



Relationship of Dyadic Adjustment and Social Adjustment with Life Quality of Married Women: The Mediating Role of Self-Knowledge*

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ABSTRACT

The aim of the present study is to determine the mediating role of self-knowledge in the relationship between dyadic Adjustment and social adjustment with the life quality of married women. Therefore, a number of 350 participants was selected from married women in Tehran City using the convenience and purposive methods, and they were asked to answer the Quality of Life Questionnaire (WHO, 1998), Dyadic Adjustment Scale (Spanier, 1976), Social Adjustment Scale (Weissman and Paykel, 1999), and Self-Knowledge Scale (Ghorbani, Watson, and Hargis, 2008). The type of the study was descriptive-correlational. The data were analyzed using Pearson correlation coefficient and hierarchical and simultaneous regression tests. The results indicated that there is correlations between dyadic Adjustment and life quality, social adjustment and life quality, self-knowledge and life quality, self-knowledge and marital adjustment, and self-knowledge and social adjustment of married women. The results of hierarchical regression indicate that self-knowledge has a mediating role in the relationship between dyadic Adjustment and social adjustment with life quality in married women. That is with the increase in self-knowledge, marital adjustment and social adjustment increases and consequently, life quality improves.

Keyword:

self-knowledge, marital adjustment, social adjustment, quality of life

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