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Determination the level of psychological resilience in predicting marital adjustment among women

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Abstract--Background: Psychological resilience is one of the main foundations of mental health of individuals. Couples who are psychologically resilient have pleasant feelings that enhance their lives and health, allowing them to adapt quickly and efficiently by maximizing their level of marital adjustment. Aims: The purpose is to measure if marital adjustment of married women can be predicted from their psychological resilience. Materials and Methods: A descriptive-correlational study design was used on a total sample of 150 married women. A convenience sample technique was used to select study participants. Data were collected by adopting two separate scales, the psychological resilience scale-25 items and the marital adjustment scale-35 items. Descriptive statistics and correlational analysis were used for data analyses. Results: The results indicate that more than half of married women have high level of psychological resilience 56.7%. Almost similar percentage of women had high level of marital adjustment 56.0%. A statistically significant relationship was found between psychological resilience and marital adjustment among married women. Conclusion: Resilience is proved to be a crucial mental ability to mitigate stress in different situations, such as marital life. The study findings highlight the significant positive correlation between resilience and adjustment. Resilient couples are better equipped to deal with problems and help recover by relying on competence, future optimism, achievement, problem-solving abilities, and interpersonal skills. Therefore, to maintain better marital adjustment among married women, they need to build self-confidence and practice resilience through awareness, as resilience proved the driving force for better marital adjustment.

Keywords---psychological resilience, marital adjustment, married women.

Introduction

Psychological resilience is one of the main foundations of mental health, and it has been described as an extremely important personality trait. As an outcome, it plays a significant role in an individual's psychological and social improvement. Resilience enables an individual to express a system of thinking and behavior in the face of life's challenges and needs, and help illustrates the nature of the individual's emotional balance. Resilience also shows the extent of an individual's harmony with himself and the environment. Individuals with high levels of psychological resilience are represented by their opportunity to articulate solutions to problems. Individuals with psychological resilience use positive emotions to obtain an ideal picture of psychological and emotional balance because they have a great deal of energy for problem-solving strategies and high self-esteem (Pinar et al., 2018).

Marriage is personal contact and the cornerstone of family formation. Despite that marriage helps meeting emotional, psychological, and sexual needs of both partners, it can have a negative impact on the life of partners and their children if experiencing poor marital adjustment. Communication between spouses provides them with a language of understanding, persuasion, and expression of opinions and ideas about events that affect their lives directly. High levels of partner satisfaction and happiness, complementarity, and high levels of relationship satisfaction are all associated with optimal marital adjustment. Marital compatibility depends on the determination of each spouse to confront material, social, and health problems and work to achieve harmony and mutual life. On the other hand, marital instability leads to health problems and psychological distress (Hoseinabad et al., 2017).

Couples who are psychologically resilient have pleasant feelings that enhance their life and health, as it allows them to adapt quickly and efficiently. Highly resilient individuals have a greater understanding of the positive emotions that can be expressed in times of stress. Examples of positive emotions are happiness or joy, giving, trust, fun, as well as gratitude and appreciation. These emotions positivity helps increase attention, memory, and awareness. In addition, individuals with high flexibility have faster vascular and cardiac recovery than those with less flexibility (Tugade et al., 2004). This study is aimed to measure if marital adjustment of women can be predicted from their psychological resilience.

Materials and Methods

Study Design and Sampling Plan

A quantitative study using a correlational study design to measure the relationship between psychological resilience of women and their marital adjustment and the predictability value of these variables. Married women were the target group of this study. A total of 150 married women were included in the study using the non-probability "convenience" sampling technique to recruit study sample. The study sample were selected from primary health care centers in Wasit Province of Iraq. The sample included married women between the ages of 18 - 60 years.

Study Instrument

Two separated self-reported scales were used to meet the study objectives. The first scale is the Connor-Davidson Resilience Scale (CD-RISC-25). Originally, the scale was developed by Kathryn Connor and Jonathan Davidson in 2003; it is scored on a five points Likert scale as follows: all the time = 5, most of the time = 4, some of the time = 3, rarely = 2, and never = 1 . The total scores for the 25 items varied between 25 – 125. The resilience levels were calculated using the sum of item scores as follows: 25–58 is considered low level of resilience, 59–92 is considered moderate levels of resilience, and 93–125 is considered high levels of resilience. The second scale is the marital adjustment scale-35. This scale was originally developed by (Blum and Mehrabian, 1999) to measure the marital adjustment of both husband and wife. The scale is measured on a five-point Likert scale as follow: strongly agree = 5, agree = 4, neutral = 3, disagree = 2, strongly disagree = 1 , for positive questions. For the negative direction questions the scoring was inverse as follow: strongly agree = 1, agree = 2, neutral = 3, disagree = 4, strongly disagree = 5. The total scores for the 35 items are ranged from 35–175. The marital adjustment levels were calculated using the sum of item scores as follows: Low marital adjustment level range between 35–81, moderate marital adjustment level 82–127, and high marital adjustment level 128–175.

Ethical Consideration

Married women were asked for voluntary participation; research objectives, risks , and benefits were explained to participants to help them decide whether to participate or not . After they agreed to be a part of the study, participants were given anonymous questionnaire to maintain participants confidentiality.

Results and Discussion

Most of women's who participated in the study were between the ages of 31-25 years old (30.7%). Most women were between 21-27 years old when they got married (58%). Most married women involved in this study hold a university degree (44%). Likewise, (46%) their husbands also had university degree; (54%) of women were employed whether in governmental or private institutions; while (44%) of their husband had free job. Most of women reported that their income was enough to some extent (42.7%), and about (73%) were living in urban areas. In terms of the relationship before marriage, the highest percentage of women reported married to foreigners is about (61.3%).

Concerning the women's levels of psychological resilience, majority of women have high psychological resilience level (56.7%), while the rest of the women have moderate psychological resilience (43.3%). One of the possible explanations that more than 40% of women had moderate resilience level is social support. It is part of a supportive social network that is proven to help victims after an incident. Women of low resilience are at lower levels of social support(Machisa et al., 2018, ;Catabay et al .,2019).Social support improves people's ability to deal with life's problems, reduces stress, and increases happiness. This support increases confidence and positive feelings and reduces the negative impact of external events. Individuals can benefit from social support from their families and

communities, which can help them deal with life's challenges and achieve great result. It also has an effective role in reducing the complications of post-traumatic stress disorder(Ozbay et al.,2007).

Education is an essential element in maintaining the higher level of resilience among individuals. Educated women are expected to be more knowledgeable, have greater self-help skills, and be better able to deal with problems when faced with a difficult event. Higher intelligence means more cognitive, creative, and practical problem-solving skills, which in turns help building acceptable levels of psychological resilience depending on their acquired problem-solving skills (Friborg et al., 2005). Education has a crucial role in promoting community self-knowledge, strengthening aspirations, competence and confidence of individuals, in addition to improving women's empowerment and gender equality(Anjuli & Nina,2020).

Regarding the levels of marital adjustment of women, the recent study findings indicate that about (44%) of women have levels of marital adjustment ranged between moderate to low levels, which raise the concern about the future of family life. Many factors can influence women's ability to adjust their marital life. Marital problems can hinder marital enjoyment in one way or another, leading to resentment, mistrust, lack of communication, hostility, lack of gratification, and complete dissatisfaction with married life. And if there is a lack of marital harmony, things may get out of control, leading to the dissolution of the marriage and the collapse of the family. Partners' feelings of satisfaction with themselves, their lives, and family stability are one of the components of marital satisfaction, while the opposite affects their stability and well-being (Naemi, 2018).

Another explanation could be the early marriage of women. Early marriage meant premature birth, and in many studies, premature birth has been shown to have negative consequences for both the mother and the baby. It affects a woman's education as she is expected to devote more time to her family and raising her children, and research shows that early marriage has a negative impact on women's mental health, which in deed negatively influence their marital adjustment. A woman married at a young age finds it difficult to establish herself and thus affects marital satisfaction. Couples who marry at an appropriate and mature age have greater emotional stability and emotional regulation, use more effective conflict-resolution and problem-solving techniques, and therefore are happier in their lives(Hajihassani & Sim, 2019).The stress of balancing between work and personal life can have a negative impact on marital adjustment. Conflict between work and family was associated with higher levels of family disputes, lower marital satisfaction, lower life satisfaction, and lower happiness levels among family members. Long-term, low-quality marriages have a negative impact on overall happiness, life satisfaction, self-esteem, general health, and psychological stress. decline in marital satisfaction often leads to thoughts of divorce or separation, which often leads to divorce (Carroll et al., 2013). A statistically significant relationship was identified between psychological resilience and marital adjustment among women. Where the women have high levels of psychological resilience, they are more likely to have better marital adjustment. Recent studies have shown the relationship between resilient personality traits and the outcome of a good relationship between spouses, such

as positive coping style, mutual respect, and positive relationship expectations (Huber et al., 2010). Family conflict is an uncontrollable aspect of every marriage, resilient couples are better equipped than others to handle problems and help their spouses recover by relying on competence, future optimism, achievement, problem-solving abilities, and interpersonal skills (Hjemdal et al., 2011). Individuals that are resilient are enthusiastic about their relationship's future. They are confident in their ability to develop a creative solution to their marital troubles, and they have the interpersonal skills to obtain help from others.

Resilience is shown to have an impact on marital satisfaction by influencing the coping mechanisms used to deal with relationship issues. When people get married, they have certain, often idealistic, expectations and hopes for how their marriage will go, as well as some goals they are striving to achieve. However, some of these relational goals or standards remain unrealized. Married couples share disappointments with each other. Some partners may become frustrated by these disappointments, while others may remain positive and come up with creative solutions to keep their relationship rewarding. Resilient people are more likely to be innovative when it comes to producing and applying ever-evolving coping techniques to keep their relationships enjoyable (Bradley & Hojjat, 2017). When a married woman is unable to control the problems that surround her, the pressure she is exposed to may lead to the disintegration of the family structure. The woman's ability to use the resilience of the family to deal with demands is demonstrated through communication and interdependence to multiply her sources of strength, as she shows her ability to respond to her requirements, the requirements of her family members, change, and renewal in order to reorganize her daily life in an organized and flexible manner, with modern solutions and focus on a brighter future (Al-Najjar & Abd Al-Ati, 2021; Zerbetto et al., 2017).

Conclusion

The current study aims to determine the level of psychological resilience of women and its relationship to their marital adjustment. The results indicate that resilience is one of the life skills needed by family members and indicate the extent of the family's strength in different circumstances. Wife is the foundation of the family, and her positive awareness and adaptation are an important step in addressing the pressure to reduce the possibility of negative outcomes and preserve the happiness of family. The results proved the existence of a direct relationship between psychological resilience and marital adjustment. Recommendations for this study encouraging women to attend counseling workshops for family harmony and problem solving helps them in addressing minor daily conflicts and thus enhances family harmony. Activating the role of community institutions, and social workers in justice institutions can raise awareness among spouses to limit access to the stage of divorce. Enhancing the role of family resilience by building self-confidence, promoting appropriate concepts, celebrating many successes, and avoiding negative criticism.

Table 1: Descriptive statistics of women sociodemographic variables

Age	F	%
18 - 24 Years Old	22	14.7
25 - 31 Years Old	46	30.7
32 - 38 Years Old	30	20.0
39 - 45 Years Old	19	12.7
46 - 52 Years Old	18	12.0
53 - 60 Years Old	15	10.0
Total	150	100.0
Age at marriage	F	%
14 - 20 Years Old	50	33.3
21 - 27 Years Old	87	58.0
28 - 34 Years Old	13	8.7
Total	150	100.0
Mother Education	F	%
Does Not Read & Write	6	4.0
Primary Education	13	8.7
Secondary Education	11	7.3
High School	39	26.0
University Education (Diploma and Bachelor)	66	44.0
Postgraduate	15	10.0
Total	150	100.0
Husband Education	F	%
Does Not Read & Write	7	4.7
Primary Education	15	10.0
Secondary Education	25	16.7
High School	26	17.3
University Education (Diploma and Bachelor)	69	46.0
Postgraduate	8	5.3
Total	150	100.0
Mother Occupation	F	%
Employed (Governmental or Private)	81	54.0
Not Working or Housewife	63	42.0
Retired	6	4.0
Total	150	100.0
Husband Occupation	F	%
Employed (Governmental or Private)	65	43.3
Not Working or Disabled	11	7.3
Free Jobs	66	44.0
Retired	8	5.4
Total	150	100.0
Income	F	%
Not Enough	36	24.0
Enough to Some Extent	64	42.7
Enough	50	33.3

Total	150	100.0
Living Address	F	%
Rural	41	27.3
Urban	109	72.7
Total	150	100.0
Relation to Husband	F	%
Relative	58	38.7
Foreigner	92	61.3
Total	150	100.0

Table 2: Descriptive statistics of women's psychological resilience levels

Women Resilience Levels	F	%
Moderate Level of Resilience	65	43.3
High Level of Resilience	85	56.7
Total	150	100.0

Table 3: Descriptive statistics of women's marital adjustment

Marital Adjustment	F	%
Low Level of Marital Adjustment	7	4.7
Moderate Level of Marital Adjustment	59	39.3
High Level of Marital Adjustment	84	56.0
Total	150	100.0

Table 4: Relationship between psychological resilience and marital adjustment

Psychological Resilience - Marital Adjustment		Psychological Resilience	Marital Adjustment
Psychological Resilience	Pearson Correlation	1	.205*
	Sig. (2-tailed)		0.012
	N	150	150
Marital Adjustment	Pearson Correlation	.205*	1
	Sig. (2-tailed)	0.012	
	N	150	150

*. Correlation is significant at the 0.05 level (2-tailed).

Table 5: Prediction of marital adjustment from psychological resilience

Liner Regression	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	2.326	.513		4.532	.000
Psychological Resilience	.341	.134	.205	2.551	.012

*Dependent variable is marital adjustment

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