



# Prediction of mental well-being based on emotional regulation, communication skills and problem solving ability in women with marital conflict

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## Abstract

**Aim:** The present study was conducted with the aim of predicting mental well-being based on emotional regulation, communication skills and problem solving ability in women with marital conflict. **Methods:** The descriptive research method was of correlational type and the statistical population included all women with marital conflict who referred to counseling centers in Tunkabon city between May and November 2022. Using available sampling, 180 women who had marital conflict and scored higher in the marital conflict questionnaire were selected as a statistical sample. The tools used in the research were: Barati and Sanai Marital Conflict Questionnaire (1996), Ryff Mental Well-Being Scale Short Form (1985), Gross and John Emotional Regulation Scale (2003), Mathson Communication Skills Questionnaire (1983) and Ability Questionnaire Solving Heppner's problem (1988). Data analysis was done by Pearson correlation and stepwise regression. **Results:** The results showed that the relationship between emotional regulation variables, communication skills and problem solving ability with mental well-being is positive and significant at the level of 0.01. In order to determine the best predictor of mental well-being among the predictor variables of emotional regulation, communication skills and problem solving ability, a step-by-step regression model was used. The results showed that the variable of communication skills has been able to justify 53.9% of the variance of mental well-being, and by adding the variable of emotional order to the variable of communication skills in the second model, it has added 2% of the variance of mental well-being, and the variables of communication skills and order Emotional seeking has been able to explain about 55.3% of the variance of mental well-being variable. **Conclusion:** It can be concluded that mental well-being can be predicted based on emotional regulation, communication skills and problem solving ability in women with marital conflict. **Keywords:** *mental well-being, emotional regulation, communication skills, problem solving, marital conflict.*

## Introduction

Conflict is an inevitable aspect of human communication, and when two people become intimate with each other, there is a greater likelihood that they will experience conflict (Parsakia, Rostami, & Saadati, 2023); because during a private relationship, habits or differences become more prominent and can be hurtful. Conflict can be dangerous for a marital relationship if the couple does not use appropriate conflict resolution methods (Weissingerom, Epifani, & Ediati, 2022). Marital conflict arises from the mismatch of needs and methods of satisfying them, self-centeredness, differences in demands, behavioral patterns, and irresponsible behavior towards the marital relationship and marriage (Manall, Burditt, Orboch, & Antonucci, 2019). Whether the conflicts between couples end in divorce or continue to erode their lives, it creates exhausting tensions that can have a negative impact on the mental well-being of the couple (Hajloo et al., 2021). Mental well-being refers to individuals' personal evaluation and perception of their quality of life, including its social, psychological, and emotional aspects. Individuals with higher mental well-being experience more positive emotions and evaluate the past, future, others, and events more positively, considering them more desirable (McConnell, Tully, Hunter, & O'Hara, 2015). According to the model presented by Ryff, mental well-being consists of six factors, including self-acceptance, positive relationships with others, autonomy, purposeful life, personal growth, and environmental mastery (Arjanki, Sharifi, & Ghasemi Pirboloti, 2015).

Since couples with marital conflict experience various problems in life, they face psychological problems and, overall, the quality of life and psychological well-being of these individuals are affected. To reduce marital conflicts, it is necessary to identify the factors associated with it and take effective steps towards prevention and reduction of marital conflicts, empowering couples, and improving their quality of life. In this regard, the present study aims to answer the question of whether mental well-being based on emotional regulation, communication skills, and problem-solving is predictable in women with marital conflict.

## Method

The descriptive research method was of correlational type and the statistical population included all women with marital conflict who referred to counseling centers in Tunkabon city between May and November 2022. Using available sampling, 180 women who had marital conflict and scored higher in the marital conflict questionnaire were selected as a statistical sample. The tools used in the research were: Barati and Sanai Marital Conflict Questionnaire (1996), Ryff Mental Well-Being Scale Short Form (1985), Gross and John Emotional Regulation Scale (2003), Mathson Communication Skills Questionnaire (1983) and Ability Questionnaire Solving Heppner's problem (1988). Data analysis was done by Pearson correlation and stepwise regression.

## Results

The results showed that the relationship between emotional regulation variables, communication skills and problem solving ability with mental well-being is positive and significant at the level of 0.01. In order to determine the best predictor of mental well-being among the predictor variables of emotional regulation, communication skills and problem solving ability, a step-by-step regression model was used. The results showed that the variable of communication skills has been able to justify 53.9% of the variance of mental well-being, and by adding the

variable of emotional order to the variable of communication skills in the second model, it has added 2% of the variance of mental well-being, and the variables of communication skills and order Emotional seeking has been able to explain about 55.3% of the variance of mental well-being variable.

### **Conclusion**

It can be concluded that mental well-being can be predicted based on emotional regulation, communication skills and problem solving ability in women with marital conflict.

Conflict in relationships occurs when one person's behavior does not match the other person's expectations. When this conflict turns into a destructive conflict, the existing resentment and hostility towards the other person causes a decrease in their trust, confidence, friendship, cooperation and intimacy; Such a situation can lead spouses to chart a pattern that is a kind of destructive psychological game that can have a negative impact on various psychological dimensions, including a person's mental well-being (Manalel et al., 2019). In addition to the problem in the emotional dimension, couples with marital conflict also experience many problems in their communication. When a couple is not competent in communication skills, they cannot show their feelings and thoughts well to the other party or understand his feelings; Therefore, they usually have more misunderstandings in communication and experience more conflict. This is why couples with weak communication have more conflicts. They usually don't choose the right time to express issues and problems and they misunderstand each other's behavior and thoughts, they gradually feel that they don't understand each other very much. Therefore, they cannot be compatible with each other and are always in conflict, which can reduce their psychological well-being (Iordachescu et al., 2021). In couples with marital conflict, there are usually emotional, skill and communication problems that have not been able to resolve their conflict and have led to destructive conflict. Couples with conflicts usually have difficulty interacting properly with each other, cannot solve their problems, have many unresolved issues, and lack sufficient skills to solve their problems, which both negatively affects their relationship and causes psychological problems, ultimately affecting their psychological well-being (Loui et al., 2020). Considering the mentioned issues, to help couples with marital conflicts improve and enhance their psychological well-being, emotional regulation, communication skills, and problem-solving abilities can be examined and by strengthening these variables, their psychological well-being can be improved.

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