack number		.971

Discussion

Our results support the idea that there is a positive correlation between marriage and life. In a research, it was found that the number of children and, the duration of marriage affect marital satisfaction negatively; the husband's age does not affect marital satisfaction. In another research, it was found that, economic situation, and family income, duration of the marriage, the presence of children affect marital. In the research, we found that the number of attacks doesn't affect marriage satisfaction. However, researchers found that the number of attacks and the number of hospitalizations are related to low marriage satisfaction. In line with these results, it is concluded demographic factors that affect marriage satisfaction show changes.

Among factors that affect life satisfaction, education level and income is seen in some research. However, there is research found that they don't affect. In line with these results, it is concluded demographic factors that affect life satisfaction show changes.

Conclusions

In order to improve quality of life of pwMS, it is important to increase marital satisfaction. It is needed to research based on the factors that affects marriage and life satisfaction. In addition, psychological interventions to increase marriage satisfaction is needed in pwMS.

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