Article type:
Original Research

1 MSc in Clinical Psychology, Department of Psychology, Semnan Branch, Islamic Azad University, Semnan, Iran.

Corresponding author email address:
Samineh.razazan@gmail.com

How to cite this article:
Razazan, S. (2025). The Role of Psychological Flexibility, Resilience, Self-efficacy, and Hope in Predicting Marital Satisfaction of Married Women. International Journal of Body, Mind and Culture, 12(1), 78-89.

The Role of Psychological Flexibility, Resilience, Self-efficacy, and Hope in Predicting Marital Satisfaction of Married Women

Samineh. Razazan[1*]

ABSTRACT

Objective: Marital satisfaction plays a crucial role in the longevity and stability of a marriage, as it is achieved when the current state of the relationship aligns with expectations. By enhancing marital satisfaction, couples can safeguard their family from potential harm. This study aimed to explore how psychological flexibility, resilience, self-efficacy, and hope can influence the marital satisfaction of married women in Shahrood City.

Methods and Materials: The research method utilized in this study was correlational. All married women residing in Shahrood City formed the statistical population for this study. A group of 300 people were selected using various sampling methods from the population. The research instruments used in this study included the ENRICH Inventory (Fowers and Olson 1989), the Connor-Davidson Resilience Scale (Connor and Davidson, 2003), Self-efficacy Scale (GSES) (Schwarzer & Jerusalem,1995), the Adult Hope Scale (HS; Snyder et al. 1991), and the Acceptance and Action Questionnaire II (AAQ-II; Bond et al., 2011). The data analysis was performed by the researcher using Pearson's correlation test and the stepwise regression method.

Findings: Analysis of the data revealed a noticeable adverse correlation between marital satisfaction and psychological flexibility, as well as a beneficial and noteworthy correlation with resilience, self-efficacy, and hope (p<0.01). Additionally, the regression findings indicated that resilience, hope, psychological flexibility, and self-efficacy could account for 40% of the variability in marital satisfaction.

Conclusion: Based on the findings of the study, it is evident that possessing psychological flexibility and effectively meeting each other's desires and requirements, as well as having resilience and a positive outlook towards one another and family situations, contribute to the establishment of satisfaction and harmony in marriage.

Keywords: Marital satisfaction, Psychological flexibility, Hope, Resilience, Self-efficacy

Introduction

The family is a dynamic entity that brings together individuals and grows over time and space through communication among its members (Amani, 2012). The emotional and mental well-being of society relies on the health of the family, which in turn is dependent on the strength and continuity of the relationship between husband and wife. Psychologists and researchers in family studies highlight the importance of marital satisfaction in promoting mental well-being and growth among family members. They specifically examine the factors that play a role in fostering satisfaction within couples (Ismailpour et al., 2012). Marital relationships have always been an important part of human society, with their significance varying across different academic disciplines and religious beliefs. It is crucial for the functioning and longevity of a society, as explored by

scholars in fields such as sociology, law, economics, psychology, and philosophy (Jamshidi, 2014). Marital satisfaction is reflected in the mutual interest and positive attitudes that spouses have towards each other in different aspects of their relationship, including communication, personality dynamics, conflict resolution, financial matters, sexual intimacy, and parenting (Mashal Pour Fard et al., 2016). It occurs when the current state of the marital relationship aligns with the expectations of both partners (Naderi et al., 2017).

Psychological flexibility is one of the factors that can impact an individual's ability to adapt and deal with challenging situations. The ability to connect with internal and external experiences, communicate effectively in the present moment, and distinguish oneself from thoughts and emotions is essential. According to Gonzalez-Fernandez et al. (2017), psychological flexibility is crucial for successfully navigating negative or unpleasant experiences while maintaining emotional balance (González-Fernández et al., 2017). This attribute encompasses specific skills that help individuals cope with life's challenges and ultimately influence their marital satisfaction (Mikaeli et al., 2018). Furthermore, Mikaili et al. (2017) found a negative correlation between emotional divorce and psychological flexibility (Mikaeli et al., 2018). Lucas and Moore (2020) also conducted a study that revealed that psychological flexibility has a positive impact on mental health and overall life satisfaction (Lucas & Moore, 2020). Research by Sedaghat Khah and Behzadipour (2016) focused on the predictive role of psychological flexibility in determining the quality of marital relationships within Iranian culture, concluding that this trait can indeed predict relationship quality (Sedaghat Khah & BehzadiPour, 2016). Additionally, to navigate conflicts and achieve satisfaction in relationships, individuals must possess a set of skills, including resilience.

Resilience is described as a dynamic process of successfully adapting to difficult situations (Loh et al., 2014). It is considered an internal empowerment characteristic. Fazel Hamdani (2018) proposes that individuals can develop resilience as a skill to help them overcome failures, tragedies, and conflicts, while also managing positive events and responsibilities (Fazel Hamdani, 2018). Possessing this intrapersonal resource helps individuals maintain their mental health and continue to grow adaptively despite challenging

circumstances. In a study by Izadi Onji, Haji Bagheri, and Azizi Fini (2019), resilience and mental health were found to predict marital satisfaction among the elderly (Izadi Avanji et al., 2019). Similarly, Danesh et al. (2016) explored the connection between resilience, psychological well-being, and marital satisfaction in infertile couples undergoing fertility treatments, concluding that resilience influences marital satisfaction (Danesh et al., 2016). Savari (2016) investigated the relationship between resilience, job attachment, and marital satisfaction in married male officers, finding a positive and significant correlation between resilience and marital satisfaction (Savari, 2016).

A sense of self-efficacy is crucial for people to experience satisfaction in marital relationships. Our confidence in our abilities has a considerable influence on how we perceive ourselves and interact with the world. Essentially, self-efficacy guides us in setting goals, determining strategies to achieve those goals, and assessing our performance, ultimately impacting our well-being. Various studies have shown a positive correlation between self-efficacy and marital satisfaction, life satisfaction, and marital relationships. For instance, research conducted by Abbaspour, Karimi Vardanjani, and Khojaste Mehr in 2018 revealed that high marital expectations, communication self-efficacy, optimism, and meeting expectations are significantly connected to marital satisfaction (Abbaspour et al., 2018). Faizi Manesh and Yarahamdi (2016) found a negative association between self-efficacy and marital conflicts (Faizi Menesh & Yarahmadi, 2016). Additionally, a study by Owaisi, Ahmadi, and Khasfer (2014) showed that self-esteem, self-efficacy, and self-control are related to marital satisfaction in married men working at Valiasr Hospital in Qom (Ouisi et al., 2014). Another study demonstrated the association between self-efficacy, marital satisfaction, and life satisfaction (Imani et al., 2015). Meshaalpour Fard, Kavousi, Ebadi, and Mousavi (2016) similarly found a connection between self-efficacy and marital satisfaction in their study (Mashal Pour Fard et al., 2016).

"Hope, a factor connected to marital satisfaction, has a long history as a concept but a relatively short history in scientific research on human life. Schneider (2000) defines this positive motivational state as grounded in dependability and navigating through interactions with the environment, as discussed by Seyedebrahimi et al.

(2014) (Schneider, 2000; Seyedebrahimi, 2014). Hope occurs when an individual engages in purposeful thought using strategic and proactive thinking. Strategic thinking encompasses the belief that one can identify a path to achieve desired objectives, while proactive thinking involves the drive to pursue those paths. Hopes are particular objectives that are meaningful to the individual (Barjali et al., 2012). Hope signifies mental well-being and the capacity to envision a brighter future (Sepehrian et al., 2016). By generating positive emotions, hope alleviates the emotional weight of challenging situations, enabling individuals to make sound decisions and ultimately feel content. Zarei and Foladvand (2018) conducted a study that discovered that hope is positively associated with life satisfaction and acts as a mediator in the connection between self-compassion and life satisfaction (Zarei, 2019).

Sephernia, Bor Bor, Raushi, and Matinnejad (2018) conducted a study to examine how communication skills and hope are related to the marital satisfaction of female teachers (Sephernia et al., 2018). Their findings suggested that there is indeed a connection between communication skills, hope, and marital satisfaction. In a separate study, Fazel Hamdani (2018) explored how psychological factors such as hope, optimism, resilience, and self-efficacy can predict marital compatibility (Fazel Hamdani, 2018). The findings suggested a positive correlation between marital compatibility and hope, optimism, resilience, and self-efficacy. This indicates that these psychological aspects are influential in forecasting the strength of a marriage. Raats, Adams, Savahi, Isaac, and Tilioni (2019) conducted a study on the correlation between hope and life satisfaction in children from low and moderate economic backgrounds in South Africa (Raats et al., 2019). Their analysis revealed a significant relationship between hope and life satisfaction in both the medium and poor economic groups. The most crucial factor for the stability and longevity of a marriage is marital satisfaction, which occurs when the current marital situation aligns with expectations. Enhancing marital satisfaction can safeguard the family from harm (Karimi Vardanjani, 2015). Focusing on meeting the psychological and emotional needs of individuals contributes to their overall satisfaction with life, leading to increased resilience towards challenges and improved mental and physical health. Marital satisfaction plays a pivotal role in individuals' lives, fostering harmony in

relationships, while its absence often results in conflicts and even divorce in certain cases (Golkari & Pourshafei, 2017).

The family is considered the main pillar for the growth of individuals in society, both physically and mentally. Dysfunctional families can lead to various social and psychological issues. It is crucial to address differences and conflicts that may arise between spouses to prevent potential mental and physical problems. Having attributes like psychological flexibility, resilience, self-efficacy, and hope can assist in dealing with upcoming difficulties (Piri & Shirazi, 2017; Sarlak & Heidari, 2017). Researchers are investigating the causes of marital satisfaction and stability in response to the increasing divorce rate. Divorce is a pressing social issue with detrimental effects on the well-being of spouses and children. Marital satisfaction can impact individuals' ability to fulfill their occupational, social, and educational responsibilities effectively. Anxiety and low marital satisfaction can hinder performance, leading to a lack of energy, concentration, and motivation. Hence, marital satisfaction is considered vital for societal progress. Consequently, it is essential to explore the factors influencing marital satisfaction. The primary focus of this study is to determine whether psychological flexibility, resilience, self-efficacy, and hope can predict marital satisfaction in married women residing in Shahrood City. Dysfunctional families can contribute to various social and psychological problems. It is crucial to address differences and conflicts that arise between spouses to prevent mental and physical health issues. Developing psychological flexibility, resilience, self-efficacy, and hope can help mitigate future problems in marital life. The rising divorce rates have prompted researchers to investigate factors that impact marital stability and satisfaction. Divorce poses serious consequences for the well-being of both spouses and children. Marital satisfaction plays a significant role in an individual's ability to fulfill their occupational, social, and educational responsibilities. Individuals experiencing anxiety and low marital satisfaction may struggle with a lack of energy, concentration, and motivation, hindering their effectiveness in various roles (Jafari, 2009). Therefore, marital satisfaction is considered essential for societal progress. As such, it is important to examine the factors that influence it. The primary question of this study is whether psychological flexibility, resilience, self-efficacy,

and hope can predict marital satisfaction in married women in Shahrood City.

## Methods and Materials

Study Design and Participants

This research was part of descriptive-correlation research and cross-sectional research method. The statistical population of this research included all married women in Shahrood city in 2018-2019. The participants in this study were women who visited psychological and counseling clinics from the beginning of 2018 to July of the same year. Before entering the study, married women were evaluated by clinic specialists for the absence of mental disorders such as anxiety and depression based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). The target sample was selected by purposive sampling method.

The adequacy of the sample size was determined using G-Power software with a significance level of α=0.05, an effect size of 0.60, and a power test of 0.90.

After receiving all required permissions to conduct their study and approval from the university, the researchers first visited three psychology clinics in Shahrood City. These clinics were chosen methodically, with university professors recommending them. The researchers then explained the research methods and objectives to the clinic management and obtained initial approval before distributing questionnaires. The researchers gathered written approval from participants by utilizing an informed consent form for their involvement in the study. Tools for research were utilized to gauge variables, with surveys requiring approximately two hours to finish. The study was carried out over 50 days during three months, examining the information of 300 married women.

Figure 1

Sample size calculation with G-Power software
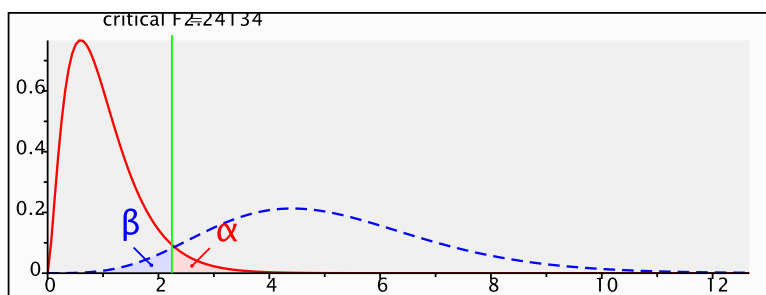
Based on the formula, the sample size was determined to be 336 people. Considering the sensitivity of the subject and the vulnerability of the sample group, to prevent the drop in the sample size, the number of 364 people was considered, of which 64 people were excluded from the study due to incomplete questionnaires, errors or withdrawal.

In addition, eligibility criteria included being married, having a minimum level of education, being at least 18 years old, and having been married for at least one year. Participants who did not understand the questions or refused to complete the questionnaires, as well as those

who left more than five questions unanswered, were excluded from the study.

Data Collection Tools

Enrich Marital Satisfaction Questionnaire: Olson, Fournier, Jonen, and Darnkman developed a questionnaire in 1989 in the United States to assess marital satisfaction (Olson et al., 1987). The survey was revised in 2006 and consists of 115 questions divided into 12 different categories. This study used a shortened version consisting of 47 questions. The questionnaire utilizes a Likert scale ranging from 1 to 5, with questions 15, 14, 13, 12, 11, 8, 6, 4, 42, 41, 40, 39, 38, 37, 35, 32, 31,

30, 24, 23, 22, 21, 20, 19, 18, 16, 47, 46, and 45 scored in reverse. Damiri, Heydarian, Ahmadi, and Burhani (2013) reported Cronbach's alpha values of 0.91 for men and 0.87 for women (Damiri et al., 2013). Rezaian et al. (2015) discovered a Cronbach's alpha coefficient of 0.94 (Rezaeian et al., 2006), while Mohammadi et al. (2012) reported a value of 0.95 (Mohammadi et al., 2012).

Connor-Davidson Resilience Scale: Connor and Davidson (2003) developed a resilience scale consisting of 25 items (Connor & Davidson, 2003). The Likert scale is used in the survey, allowing respondents to select a score ranging from 0=completely wrong to 4=completely right. Mohammadi (2005) assessed the scale's validity by examining the correlation of each item with the overall score in the category and conducting factor analysis (Moahmmadi et al., 2005). Most items showed correlation coefficients between 0/14 to 0/64, except for item 3. The next step involved factor analysis using the principal components method, preceded by calculating two Kaiser-Meyer-Olkin (KMO) index and Bartlett's Sphericity test. The KMO value was 87%, and the chi-square value in Bartlett's test was 5556.28, indicating sufficient evidence for factor analysis. The number of factors was determined using the scree graph slope criterion and eigenvalue of one. After extracting the factors, the factor loading matrix was rotated using the Varimax method. Item 3 was excluded from the final analysis due to low factor loading, leaving 21 items in the analysis. The scale's reliability was assessed by calculating Cronbach's alpha coefficient, which was found to be 0.89. Previous studies by Mohammadi et al. (2013), Parsafar and Yazd khasti (2013), Momeni et al. (2012), Salamabadi et al. (2015), and Ghanbari Talab and Fouladcheng (2014) reported Cronbach's alpha coefficients in the range of 0.74 to 0.91 for the same scale (Ghanbari-Talab & Fooladchang, 2015; Mohammadi et al., 2012; Momeni et al., 2012; Parsafar & Yazdkhasti, 2015; Salam Abadi et al., 2015).

General Self-Efficacy Scale (GSE): Schwarzer and Jerusalem (1995) created the General Self-Efficacy Beliefs Scale in German (Schwarzer & Jerusalem, 1995). In the beginning, there were 20 items used to assess general self-efficacy and social self-efficacy, but by 1981, the scale was narrowed down to 10 items focusing solely on general self-efficacy. The scale uses a Likert range of 1 to 4, with a total score range of 10 to 40. Schwarzer (2007) standardized the scale on 802 individuals and achieved a Cronbach's alpha of 0.83 (Schwarzer & Luszczynska, 2008). This scale has been translated into 28 languages. Various studies have reported Cronbach's alpha coefficients for this scale in different countries: 0.88 in Canada, 0.81 in Costa Rica, 0.81 in Germany, 0.88 in Great Britain, 0.82 in France, 0.84 in Iran, 0.84 in Spain, 0.91 in Japan, 0.85 in Korea, 0.79 in Indonesia, and 0.75 in India, indicating good internal reliability across diverse populations (Rajabi, 2006). In Dehghan, Atashpour, and Shafti's research (2015), the Cronbach's alpha coefficient for this scale was reported as 0.85 (dehghan et al., 2015), while Rajabi (2015) found it to be 0.82 (Rajabi & Jelodari, 2015). Furthermore, Rajabi (2005) described the scale as a single-dimensional instrument that accounts for 38.69 percent of the variance (Rajabi, 2006). Jalali and Ahadi (2014) found a Cronbach's alpha coefficient of 0.67 for this survey (Jalali & Ahadi, 2016).

Schneider Life Expectancy Questionnaire: The life expectancy questionnaire, developed by Schneider et al. in 1991, is a self-report questionnaire consisting of 12 items, with its psychometric properties confirmed. The survey utilizes a Likert scale that ranges from 0 to 4, with 0 representing completely true and 4 representing completely false. Some questions, namely 3, 5, 7, and 11, are excluded from the scoring process. The remaining eight items (functional items 2, 9, 10, and 12, and strategic items 1, 4, 6, and 8) provide an overall hope score ranging from 8 to 32. The Cronbach's alpha coefficient for this scale is 0.86 for total hope, 0.82 for goal decision dimension, and 0.84 for strategies, with retest reliability of 0.82 within ten weeks (Schneider, 2000). In subsequent studies by Schneider and Lopez (2007), internal consistency of the entire test was reported as 0.74 to 0.84, with retest reliability at 0.80. In Iran, internal consistency coefficients for strategies and goal decision dimensions were reported as 0.71 and 0.68, respectively. In 2015, research conducted by Shirinzadeh and Mir Jafari discovered a concurrent validity of 0.81 for the scale (Shirinzadeh Dastgiri & Mirjafari, 2016). In their research, Dehghan et al. (2015) observed that Cronbach's alpha coefficient was 0.80 for the functional dimension and 0.73 for the strategic dimension (dehghan et al., 2015).

Acceptance and Action Questionnaire (AAQ-II): Bond et al. (2011) developed this questionnaire (Bond et al., 2011). It is a shorter 7-item scale of the original

questionnaire created by Hayes (2000) (Hayes, 2000). The Likert scale used in this questionnaire ranges from 1 to 7, with responses indicating the degree to which the items apply to the individual. The scoring for the seven items is reversed, with a higher score on the flexibility scale indicating lower flexibility in the person. The questionnaire assesses concepts related to diversity, acceptance, experiential avoidance, and psychological flexibility. This tool has been standardized in various countries worldwide. In France, the questionnaire yielded two factors based on factor analysis. The Cronbach's alpha coefficient was 0.82 for the general population and 0.76 for the patient group. The questionnaire also demonstrated a significant correlation with the Beck Depression Inventory (BDI) and State-Trait Anxiety Inventory (STAI) (Mikaeli et al., 2018). The alpha coefficient for the scale was calculated as 0.84 by Bond et al. (2011) (Bond et al., 2011), with retest reliability values of 0.81 at three months and 0.79 at 12 months. Imani (2016; cited in Hosseini Zarvijani, Fattah Moghadam, and Ragha Bafieh, 2018) reported a Cronbach's alpha coefficient of 0.86 for the scale and a retest reliability coefficient of 0.71 (Hosseini Zarvijani et al., 2018). For the female group, the alpha coefficient was 0.87, while for the male group, the reported alpha coefficient was 0.85.

Data analysis

To examine the purpose of the study, the researchers analyzed the data using two descriptive levels (mean and standard deviation) and inferential statistics (Pearson's correlation test and step-by-step multiple regression) through SPSS 26 software. Additionally, they evaluated the presuppositions of these analyses. The assumption of normality was verified using the Kolmogorov-Smirnov test. Another crucial assumption in regression analysis is the independence of errors, which is the difference between actual and predicted values by the regression equation. When errors are found to be correlated and do not meet the assumption of independence, it is not possible to carry out regression analysis. The Durbin-Watson test was used to examine the independence of errors. The skewness and kurtosis values obtained for each variable demonstrate the normal distribution and suitability for regression analysis.

Findings and Results

The mean and standard deviation of the age of the participants in the study were 28.01 and 7.53, respectively. Likewise, the mean and standard deviation of the duration of marriage in the sample were 5.01 and 5.86, respectively. Furthermore, 42.01% of the individuals had no children, 33.70% had one child, and 24.08% had two children. In terms of education, 51.3% had an associate degree, 30.01% had a bachelor's degree, 13.70% had a master's degree, and 5.01% had a doctorate.

Table 1

Mean and standard deviation of research variables

Variable	Subscales	M	SD
Marital satisfaction		162.24	20.09
Resilience		48.84	10.52
Hope	Functional	8.03	2.28
	Strategic	8.25	2.55
	Total score	16.93	4.86
Self-efficacy		20.17	4.60
Psychological flexibility		20.53	7.33

According to the data presented in Table 1, the mean scores for marital satisfaction, resilience, hope, self-efficacy, and psychological flexibility are 162.24, 48.84, 16.93, 20.17, and 20.53, respectively. The standard deviations for these variables are 9, 10.52, 4.86, 4.60, and 7.33, respectively.

Table 2

Skewness and kurtosis values of each variable

Variable	Subscales	Skewness	Kurtosis
Marital satisfaction		-0.092	-0.901
Resilience		0.170	-0.865
Hope	Functional	-0.243	-0.333
	Strategic	0.421	0.558
	Total score	0.302	1.090
Self-efficacy		-0.112	-0.059
Psychological flexibility		0.543	-0.811

The results of Skewness and kurtosis obtained for each of the variables are reported in Table 2.

Table 3

Examining the normality of the data related to the research variables

Variable	Subscales	Statistics	P-value
Marital satisfaction		-0.088	0.21
Resilience		0.097	0.11
Hope	Functional	-0.12	0.12
	Strategic	-0.080	0.11
	Total score	-0.069	0.13
Self-efficacy		0.095	0.27
Psychological flexibility		-0.090	0.14

Table 3 displays the outcomes of the Kolmogorov-Smirnov test conducted to assess the normality assumption of the data about marital satisfaction, resilience, hope, self-efficacy, and psychological flexibility variables. The insignificant findings of this test for the mentioned variables with numerical values of -0.088, 0.097, -0.069, 0.095, and -0.090 at a P-value of $p \leq 0.05$ indicate that the data associated with these variables are normally distributed.

Table 4

Durbin-Watson test results to check the independence of errors

Variable	Subscales	P-value
Resilience		2.071
Hope	Functional group	2.140
	Strategic	
Self-efficacy		2.083
Psychological flexibility		2.027

The outcomes of the Durbin-Watson test, as displayed in Table 5, did not reveal any significant results with a p-value of ≤ 0.05. This suggests that the errors in the regression models of predictor variables are not correlated. Hence, the regression method is deemed appropriate. An essential assumption for regression analysis is the absence of multiple collinearity. This condition is met if the correlation between independent variables is below 0.90 and the variance inflation factor is below 10. The correlation analysis in Table 5 indicates that the correlation between independent variables is less than 0.90. Additionally, the variance inflation factor for predictor variables - self-efficacy (VIF = 1.28), hope (VIF = 1.14), resilience (VIF = 1.51), and psychological flexibility (VIF = 1.25) - is below 10. Consequently, the assumption of no multiple collinearity is verified based on these results.

Table 5

Correlation between research variables

Variable	1	2	3	4	5	6	7
1- Resilience	_						
2- Functional	**0.32	_					
3- Strategic	**0.25	**0.56	_				
4- Total score	*0.25	**0.41	**0.58	_			
5- Psychological flexibility	**-0.37	*-0.09	**-0.16	*-0.11	_		
6- Self-efficacy	**0.45	**0.36	**0.26	**0.22	**-0.16	_	
7- Marital satisfaction	**0.61	**0.19	**0.15	**0.24	**-0.30	**0.20	-

**p<0.01 *p<0.05

Table 5 demonstrates that resilience (r=0.61, p<0.01), hope (r=0.24, p<0.01), self-efficacy (r=0.20, p<0.01), and psychological flexibility (r=-0.30, p<0.01) were significantly associated with marital satisfaction. It is important to note that higher scores on the flexibility scale indicate lower flexibility in an individual. A step-by-step multiple regression analysis was used to predict marital satisfaction by examining resilience, hope, self-efficacy, and psychological flexibility.

Table 6

Analysis of variance to check the significance of the whole regression model

Criterion variable	Predictor variables	Model	SS	Degree of freedom	Mean squares	F	P-value
Marital satisfaction	All predictor variables	Regression	49610.303	4	12402.576	51.275	0.001
		Residual value	71113.208	294	241.882		
		Total	120723.512	298			

The results of the variance analysis indicated that the entire regression model was statistically significant in predicting marital satisfaction using factors such as resilience, hope, self-efficacy, and psychological flexibility (p<0.001) (Table 6).

Table 7

Prediction of marital satisfaction by step-by-step regression method

Steps	Criterion variable	Predictor variables	B	SE	Beta	t	R2	Modified R2	F	P-value
First	Marital satisfaction	Fixed value	104.811	4.372		23.971				0.001
		Resilience	1.176	0.088	0.615	13.443	0.378	0.376	180.711	0.001
Second	Marital satisfaction	Fixed value	100.026	4.868		20.547				0.001
		Resilience	1.127	0.090	0.598	12.529				0.001
		Hope	4.27	0.196	0.102	2.179	0.388	0.384	93.871	0.003
Third	Marital satisfaction	Fixed value	109.55	6.302		17.385				0.001
		Resilience	1.031	0.098	0.539	10.513				0.001
		Hope	0.532	0.200	0.128	2.665				0.008
		Psychological flexibility	-0.323	0.137	-0.117	-2.355	0.399	0.393	65.391	0.019
Forth	Marital satisfaction	Fixed value	114.561	6.590		17.384				0.001
		Resilience	1.129	0.105	0.590	10.702				0.001
		Hope	0.595	0.200	0.143	2.981				0.003
		Psychological flexibility	-0.328	0.136	-0.119	-2.413				0.016
		Efficacy	-0.533	0.222	-0.122	-2.400	0.411	0.403	51.275	0.017

Table 7 presents the predicted results of marital happiness using factors such as resilience, hope, self-efficacy, and psychological flexibility. In this study, marital satisfaction was viewed as the outcome variable, while resilience, hope, self-efficacy, and psychological flexibility were considered predictors in the regression analysis. At first, the regression formula indicated that resilience (Beta=0.615, T=13.443, p<0.001) explained 37% of the fluctuation in marital satisfaction (F=180.711, Modified R2=0.37). In the next stage, by including Hope (Beta=0.102, T=2.179, p<0.001), the percentage increased to 38% (F=93.871, Modified R2=0.38). Further inclusion of psychological flexibility (Beta=0.117, T=65.391, p<0.01) in the third step led to a prediction percentage of 39% (F=65.391, Modified R2=0.39). In the end, by including self-efficacy (Beta=0.533, T=2.400, p<0.01) in the final stage, the accuracy of the prediction rose to 40% (F=51.275, Modified R2=0.40). Overall, the combined impact of these factors accounted for 40% of the variance in marital satisfaction, thereby supporting the fifth hypothesis.

Discussion and Conclusion

This study aimed to explore how psychological flexibility, resilience, self-efficacy, and hope impact marital satisfaction in married women in Shahrood City. The results indicated a positive correlation between resilience and marital satisfaction among married women, aligning with previous research by Fazel Hamdani (2018), Izadi Onji et al. (2018), Danesh et al. (2016), Savari (2016), Bradley and Hejat (2017), and Taplo et al. (2018) (Bradley & Hojjat, 2017; Danesh et al., 2016; Fazel Hamdani, 2018; Izadi Avanji et al., 2019; Savari, 2016; Toplu Demirtaş et al., 2018). These studies all concluded that resilience is correlated to marital satisfaction, can predict marital satisfaction, and having resilience leads to higher levels of marital satisfaction.

Research indicates that factors such as psychological flexibility, resilience, self-efficacy, and hope play a crucial role in determining the level of satisfaction that married women experience in their marriages. The research findings indicated that these factors can account for 40% of the variation in marital satisfaction. This aligns with previous studies by Mikaili et al. (2017) and Lucas and Murray (2020), which also found a correlation between

psychological flexibility and marital satisfaction (Lucas & Moore, 2020; Mikaeli et al., 2018). Similarly, research by Fazel Hamdani (2018) and Taplo et al. (2018) supported the idea that resilience can impact marital satisfaction (Fazel Hamdani, 2018; Toplu Demirtaş et al., 2018). Studies by Abbaspour et al. (2018) also found that self-efficacy plays a role in predicting marital satisfaction (Abbaspour et al., 2018). Furthermore, research by Anhang et al. (2017) and Zarei and Foladvand (2018) indicated that hope can influence marital satisfaction (Anhange et al., 2017; Zarei, 2019).

The discovery can be interpreted as indicating that psychological flexibility involves a heightened ability to engage with the present moment, adapt behavior, or persist in it in alignment with life values, and includes the capacity to distance oneself from thoughts and inner experiences. "It primarily refers to one's ability to concentrate on the current situation and use those opportunities to pursue their goals and personal values, even in difficult or unwanted mental states" (Lucas & Moore, 2020). Individuals with high psychological flexibility demonstrate behavior in various situations that is more aligned with their values and objectives and less influenced by internal events or dependencies in their current environment, potentially enhancing their psychological well-being and fostering a sense of contentment (Hosseini Zarvijani et al., 2018; Mikaeli et al., 2018).

Resilience is a concept that encompasses different definitions related to how individuals respond to challenging situations. "Resilience is the capacity of an individual to effectively cope and respond when faced with challenges, navigating through personal obstacles and external threats." (Fazel Hamdani, 2018). Resilience allows individuals to bounce back from difficult or stressful events, maintaining stability and even progressing. Dealing with life's challenges and stressors is part of the resilience process (Toplu Demirtaş et al., 2018). People with high levels of resilience are problem solvers, flexible, and able to quickly recover after facing stressors. They use positive emotions to overcome adverse experiences and return to a favorable state. "Individuals who can bounce back from life's challenges effectively, show strength when confronted with difficulties, and display enhanced flexibility (Izadi Avanji et al., 2019)."

The self-efficacy factor is crucial in helping individuals adapt to stressful situations and challenging tasks, allowing them to control their lives and take responsibility for their actions (Abbaspour et al., 2018). People with higher self-efficacy can effectively manage their lives, take more responsibility, and exhibit confidence in their abilities to control important events and circumstances (Faizi Menesh & Yarahmadi, 2016). Hope serves as a motivating force, guiding individuals toward positive outcomes. It also plays a crucial role in helping individuals manage negative emotions and adaptively improve themselves (Anhange et al., 2017). Research has shown that high levels of hope are associated with reduced stress, more effective problem-solving, and increased marital satisfaction (Zarei, 2019). Couples with high levels of hope tend to experience higher levels of positive emotions, leading to better conflict management and overall marital satisfaction. In the end, hope promotes productive communication and conflict resolution in relationships, increasing marital satisfaction (Golkari & Pourshafei, 2017).

Satisfaction plays a crucial role in maintaining a healthy married life. When couples are satisfied in their marriage, it brings peace and contentment, which can positively impact their children and society as a whole. Flexibility, being attentive to one another's needs, staying positive, and actively engaging in family activities are important aspects that lead to marital satisfaction.

The current study's limitations are specific to the connection between the variables and may be impacted by other variables. The cross-sectional design and the reliance on self-report measures are other limitations. The statistical population was specifically married women in Shahrood City, so caution should be taken when generalizing the findings. Future studies should investigate the impact of resilience, self-efficacy, psychological flexibility, and hope on marital satisfaction through intervention and educational research. To enhance the applicability of the current findings, conducting similar studies in other cities and with both genders is recommended. Based on the study results, it is advisable to organize workshops on flexibility, resilience, and self-efficacy for couples.

Based on the research findings, it appears that conducting workshops that assist individuals in setting and achieving goals, fostering positive thinking, and maintaining motivation can enhance marital satisfaction.

The study suggests that premarital counseling sessions should address these psychological factors, considering their impact on marital satisfaction.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. In order to comply with the ethical principles, before implementing the questionnaires, the research participants were asked whether they would like to participate in the research or not, and they were told that there was no obligation to participate in the research and continue it. They were told that participation in the study was completely voluntary and that they could withdraw from the study at any time. It was also explained to them that these tests do not contain identity information.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

Authors' Contributions

All authors equally contributed to this study.

References

Abbaspour, Z., Karimi Vardanjani, M., & Khojaste Mehr, R. (2018). Investigating the mediating role of fulfilling marital expectations in the impact of marital satisfaction on high marital expectations, optimism and communication self-

efficacy in university employees. *Journal of Positive Psychology*, 5(4), 1-14. https://ppls.ui.ac.ir/article_24536.html?lang=en

Amani, E. (2012). Prediction of marital satisfaction based on sexual satisfaction, emotional dyslexia and body image. *Clinical Psychology, Shiraz*. https://www.virascience.com/thesis/598732/

Anhange, S., Iortsughun, S., Kwaghgbah, A., Aondona, A., & Iorwuese, P. (2017). Emotional intelligence, happiness, hope and marital satisfaction among married people in Makurdi metropolis, Nigeria. *Gender and Behaviour*, 15(3), 9752-9766. https://www.ajol.info/index.php/gab/article/view/165584

Barjali, M. N., Najafi, M., Isa Murad, A., & Mansoubi Far, H. (2012). The role of spiritual well-being and hope in predicting students' life satisfaction. *Counseling and Psychotherapy Culture*, 4(15), 119-136. https://qccpc.atu.ac.ir/article_5918.html?lang=en

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire-II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*, 42(4), 676-688. https://doi.org/10.1016/j.beth.2011.03.007

Bradley, J. M., & Hojjat, M. (2017). A model of resilience and marital satisfaction. *The Journal of social psychology*, 157(5), 588-601. https://doi.org/10.1080/00224545.2016.1254592

Connor, K. M., & Davidson, J. R. (2003). Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and Anxiety*, 18(2), 76-82. https://doi.org/10.1002/da.10113

Damiri, H., Heidarian, M., Ahmadi, V., & Burhani, L. (2013). Relationship between personality styles and emotional intelligence with marital satisfaction. *Scientific and Research Journal of Ilam University of Medical Sciences*, 22(5), 35-44. https://sjimu.medilam.ac.ir/article-1-1739-en.html

Danesh, E., Aminalroayaei, P., & NooriPour-Liavoli, R. (2016). The relationship between resilience levels, psychological well-being and marital satisfaction in infertile couples undergoing ectopic fertilization treatment. *Community Health*, 4(3), 170-178. https://journals.sbmu.ac.ir/ch/index.php/ch/article/view/13681

dehghan, f., atashpour, h., & shafti, a. (2015). The Relationship of Personality Factors and General Self-Efficacy with Operative and Strategic Hope for Treatment in Addicts. *Research on Addiction*, 8(31), 91-108. http://etiadpajohi.ir/article-1-82-en.html

Faizi Menesh, B., & Yarahmadi, Y. (2016). Investigating the relationship between locus of control and self-efficacy with marital conflicts in university students. *Journal of Disability Studies*, 7, 1-8. https://jdisabilstud.org/browse.php?a_id=757&slc_lang=en&sid=1&printcase=1&hbnr=1&hmb=1

Fazel Hamdani, N. (2018). Predicting marital compatibility based on psychological capitals (hope, optimism, resilience and self-efficacy). *Developmental Psychology*, 8(12), 91-98. https://frooyesh.ir/article-1-1655-en.html

Ghanbari-Talab, M., & Fooladchang, M. (2015). On the relationship of resilience and mental vitality with addiction potential among students. *Scientific Quarterly Research on Addiction*, 9(34), 9-22. https://etiadpajohi.ir/browse.php?a_id=270&sid=1&slc_lang=en

Golkari, S., & Pourshafei, H. (2017). The predictive role of life expectancy in satisfaction with married life of women in Birjand city. *Scientific-Promotional Quarterly of Khorasan Social Cultural Studies*, 13(2), 153-175. https://www.farhangekhorasan.ir/article_93130_6b35a3137297552647f98e38b4918ae3.pdf

González-Fernández, S., Fernández-Rodríguez, C., Mota-Alonso, M. J., García-Teijido, P., Pedrosa, I., & Pérez-Álvarez, M. (2017). Emotional state and psychological flexibility in breast cancer survivors. *European Journal of Oncology Nursing*, 30, 75-83. https://doi.org/10.1016/j.ejon.2017.08.006

Hayes, N. (2000). Doing Psychological Research: Gathering and Analysing Data. *Buckingham: Open University*. https://psycnet.apa.org/record/2003-88287-000

Hosseini Zarvijani, A., Fatah moghadam, L., & Parche Bafieh, S. (2018). Correlation of perceived stress with psychological flexibility of nurses in psychiatric wards of Razi. *Journal of Health Promotion Management*, 8(6), 11-17. https://jhpm.ir/article-1-1049-en.html

Imani, M., Kazemi Rezaie, S. A., Pirzadeh, H., Valikhani, A., & Kazemi Rezaie, S. V. (2015). The mediating role of self-efficacy and optimism in the relation between marital satisfaction and life satisfaction among female teachers in Nahavand. *Family Counseling and Psychotherapy*, 5(3), 50-71. https://fcp.uok.ac.ir/article_42707.html?lang=en

Ismailpour, K., Khajeh, V., & Mahdavi, N. (2012). Prediction of spouses' marital satisfaction based on communication beliefs and communication skills. *Family Research Quarterly*, 9(33), 29-44. https://jfr.sbu.ac.ir/article_96202.html

Izadi Avanji, F. S., Haji Bagheri, A., & Azizi Fini, E. (2019). Prediction of marriage satisfaction brothers tab auri and health in Salmandan. *Scientific Monthly of Shahid Sadoqi University of Medical Sciences Yazd*, 27(3), 1361-1371. https://www.sid.ir/paper/36583/en

Jafari, A. (2009). Investigating the effectiveness of premarital communication skills training on increasing marital satisfaction after marriage. *Quarterly Journal of Behavioral Sciences*, 1(2), 31-51. https://www.sid.ir/paper/190430/en

Jalali, I., & Ahadi, H. (2016). On the relationship of cognitive emotion regulation, self-efficacy, impulsiveness, and social skills with substance abuse in adolescents. *Scientific Quarterly Research on Addiction*, 9(36), 95-109. https://etiadpajohi.ir/browse.php?a_id=89&slc_lang=en&sid=1&printcase=1&hbnr=1&hmb=1

Jamshidi, M. A. N. L., Ruqiya; Jan-Zorgi, Masoud and Fardin, Mohammad Ali (2014). The effectiveness of functional empowerment of couples based on the Islamic approach on women's marital satisfaction. *Cultural-Educational Quarterly of Women and Family*, 10(31), 7-35. http://ensani.ir/fa/article/348382/

Karimi Vardanjani, M. (2015). Evaluation of the model of the relationship between the main family and marital satisfaction with the mediations of marital commitment and marital empathy. *Family Counseling, Faculty of Educational Sciences and Psychology*. https://elmnet.ir/doc/10984121-71912

Loh, J. M., Schutte, N. S., & Thorsteinsson, E. B. (2014). Be happy: The role of resilience between characteristic affect and symptoms of depression. *Journal of Happiness Studies*, 15, 1125-1138. https://link.springer.com/article/10.1007/s10902-013-9467-2

Lucas, J. J., & Moore, K. A. (2020). Psychological flexibility: positive implications for mental health and life satisfaction. *Health promotion international*, 35(2), 312-320. https://doi.org/10.1093/heapro/daz036

Mashal Pour Fard, M., Kavoosi, M., Ebadi, Z., & Moussavi, S. (2016). The relationship between self-efficacy and marital satisfaction among married students. *International Journal of*

Pediatrics, *4*(8), 3315-3321. https://jpp.mums.ac.ir/article_7384.html

Mikaeli, N., Rahimi, S., & Sedaghat, M. (2018). The role of family communication patterns, motivational structure and psychological flexibility in predicting couples' emotional divorce. *Family Pathology, Counseling and Enrichment Journal*, *4*(1), 1-16. http://fpcej.ir/browse.php?a_id=195&sid=1&slc_lang=en

Moahmmadi, M., Jazaieri, A., Rafiyi, A., Jokar, B., & Purshahbaz, A. (2005). Studying the Resilience Factors in People at Risk of Drug Abuse. *Novel research. journal Psychology (Psychology, University of Tabriz)*, *1*, 224-203. https://www.sid.ir/paper/120410/en

Mohammadi, M. R., Farokhzadi, F., Alipour, A., Rostami, R., Dehestani, M., & Salmanian, M. (2012). Marital satisfaction amongst parents of children with attention deficit hyperactivity disorder and normal children. *Iranian Journal of Psychiatry*, *7*(3), 120. https://pmc.ncbi.nlm.nih.gov/articles/PMC3488867/

Momeni, K. M. P., Ali, & Mohebi, Z. (2012). Examining the relationship between attachment styles and resilience with students' addiction potential. *Kermanshah Police Science*, *4*(12), 11-20.

Naderi, L., Molavi, H., & Nouri, A. (2017). The prediction of marital satisfaction of couples in Isfahan based on empathy and forgiveness. *Knowledge & Research in Applied Psychology*, *16*(4), 69-75. https://www.sid.ir/paper/163605/en

Olson, D., Fournier, D. G., & Druckman, J. M. (1987). *Counselor's manual for PREPARE/ENRICH. Revised edition*. https://books.google.com/books/about/Prepare_Enrich.html?id=dubJnQEACAAJ

Ouisi, H., Ahmadi, R., & Makhlough, M. (2014). Investigation of the relationship between the three dimensions of personality and self-efficacy, self-esteem and self-control with marital satisfaction in men working in Valiasr Hospital, Qom. https://en.civilica.com/doc/438684/

Parsafar, S., & Yazdkhasti, F. (2015). Examining the causal relationships between gender roles, resilience, stubbornness, learned helplessness and codependency in the spouses of drug addicts. *Women's Psychological Social Studies*, *12*(4), 69-92. https://jwsps.alzahra.ac.ir/article_1495_en.html?lang=fa

Piri, M., & Shirazi, M. (2017). The role of forgiveness of marital resentment and semantic differences, the role of sex in the marital satisfaction of married teachers in Zahedan city. *Family and Research Quarterly*, *15*(2), 109-128. https://qjfr.ir/article-1-694-en.html

Raats, C., Adams, S., Savahl, S., Isaacs, S., & Tiliouine, H. (2019). The relationship between hope and life satisfaction among children in low and middle socio-economic status communities in Cape Town, South Africa. *Child Indicators Research*, *12*, 733-746. https://doi.org/10.1007/s12187-018-9549-0

Rajabi, G., & Jelodari, A. (2015). Validity and reliability of the Persian sexual self-efficacy scale functioning in female. http://jpcp.uswr.ac.ir/article-1-292-en.html

Rajabi, G. H. (2006). Reliability and validity of the general self-efficacy beliefs scale (gse-10) comparing the psychology students of shahid chamrin university and azad university of marvdasht. https://sid.ir/paper/86744/en

Rezaeian, H., Mohsseni, N., Mohammadi, M., Ghobari, B., Sarmad, Z., Lavasani, M., & Momeni, F. (2006). Evaluation of casual model of family variables and self-understanding with conduct disorders. *Hakim Research Journal*, *9*(3), 32-37. https://hakim.tums.ac.ir/article-1-381-en.html

Salam Abadi, M., Rezaei, R., & Safari, H. (2015). The effectiveness of life skills training on increasing the resilience of elementary school boys. https://www.sid.ir/paper/857075/fa

Sarlak, M., & Heidari, H. (2017). Comparison of marital status, individual forgiveness, interpersonal forgiveness and quality of life in married couples 1-2 years old and married couples 3-10 years old. *Psychology and Counseling Research*, *16*(62), 170-118. https://irancounseling.ir/journal/article-1-239-en.html

Savari, K. (2016). Simple and multiple relationship of resilience and job attachment with marital satisfaction of married male officers. *Military Psychology Quarterly*, *8*(32), 69-76. https://jmp.ihu.ac.ir/article_203722.html?lang=en

Schneider, B. (2000). *The Psychological Life of Organizations*. https://www.scirp.org/reference/referencespapers?referenceid=2193458

Schwarzer, R., & Jerusalem, M. (1995). Generalized self-efficacy scale. *J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs*, *35*(37), 82-003. https://doi.org/10.1037/t00393-000

Schwarzer, R., & Luszczynska, A. (2008). *Self efficacy* (Vol. 2).

Sedaghat Khah, A., & BehzadiPour, S. (2016). Predicting the quality of marital relationships based on communication beliefs, mindfulness and psychological flexibility in Iranian culture. *Journal of Women and Society*, *8*(2), 1-14. https://jzvj.marvdasht.iau.ir/article_2391.html?lang=en

Sepehrian, A. F., Mohammadi, N., Badalpoor, Z., & Norozzadeh, V. (2016). The relationship between hope and happiness with marital satisfaction. https://www.semanticscholar.org/paper/The-Relationship-between-Hope-and-Happiness-with-Sepehrian-Azar-Mohammadi/daef172cf5df1f01e798d90e1abc11fb9915752f

Sephernia, A., BourBour, V., Rustaei, M., & Mateennejad, F. (2018). Relationship between communication skills and hope with marital satisfaction of female teachers. https://en.civilica.com/doc/913060/

Shirinzadeh Dastgiri, S., & Mirjafari, S. A. (2016). Investigating the relationship between hope and stress coping strategies among students of Shiraz University. https://www.sid.ir/paper/450202/fa

Toplu Demirtaş, E., Kızıldağ, S., Aydoğan, D., & Özer, A. (2018). The mediator role of relational resilience on the relationship between psychological aggression perpetration and marital satisfaction among dual career married couples: a dyadic analysis. https://www.researchgate.net/publication/328582861_The_Mediator_Role_of_Relational_Resilience_on_the_Relationship_between_Psychological_Aggression_Perpetration_and_Marital_Satisfaction_among_Dual_Career_Married_Couples_A_Dyadic_Analysis

Zarei, S. (2019). A mediating role of hope in the relationship between self-compassion and life satisfaction; a non-interventional study. *Health Research Journal*, *4*(3), 159-167. https://doi.org/10.29252/hrjbaq.4.3.159