

**SELF-DISCLOSURE AMONG A SAMPLE OF TEACHERS
MARRIED IN ZARQA GOVERNORATE ACCORDING
TO SOME VARIABLES IN JORDAN**

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Abstract

The current study aimed to identify the level of self-disclosure among a sample of teachers married in Zarqa Governorate, educational Zarqa first directorate, of Jordan according to some variables. Data collection method of study comprised a survey applied to 253 teachers (102 male teachers and 151 female teachers), the researcher used the self-disclosure scale. Moreover, researcher made sure of the validity and the reliability. The data analysis showed that the level of self-disclosure variable based on different dimensions was medium. Furthermore, The results indicated that there are significant differences in the teacher estimates average for the tool as a whole, which related to the tool of self-disclosure according to a variable (sex, marriage age, educational qualification, residence place).

Key words: self-disclosure, teacher, marriage.

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1. Introduction

The self-disclosure is one of the distinctive factors for the nature of the interactions between couples, so we find it is fully consistent with the concepts and the literature of psychological treatment like Adler, Jurard, and Maslow, who indicated to the existence of real relations between individuals towards each other without falsity or mask (Tomson, 1996). The effective communication skills between couple, whether verbal or non-verbal, problem solving, sexual gratification, compatible religious orientations, successful financial management, cooperation, conflict resolution, and spend time pleasantly together, consider as strong indications of marital adjustment (Halford & Markman, 1997).

It is worth to mention that more than 90% of our contacts are non-verbal communication, as this method provides a great deal of information, especially if we have the ability to understand it easily, and includes implications such as: body language, facial expressions, the tone of voice and the speed or slow of the speech (Bailey, 2009).

Jourard defines self-disclosure as revelations of personal information by the individual himself and the ability to express his thoughts, feelings, and opinions, and this establishes support unanimous among individuals, especially in the relations between close individuals of one family, including couples (Ko, 2009). And that every behavior that you share with others is revealed to the self, and by reference to the literature of (Adler & Towne, 1996), we find that there are data levels of self-disclosure from the simple to the deep level, as starting from basic information, facts, opinions and finally feelings, and passes to several stages, starting with giving information from the public to the private level, and less opportunity to detect when individuals being in social context has risks such as: the negative evaluation, social threat (Abu Jade, 2008).

The self-disclosure is a kind of connection that is used by the individual to have relations and develops it; there is a group of peculiarities to detect self from other forms of communication: honesty, depth, availability of information (Alomari & Jaradat, 2014). and expresses the process of the interpersonal social interaction, and we can disclose about special thoughts and feelings to other to develop friendly relationship between other. A lot of individuals may avoid reveal about their own things for several reasons, perhaps, it relates to the family, traditions, customs and religious, usually it explains this behavior with social intelligence theory (Wakefield, 2009). It was observed that there were differences between married women and men in the detection of themselves; it has

been shown in several studies that married women tend to reveal them with others larger than married men (Murstein & Adler, 1995; Dindia & Allen, 1992). And the concept of self-disclosure had interest for more than 30 years ago as frank expression about owned information by individuals through daily interactions with others, including methods of verbal and non-verbal communication to continue the positive intimate relationship and find intimacy with the other (Dunbar, Marriot & Duncan, 1997).

The people avoid indulging marriage problems in their work or their daily activities, other times it become as excuse for the failure of married life, such as: I do not have time for my wife, and for this I am not responsible of our unhappiness; these expressions found a lot between persons who fail in their social relationships (Adler, 2005).

On the other hand, self-disclosure relates with many important variables as; love, respect, appreciation, trust, commitment and intimacy, they all strong and important variables to estimate the marital stability, there are other studies in this field as (Rosenfeld & Bowen, 1991; Bograd & Spilka, 1996; Waring, Holden & Wesly, 1998; Sohn, 2001; Yalsmar & Marrow, 2003; Sprecher, Hendrick, 2004).

Alomari (2009) made study at Jordanian environment to identify the correlation between self-disclosure and marital adjustment for teachers in Irbid according to some variables (sex, years of marriage, number of children) and the sample was (222) teachers (94) male (128) female. The study results showed that there are medium grades of self-disclosure among teachers, and there is positive direct correlation between self-disclosure and marital adjustment on all dimensions (trends and opinions, tendencies, work, financial situation, physical condition).

On the other hand, there are many studies which examined guidance and therapeutic interventions to help couples on self-disclosure (Zarei & Sanaeimanesh, 2014). Moreover, studies have pointed to high rates of divorce in Jordan and increasing number of marital disputes (National Council for Family Affairs, 2013; Chief Justice department, 2014) therefore became imperative for the stakeholders in family affairs and marriages to look at the variables and factors that affect the relations between the partners and prevent access to the satisfaction marital, so based on the previous literature which include differences and conflicts between couples noted the scarcity of the studies in the Jordanian environment which concern about links between the partners characteristics such as the ability of communication, self-disclosure, and harmony with partner towards the

compatibility marital, so the study was to shed light on the self-disclosure among a sample of teachers in Zarqa according some variables such as (sex, years of marriage, educational qualification, place of residence) it is worth mentioning that the teachers category is one of the largest segments of the society who practice different roles as educators and parents and couples, and this is what may make them vulnerable to the positions of life stressful and interested in the participation of their partners who share with them their concerns and their secrets, which may expose them to blackmail and dispute or may increase them stiffness and strength on the front, which makes it imperative for them having conflict management skills which may arise from self-disclosure or others.

The hypothesis of the study based on the social, cultural, cognitive and technological shifts for members of Jordanian society and lead to high rates of divorce and increasing marital disputes, so requires us to search of factors that led to such phenomena and make proposals and appropriate recommendations that may work to reduce the problem, by answering the following questions:

1. What is the level of self-disclosure in a sample of male and female teacher's couples in Zarqa First Educational Directorate?
2. Are estimates averages for married teachers (male/female) differentiating on the self-disclosure tool for variables (sex, marriage age, education qualification, residence place)?

Based on the foregoing, the importance of the current study being targeted an important social class: married teachers couples who are considered key element in the social system of the family in Jordan, in addition to being contribute to make recommendations for those working in family and marriage affairs of the importance of self-disclosure and it relation to some important variables that provide a clear signal about the stability of detection marriage, moreover, the current study is interested in provision of tools to detect self-disclosure with validity and reliability in Jordanian society, which could benefit from them in further studies related to marriage and family issues, and because of the growing invitation by specialists guidance marital it paving the way for them to develop outreach programs for self-disclosure in dissuading stages of the family or in the development of pre-marriage. The importance of this study is in having roles of both couples, as most studies focus on women without taking the role of men in marriage management.

2. Method

2.1 Participants

The study sample consisted of (253) teachers, of whom (151) female, and (102) male, who work in Zarka first breeding schools in the second semester of the year 2014 \ 2015, was randomly selected using a cluster method.

2.2 Materials

2.2.1: Demographic variables:

Gender: male female

Location: countryside city camp

Qualification: Diploma Bachelor Master PhD

The age of marriage: 6 months or less a month 6-12 months 1 year- 5 years

The age of marriage: 6 months or less 6-12 months 2years -5 years 6 years-10 years

2.2.2: Self-disclosure

The researcher has developed a tool by reference to previous studies (Shuliang, 1997; Sohn, 2001; Abu Jade, 2008; Alomari,2009; Forkner, 2013) the scale contained of (52) items distributed on five dimensions, answered them according to the five-Likert scale (1- always, 2- often, 3- sometimes,4- rarely, 5- never) This procedure is considered an indication that the measure has logical validity semantics represented the agreement of 83% arbitrators on the appropriate paragraphs of the two scales. And the two scales was displaying after setting the first form to (12) of professors and specialists assistants in psychological counseling and mental health and clinical psychology in Jordanian universities, in order to express their views in content validity and links of statements with the scale, and their suitability for measuring what it intended to measure. Where the arbitrators made some amendments to the scale paragraphs, such as: reducing the number of paragraphs and deleting some of them, the language, and it has taken with these amendments. As was extracted validity discriminatory semantics (differences between groups) of the scale by comparing performance between two extremist in psychological characteristics were selected from outside the sample of the study: unmarried people "included 14 individuals", and a group of married

couples "included 20 individuals", The researcher apply the t-test to examine the significance of differences between the two groups in terms of results it indicated that there were statistically significant differences at ($\alpha \leq 0, 05$) between the two groups and in favor of married individuals, which refers to the ability of paragraphs to distinguish between the two categories extremist in psychological characteristics.

The reliability semantics of the scale have been conclude by using Cronbach Alpha equation, and the coefficient consistency for total internal dimension of the scale of self-disclosure ranged (0.81), these values consider as an indicator of acceptable internal consistency of the scale. And the scale applied on a sample of married couples (12) have similar properties of the sample, and then re-apply after two weeks on the same sample, reaching for a scale sure of stability coefficient (0.88) and these values are considered suitable for the purposes of the present study.

2.3 Procedures

The two tools with final edition was distributed on the study sample by the same researcher, with the confidentiality of information, where the participants of volunteers, note that the collection of questionnaires took eight weeks from the date of period (23 \ 12 \ 2014-20 \ 2 \ 2015). The researcher entered data on a computer and then make the appropriate statistical analyzes and display the results of the study, and make some recommendations.

3. Results

3.1: results related to the first question: What is the level of self-disclosure in a sample of male and female teacher's couples in Zarqa First Educational Directorate?

To answer this question; it was extracted the averages and standard deviations, spread over the main dimensions and Table (1) shows that.

Table 1: averages and standard deviations distributed on the main dimensions of the scale self-disclosure

Dimension	Arithmetic mean	The standard deviation	Level
Social	3.093	.9383	medium
Emotional	3.130	1.074	medium

Economic	3.170	1.265	medium
Cognitive	3.328	1.029	medium
Behavioral	3.346	.9535	medium
Total	3.21	1.04	medium

Illustrated by the table (1) that the averages of the scale phrases in all it was (medium), where the overall average for **the social** dimension phrases (3.09) and a standard deviation (0.93) and overall average for phrases **emotional** dimension (3.13) and a standard deviation (1.07) and overall average for phrases **economic** dimension (3.17) and a standard deviation (1.2) and overall average for phrases **cognitive** dimension (3.32) and a standard deviation (1.02) The overall average for phrases **behavioral** dimension (3.34) and a standard deviation (0.95) and overall average for the measure as a whole (3.21) and a standard deviation (1.04).

3.2: second, results relating to the third question, "Are estimates averages for married teachers (male/female) differentiating on the self-disclosure tool for variables (sex, marriage age, educational qualification, and residence place)?"

3.2.1 The sex

The arithmetic means and standard deviations for individual grades of self-disclosure tool was accounted, depending on sex variable and used t-test f(Table 6): the results of T-test for independent samples on all tool dimensions and on whole grade according to the sex variable.

or independent samples (Table 2) shows that:

(Table 2): the results of T-test for independent samples on all tool dimensions and on whole grade according to the sex variable.

Dimension	sex	SMA	The standard deviation	T	Sig.

Social	FEMALE	3.4263	.88489	7.38	000
	MALE	2.6181	.80103		
Emotional	FEMALE	3.3915	1.01530	5.04	000
	MALE	2.7616	.90687		
Economic	FEMALE	3.5743	1.25083	6.6	000
	MALE	2.6075	.93415		
Cognitive	FEMALE	3.6537	.99190	6.4	000
	MALE	2.8650	.89997		
Behavioral	FEMALE	3.6479	.93646	6.4	000
	MALE	2.9143	.80367		

Table (2) results showed that there are statistically significant differences at the level of significance ($\alpha \leq 0, 05$) on self-disclosure tool depending on sex variable at all dimension in favor of females.

3.2.2 The marriage age

The Mono Analysis of Variance (ANOVA) used to find the significant differences between averages according to the marriage age variable (less from 6 months), (7 to 12months), (2 to 5 years) (6 to 10 years) and table (3) shows that.

Table (3) the results of Mono Analysis of Variance (ANOVA) for the differences between individuals' responses averages according to the marriage age variable on the tool as a whole and all dimensions.

Dimension	Source of variation	Sum of Squares	Degree of	Mean sugares	F	Sig.
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			freedom			
Social	Between	23.833	5	4.767	5.949	.000
	Within	195.496	244	.801		
	Total	219.328	249			
Emotional	Between	7.582	5	1.516	1.475	.199
	Within	250.840	244	1.028		
	Total	258.422	249			
Economic	Between	2.735	5	.547	.359	.876
	Within	371.317	244	1.522		
	Total	374.052	249			
Cognitive	Between	9.150	5	1.830	1.753	.123
	Within	254.782	244	1.044		
	Total	263.933	249			
Behavioral	Between	7.716	5	1.543	1.721	.130
	Within	218.787	244	.897		
	Total	226.502	249	4.767		

The results for Mono Analysis of Variance(ANOVA) showed that there are statistically significant differences at the level ($\alpha \leq 0, 05$) to the marriage age variable only on the self indicate scale for the social dimension.

The significance level was less than ($\alpha \leq 0, 05$) and to find out the differences between the averages of individual responses about the social dimension, according to the age of marriage variable in favor of which level, a posteriori comparisons has been made by used Shave test for dimensional comparisons, table (4) shows that

Table (4) the results of the comparisons a posteriori the averages of responses to members of the sample according to the variable age of marriage to the social dimension.

The marriage age	less from 6 months	7 to 12months	2 to 5 years	6 to 10 years
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less from 6 months	-	0.23	0.15	-
7 to 12months	-	-----	-----	-
2 to 5 years	-	0.75	-----	-
6 to 10 years	-	-----	-----	-

(Table 4) the results of posteriori comparisons for the averages of individual responses according to the social dimension variable for the age of marriage shows that there is a statistically significant at the level of ($\alpha \leq 0.05$) in favor of individuals (less than 6 months).

3.2.3 Educational Qualification

The Mono Analysis of Variance (ANOVA) used to find the indication differences between averages according to the educational qualification variable (/ diploma /master / PhD) and table (5) shows that.

Table (5) the results of Mono Analysis of Variance (ANOVA) for the differences between individuals' responses averages according to the educational qualification variable on the scale as whole and on all dimensions.

Dimension	Source of variation	Sum of Squares	Degree of freedom	Mean squares	F	Sig.
Social	Between	17.312	3	5.771	7.027	.000
	Within	202.016	246	.821		
	Total	219.328	249			
Emotional	Between	16.003	3	5.334	5.413	.001
	Within	242.419	246	.985		
	Total	258.422	249			
Economic	Between	20.463	3	6.821	4.745	.003
	Within	353.589	246	1.437		

	Total	374.052	249			
Cognitive	Between	3.266	3	1.089	1.027	.381
	Within	260.666	246	1.060		
	Total	263.933	249			
Behavioral	Between	3.371	3	1.124	1.239	.296
	Within	223.132	246	.907		
	Total	226.502	249			

The results of Mono Analysis of Variance(ANOVA) showed that there are differences with statistic indication at level ($\alpha \leq 0, 05$) for educational qualification variable on the dimensions (social, emotional, economic) and used posteriori comparisons and Shave test to find out the direction of the differences between the averages of individual responses on these dimensions table (6) shows that.

Table (6) the results of the posteriori comparisons for the averages of sample members' responses according to the educational qualification variable on the dimension (social, emotional, economic).

Dimension	educational qualification				
Social	Bachelor		0.47		0.39
	Diploma				
	Master	0.75	0.25		0,67
	PhD		0.07		
Emotional	Bachelor				
	Diploma				
	Master	0.16			
	PhD	0.07	0.23		0.04
Economic	Bachelor	0.23		0.10	0.77
	Diploma				0.037
	Master				0.66
	PhD				

Table (6) results of the posteriori comparisons of the individual responses averages on the social dimension accordance with educational qualification shows that there are statistically significant

differences at the level of significance of the variable ($\alpha \leq 0, 05$) in favor of (MS), also there are statistically significant differences at the level of significance ($\alpha \leq 0.05$) in favor of (PhD) for the emotional dimension and in favor of bachelor's for the economic dimension.

3.2.4 Residence place:

To know the significant differences between the averages depending on the residence place variable (city / countryside / camp) the researcher used Mono Analysis of Variance (ANOVA) and the table (7) shows that.

Table (7) the results of Mono Analysis of Variance (ANOVA) for the differences between individuals' responses averages according to the residence place variable for the scale as whole and all dimensions.

Dimension	Source of variation	Sum of Squares	Degree of freedom	Mean squares	F	Sig.
Social	Between	25.299	3	8.433	10.692	.068
	Within	194.029	246	.789		
	Total	219.328	249			
Emotional	Between	26.867	3	8.956	9.514	.060
	Within	231.555	246	.941		
	Total	258.422	249			
Economic	Between	26.557	3	8.852	6.267	.076
	Within	347.495	246	1.413		
	Total	374.052	249			
Cognitive	Between	33.378	3	11.126	11.872	.127
	Within	230.554	246	.937		
	Total	263.933	249			
Behavioral	Between	30.971	3	10.324	12.988	.23
	Within	195.532	246	.795		
	Total	226.502	249			

The results of Mono Analysis of Variance show that there are no differences with statistic indication at level ($\alpha \leq 0,05$) for residence place variable for the scale as whole and all dimensions, and the level of significance was more than ($\alpha \leq 0,05$).

4. Discussion

The present study was conducted to examine the self-disclosure among teachers in Zarqa first educational Directorate with some variables, and according to the first question (What is the level of self-disclosure in a sample of male and female teacher's couples in Zarqa first educational Directorate?) the result indicated the presence of significant in a low level of self-disclosure, according to several dimensions, where the behavioral dimension was the least one and the social dimension was the most, this result consistent with some studies (Yalsmar & Marrow, 2003) and with some Arabic studies as (Alomari, 2009), but disagrees with the results of other studies (Rosenfeld & Bowen, 1991; Sohn, 2001; Sprecher & Hendrick, 2004) which indicated the presence of high levels to detect couples self-disclosure, that result can be explained that teachers are aware of their relationship with the partner as a source of threat, where belong to a very conservative environment governed by customs and traditions, most individuals often hinders detection of themselves are religious obligations as we find some individuals keen to keep feelings and opinions; to ensure continue an interdependent relationship with others, and often this behavior is interpreted according to the social theory of intelligence (Wakefield, 2009).

And for the study **second** question: Are estimates averages for married teachers (male/female) differentiating on the self-disclosure tool for variables (sex, marriage age, educational qualification, residence place)? The results showed that there are differences in the averages of teachers estimates on self-disclosure tool at sex variable in favor of females on all dimensions, as same as (Omari, 2009) study, but the most indicated dimensions for age marriage was (less from 6 months) for the benefit of social dimension, and the educational qualification according to the emotional dimension was in favor of doctorate, social dimension in favor of masters, and economic dimension in favor of bachelor, but for

residence place there was no indication related to it, and that can be explained that Jordanian teachers living in limited geography area which make them alike in attitudes and ideas.

5. Recommendations

According to the current study some relevant recommendations can be formulated:

- i. Although the results mentioned represent an important step towards a better understanding of self-disclosure variable between couples, there is a necessary need for further relational studies to shed light on the relationship between self-disclosure and conflict management.
- ii. The results suggest that couples who suffer from the weakness of conflicts management with a partner, which produces self-disclosure, and the consequent suffering or what may lead to divorce, should be the target of pre-emptive in pre-marriage.
- iii. Finally, these results may lead the workers in the field of psychological family counseling and marital to set up pilot guidance programs contribute to reducing rates of marital disputes.

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