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and Scientific Research  
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College of Nursing**



***Determination the Level of Psychological Resilience in  
Predicting Marital Adjustment among Women***

*Thesis submitted*

*By*

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*To*

*The Council College of Nursing, University of Babylon in partial  
fulfillment of the requirements for the Degree of Master Sciences in  
Nursing*

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# سورة الرعد

﴿ مِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ

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وَمَرْحَمَةً ۗ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴾

سورة الرعد العظيم

سورة الرعد (21)

## ***Supervisor Certification***

This is to certify that the thesis entitled: "**Determination the Level of Psychological Resilience in Predicting Marital Adjustment among Women**" submitted by **Maryam Sachit Khalaf** to the University of Babylon, College of Nursing in partial fulfillment of the requirements for the Degree of Master of Science in Nursing. The student under my supervision and guidance carried out the thesis work.

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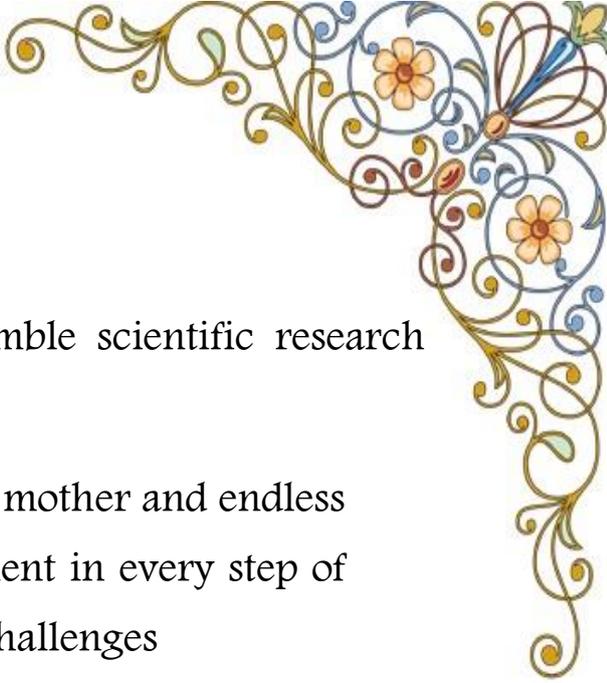
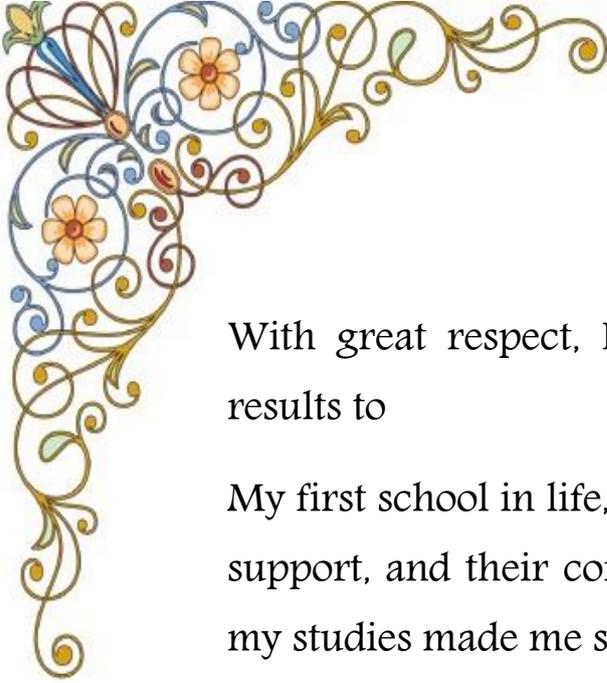
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## *Dedication*

With great respect, I dedicate this humble scientific research results to

My first school in life, my father and my mother and endless support, and their constant encouragement in every step of my studies made me stronger in facing challenges

Greetings from the heart and many thanks to My life companion (my dear husband), my sisters, my brothers, my sons, my husband's mother, my uncles and my dear colleagues for their constant care and support through my study

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Researcher

Maryam S.K.

## **Abstract**

Psychological resilience is one of the main foundations of mental health of individuals. Couples who are psychologically resilient have pleasant feelings that enhance their lives and health, allowing them to adapt quickly and efficiently by maximizing their level of marital adjustment. The purpose of the current study is to determine the link between psychological resilience and the marital adjustment of married women. A quantitative study using a descriptive-correlational study design on a convenience sample of (N = 150) married women in the Wasit province to achieve the study objectives. The study aim was achieved by adopting two separate scales (the psychological resilience (25 items) and the marital adjustment (35 items)). The results indicate that more than half of women have high psychological resilience level (56.7%). And an almost similar percentage of women had high level of marital adjustment (56.0%). A statistically significant relationship was identified between psychological resilience and marital adjustment among women. Resilience is proved to be a crucial mental ability to mitigate stress in different situations, such as marital life. The Study findings highlight the significant positive correlation between resilience and adjustment. Resilient couples are better equipped to deal with problems and help them recover by relying on competence, future optimism, achievement, problem-solving abilities, and interpersonal skills. Therefore, to maintain better marital adjustment among married women, they need to build self-confidence and practice resilience through awareness, as resilience proved the driving force for better marital adjustment.



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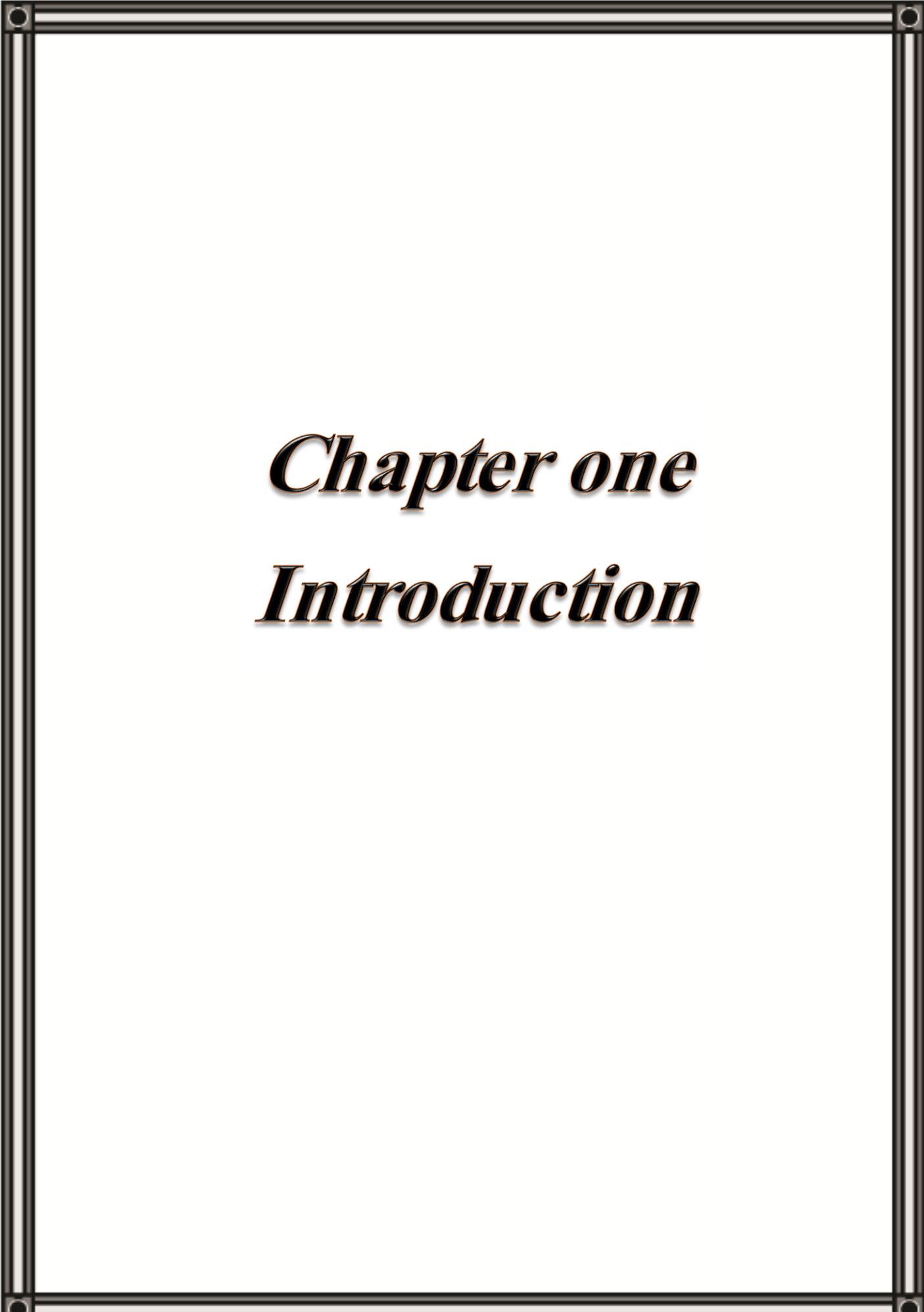
| Items   | Full Term  |
|---------|--|
| WHO     | World Health Organization                          |
| USAID   | United States Agency for International Development |
| CVI     | Content validity index                             |
| SPSS    | Statistical Package for the Social Sciences        |
| f       | Frequency  |
| PTSD    | Posttraumatic stress disorder                      |
| P-value | Probability value                                  |

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| <b>G</b>                | Panel of Experts  |
| <b>H</b>                | Linguistic Approval   |



***Chapter one***

***Introduction***

## **Chapter One**

### **Introduction**

#### **1.1. Background**

At all levels, people are currently experiencing exceptional conditions, and human usually confronting actual changes that impacting their lives. Problem-solving skills will be effective in resilient people. Individuals with high resilience level are able to analyze a complex situation, identify the problem, and create the best solution (Quirt'e & Al-Gazo, 2018).

Women in general, and married women in particular, are exposed to many psychological pressures in their daily life that negatively affecting their health and may increase their risk for anxiety and depression, insomnia, and hypertension. Some studies have found that there is a higher level of occupational pressure for married women than for unmarried women in terms of marital responsibilities and requirements of society, as well as more roles and responsibilities for them as mothers and wives. The working women finds herself facing challenges and responsibilities due to the duplication and difficulty balancing between home and work, which makes it difficult for her to adapt to these situations and makes her live with a lot of tensions and psychological pressures (Parveen, 2009).

Accordingly, psychological resilience has become one of the most important characteristics that individuals possess and adhere to under these circumstances. Psychological resilience is one of the personality traits that enables the individual to face pressures and crises, which expresses the strength of the personality in how dealing with the problems and challenges

that an individual faces. Resilience reflects one's ability to maintain calm and emotional balance and the level of normal psychological performance during the course of stressful life events and stressful circumstances (Skodol, 2010).

Couples who are psychologically resilient have pleasant feelings that enhance their life and health, as it allows them to adapt quickly and efficiently. Highly resilient individuals have a greater understanding of the positive emotions that can be expressed in times of stress. Examples of positive emotions are happiness or joy, giving, trust, fun, as well as gratitude and appreciation. These emotions positivity helps increase attention, memory, and awareness. In addition, individuals with high flexibility have faster vascular and cardiac recovery than those with less flexibility (Tugade et al., 2004).

Psychological resilience is one of the main foundations of mental health, and it has been described as an extremely important personality trait. As an outcome, it plays a significant role in an individual's psychological and social improvement. Resilience enables an individual to express system of thinking and behavior in the face of life's challenges and needs, and help illustrates the nature of the individual's emotional balance. Resilience also shows the extent of an individual's harmony with himself and the environment. Individuals with high levels of psychological resilience are represented by their opportunity to articulate solutions to problems. Individuals with psychological resilience use positive emotions to obtain an ideal picture of psychological and emotional balance because they have a great deal of energy for problem-solving strategies, a lot of self-esteem, self-efficacy, and problem-solving skills (Pinar et al.,2018).

Promoting positive psychological satisfaction, reducing the impact of risk factors, increasing protective factors, and enjoying good mental health makes a person feel more comfortable and able to face daily stresses as well as improves a person's ability to overcome life's adversities. All of these factors are considered among the foundations of resilience. On the other hand, responding to life challenges or endurance does not mean that a person will return to their previous state after a problem occurs; rather, it will lead to a state of stability. Resilience exists when a person uses "mental processes and behaviors to enhance personal assets and protect themselves from the potentially negative effects of stress." In simpler terms, psychological resilience is found in people who develop psychological and behavioral abilities that allow them to remain calm during crises and chaos. Also, a resilient person is less likely to get sick than an inflexible person (Bhamani et al., 2015).

Marriage, in addition to meeting emotional, psychological, and sexual needs, it can have a negative impact on the life of both partners and their children if experiencing stressful life events. Marriage is personal contact and the cornerstone of family formation and children's education. Communication between spouses provides them with a language of understanding, persuasion, and expression of opinions and ideas about events that affect their lives directly. High levels of partner satisfaction and happiness, complementarity, and high levels of relationship satisfaction are all associated with optimal marital adjustment. Marital compatibility depends on the determination of each spouse to confront material, social, and health problems and work to achieve harmony and mutual life. On the other hand, marital instability leads to health problems and psychological distress (Hoseini Hoseinabad et al. 2017).

Marital happiness is the feeling of the spouses in their compatibility and interaction together with housing, affection, love, and mercy. These factors are directed towards the other spouse, which generate the positive interaction that takes place in their relationship. Optimism in marital life is the expectation of good or the tendency to expect the best possible marital life. Positive interaction not only carries out marital duties but also feelings of security and satisfaction in their dealings with each other. Studies have increasingly argued that optimistic future outcomes may attempt to serve as a driving force that helps sustain efforts to maintain adaptive relationships even with stress situations. In contrast, if expectations are negative, partners may reduce their attempts to adjust or even end the marriage, which influence the entire family life (Neff & Geers, 2013).

### **1.2. Objectives of the Study:**

- 1-To assess the psychological resilience level and marital adjustment of women.
- 2-To determine the relationship between psychological resilience and marital adjustment of women.
- 3-To measure the relationship between resilience and the socio demographic characteristics of women.
- 4-To measure the relationship between marital adjustment and the socio demographic characteristics of women.

### **1.3. Problem Statement**

The recent statistics about divorce published by the Supreme Judicial Council of Iraq highlights a warning divorce percentage. The number of divorce cases reached about 6,250 for the month of August

2021, which constitutes approximately 30% of the total number of marriages that took place within one month. This high percentage has raised concern about the escalation of the phenomenon of divorce that afflicts Iraqi society and negatively affects its security and stability. There are approximately 210 divorce cases per day, or about 9 cases per hour (the Supreme Judicial Council, 2021).

Marital conflicts that lead to separation can be accounted to social, psychological, financial, and ethical issues that partners experience, as well as the commitments of children. The effects of psychological pressure on the marital relationship are common, as it may reach the point of psychological and spiritual separation between spouses due to the pressures and burdens of life and the many daily problems that it entails. If the spouses have low resilience level, which loss the capacity to adjust, acclimatize, and they are less likely to understand each other and the nature of their differences and family commitments, causing marital conflict. As a result, the relationship would decompose, rendering communication, adaptation, and integration more problematic (Bin Hadid, 2015).

Marital adjustment is an important part of family life that improves one's life satisfaction and well-being (Allendorf & Ghimire, 2013). Low self-esteem, frustration, and domestic violence are among the most common challenges in unhappy couples, as well as diseases including depression, anxiety (Durut & Kisa, 2018).

Marital conflict has a negative impact on society as it contributes to family instability in children and adolescents. This causes many problems in society and has serious consequences, such as divorce that ends marriage and breaks up the family. Furthermore, compatibility in marriage is

negatively related to these symptoms, as well as the emergence of psychological and physical symptoms and problems. Marital conflict destabilizes the family and has a negative impact on children.

#### **1.4. Importance of the study:**

This study gains its importance from the absence of Iraqi studies or nursing research in this field and the scarcity of Arab and foreign studies that reveal the role of psychological resilience in predicting marital adjustment for women. In addition to the importance of the group that will benefit from its research, the results will be representative of married women, and authorities in health centers, universities, women's rights organizations, and other organizations can use the results to develop training programs to enhance women's psychological resilience and ability to deal with marital stress and pressure, as well as help them solve problems.

Marital satisfaction can be viewed as the result of general pleasure with common life, satisfaction with emotional life. Marital satisfaction is a predictor of the mental health of married people, which plays a crucial role in training people and actualizing their potential. Satisfactory marital relationships would lead to enhanced competence, adaptability, compromise, longer life expectancy, healthy and desired nutrition, reduced depression, and having children with better educational status. Compatibility between spouses is of particular importance in the upbringing of children (Sayin et al., 2019).

Parents' agreement, cooperation, and preservation of the family entity creates a calm and stable atmosphere in which the child grows up in a balanced upbringing, and this family balance often entails giving children

confidence in self and in the world, they deal with in future. Displaying acceptable behaviors by the spouse can develop mutually desired relationships and provide the conditions for mutual understanding among the couples. Marital satisfaction is in fact an adaptation between the current status and the expected status, and it is the general and subjective assessment of the individual considering marriage. Therefore, highlighting the role of psychological resilience in marital life may increase couples' awareness and that could result in a certain level of satisfaction with the needs, expectations, and desires of the person (Maleki et al., 2019).

### **1.5. Research Questions:**

1. What is the level of psychological resilience among married women?
2. What is the level of marital adjustment among women
3. What is the relationship between psychological resilience and marital adjustment?
4. Does psychological resilience have a significant role in predicting marital adjustment among women?

### **1.6. Research Hypothesis:**

1. There will be a positive relationship between psychological resilience and marital adjustment.
2. Married women with high level of psychological resilience will have higher level of marital adjustment.

## **1.7. Study concept:**

### **1. Resilience**

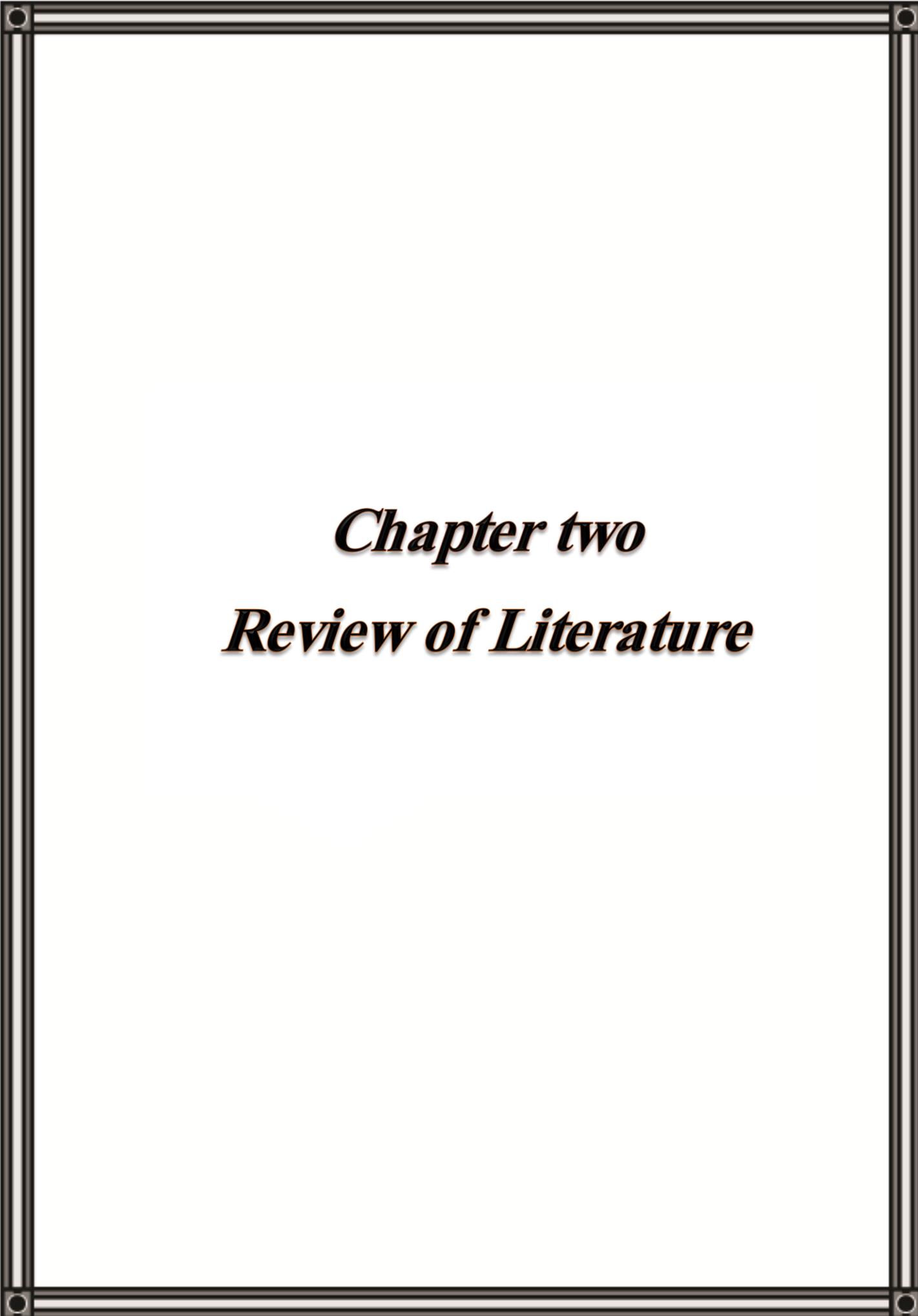
**Theoretical definition:** The process of good adjustment and positive confrontation with various live circumstances includes health problems, work challenges, financial issues, and relationship ( MacLeod et al.,2016).

**Operational definition:** It is the ability of married women to return to the normal life successfully after experience stressful situations or marital conflict, and their levels of resilience is measured using Conner Davidson Resilience Scale.

### **2. Marital adjustment**

**Theoretical definition:** The ability of the spouses to adapt to married life and have the sense of harmony, emotional affiliation, affection, love, and mutual mercy for each other (Durgut and Kisa, 2018).

**Operational definition:** The quality of their relationship with their husbands, represented by communication and understanding, love, trust, and mutual support.



*Chapter two*  
*Review of Literature*

## **Chapter Two**

### **2.1 Theoretical Background (Resilience Theory)**

Resilience research has been around for more than half a century, when psychiatrists, psychologists, and pediatricians were looking for causes and solutions for child development problems. Specialists noticed a marked gap in outcomes among children at risk of adversity and stress. From the start, pioneers of resilience research, including Norman Garmisi, Lewis Murphy, Michael Rutter, and Amy Werner, have attempted to guide practice by studying the systems that explain how many people are successful in the face of adversity. Their persuasive ideas and research popularized the field of resilience science, which has changed frameworks of practice in a variety of fields by focusing on important goals, strengthening and protective factors, and adaptive capabilities rather than disabilities (Yates et al., 2015). The concept of resilience has rapidly spread across the social sciences, becoming an important phrase in education and health security in recent years (Walker and Cooper, 2018).

The theory of resilience provides a conceptual foundation for understanding about a strengths-based strategy. Positive contextual, societal, and individual factors that cover or minimize risks and poor health outcomes. These positive contextual factors are referred to as reinforcement characteristics as they act in the face of risk factors, supporting young people in resolving the negative effects of hazards. Fergus and Zimmerman (2005) established two main categories of motivator aspects: effective internal factors such as self-efficacy and self-esteem, and external motivator factors like peer pressure. External variables including family help, adult mentorship, and youth programs that

give opportunities for young people to practice skills of self-control (Fergus & Zimmerman, 2005).

The basis of resilience theory is based on the study of the impact of unpleasant life experiences on people and their profound effects on their daily practices. Resilience theory is a strength-based approach to describing how certain people may bounce back in life despite facing stressful events ( Masten and Obradovic,2006). Family resilience theory is the "capability of the family, as a functional system, to tolerate and recover from difficult life experiences emerging better and more resourceful" (Walsh, 2003).

The concept family resilience includes a variety of dynamic processes that deal with helping families strengthen their bonds while developing additional resources and capabilities. It helps identify difficulties and then see crises as achievable. Happiness, hope, and optimism are the focus of a positive outlook. Resilience is obtained by rebuilding and stabilizing the system and by supporting predictability and stability. Interdependence is achieved through mutual support and honest sharing of feelings, both good and bad, effective problem solving through joint decision making, and focus on purpose (Walsh, 2016).

Many partners experience stress and unpleasant situations in their daily life . Despite the fact that stress affects marital satisfaction, couples are more likely to have the resources to repair their relationship after experiencing stress or hardship. If both partners have great psychological resilience, it will help them deal with or overcome daily problems or difficulties in life (Neff & Broady , 2011 ).

Marital resilience is the ability of partners to accommodate and adapt to changes during the course of their marriage in a way that maintains and enhances the marriage's integrity. Over centuries, any two people in a

close, committed relationship are biologically changing while also adapting to a variety of complicated variables, such as changes in employment functions, finance/economy, health, children, expanding families, and so on. These factors are associated in intricate ways, impacting a couple's capacity to keep a commitment to each other (Roberts, 2011).

**Resiliency Model**

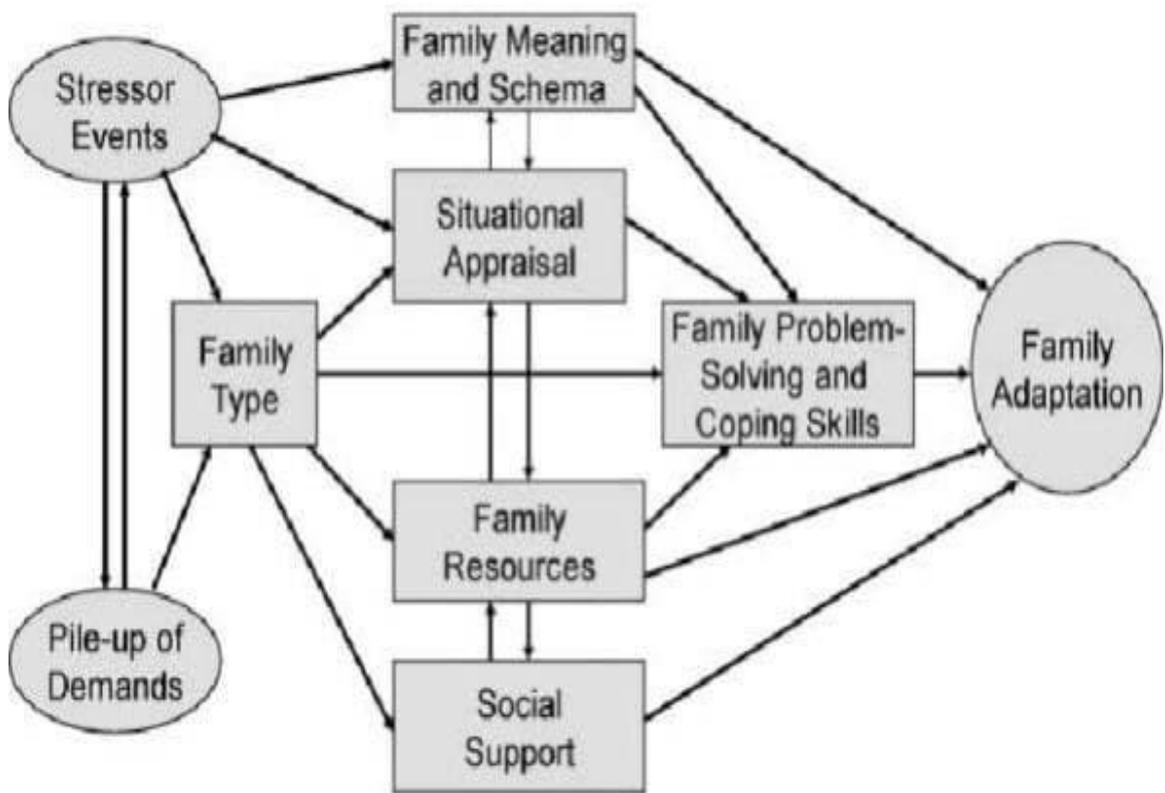


Figure 2.1

McCubbin's Family Resilience Model (McCubbin,McCubbin,1996)

**2.2 Overview of psychological Resilience**

The term psychological resilience is applied to ecosystems, individuals, communities, organizations, and nations. There are wide variations in the way the concept is interpreted across social science

(Bhusal et al., 2020). Lately, the fields of mental health have shown a huge transition from concentrating on an individual's powerlessness and weaknesses to an informed focus on individuals' strengths and mental development. Individual strengths are one of the most critical factors in attaining success. Self-confidence is an example of a strength. Those who believe in themselves and their abilities always have a competitive advantage over those who do not. This because powerful and confident people inspire others and have the ability to manage situations effectively. As a result of this shift, individuals are becoming more focused on the positive aspects of human performance and how these significant outcomes might support an individual in managing a situation effectively. As a result of this shift, a large body of research has developed t studies on positive psychological concepts of humans such as resilience, optimism, and happiness (Vella and Pai, 2019).

At all stages of their lives, women are exposed to challenging situations, pressures, and indicators from several sources, such as home, work, and society. This could be due to the complexity of lifestyles, stressful family situations, work environment, and the nature of social life. A number of studies have confirmed that women are more susceptible to stress than men. Another study showed that some women do not maintain their physical health and the safety of their psychological performance when exposed to stress. Therefore, women need to be aware about ways to cope with stress. Women should also be aware that a person cannot lead a harmonious and stable life unless they are able to understand, and perceive the surrounding stimuli as a natural element of life (Syed Hussain, 2013).

One of the most important ways to positively adapt to life's stresses is "resilience", which has a number of characteristics. Common

characteristics include the ability to absorb and then recover from challenging event or experiences, the ability to cope with threats and abnormal events in terms of the severity and the time of the events. Additional elements that determine the level of adaptation such as the ability and willingness to adapt to a changing and sometimes threatening environment, persistence and commitment to survival, and the willingness of societies and organizations to rally around a common cause that helps and saves people from these threats (McAslan, 2010).

The threat of health epidemics, terrorism, attacks, economic stagnation, rising poverty, and other challenges. These changes in our society have made individuals feel more isolated and vulnerable. Understanding and facing this crisis and what lies ahead is a challenge for all people. Resilience provides a positive response to these threats. Since resilience refers to an individual's ability to adapt in the face of hardships and challenges. (Bhusal et al., 2020).

Researchers describe resilience as three levels of protective elements that support mental health and positive development against risks. These three levels include an individual, family, and society. Individual factors promote compliance, use of social support, return to normalcy, sense of humor, self-efficacy, and self-esteem (Stainton, et al., 2019). The role of the family is stress management, emotional engagement, collaborative goal setting, and problem solving, with an emphasis on positive outcomes at the system level within the family. In addition to the role of society in protecting individuals from crime and disease through preparedness and response to adverse conditions, adaptation to changing circumstances, endurance and rapid recovery from public disturbances, as well as cultural and spiritual identity. Studies of individual resilience looked at how people and groups deal with hardship. These studies

discovered that "despite a variety of stressors that affect health and well-being, latent personality traits and coping skills develop, allowing some people to tolerate and overcome challenges" (Whatman et al., 2020).

There is still a lack of agreement on resilience definition, concept, and measurement. Although there is no definitive definition of resilience, all definitions include links to both adversity and positive outcomes. Most people take things in moderation and feel happy when good things happen to them and sad when they encounter difficulties. Therefore, one of the best measures of one's potential for success is one's ability to change their view of things in difficult times. Resilience is the ability to recover from or overcome adversity, and thus achieve positive outcomes regardless of negative events or situations. Resilience is often discussed as a personality trait, or when resilience is considered both a process and an outcome (Ayed et al., 2019; Herrman et al., 2011).

Resilience is characterized as the capacity to successfully respond in the face of stress, frustration, and struggles. Stressful life events, trauma, and chronic adversity of life demands and daily life problems can have a significant impact on human wellness and brain function. As a result of stress and psychological influence, the prefrontal cortex of the brain is damaged, and when pressure on this area grows, several psychological diseases that result in impaired memory develop. Moreover; psychological stress leads to an increase in cortisol levels in the body, a hormone that controls many body functions, such as metabolism, blood pressure, and mood swings that appear in the form of anxiety and a tendency to sadness and depression. It can lead to the development (PTSD) in some cases. Most humans, on the other hand, do not develop such disorders as a result of stressful life events and are thus thought to be resilient. Successful response to environmental challenges, as well as subsequent resistance to the

negative effects of stress, are essential components of resilience as a response effectively (Wu et al., 2013; Amico et al., 2011).

(Shaikh and Kauppi, 2010) have divided six aspects of resilience definitions and meanings deriving from psychology:

1. personality characteristics (such as calmness, optimism, self-reliance, and perseverance).
2. optimal adaptation and positive outcomes in the face of high-risk conditions.
3. protective or compensatory characteristics associated with positive adjustment or achievement
4. the process (for example, intervention strategies that reduce risk or improve protective processes)
- 5-Resistance to adversity and continued competent functioning
6. Regaining functioning after a loss of integration as a result of stress or trauma.

Similarly, (Hart et al., 2007); (Al-Haddah & Arshan, 2021) identified set of characteristics of people with high levels of psychological resilience and clarifying their relationship to the quality and level of their quality of life and their level of self-enjoyment. These characteristics are:

1. Mutual social relationships for people with high levels of psychological resilience include the element of giving and receiving emotional support; these emotional connections are a basic human need that pushes towards establishing and acknowledging a sense of belonging, as well as being a source of reassurance and psychological security.

2. People have a sense of independence and self-reliance, as well as the ability to make and take decisions without being dictated to by others, which leads to self-esteem and naturally associated positive motivation for self-affirmation, as well as the ability to tolerate frustration, which is one of the most important factors in preventing psychological and behavioral disorders.
3. People have high levels of problem-solving skills, as well as the ability to think before action, and thus slow down and avoid impulsivity, which reduces the possibility of mistakes during social interaction with others or during problem solving.
4. Possessing a positive view of themselves and a general sense of confidence, ability, and competence, and this does not mean that all manifestations of self-doubt are absent, but rather considering this doubt as a turning point in the direction of overcoming it.
5. Their ability to manage strong negative and positive emotions and feelings. These individuals may experience difficult or stressful interactive situations that necessarily generate strong, confusing, and worrying feelings. However, psychological resilience enables individuals to effectively manage these emotions and feelings at a level of understanding, regulation, control, and expression within a general framework of self-confidence and a sense of personal worth.
6. According to supporters of the humanistic school of psychology, people with a high level of perseverance and diligence have a better chance of achieving their goals because this is a necessary characteristic of striving, endurance, and patience regardless of troubles and difficulties, thus positively continuing on the path of self-realization as a basic goal and a major indicator of mental health.

### **2.3. Factors affecting psychological resilience**

An interactive set of factors contribute to the development of general psychological resilience, and the results of many studies show that the main factor in forming psychological resilience is normal and supportive social relationships inside and outside the family. Social relationships can have an effect on a person's overall health as they can contribute to financial, occupational, and emotional resources (Kansky,2017). In high-income societies, the importance of social relationships to health and well-being has been extensively documented. In some studies, good social relationships have been shown to increase survival by 50%, with social relationships indicating greater safety. Maintaining social relationships in old age is associated with a reduced development of depression and dementia (Santini, 2016).

The other factor affecting resilience is family support, it plays an effective role in the stability of family members. Families that are stable in all respects, financially, morally, and relatively stress-free, can be life-giving influences. When the family relationship is healthy, it can be an ongoing relationship that can be trusted to the extent that a family relationship that enjoys well-being and emotional stability can benefit a person's health and progress in all areas of life (Saltzman et al., 2013).

Strong family relationships can provide a person with comfort, motivation, and strength when they are stressed. It also provides a sense of belonging and unconditional acceptance that you won't find anywhere else. However, when these relationships are harmful or stressful, they can become overpowering. Indeed, a strained family relationship can contribute to many of the conflicts and setbacks successfully (Thomas & Liu,2017).

Women who have a strong network of friends and family may be less frustrated and have better mental health. Poor family relationships, on the other hand, may be associated to depressive symptoms. A cooperative family with constant support can have a positive impact on all its members and thus have an effective impact on society. Every society is established on the basis of relationships, marriage, and attached family. Families are commonly acknowledged as a vital source of the support system and security. Couples can create safe and sustainable circumstances that promote the growth and development of each one throughout life, from birth to old age (Wang et al., 2021).

Optimism is also a powerful and healthy motivation for individuals. It has a significant impact on psychological and physical health. Optimism is one of the most important aspects of a successful person, and this is because an optimistic person strives to achieve their goals. It gives hope for one's life and the lives of those around them, as well as improves the faith in self and others' lives. Perhaps a person's cheerful view is simply a reflection of good outlook despite the many difficulties an individual may face (Thompson et al., 2018).

The benefits of optimism also include a person's increased ability to deal with problems and seek optimal solutions with confidence. People see themselves as having the patience and perseverance to find a solution, so rarely feel helpless, even in the most difficult circumstances (Gómez Molinero et al., 2018).

Self-belief is a crucial element that counts as the heart of resilience. Individual expectations, a positive view of themselves, and self-esteem have a significant impact on success in life. Confidence is the main and essential trait of a person. Even if individuals lack all the basic knowledge

and competencies to solve problems, they are confident in their abilities and resourcefulness to achieve what they need (Bitsika et al., 2010). Self-confidence is an attitude related to an individual's interests and skills, and individuals with self-confidence usually feel in control of their lives because they understand their strengths and weaknesses and have a good opinion about self. They are also confident of their ability of dealing effectively with others, communicating with them, and facing criticism. Confidence also refers to a general feeling of belief and confidence in one's ability to deal with challenges. Having a good sense of self-confidence can aid personal and professional advancement. Confident people are more likely to succeed academically (Stankov and Morony, 2014).

Social support is also a very influential factor for psychological resilience as it helps people cope with the psychological and negative effects of stressful life events. and that people who want to find a source of support and protection in their lives should look for effective and positive ways to help them deal with unexpected life circumstances. They should seek social support from close people to protect them from negative emotional and establish a healthy balance and sense of personal worth. The lack of social support in the family is detrimental to harmony between family members, such as husband and wife (Mai et al., 2021).

In the aftermath of disasters, adult women struggle to maintain family life, rebuild societies and cultures, and care for and assist traumatized children and dependent relatives. Women participate in a variety of tasks and activities in the productive and societal activities. Therefore, resilience is important in assisting women in coping with challenges and care for their children and family members (Bradshaw & Fordham, 2013).

## **2.4 Terms related to the concept of psychological resilience**

### **2.4.1. Psychological hardiness**

Even in difficult times, people with a high level of psychological hardiness see life as meaningful and purposeful. Individuals with high degrees of hardiness will view a stressful circumstance as valuable, an opportunity to gain control of the situation, and to advance. The three attitudes that form psychological hardiness are as follows: control, commitment, and challenge. Psychological hardiness is not a physical ability, it is a personality characteristic that assists in the protection of an individual against severe life situations. It also supports them in overcoming stressful events as they happen and transforms them into long-term sources of strength for them (Bartone et al., 2013). Henderson (2015) found that hardiness training helps individuals avoid burnout and stress. Psychological hardiness has an important role in reducing stress and employing more effective coping mechanisms among nurses.

### **2.4.2. Psychological immunity**

Psychological immunity is defined as a comprehensive and protective system that works to enhance the self and helps the individual react to stressful environmental conditions, as well as the ability to protect against negative factors, threats, risks, frustrations, and psychological crises. Psychological immunity is enhanced through positive thinking, feeling of competence, sense of cohesiveness and connectedness, sense of self-growth, openness toward change and challenge, social awareness, goal orientation, creative self-concept, and problem-solving ability (Bredacs , 2016 ).

### 2.4.3. Ego strength

The ego strength refers to the ego's ability to control motives and adapt to the environment. The concept of ego strength in psychology is considered to have dimensions within the psyche and personality. It involves a combination of intrinsic psychological capacities, i.e., both cognitive and emotional capacities, that individuals use in their interactions with others and with the social environment. Ego strength reflects a person's adaptive capacities, coherent identity, strength of character, self-efficacy, and self-esteem. There is harmony between the all structures of human personality, and the strength of the ego helps maintain emotional balance (Besharat et al., 2018).

Ego control and ego resilience are the two key factors that make up ego strength. Ego control is the ability to adjust the ego's responses and match them with standards such as principles and ethical expectations in order to accomplish long-term goals. Ego resilience is a psychological trait that affects how a person reacts to adversity. People with high ego resilience adapt faster, are better at planning long-term goals, heal from harm rapidly, and are less stressed and frustrated when faced with difficulties. Ego control and ego resilience refer to maturity and the ability to adjust to environmental and personal demands (Teimourpour, et al., 2015).

## **2.5 Development of psychological resilience over lifespan of women**

The subject of women's resilience has become a popular issue through their active role in addressing the problems, calamities, and adversities in their lives. Aid agencies and scholars focus (Gaillard and Fordham & Sanz, 2015). According to (Dhungel and Ojha 2012), women

play an important role in caring, risk reporting, organizing community activities, and building strong relationships. Despite the reality that women's resilience is recognized, there is a research gap on how this resilience can help minimize a woman's vulnerabilities and risks in the long term.

The development of psychological resilience in a woman's life begins at an early age, when millions of children are abused and neglected every year throughout the world. Being mistreated as a child can have serious ramifications that cause a lot of distress. Child abuse causes a great deal of disorder and trauma. Physical abuse, sexual assault of girls, and emotional abuse are all types of child abuse that influence the development of resilience overtime (Afifi & MacMillan, 2011).

Early childhood education seems to have the capacity to enhance the development of young children who have experienced trauma, and resilience provides a significant framework for doing so. Individual skills (for instance, self-efficacy, growth mindset, tolerance, and social competency) assist children in continuing to learn and participate in constructive social interaction. Supportive caregivers, siblings, peers, teachers, and others are examples of relational protective factors that help children feel safe and valued, acquire the skills to deal with stress, solve problems, gain knowledge, and access resources, which in turns builds their resilience and the capability to effectively overcome stressful situation (Lipscomb et al., 2019).

Development of resilience among females during adolescence period, schools are an important social place for developing resilience. Education has an effective and influential role in changing the behavior of female students. School participation and regular attendance have been

linked to resilience, and this link can be seen from the perspective of schools that support the adaptation process, provide a comfortable workplace for students who have experienced trauma or difficulties, and protect young females facing daily challenges. Teachers are the school's most important influence on youth resilience. Educators build youth resilience by actively listening to and interacting with students, empathizing with their struggles, and lobbying for bullying prevention and social cohesion. In other words, teachers provide psychosocial support (Jefferis and Theron, 2017). Psychological support is the key for developing resilience and prevent mental illness (WHO, 2015).

Several factors have been identified as contributing to older women's resilience, including external resources such as community cohesion and internal resources such as direct approach to challenges and spiritual foundation. Women's lives were concentrated on hope and self-extension to others. These resilient women were able to maintain their self-preservation by moving forward in life, overcoming adversity, and engaging in dissident (unconventional) behavior (Kinsel, 2005). According to the study (MacLeod et al. 2016), older adults have varied resilience levels depending on their social backgrounds, personal experiences, and challenges they experience. Higher resilience has also been linked to potential benefits such as preventing early aging, lower depression, and longer life. Providing social support and enabling access to care and resources can help elderly people develop and maintain their resilience (Van Kessel, 2013).

## **2.6 Difference in the psychological resilience between male and female**

In the aftermath of disasters, several studies have reported that women suffer more severe consequences and have less resilience than men. Gender discrimination, along with racial, economic, and other types of discrimination, has adverse effects on women's resilience. In one study, researchers were urged to investigate how disasters affect women in the face of societal changes in wealth and population, as well as gender-based violence, and to conduct further research on how to enhance women's caring roles in the event of disruption (Lightfoot et al., 2020).

Personality factors that influence how men and women deal with adversity differ between men and women. For example, men communicate less and receive less support and empathy during difficult situations compared to women, who communicate more and gain more empathy and different types of support. Women are more likely than men to seek assurances from their families and communities. According to surveys, spirituality and social support are valued more by women than men. On the other hand, men place great emphasis on their efficiency, which helps them build resilience (Sambu & Mhongo, 2019).

## **2.7. Ways to build psychological resilience**

American Psychiatric Association, (2010) presented ten ways to build psychological resilience:

1- positive social relationships with others in general, and particularly with family and friends. Social relations provide a person with a feeling of happiness, reassurance, security, psychological comfort, and belonging. Thus, they produce a healthy and psychologically balanced personality.

2- Avoiding seeing crises as problems that cannot be eliminated. A person cannot change the fact that stressful events are part of the reality of human life, and must transcend the difficult present circumstances and look to the future, in addition to alleviating or mitigating the feelings of distress and sadness resulting from the hardships and pitfalls in life.

3. The successful person must accept change and consider it an essential part of life. The person may not be able to achieve and accomplish certain goals in life as a result of stressful situations or stressful events to which the person is exposed. But, accepting conditions that cannot be changed helps to focus on other conditions that are subject to change and to take control of the situation (Meichenbaum, 2017).

4. Moving towards achieving goals by setting realistic and achievable goals based on an accurate reading of a person's capabilities and the reality around him/her. Being consistent in doing something, even if it seems like a small achievement, gradually helps in achieving goals. Goals should also be discussed with family, friends, or colleagues, as others can help motivate and provide opportunities, because the participation of close people in personal plans contributes to motivating the individual to pursue plans and achieve them.

5-Making decisive decisions regarding difficult situations with maximum energy and high capacity can push the person towards confrontation, effective response, and active positive coordination, instead of clinging to pressure and thinking about suffering and difficulties.

6-Seek all opportunities that lead a person towards self-discovery. People typically learn a lot about themselves and their positive reactions to loss or stressful events is very important because it benefits many people who have faced difficulties, setbacks, or misfortunes in their lives. Their positive

overcoming of what they encountered enabled them to develop strong and positive relationships with others. Being aware of the ability or the possibility of being subjected to such adversities increases the sense of personal values and self-esteem, and resorting to self-belief strengthens the sense of the value of life (Lowe, 2013).

7-Building a positive vision or outlook and increasing self-confidence by believing in one's ability to solve problems. Focusing on the positive aspects of every situation and constantly rejecting negative thoughts is important because there is always a good side or at least something a person learns, even if that learning comes from harsh and unpleasant situations.

8-Placing things in context and their normal size: When a person experiences stressful or traumatic events, the stressful situation must be evaluated in its broad context, looked at the long-term outcome that such a situation can contain, and completely avoided exaggerated thinking.

9-A person should not lose hope and be optimistic, as an optimistic person is given a high ability to deal with problems and find a solution to them. Moreover, an optimistic person is able and effective to confront any problem and seek a solution to it.

10-Taking care of self and body: Engaging in beneficial activities and experiences, engaging in regular and enjoyable exercises, and taking care of self and body all help to prepare for any stressful emergency event (Ismail,2019).

There are several ways to build the family's resilience as highlighted by (Abdul-Mu'tamid, 2020) which are:

- Stop irrational thinking: this thinking causes anxiety and stops the ability to perform meaningful work.
- Building a strong family: Using family strengths as a great tool for self-awareness and a great opportunity to talk with children to benefit from what they do well.
- Take advantage of the good things; focus on the positive sides of events increases the sense of happiness and optimism.
- Effective confrontation of family members: People face many challenges in life, and as a result of these experiences, a plan must be prepared and confidence built to know how to face life's biggest challenges.
- Support from others: building strong social relationships that build resilience and happiness is key, and responding in an active and constructive manner helps build the best relationships.

## **2.8 Marital adjustment**

The family is the smallest building block in society, and strong family ties ensure the long-term survival of society. The foundation of the family is built through the marriage of spouses who make many promises to each other, such as fidelity, mutual respect, loyalty, and commitment to responsibilities. As the couple begins to live together and raise their children, who will be born, adjustment, contentment, and happiness of the spouses and their children are all factors that affect the quality of the marriage (Mutlu et al., 2018).

Marriage is a social relationship between a man and a woman that is based on religious, social, and economic foundations. It is an essential factor for the survival and preservation of the human race and the satisfaction of the mutual needs on which society is based. Adjustment

with new life cannot be achieved until marriage continues in a state of stability, balance, and harmony between the spouses. This ensures the continued success of the relationship between the spouses, which is shared with affection and compassion, which in deed maintain marital adjustment (Ben Toumi and Mihoubi, 2019).

Women have an important and decisive role in the development of human societies, and nations develop as a result of the importance they attach to women. The issue of women has emerged as a decisive and important factor in human social issues. Women have become valuable members of organizations, leaders of state, society, and civic institutions, experts, educators, and reformers around the world. In addition to their active social role in marital life, women play a major and important role. A married woman performs the majority of the housework in addition to the tasks outside home. Due to the increased stress of their tasks and less free time, women who have multiple responsibilities may experience more stress and discomfort, which might influence their adjustment with life responsibilities (Nazari et al., 2018; Sirin and Deniz, 2016).

Women face many responsibilities and family requirements that they seek to fulfill, which has led to the emergence of many pressures that affect them and the daily life of the family. The study of (Eddy, 2013) found that women's exposure to high family pressures without confronting them leads to the emergence of symptoms of depression, while positive coping methods deal with stress and confront problems in an appropriate manner, based on the available and realistic possibilities.

Marital adjustment is a multifaceted notion that encompasses a variety of qualities of a marriage, including satisfaction, happiness, integrity, and commitment. The quality of the relationship between spouses

determines the stability of the family. Dysfunctional marriages or failed marriages influence not only the mental health of the couples, but also the family's survival (LM & Leila, 2010). Marital adjustment is a psychological state that is not obtained immediately; rather, it takes the spouses' persistent efforts to achieve it, particularly in the early years of marriage, when marital satisfaction is insecure and the marriage connection is at risk. When a couple's marital connection meets expectations, it brings marital adjustment (Gorbanzadeh et al., 2013).

### **2.9. Factors affecting marital adjustment**

Children are one factor that achieves closeness and love between spouses and establishes a very important bond between them. The presence of children often relieves the tension between the spouses and tries to solve problems and bridge differences between them. There may be differences and problems as a result of children, such as emotional and financial costs to the parents, as well as time and effort differences, or there may be disagreements between spouses about the number of children they should have or the desire to have them (Onyishi et al., 2012).

Other contributing factors to marital adjustment are decrease in marital fatigue and an increase in the quality of life of spouses. In addition, increased marital dissatisfaction between spouses increases the likelihood of developing depression. Marital fatigue increases aggression and violence and decreases love and affection between husband and wife, reducing the quality of their marriage and increasing their dissatisfaction. One of the most effective ways to reduce marital weariness is to increase marital satisfaction (Robles et al., 2014).

Some studies have shown that mutual love between spouses decreases over time and that marital satisfaction decreases with increasing

years of marriage. Another study revealed that marital compatibility and understanding increase with increasing years of marriage, and that romantic love continues in long-term marriages and that this type of love is linked to marital satisfaction, as well as happiness and high self-esteem (Sorokowski et al.,2017). Also choosing the right partner depends on compatibility between the cultural and educational levels can help reducing marital maladjustment (Bayraktaroğlu & Çakıcı, 2013).

Personal traits play a key role in marital adjustment. The degree of adjustment is positively related to some personality characteristics such as insight, self-confidence, sensitivity towards the needs of others, emotional expression, and self-assertion, while poor adjustment is linked to personality characteristics such as domination, aggression, emotional imbalance, isolation, dependence, and difficulty of expression (Tuncay-Senlet, 2012).

The emotional maturity of the individual is an important indicator of resilience, and thus emotional maturity contributes to achieving marital adjustment. Emotionally mature person has a special perspective on life, and the emotional immaturity of one or both spouses lead to incompatibility. Maturity requires that the individual fully understand himself in terms of strength and weaknesses, and know his abilities and points of weakness. Self-control, controlling motives and emotions, and good relations with others are all factors that determine emotional maturity and contribute to the application of psychological adjustment in general and marital adjustment in particular (Tavakol et al., 2017). Other factors that influence marital adjustment include economic status, age, race, religious beliefs, women's occupations, sexual compatibility, and personal expectations and values related to marital happiness (Dey & Ghosh, 2016).

The quality and stability of married is affected by income, occupation, property, debt, and the sharing of family responsibilities. In other words, in today's world, income, spending, saving, and sharing money are critical components of married life. Economic concerns are the most common source of conflict in personal, marital, and family relationships. Adequate employment and income are fundamental issues in establishing, maintaining, and improving marital happiness. Financial conflicts and low-income lead to marital discord and dissatisfaction (Zanjani and Baghait ,2014).

### **2.10. The role of marital adjustment in women's personal life**

Marriage is beneficial to the health and stability of both spouses for many reasons. Marriage involves what calls "due trust." Married people can be relatively secure in their spouse's commitment to support each other financially and emotionally in times of need. All of these elements may contribute to the sense of subjective well-being. Many of the f aspects of married life are expected to work successfully. In improving psychological performance, marriage provides social inclusion and is located within a network of social obligations, which also protect against isolation. Married people have more emotional support than singles, which reduces depression and anxiety (Meadows et al., 2008). Moreover, married people have more access to economic support than unmarried people (DeMaris, 2018).

In many cultures, the family as well as its members' interaction patterns are an important component in people's welfare, happiness, and well-being. One of the most crucial aspects of family life is happiness. Family satisfaction improves cohesion and activity by providing constructive direction to family members. Having a balanced family is a

real effect of the concept of family stability, and researchers have found that family life has a significant impact on quality of life (Stasova and Vilka, 2018).

Psychological happiness and marital compatibility are critical factors for a person's success in all stages of life. A stable marriage, physical activity, and a stable financial position improved women's overall quality of life. Women who have a higher quality of life are healthier and more likely to use public health preventive resources. Disruptions in marital relationships and family functions, in general, appear to have a negative impact on a woman's quality of life. Women's health and well-being are fundamental elements that affect the health of the family and, ultimately, the health of society (Giannulli, et al., 2012).

Although, disharmony between partners is possible in every marriage, the severity of disagreement varies between families. Tension between spouses is not considered the end of married life or failure. If the ways of dealing with problems are good and mature, partners can prevent the problem from getting worse and developing, and instead turn it into a means of support and harmony between the spouses. The strength of the emotional relationship between husband and wife has a positive effect on the behavioral state of their children. Having love and effective communication in the home and family is an effective element in promoting intimacy between spouses and their children, resulting in children feeling comfortable and self-confident (Camisasca et al., 2016).

### **2.11 The psychological consequences of having low marital adjustment**

The family is the basis for building the personalities of children and achieving mental health. It is one of the most important foundations

for improving the correct and strong personality that allows the individual to grow naturally so that it meets all psychological and social needs. Maladjustment leads to negative influence on the psychological and physical health of both partners. Women with low adjustment level are more likely to experience difficult and stressful events that have negative repercussions for the individual's psychological structure, contributing to a mental health problem. Consequently, maladjustment has an adverse influence not only parents, but also children's personalities. Incompatible marriages also have a negative effect on partners' and children's emotional well-being (Lincoln and Chae, 2010).

Low life satisfaction and marital conflict are common, especially among women. Depression occurs in married women due to mistrust and marital incompatibility. According to Darvizah and Kahki (2008), a relationship exists between life satisfaction and marital well-being among married female who have other tasks beside their family life, such as being a college student. Partners who experience family problems and unsupported marital relationship are more likely of thinking about divorce, which in turns that thinking impose more psychological stress on women (Mirfardi et al., 2010).

The stressful family climate in which the child lives may lead to poor academic and cognitive achievement as they find it more difficult to regulate attention and emotions. With conflicts, a child's chances of dealing aggressively with others are increased, and they may have trouble maintaining healthy relationships when they become an adult (Pendry and Adam, 2013).

Marriage plays an influential and vital role in human life in a positive way that some may not realize, as the diseases of anxiety, stress, and

depression increase among married couples who suffer from ongoing marital disputes, while they decrease significantly among married people who enjoy family stability and family harmony (Alipour et al., 2013).

## **2.12. Contributing factors to psychological resilience and marital adjustment**

There are several factors of psychological resilience that help in the continuity of marital harmony, such as social support, effective communication, optimism, and hope. Acute and chronic stressful experiences greatly affect the development of close relationships and marital satisfaction. The impact of stress on the marital relationship through several factors can have a negative impact on communication between spouses, increasing health problems. Social support, personal communication, and achieving a high level of marital satisfaction are all linked to each other. Partners need to maximize their resilience to relieve stress and increase feelings of happiness, generates positive emotions, and reduces the negative impact of external events (Hasna et al., 2020).

Social support and healthy marital adjustment are necessary to overcome the occurrence of many psychological distresses that may lead to the breakdown and disintegration of the family, such as anxiety, stress, and depression. Social support encourages positive public interactions, eliminates differences, sustains love, reduces unsuccessful partnerships, and fosters effective interest and participation. As an outcome, the individual's negative psychological reactions or a sense of psychological loneliness are minimized. It has been reported that a relationship between marital problems and depression symptoms in women is significant for both working and non-working women (Abbas et al., 2019).

The importance of social support lies in the fact that it reduces the impact of emotional distress, enhances self-esteem of the individual, affects psychological and physical health, increases feelings of happiness with the positive sides of life and this leads to improve mental health. It contributes to positive harmony and personal growth and brings many benefits, ultimately improves the marital relationship and the relationship with children and relatives (Sahu & Singh 2014).

Many health professionals focused on social support, health education and useful information for women who were seen as weak or "at risk" with an emphasis on enhancing parenting skills to increase child health. Others try to boost self-esteem among women who face various difficulties (violence, poverty, depression) in order to increase women's self-confidence in managing home life and raising children (Small and Taft & Brown, 2011).

Effective communication is one of the most successful strategies for fostering strong marital relationships. Teaching couples communication skills helps couples overcome future marital strife and reduce the number of divorce cases. Many couples may find that learning these skills in primary care settings is more effective, and a primary care professionals may be particularly helpful for these couples. However, both partners can participate in group sessions with other couples and work with a clinical psychologist to improve self-confidence and avoid costly and time-consuming one-on-one office sessions (Yalcin & Karahan, 2007).

Communication between spouses is of great importance. Thinking about one of the means of communication between spouses, such as dialogue, it is much deeper than it appears, and the dialogue in about marital relationship differs in its level of influence on different couples.

Satisfaction with communication between spouses can be influenced by the methods used in discussions and problem solving, the ability to express oneself, and the use of good listening skills between spouses. These elements are count to be as most important sources of strength in marital relationships. Sincere interest and affection begin when both spouses have good listening skills and the ability to express feelings without restrictions. Partners share feelings and give each other feedback without ideal expectations or demand for radical change is crucial (Lederman et al., 2010).

Therefore, communication is considered one of the most influential factors in the quality of the marital relationship and its continuation of happiness, as each spouse seeks to develop communication skills, including problem-solving skills and the ability to express and empathize, which generates affection between spouses and reduces the psychological stress that could be the consequence of poor resilience levels among both husband and wife (Esere et al., 2011).

It must be emphasized that effective communication does not mean that there are no problems between spouses, but means there are more effective methods that the spouses use in managing emotions and solving problems to reach a point of agreement between the two couples. The importance of marital communication is clear, as it helps to bring the spouses closer together in communication and increases the level of security, openness, resilience, and the ability to explain each other to the other, making the marital relationship more close and able to face life's difficulties together (Daher, 2018).

On the other hand, negative communication methods in the marital relationship cause a lot of problems that reduce the chances of enjoying this

close relationship, which leads to emotional divorce, feelings of failure, and deterioration of parenting methods. In a study of ( Hou et al., 2019). couples who lack effective communication are more likely to experience strained marital relationships. According to one study of (Carr & Kellas, 2018). people from families who have a combination of stability, resilience, and communication skills are more resilient no matter how hard they face. Supportive marital communication plays a protective role in the face of major family difficulties in unbalanced couples. Couples who use positive coping strategies such as optimism, hope, and the ability to love and accept reality for the better tend to communicate more effectively and show greater marital satisfaction than couples who use negative coping strategies such as blame, avoidance, and negativity. The researchers also found that denial, negative self-expression, withdrawal, drug use, and violence are negative coping strategies associated with marital dissatisfaction (Bélanger, et al., 2014).

***Chapter three***  
***Methodology***

## **Chapter Three**

### **Methodology**

This chapter describes the process and the steps of designing and producing the results of the study. It also includes administrative procedures, sampling plan, study tools, and data collection data analysis.

#### **3.1. Study Design**

A quantitative study using a descriptive correlational study design to measure the relationship between psychological resilience of women and their marital adjustment. Correlational design helps determining the direction and the strength of the relationship between dependent variable (marital adjustment) and independent variable (psychological resilience). The study period was from November 1,2021 to May 17,2022.

#### **3.2. Administrative Arrangements**

Formal approvals have been made for the current study in order to get official authorization to facilitate the process of collecting the study data, including:

1. Approval of the study by the University of Babylon/ College of Nursing Council (Appendix A).
2. Formal approval was obtained from Wasit Health Directorate “Training and Human Development Center” to gather study data from healthcare institutions in Wasit City (Appendix B1).
3. Formal approvals were also obtained from the health institutions within the administration of Wasit Health Directorate (Appendix B2).

### **3.3. Setting of the Study**

The study was conducted in primary health care centers in Wasit province, out of a total of 45 health centers, these centers were chosen by voting method (Al Wahda Health Center, Hay Said Center, Al Salam Health Center, Al Bashaer Health Center).

### **3.4. Sample and Sampling**

Married women were the target group of this study. A total of 150 married women were included in the study using the non-probability "convenience" sampling technique to recruit study sample. Since the number of target population is not known, Cohen's methods were used to determine the adequate sample size (Appendix D). According to the Cohen's methods, the minimum sample size required for studies using (0.05) probability value is about 99. However, to increase the effect size of the study, the sample was increased to 150 married women.

#### **Inclusion Criteria:**

1. Married women aged between 18 and 60 years old.
2. Married women who reported no history of mental health problems. This issue is identified by a specific question within the Sociodemographic section. All married women reported having no history of mental health problems.

#### **Exclusion Criteria**

1. Women who are married for the second time
2. Disabled women

### **3.5. Ethical Consideration:**

In order to ensure that the study is compatible with research ethical standards, approval was obtained from the Research Ethics Committee at the College of Nursing, University of Babylon (Appendix C). Married women were informed that their participation in the current study is voluntarily and filling the questionnaire is an informed consent to be a part of the study. Married women were given an anonymous questionnaire to maintain the confidentiality of the participants' identities. Their data will be used for research purposes only and will not be disclosed to anyone except the in charged people (researcher, research supervisor, and Research Ethics Committee) .

### **3.6. Study Instrument**

This section consists of three parts:

**Part I:** This section presents socio-demographic characteristics for married women (age, age at marriage, number of children, woman's education, husband's education, woman's occupation, husband's occupation, income, living address, and husband relation).

**Part II:** The Connor-Davidson Resilience Scale (CD-RISC-25) is a 25-items scale that shows good psychometric characteristics in measuring psychological resilience of individuals. Originally, the scale was developed by Kathryn Connor and Jonathan Davidson in 2003. It is a 25 items scale, and scored on a five points Likert scale as follows: all the time = 5, most of the time = 4, some of the time = 3, rarely = 2, and never = 1 (Appendix E). The total scores for the 25 items varied between 25 – 125. The resilience levels were calculated using the sum of item scores as follows:

25–58 are considered low levels of resilience, 59–92 are considered moderate levels of resilience, and 93–125 are considered high levels of resilience.

**Part III:** This part includes the marital adjustment scale. This scale was originally developed by (Blum and Mehrabian, 1999) to measure the marital adjustment of both husband and wife. It is a 35 items scale that is measured on a five-point Likert scale as follow: strongly agree = 5, agree 4, neutral = 3, disagree = 2, strongly disagree = 1 , for positive questions. For the negative direction questions the scoring was inverse as follow: strongly agree = 1, agree = 2, neutral = 3, disagree = 4, strongly disagree = 5 (Appendix E). The total scores for the 35 items ranged from 35–175. The marital adjustment levels were calculated using the sum of item scores as follows: Low marital adjustment level range between 35–81, moderate marital adjustment levels 82–127, and high marital adjustment level 128–175.

### **3.7. Validity of the Questionnaire**

Validity is a fundamental step in the methodology section. Type 2 errors can be minimized by using valid measures. The resilience scale was translated to Arabic by two independent bilingual translators. To ensure that the Arabic versions of the resilience scale were valid, they were presented to ten experts in the field of mental health and community health nursing to determine the content validity index (Appendix G). The Arabic version of the resilience scale achieved a high validity score (SCVI = 0.96) (Appendix F). Regarding the marital adjustment scale, the researcher used the translated version of the scale that is translated by Abo Asaad (2011);

therefore, there was no need for translation or validation to the used version of marital adjustment scale.

### **3.7.1. Data Collection Methods**

After the researcher obtains all the required official approvals, the data collection process begins in February 25 to April 10, 2022. Data was collected using a self-administered questionnaire. The researcher clarifies the expected benefits of the study for women before obtaining their voluntary consent of participation. The time estimated for each woman to complete the questionnaire was 20–25 minutes. For women who do not read, the researcher explained each item to facilitate their understanding and obtain accurate responses.

### **3.8 Pilot Study**

A pilot study was carried on (20) women in the Al-Wahda Health Center. The pilot study was conducted during this period from February 2 to 15<sup>th</sup> of February, 2022. Women participating in the pilot study was not part of the research sample.

#### **The purposes of the pilot study are to determine:**

- a. The reliability of the Arabic version of both scales; psychological resilience; and marital adjustment scale.
- B. Determine the appropriate time required for data collection.
- C- Clarify and understandability of the scale.
- D-Identifying the difficulties and challenges that the researcher may face during sample collection.

**The following are the results of the pilot study:**

- (a) The questionnaire items were clear and easy to understand.
- b) The questionnaire took between 20 and 25 minutes to complete.
- (c) The questionnaire items are reliable.

### **3.8.1. Reliability of Research Instruments**

A reliability analysis was performed to check the internal stability and consistency of the scale items. The Arabic version of both scales demonstrates that the scores were reliable and acceptable. The Cronbach Alpha score for the psychological resilience questionnaire was ( $\alpha= 0.82$ ); for the marital adjustment questionnaire the Cronbach Alpha score was ( $\alpha= 94$ ).

**Table 3.1. Reliability analysis of study Instrument**

| <b>Scale Name</b>        | <b>No. of Items</b> | <b>Cronbach Alpha Value</b> | <b>Assessment</b> |
|--------------------------|---------------------|-----------------------------|-------------------|
| Psychological resilience | <b>25</b>           | ( $\alpha= 0.82$ )          | <b>Reliable</b>   |
| Marital adjustment       | <b>35</b>           | ( $\alpha= 94$ ).           | <b>Reliable</b>   |

### **3.9. Statistical Data Analysis:**

To analyze the statistical data, a number of statistical measures were used using Microsoft Excel (2016) and SPSS statistical software version 26 for analysis of the collected data. Correlational analysis was used to determine relationships between marital adjustment (dependent variable) and psychological resilience (independent variable). Descriptive statistics

(frequency and percentage) were used to describe women's sociodemographic characteristics, levels of psychological resilience, and levels of marital adjustment. In addition, Chi-Square analysis was also used to measure the relationship between study variables (marital adjustment and psychological resilience) and the sociodemographic characteristics of women.

### **3.10. Study Limitations**

During the study period, the researcher faced some obstacles, including:

1. There are a few global and Arab studies on the subject of women psychological resilience and marital adjustment.
2. The study was done in one geographical area, which may limit the generalization of study results on women in Iraq.
3. A number of non-working women refused to complete the answers to some of the questions contained in the questionnaire because they believed that the subject of marital adjustment was a special topic because it contained some sensitive questions, despite the constant reminder by the researcher to conceal the identity of the woman participating in the questionnaire. This may also limit the generalizability of the results on all married women.

*Chapter our*  
*Results*

**Results**

Part 1: Descriptive statistics of study variables

Table 1: Descriptive statistics of women sociodemographic characteristics

|   |     |       |
|---|-----|-------|
| <b>Age</b>                                  | F   | %     |
| 18 - 24 Years Old                           | 22  | 14.7  |
| 25 - 31 Years Old                           | 46  | 30.7  |
| 32 - 38 Years Old                           | 30  | 20.0  |
| 39 - 45 Years Old                           | 19  | 12.7  |
| 46 - 52 Years Old                           | 18  | 12.0  |
| 53 - 60 Years Old                           | 15  | 10.0  |
| Total                                       | 150 | 100.0 |
| <b>Age at marriage</b>                      | F   | %     |
| 14 - 20 Years Old                           | 50  | 33.3  |
| 21 - 27 Years Old                           | 87  | 58.0  |
| 28 - 34 Years Old                           | 13  | 8.7   |
| Total                                       | 150 | 100.0 |
| <b>Mother Education</b>                     | F   | %     |
| Does Not Read & Write                       | 6   | 4.0   |
| Primary Education                           | 13  | 8.7   |
| intermediate school                         | 11  | 7.3   |
| Secondary Education                         | 39  | 26.0  |
| University Education (Diploma and Bachelor) | 66  | 44.0  |
| Graduate (Master PhD.)                      | 15  | 10.0  |
| Total                                       | 150 | 100.0 |
| <b>Husband Education</b>                    | F   | %     |
| Does Not Read & Write                       | 7   | 4.7   |
| Primary Education                           | 15  | 10.0  |
| Intermediate school                         | 25  | 16.7  |
| Secondary Education                         | 26  | 17.3  |
| University Education (Diploma and Bachelor) | 69  | 46.0  |

|                                    |     |       |
|------------------------------------|-----|-------|
| Graduate degree (Master& PhD.)     | 8   | 5.3   |
| Total                              | 150 | 100.0 |
| <b>Mother Occupation</b>           | F   | %     |
| Employed (Governmental or Private) | 81  | 54.0  |
| Not Working or Housewife           | 63  | 42.0  |
| Retired                            | 6   | 4.0   |
| Total                              | 150 | 100.0 |
| <b>Husband Occupation</b>          | F   | %     |
| Employed (Governmental or Private) | 65  | 43.3  |
| Not Working or Disabled            | 11  | 7.3   |
| Free Jobs                          | 66  | 44.0  |
| Retired                            | 8   | 5.4   |
| Total                              | 150 | 100.0 |
| <b>Income</b>                      | F   | %     |
| Not Enough                         | 36  | 24.0  |
| Enough to Some Extent              | 64  | 42.7  |
| Enough                             | 50  | 33.3  |
| Total                              | 150 | 100.0 |
| <b>Living Address</b>              | F   | %     |
| Rural                              | 41  | 27.3  |
| Urban                              | 109 | 72.7  |
| Total                              | 150 | 100.0 |
| <b>Relation to Husband</b>         | F   | %     |
| Relative                           | 58  | 38.7  |
| Foreigner                          | 92  | 61.3  |
| Total                              | 150 | 100.0 |

Table 1 displays the sociodemographic characteristics of 150 married women who participated in the study. In terms of the age of women, the

majority of women (30.7%) are between the age of (25-31) years old, and the lowest percentage (10.0%) is for the age group between (53–60) years old. Their age at the time of marriage were mostly between (21-27) years old (58.0%), followed by those who were married at the age of (14 – 20) years old (33.3%). With regard to educational levels, the highest percentage of women have obtained university education (diploma and bachelor) (44.0 %) and very few women reported not reading and writing (4.0%). Concerning their husband's educational, (46.0%) of women reported husband with university education (diploma and bachelor's degree); similar to mothers' education, very few women (4.7%) reported husband who are nor read and write. Most of the women are employed (54.0%), and the percentage of unemployed women were (42.0%). In regard to husband's occupation, the highest percentage (44%) reported husband with free jobs; while (5.4%) reported retired husband. Also, most women reported that their financial income was sufficient to some extent (42.7%) and (24.0%) reported that it was not enough. The study showed that the percentage of women married to foreigners was (61.3%), while those who were married to relatives were (38.7 %). Women living in urban areas were (72.7%); while (27.3%) reported living in rural areas.

Table 2: Descriptive statistics of women's psychological resilience levels

| <b>Women Resilience Levels</b> | <b>F</b> | <b>%</b> |
|--------------------------------|----------|----------|
| Moderate Level of Resilience   | 65       | 43.3     |
| High Level of Resilience       | 85       | 56.7     |
| Total                          | 150      | 100.0    |

This table demonstrates that the women's resilience levels varied from a moderate level of resilience (43.3%) to a high level of resilience (56.7%).

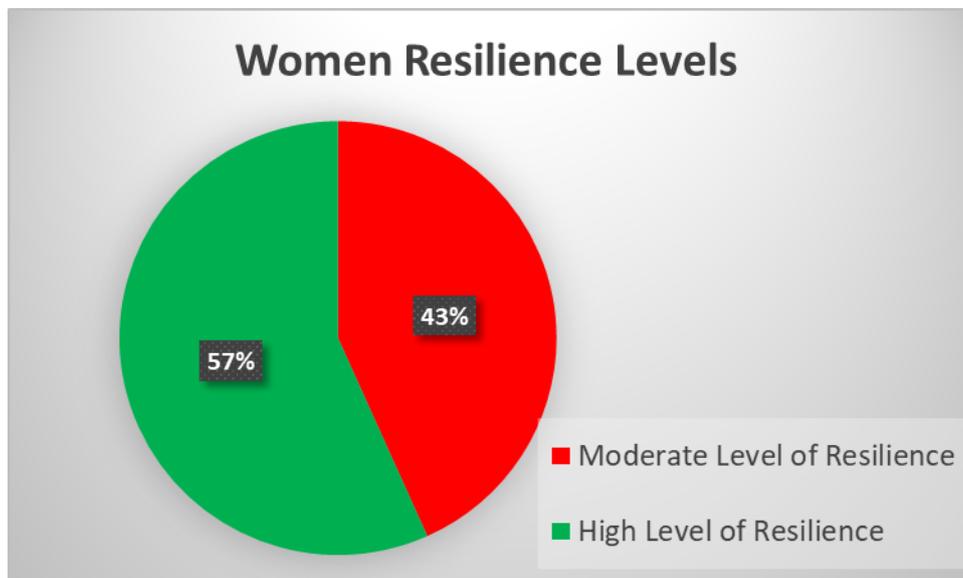


Figure 1: descriptive statistics of resilience levels

Table 3: Descriptive statistics of women's marital adjustment

| Marital Adjustment                   | F   | %     |
|--------------------------------------|-----|-------|
| Low Level of Marital Adjustment      | 7   | 4.7   |
| Moderate Level of Marital Adjustment | 59  | 39.3  |
| High Level of Marital Adjustment     | 84  | 56.0  |
| Total                                | 150 | 100.0 |

This table demonstrates the levels of marital adjustment of women. Adjustment levels are varied from a low level of marital adjustment (4.7%) to a high level of marital adjustment (56%).

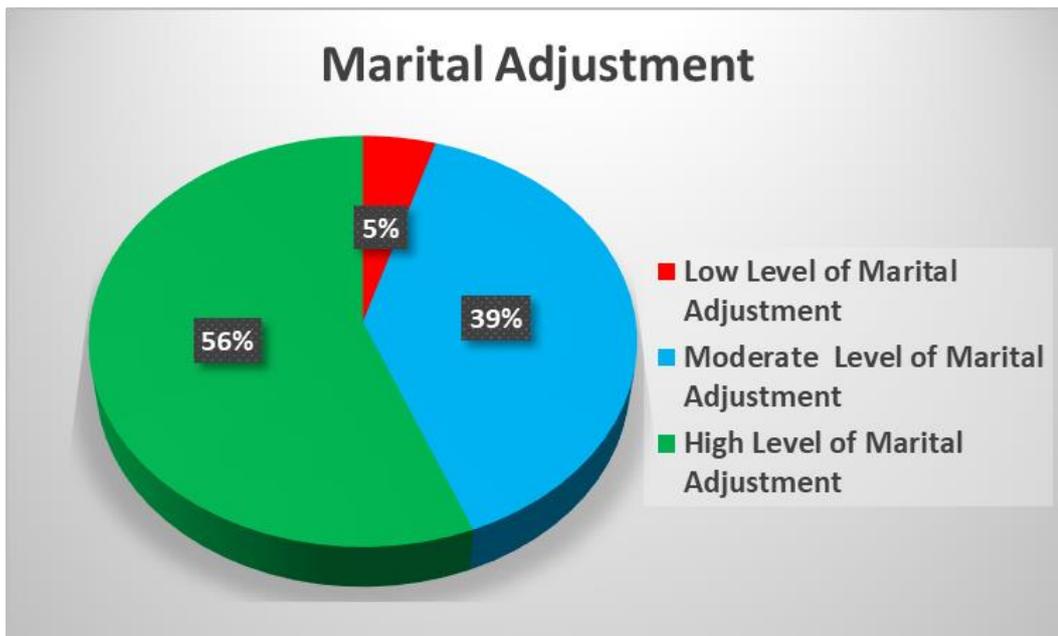


Figure 2: Descriptive statistics of marital adjustment levels

Part 2: Correlation analysis of study variables

Table 4 A: Relationship between psychological resilience and marital adjustment

| Psychological Resilience - Marital Adjustment |                     | Psychological Resilience | Marital Adjustment |
|---|---------------------|--------------------------|--------------------|
| <b>Psychological Resilience</b>               | Pearson Correlation | 1                        | .205*              |
|   | Sig. (2-tailed)     |                          | 0.012              |
|   | N                   | 150                      | 150                |
| <b>Marital Adjustment</b>                     | Pearson Correlation | .205*                    | 1                  |
|   | Sig. (2-tailed)     | 0.012                    |                    |
|   | N                   | 150                      | 150                |

\*. Correlation is significant at the 0.05 level (2-tailed).

A Pearson correlation analysis was performed to investigate the relationships between women's psychological resilience and their marital adjustment. This table demonstrates that there is a statistical significant relationship between psychological resilience of women and marital adjustment ( $r = .205^*$ ,  $p = 0.012$ ).

Table 4 B: Prediction of marital adjustment from psychological resilience

| Liner Regression         | Unstandardized Coefficients |            | Standardized Coefficients | T     | Sig. |
|--------------------------|-----------------------------|------------|---------------------------|-------|------|
|                          | B                           | Std. Error | Beta                      |       |      |
| (Constant)               | 2.326                       | .513       |                           | 4.532 | .000 |
| Psychological Resilience | .341                        | .134       | .205                      | 2.551 | .012 |

\*Dependent variable is marital adjustment

Linear regression was used to predict women’s marital adjustment from their psychological resilience. The results of this table show that psychological resilience is statistically significantly predicted marital adjustment, ( $B = 34\%$ ,  $p < .012$ ).

Part 2: Association between psychological resilience and mothers’ sociodemographic characteristics

Table 5: Association between psychological resilience and age of women

| Age Groups        | Women Resilience Level       |                          | Total | Chi-square test |     |
|-------------------|------------------------------|--------------------------|-------|-----------------|-----|
|                   | Moderate Level of Resilience | High Level of Resilience |       | Value           | Sig |
|                   | 18 - 24 Years Old            | 9                        |       |                 |     |
| 25 - 31 Years Old | 21                           | 25                       | 46    |                 |     |

|                   |    |    |     |       |       |
|-------------------|----|----|-----|-------|-------|
| 32 - 38 Years Old | 12 | 18 | 30  | 1.171 | 0.950 |
| 39 - 45 Years Old | 10 | 9  | 19  |       |       |
| 46 - 52 Years Old | 7  | 11 | 18  |       |       |
| 53 - 60 Years Old | 6  | 9  | 15  |       |       |
| Total             | 65 | 85 | 150 |       |       |

Pearson Chi-Square analysis was performed to investigate the association between psychological resilience and women age. This table demonstrates that there is no statistical significant association between psychological resilience and women age ( $X^2 = 1.171, p = 0.950$ ).

**Table 6: Association between psychological resilience and age at marriage**

| Age at Marriage   | Women Resilience Level       |                          | Total | Fisher's Exact Test |     |
|-------------------|------------------------------|--------------------------|-------|---------------------|-----|
|                   | Moderate Level of Resilience | High Level of Resilience |       | Value               | Sig |
|                   | 14 - 20 Years Old            | 24                       |       |                     |     |
| 21 - 27 Years Old | 39                           | 48                       | 87    |                     |     |
| 28 - 34 Years Old | 2                            | 11                       | 13    |                     |     |
| Total             | 65                           | 85                       | 150   |                     |     |

Fisher's Exact Test was performed to investigate the association between psychological resilience and women's age at marriage. This table demonstrates that there is no statistical association between psychological resilience and age at marriage ( $X^2 = 4.684, p = 0.095$ ).

Table 7: Association between psychological resilience and number of Children

| Number of Children | Women Resilience Level       |                          | Total | Fisher's Exact Test |     |
|--------------------|------------------------------|--------------------------|-------|---------------------|-----|
|                    | Moderate Level of Resilience | High Level of Resilience |       | Value               | Sig |
|                    | No Children                  | 2                        |       |                     |     |
| 1 - 3 Children     | 39                           | 61                       |       |                     |     |
| 4 - 6 Children     | 20                           | 19                       |       |                     |     |
| 7 - 9 Children     | 4                            | 2                        |       |                     |     |
| Total              | 65                           | 85                       | 150   |                     |     |

Fisher's Exact Test was also run to investigate the association between psychological resilience and the number of children. This table demonstrates that there is no statistical association between psychological resilience and the number of children ( $X^2=3.191, p=0.356$ ).

Table 8: Association between psychological resilience and women's Education

| Education Levels    | Women Resilience Level       |                          | Total | Fisher's Exact Test |     |
|---------------------|------------------------------|--------------------------|-------|---------------------|-----|
|                     | Moderate Level of Resilience | High Level of Resilience |       | Value               | Sig |
|                     | Does Not Read & Write        | 3                        |       |                     |     |
| Primary Education   | 9                            | 4                        |       |                     |     |
| Intermediate school | 6                            | 5                        |       |                     |     |
| Secondary Education | 18                           | 21                       |       |                     |     |
| University          | 21                           | 45                       | 66    |                     |     |

|                                  |    |    |     |  |  |
|----------------------------------|----|----|-----|--|--|
| Education (Diploma and Bachelor) |    |    |     |  |  |
| Graduate Degree (Master& PhD.)   | 8  | 7  | 15  |  |  |
| Total                            | 65 | 85 | 150 |  |  |

The finding of table 8 demonstrates that there is no statistical significant association between psychological resilience and women education ( $X^2=8.634$  ,  $p = 0.118$  ).

Table 9: Association between psychological resilience and husband education

| Husband Education                           | Women Resilience Level       |                          | Total | Mean Score | Fisher's Exact Test |     |
|---|------------------------------|--------------------------|-------|------------|---------------------|-----|
|   | Moderate Level of Resilience | High Level of Resilience |       |            | Value               | Sig |
|   | Does Not Read & Write        | 5                        |       |            |                     |     |
| Primary Education                           | 11                           | 4                        | 15    | 3.6960     |                     |     |
| Intermediate school                         | 13                           | 12                       | 25    | 3.7728     |                     |     |
| Secondary Education                         | 6                            | 20                       | 26    | 3.9323     |                     |     |
| University Education (Diploma and Bachelor) | 28                           | 41                       | 69    | 3.8186     |                     |     |
| Graduate Degree (Master& PhD.)              | 2                            | 6                        | 8     | 3.9350     |                     |     |
| Total                                       | 65                           | 85                       | 150   | 3.8184     |                     |     |

The association between psychological resilience and husband education was measured using Fisher's Exact Test. Table 9 indicates that there is a statistical significant relationship between psychological resilience and husband education ( $X^2=13.873$ ,  $P=.014$ ).

Table 10: Association between psychological resilience and mother occupation

| Mother Occupation                  | Women Resilience Level       |                          | Total | Fisher's Exact Test |       |
|------------------------------------|------------------------------|--------------------------|-------|---------------------|-------|
|                                    | Moderate Level of Resilience | High Level of Resilience |       | Value               | Sig   |
| Employed (Governmental or Private) | 29                           | 52                       | 81    | 4.152               | 0.132 |
| Not Working or Housewife           | 33                           | 30                       | 63    |                     |       |
| Retired                            | 3                            | 3                        | 6     |                     |       |
| Total                              | 65                           | 85                       |       |                     |       |

The association between psychological resilience and women occupation was also measured using Fisher's Exact Test. The findings indicates that there is no statistical association between psychological resilience and women occupation ( $X^2=4.152, P=0.132$  ).

Table 11: Association between psychological resilience and husband occupation

| Husband Occupation                 | Women Resilience Level       |                          | Total | Mean Score | Fisher's Exact Test |     |
|------------------------------------|------------------------------|--------------------------|-------|------------|---------------------|-----|
|                                    | Moderate Level of Resilience | High Level of Resilience |       |            | Value               | Sig |
| Employed (Governmental or Private) | 25                           | 40                       | 65    | 3.8640     |                     |     |

|                         |    |    |     |        |        |       |
|-------------------------|----|----|-----|--------|--------|-------|
| Not Working or Disabled | 7  | 4  | 11  | 3.6655 | 10.209 | 0.014 |
| Free Jobs               | 33 | 33 | 66  | 3.7533 |        |       |
| Retired                 | 0  | 8  | 8   | 4.1950 |        |       |
| Total                   | 65 | 85 | 150 | 3.8184 |        |       |

Fisher's Exact Test was run to investigate the association between psychological resilience and husband occupation. Table 11 demonstrates that there is a statistically significant relationship between psychological resilience and husband occupation ( $X^2=10.209, p=0.014$ ).

Table 12: Association between psychological resilience and income

| Income                | Women Resilience Level       |                          | Total | Mean Score | Chi-square test |       |
|-----------------------|------------------------------|--------------------------|-------|------------|-----------------|-------|
|                       | Moderate Level of Resilience | High Level of Resilience |       |            | Value           | Sig   |
| Not Enough            | 22                           | 14                       | 36    | 3.6989     | 7.283           | 0.026 |
| Enough to Some Extent | 27                           | 37                       | 64    | 3.8381     |                 |       |
| Enough                | 16                           | 34                       | 50    | 3.8792     |                 |       |
| Total                 | 65                           | 85                       | 150   | 3.8184     |                 |       |

Chi-Square analysis was performed to investigate the association between psychological resilience and income. This table demonstrates that there is a statistically significant relationship between psychological resilience and income ( $X^2=7.283, p=0.026$ ).

Table 13: Association between psychological resilience and living address

| Living address | Women Resilience Level       |                          | Total | Chi-square test |     |
|----------------|------------------------------|--------------------------|-------|-----------------|-----|
|                | Moderate Level of Resilience | High Level of Resilience |       | Value           | Sig |
|                |                              |                          |       |                 |     |
| Urban          | 49                           | 60                       | 109   |                 |     |
| Total          | 65                           | 85                       | 150   |                 |     |

Using a Chi-Square test, table 13 shows no statistical relationship between psychological resilience and living address ( $X^2= 427, p=0.581$ ).

Table 14: Association between psychological resilience and relation to Husband

| Relation to Husband | Women Resilience Level       |                          | Total | Chi-square test |     |
|---------------------|------------------------------|--------------------------|-------|-----------------|-----|
|                     | Moderate Level of Resilience | High Level of Resilience |       | Value           | Sig |
|                     |                              |                          |       |                 |     |
| Foreigner           | 39                           | 53                       | 92    |                 |     |
| Total               | 65                           | 85                       | 150   |                 |     |

Chi-Square analysis was used to measure the association between psychological resilience and the relation to husband. The findings indicates no statistical association between psychological resilience and relation to husband ( $X^2= 086, p=0.866$ ).

Part 3: Association between marital adjustment and women sociodemographic characteristics

Table 15: Association between marital adjustment and age of women

| Age Groups | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|            | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| 18 – 24    | 0                               | 7                                    | 15                               | 22    | 7.566               | 0.637 |
| 25 - 31    | 1                               | 18                                   | 27                               | 46    |                     |       |
| 32 - 38    | 2                               | 11                                   | 17                               | 30    |                     |       |
| 39 - 45    | 2                               | 9                                    | 8                                | 19    |                     |       |
| 46 – 52    | 2                               | 8                                    | 8                                | 18    |                     |       |
| 53 – 60    | 0                               | 6                                    | 9                                | 15    |                     |       |
| Total      | 7                               | 59                                   | 84                               | 150   |                     |       |

Table 15 demonstrates that there is no statistical relationship between marital adjustment and age of women ( $X^2 = 7.566, p = 0.637$ ).

Table 16: Association between marital adjustment and age at marriage

| Age at marriage   | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|-------------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                   | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| 14 - 20 Years Old | 1                               | 20                                   | 29                               | 50    | 4.048               | 0.374 |
| 21 - 27 Years Old | 6                               | 31                                   | 50                               | 87    |                     |       |

|                      |   |    |    |     |  |  |
|----------------------|---|----|----|-----|--|--|
| 28 - 34<br>Years Old | 0 | 8  | 5  | 13  |  |  |
| Total                | 7 | 59 | 84 | 150 |  |  |

As it is shown in table 16, there is no statistical significant association between marital adjustment and women’s age at marriage ( $X^2 = 4.048, p = 0.374$ ).

Table 17: Association between marital adjustment and number of children

| Number of Children | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|--------------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                    | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| No Children        | 0                               | 0                                    | 5                                | 5     | 7.264               | 0.253 |
| 1 - 3 Children     | 4                               | 41                                   | 55                               | 100   |                     |       |
| 4 - 6 Children     | 2                               | 17                                   | 20                               | 39    |                     |       |
| 7 - 9 Children     | 1                               | 1                                    | 4                                | 6     |                     |       |
| Total              | 7                               | 59                                   | 84                               | 150   |                     |       |

Fisher's Exact Test was run to measure the association between marital adjustment among women and their number of children. the findings of this table indicates no statistical association between marital adjustment and number of children ( $X^2 = 7.264, p = 0.253$ ).

Table 18: Association between marital adjustment and women education

| Mother Education                            | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|---|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|   | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Does Not Read & Write                       | 0                               | 3                                    | 3                                | 6     | 7.168               | 0.664 |
| Primary Education                           | 1                               | 7                                    | 5                                | 13    |                     |       |
| Secondary Education                         | 0                               | 3                                    | 8                                | 11    |                     |       |
| High School                                 | 1                               | 17                                   | 21                               | 39    |                     |       |
| University Education (Diploma and Bachelor) | 3                               | 23                                   | 40                               | 66    |                     |       |
| Postgraduate                                | 2                               | 6                                    | 7                                | 15    |                     |       |
| Total                                       | 7                               | 59                                   | 84                               | 150   |                     |       |

The findings of this table indicate no statistical relationship between marital adjustment and women education ( $\chi^2 = 7.168, p = 0.664$ ).

Table 19: Association between marital adjustment and husband education

| Husband Education                           | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|---|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|   | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Does Not Read & Write                       | 0                               | 4                                    | 3                                | 7     | 6.465               | 0.749 |
| Primary Education                           | 0                               | 8                                    | 7                                | 15    |                     |       |
| Secondary Education                         | 0                               | 11                                   | 14                               | 25    |                     |       |
| High School                                 | 2                               | 10                                   | 14                               | 26    |                     |       |
| University Education (Diploma and Bachelor) | 4                               | 24                                   | 41                               | 69    |                     |       |
| Postgraduate                                | 1                               | 2                                    | 5                                | 8     |                     |       |
| Total                                       | 7                               | 59                                   | 84                               | 150   |                     |       |

The association between marital adjustment and the husband education was measured using Fisher's Exact Test. Table 19 demonstrates no statistical association between marital adjustment and the husband education ( $X^2 = 6.465, p = 0.749$ ).

Table 20: Association between marital adjustment and mother occupation

| Mother Occupation                  | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|------------------------------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                                    | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Employed (Governmental or Private) | 6                               | 30                                   | 45                               | 81    | 4.367               | 0.334 |
| Not Working or Housewife           | 1                               | 28                                   | 34                               | 63    |                     |       |
| Retired                            | 0                               | 1                                    | 5                                | 6     |                     |       |
| Total                              | 7                               | 59                                   | 84                               | 150   |                     |       |

Measuring the association between marital adjustment and women occupations, the findings indicate no statistical association between marital adjustment and women occupation ( $X^2 = 4.367, p = 0.334$ ).

Table 21: Association between marital adjustment and husband occupation

| Husband Occupation                 | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|------------------------------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                                    | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Employed (Governmental or Private) | 5                               | 19                                   | 41                               | 65    | 9.319               | 0.307 |
| Not Working or Disabled            | 0                               | 6                                    | 5                                | 11    |                     |       |
| Free Jobs                          | 2                               | 32                                   | 32                               | 66    |                     |       |

|         |   |    |    |     |  |  |
|---------|---|----|----|-----|--|--|
| Retired | 0 | 2  | 5  | 7   |  |  |
| 6.0     | 0 | 0  | 1  | 1   |  |  |
| Total   | 7 | 59 | 84 | 150 |  |  |

Fisher's Exact Test was run to investigate the association between marital adjustment and the husband occupation. Table 21 demonstrates that there is no statistical association between marital adjustment and the husband occupation ( $X^2 = 9.319, p = 0.307$ ).

Table 22: Association between marital adjustment and income

| Income                | Marital Adjustment Level        |                                      |                                  | Total | Mean Score | Fisher's Exact Test |       |
|-----------------------|---------------------------------|--------------------------------------|----------------------------------|-------|------------|---------------------|-------|
|                       | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       |            | Value               | Sig   |
| Not Enough            | 0                               | 21                                   | 15                               | 36    | 3.5508     | 11.489              | 0.014 |
| Enough to Some Extent | 4                               | 26                                   | 34                               | 64    | 3.5254     |                     |       |
| Enough                | 3                               | 12                                   | 35                               | 50    | 3.8131     |                     |       |
| Total                 | 7                               | 59                                   | 84                               | 150   | 3.6274     |                     |       |

Fisher's Exact Test was also used to investigate the association between marital adjustment and income. This table demonstrates that there is a statistical significant relationship between marital adjustment and income ( $X^2 = 11.489, p = 0.014$ ).

Table 23: Association between marital adjustment and living address

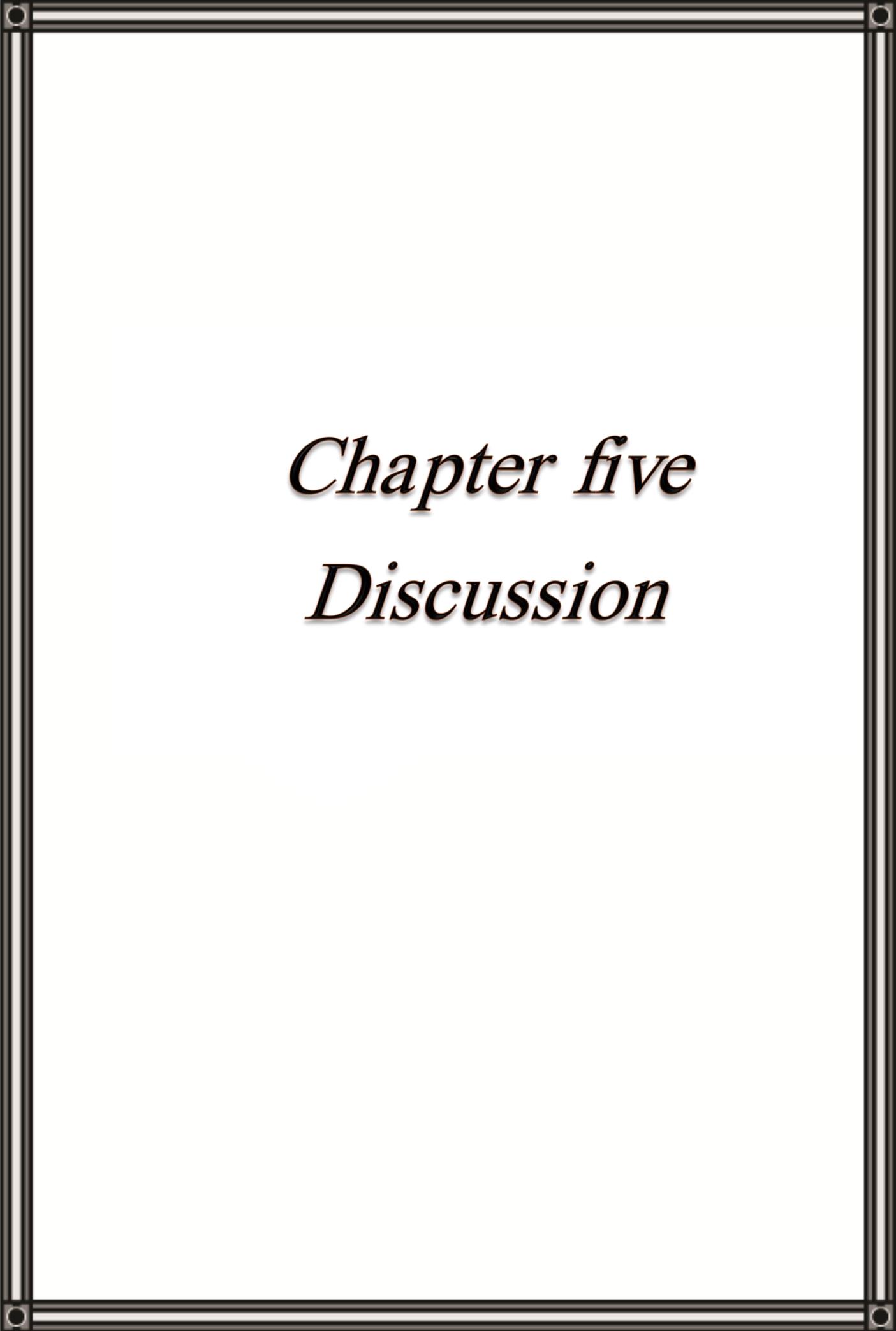
| Living address | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|----------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Rural          | 1                               | 14                                   | 26                               | 41    | 1.299               | 0.570 |
| Urban          | 6                               | 45                                   | 58                               | 109   |                     |       |
| Total          | 7                               | 59                                   | 84                               | 150   |                     |       |

The association between marital adjustment and living address was measured using Fisher's Exact Test. The findings represent no statistical association between marital adjustment and living address ( $X^2 = 1.299, p = 0.570$ ).

Table 24: Association between marital adjustment and relation to husband

| Relation to Husband | Marital Adjustment Level        |                                      |                                  | Total | Fisher's Exact Test |       |
|---------------------|---------------------------------|--------------------------------------|----------------------------------|-------|---------------------|-------|
|                     | Low Level of Marital Adjustment | Moderate Level of Marital Adjustment | High Level of Marital Adjustment |       | Value               | Sig   |
| Relative            | 3                               | 20                                   | 35                               | 58    | 1.028               | 0.650 |
| Foreigner           | 4                               | 39                                   | 49                               | 92    |                     |       |
| Total               | 7                               | 59                                   | 84                               | 150   |                     |       |

Fisher's Exact Test was performed to investigate the association between marital adjustment of women and their relation to husband. Table 24 represent no statistical association between marital adjustment and relation to husband ( $X^2 = 1.028, p = 0.650$ ).



*Chapter five*  
*Discussion*

## Chapter Five

### Discussion

This part of the research discusses the main findings of this study, including the levels of psychological resilience of women and levels of marital adjustment. It also aims to find possible explanations for the relationship between psychological resilience and its role in predicting marital adjustment. In addition to the association between the psychological resilience of women and demographic variables, as well as the correlation of marital adjustment with some demographic variables.

#### **Part 1: Descriptive statistics of research variables Descriptive statistics of women's sociodemographic information.**

The women's who participated most in the study were between the ages of (25-31), where the percentage was (30.7%). Most women were between 21-27 years of age at marriage, at a rate of 58%. The most educated women in the study were those with a bachelor's degree and a diploma, at a rate of 44%. Likewise, bachelor's and diploma holders had the largest share of education for women's husbands in the study, at a rate of 46%. Most of the women in the study were employees, whether in governmental or private institutions, at a rate of 54%. As for the most common occupations for women's husbands, they were free jobs, with a rate of 44%. Enough to some extent, and by 42.7%, the highest results in relation to income. The highest results were for women living in urban areas, at a rate of 72.7%. Finally, the highest percentage of women married to foreigners is about 61.3%.

## **Descriptive statistics of the psychological resilience of women**

The results of this research show that the vast majority of women have high psychological resilience (56.7%), while the rest of the women have moderate psychological resilience (43.3%).

One of the possible explanations that more than 40% of women had moderate resilience level is domestic violence. Many women are subjected to physical and/ or psychological violence, which is most likely by husband. Women who are victims of domestic violence have little resilience compared to the rest of the women in society (Tsirigotis & Łuczak, 2018).

Social support is the second determinant factor for women resilience after stress. It is part of a supportive social network that is proven to help victims after an incident. Women of low resilience are at lower levels of social support (Machisa et al., 2018; Catabay et al., 2019). Social support improves people's ability to deal with life's problems, reduces stress, and increases happiness. This support increases confidence and positive feelings and reduces the negative impact of external events. Individuals can benefit from social support from their families and communities, which can help them deal with life's challenges and achieve great result. It also has an effective role in reducing the complications of post-traumatic stress disorder (Ozbay et al., 2007).

Education is an essential element in maintaining the higher level of resilience among individuals. Educated women are expected to be more knowledgeable, have greater self-help skills, and be better able to deal with problems when faced with a difficult event. Higher intelligence means more cognitive, creative, and practical problem-solving skills, which in

turns help building acceptable levels of psychological resilience depending on their acquired problem-solving skills (Friborg et al., 2005). USAID noted the symbiotic relationship between resilience and the education relationship. A strong educational system has the potential to improve the individual and society as a whole. Also noted the importance of education in building resilience by supporting and strengthening social capital, which serves as an important safety net during a crisis, as well as raising the human capital of individuals, which is crucial to the resilience of the institution. Education has a crucial role in promoting community self-knowledge, strengthening aspirations, competence and confidence of individuals, in addition to improving women's empowerment and gender equality (Anjuli & Nina,2020).

### **Descriptive statistics of the marital adjustment among women**

Regarding the levels of marital adjustment among women, the recent study findings indicates that about (44%) of women are found to have levels of marital adjustment ranged between moderate to low levels, which raise the concern about the future of family life.

Many factors can influence women's ability to adjust their marital life. Marital problems can hinder marital enjoyment in one way or another, leading to resentment, mistrust, lack of communication, hostility, lack of gratification, and complete dissatisfaction with married life. And if there is a lack of marital harmony, things may get out of control, leading to the dissolution of the marriage and the collapse of the family. Partners' feelings of satisfaction with themselves, their lives, and family stability are one of

the components of marital satisfaction, while the opposite affects their stability and well-being (Naemi, 2018).

Another explanation could be the early marriage of women. , Early marriage meant premature birth, and in many studies, premature birth has been shown to have negative consequences for both the mother and the baby. It affects a woman's education as she is expected to devote more time to her family and raising her children, and research shows that early marriage has a negative impact on women's mental health, which in deed negatively influence their marital adjustment. A woman married at a young age finds it difficult to establish herself and thus affects marital satisfaction. Couples who marry at an appropriate and mature age have greater emotional stability and emotional regulation, use more effective conflict-resolution and problem-solving techniques, and therefore are happier in their lives (Hajjhasani & Sim, 2019).

The stress of balancing between work and personal life can have a negative impact on marital adjustment. Conflict between work and family was associated with higher levels of family disputes, lower marital satisfaction, lower life satisfaction, and lower happiness levels among family members. Long-term, low-quality marriages have a negative impact on overall happiness, life satisfaction, self-esteem, general health, and psychological stress. decline in marital satisfaction often leads to thoughts of divorce or separation, which often leads to divorce (Carroll et al., 2013).

Another explanation of the factors that determine the level of marital adjustment among women is the number of children they have. Regardless of economic status, couples with more children report lower levels of marital quality. One reason is the concept of restricted freedom. Parents

with higher incomes may experience more restrictions on their free time. Parents focus on their children (who need time and attention) instead of looking for additional work or fulfilling aspirations that may be financially feasible. With more children, the more difficult it is to make ends meet. Economic problems may be associated with increased spouses' hostility and decreased marital support and satisfaction (Kowal et al., 2021).

The continuity of the relationship depends on some of the foundations, rules and standards that control the marital relationship, including love, emotional gratification, and satisfying emotional, sexual and social desires. Appreciation of the other party is the most important criteria and foundations of the marital relationship. Both spouses need to appreciate each other, because that would push the individual into intimacy and avoid everything that would create tension, disagreements and marital problems (Shalaby and Saad Eddin,2020). The level of acceptance of both partners help increases adjustment and the stability of married life increases.

## **Part II: Correlation between psychological resilience and marital adjustment of married women**

A statistically significant relationship was identified between psychological resilience and marital adjustment among women. Where the women have high levels of psychological resilience, they are more likely to have better marital adjustment. Recent studies have shown the relationship between resilient personality traits and the outcome of a good relationship between spouses, such as positive coping style, mutual respect, and positive relationship expectations, are associated with higher trust in relationships in contrast to poor resilient people (Huber et al., 2010).

While conflict is an uncontrollable aspect of every marriage, resilient couples are better equipped than others to handle problems and help their spouses recover by relying on competence, future optimism, achievement, problem-solving abilities, and interpersonal skills (Hjemdal et al., 2011). Individuals that are resilient are enthusiastic about their relationship's future. They are confident in their ability to develop a creative solution to their marital troubles, and they have the interpersonal skills to obtain help from others.

Resilience may have an impact on marital satisfaction by influencing the coping mechanisms used to deal with relationship issues. When people get married, they have certain, often idealistic, expectations and hopes for how their marriage will go, as well as some goals they are striving to achieve. However, some of these relational goals or standards remain unrealized. Married couples share disappointments with each other. Some partners may become frustrated by these disappointments, while others may remain positive and come up with creative solutions to keep their relationship rewarding. Resilient people are more likely to be innovative when it comes to producing and applying ever-evolving coping techniques to keep their relationships enjoyable (Bradley & Hojjat, 2017).

When a married woman is unable to control the problems that surround her, the pressure she is exposed to may lead to the disintegration of the family structure. The woman's ability to use the resilience of the family to deal with demands is demonstrated through communication and interdependence to multiply her sources of strength, as she shows her ability to respond to her requirements, the requirements of her family members, change, and renewal in order to reorganize her daily life in an

organized and flexible manner, with modern solutions and focus on a brighter future (Al-Najjar & Abd Al-Ati, 2021; Zerbetto et al., 2017).

### **Part III: Association between women's psychological resilience and income**

the results of the study showed a significant correlation between psychological resilience and the economic status of women. The highest percentage of family income was enough to some extent (42.7%). There is currently evidence to show that stable employment and appropriate income act as protective factors that reduce financial stress and improve family functioning, thus positively influencing family resilience. People with a lower economic status, on the other side, were less resilient to stress. This indicates that income has a negative influence on the level children and adults. Physical and mental health problems are increased among low-income women without proper employment support. As a result, women' employment was emphasized as a method to avoid low-income families from mental disorders like major depressive disorder (Cheung et al., 2020).

Resilience helps overcoming stress-related financial issues. This could help planning the financial income of the family and achieving social and economic stability and improving the standard of the family. For the family to succeed in fulfilling its responsibilities, all members must of family must be resilient through financial crises to be effective in using the budget planning strategy and using all available resources to meet the needs of the family to the maximum the adjustment levels with stress (Al-Habashi,2011).

## **Part IV: Association between women's marital adjustment and income**

The results of the study showed a significant correlation between marital adjustment and the economic status of women. The higher the monthly income, the less the problems and emotions caused by the decrease in income and expenses related to children and spouses, and a great deal of satisfying the needs of family members is achieved, which motivates the wife to use methods based on listening and speaking (Al-Shehri & Al-Kashki ,2020).

Economic hardship may be terrible for a marriage. Economic troubles, for example, have been linked to marital instability and increasing confrontation (e.g., negative communication patterns and decreased relationship quality). Financial challenges are more common, worrisome, and likely to be unresolved compared to other non-financial problems. Couples with better problem-solving abilities engage in less aggressive behavior over time as compared to couples with lower problem-solving skills in response to economic stress. Strong problem-solving abilities, as well as good listening and conflict-resolution abilities, are valuable assets that will help the couple overcome financial difficulties (Masarik et al., 2016).

Increased daily economic stress (for example, inability to meet basic economic demands as a result of loss of income) has been associated with many marital problems, and as a result, these stresses exacerbate the emotional and behavioral problems of family members, leading to stress and instability. As a result, economic stress gives psychological meaning to

the events and conditions that arise as a result of economic distress (Conger et al., 2010).

**Part V: Association between women's psychological resilience and husband's occupation.**

The study's findings revealed a significant relationship between psychological resilience and the occupation of the husband. The results indicated that there is a positive relationship between psychological resilience and women married to retired people, and on the contrary, women married to non-employees have less resilience. Whether healthy or not, older people who are able to employ personal resources and environmental elements as social support (in the community, family, and professional sector) are more resilient. The literature supports the idea that partners can help people cope with health and disability issues (Cossío-Torres et al., 2019).

Unemployment is a source of stress in one's life, impairing one's emotional and physiological well-being. Employment is financially beneficial, and also provides structure, meaningful activities, social contact, and prospects for recognition and status for the individual. Unemployment can cause financial stress, social isolation, and a loss of personal identity. Accumulating stress on the unemployed is likely to increase their risk of stress-related physical, cognitive and psychological problems (Phillips, 2011).

Increasing the number of periods of unemployment or staying unemployed for long periods is a difficult task that affects the lives of individuals and spouses in many ways. In this case, they begin to doubt

their self-esteem, family issues become more difficult to control, and direct personal and environmental resources to overcome these challenges, in this case, becomes a hard mission (Victor, 2016). Studies that have targeted unemployment and its effects on human resilience levels indicated that the majority of long-term unemployed people show low resilience. The majority of the people reported feeling worried, pessimistic, scared, distrustful, introverted, low-energy, lacking in purpose, and feeling ineffectual and unreliable as a consequence for not being able to meet the family financial basic requirements (Granjard et al.,2021).

From a researcher perspective, the problem of unemployment in Iraq has worsened in recent years, and the local economy has been affected by the recent epidemic, which has caused limited income in general. In addition to the high population and poor planning, these factors have caused a decline in the couple's resilience and negatively affected the stability of the family

### **Part VI: Association between women's psychological resilience and husband education.**

The results of the study showed a significant correlation between psychological resilience and husband education. The results indicated that a woman who is married to a husband who holds a university degree is more psychologically resilient than a woman married to a husband with low education level.

The possible explanation for the current results is that higher the educational degree of the individual, the higher the awareness and the consciousness in dealing with life circumstances. Education plays a vital

role in developing a person's personality and determining his or her future intentions. The difference in education levels has a huge impact on how people treat each other. The more educated individuals, the more life experience and positive awareness individuals have, because the education allows the individual to expand knowledge and skills, as well as boost cognitive experience of dealing with challenges and confronting them (El-Shahat, 2021).

The higher degree of parental education should make life simple for both parents to manage family size and balance family and personal life goals. Fatherhood brings more pleasure to highly educated males than to their less educated counterparts. From this perspective, education can be considered as a supporting tool that gives capabilities or creates new opportunities, as well as a commitment to invest in one's goals, career, or child-rearing (Kowal et al., 2021). Environmental and psychosocial resources, such as increased education, increased income, and employment, were also associated with increased resilience. When significant links are observed between higher levels of resources and higher resilience, it may be because more resources lead to less exposure to traumatic events (e.g., living in a low-crime neighborhood) as well as more resources leading to health and social care immediately after a traumatic situation (Dale et al., 2014). Men with a higher educational background are at a high level of experience, as well as self-confidence. The higher the educational level of the individual, the more to exposed to many experiences, and therefore; increasing the ability to control emotions and manage stress more successfully.

*Chapter Six*

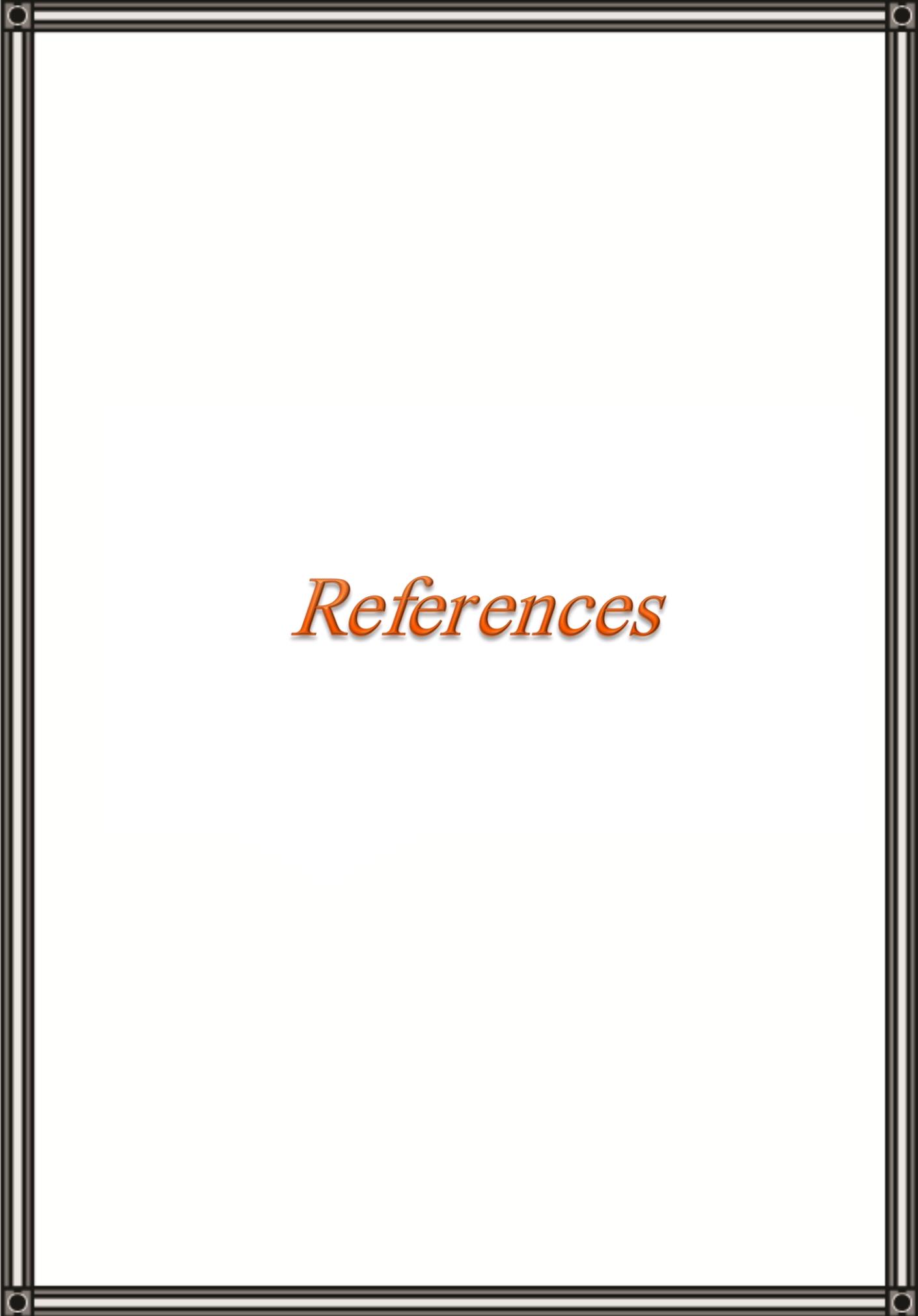
*CONCLUSION AND  
RECOMMENDATIONS*

**6-1 Conclusion:**

The current study aims to determine the level of psychological resilience of women and its relationship to their marital adjustment. The results indicate that resilience is one of the life skills needed by family members and indicate the extent of the family's strength in different circumstances. Women's positive awareness and adaptation are an important step in addressing the pressure to reduce the possibility of negative outcomes and preserve the happiness of family. The results proved the existence of a direct relationship between psychological resilience and marital adjustment. In addition, the level of psychological resilience is positively related to the occupation and education of the husband. The results also indicated the role of income and its importance for psychological resilience and marital adjustment among women.

**6.2: Recommendations**

1. Encouraging women to attend counseling workshops for family harmony and problem solving helps them in addressing minor daily conflicts and thus enhances family harmony.
2. Activating the role of community institutions, and social workers in justice institutions can raise awareness among spouses to limit access to the stage of divorce.
3. Enhancing the role of family resilience by building self-confidence, promoting appropriate concepts, celebrating many successes, and avoiding negative criticism.
4. Further research experimenting the proposed strategies to identify the most effective in maximizing women's psychological resilience.



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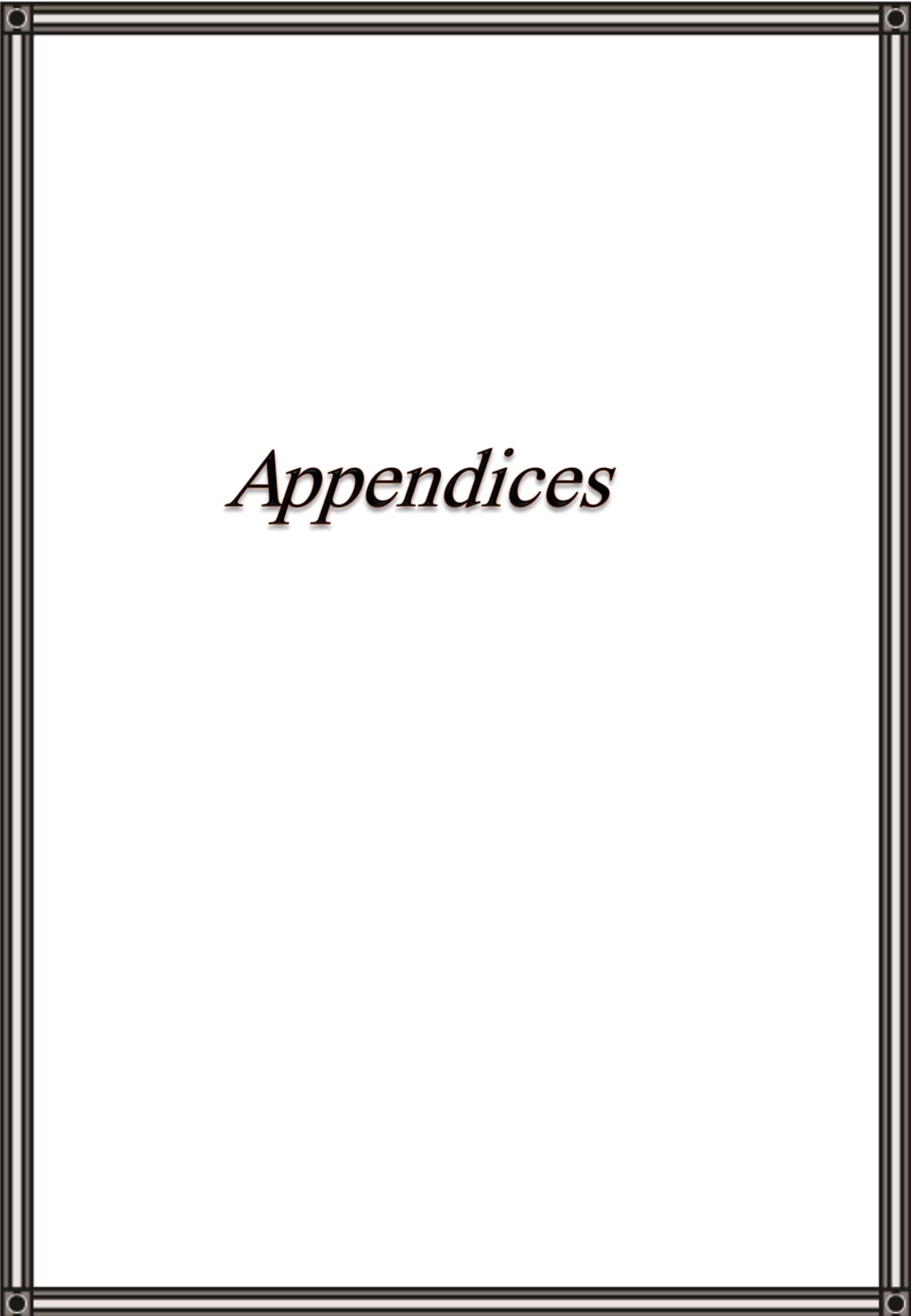
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# *Appendices*

Appendices A (Administrative Arrangements)



Ref. No.

Date: / /



العدد : ٥٢٠

التاريخ : ٢٠٢٢ / ١ / ٢٠

الى / دائرة صحة واسط/ مركز التدريب والتطوير  
م/ تسهيل مهمة

تحية طبية :

يطيب لنا حسن التواصل معكم ويرجى تفضلكم بتسهيل مهمة طالبة الماجستير  
(مريم ساجت خلف) لغرض جمع عينة دراسة الماجستير والخاصة بالبحث  
الموسوم :

تحديد مستوى المرونة النفسية في التنبؤ بالتحيف الزوجي لدى النساء.

Determination the level of Psychological Resilience in Predicting Marital Adjustment  
among Women.

مع الاحترام ...



ا.م. د. نهاد محمد قاسم الدوري  
معاون العميد للشؤون العلمية والدراسات العليا  
٢٠٢٢ / ١ / ٢٠

شعبه ادب الحرفه لصف  
رومناز سايدي  
١٢ / ٢١

المرفقات //  
• بروتوكول.  
• استنباطة.

صورة عنه الى //  
• مكتب البريد العميد للتفضل بالاطلاع مع الاجازم  
• لجنة الدراسات العليا  
• المساندة

E-mail:nursing@uobabylon.edu.iq



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وطني  
المكتب

www.uobabylon.edu.iq

Appendices B1(Administrative Arrangements)

Republic of Iraq  
Ministry of Health  
Directorate Wasit of Health  
Training and developing center

جمهورية العراق



وزارة الصحة  
دائرة صحة واسط  
مركز التدريب والتنمية البشرية  
شعبة إدارة المعرفة والبحوث  
العدد // ١٠  
التاريخ / ٢٠٢٢/١/٣١

(محمد نبينا اقام دولة العدل والتسامح )

إلى // المؤسسات الصحية كافة  
الموضوع // تسهيل مهمة

يهدىكم مركزنا أطيب التحيات ...

أشارة إلى كتاب جامعة بابل/ كلية التمريض/ لجنة الدراسات العليا ذي  
العدد ٥٣٠ بتاريخ ٢٠٢٢/١/٣٠  
للتفضل بتسهيل مهمة طالبة الدراسات العليا/ الماجستير (مريم شاجت خلف)  
لغرض جمع عينة دراسة الماجستير والخاصة بالبحث (تحديد مستوى  
المرونة النفسية في التنبؤ بالتكيف الزوجي لدى النساء).....

للتفضل بالاطلاع.....مع الاحترام.

وزارة الصحة العراقية  
Iraq Ministry of Health  
تأسست 1916

٢٠٢٢/١/٣١  
خبير التدريب  
مجيد هوير خلف  
مدير مركز التدريب والتنمية البشرية  
٢٠٢٢/١/٣١

نسخة منه إلى :-

- مكتب المدير العام / للتفضل بالاطلاع ..... مع الاحترام.
- مركز التدريب والتنمية البشرية مع الأولويات كافة
- التوثيق (اضهاره البحوث)

الكيميائي:-رشا كامل

البريد الالكتروني لمركز التدريب والتنمية البشرية Email :trs wassit@yahoo.com  
مركز التدريب والتنمية البشرية / بناية مركز طيبة النموذجي التدريبي / الطابق الثاني

Appendices B2 (Administrative Arrangements)

Republic of Iraq  
Ministry of Health  
Directorate Wasit of Health  
Training and developing center

جمهورية العراق



وزارة الصحة  
دائرة صحة واسط  
مركز التدريب والتنمية البشرية  
شعبة ادارة المعرفة والبحوث  
العدد // ١٤  
التاريخ / ٢٠٢٢ / ١٢ / ٣١

٣٤٤  
٤-٤٤٤٤٤٤  
التدريب والتطوير  
محمد نبينا اقام دولة العدل والتسامح

الى // المؤسسات الصحية كافة  
الموضوع // تسهيل مهمة

يهديكم مركزنا أطيب التحيات ...

أشارة إلى كتاب جامعة بابل/ كلية التمريض/ لجنة الدراسات العليا ذي  
العدد ٥٣٠ بتاريخ ٢٠٢٢/١/٣٠  
للتفضل بتسهيل مهمة طالبة الدراسات العليا/ الماجستير (مريم ساجت خلف)  
لغرض جمع عينة دراسة الماجستير والخاصة بالبحث (تحديد مستوى  
المرونة النفسية في التنبؤ بالتكيف الزوجي لدى النساء).....

للتفضل بالاطلاع.....مع الاحترام.

٢٠٢٢/١٢/٣١  
خبير التدريب  
مجيد هوير خلف  
مدير مركز التدريب والتنمية البشرية  
٢٠٢٢/١٢/٣١

وزارة الصحة العراقية  
Iraqi Ministry of Health  
Founded 1920  
وحدة المصادر  
التاريخ

لائحة لرسالة من العلي سوسنة  
دستوريتها لعدل في جميع المراكز  
الصحة التابعة لقطاعنا

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نسخة منه الى :-  
• مكتب المدير العام / للتفضل بالاطلاع ..... مع الاحترام.  
• مركز التدريب والتنمية البشرية مع الأوثان كافة  
• التوثيق (اضارة البحوث)  
٤-٤٤٤٤٤٤

الكيميائي:-رشا كامل

البريد الالكتروني لمركز التدريب والتنمية البشرية  
Email : trs wassit@yahoo.com  
مركز التدريب والتنمية البشرية / بناية مركز طيبة النموذجي التدريبي / الطابق الثاني

## Appendices

### Appendices C1 (Approval of Research Ethics Committee)

السيد المعاون العلمي المحترم

السيد رئيس فرع تريض الصحة النفسية المحترمة

اللجنة العلمية واخلاقيات البحث العلمي المحترمون

م اخلاقيات البحث

يرجى التفضل بالموافقة على عرض موضوع رسالة ( الماجستير ) على اللجنة العلمية واخلاقيات البحث العلمي عن موضوع رسالتي

الموسومة

باللغة العربية (تحديد مستوى المرونة النفسية في التنبؤ بالتكيف الزوجي لدى النساء)

واللغة الإنكليزية

Determination the Level of Psychological Resilience in Predicting Marital Adjustment among Women

مع التقدير

توقيعه

توقيعه

توقيعه

توقيعه

توقيعه

اسم المشرف: أ.م.د حيدر حمزة علي

اسم الطالب : مريم ساجت خلف

رئيس الفرع : أ.د سلمى كاظم جهاد

المعاون العلمي أ.م.د نهاد محمد قاسم

ملاحظة: ترفق جميع الاستمارات الخاصة بلجنة اخلاقيات البحث مع الطلب. (Ethical form 1, Ethical form2, Ethical Form3)

**Appendices C2 (Approval of Research Ethics Committee)**

University of Babylon  
College of Nursing  
Research Ethics Committee



جامعة بابل  
كلية التمريض  
لجنة اخلاقيات البحث العلمي

Issue No:

Date: / /2021

**Approval Letter**

To,

**Maryam sachit khalaf**

The Research Ethics committee at the **University of Babylon, College of Nursing** has reviewed and discussed your application to conduct the research study entitled "**Determination thelevel of Psychological Resilience in Predicting Marital Adjustment among Women**"

The Following documents have been reviewed and approved:

1. Research protocol
2. Research instrument/s
3. Participant informed consent

**Committee Decision.**

The committee approves the study to be conducted in the presented form. The Research Ethics committee expects to be informed about any changes occurring during the study, any revision in the protocol and participant informed consent.

  
Prof. Dr Salma K. Jehad  
Chair Committee  
College of Nursing  
Research Ethical Committee

18 / 01 /2022

UNIVERSITY OF BABYLON - COLLEGE OF NURSING  
الجامعة العراقية - كلية التمريض

اللجنة اخلاقيات البحث العلمي

UNIVERSITY OF BABYLON - FACULTY OF MEDICINE

Appendices D (Cohen's Methods of Sample Calculation)

Calculating Sample Size using Cohen's Tables  
Using d Effects

two-tailed  $\alpha = .05$  or one-tailed  $\alpha = .025$

| Power | d    |     |     |     |     |     |     |     |     |      |      |
|-------|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
|       | .10  | .20 | .30 | .40 | .50 | .60 | .70 | .80 | 1.0 | 1.20 | 1.40 |
| .25   | 332  | 84  | 38  | 22  | 14  | 10  | 8   | 6   | 5   | 4    | 3    |
| .50   | 769  | 193 | 86  | 49  | 32  | 22  | 17  | 13  | 9   | 7    | 5    |
| .60   | 981  | 246 | 110 | 62  | 40  | 28  | 21  | 16  | 11  | 8    | 6    |
| 2/3   | 1144 | 287 | 128 | 73  | 47  | 33  | 24  | 19  | 12  | 9    | 7    |
| .70   | 1235 | 310 | 138 | 78  | 50  | 35  | 26  | 20  | 13  | 10   | 7    |
| .75   | 1389 | 348 | 155 | 88  | 57  | 40  | 29  | 23  | 15  | 11   | 8    |
| .80   | 1571 | 393 | 175 | 99  | 64  | 45  | 33  | 26  | 17  | 12   | 9    |
| .85   | 1797 | 450 | 201 | 113 | 73  | 51  | 38  | 29  | 19  | 14   | 10   |
| .90   | 2102 | 526 | 234 | 132 | 85  | 59  | 44  | 34  | 22  | 16   | 12   |
| .95   | 2600 | 651 | 290 | 163 | 105 | 73  | 54  | 42  | 37  | 19   | 14   |
| .99   | 3675 | 920 | 409 | 231 | 148 | 103 | 76  | 58  | 38  | 27   | 20   |



# Appendices

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## Appendices E (Study Instrument)

### Part one : Demographic characteristics/

Age  years

Age at marriage

Number of children

#### -The Educational level

Illiterate  Elementary school  Middle school  
Secondary school  Diploma or Bachelor  Postgraduate

#### - Husband educational

Illiterate  Elementary school   
intermediate school  Secondary Education   
Diploma or Bachelor  Graduate (master& BHD)

#### - Occupation

Government employee or in the private sector   
Not working or house wife

#### - Husband's occupation

Government employee or in the private sector  Not working   
Wage earner  Retired

## Appendices

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- Monthly income

Sufficient sometimes

Sufficient

In- Sufficient

- Residence

Rural

Urban

- Kinship status of the spouse

Relatives

Stranger

- Have you ever been diagnosed with a mental illness? Yes

No

### Part two: Psychological Resilience among Married women

| N  | Items  | All the time | Often | Sometime | Rarely | Never |
|----|--|--------------|-------|----------|--------|-------|
| 1  | I am able to adapt when changes occur                                  |              |       |          |        |       |
| 2  | I have one close and secure relationship                               |              |       |          |        |       |
| 3  | Sometimes fate or God helps me   |              |       |          |        |       |
| 4  | I can deal with whatever comes my way                                  |              |       |          |        |       |
| 5  | Past successes give me confidence                                      |              |       |          |        |       |
| 6  | I try to see the humorous side of things when I am faced with problems |              |       |          |        |       |
| 7  | Having to cope with stress can make me stronger                        |              |       |          |        |       |
| 8  | I tend to bounce back after illness, injury or other hardships         |              |       |          |        |       |
| 9  | I believe most things happen for a reason                              |              |       |          |        |       |
| 10 | I make my best effort, no matter what                                  |              |       |          |        |       |
| 11 | I believe I can achieve my goals, even if there are obstacles          |              |       |          |        |       |
| 12 | Even when hopeless, I do not give up                                   |              |       |          |        |       |
| 13 | In times of stress, I know   |              |       |          |        |       |

## *Appendices*

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|    |   |  |  |  |  |  |
|----|---|--|--|--|--|--|
|    | where to find help  |  |  |  |  |  |
| 14 | Under pressure, I stay focused and think clearly  |  |  |  |  |  |
| 15 | I prefer to take the lead in problem-solving  |  |  |  |  |  |
| 16 | I am not easily discouraged by failure  |  |  |  |  |  |
| 17 | I think of myself as a strong person when dealing with life challenges and difficulties |  |  |  |  |  |
| 18 | I make unpopular or difficult decisions   |  |  |  |  |  |
| 19 | I am able to handle unpleasant or painful feelings like sadness, fear, and anger.       |  |  |  |  |  |
| 20 | I have to act on a hunch.   |  |  |  |  |  |
| 21 | I have a strong sense of purpose in life  |  |  |  |  |  |
| 22 | I feel like I am in control.  |  |  |  |  |  |
| 23 | I like challenges   |  |  |  |  |  |
| 24 | I work to attain goals  |  |  |  |  |  |
| 25 | I take pride in my achievements   |  |  |  |  |  |

### Part three :Marital adjustment among women

| N  | Items  | strongly agree | Agree | Between rejection and approval | Disagree | Strongly disagree |
|----|--|----------------|-------|--------------------------------|----------|-------------------|
| 1  | I agree with my partner on areas of financial spending                 |                |       |                                |          |                   |
| 2  | I prefer to conduct work without the presence of my partner            |                |       |                                |          |                   |
| 3  | My partner is friendly and loving towards me.                          |                |       |                                |          |                   |
| 4  | I regret my marriage   |                |       |                                |          |                   |
| 5  | my partner's emotions towards me are strong                            |                |       |                                |          |                   |
| 6  | I don't get the love and affection I want from my partner              |                |       |                                |          |                   |
| 7  | I and my partner agree to choose the friends with whom we interact.    |                |       |                                |          |                   |
| 8  | We have common principles when looking at the different issues of life |                |       |                                |          |                   |
| 9  | I am not satisfied with my partner's behavior with my family members   |                |       |                                |          |                   |
| 10 | I have similar ambitions and goals to my partner                       |                |       |                                |          |                   |
| 11 | I have marital difficulties  |                |       |                                |          |                   |

## Appendices

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|    |   |  |  |  |  |  |
|----|---|--|--|--|--|--|
| 12 | I trust my partner  |  |  |  |  |  |
| 13 | If I was not married, I would have chosen my current partner      |  |  |  |  |  |
| 14 | My partner constantly provokes me                                 |  |  |  |  |  |
| 15 | My partner takes care of me every day                             |  |  |  |  |  |
| 16 | My partner and I don't communicate well together                  |  |  |  |  |  |
| 17 | My partner is not as efficient as the husbands I know             |  |  |  |  |  |
| 18 | I feel happy with my marriage.                                    |  |  |  |  |  |
| 19 | We improve our marital differences by understanding each other    |  |  |  |  |  |
| 20 | I consider myself happy with my marriage                          |  |  |  |  |  |
| 21 | Our marital life lacks fun and laughter                           |  |  |  |  |  |
| 22 | I feel cared for and committed to my partner                      |  |  |  |  |  |
| 23 | I fight with my partner frequently                                |  |  |  |  |  |
| 24 | I agree with my partner about how to spend free time              |  |  |  |  |  |
| 25 | I agree with my partner about how to spend free time              |  |  |  |  |  |
| 26 | Arguing with my partner about finances                            |  |  |  |  |  |
| 27 | I don't spend time with my partner about our major decisions      |  |  |  |  |  |
| 28 | I am satisfied with my relationship with my partner               |  |  |  |  |  |
| 29 | I disagree with my partner about how to manage the house          |  |  |  |  |  |
| 30 | I differ with my partner in our general beliefs and values.       |  |  |  |  |  |
| 31 | I consider my marital life successful                             |  |  |  |  |  |
| 32 | Each of us shows warm affection for the other                     |  |  |  |  |  |
| 33 | I'm thinking of ending my marriage                                |  |  |  |  |  |
| 34 | I agree with my partner on how we should deal with her relatives. |  |  |  |  |  |
| 35 | My partner is understands me                                      |  |  |  |  |  |

## Research Questionnaire

### استمارة البحث

أختي المشاركة / تحية طيبة

تروم الباحثة الى دراسة تحديد مستوى المرونة النفسية في التنبؤ بالتكيف الزوجي لدى النساء، لذلك التمس منكن المشاركة في ملء الاستمارة الاستبائية المرفقة والتي تحتوي على اسئلة تتعلق بموضوع الدراسة.

الرجاء قراءة المعلومات بدقة والاجابة على جميع فقرات الاستمارة، علما ان مشاركتكم في ملء الاستمارة طوعية ويمكنكم الانسحاب من الدراسة في اي وقت.

ملاحظة: هذه الاستمارة الاستبائية اعدت فقط لاغراض البحث العلمي ولاحتوي على اسم للمحافظة على خصوصية المشاركات

### المواصفات الديمغرافية الجزء الاول

سنة

العمر

العمر عند الزواج

عدد الاولاد

المتوسطة

الابتدائية

المستوى التعليمي: لا تقرأ ولا تكتب

دراسات عليا

دبلوم او بكالوريوس

الاعدادية

المتوسطة

الابتدائية

المستوى التعليمي للزوج: لا يقرأ ولا يكتب

دراسات عليا

دبلوم او بكالوريوس

الاعدادية

متقاعدة

لا تعمل او ربة بيت

المهنة: تعمل (موظفة حكومية او قطاع خاص)

لا يعمل او عاطل عن العمل

يعمل (موظف حكومي او قطاع خاص)

متقاعد

كاسب

## Appendices

الدخل الشهري:  يكفي  يكفي الى حد ما  لا يكفي

السكن:  ريف  مدينة

صلة قرابة الزوج:  قريب  غريب

- هل سبق وتم تشخيصك بأحد الامراض النفسية نعم  كلا

### الجزء الثاني: المرونة النفسية لدى النساء المتزوجات

| الرقم | الفقرات   | كل وقت | كثير من الأحيان | بعض الأحيان | نادرا | أبدا |
|-------|---|--------|-----------------|-------------|-------|------|
| 1     | امتلك القدرة على التكيف مع التغيرات الحياتية            |        |                 |             |       |      |
| 2     | اتمتع بعلاقات وثيقة وامنة في حياتي                      |        |                 |             |       |      |
| 3     | أؤمن ان القدر يساعدني                                   |        |                 |             |       |      |
| 4     | أستطيع التعامل مع كل ما يعترض حياتي                     |        |                 |             |       |      |
| 5     | نجاحاتي السابقة تمنحني الثقة بمواجهة تحديات المستقبل    |        |                 |             |       |      |
| 6     | أحاول أن أرى الجانب المشرق في الاشياء اذا واجهتني مشكلة |        |                 |             |       |      |
| 7     | التكيف مع الضغوط تجعلني أكثر قوة                        |        |                 |             |       |      |
| 8     | أعتدت على التعافي بعد المرض أو مواجهة التحديات          |        |                 |             |       |      |
| 9     | أؤمن أن معظم الأشياء تحدث لسبب ما                       |        |                 |             |       |      |
| 10    | أبذل قصارى جهدي بغض النظر عن النتيجة                    |        |                 |             |       |      |

## Appendices

|  |  |  |  |  |    |  |
|--|--|--|--|--|----|--|
|  |  |  |  |  | 11 | أؤمن باني أستطيع تحقيق أهدافي بغض النظر عن المعرقلات       |
|  |  |  |  |  | 12 | لا استسلم وان بدأت الامور ميؤوسا منها                      |
|  |  |  |  |  | 13 | في أوقات الشدة ، أعرف أين أجد المساعدة                     |
|  |  |  |  |  | 14 | أستطع التركيز والتفكير بوضوح تحت الضغط                     |
|  |  |  |  |  | 15 | أفضل أن أخذ زمام المبادرة في حل المشكلات                   |
|  |  |  |  |  | 16 | ليس من السهل ان يحبطني الفشل                               |
|  |  |  |  |  | 17 | أرى نفسي اني شخص قوي عند التعامل مع صعوبات الحياة وتحدياته |
|  |  |  |  |  | 18 | أخذ قرارات صعبة وغير مألوفة                                |
|  |  |  |  |  | 19 | لدى القدرة على التعامل مع المشاعر المؤلمة مثل الحزن والخوف |
|  |  |  |  |  | 20 | أنصرف بناء على الحدس                                       |
|  |  |  |  |  | 21 | لدي شعور قوي بتحقيق هدي في الحياة                          |
|  |  |  |  |  | 22 | اشعر باني امالك القدرة على التحكم بحياتي                   |
|  |  |  |  |  | 23 | احب التحدي   |
|  |  |  |  |  | 24 | اسعى لتحقيق اهدافي   |
|  |  |  |  |  | 25 | أفتخر بإنجازاتي  |

## Appendices

### الجزء الثاني: التوافق الزوجي لدى النساء المتزوجات

| الرقم | فقرات المقياس  | اوافق بشدة | اوافق | محايد بين الموافقة والرفض | لا اوافق | لا اوافق بشدة |
|-------|--|------------|-------|---------------------------|----------|---------------|
| 1     | أتفق مع شريك حياتي على مجالات الإنفاق المالي           |            |       |                           |          |               |
| 2     | أفضل القيام بالأعمال دون مشاركة شريك حياتي             |            |       |                           |          |               |
| 3     | شريك حياتي ودود ومحب لي                                |            |       |                           |          |               |
| 4     | انا نادمة على زواجي                                    |            |       |                           |          |               |
| 5     | عواطف شريك حياتي نحوني قوية                            |            |       |                           |          |               |
| 6     | لا أحصل على الحب والود الذي أريده من شريك حياتي        |            |       |                           |          |               |
| 7     | اتفق وشريك حياتي على اختيار الاصدقاء الذين نتفاعل معهم |            |       |                           |          |               |
| 8     | لدينا مبادئ مشتركة عند النظر لقضايا الحياة المختلفة    |            |       |                           |          |               |
| 9     | انا غير راضية عن تعامل شريك حياتي مع أفراد عائلتي      |            |       |                           |          |               |
| 10    | لدي طموحات وأهداف مشابهة لما لدى شريك حياتي            |            |       |                           |          |               |
| 11    | توجد لدي صعوبات زوجية                                  |            |       |                           |          |               |
| 12    | أثق بشريكي   |            |       |                           |          |               |
| 13    | لو لم أكن متزوجة لاخترت شريكي الحالي                   |            |       |                           |          |               |
| 14    | يثير شريك حياتي أعصابي باستمرار                        |            |       |                           |          |               |
| 15    | يبدي شريك حياتي الاهتمام بي يومياً                     |            |       |                           |          |               |
| 16    | لا نتواصل أنا وشريك حياتي معا بشكل جيد                 |            |       |                           |          |               |
| 17    | شريك حياتي ليس كفؤ كالأزواج الذين اعرفهم               |            |       |                           |          |               |
| 18    | أعتبر سعيدة بزواجي                                     |            |       |                           |          |               |
| 19    | نحل خلافاتنا الزوجية من خلال تفهم                      |            |       |                           |          |               |

## Appendices

|  |  |  |  |  | مطالب بعضنا البعض                              |    |
|--|--|--|--|--|--|----|
|  |  |  |  |  | تفتقر حياتنا الزوجية للمرح والضحك              | 20 |
|  |  |  |  |  | أشعر بالاهتمام والالتزام بشريك حياتي           | 21 |
|  |  |  |  |  | أتشاجر مع شريك حياتي بشكل متكرر                | 22 |
|  |  |  |  |  | أتفق مع شريك حياتي حول كيفية قضاء وقت الفراغ   | 23 |
|  |  |  |  |  | أتجادل مع شريك حياتي حول الشؤون المالية        | 24 |
|  |  |  |  |  | لا اتفق مع شريك حياتي حول قراراتنا الرئيسية    | 25 |
|  |  |  |  |  | أنا راضية عن علاقتي مع شريك حياتي              | 26 |
|  |  |  |  |  | أختلف مع شريك حياتي حول كيفية إدارة المنزل     | 27 |
|  |  |  |  |  | أختلف مع شريك حياتي في معتقداتنا وقيمنا العامة | 28 |
|  |  |  |  |  | أعتبر أن حياتي الزوجية ناجحة                   | 29 |
|  |  |  |  |  | يضايقني في شريك حياتي عاداته                   | 30 |
|  |  |  |  |  | لا يوجد انسجام كبير بيني وبين شريك حياتي       | 31 |
|  |  |  |  |  | يظهر كل منا عاطفة دافئة تجاه الآخر             | 32 |
|  |  |  |  |  | أفكر في إنهاء علاقتي الزوجية                   | 33 |
|  |  |  |  |  | اتفق مع شريك حياتي على طرق تعاملنا مع اقاربنا  | 34 |
|  |  |  |  |  | شريك حياتي متفهم لي                            | 35 |

# Appendices

## Appendices F

### Content Validity Ratio and Content Validity Index for Resilience Scale

| Items / Experts                   | Expert 1  | Expert 2  | Expert 3 | Expert 4 | Expert 5 | Expert 6 | Expert 7 | Expert 8 | Expert 9 | Expert 10 | Experts in Ageement | CVR         |
|-----------------------------------|---|---|----------|----------|----------|----------|----------|----------|----------|-----------|---------------------|-------------|
| Item 1                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 2                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 3                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 4                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 5                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 6                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 7                            | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 8                            | 1   | 1   | 1        | 0        | 1        | 1        | 1        | 1        | 1        | 1         | 9                   | 0.8         |
| Item 9                            | 1   | 1   | 1        | 0        | 1        | 1        | 1        | 1        | 1        | 1         | 9                   | 0.8         |
| Item 10                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 11                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 12                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 13                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 14                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 15                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 16                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 17                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 18                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 19                           | 1   | 1   | 1        | 0        | 1        | 1        | 1        | 1        | 1        | 1         | 9                   | 0.8         |
| Item 20                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 21                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 22                           | 1   | 1   | 1        | 0        | 1        | 1        | 1        | 1        | 1        | 1         | 9                   | 0.8         |
| Item 23                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 24                           | 1   | 1   | 1        | 1        | 1        | 1        | 1        | 1        | 1        | 1         | 10                  | 1           |
| Item 25                           | 1   | 1   | 1        | 0        | 1        | 1        | 1        | 1        | 1        | 1         | 9                   | 0.8         |
| <b>Proportion Relevance</b>       | 1.00  | 1.00  | 1.00     | 0.80     | 1.00     | 1.00     | 1.00     | 1.00     | 1.00     | 1.00      | 1.00                |             |
|                                   | Average proportion of items judged as relevance across the 10 experts |   |          |          |          |          |          |          |          |           | <b>0.98</b>         |             |
|                                   |   |   |          |          |          |          |          |          |          |           | <b>CVI</b>          | <b>0.96</b> |
| <b>Content validity ratio CVR</b> | CVR=(Ne - N/2)/(N/2)  |   |          |          |          |          |          |          |          |           |                     |             |
| <b>Content validity Index CVI</b> | <b>0.96</b>   | Ne= Number of panel members indicating an item "essential," |          |          |          |          |          |          |          |           |                     |             |
|                                   | N= The number of panel  |   |          |          |          |          |          |          |          |           |                     |             |
|                                   | CVI= Total Scale validity   |   |          |          |          |          |          |          |          |           |                     |             |

Appendix G

خبراء تحكيم استمارة الاستبانة

| ت  | اسم الخبير              | اللقب العلمي | مكان العمل                  | الاختصاص                     | سنوات الخبرة |
|----|-------------------------|--------------|-----------------------------|------------------------------|--------------|
| 1  | د. سجاد هاشم محمد       | استاذ متمرس  | جامعة بابل - كلية التمريض   | تمريض الصحة النفسية والعقلية | 40           |
| 2  | د. عبد المهدي عبد الرضا | استاذ        | جامعة بابل - كلية التمريض   | تمريض الصحة النفسية والعقلية | 42           |
| 3  | د. سلمى كاظم جهاد       | استاذ        | جامعة بابل - كلية التمريض   | تمريض صحة الأسرة والمجتمع    | 39           |
| 4  | د. عدنان ماراد جبر      | استاذ        | جامعة واسط - كلية التربية   | دكتوراة علم النفس            | 27           |
| 5  | د. شيماء نصيف عناد      | استاذ        | جامعة واسط - كلية التربية   | دكتوراة علم النفس            | 14           |
| 6  | د. صافي داخل نوام       | أستاذ مساعد  | جامعة كربلاء - كلية التمريض | تمريض الصحة النفسية والعقلية | 16           |
| 7  | د. حسن علي حسين         | استاذ مساعد  | جامعة بغداد - كلية التمريض  | تمريض الصحة النفسية والعقلية | 13           |
| 8  | د. قحطان قاسم محمد      | أستاذ مساعد  | جامعة بغداد - كلية التمريض  | تمريض الصحة النفسية والعقلية | 12           |
| 9  | د. أشوان عبد الزهرة     | أستاذ مساعد  | جامعة الكوفة - كلية الطب    | دكتوراة في الطب النفسي       | 8            |
| 10 | د. علي احمد كاظم        | مدرس دكتور   | جامعة بابل - كلية التمريض   | تمريض الصحة النفسية والعقلية | 10           |

## الخلاصة

المرونة النفسية هي واحدة من الأسس الرئيسية للصحة النفسية للأفراد. الأزواج المرنين من الناحية النفسية لديهم مشاعر ممتعة تعزز حياتهم وصحتهم، مما يتيح لهم التكيف بسرعة وكفاءة من خلال زيادة مستوى من التوافق الزوجي. الغرض من الدراسة الحالية هو تحديد الصلة بين المرونة النفسية والتكيف الزوجي للمرأة المتزوجة. كانت الدراسة كمية وتم استخدام تصميم دراسة وصفية ارتباطية على عينة ملائمة من (عدد 150) امرأة متزوجة في محافظة واسط لتحقيق أهداف الدراسة. تم تحقيق هدف الدراسة من خلال استخدام مقياسين منفصلين (المرونة النفسية (25 فقرة) والتكيف الزوجي (35 فقرة). أشارت النتائج إلى أن أكثر من نصف النساء لديها مستوى مرتفع من المرونة النفسية (56.7%). وكانت نسبة مماثلة تقريبا من النساء حصلت على مستوى عال من التوافق الزوجي (56.0%). وقد تم تحديد وجود علاقة ذات دلالة إحصائية بين المرونة النفسية والتوافق الزوجي لدى النساء. ثبت أن المرونة هي قدرة عقلية حاسمة لتخفيف التوتر في المواقف المختلفة، مثل الحياة الزوجية. تسلط نتائج الدراسة الضوء على العلاقة الإيجابية الهامة بين المرونة والتكيف. الأزواج المرنون مجهزون بشكل أفضل للتعامل مع المشكلات ومساعدتهم على التعافي من خلال الاعتماد على الكفاءة والتفاؤل المستقبلي والإنجاز وقدرات حل المشكلات ومهارات التعامل مع الآخرين. لذلك، للحفاظ على التكيف الزوجي بشكل أفضل بين النساء المتزوجات، فإنهن بحاجة إلى بناء الثقة بالنفس وممارسة المرونة من خلال الوعي، حيث أثبتت المرونة القوة الدافعة لتحسين التكيف الزوجي



وزارة التعليم العالي والبحث العلمي  
جامعة بابل / كلية التمريض

تحديد مستوى المرونة النفسية في التنبؤ بالتكيف الزوجي لدى النساء

رسالة مقدمة من قبل

مريم ساجت خلف

الى

مجلس كلية التمريض / جامعة بابل

جزء من متطلبات نيل درجة الماجستير علوم في التمريض

إشراف

أ. م. د. حيدر حمزة علي

ايار 2022م

شوال 1443 هـ