

Prediction of Marital Dissatisfaction Based on the Resilience, Marital Commitment and Rumination

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Abstract

Introduction: Resilience and marital commitment can be considered as a protective factor for maintaining the relationship. On other hand, rumination is a psychological vulnerability factor that has negative effects on resilience and marital commitment. The present study was conducted aimed to predict marital dissatisfaction based on resilience, marital commitment, and rumination in couples seeking for separation.

Method: The present study was a cross-sectional study in the form of correlational design. 170 women were selected using purposive sampling from all married women referred to the Dispute Resolution Council in Tehran. Data were collected using demographic checklist, structured clinical interviews, Couple Burnout Measurement, Resilience Scale, rumination questionnaire, and marital commitment scale. Data were analyzed by Pearson correlation coefficient and multiple regression.

Results: the results showed that triple components of commitment had a significant and indirect relationship with couple burnout ($p < 0.05$). Also, there was a significant indirect relationship between rumination with couple burnout and resilience with couple burnout ($p < 0.05$). Considering the Beta weight based on the first model showed that a standard deviation of change in rumination constituted 0.43 standard deviation of couple burnout. Also, beta coefficients in the second model indicated that a standard deviation of the simultaneous change in rumination dimensions and moral commitment would explain 0.43 and 0.312 standard deviations in couple burnout, respectively (*all* p 's < 0.01).

Conclusion: These results indicate the role of psychological components in predicting the marital satisfaction and can have clinical applications in designing clinical interventions.

Declaration of Interest: None

Keywords: Marital commitment, Marital dissatisfaction, Resilience, Rumination.

Introduction

Marriage is one of the most important decisions in an individual's life and satisfaction with marriage is among the most important factors determining the quality of life and mental health. Also, marriage is described as the most important and fundamental relationship of the human being (1). Marriage provides the primary structure for establishing a family relationship and nurturing the next generation. Marital relationship is a relationship between men and women to create a family (1). The quality of marital relationships affects all aspects of family functioning, including sustainability, continuity, protection of children, and the happiness of couples (2).

The concept of marital satisfaction is one of the common concepts for showing happiness and stability in marriage (3). Marital satisfaction is described as the most important aspect of marital relationship because it is the basis of creating a desirable family relationship and upbringing the future generation.

Marital satisfaction is in fact a general outcome of the current function of couples (3). Sexual satisfaction is a key factor in human life (4). Sexual satisfaction is associated with relationship quality; indeed, there is a clinical consensus that sexual dissatisfaction is an indicator of relationship difficulties. From the social and cultural point of view, the ability to perform sexual activity, proper sexual function, sexual attractiveness, and sexual responses are considered crucial among women (5). Moreover, marital dissatisfaction can lead to frustration, deprivation, lack of security, and reduced mental health and ultimately the collapse of the family (6). According to the

reported results in Iran, many couples suffer from dissatisfaction in marital relationships, and this explains 50% to 60% of divorce cases and 40% of hidden betrayals in relationships (6).

One of the important indices in mental health is the psychological flexibility (7). Psychosocial flexibility increases feelings of intimacy and better interactions in couples (8). Research findings show that psychometric flexibility plays an important role in explaining marital satisfaction (9). One of the factors related to psychological flexibility is the favorable resilience (10).

Resilience is a dynamic process that involves the ability to adapt positively to a difficult environment (11). Resilience is a concept that obtains its meaning in facing a person with difficult circumstances and can be affected by a variety of factors, including race, ethnicity, age, gender, and education (12). In recent years, a new emphasis has been placed on the importance of the index of resilience for occupational adaptation, life satisfaction, and interpersonal interactions, stress management and mood syndrome (11). In this regard, the research background indicates that there is a significant relationship between resilience and marital satisfaction, and resilience can predict marital satisfaction in couples (13). Also, the improvement of psychological flexibility can be associated with decreasing levels of burnout in women (14). Previous findings showed the importance of psychological flexibility as a resilience factor among individuals with anxiety (15). In fact, the mechanism of the effect of psychological flexibility on marital satisfaction is the reduction of stress. The research background shows

that stress reduces marital satisfaction (16).

On the other hand, one of the close indices related to marital satisfaction is marital commitment (17). Marital commitment refers to the degree of attachment of couples and their willingness to maintain their relationships (17). According to Caryl (18) theoretical model, marital commitment can predict marital satisfaction (17). Also, marital commitment can increase marital satisfaction and dependence (19).

Rumination has been widely studied as a cognitive vulnerability to psychiatric disorders. The research background shows that rumination can negatively affect couples' marital satisfaction due to their negative influence on the mood index (20). Considering the role of rumination in the phenomenon of psychological syndrome and its effect on interactive indices such as marital satisfaction, this index has received clinical attention. Because stress experience can reduce marital satisfaction, high resilience can be considered as a protective factor in marital satisfaction. In this regard, rumination is also one of the stress management mechanisms that can harm the creating process of marital satisfaction. Accordingly, and considering the research gap and the necessity of examining the marital satisfaction and its various dimensions, as well as determining the factors affecting marital satisfaction, the present study was conducted aimed to predict marital dissatisfaction based on resilience, marital commitment, and rumination in couples seeking for separation.

Methods

This study was a cross-sectional study in the form of a correlational design. The

data of this study were collected from March to May 2018. The sample size was estimated equal to 170 participants based on the average of the last three studies in this area. For this purpose, 170 women were selected through purposive sampling from all married women referred to the Dispute Resolution Council in Tehran and were participated in the study after obtaining informed consent. To collect data, demographic checklist, structured clinical interviews, Couple Burnout Measurement, Resilience Scale, rumination questionnaire, and marital commitment scale were used. For data analysis, Pearson correlation and multiple regression analysis were used in the SPSS version 23 software. All stages of the study were based on the latest version of the Declaration of Helsinki (DoH) (21).

1. Demographic Checklist: This questionnaire was prepared by the researcher to collect personal information such as age, marital status, and number of children, number of marriages and the quality of interactive relationship (22).

2. Structured Clinical Interview for DSM-4 (SCID-4): It is a Clinical Interview that is used to diagnose dysfunctions of axis 1 based on DSM-IV. The reliability coefficient between evaluators for SCID is reported to be 0.60 (23). The diagnostic agreement of this tool was favorable for Persian language for most of the specific and general diagnosis with reliability greater than 0.60. The kappa coefficient for all of the current diagnoses and life expectancy diagnosis was 0.52 and 0.55, respectively (24).

3. Connor-Davidson Resilience Scale (CD-RISC): The Conner and Davidson Resilience Scale is a 25-item instrument that measures the resilience in the form of a five-degree Likert scale from 0 to 4. The

minimum score of the subject's resilience in this scale is zero and the maximum score is 100. The findings of Yi et al. (25) reported the psychometric properties of this instrument as favorable in the population of cancer patients. In study of Keyhani et al. (26) Cronbach's alpha coefficient and split-half Spearman–Brown were reported 0.669 and 0.665, respectively.

4. Couple Burnout Measurement (CBM): This scale is designed by Payenz to assess the degree of burnout between couples. This questionnaire includes 21 items that measure the degree of couple burnout in three dimensions of physical exhaustion (feeling tired, relaxed and having sleep disorders), emotional exhaustion (feeling depressed, frustrated and trapped), and mental exhaustion (feeling worthlessness, frustration and anger). The psychometric properties of this instrument have been reported to be desirable. In study of Nazari et al. (27), Test-retest reliability coefficient, 0.89 for a one-month period, 0.76 for a two-month period and 0.66 for the period was three months. The measured alpha coefficient is between 0.91 and 0.93 has been reported.

5. Rumination Scale: Mental-Reflection Rumination Scale has 24 items, and in the form of a 5-point Likert, it includes two sub-scales of mental and reflection rumination. The findings study by Manavipour and Shahhosieni (28) showed that reliability coefficients for the 11 remaining items of Rumination-Reflection scale were 0.73, which determine 71.78% of the variance of rumination test with 3 factors of reflection, introspection, and brooding.

6. Marital commitment Questionnaire: This tool is designed by Adams and Jones

to assess the adherence of individuals to their spouse, marriage, and its dimensions. This scale includes 44 items, which assesses three dimensions of commitment, including personal commitment, ethical commitment, and structural commitment. In study of AbasiMolid (29) Structural commitment, moral commitment, and personal commitment, respectively was reported 0.86, 0.89 and 0.91.

Results

To analyze the data, Pearson correlation test, multiple regression analysis was used. Before the selection of the statistical test, the parameters of the parametric tests were examined. The results of Kolmogorov–Smirnov test showed that the distribution of the scores of the participants in the research in all three studied variables was normal ($p > 0.05$). Also, the linear relationship assumption between variables was obtained through the analysis of variance and this pre-assumption was confirmed ($p < 0.01$). Also, we used the Durbin-Watson test to verify the independence of errors, and the magnitude of the Durbin-Watson test statistic indicates the independence of the errors.

Thirty-four participants in the study (22.6%) had age of 17 to 27 years old, 79 people (52.6%) were 28-38 years old, 32 people (21.3%) 39-49 years old and 5 people (3.3%) were above 50 years old. According to the education index, the level of education of 15 people (8.8%) was under the diploma, 87 people (51.1%) had diploma, 43 people (25.2%) had bachelor degree and 25 people (14.7%) had master's degree and higher. The marriage duration of 84 people (49.4%) were between 1 to 10 years, 55 people (32.3%) were 11 to 22 years, 23 people (13.5%) were 22 to 32

years, 6 people (3.5%) were 33 to 43 years and 2 people (1.1%) were 44 years. The distribution of the scores of participants in the research in three variables of

commitment, resilience and rumination is presented in Table 1.

Table 1: Distribution of scores of three variables of commitment, resilience and rumination

Variable	F	Min	Max	Mean	SD
Personal commitment	170	45	67	2.35	1.01
Moral commitment	170	31	53	40.93	4.48
Structural commitment	170	22	46	34.05	6.07
Marital commitment	170	118	170	130.41	8.12
Resilience	170	35	92	63.53	11.89
Rumination	170	54	201	82.03	19.27

The results of Pearson correlation matrix are presented in Table 2.

Table 2: Pearson correlation matrix

Marital burnout		
Variable	R	P value
Personal commitment	-0.301	0.02
Moral commitment	-0.403	0.04
Structural commitment	-0.230	0.02
Marital commitment	-0.436	0.03
Resilience	-0.304	0.05
Rumination	-0.491	0.04

The results of Pearson correlation test showed that there is a significant and indirect relationship between personal commitment ($r = -0.301$, $\text{sig} < 0.05$), moral commitment ($r = -0.403$, $\text{sig} < 0.05$), structural commitment ($r = -0.230$, $\text{sig} < 0.05$) and the total score of marital commitment ($r = -0.436$, $\text{sig} < 0.05$) with

marital burnout. Also, there is a significant and indirect relationship between resilience and marital burnout ($r = -0.304$, $\text{sig} < 0.05$), and between rumination and marital burnout ($r = -0.491$, $\text{sig} < 0.05$).

In order to evaluate the structure of the variables, the simultaneous regression analysis test was used. The results are presented in Table 2.

Table 3: The results of simultaneous regression analysis

	Non-standard coefficients		Standard coefficients		
	B	Standard error	Beta	t	P value
Constant	-1.983	1.411		-0.907	0.691
Moral commitment	0.841	0.411	0.223	2.411	0.021
Resilience	-0.609	0.930	-0.327	-2.455	0.052
Rumination	-0.475	0.042	0.498	-4.311	0.001

As the results of Table 3 show, rumination and moral commitment were significant in the model (all p 's < 0.05). The stepwise regression test was used to determine the contribution of each variable in predicting couple turnout. In the first step, the

"rumination" index and in the second step, the "moral commitment" index, were entered into regression analysis. The results are presented in Table 4.

Table 4: Summary of regression model of marital burnout based on rumination and moral commitment

Model	Variable	R	R ²	AR ²	SE
1	Rumination	0.408	0.166	0.181	0.951
2	Moral commitment	0.446	0.199	0.150	0.930

As shown in the results of Table 4, based on the first model, the rumination index explained 0.181 and based on the second model, the rumination and moral

commitment explained 0.150 of the variance of couple turnout.

The results of variance analysis for predictor variables of marital burnout are presented in Table 5.

Table 5: Variance Analysis of predictor variables of marital burnout

Model	Source of changes	SS	df	MS	F	P value
1	Regression	14.411	1	14.411	14.30	0.001
	Remaining	59.302	168	1.890		
	Total	74.983	169			
2	Regression	23.401	2	23.401	12.02	0.001
	Remaining	540.111	167	0.906		
	Total	2131.130	169			

As shown in the results of Table 5, based on the first model, the rumination dimension ($F_{(1 \text{ and } 168)} = 14.30$, $\text{sig} < 0.05$), and based on the second model, the rumination and moral commitment

dimensions ($F_{(2 \text{ and } 168)} = 12.03$, $p < 0.001$) explained significantly couple turnout. Regression coefficients of the predictor of marital burnout are presented in Table 6.

Table 6: Regression coefficients of the predictor of marital burnout

Model	Coefficient	B	SE	Bets	t	sig
1	Constant	0.341	0.680		0.490	0.001
	Rumination	0.081	0.034	0.434	3.041	0.001
2	Constant	3.30	10.93		-2.51	0.013
	Rumination	0.204	0.091	0.456	4.308	0.001
	Moral commitment	1.702	0.420	0.312	2.891	0.003

The results of Table 6 show that, considering the standardized beta weight based on the first model, a standard deviation in rumination induces 0.43 change in the standard deviation of couple

turnout. Considering the standardized beta weights based on the second model, it is shown that a standard deviation of simultaneous change in the dimensions of rumination and moral commitment would

explain 0.43 and 0.312 of standard deviations in marital burnout, respectively.

Discussion

The aim of this study was to predict marital dissatisfaction based on resilience, marital commitment and rumination in couples seeking for separation. The results showed that the three components of personal commitment, moral commitment, structural commitment and total score have a significant and indirect relationship with couple turnout. Also, there was a significant indirect relationship between rumination and couple turnout, and resilience and couple turnout. Considering the standardized beta weight based on the first model, a standard deviation of change in rumination induces 0.43 changes in the standard deviation of couple turnout. Also, beta coefficients in the second model indicated that a standard deviation of simultaneous change in rumination and moral commitment dimensions would explain 0.43 and 0.312 of standard deviations in couple turnout, respectively.

A part of our results showed that there is a significant relationship between rumination and couple burnout. In this regard, and in line with the results of the present study, the results of the study by King and DeLongis (30) showed that the maladaptive nature of rumination could be associated with negative consequences for interpersonal interactions. The research background supports from the role of mediating mechanisms such as rumination in the relationship between marital dissatisfaction and mood disorders. Dissatisfaction in relationships can act as a factor in mood disorders and is also responsible for maintaining this syndrome (14). In fact, there is a two-way

relationship between mood disorders and family interactions.

A part of the results of this study showed that there is a significant relationship between resilience and couple burnout. In this regard, and in line with our results, the results of the study by Bradley and Hojjat (31) showed that there is an inverse relationship between resilience and marital satisfaction and between resilience and couple burnout. Satisfactory marital relationships would lead to enhanced competence, adaptability, compromise, longer life expectancy, healthy and desired nutrition, reduced depression, and having children with better educational status. Also, the results of the study by Huang et al. (32) showed that improving marital and family relationships could lead to increased resilience. In this regard, the results of the study by Margelisch et al. (9) showed that resilience is an effective mediator variable in terms of marital satisfaction with mental health in couples. Resilience as an interpersonal resource enables couples to survive despite their adverse conditions and negative events, maintain their mental health, and are less susceptible to mental-emotional disturbances and frustration. Resilience against life also causes couples to continue to live more calmly and hopefully, and to work together to solve problems, and thus feel more connected and more intimate and closer to one another, and experience less marital turnout.

Finally, our results showed that rumination and moral commitment explained a significant part of couple turnout. According to our results, the results of the study by Huo et al. (17) showed that there is a direct and significant relationship between commitment and marital satisfaction.

Marital satisfaction, resilience, and marital commitment are necessary for successful and lasting marriages. In explaining the stronger relationship between rumination and marital burnout, it can be admitted that males and females who suffer from marital burnout, due to increased problems and conflicts between couples as well as their psychological problems in order to reduce negative emotions by focusing on their defects resort to rumination, including anger rumination, as a coping strategy. It seems that increased rumination due to poor conditions of couples seeking for separation can be an effective factor in increasing their marital frustration. Also, in explaining the relationship between moral commitment and marital burnout, we can say that a moral commitment including the responsibility of couples to preserve marriage and respect it. This kind of commitment seems to make people feel more comfortable with their spouse, more satisfaction and sacrifice, and experience relationships with intimacy, happiness, sense of meaning, marital satisfaction and lower marital frustration. Also, the results study of Zhou et al. (33) showed that morality was sequentially associated with increased organizational commitment first, and then decreased job burnout, which was in turn related to reduce symptoms of anxiety. This study had some limitations in the implementation process. Due to the sample size, the generalization of the results is difficult. It is suggested that in future studies, along with the paper and pen tool, the evaluation of biological indices in the study of psychological indices.

Conflict of interest

The authors did not declare any conflicts of interest.

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