

THE RELATIONSHIP OF THE SOLUTION FOCUSED LEVELS of MARRIED WOMEN on the GENITAL SELF IMAGES and the SPIRITUAL WELL-BEING

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Abstract

This study was conducted to determine the relationship of the solution-focused levels of the married women on their genital self-image and spiritual well-being. The cross-sectional study was conducted with 203 married-women who accepted the study between the dates of 09.15.2020-10.15.2020. The data of the study was collected through by using the Socio-demographic Question Form, the Solution-Focused Inventory, the Female Genital Self-Image, and the Spiritual Well-Being Scale. In the evaluation of the data, besides the descriptive statistics, t-test, ANOVA, and the correlation tests were used in the independent groups. The written consents of the both ethics committee and the participants were obtained to conduct the study. It was determined that the married women's Solution Focused-Inventory's, the Female Genital Self-Image Scale's, and the Spiritual Well-Being Scale total mean scores were above the average. A weak and positive correlation was found between the Solution-Focused Inventory and the Female Genital Self-Image Scale ($r = 0.298$, $p = 0.001$) and the Spiritual Well-Being Scale ($r = 0.381$, $p = 0.001$). It was concluded that as the solution-focused levels of the married women increased, their genital self-image and the spiritual well-being also enhanced.

Keywords: Marriage, solution-focused thinking, genital self, spiritual well-being

EVLİ KADINLARIN ÇÖZÜM ODAKLILIK DÜZEYLERİNİN GENİTAL BENLİK İMAJLARI VE SİRÜTÜEL İYİ OLUŞLARI İLE İLİŞKİSİ

Öz

Bu çalışma, evli kadınların çözüm odaklılık düzeylerinin genital benlik imajları ve spiritüel iyi oluşları ile ilişkisini belirlemek amacıyla yapılmıştır. Kesitsel tipteki araştırma 15.09.2020-15.10.2020 tarihleri arasında araştırmayı kabul eden 203 evli kadın ile yürütülmüştür. Veriler Sosyo-demografik Soru Formu, Çözüm Odaklı Envanter, Kadın Genital Benlik İmajı ve Spiritüel İyi Oluş Ölçeği ile toplanmıştır. Verilerin değerlendirilmesinde tanımlayıcı istatistiklerin yanı sıra bağımsız gruplarda t, ANOVA ve korelasyon testleri kullanılmıştır. Araştırmanın yapılabilmesi için etik kurul ve katılımcıların yazılı onamları alınmıştır. Evli kadınların Çözüm Odaklı Envanter; Kadın Genital Benlik İmajı Ölçeği ve Spiritüel İyi Oluş Ölçeği toplam puan ortalamalarının ortalamanın üzerinde olduğu saptanmıştır. Çözüm Odaklı Envanter ile Kadın Genital Benlik İmajı Ölçeği arasında ($r=0.298$, $p=0.001$) ve Spiritüel İyi Oluş Ölçeği arasında ($r=0.381$, $p=0.001$) pozitif yönde zayıf şiddette korelasyon bulunmuştur. Evli kadınların çözüm odaklılık düzeyleri arttıkça genital benlik imajlarının ve spiritüel iyi olma durumlarının arttığı sonucuna varılmıştır.

Anahtar Kelimeler: Evlilik, çözüm odaklılık, genital benlik, spiritüel iyi oluş

1. INTRODUCTION

Although the institution of marriage, which dates back to the beginning of human history, has different definitions for societies, the institution of marriage has been important for every society (1). Marriage is a form of relationship where two people come together and meet each other's needs physiologically, psychologically and socially, providing solidarity and, most importantly, the continuity of the generation (2, 3). A successful and healthy marriage enables people to live a better quality of life psychologically, socially and economically and to increase their quality of life (4). On the other hand, adverse events between spouses in marriage bring along many physical, psychological and social problems, and couples resort to various ways to solve these problems. In recent years, a solution focused approach has started to draw attention as an alternative way to prevent negativities in marriage. Solution focused approaches can help married couples adapt to changes, resolve conflicts, and be happy by communicating effectively (5). It is known that women rather than men bring up problems and shape discussion more often in marriage. However, it is stated that women have more active roles in solving the marital problems they present. Therefore, it should not be forgotten that the solution focused level of married women is an important factor in a positive and harmonious marriage relationship (6).

Self-image, which includes feelings, thoughts and perceptions about the body of the individual, can change in different periods of life such as adolescence, marriage, pregnancy, menopause (7). Genital self-image has a special importance in women, and genital self-image is sexual. It emerges as an important part of the function (8). In women, genital self-image is expressed as attitude and perception towards genitals (9). It is known that women with positive genital self-image feel more sexually attractive and have higher sexual functions (10). In a study, it was stated that women with sexual dysfunction have more negative genital self-images (11).

Spiritual well-being, which is another important concept in women's life, is defined as the individual's consistency and balance in terms of physical, psychological, social and spiritual dimensions. The problems that married women experience in their marriage can negatively affect their self-image and spiritual well-being (12). Solution focused approach, which is one of the important approaches in reducing or eliminating these problems, appears before us. It is seen that the number of studies investigating the relationship of solution focused levels of married women on their genital self-image and spiritual well-being is limited and studies need to be conducted in this context. The study was considered to contribute to the literature and therefore, it was aimed to determine the relationship of the solution focused levels of the married women on their genital self-image and spiritual well-being. Within the framework of this general purpose, the following questions were sought.

1. What are the solution focused, genital self-image and spiritual well-being levels of married women?
2. Is there any difference between the socio-demographic and marital characteristics of married women and their solution focused, genital self-image and spiritual well-being?
3. Is there a relationship between solution focused, genital self-image and spiritual well-being?

2. MATERIALS AND METHODS

Study population and sample

The population of the descriptive and cross-sectional study consisted of 203 married women in a randomly selected family health center in a province. The sample size was determined as 202 with 90% confidence interval and 5% margin of error, and the study was conducted with 203 married women who accepted the study.

Collection of research data

The study was conducted with 203 married women who agreed to participate in the study between 15.09.2020-15.10.2020. It took an average of 10-15 minutes to complete the questionnaire (Social distance, hygiene and wearing a mask were paid attention to prevent the risk of virus transmission due to pandemic).

Inclusion criteria;

- ✓ Being married for at least 6 months,
- ✓ Being in the age range of 18-49,
- ✓ To volunteer to participate in research.

Data collection tools

As data collection tools, "Socio-demographic Question Form, Solution Focused Inventory, Female Genital Self-Image Scale and Spiritual Well-being Scale" prepared by the researchers in line with the literature were used.

Socio-demographic questionnaire: Socio-demographic and some marital characteristics (age, education, employment status, income level, family type, number of children, place of residence, current marital status, age at marriage, duration of marriage, marriage type, marriage number) of 12 questions.

Solution Focused Inventory (SFI): The scale evaluates the solution-oriented thinking levels of the individuals (13). The Turkish validity and reliability study of this scale was conducted (14). Items 1, 2, 4, and 5 of the 12-item and 6-point Likert-type inventory (1=strongly disagree; 6=strongly agree) are scored in reverse. The inventory has three sub-dimensions (Problem Separation (PS): Items 1, 2, 4, 5; Goal Orientation (GO): Items 9, 10, 11, 12; Activating Resources (AR): 3., 6., 7., and 8. are items). The high score obtained from the inventory is interpreted as an indicator of high solution focused thinking. The Chronbach alpha coefficient for the sub-dimensions was found to be 0.77 from Problem Separation, 0.84 for Goal Orientation, 0.70 for Activating Resources, and 0.84 for the total inventory. In this study, Goal Orientation is calculated as 0.89, Mobilizing Resources 0.79, and 0.80 for the total inventory.

Female Genital Self Image Scale (FGSIS): The scale was developed to measure women's genital self-perception (15). The 7-item scale consists of 4-point likert type (1=strongly disagree, 4=strongly agree). The lowest score is 7 and the highest score is 28 for the scale. The Turkish validity-reliability study of the scale was conducted by Kaya et al. (2019). High scores from the scale show that the genital self-image is positive (16). Chronbach alpha coefficient was found to be 0.90. In this study, the Chronbach alpha coefficient was determined to be 0.86.

Spiritual Well-Being Scale (SWBS): The scale is 5-point Likert-type (1=not suitable for me at all, 5=completely suitable for me), 29-item and benefits from spiritual well-being, for adults (17). The lowest score of 29 and the highest 145 score are obtained on the scale. Scale "transcendence" (items 1, 4, 5, 8, 9, 12, 13, 16, 17, 20, 21, 24, 25, 27, 29), "harmony with nature" (2nd, 6th, It consists of three sub-dimensions: 10th, 14th, 18th, 22nd, 28th items) and "anomie" (items 3, 7, 11, 15, 19, 23, and 26). . In calculating the total scale score, items in the anomie sub-dimension are scored inversely. High scores of the transcendence and harmony with nature sub-dimensions of the scale indicate positive well-being, while high scores in the anomie sub-dimension indicate negative well-being. The Chronbach's alpha coefficient of the scale was found to be 0.95 for sub-dimensions, 0.86 for harmony with nature, 0.85 for the anomaly, and 0.88 for the total scale. In this study, Chronbach's alpha coefficient was calculated as 0.90 for sub-dimensions transcendence, 0.89 for harmony with nature, 0.83 for anomaly, and 0.85 for the total scale.

Data analysis

SPSS 25.0 (Statistical packet for Social Sciences for Windows) statistical program was used in the analysis of the data. In the statistical analysis, the compliance of the data to the normal distribution was evaluated with the Shapiro-Wilk test and it was found that the data were distributed normally. In the evaluation of the data obtained in the study, besides descriptive statistics which are percentage, frequency, average, standard deviation, minimum and maximum values, t, ANOVA and correlation tests were used in independent groups. Internal consistency Cronbach alpha coefficient was calculated and p significance level was taken as $p < 0.05$.

Ethical aspect of the research

The permission of the Kilis 7 Aralık University Ethics Committee (Ethics Committee No: 2020/22) and institutional permissions were obtained in order to conduct the study. Written consent was obtained by explaining the purpose and content of the study to women before data was collected. Identity information of the participants was not recorded in the questionnaire. This study was planned and conducted in accordance with the principles of the Declaration of Helsinki.

3.FINDINGS

The average age of the married women participating in the study was 34.44 ± 7.21 , the average age of the marriage was 25.30 ± 4.36 , the average age of the husbands' marriage was 27.85 ± 4.31 and the average year of the marriage was 9.22 ± 7.84 .

54.2% of the married women were between the ages of 31-40, 80.8% of them were undergraduate, 73.4% of them had a job, 41.4% of them were living in rental houses, 78.3% of them had middle-income, 92.6% of them had nuclear family, and 60.6% of them lived in the city for a long time. A statistically significant difference was found between the solution-focused thinking levels of married women according to their income levels ($p < 0.05$). A statistically significant difference was determined between the Female Genital Self Image according to the education and income levels of the women ($p < 0.05$) (Table 1).

Table 1. The Comparison of the Socio-Demographic Characteristics of the Married Women with the Total Score Averages of the Solution Focused Inventory (SFI), the Female Genital Self Image Scale (FGSIS), and the Spiritual Well-Being Scale (SWBS)

	n (%)	SFI		FGSIS		SWBS	
		$\bar{X} \pm SD$	Significance	$\bar{X} \pm SD$	Significance	$\bar{X} \pm SD$	Significance
Age							
21-30 age range	60 (29.6)	52.15 \pm 7.40	*F=0.585 p=0.558	19.86 \pm 4.20	*F=0.172 p=0.842	119.31 \pm 14.25	*F=0.803 p=0.449
31-40 age range	110 (54.2)	51.58 \pm 8.72		20.23 \pm 4.69		116.90 \pm 17.37	
41-49 age range	33 (16.3)	53.33 \pm 7.84		19.90 \pm 2.77		120.36 \pm 14.22	
Educational Status							
Primary education	15 (7.4)	47.80 \pm 9.00	F=2.744 p=0.067	19.13 \pm 4.61	F=5.931 p=0.003	114.26 \pm 14.28	F=0.488 p=0.615
High school graduate	24 (11.8)	50.75 \pm 6.78		17.50 \pm 3.48		118.83 \pm 13.96	
\geq Undergraduate	164 (80.8)	52.60 \pm 8.22		20.53 \pm 4.23		118.44 \pm 16.46	
Working Status							
Yes	149 (73.4)	52.61 \pm 7.53	**t=1.670 p=0.096	20.26 \pm 4.48	**t=1.076 p=0.283	117.60 \pm 17.07	**t=-0.854 p=0.394
No	54 (26.6)	50.44 \pm 9.70		19.53 \pm 3.66		119.77 \pm 12.61	
Income Rate							
Low	17 (8.4)	45.47 \pm 10.25	F=6.408 p=0.002	17.64 \pm 3.90	F=3.823 p=0.023	113.76 \pm 14.54	F=1.415 p=0.245
Middle	159 (78.3)	52.50 \pm 7.88		20.13 \pm 4.17		118.01 \pm 16.48	
High	27 (13.3)	53.40 \pm 6.95		21.22 \pm 4.67		121.96 \pm 13.50	

Family Type							
Nuclear Family	188 (92.6)	51.98±8.27	t=-0.277	20.01±4.34	t=-0.682	117.81±16.38	t=-1.162
Extended Family	15 (7.4)	52.60±7.40	p=0.782	20.80±3.48	p=0.496	122.80±9.38	p=0.247
The Longest Living Place							
Village	8 (3.9)	48.62±7.06		20.62±6.30		119.50±15.28	
Town	6 (3.0)	51.66±9.54	F=1.045	20.50±6.34	F=0.908	107.16±21.83	F=1.106
City	123 (60.6)	51.62±8.31	p=0.374	19.67±3.54	p=0.438	118.98±15.92	p=0.348
Metropolis	66 (32.5)	53.24±7.97		20.71±5.02		117.53±15.68	

SFI: The Solution Focused Inventory, FGSIS: The Female Genital Self-Image Scale, SWBS: The Spiritual Well-Being Scale.

*F= ANOVA test, **t= Independent groups' t test, p < 0.05.

95.6% of the married women, who participated in the study, were still living with their spouses, 45.3% of them were between the ages of 25-31, 29.6% of them were married for 6-10 years, 40.9% of them stated that they became acquainted with their spouses through dating, 97.0% of them stated that this marriage was their first one, 70.0% of them had 1 or 2 children. A statistically significant difference was found between the solution-focused thinking levels of the married women according to the number of their children (p <0.05). Moreover, a statistically significant difference was determined between the Female Genital Self-Image according to the marital status and the age of the marriage (p <0.05). A statistically significant difference was also found between the Spiritual Well-Being of the married women according to their marital status (p <0.05) (Table 2).

Table 2. The Comparison of the Marital Characteristics of the Married Women with the Total Scores of the Solution Focused Inventory, the Female Genital Self Image Scale, and the Spiritual Well Being Scale (n = 203)

	n (%)	SFI		FGSIS		SWBS	
		$\bar{X}\pm SD$	Significance	$\bar{X}\pm SD$	Significance	$\bar{X}\pm SD$	Significance
Marriage Status							
Still together	194 (95.6)	52.07±8.08	**t=0.303	20.25±4.19	**t=2.807	124.44±15.94	**t=2.560
At the stage of divorce	9 (4.4)	51.22±11.03	p=0.762	16.22±4.65	p=0.005	106.44±17.29	p=0.012
Marriage Age							
16-17 age range	7 (3.4)	46.57±8.46		17.85±3.18		118.00±17.46	
18-24 age range	85 (41.9)	52.48±7.96	*F=1.879	20.42±4.14	*F=3.411	120.29±12.72	*F=0.872
25-31 age range	92 (45.3)	51.51±8.33	p=0.134	19.44±4.07	p=0.019	116.68±17.30	p=0.457
≥32 age range	19 (9.4)	54.57±7.92		22.36±5.30		116.05±21.61	
Years of the Marriage							
0-5 years	72 (35.5)	53.56±6.46	F=2.552	19.98±4.60	F=1.032	117.68±17.16	F=1.276
6-10 years	60 (29.6)	50.36±8.43	p=0.080	20.70±4.16	p=0.358	116.08±16.82	p=0.281
≥11 years	71 (35.0)	51.88±9.32		19.63±4.03		120.46±13.88	
Which Marriage							
1st marriage	197 (97.0)	51.97±8.25	t=-0.595	20.08±4.28	t=0.236	118.12±15.99	t=-0.282
2. marriage	6 (3.0)	54.00±6.66	p=0.553	19.66±4.58	p=0.814	120.00±18.11	p=0.778
Number of the Children							
No	40 (19.7)	52.57±4.92	F=4.045	20.75±4.09	F=1.810	117.12±18.03	F=0.855
1-2 children	142 (70.0)	52.58±8.63	p=0.019	20.10±4.40	p=0.166	117.85±15.85	p=0.427
≥3 children	21 (10.3)	47.28±8.92		18.57±3.54		122.42±12.69	

SFI: the Solution Focused Inventory, FGSIS: the Female Genital Self-Image Scale, SWBS: the Spiritual Well-Being Scale.

*F= ANOVA test, **t= Independent groups' t test, p < 0.05.

The Solution Focused Inventory total mean score of the participants was 60.59 ± 8.42 and the sub-dimension mean score for Separating from the Problem was 14.68 ± 4.10, for Goal Orientation was 18.12 ± 3.88, and for Activating the Resources was 19.21 ± 3.44; the mean score of the Female Genital Self Image Scale was 20.07 ± 4.28; the total mean score of the Spiritual Well-Being Scale was 118.18 ± 16.01, and the sub-dimension mean score was determined to be 60.59 ± 8.42 for the Transcendence, 18.91 ± 3.10 for the Harmony with the Nature, 25.23 ± 3.66 for the Anomy (Table

3).

Table 3. The Means of the Total and the Sub-Dimension Scores of the Solution Focused Inventory, the Female Genital Self Image Scale, the Spiritual Well Being Scale Means, and the Maximum-Minimum Values

	\bar{X}	SD	Maximum-Minimum values
SFI Total	60.59	8.42	20-72
Separating from the Problem	14.68	4.10	4-24
Goal Orientation	18.12	3.88	4-24
Activating the Resources	19.21	3.44	4-24
FGSIS Total	20.07	4.28	7-28
SWBS Total	118.18	16.01	61-144
The Transcendence	60.59	8.42	20-72
For the Harmony with the Nature	18.91	3.10	11-31
The Anomy	25.23	3.66	9-33

SFI: the Solution Focused Inventory, FGSIS: the Female Genital Self-Image Scale, SWBS: the Spiritual Well-Being Scale.

A weak and positive correlation was found between the Solution Focused Inventory and the Female Genital Self-Image Scale ($r = 0.298$, $p = 0.001$) and the Spiritual Well-Being Scale ($r = 0.381$, $p = 0.001$). A weak and positive correlation was found between the Female Genital Self-Image Scale and the Spiritual Well-Being Scale ($r = 0.325$, $p = 0.001$) (Table 4).

Table 4. The Correlation Distribution of the Total Scores of the Solution Focused Inventory, Female Genital Self Image Scale, and Spiritual Well Being Scale (n = 203)

		SFI	FGSIS	SWBS
SFI	*r p N			
FGSIS	r p N	0.298 0.001 203		
SWBS	r p N	0.381 0.001 203	0.325 0.001 203	

*Pearson Correlation test, $p < 0.05$. ÇOE: SFI: the Solution Focused Inventory, FGSIS: the Female Genital Self-Image Scale, SWBS: the Spiritual Well-Being Scale.

4. DISCUSSION

Marriage is a contract concluded by two people of the opposite sex for the purposes of living together, raising children and sharing experiences (18). One of the important factors affecting marriage is the couples' desire for having children (19). In the current study, it was found that there was a statistically significant relationship between the number of children and the SFI mean scores, and the SFI score averages of the women with 1-2 children were higher than the other groups. However, most of the married women are actively involved in business life. It is a well-known fact that there is a negative relationship between fertility and the women's participation rates in the labor force at the individual level (20, 21). The reason why married women have few children is that women have to take on most of the responsibilities of the family life as part of our culture, as well as the problems they have to solve in their business life. In addition, it is thought that the factors such as the

care and the responsibilities of having a small number of children will bring less problems, and therefore the women will show less effort to find solutions them. However, if the number of children increases, the responsibilities of the couple also surges, and the couple's communication with their children affects the relationship dynamics with each other as a spouse (22, 23). In this study, in addition to the high solution focused thinking disposition of the married women with fewer children, women faced with less problems and burden related to the child; it was thought that it might be due to the well-being of marital harmony or the low level of marital burnout.

In this study, it was found that solution focused thinking of the married women was at a positive level. The studies have shown that the applications, which improve married couples' level of solution focused thinking, also strengthens respect and commitment between the couples, significantly reduces the marital burnout, and is a method that can be used to reduce the marital problems and increase the couples' problem-solving ability (24, 25, 26). Moreover, it was stated that the disposition of the solution-focused thinking could be used as an effective method in optimizing the quality of the marital relationship for women, and responding to the therapeutic needs (27).

In this study, it was determined that the FGSIS total score average of the women, who were at the stage of the divorce proceedings was lower than women, who were still married. The genital self-image of the women, who are at the stage of divorce, was more negative. It was stated that male sexual dissatisfaction is a stronger obstacle in marital relations in the divorces (28). However, women, who are raised in our country, are expected not to desire sexuality due to cultural issues, they are only expected to respond to their spouses needs. Women, who refrain from telling their husbands what they find sexually stimulating, still refuse sexual intercourse, when they are not aroused enough, and avoid taking more active attitudes that will increase their pleasure (29). Therefore, it was thought that the sexual dissatisfaction between the couples might also stem from the traditional roles assigned to women. In Ghezelseflo, Younes, & Amani (2013) study, it was stated that negative body image and low self-esteem affect sexual function among the individuals with sexual dissatisfaction (30). In addition, it has been stated that high sexual satisfaction has a negative correlation with the increased stress of the woman, and a positive correlation with the high sexual self-esteem (31). It is known that couples who are happy in their marriages are more satisfied with their sexual lives, and have more sexual intimacy than unhappy couples because there is a communication closeness between the couples in which they can talk about what is more enjoyable in sexual terms (32, 33).

In the current study, it was found that the women with a higher marriage age had significantly more positive genital self-images. The women, who married at an early age were more inadequate in terms of emotional and sexual resources required for a healthy marriage (34). According to the psychosexual theory, the marriage of a woman without completing her personality development, and without getting rid of the identity crisis also negatively affects her image of self (35). In addition, in the age of globalization and with the effect of growing up in an environment, where information can be accessed at any time, it was seen that women in the related age group had more information about sexuality compared to previous generations. Although sexuality has a very important place in the relationships of women in the related age group, the women and the men are considered in equal positions. However, it was observed that women were more distant from the institution of marriage, as they approached the institution of marriage through the negativities that they saw in their families (36). Although there are not many studies evaluating the relationship between age and genital self-perception in the literature, it has been reported that genital self-images of the women who are university graduates, 35 years old, and satisfied with body image are at a good level (37, 38, 39). In line with these results, it is thought that the fact that women got married after the relevant psychosexual developmental periods, the increase in the inclusion of women in business life with the change of the social structure, the increase in their power to make individual marriage decisions, and the increase in their self-esteem and self-confidence may be effective in the formation of the genital self-image.

In the present study, it was found that the genital self-image of the married women was at a medium level. The perceived satisfaction of the women with their own genital appearance was linked to the genital image, sexual respect and the sexual satisfaction (40). Actually, it is a fact that a woman's liking for her body as a whole is linked to her genital images (41). However, Meltzer & McNulty (2010) found that the body size of the women affects the sexual attraction of their spouses and themselves (42). Gomes et al. (2019) stated that the genital self-image and body size affect the body image, and there is a relationship between the change in body image perception and genital self-image of the women (38). Barsauskaite (2018) states that negative genital self-image has an indirect effect on sexual dissatisfaction through low sexual self-esteem (43). These findings emphasize the importance of genital self-image as a relevant part of body image in the context of sexual experiences. In fact, it has been stated that the women with a positive genital self-image were more comfortable in consulting a counselor about sexual dysfunction and getting help (44). On the contrary, it has been known that the women who did not have a positive genital self-perception resorted to genital cosmetic surgery procedures for aesthetic, functional, sexual and cultural reasons (45). It has been thought that the positive genital self-image of the married women can be influenced by the fact that they have started to get rid of being perceived as sexual objects to some extent, and they are becoming the individuals, who can express their sexual desires, and try to make an effort to become strong women. Additionally, they have started to get rid of the fanatical cultural pressures.

The results of the current research have showed that the average of SWBS total scores of the women, who were at the stage of divorce proceedings, were significantly lower than the women, who were still married. It was thought that all difficulties experienced by a woman before and during the divorce reduce their level of being spiritual. However, in the study conducted by Emirza (2018), it was determined that the spiritual well-being of the women, who ended their marriage due to adultery was high (46). In a different study, it was stated that after the divorce, the individuals experienced problems such as economic problems and loneliness, but they were spiritually relaxed and happier (47, 48). In addition, Kececi's (2018) study examined the spiritual well-being of the married women, who were going through divorce proceedings, and found a positive low-level statistically significant relationship between the women's genital self-image and their spiritual well-being (49).

It has been determined that the spiritual well-being of married women was moderate. Spirituality guides people to a positive mood due to the perspectives of hoping, struggling in search of meaning, and surrendering to a power higher than yourself in the things that they are not capable of changing (50). In the present study, it was thought that the position of the women's spiritual well-being at a moderate level might be effective in the women's success in overcoming the difficult times, the high recovery and resilience skills, the problem-solving skills, and the solution-focused thinking levels.

In the current study, as the solution-focused levels of the married women increases, their genital self-image and spiritual well-being also enhances. At the same time, as the genital self-images increase, their level of spiritual well-being also escalates. Shirashiani & Namani (2017) states that the increase in the solution-focused levels of married couples improves, their marital harmony also enhances (51). In addition, it has been known that the marital harmony stems from subjective happiness and spirituality (52, 53). In this study, it is thought that when women's genital self-images are positive, their spiritual well-being levels increase as well, in terms of the women's developmental processes of being a family, experiencing the feeling of motherhood, and the formation of the sense of a child's love, and the hope that strengthens their ties with the creator, who improves their spirituality.

Limitations of the Study

Among the limitations of the study are that the study was conducted within a certain time

period, the pandemic process continued at the time of the study, and face-to-face questionnaire was not conducted with married women.

5. CONCLUSION

The family, which is one of the most important concepts of the social structure in the society, and the role of women in marriage, which ensures the continuity of this structure, is very important. It is stated that the women are more effective in ensuring harmony in the marriage and solving the problems. At this point, the solution-focused levels of women gain importance in the marital harmony and solving the problems. The genital self-image and the spiritual well-being are also among the conditions that affect women. In the present study, which was carried out to determine the effect of solution-oriented levels of the married women on their genital self-image and spiritual well-being, it was concluded that the married women had a positive solution-focused levels, and the women, who had children, had higher levels of the solution-focused scores. In addition, it has been concluded that the genital self-image of women at the stage of divorce has been more negative, marriage at an early age may affect their genital self-image negatively, the spiritual well-being levels of women in the divorce stage were lower, and the increase in the genital self-image of the married women enhances their spiritual well-being. In line with the results, it can be suggested to provide the training of solution-oriented approach in order to increase the solution-focused levels of the women, and also to support increasing the genital self-image and the spiritual well-being of the women, who are in the stage of divorce, the consolidation studies are recommended.

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DECLARATION OF CONFLICTING INTERESTS

There is no conflict of interest between the authors and / or family members regarding this study.

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