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The structural model of life satisfaction based on psychological capital, stress coping skills and communication patterns with the mediating role of differentiation in married women

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Abstract

This research investigated the structural pattern of life satisfaction based on psychological capital, stress-coping skills, and communication patterns with the mediating role of self-differentiation. The correlation research design was through structural equation modeling, and the statistical population included married women in Tehran in 2021-2022. The sample size of 798 people was selected by cluster random sampling method. The research tools are Diener's (2005) Life Satisfaction Questionnaires, Luthans' Shortened Scale of Psychological Capitals (2007), Billings and Moss's Stress Coping Skills (1981), Christens and Sullaway's Shortened Scale of Communication Patterns (1984), and Drake's Self-differentiation Questionnaire (2011). In order to analyze the data, SPSS-V24 and Smart PLS software was used. The results showed that the model has a good fit. Psychological capital, stress coping skills, and communication patterns could predict life satisfaction directly and indirectly through the mediation of self-differentiation. Therefore, by using the necessary training, it is possible to increase the level of self-differentiation, psychological capital, stress-coping skills, and existing communication patterns between couples to increase the life satisfaction level in married women.

Keywords: *Communication patterns, self-differentiation, life satisfaction, psychological capital, stress coping skills.*

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Introduction

Psychological well-being is often conceptualized in a tripartite model that includes emotional components (such as experiencing positive and negative effects, moods and emotions), cognitive components (including cognitive evaluations) and satisfaction with different aspects of life. Life well-being considers life as a whole (Marcus, Enchli, & Long, 2022). Life satisfaction not only deals with people's physical and mental health, but it is also a type of social adaptation that can also evaluate people's lives (Mia et al., 2020). Life satisfaction includes a subjective evaluation of work, marriage, and other areas in which the individual has defined criteria for himself. This evaluation can be positive or negative (Diener, 2009). In studies, objective and explicit indicators such as gender, ethnicity, educational conditions, economic and social status and other background variables have been used to explain life satisfaction (Zu, and Wang, 2018). Factors such as role burden, anxiety in intimacy, the duality of feelings, attachment to parents, and feelings of guilt and separation from parents, in married women, reduce their life satisfaction, which affects their mental health (Saporovezchia et al., 2021).). Some mediating variables such as the feeling of success, physical and mental health, interpersonal relationships and self-efficacy are also involved in creating satisfaction with life. Life satisfaction increases people's psychological well-being. People who report more life satisfaction, in terms of support, care, forgiveness, resilience, self-efficacy, optimism for the future, and hope, declare more (Dirzyte & Patapas, 2022). Women are seen as more vulnerable and sensitive than men due to their mental and physical conditions. Most

married women show difficult and obvious signs of high psychological and emotional pressure in their life situation, life satisfaction can be an important indicator to measure these pressures (Saproveskia et al., 2021). According to the statistics of Iran (2019), the number of marriages in Tehran was 43,757 and the divorce rate was 20,541. This rate of divorce has increased significantly compared to the years before 2019, which shows dissatisfaction with life. Dissatisfaction with life raises issues such as divorce and living separately for married people, and it even includes many couples who have been married for a long time. The phenomenon of life satisfaction is not a one-dimensional thing, but personal, gender, cultural and social factors are effective in it, and dissatisfaction with life is not a category that occurs in one moment, but occurs during a time process (Stepler, 2017). Psychological capital plays a positive role in enhancing life satisfaction, and increasing psychological capital increases life satisfaction (Zhang, Yen, Kong and Sai, 2022). Psychological capital includes characteristics such as a person's belief in his abilities to achieve success, persistence in pursuing a goal, having positive documents about himself, as well as enduring hardships and resilience in the face of problems (Lutans, 2012). Psychological capital is an important and valuable resource that can manage people's adaptation in times of crisis. People who have higher psychological capital have the necessary ability to improve conditions in difficult situations (Zyberaj et al., 2022). In his research, Kim (2019) showed that people whose psychological capital is at a low level, have high anxiety and a low level of hope and optimism, the probability of depression in these people is high and they feel less satisfaction in their lives. Stresses

themselves are not the cause of disease, but how people react to them causes disease. Experiencing emotions caused by stressful events is usually so uncomfortable for people that it forces people to consider measures to cope with them and deal with stressors according to their unique abilities. Coping skills are a behavioral and cognitive effort that people use to better adapt to the environment (Al-Dhoubi, Al-Samadi, and Gogazeh, 2019).

Coping styles are helpful (adaptive) or helpless (maladaptive), which people use to change their lives. Each of these strategies will impact people's life satisfaction (Fulana et al., 2020). Folkman and Lazarus (1985) have defined stress coping skills as a person's cognitive and behavioral efforts to manage (reduce, minimize, and master with tolerance) internal or external pressures that are imposed on a person (Kim, Han, Piatt, and Kim, 2020). However, the gender of parents is considered when examining the levels of dealing with stress, so the stress of mothers is more than that of fathers. It is mostly outside the home, and taking care of the children and parenting and understanding the wishes of the children is more attention from the mother. Most mothers put their children's needs first and their own needs second. This high focus on children shows mothers' stress level more than fathers in critical cases in the family, which greatly impacts life satisfaction (Gomez- Ortiz et al., 2022). Coping styles are helpful (adaptive) or helpless (maladaptive), which people use to change their lives. Each of these strategies will have an impact on people's life satisfaction (Fulana et al., 2020). Odaki and Chelik (2017) showed in their research that people who use emotion-oriented strategies experience an increasing vicious circle of anxiety and worry. it leads to the

intensification of mental pressure, decrease in self-confidence, the occurrence of physical diseases, and depression, all of which have the opposite effect in reducing psychological well-being and life satisfaction. In this regard, Al-Dhoubi, El-Samadi, and Gogazeh (2019) showed in their research that people who, instead of solving the problem, try to control the negative emotional consequences caused by stressful factors are affected by the emotion-oriented style. They avoid problems instead of facing them. Spouses with a pattern of constructive communication with dialogue can use coping patterns to solve problems and use their forces to improve their lives so that they can be more satisfied. Christensen and Sullaway (1984) proposed three patterns of communication: the mutually constructive pattern, including mutual discussion, trying to understand the other, and negotiating to reach a solution. Mutual avoidance includes avoidance behaviors during conflict and distancing after stressful discussions. Request/withdrawal is a pattern in which one of the couples seeks change, negotiates and resolves the issue, and the other seeks to avoid negotiating the issue (Norouzi, Rezakhani, and Vakili, 2019). Since the family plays an important role in establishing constructive communication, by improving communication patterns, life satisfaction can be improved, and constructive communication reduces the amount of tension and increases adaptation (Anika-Oksina, 2022). Sabzevari, Khoinejad and Safarian Tousi (1401) showed in their research that by improving the communication patterns of couples, a large amount of marital conflicts and emotional divorce can be reduced in families and life satisfaction can be increased in these families. Taghipour, Jafar and Rajabi (2021)

showed in their research that constructive communication in the family reduces the level of stress of people in the family and increases life satisfaction. Constant effort to communicate well and create positive feelings in oneself and others can bring the desired result. This is an attitude and not material. This healthy and positive relationship can be created through kind words, listening with full attention, using a calm tone of voice, looking in the eyes, smiling and genuine concern (Mukherjee, 2017). The more emotional and constructive communication increases, the less trait anxiety, the less physical and mental health problems, the more emotional regulation, the more secure attachment in adults, the better family functioning and the level of life satisfaction. This contribution can be assumed by self-differentiation in people (Alonzo, Oliver, and Brastigo, 2022). Dulez-del-Casler and Oliver (2021) showed in their research that there is a relationship between the functioning of the family and the differentiation of people in their level of anxiety. Regarding the gender, the difference in the degree of differentiation and self-esteem of men is more than that of women, and in the emotional aspect and anxiety of women, they got a high score. The more anxious people are, this anxiety is passed from one generation to another (multigenerational transmission process). The more children, who are the future adults of a society who must form new families, are caught in the family's life cycle, the less they can reduce the family's projection process in the future. Also, in some way, they will have many problems in their communication with their spouses in their joint life and their children, which negatively affects their satisfaction with their lives and the people who live with them (Calatrova et al., 2022).

Gu, Hong, and Yang (2022) showed in their research that regardless of the experience of child abuse, differentiation has a direct and indirect effect on people's life satisfaction in adulthood.

Societies are changing every day and the role and presence of women in society and family are becoming more colorful. With a detailed and comprehensive examination of the vulnerable situation of women, there is a need to develop a suitable model with influential variables to identify and improve women's life satisfaction. Therefore, by extracting useful information and knowledge, the level of satisfaction with women's life, which directly and indirectly affects their health and mental health, can be considered. Therefore, the current study aimed to determine whether psychological capitals, stress coping skills and communication patterns with the mediation of self-differentiation can predict life satisfaction in married women.

Method

In terms of the purpose, the current research was a fundamental study, and in terms of the method of data collection, it was a descriptive-correlation study. The statistical population of all married women in Tehran in 2021-2022. Klein (2016) says that in the structural equation modeling methodology, the sample size can be determined between 5 and 15 observations for each measurement variable. Therefore, considering 0.19 for the effect size, 0.80 power, six latent variables, 80 items as manifest variables, and alpha 0.05 to achieve a confidence interval of 0.95, the sample size is 840 people. The sampling method was cluster random. First, geographically, Tehran was divided into five parts: north, east, west, south, and center, and then 22 regions that were located in these geographical areas were determined. After

that, a region was randomly selected from each part, including regions from North: Region Four, Center: Region Six, East: Region Eight, West: Region Twenty-Two, and South: Region Fifteen. Then, the information was collected by going to the door of the houses in the selected areas. Entry criteria: married woman, living in Tehran, psychologically healthy and not using any special drugs, the respondent's age is not less than 18 years and has at least two years of cohabitation experience, and her husband is not unemployed. Has informed consent to respond. Exclusion criterias were: not having the above conditions, not wanting to fill out the questionnaire, and not returning the questionnaire to the researcher within half an hour. It was for the respondents not to complete the research questionnaires and to determine and insert the code for the questionnaire of all the respondents so that if they want, the interpretation can be sent to them as well. After removing the distorted data at the end of data collection, 42 questionnaires were left out, and 798 questionnaires were analyzed using SPSS-V24 and structural equations using the partial least squares method in Smart PLS software.

Materials

1. Life satisfaction questionnaire. Deiner et al. (1985) developed a life satisfaction scale for all age groups. This questionnaire contains five questions. Scoring method: The questionnaire is answered on a 7-point Likert scale from completely agree to completely disagree. In this questionnaire, a score of 7 is given to the phrase I completely agree, and a score of 1 is given to the phrase completely disagree. Diener et al., 1985, obtained Cronbach's alpha of 0.85. Nasiri and Jokar (2008) used Cronbach's alpha coefficient to check the reliability of this scale, and the coefficient was 0.88. The validity of this

scale using factor analysis using principal components method with varimax rotation showed that there is one main factor in this scale that explains 0.64 of the total variance (Nasiri and Jokar, 2008). In the present study, Cronbach's alpha was 0.899.

2. Psychological capitals. The measurement of psychological capital was based on the abbreviated scale of Lutzan Joseph Morgan's original questionnaire (2007), which has twelve questions with four subscales of self-efficacy, hope, resilience, and optimism. In this questionnaire, there is a six-point Likert scale (completely disagree = 1 to completely agree = 6). The average total score of each scale is obtained by summing the scores of all items divided by the number of questions in each questionnaire. Considering the six options of the Likert scale, a score above 3 for each questionnaire means that the respondent has an average of that variable. A score lower than 3 also means that the respondent does not have the corresponding variable on average. The self-efficacy subscale includes questions 1 to 3, the hope subscale includes questions 4 to 7, the resilience subscale includes questions 8 to 10, and questions 11 and 12 are related to the optimism subscale. To obtain the score of psychological capital, first the score of each subscale is obtained separately and then their sum is considered as the total score of psychological capital. In Taheri's research (2020), Cronbach's alpha was 0.872. In the current study, Cronbach's alpha was obtained for the self-efficacy component of 0.747, hope 0.775, resilience 0.562, and optimism 0.883.

Stress Coping Skills Questionnaire. This questionnaire was created by Billings and Moss (1981). They consider coping responses to be composed of cognitions and behaviors that a person uses to evaluate and

reduce stress and to manage and adjust them. This questionnaire has five subscales, which fall into two general subscales of problem-oriented and emotion-oriented strategies. The subscales of cognitive assessment and problem solving constitute the subscales of problem-oriented strategy or active strategies, and the subscales of emotional restraint, physicalization, and social support constitute the subscales of emotion-oriented strategy or passive coping strategy. The scoring method is used through a 4-point Likert scale, 0 to 3, which includes: never, sometimes, most of the time, and always. Mam Sharifi et al. (2020) in their research, Cronbach's alpha was 0.69 for coping based on cognitive assessment, 0.86 for coping based on physicalizing problems, and 0.77 for coping based on social support. In the present study, Cronbach's alpha was 0.44 for the problem-oriented strategy and 0.619 for the emotion-oriented strategy.

Questionnaire of communication patterns.

Christens and Sullaway (1984) designed this questionnaire in order to investigate the mutual communication patterns of couples. The abbreviated form is taken from the couples communication patterns questionnaire, this tool has 11 items designed to estimate marital relationship. The full version of the questionnaire has 35 questions that determine the behavior of couples during three stages of marital conflict. A study was conducted in 2010 by Footres et al., in order to measure the validity of different versions of the shortened communication patterns questionnaire. Investigations were conducted using five proposed models. The first two models examined the two subscales of Expectation/Withdrawal, Constructive Interaction, and Criticism/Defense Communication. The results showed that the internal agreement of the three added items

in the criticism/defense subscale was equal to 0.83 and for expectation/withdrawal and constructive interactions, it was reported as 0.81 and 0.61, respectively. Also, the convergent validity was checked with the short RDAS life satisfaction questionnaire and it was reported from 0.397 to 0.451. Considering that this 11-item questionnaire is used for the first time in Iran, in order to extract the factors, factor analysis using the principal components method is used. The criterion for extracting factors from the eigenvalue higher than 0.7 was based on Jolliffe's criterion (Field, 2013) and the slope of the scree diagram. The value of Kmo = 0.74 and Bartlett's sphericity test was 849.13 ($P < 0.001$). The results showed the formation of 4 dimensions that explain 69.47% of the market variance. Question 1 did not have a favorable factor loading in any of the factors. Therefore, one question is removed and 4 dimensions are considered. Finally, items 2, 5, and 7 measure constructive interactions, items 6, 10, 11 criticize/defence, items 3, 8 expected woman/withdrawn man, and items 4 and 9 expected male/withdrawn woman. In the abbreviated questionnaire, items 1 to 3 measure constructive interactions, 4 and 5 expectant woman/withdrawn man, 6 and 7 expectant man/withdrawn woman, and items 8 to 10 measure criticism/defense dimension and item 11 measure avoidance dimension. This scale is graded on a 9-point Likert scale from not at all possible, score 1, to very possible, score 9. A high score on the mutual constructive scale indicates appropriate communication and low scores indicate inappropriate communication, but a high score on two scales of mutual avoidant communication and expectation/withdrawal indicates inappropriate communication and a low score indicates appropriate communication. Rahimi et al.'s research

(2018), Cronbach's alpha for criticism/defense, constructive interactions, expected male/withdrawn female and withdrawn female/expected male were 0.73, 0.65, 0.66 and 0.63, respectively. In the present study, Cronbach's alpha was 0.765 for constructive communication, 0.40 expected woman/withdrawn man, 0.41 expected man/withdrawn woman, 0.72 for criticism/defense, and 1 for avoidance because it was a single item.

Self-differentiation questionnaire. This questionnaire is a 20-item scale based on the revised questionnaire of Skowron and Smith (2003). Respondents answer this questionnaire based on a six-point Likert scale from completely false (score one) to completely true (score six). The sum of the scores shows the total differentiation score. This questionnaire has four subscales that measure intrapsychic factors including my situation and emotional reactivity and interpersonal factors including emotional avoidance and fusion with others. A high score in the overall scale and my position indicates high differentiation and a stronger personal position, and high scores in the scales of emotional reactivity, emotional avoidance, and fusion with others indicate less emotional reaction, emotional avoidance, and fusion. Drake (2011) obtained the reliability of this questionnaire using Cronbach's alpha of 0.88. The simultaneous criterion validity of questionnaire B was investigated using its relationship with depression, state anxiety, trait anxiety, stress and self-esteem, and it was found that the construct of differentiation has a positive relationship with self-esteem and a negative relationship with depression, trait anxiety, state anxiety and stress. In Iran, Fakhari et al. (2014) have calculated the reliability coefficient of the

whole scale using Cronbach's alpha method of 0.78, and the validity of the criterion has also been confirmed by proving its relationship with the general health subscales. In the Cronbach's alpha research, the reliability of the whole scale was calculated as 0.76. Alpha coefficients of 0.60, 0.63, 0.78 and 0.62 have been obtained for the subscales of my position, matching with others, emotional fault (avoidance) and emotional reaction.

Findings

The participants were 798 married women. The average age in this study was 42.73 and the standard deviation was 16.28. 102 people (12.8%) were 20 to 30 years old, 266 people (33.3%) were 30 to 40, 204 people (25.6%) were 40 to 50. Next, 163 people (20.4%) were between 50 and 60 and 63 people (7.9%) were over 60 years old. The highest frequency was between 30 and 40 years old. In terms of education, 329 people (41.2 percent) have a diploma or lower; 99 people (12.4%) associate; 278 people (34.8 percent) have bachelor's degrees, 87 people (10.9 percent) have master's degrees; 5 of them (0.6%) had doctorate education. The highest frequency was observed in diploma education and less. In terms of occupation, 388 participants (48.6 percent) are housewives; 344 people (43.1 percent) employed; 66 people (8.3 percent) of them were retired. The highest frequency was related to housewives with the number of 388 (48.6 percent). Among the participants, the duration of marriage is 255 people (32 percent); Between 2 and 12 years, 265 people (33.2 percent); Between 12 and 22 years old, 183 people (22.9 percent); Between 22 and 32 years old, 74 people (9.3 percent); Between 32 and 42 years old and 21 (2.6%) of the participants were over 42 years old. The highest frequency was observed in the

period of marriage from 12 to 22 with the number of 265 (33.2 percent). 198 people (24.8%) of the participants did not have children. 294 people (36.8%) have one child; 224 people (28.1%) have two children; 64 people (8 percent) have three children; 18 people (2.3%) had four or more children. The highest frequency was observed in the number of 294 (36.8%) women who had one child. The household income of 30 people (3.8 percent) is less than 5 million Tomans; 146 people (18.3 percent) between 5 and 7 million Tomans; 179 people (22.4 percent) between 7 and 9 million Tomans; 146 people

(18.3 percent) between 9 and 11 million; And 297 people (37.2%) were from 11 million tomamen and above. The highest frequency was observed in 297 people (37.2 percent) of the participants with an income of 11 million and above. 1222 people (15.3 percent) of the participants living in the fourth region; 130 people (16.3 percent) region 8; 128 people (16 percent) District 22; 196 people (24.6 percent) region 15; 222 people (27.8 percent) were from region 6. The highest frequency was observed in the participants of region 6 with the number of 222 people (27.8%).

Table 1. Mean, standard deviation, skewness and elongation, tolerance coefficient, inflation and Durbin-Watson camera variables of the research

Component	Mean	Standard deviation	Skewness	Kurtosis	Tolerance	Variance inflation	Durbin-Watson
Efficacy	4/84	0/84	-0/52	-0/27	---	---	---
Hope	4/36	0/82	-0/39	0/31	---	---	---
Resilience	4/52	0/85	0/69	0/84	---	---	---
optimism	4/55	0/97	0/89	1/31	---	---	---
Psychological capital	4/55	0/69	-0/70	1/04	0/83	1/2	1/68
Problem-oriented strategy	1/65 1/22	0/40 /31	0/13 0/1	0/28 0/05	---	---	---
Emotion-oriented strategy	1/36	00/26	0/13	0/16	0/84	1/19	1/86
Stress coping skills							
Constructive communication	5/94 4/34	1/87 1/86	-0/30 0/47	-0/75 -0/37	---	---	---
Expectant woman/reclusive man	3/52 3/87	1/67 1/77	0/68 0/25	0/90 0/02	---	---	---
Expectant man/withdrawn woman	4/55 4/52	2/31 0/97	-0/26 0/09	-1/15 0/1	---	---	---
Criticism / defense avoid							
Communication patterns							
My place	4/42	0/82	-0/75	0/77	---	---	---
emotional escape	3/87	0/61	-0/2	-0/22	---	---	---
Fusion with others	3/58 3/10	0/86 1/18	-0/11 0/09	0/44 -1/02	---	---	---
Avoidance	3/82	0/53	-0/12	0/16	0/96	1/04	1/68
Self-differentiation							

Life satisfaction	4/69	1/26	-0/55	-0/29	Criterion variable	Criterion variable	1/68
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The results of Table 1 show that the skewness and kurtosis values for the research variables are in the range of -2 to +2, therefore, there is a normal univariate data distribution and a necessary condition for the normality of the data distribution. The range of the tolerance parameter is from zero to one. As the values of the tolerance parameter approach zero, the collinearity between the predictor variables increases. The above table shows that there is no collinearity between predictor variables. In the Torsh variance test, which is used to detect the non-collinearity of the predictor variables, the cut-off point is 2. In this research, the values are less than 2 and

there is no critical collinearity. The Watson camera examines non-collinearity errors that range from 1.5 to 2.5. In this research, it is set in the interval (1/68), which indicates the establishment of the assumption of independence of errors among predictor variables. Because some of the research variables had at most two items and some were univariate, covariance-oriented structural equations were not suitable, and partial least squares method, which is a variance-oriented method, was used (Mohsenin & Esfandiari, 2014). The number of variables in the current research was 80 variables.

Table 2. Correlation test results between research variables

Variables	Psychological capital	Stress coping skills	Communication patterns	Self-differentiation	Life satisfaction
Psychological capital	1	-0/121**	-0/111**	0/002**	0/446**
Stress coping skills	-0/121**	1	0/289**	0/153**	-0/105**
Communication patterns	-0/111**	0/289**	1	0/144**	-0/074*
Self-differentiation	0/002	0/153**	0/144**	1	0/155**
Life satisfaction	0/446**	-0/105**	-0/074*	0/155**	1

*P< 0/05 **P<0/01

The results of Table 2 show the correlation between research variables, the strongest correlation was between life satisfaction and

psychological capital (P<0.01). It showed the weakest correlation between psychological capitals and self-differentiation (P<0.05).

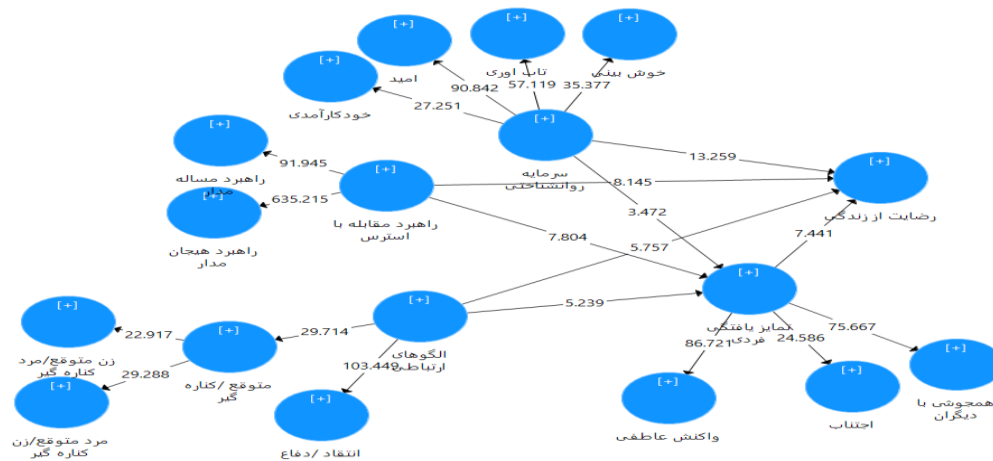


figure 1. Structural pattern in the mode of estimating coefficients (factor loadings) after modification

According to the opinion of Heyer and his colleagues in (2014), the researcher chooses whether or not a question remains in the model based on the factor loading coefficients (correlation coefficient between latent and manifest variables in the external model) based on confirmatory factor analysis. In this study, the cut-off point is 0.7 and the factor loading is less than 0.7, so the factor loadings must be above 0.7, it is removed from the model. But due to the fear

of removing a large number of indicators, a factor loading between 0.65 and 0.7 is approved. The components of avoidance and constructive communication from the structure of communication alchos and my position from the structure of self-differentiation have factor loading coefficients less than 0.65, which were removed from the model and the modified model was presented as described above.

Table 3. Factor loading, composite reliability, Spearman's reliability coefficient and shared reliability after correction

Variables	Indicators	Factor load	CR	Spearman's coefficient	Shared reliability
Psychologic al capital	Efficacy	0/713	0/865	0/752	0/67
	Hope	0/884	0/086	0/878	0/61
	Resilience	0/815	0/782	0/71	0/60
	optimism	0/777	0/863	0/697	0/76
Stress coping skills	Problem-oriented strategy	0/865	0/75	0/745	0/50
	Emotion oriented strategy	0/798	0/73	0/91	0/51
Communic ation patterns	Expectant/wi thdrawn	0/746	0/70	0/72	0/60
	Criticism/def ense	0/913	0/844	0/74	0/70
	Emotional reaction	0/863	0/794	0/723	0/50

Self-differentiation	Fusion with others	0/705	0/812	0/726	0/51
	avoid	0/883	0/90	0/834	0/75
Life Satisfaction	The first measure	0/762	0/931	0/912	0/73
	The second measure	0/875			
	The third measure	0/879			
	The fourth measure	0/881			
	The fifth measure	0/870			

Variable	Phase	Group	Mean	Standard deviation	Shapiro-wilk statistics	Sig
Psychological well-being	Pre-test	Experimental	45.53	6.140	0.952	0.193
		Control	46.27	6.319		
	Post-test	Experimental	53.87	5.817	0.972	0.593
		Control	46.00	6.188		
Quality of life	Pre-test	Experimental	40.27	4.605	0.946	0.078
		Control	40.33	3.697		
	Post-test	Experimental	50.40	5.422	0.967	0.472
		Control	41.13	3.523		

According to Table 3, the factor loadings of all variables are above 0.7. which shows the appropriate internal stability of these variables. In 2015, Ringel and his colleagues introduced a coefficient called RHO_A, which shows the correlation between indicators with the Likert spectrum as a spectrum is also measured and evaluated so that it can confirm the reliability of the model

from different angles (Moradi and Miralmasi, 2016). According to this theory, the Spearman correlation value of the items of each indicator should be more than 0.7 to prove that the order or continuity of the spectrum does not affect the reliability. In all indicators, this value is above 0.7, which shows the appropriate reliability of these structures in the model.

Table 4. The effect size of research variables on life satisfaction of married women

Indicators	Path coefficient	Standard deviation	T	Result	Effect size
Psychological capital > life satisfaction	0/429	0/032	13/259	Confirmed	0/21
Psychological capital > self-differentiation	-0/118	0/034	3/472	Confirmed	0/02
Self-differentiation>satisfaction with life	0/265	0/036	7/441	Confirmed	0/092
Stress coping skills > Life satisfaction	-0/267	0/033	8/145	Confirmed	0/1

Stress coping skills > Differentiation	0/324	0/041	7/804	Confirmed	0/13
Communication patterns > Life satisfaction	-0/118	0/033	5/757	Confirmed	0/11
Communication patterns > Differentiation	0/182	0/035	5/239	Confirmed	0/2

The results of Table 4 show that the relationships between the variables of psychological capital, stress coping skills, communication patterns and self-differentiation with life satisfaction are significant and these relationships are confirmed. The effect of psychological capital on life satisfaction is strong, and the

other variables on life satisfaction are moderate, and the effect of psychological capital and stress coping skills on differentiation is moderate, and the effect of communication patterns on differentiation is strong. In general, it can be said that these variables have an effect on life satisfaction.

Table 5. The results of the mediating role of self-differentiation

Index	Indirect effect	Total effect	Variance
Communications	β	β	
Psychological capital > self-differentiation > life satisfaction	-0/033	0/372	0/31
Stress coping skills > Self-differentiation > Life satisfaction	0/091	-0/176	0/23
Communication patterns > Self-differentiation > Life satisfaction	0/051	-0/105	0/15

The results of Tables 4 and 5 show that psychological capital, stress coping skills and communication patterns have a significant relationship with self-differentiation and life satisfaction. Therefore, self-differentiation plays a mediating role in the relationship between

psychological capital, stress coping skills, and communication patterns with life satisfaction. On the other hand, according to the results of assigned variance, the most explained variance of life satisfaction is related to psychological capital.

Table 6. Determination coefficient, wisdom index and general model

Variables	R²	R square adj	CV RED	SRMR	GOF
Self-differentiation	0/18	0/181	0/052		
Life satisfaction	0/315	0/311	0/201		
General model				0/08	0/488

According to the results of Table 6, according to the results of the Chain (2010) study, the value of R2 is checked with three values of 0.19, 0.33 and 0.67, which indicate

weak, medium and strong values. In this study, the coefficient of determination of weak self-differentiation and satisfaction with life is at an average level. The positive

coefficient in the cross validity of the redundancy index (CV RED) shows that the variables in this study have the ability to predict the indicators of the internal variable. According to the values mentioned for the redundancy index, the prediction quality for the variables of interpersonal forgiveness was moderate and life satisfaction was strong. The value of the SRMR index shows the relative fit of the model. It is a measure of the difference between the observed correlation matrix and the model correlation matrix, and when its value is equal to or less than 0.10 (Hensler, Dijkstra et al., 2014), it indicates the approximate fit of the model. In the present study, by removing the non-significant path, the value of SRMR = 0.08, which indicates that the present study is in the optimal range and indicates the optimal fit of the model and the sample matches the reality. According to Tenenhaus et al. (2005), another index called GOF is used to check the model. Hook and Ringel (2006) have introduced three values of 0.01, 0.25 and 0.36 as weak, medium and strong values for the general GOF model quality index. In the present study, this value was obtained as 0.488, which indicates the fit of the modified model and the overall model has a very good quality or fit. If the value of GOF is more than 0.36, the quality of predicting the variance of the axes reaches 97% of the covariance of the axes (Tennhaus et al., 2005).

The results of the present study showed that self-differentiation plays a mediating role in the relationship between psychological capital, stress coping skills, and communication patterns with life satisfaction. The findings were consistent with the researches of Vess et al. (2021), Long (2022), Nikkho et al. (2020). They showed that psychological capital is

important for psychological well-being and life satisfaction. It was consistent with the findings of Mam Sharifi et al. (2020), Choi and Kim (2020), Sai Oh and Yang (2021), who showed that stress coping skills can predict life satisfaction. It was consistent with the findings of Chikrisi and Griffiths and Arzen (2019), Taghipour colleagues (2021), Akbari (2018). They showed that communication patterns have the ability to predict life satisfaction. It was consistent with the findings of Kim, and Jang (2015), Ishik, Osbiler, Schur Collins, Rorigez Gonzalez (2020), Yalchinkaya (2019), Gu, Hong and Yang (2022). In their findings, they showed that the level of satisfaction with life increases with the increase in differentiation. In their research, Dirzyte and Patapas (2022) showed how people with high psychological capital can have a positive effect on the life satisfaction of these people. It shows the great influence of psychological capital in the field of life satisfaction. In their research, Yıldırım et al. (2022) showed that resilience, hope, belonging and social support have a high correlation with life satisfaction and prosperity. This research was conducted on refugees and they showed that by increasing positive psychological capitals among refugees, life satisfaction can be increased in them. According to the above, psychological capital has strong resources for resilience, hope, optimism and hope, which can predict life satisfaction. People who have psychological capital have a source of support in difficult situations, which provides them with transformation and increase in the spirit of resilience and hard work. Therefore, in the difficult moments of life, they have less conflicts with their spouses and have a high ability to deal with problems, they maintain proper

communication in the family, which leads to an increase in life satisfaction. When faced with big problems, these people try to break them down into small, clear and manageable problems. High psychological capital has a direct effect on positive cognition and behavior, and if these factors grow, many anomalies in life will be reduced, which will help the family function well. Undifferentiated people are more reactive in facing problems and spend most of their energy on their feelings, while denying it and trying to show independence. When there is no link between thoughts and feelings, they show their weakest performance because they are influenced by extreme automatic reactions. It leads to disagreements and incompatibility and a decrease in life satisfaction, so that serious continuation of these activities leads to emotional divorce in the family as well (Alijani, Najafi and Nazari, 1401). Differentiated people have psychological capital that can be used when necessary to deal with stressful situations and achieve goals with hard work. Differentiated people use problem-oriented coping skills to improve their mental health, and when they face problems, they can solve problems peacefully and increase life satisfaction. Because the stress caused by the spouse and the perceived stress directly have a negative effect on life satisfaction and marital satisfaction. Differentiated people have high problem solving abilities, while undifferentiated people use emotional confrontations more. According to Bowen (1978), differentiated people have the ability to maintain logical thinking when faced with stressful factors, which plays an important role in people's adaptation. This is the reason why stress coping skills can predict the differentiation of people and consequently increase the level of life satisfaction because

stress inside the family or outside the family does not have the ability to reduce the energy of differentiated people. Distinguished people in life always communicate their feelings verbally and non-verbally. In interpersonal relationships and family relationships with their spouses and children, they have the ability to grow independently and avoid mixing and breaking down emotionally to moderate their own internal tensions. In stressful situations in life, the estranged wife tries to distance herself from her husband and avoids him. They mostly use the ineffective withdrawal-expectation communication model and try to criticize or defend themselves more. They use decision-making based on emotional reactions. Spouses who use the mutually constructive pattern avoid destructive behaviors. They try to maintain and continue their lives, understand each other's feelings, express their feelings appropriately, and talk and listen to solve their communication problems, and as a result, they get satisfaction from their lives.

Discussion

The present study investigated the effectiveness of treatment based on parent management training on the psychological well-being and quality of life of mothers of children with attention deficit hyperactivity disorder. In general, the results showed that the treatment based on parent management training significantly increased psychological well-being and improved quality of life in mothers of children with ADHD. Based on this, a significant difference was observed between the two therapeutic intervention groups and the control group in the post-test of these variables. The effect size was also large. Therefore, it seems that treatment based on parent management training is effective for

increasing the psychological well-being and quality of life of mothers of children with ADHD.

According to the results of the present study, the mothers of children with ADHD in the therapeutic intervention group based on parent management training compared to the mothers of children with ADHD in the control group showed a significant increase in psychological well-being scores. This finding is in line with the research results of Kajbaf et al. (2015) and Fazeli et al. (2015), who showed that treatment based on parent management training is effective on the well-being and mental health of mothers of children with ADHD. In general, the parent management training program is effective for increasing the level of psychological well-being of mothers of children with ADHD. In this program, parents get to know the characteristics of these children, how to communicate with them correctly, increase attention to the child's positive behaviors, and use the token system to change behavior. Finally, they are introduced to using programs that are based on specific child behavior management skills (including attention, positive reinforcement, ignoring). This program makes parents reconsider their behavior and reactions. In fact, behavior management training helps mothers of children with ADHD to break the defective cycle of interaction with their child and to create supportive and positive interactional and confrontational patterns. It is conceivable that these achievements, in addition to helping children with ADHD, also affect the mental health and well-being of mothers. Therefore, educating parents in this disorder can have many positive consequences. In many cases, changing the behavior of mothers requires less time and money, and sometimes you even have to

initiate the change from them, especially if communication problems cast a shadow on the family or the mothers themselves suffer from a psychological disorder. The education of mothers leads to the improvement of their behavior and after that the child's behavior also changes and the destructive behaviors of mothers and hyperactive children are reduced. Therefore, these trainings help to reduce hyperactivity and ultimately increase the psychological well-being of all family members, especially mothers (Kajbaf et al., 2015).

Gaining knowledge and information about hyperactivity disorder and acquiring skills for child care, makes mothers consider the child's characteristics less stressful, that is, mothers' perception of how the consequences of a certain mood quality in their children changes. So that this training helps them how to help organize their child regarding the environmental situation, develop problem-solving skills and overcome frustration. It also teaches them to positively react to the child's effortful behavior and to use regular and calming methods. It is conceivable that all these cases can effectively increase the psychological well-being of mothers of children with ADHD (Fazeli et al., 2015).

According to the results of the present study, the mothers of children with ADHD in the therapeutic intervention group based on parent management training compared to the mothers of ADHD children in the control group showed a significant increase in scores in the quality of life post-test. A study based on the effectiveness of treatment based on parent management training on the quality of life of mothers of children with ADHD was not available. However, this finding is in line with the results of Vahid and Khanjani (2014), Sadeghi, Shahidi and Khoshaei (2011) and Yesonsari et al. (2021). They

showed that treatment based on parent management training effectively improves family functioning and parental relationships of mothers of children with ADHD.

In general, mothers of children with ADHD, who lack parenting skills, consider conflict and conflict with their children to be one of unpleasant experiences in their lives. These mothers are very worried about the condition of the child, which is annoying and intensifies the conflict between family members and ultimately leads to a decrease in the quality of life of the mothers. In fact, in a situation where mothers lack parenting skills and are constantly in conflict with their children, family isolation and avoiding family relationships with the surrounding people seem to be a natural thing. In some cases, mothers feel ashamed and embarrassed because of having an unfavorable relationship with their children, and they often have no motivation to appear in public situations, and sometimes they don't even like to talk about their child. Guilt and remorse are of the life experiences of this group of mothers. In some cases, these parents are worried about the continuation of their child's behavioral problems. For this reason, most of them feel disappointed and lack vitality and happiness in life (Gharibi, Sheidaei, and Rostami, 2016). Therefore, it is conceivable that the lack of ability in parenting skills leads to the limitation of parents' relationships and the decline of their quality of life. As observed in the present study, learning to see in this field can affect the increase of parenting skills and consequently increase their quality of life.

In addition, stressful children reduce the level of family happiness, and parents of children with hyperactivity disorder, since they face more parenting challenges, have more stress than parents of healthy children

(Danforth et al., 2006). Therefore, when the symptoms of their child's illness are reduced, their happiness and finally their quality of life is also increased. In fact, children with hyperactivity symptoms impose a lot of pressure and stress on parents, especially mothers. Therefore, by educating mothers and increasing their awareness in the field of communication with their children and reducing the symptoms that can be seen in children, mother's stress and depression will decrease and their self-confidence and happiness will increase. Based on this, the treatment based on parent management training by changing the parent-child relationship and increasing self-confidence in managing the child's behavior disrupts the cycle of defective behavior in the family and increases the quality of life of mothers.

In general, the current research was conducted with the aim of investigating the effectiveness of treatment based on parent management training on the psychological well-being and quality of life of mothers of children with attention deficit hyperactivity disorder, which was aimed at expanding and completing previous works and increasing the richness of the literature on parent training intervention in ADHD. The results showed that treatment based on parent management training can be effective in increasing the psychological well-being and quality of life of mothers of children with ADHD. These results can be due to various reasons mentioned above. Therefore, it seems that treatment based on parent management training has positive benefits for mothers of children with ADHD and for children themselves.

The limitations of this study were the exclusiveness of the study to mothers, lack of follow-up, intervention in two separate groups, lack of examination of all the

involved variables such as parenting skills, lack of generalizability to other populations due to age, gender, educational and geographical limitations. It is suggested that taking into account the mentioned limitations and taking into account the records, this research should be done again with both parents and with a long-term follow-up study. Also, the examination of other variables such as compatibility, happiness, self-concept, etc. should be taken into consideration. On the other hand, along with the treatment based on parent management training, other measures such as anger management and meditation and social skills and self-expression should be considered more widely in the treatment. Also, it is suggested to try to improve the health, well-being and quality of life of families with children with ADHD with proper and continuous education in the field of increasing the awareness of parents of children with ADHD, increasing parenting skills, reducing negative self-reflections and reducing their feelings of failure.

Ethics

In this research, ethical standards including obtaining informed consent, ensuring privacy and confidentiality were observed.

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Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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