



# Presenting a model for predicting marital boredom based on differentiation, emotional intelligence and mental health mediated by resilience in couples

Mohamadreza Mehdigholi<sup>1</sup>

Farideh Dokanei fard<sup>2\*</sup>

Pantae Jahangir<sup>3</sup>

1 .PhD Student, Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran

2\* .**Corresponding author:** Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad University, Roudehen, Iran

3. Assistant Professor of counselling, department of educational sciences, Roudehen Branch, Islamic Azad university, Rudehen, Iran

Email: farideh.dokaneifard@riau.ac.ir | Received: 28.11.2021 | Acceptance: 12.12.2022

Journal of  
Applied Family Therapy

eISSN: 2717-2430  
http://Aftj.ir

Vol. 3, No. 4, Pp: 347-365  
Winter 2023

Original research article

## How to Cite This Article:

Afkhami Ardekani, M., Vaziri Yazdi, S., Rezapour Mirsaleh, Y., & Falah, M. H. (2023). Presenting a model for predicting marital boredom based on differentiation, emotional intelligence and mental health mediated by resilience in couples. *aftj*, 3(4): 347-365.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

## Abstract

**Aim:** The present study aimed to evaluate the fit of the prediction model of marital burnout based on differentiation, emotional intelligence and mental health mediated by resilience in couples. **Method:** The research method was correlational, structural equation modeling type. The statistical population included all couples referring to family counseling centers in District 1 of Tehran in the second half of July to the end of September 2021, in which 248 couples (124 males and 124 females) were selected by non-random sampling method. They were evaluated using the Marital Burnout Scale (Pines, 1996), Emotional Intelligence (Shut et al., 1998), Resilience (Connor & Davidson, 2003), and Differentiation of Self Questionnaire (Skowron and Dandy, 2003) and General Health Questionnaire (Goldberg & Hiller, 1972) were evaluated. **Results:** obtained from the evaluation of the proposed model by structural equation using SPSS23 and Smart PLS3 software showed that the model fit indices have a desirable level. There is a significant relationship between differentiation ( $P < 0.05$ ) and mental health ( $P < 0.01$ ) and marital burnout, but there is no significant relationship between emotional intelligence and marital burnout. Resilience also does not mediate the relationship between differentiation, emotional intelligence and mental health and marital burnout. **Conclusion:** Based on the findings of the present study, it can be said that differentiation and mental health play an important role in marital burnout of couples, so paying attention to these variables will help researchers and therapists in the field of couple and family in prevention and designing appropriate therapies.

**Keywords:** *resilience, differentiation, marital burnout, mental health emotional intelligence.*

**References**

- Abbasi Asfijar, A. A., Ramezani, L., & Javanmard, M. (2016). Investigating the relationship between family functioning and couples' satisfaction with marital dissatisfaction among married cultural workers in Behshahr city. *Police Science*, 7(4), 51-70.
- Alsawalqa, R. O. (2019). Marriage burnout: When the emotions exhausted quietly quantitative research. *Iran J Psychiatry Behav Sci*, 13(2), e68833.
- Apriliani, A., Wardhani, R., & Savitri, J. (2021). Prediktor Marital Satisfisfaction: Adakah Pengaruh Adult Attachment dan Family Resilience. *Journal of Education, Humaniora and Social Sciences (JEHSS)*, 4(2), 990-997.
- Bakhshizadeh, F., Samani, S., Khayer, M., & Sohrabi, N. (2018). Testing the causal model of differentiation and marital satisfaction. *Women and Society*, 10(3), 31-46.
- Batool, S. S., & Khalid, R. (2012). Emotional intelligence: A predictor of marital quality in Pakistani couples. *Pakistan Journal of Psychological Research*, 65-88.
- Behboodi, M. (2013). Structural equation modeling in explaining the relationship between primary maladaptive schemas and differentiation of married female clients. *Educational Management Research*, 5(2), 79-61.
- Buser, T. J., Pertuit, T. L., & Muller, D. L. (2019). Nonsuicidal self-injury, stress, and self-differentiation. *Adultspan Journal*, 18(1), 4-16.
- Capri B (2013). The Turkish Adaptation of the Burnout Measure-Short Version (BMS) and Couple Burnout Measure-Short Version (CBMS) and the Relationship between Career and Couple Burnout Based on Psychoanalytic-Existential Perspective. *Educational Sciences: Theory and Practice*. 13(3):1408-17.
- Clement-Carbonell, V., Ferrer-Cascales, R., Ruiz-Robledillo, N., Rubio-Aparicio, M., Portilla-Tamarit, I., & Cabañero-Martínez, M. J. (2019). Differences in autonomy and health-related quality of life between resilient and non-resilient individuals with mild cognitive impairment. *International journal of environmental research and public health*, 16(13), 2317.
- Connor KM, Davidson JR. Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and anxiety*. 2003 Sep;18(2):76-82.
- Darghouth S, Brody L, Alegría M. (2015). Does marriage matter? Marital status, family processes, and psychological distress among Latino men and women. *Hispanic Journal of Behavioral Sciences*. 2015 Nov;37(4):482-502.
- Demir-Dagdas T, Isik-Ercan Z, Intepe- Tingir S, Cava-Tadik Y. (2018). Parental divorce and children from diverse backgrounds: Multidisciplinary perspectives on mentalhealth, parent-child relationships, and educational experiences. *Journal of Divorce & Remarriage*. 59(6):469-85.
- Dokaneifard, F., Abbasi, S., Soltan Tabar, M., Sedighi, F., & Noroozi, A. (2015). Investigating the relationship between emotional intelligence and marital satisfaction among married students of Islamic Azad University, South Tehran branch. *Counseling and Psychotherapy*, 4(14), 74-88.
- Expósito, F., Alonso-Ferres, M., & Valor-Segura, I. (2019). Couple conflict-facing responses from a gender perspective: Emotional intelligence as a differential pattern. *Psychosocial Intervention*, 28(3), 147-156.
- Ghobadi, M., Moradi, O., Yarahmadi, Y., & Ahmadian, H. (2021). Structural Equation Modeling of Marital Boredom Based on Resilience through Emotional Self-Regulation. *Razavi International Journal of Medicine*, 9(3), 55-59.
- Heifetz, M., Brown, H. K., Abou Chacra, M., Tint, A., Vigod, S., Bluestein, D., & Lunsky, Y. (2019). Mental health challenges and resilience among mothers with

- intellectual and developmental disabilities. *Disability and Health Journal*, 12(4), 602-607.
- Heras, J. E. (2008). A clinical application of Bowen family systems theory [Online]. Available: [www.thebowencenter.org](http://www.thebowencenter.org)
- Jakimowicz, S., Perry, L., & Lewis, J. (2021). Bowen Family Systems Theory: Mapping a framework to support critical care nurses' well-being and care quality. *Nursing philosophy*, 22(2), e12320.
- Jennifer Klinedinst, N., & Hackney, A. (2018). Physiological resilience and the impact on health. In *Resilience in Aging* (pp. 105-131). Springer, Cham.
- Jensen, M., Chassin, L., & Gonzales, N. A. (2017). Neighborhood moderation of sensation seeking effects on adolescent substance use initiation. *Journal of youth and adolescence*, 46(9), 1953-1967.
- Jorabchi, S. M., Davaei, M., & Mardani Rad, M. (2020). Designing a model of marital satisfaction based on the components of mental health, personality traits and personality harmony and with the mediation of sexual satisfaction in couples referring to health centers in Tehran. *Islamic lifestyle based on health*, 4, 88-74.
- Joyce, S., Shand, F., Tighe, J., Laurent, S. J., Bryant, R. A., & Harvey, S. B. (2018). Road to resilience: a systematic review and meta-analysis of resilience training programmes and interventions. *BMJ open*, 8(6), e017858.
- Kamel Abbasi, A. R., Tabatabaei, S.Mahmoud., Aghamohammadiyan Sharbaf, H., & Karshki, H. (2016). Relationship of Attachment Styles and Emotional Intelligence With Marital Satisfaction. *Psychiatry Behav Sci*, 10(3), 1-7.
- Karimi, S., & Esmaeili, M. (2020). Investigating the relationship between emotion regulation strategies and resilience with marital adjustment of female teachers. *Psychological Science*, 19(87), 298-291.
- Kazemian Moghadam, K., & Mehrabizadeh Honarmand, M., Kyamanesh, A., & Hosseinian, S. (2017). The role of differentiation, meaningfulness of life and forgiveness in predicting marital dissatisfaction of married female students. *Women and Culture*, 9(33), 50-35.
- Likcani, A., Stith, S., Spencer, C., Webb, F., & Peterson, F. R. (2017). Differentiation and intimate partner violence. *The American Journal of Family Therapy*, 45(5), 235-249.
- Lou, Y., Taylor, E. P., & Di Folco, S. (2018). Resilience and resilience factors in children in residential care: A systematic review. *Children and Youth Services Review*, 89, 83-92.
- Magee, C., & Biesanz, J. C. (2019). Toward understanding the relationship between personality and well-being states and traits. *Journal of personality*, 87(2), 276-294.
- Mahmoudi, B., Moradi, O., Gudarzi, M., & Seyed al-Shohdai, A. (2021). The effectiveness of group couple therapy on sexual intimacy and marital boredom in couples with marital conflicts. *Psychiatric Nursing*, 9(3), 73-82.
- Mahmoudpour, A., Shiri, T., Ahmed Boukani, S., & Naimi, I. (2020). Prediction of marital apathy based on differentiation and relational beliefs with the mediation of emotional regulation in women seeking divorce. *Family Counseling and Psychotherapy*, 10(2), 390-361.
- Maier, C. A. (2015). Feminist-informed emotionally focused couples therapy as treatment for eating disorders. *American Journal of Family Therapy*, 43, 151-162.
- Mattingly, V., & Kraiger, K. (2019). Can emotional intelligence be trained? A meta-analytical investigation. *Human Resource Management Review*, 29(2), 140-155.
- Mazandarani Bonakdar, N., & Bagheri, F. (2021). Examining the relationship between mental health, sexual self-concept and the role of communication patterns with marital instability in couples. *New ideas of psychology*, 9(13), 1-18.

- Moghadas M, Asadzadeh A, Vafeidis A, Fekete A, Kötter T. A multi-criteria approach for assessing urban flood resilience in Tehran, Iran. *International journal of disaster risk reduction*. 2019 Apr 1;35:101069.
- Mulay, H., & Jaganathan, S. (2020). Study of Emotional Intelligence and its Impact on Couple Relationships and Work Life Balance in and around Mumbai. *IIBM'S Journal of Management Research*.
- O'Connor, P., Izadikhah, Z., Abedini, S., & Jackson, C. J. (2018). Can deficits in emotional intelligence explain the negative relationship between abandonment schema and marital quality?. *Family Relations*, 67(4), 510-522.
- Peleg-Popko, O. (2002). Bowen theory: A study of differentiation of self, social anxiety, and physiological symptoms. *Contemporary Family Therapy*, 24(2), 355-369.
- Pourmohseni Kolouri, F., Zohri, N., Atadokht, A., & Mowlaie, M. (2020). The role of dark personality dimensions, self-differentiation and gender roles in predicting marital burnout. *Journal of Family Psychology*, 6(2), 43-56.
- Riahi, F., Khajeddin, N., & Izadi-Mazidi, L. (2017). Evaluation of relationship between mental health and marital satisfaction in male married students. *Jentashapir Journal of Health Research*, 8(1), e36630.
- Saidinejad, L. (2020). Investigating the causal relationship of self-differentiation and quality of married life with the mediation of emotional intelligence in married employees of education in Kahnuj city. *Studies in Psychology and Educational Sciences*, 6(1), 104-126.
- Schutte, N. S., Malouff, J. M., Hall, L. E., Haggerty, D. J., Cooper, C. J., & Dornheim, L. (1998). Development and validation of a measure of emotional intelligence. *Journal of Personality and Individual Differences*, 25, 167-177
- Share, H., & Fashtaghi, K. (2018). The role of emotional intelligence and marital satisfaction on women's quality of life: structural equations. *Principles of Mental Health*, 21(2), 109-120.
- Sharifi, M., Karsoli, S., & Bashalideh, K. (2011). The effectiveness of documentary retraining in reducing marital burnout and the likelihood of divorce in couples applying for divorce. *Family Counseling and Psychotherapy*, 1(2), 225-212.
- Skowron, E. A., & Dendy, A. K. (2004). Differentiation of self and attachment in adulthood: Relational correlates of effortful control. *Contemporary family therapy*, 26(3), 337-357.
- Taheriha, H., & Rahmani, M. A. (2016). Examining the role of spiritual health and mental health in predicting marital satisfaction. *Alborz Police Science*, 4(12), 71-90.
- Van Pelt, D. (2004). *Rock Stars on God: 20 Artists Speak Their Minds About Faith*. Relevant Media Group.
- Zarei, S. (2019). The mediating role of self-differentiation in the relationship between resilience and marital dissatisfaction in married women. *Cognitive Psychology and Psychiatry*, 6(2), 62-73.
- Zysberg, L., & Raz, S. (2019). Emotional intelligence and emotion regulation in self-induced emotional states: Physiological evidence. *Personality and Individual Differences*, 139, 202-207.