




The effect of social support on marital adjustment in hospital staff: The mediating role of self-control and resilience

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Abstract

Background: Marital adjustment is one of the most important factors in determining the stability and permanence of the marital relationship and can lead to feelings of happiness, satisfaction and satisfaction of needs that are mutually met. The aim of this study was to investigate the role of social support on marital adjustment in hospital staff with the mediating role of self-control and resilience.

Methods: The present study was a descriptive correlational study. The statistical population included the staff of Samen Al-Aimeh Hospital in Mashhad with a total of 380 people in 2020, from which a sample of 257 married male and female staff were purposefully selected. Data were collected using questionnaires of social support, marital adjustment, resistance, and self-control. Data analysis was performed using SPSS software version 21 and Pearson correlation (structural equation type).

Results: There was a significant relationship between self-control as a mediating variable and marital adjustment with value ($B = 0.700, P < 0.001$). Also, there was a significant relationship between resilience as a mediating variable and marital adjustment with the amount ($B = -0.643, P < 0.001$). A total of 0.93 variance related to marital adjustment was explained by the variables of social support, resilience and self-control.

Conclusion: The results showed that social support has a positive effect on marital adjustment. It is recommended that in order to improve the marital adjustment of couples, workshops should be held on how to perform and receive social support and promote psychological flexibility in social organizations and institutions.

Keywords: Adaptation; Marriage; Resilience, Psychological; Self-Control; Social Support.

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Introduction

Marriage protects men and women from negative internal and external forces, so that men and women complement each other in the shadow of a legitimate

marriage, and each can take a happy path (1).

Marital adjustment is one of the most important factors in determining the stability and durability of the marital relationship. In fact, marital adjustment is the basis of family functioning and leads to

feelings of happiness, satisfaction and satisfaction of needs that are mutually met, and this concept of marriage is an essential basis for many couples (2). Marriages that are compatible between spouses bring a full commitment, positive social integration, general automation to each other, social responsibility towards their spouse that guarantees their well-being. In marital adjustment, people respect each other in terms of respect for ideals, and they turn to their spouse to alleviate their loneliness, have common interests, and pursue the same life goals (1).

Adaptation is affected by various factors, one of which is social support. Social support is broadly defined as the resources provided by others, and is the instrumental or practical help that comes from social relationships. Social support also includes the individual's perception of available support and satisfaction with receiving it (3). Social support is a valuable factor in combating diseases. People with extensive social networks are better able to fight disease than those without adequate social support (4). In general, social support has benefits for the individual; researchers believe that there are five types of social support (5): emotional support, belonging support, instrumental support, information or evaluation support, value support and affirmation. One of the consequences of good social support is mental health and, consequently, adherence to self-care behaviors. Having good social support encourages one to pursue self-care behaviors and leads one to physical health and mental well-being. (6) According to Maillet, (7) social support predicts marital adjustment. When support is meaningless or unsatisfactory for individuals, individuals are more likely to engage in maladaptive coping patterns that negatively affect their marital and family relationships (8).

Yusliza and Yusoff (9) believe that there is a significant relationship between social support and adjustment. Social support and

psychological resilience are factors that affect marital adjustment. Psychological resilience is defined as the degree to which an individual assesses the controllability of circumstances. (10). In simpler terms, psychological resilience means accepting our own thoughts and feelings and acting on long-term values instead of short-term impulses, thoughts, and feelings, often inversely related to empirical avoidance and a way to control unwanted internal events (11).

Couples with flexible thinking use alternative justifications, positively reconstruct their frame of mind, accept challenging situations or stressful life events together, and are more psychologically flexible than resilient couples (10). Resilience is one of the factors that help a person to cope and adapt to difficult and stressful life situations and protects people against pathological disorders and life difficulties (12). Resilience has been conceptualized as one of the main personality structures for understanding motivation, excitement and behavior. The adverse effects of marriage reduce resilience between couples and can reduce the level of marital satisfaction. In addition to resilience, self-control also gives a person the ability to regulate emotions and the person can soothe themselves, leading to increased personal capacity to relieve pain, understanding anxiety, depression, and common boredom (14); thus, resilience and self-control, as levers of injection, empower him against problems.

According to research backgrounds that show marital adjustment is one of the most important indicators of cohabitation that affects the level of mental health, life satisfaction and even income, academic success in marital satisfaction of couples. As incompatibility in marital relations, disrupts social relations, tends to deviations and decline of cultural values between husband and wife. Marital adjustment also indicates the strength and efficiency of the

family system. If the foundation of the family does not have the necessary strength, its negative consequences will be not only for the family, but for the whole society (15). Marital adjustment is affected by the variables of social support, resilience, and self-control, and these can be used to empower and increase the capacity for tolerance and marital adjustment. Therefore, one of the reasons for conducting this study was to emphasize the positive consequences of these variables to increase couples' adjustment and avoid conflicts. The present study seeks to investigate whether there is a relationship between social support and marital adjustment with the mediating role of self-control and resilience.

Methods

The present research method was applied in terms of purpose and descriptive-correlation in terms of implementation method. The statistical population includes 750 married employees of Samen al-Aemmeh Hospital in Mashhad, of which 490 were men and 260 were women. Based on Morgan formula, the research sample consisted of 300 married male and female employees who were purposefully selected.

Inclusion criteria included satisfaction with the completion of the questionnaire, taking into account the age range of 22 to 44 years, and exclusion criteria included experience of stressful events in the past three months, such as loss of loved ones, medical or psychological illness caused by participants are raised.

Method of conducting the research according to the place of the research (Samen al-Aemmeh Hospital, Mashhad), and getting letters of consent to conduct the research from the hospital security unit, the researcher after holding meetings with officials and head nurses of each ward, while observing the ethical considerations of this research including informed consent To participate in the study, emphasizing the confidentiality of information and avoiding

harm to participants, distributed a questionnaire. Out of a total of 300 questionnaires distributed, 17 questionnaires were not returned and 19 incomplete questionnaires were filled out which were removed from the analysis. Finally, statistical analysis was performed on the data of 257 people

Social Support Questionnaire: The Social Support Questionnaire of Zimet et al, was used to measure social support. This questionnaire has 12 questions that measure social support in three sources: family, friends and others (16). This questionnaire is scored with 5 ranges of Likert options (completely disagree to completely agree). The minimum score for each component is 4 and the maximum is 20, and the high score indicates higher social support. Examination of the psychometric properties of the scale showed that this tool has validity and reliability for assessing perceived social support and a retest coefficient of 0.74 and a Cronbach's alpha coefficient of 0.83 were reported for the questionnaire. In Rostami et al, study, Cronbach's alpha coefficient of social support subscales obtained between 0.76 and 0.89 (17).

Marital Adjustment Questionnaire: In this study, the Locke-Wallace Marital Adjustment Questionnaire was used to assess marital adjustment, which is a short self-report questionnaire designed to measure the quality of marital flexibility (18). This test contains 15 items that are scored based on the Likert scale (we always agree 5 to always disagree 1), it shows how much the respondent with his spouse about a number of activities that play a role in marital adjustment They fundamentally agree, and the age range is 15 to 75, with a higher score indicating greater marital compatibility. The estimation of internal consistency using Spearman-Brown formula was very good and the correlation coefficient between the two halves was 0.90 (19). In Shakarian research, its validity

Table 1: Mean and standard deviation of the scores of the studied variables in the subjects

Component	Mean + SD		minimum		Maximum	
	Man	Woman	Man	Woman	Man	Woman
social support	22.66 ± 6.57	22.96 ± 6.37	13	13	31	33
self-control	18.70 ± 0.985	18.88 ± 2.83	12	14	22	23
resilience	27.80 ± 8.424	27.80 ± 8.45	14	13	34	34
marital adjustment	9.65 ± 3.16	9.84 ± 3.07	5	5	12	12

and reliability reported 0.84 for this questionnaire (20).

Resilience Questionnaire: Resilience was assessed using the Connor-Davidson Resistance Questionnaire (21), which has 25 items in a five-point Likert scale (always true 5 to completely false 1). Abdi et al, validated the Persian version of the Connor-Davidson Resistance questionnaire among women with breast cancer, for which Cronbach's alpha coefficient was reported to be 0.942 (22).

Self-control questionnaire: Self-control measurement was performed by Tangney et al, self-control questionnaire (23), which has 36 items in the five-Likert options (never 0 to very high 4). This questionnaire was also validated in the study of Azadmanesh et al, which Cronbach's alpha coefficient was 0.81 (24).

Data analysis was performed using SPSS software version 21. The normality of the data was evaluated using Kolmogorov-Smirnov test and Pearson correlation (structural equation type) was used.

Results

In the present study, 15.7% of men and 17.4% of women were in the age group of 27-22 years. 24.7% of men and 26.7% of women were in the age group of 28 to 32 years. 59.68% of men and 55.8% of women were in the age group of 33 to 49 years.

Table 2: Validity and reliability of structures using model fit indices

Variable	Cronbach's alpha	Rho-A	composite reliability	Average Variance Extracted (AVE)
social support	0.989	0.990	0.990	0.927
resilience	0.936	0.951	0.949	0.732
self-control	0.710	0.986	0.908	0.934
marital adjustment	0.941	0.950	0.956	0.813

Also, the highest number of participants (33 men and 37 women) had educated in nursing. Table 1 shows the mean and standard deviation of the scores of the studied variables in the participants.

Table 2 presents the reliability and validity of the structures related to the relationship between social support and resilience and self-control. The results showed that Cronbach's alpha and composite reliability of all three structures was more than 0.7. Therefore, it had valid reliability and validity.

Table 3 shows the results of two indicators R^2 and criterion Q^2 . According to the results, the amount of R^2 and Q^2 indices were strong, so the structural fit of the model was acceptable.

The model fit indices were examined. The NFI value should be higher than 0.7 to be optimal, and the index (root mean square standard (SRMR)) should be less than 0.8. In this study, the values of NFI and SRMR were obtained 0.737 and 0.051 respectively, which proved the desirability of the statistical model.

Table 4 shows the indirect coefficients of the effect of social support on marital adjustment with mediating variables of self-control and resilience. The results

Table 3. The results of two indicators R^2 and criterion Q^2

Predictive variables	R^2	$Q^2 = 1 - sse/sso$	sse	sso
resilience	0.952	0.878	170.492	1400.00
self-control	0.957	0.89	115.990	1050.00
marital adjustment	0.904	0.724	241.465	875.00

obtained in the bootstrap test show that self-control as a mediating variable had a positive effect on the target structure (marital adjustment); and those who scored higher on self-control had better marital adjustment; But no significant relationship was found between resilience.

The results obtained in Bootstrap (Table 5) also show the direct effect of social support on marital adjustment. Considering the role of mediation (resilience and self-control), the direct effect of social support on marital adjustment can be considered positive. This means that social support as an independent variable can have a positive effect on the mediating variable and the target structure.

Table 6 shows that using the Sobel test if the value ($Z = 1.96$) is higher and the p-value level is less than 0.05, the mediation role is accepted. The results showed that the

self-control variable with a value ($Z = 4.40$) with a significance level less than $P < 0.001$ confirms the significance of the mediation hypothesis, and resilience with a value of ($Z = 4.62$ and $P < 0.001$) confirms the significance of the mediation hypothesis. Therefore, it can be said that social support can affect marital adjustment through a mediating variable.

The results obtained according to Figure 1 show that social support had a positive relationship with marital adjustment and the mediating role of self-control. In fact, an increase in social support in self-control and resilience means affirmation of the relationship, and also resilience and self-control increase adaptation. Therefore, as a mediating variable, it had a positive effect on marital adjustment.

Table 4: Bootstrap results for significance of indirect path coefficients

Variable	Coefficient	Average	standard deviation	The value of t	P	Result
social support → self-control → marital adjustment	1.130	1.166	0.355	3.187	0.001	Confirm
social support → resilience → marital adjustment	1.201	1.234	0.354	3.569	0.001	Confirm

Table 5: Bootstrap results direct effect

Variable	Coefficient	Average	standard deviation	The value of t	P	Result
social support → marital adjustment	0.929	0.932	0.011	82.781	0.001	Confirm

Table 6: Evaluation of the model using the Sobel test

Estimating the mediator route	Ta	tb	Sobel test (Z)	P-value	Result
social support → self-control → marital adjustment	298.174	0.554	4.62	0.001	Confirm
social support → resilience → marital adjustment	334.335	3.0105	4.40	0.001	Confirm

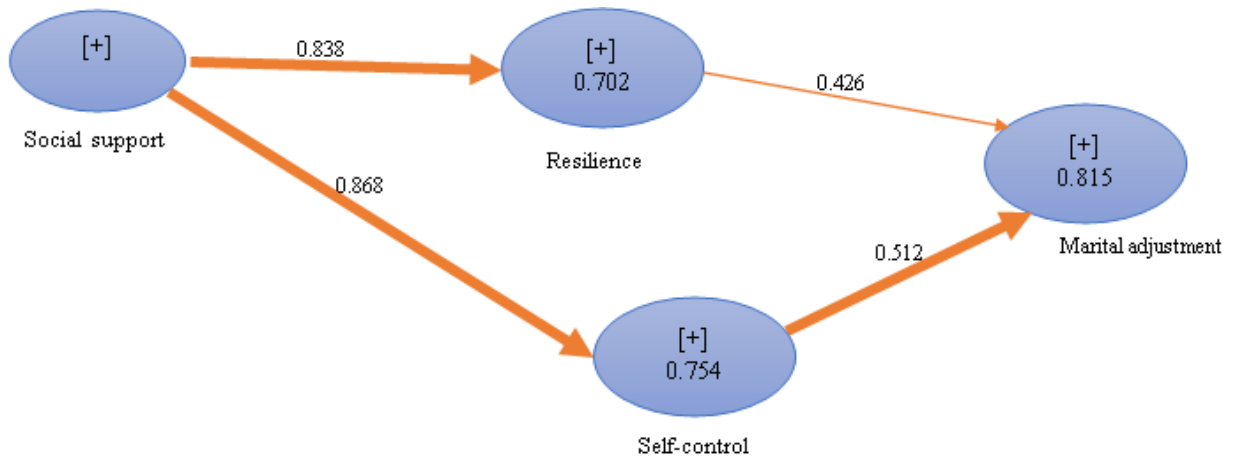


Figure 1: Structural model factor coefficients

Discussion

The aim of this study was to investigate the effect of social support on marital adjustment in hospital staff with the mediating role of self-control and resilience. The results of the study showed social support can predict marital adjustment mediated by self-control and resilience. Also, the results revealed that social support has a direct and positive effect on marital adjustment. This result is consistent with the study of Rashidi Al-Hashim et al., (25), and Strazdins and Broom (26). Maillet (2002) stated that social support can predicts marital adjustment (7). Actually, when support is unsatisfactory for persons, they are more likely to involve in malformed coping patterns that destructively affect their marital relations (8).

In explaining the present result, researchers believe that social support from friends, family and others has reduced psychological stress in individuals and thus affects the mental health of individuals, which can be important in married life so that people can better cope with daily problems, in which it can leads to better marital compatibility (27). The main source of social support is the relationship between couples, which in turn affects the mood of individuals. Perceived social support has many effects on physical, mental, life satisfaction and various aspects of people's quality of life and is known as an effective

moderating action in coping with and adapting to stressful living conditions (28).

The results of this study showed that there is positive and significant correlation between social support and marital adjustment with mediation of self-control. In other words, self-control as a mediating variable has a positive effect on marital adjustment. This result is in line with the findings of Abolghasemi and Kiamrei (29), Shojaei et al, (30), Hosseini (31), and Heidarkhani et al, (32). Social support reduces the severity of stress and increases self-control and relaxation by vaccinating the person against the stressful experience before it occurs. People who have a rich support network not only do not have life problems to worry about, but also the ability to face more problems, and this can increases self-control (33).

Marital compatibility means an alliance and a permanence between couples who have a formal and emotional contract with each other and have rights and obligations towards each other. In fact, adaptation can be defined as whenever a person's physical and mental balance is disturbed in a way that makes him uncomfortable and to create balance requires the use of internal forces and external support, and in this way to use If new mechanisms succeed and resolve the issue in their favor, the adaptation process is said to have taken place; It means the social integration of two people and the commitment between them that these

obligations require rights and duties between them, and as long as these commitments exist, there is compatibility between them (34).

The study of Qadir et al, showed that the rate of marital adjustment of people who experience higher perceived social support is higher compared to those who do not have such supportive benefits. Because human beings are social beings, those who establish friendly relationships with others and benefit from their documented support have fewer emotional and mental health problems than those who do not (35).

Another result of the present study is a relationship between social support and marital adjustment mediated by resilience. This result is consistent with the study of Fazel Hamedani that resilience was a predictor of marital adjustment (36), and also with the study of Akbari Govabari et al., who showed that resilience has a direct effect on marital adjustment (37). In explaining it, it can be said that various factors contribute to marital satisfaction. The results of numerous studies have shown that factors related to interpersonal development issues including personality traits, feedback, beliefs, values and expectations as well as factors related to interpersonal development issues including love, intimacy, commitment are the most important factors in marital adjustment (12-14). When internal experiences or interpersonal interactions are stressful, people become emotionally distant from each other; while people with high resilience do not feel the need to be emotionally separated from each other (38). In fact, resilience refers to a dynamic process involving positive adaptation in considerable difficulties. In other words, resilience refers to personality traits. This structure is often closely related to flexibility and helps the individual to adjust the levels of control in different situations and, therefore, is an effective and efficient factor in dealing with stressors and challenges.

Here, the results showed that there is a relationship between social support and marital adjustment mediated by self-control and resilience. The variables of self-control and resilience were able to play mediating variables in the relationship between social support and marital adjustment, and moreover social support had a significant direct and strong effect on self-control and resilience. This result confirmed the findings of Haroon Rashidi et al., (39), Yang et ail., (40), and Ketcheson et al., (41), while did not agree with the results of Marroquín and Nolen-Hoeksema (42). It can be the effect of reducing resilience due to working conditions and external factors that influence on marital adjustment.

Explaining this result, it can be argued that couples through social support can reduce or prevent stressful life events and provide a sense of belonging and positive reinforcement and their marital adjustment. To upgrade, social support acts as a protector against environmental stresses such as marital problems and loss. People who receive social support in their married life are more likely to have fewer physical and psychological problems and experience more marital adjustment in their lives. In addition, supportive actions create a series of cognitive and emotional events in couples that strengthen marital relationships and prevent marital conflict, distress and relationship breakdown. Social support, through practices such as listening to problems, expressing feelings, empathy, caring, understanding the other person, strengthening the heart, helping, providing information and feedback from the spouse, leads to improved marital life performance and in turn Marital adjustment increases, but if social support is sometimes meaningless or unsatisfactory for individuals, high levels of self-control cause them to curb immediate desires and aspirations that conflict with their long-term goals. Adapt in their marital relationships In other words, because people with social support have a tendency to depend on others to feel valued;

Therefore, by intervening to control their emotions and desires (self-control), they can improve their adjustment in marital relationships; Therefore, with social support and high levels of self-control, it seems natural for people to be more adaptable in their marital relationships (15, 43).

The limitations of the present study included lack of control of personal and internal factors affecting the validity of the findings, which indicates the effect of perceptual differences between the subjects of the concepts of the questionnaire and how they respond. Moreover, the external validity of the findings or the limitation on the external generalization of the results; because this research was performed on all employees of Samen al-Aemmeh Hospital in Mashhad in 2020, which is limited in generalizing the results to the sample of hospitals in other cities and other people.

One of the strengths of the present study was that social support could be a variable that has a significant impact on marital adjustment, given the current state of society, both in terms of economic problems and in terms of issues related to Covid disease. Furthermore, the double working conditions of the hospital staff from the beginning of the disease require the existence of such a component.

Based on the results, it is suggested that in the field of primary and secondary prevention can be entered. In premarital counseling as the main areas at the level of primary prevention, we can emphasize the level of self-control, resilience and psychological flexibility of individuals in the framework of counseling and educational programs, and at the level of secondary prevention by timely detection of marital incompatibility and with emphasis on the level of social support.

Considering the role of social support and the effect that the individual and the family as well as the community have in obtaining and strengthening social support and its role

in improving marital adjustment, it is recommended from the medical staff due to the difficulty of the job (especially in Corona pandemic). Naturally various conflicts due to the field of work and family; Necessary support from the government and the Ministry of Health should be provided to the medical staff in such a way that while strengthening the morale and job capacity, we will see the strengthening of the family fabric.

Conclusion

The results of the study showed that social support increases marital adjustment and the more compatibility couples have, the more flexibility and resilience and self-control increase in them. In this regard, it is recommended that key family professionals who are associated with couples (with low levels of marital adjustment) are familiar with the role of psychological variables such as social support, resilience, and self-control in creating and maintaining marital adjustment.

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