

The Mediating Role of Spiritual Tendencies in the Relationship between Cognitive Emotion Regulation and Marital Adjustment

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Abstract

Background and Objective: In recent decades, marital satisfaction and adjustment as the main issues in family life, have been widely focused on by researchers. The current study aimed to investigate the mediating role of spiritual tendencies in the relationship between cognitive emotion regulation and marital adjustment.

Methods: This study is correlational and applied. The statistical population included the couples aged 20-60 who had been living together for at least two years and were still living together at the time of study. Out of them, 400 participants (200 male and 200 female) were selected using convenience sampling method. SC, CERQ and DAS were used as the research instruments. Structural equation modelling was used to analyze the data. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results showed that the model has a statistically acceptable fit index. The positive relationship between the variables shows that spiritual tendencies along side with cognitive emotion regulation predict marital adjustment. The mediating role of spiritual tendencies is explained by the significant relationship and correlation between positive emotion cognitive regulation with marital adjustment. Based on the model fit indices, the significance of all the paths related to the variable of marital adjustment is proved.

Conclusion: According to theory, cognitive emotional regulation focuses on couples' emotions and creates an opportunity for cognitive processing (including cognitive processing in the face of anger and rage). This, in turn, improves couples' relationships. Spiritual tendencies are a significant predictor of marital adjustment and marital satisfaction and enhance the quality of marital relationship.

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Summary

Background and Objective

In the last decade, marital satisfaction and adjustment and its relationship with various aspects of human life have been extensively studied by psychologists (1). A brief review of the research on the couples and the factors affecting

marital adjustment in the Iranian society shows that variables such as emotion regulation and conflict resolution skills are related to marital adjustment (2); Successful emotion regulation is associated with positive outcomes, such as the development of social competencies and the health of the emotion regulator (3), and unregulated emotion is associated with prominent

forms of psychological disorders (4). Many studies have found a positive relationship between spirituality and religious beliefs and mental health. Research on the role of religious orientation shows that people with more religious orientations have higher self-control in the face of problems and lower outburst is observed in their behavior (5). Therefore, couples with religious orientation in the face of marital challenges and conflicts, due to refraining from aggressive outburst, use adaptive emotion regulation methods with a constructive result for the marital relationship (6). Based on this issue, the role of religion and religious orientation can be considered as a mediator of the relationship between many family and individual factors and marital adjustment (7).

Methods

Compliance with ethical guidelines: One of the ethical principles observed in the present study was that informed consent of individuals to participate in the study was obtained. The participants were also assured that their information would remain confidential and that they could withdraw from the study at any time.

This research is correlational and applied. The statistical population of the study included couples aged 20-60 years living in Tehran and Hamedan in 1398. In this study, 400 people (200 men, 200 women) were selected by convenience sampling method. In order to select a more suitable sample, three questionnaires were distributed to the participants online and also by referring to institutions, schools, mosques, neighborhoods, parks in Tehran and Hamedan (north, south, west, east and center). The inclusion criteria for couples in this study were being married (permanent marriage), at least two years of living together, and literacy. Eight questionnaires had been incompletely filled in and 3 questionnaires had answers other than the range of answers specified in the questionnaire. These questionnaires were removed from analysis and sampling continued until the specified number was completed.

Results

The results of correlation analysis of research variables showed that cognitive regulation of positive emotion has a positive and significant relationship with marital adjustment ($P=0.001$, $r=0.327$). Also, cognitive regulation of negative emotions has a significant negative relationship with marital adjustment ($P=0.001$, $r=-0.308$). There is a direct and significant relationship between spiritual tendencies and cognitive

regulation of positive emotions ($P=0.001$, $r=0.201$). A negative and significant relationship was also found between spiritual tendencies and cognitive regulation of negative emotion and its components ($P=0.001$, $r=-0.297$). There is a direct and significant relationship between spiritual tendencies and marital compromise ($P=0.001$, $r=0.310$).

Conclusion

The results of the present study are matched with the findings of Vishkin et al. (5) on the relationship between spiritual beliefs and mental health, Pollard et al. (6) on the role of religious tendencies in regulating aggressive emotions, and Azizi et al. (7) on the mediating role of religious tendencies in the relationship between family factors and marital adjustment.

Cognitive emotion regulation makes couples aware of the existence of negative emotions and their negative impact on them and makes them try to keep their emotional life healthy by evaluating emotions in different situations and by using emotions correctly, being aware of emotions and accepting them, reduce their negative emotions expressing emotions, especially positive emotions in life situations, which in turn will improve various aspects of daily life (family, social, emotional and work) (8). Spirituality also creates hope and motivation in individuals and their followers, increases individual empowerment, increases the feeling of dominance, the pattern of acceptance and tolerance of suffering, as well as coping with stresses and problems. All of these are the consequences of religiosity and inclination to spiritual life. Spiritual inclinations can be a significant predictor of marital adjustment and life satisfaction among the couples and improve the quality of relationships between the couples (9).

One of the limitations of the present study was the lack of cooperation of people in filling out questionnaires and providing unrelated answers. Also, the study could not control the effects of other influential variables. Furthermore, the available sampling method used in the research may have led to biased results, so the generalization of the findings should be done with caution.

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Ethical considerations

According to the authors of the article, the present study is obtained from the thesis of the first author entitled "Mediating Role of Spiritual Tendencies in the Relationship between Cognitive Emotion Regulation and Marital Adjustment", approved by the research ethics committee of Shahid Beheshti University with the ethics code IR.SBU.REC.1400.080.

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Conflict of interest

The authors declared no conflict of interest in this study.

Authors' contribution

Research design and writing the whole article: first, second and third authors; and data collection and analysis, article editing and review: first, third, fourth and fifth authors.

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دور النزعة الدينية الوسيط وعلاقته بالإدراك العاطفي و تحسين العلاقة الزوجية

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الملخص

خلفية البحث وأهدافه: حظيت قضية الرضا والتلائم في الحياة الزوجية في العقود الأخيرة باهتمام الباحثين وأصبحت من أهم القضايا الأسرية في ساحة الدراسات المهتمة بشؤون الأسرة. فانطلاقاً من قناعتنا بأهمية الأمر نسعى في هذه الورقة البحثية دراسة الدور الوسيط للنزعة الدينية والروحانية في تنظيم الإدراك العاطفي وعلاقة هذا الإدراك بالتلائم والوفاء في الحياة الزوجية.

منهجية البحث: تعتمد هذه الدراسة منهجية التضامن والتعاقد وتندرج ضمن الدراسات الأساسية. أما الشريحة الاجتماعية التي أجريت عليها الدراسة فهي تتضمن الأزواج الذين تتراوح أعمارهم بين ٢٠ عاماً حتى ٦٠ عاماً من مواطني مدينتي طهران وهمدان في عام ٢٠١٩ للميلاد. كما اعتمدت الدراسة على الأزواج الذين مضى على حياتهم الزوجية عامان أو أكثر ولم تنته بالانفصال، بمعنى أنهما يعيشان معاً حين أجريت عليهم الدراسة. وقد اخترنا ٤٠٠ مشاركاً في الإحصاءات (٢٠٠ امرأة و ٢٠٠ رجلاً) من بين العينات المتاحة. أما الآليات التي اعتمدت عليها الدراسة فهي إستبيان النزعة الدينية المسمى (SQ) والإستبيان المتعلق بالإدراك العاطفي الذي يشار إليه باختصار (CERQ)، وأيضاً إستبيان التلائم الثنائي الذي يوجز بالحروف اللاتينية بـ (DAS). أما تحليل معطيات الإستبيان فقد اعتمدنا فيه على نموذج المعادلات المهيكلية. يُذكر أنه تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة إلى ذلك فإنّ مؤلّفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: أثبتت المعطيات أنّ الأتمودج المدوّن كان بمستوى المطلوب من المنظور الإحصائي والإحصاءات أشارت إلى أنّ المعطيات كانت متوقعة؛ كما أنّ العلاقات الإيجابية بين المتغيرات أثبتت أنّ النزعة الدينية المصحوبة بالمكوّن الأخلاقي الهام وهو مكوّن الإدراك العاطفي، له دور ريادي وحاسم في مسألة التلائم والوفاء في الحياة الزوجية.

الاستنتاج: توصل كتاب هذه المقالة أنّ إدارة المعرفة العاطفية وتنسيقها مع الحالات العاطفية والروحانية لكلا الزوجين وخلق فرص لإزدهار هذه الفهم العاطفي (كالتحليل المعرفي و العاطفي عند حالات الغضب والتنمّر) يعزز فرص تحسين العلاقة الزوجية؛ كما أنّ النزعة الدينية تساعد الزوجين على تعزيز التلائم والوفاء بينهما، ما ينعكس على تحسين العلاقة الزوجية وترفع درجات الرضا من الحياة بينهما.

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نقش میانجی‌گری گرایش‌های معنوی در رابطه بین تنظیم شناختی هیجان با سازگاری زوجی

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چکیده

سابقه و هدف: در دهه‌های اخیر پژوهشگران به رضایتمندی و سازگاری زندگی زناشویی که یکی از مسائل اصلی زندگی خانوادگی محسوب می‌شود به‌طور گسترده‌ای توجه کرده‌اند. پژوهش حاضر با هدف بررسی نقش میانجی‌گری گرایش‌های معنوی در رابطه بین تنظیم شناختی هیجان با سازگاری زوجی انجام شده است.

روش کار: این پژوهش از نوع همبستگی و در زمره تحقیقات بنیادی است. جامعه آماری پژوهش زوجین ۲۰-۶۰ سال ساکن شهرهای تهران و همدان در سال ۱۳۹۸ بود که دست‌کم دو سال زندگی مشترک داشتند و در حال حاضر با هم زندگی می‌کردند. از میان آنان نمونه‌ای به تعداد ۴۰۰ نفر (۲۰۰ مرد و ۲۰۰ زن) به روش نمونه‌گیری در دسترس انتخاب شدند. ابزارهای استفاده‌شده در این پژوهش پرسش‌نامه معنویت (SQ)، پرسش‌نامه تنظیم شناختی هیجان (CERQ) و پرسش‌نامه سازگاری دونفره (DAS) بود. برای تحلیل داده‌های پژوهش نیز از الگویابی معادلات ساختاری استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌ها نشان داد که الگوی تدوین‌شده از نظر آماری شاخص‌های برازش قابل قبولی داشت و روابط معنادار مثبت بین متغیرها نشان داد که گرایش معنوی همراه مؤلفه تنظیم شناختی هیجان در پیش‌بینی گرایش به سازگاری زناشویی نقش داشت. نقش میانجی‌گری گرایش‌های معنوی با معناداربودن و همبستگی رابطه تنظیم شناختی هیجان مثبت و سازگاری زوجی و همچنین نقش میانجی‌گری گرایش‌های معنوی با همبستگی رابطه تنظیم شناختی هیجان منفی و سازگاری زوجی تبیین شده است و بر اساس مقادیر شاخص برازش یافته الگوی پژوهش، معناداربودن مسیر متغیر سازگاری زوجی با گرایش‌های معنوی به اثبات می‌رسد.

نتیجه‌گیری: تنظیم شناختی هیجان با درک عواطف زوجین و ایجاد فرصتی برای پردازش شناختی (از جمله پردازش شناختی هنگام خشم و عصبانیت) به بهبود رابطه می‌پردازد و گرایش‌های معنوی می‌تواند پیش‌بینی‌کننده معنی‌دار سازگاری زناشویی و رضایت از زندگی در میان زوجین باشد و موجب ارتقای کیفیت روابط بین زوجین شود.

استناد مقاله به این صورت است:

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