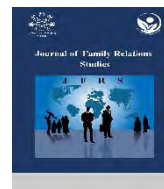




Contents lists available at <https://ecc.isc.ac/showJournal/39795>

Journal of Family Relations Studies

Journal home page: <http://jhfs.uma.ac.ir/>



Research Paper

Predicting marriage burnout based on mindfulness, psychological flexibility and coping styles



Crossmark

Mohammad Sabetroo¹, Kianoosh Zaharakar^{2*} & Esmail Asadpour³

1. MSc, Counseling, educational and psychology, Kharazmi, Tehran, Iran.

2. Professor, Counseling, educational and psychology, Kharazmi, Tehran, Iran.

3. Associate Professor, Counseling, educational and psychology, Kharazmi, Tehran, Iran.

Use your device to scan and read article online



Citation: Sabetroo, M., Zaharakar, K. & Asadpour, E. (2023). [Predicting marriage burnout based on mindfulness, psychological flexibility and coping styles (Persian)]. *Journal of Family Relations Studies*, 3 (10): 44-53. <https://doi.org/10.22098/jfrs.2023.12497.1111>



10.22098/jfrs.2023.12497.1111

ARTICLE INFO:

Received: 2023/03/08

Accepted: 2023/05/22

Available Online: 2023/08/30

Key words:

Mindfulness, psychological flexibility, coping styles, marriage burnout, teachers

ABSTRACT

Objective: The present study aims to determine the forecast of mindfulness, psychological flexibility, and coping styles regarding teacher marriage burnout.

Methods: The population of the study includes 550 married elementary school teachers in the city of Esfarayen (2021). Sampling was done based on the intended society (550 teachers). To do so, 225 teachers were selected using Morgan Table. Data-collection instruments include Paine's Marital Burnout Questionnaire (1996), Nis and Vander Walj's Cognitive Flexibility Questionnaire, Endler and Parker's Coping Style Questionnaire, and Bayer et al.'s Five-scale Mindfulness Scale (2006). Finally, the collected data were analyzed by Spss24 software.

Results: Findings of the study indicated that the total mindfulness score and the subscales (i.e. action with awareness, lack of judgment, and lack of response) had a significant correlation with marriage burnout. Also, there was a significant negative correlation between the total score of psychological flexibility and the subscales— understanding controllability, understanding various options, and understanding behavior justification— and marriage burnout. In addition, there was a significant negative correlation between problem-focused coping style and marriage burnout. Also, avoidance coping style had a significant positive correlation with marriage burnout. Conversely, no significant correlation was found between emotional coping style and marriage burnout. Furthermore, according to the regression model, 26.3% of marriage burnout changes could be determined by lack of judgment (mindfulness), lack of response (mindfulness), problem-focused coping style, and avoidance coping style.

Conclusion: Overall, mindfulness, psychological flexibility, and coping styles were significant predictors of teacher marriage burnout. Therefore, teacher marriage burnout could be alleviated by creating some potential.

1. Introduction

During married life, people likely experience some external hardships and pressures and may face many obstacles that prevent them from meeting their needs. This makes the marital agreement difficult and exhausting for both men and women; Because achieving it requires trying to resolve multiple

conflicts (Ruiz-Marin et al., 2021). When couples' efforts to resolve conflicts and meet personal needs are futile, they can lead to marital boredom that is associated with many negative consequences such as incompatibility, conflict, or divorce (Jesse et al., 2018).

*Corresponding Author:

Kianoosh Zaharakar

Address: Professor, Counseling, educational and psychology, Kharazmi, Tehran, Iran.

E-mail: Dr_zaharakar@khu.ac.ir

Marital boredom is a chronic condition that results from fatigue and emotional, physical, and mental breakdown. This fatigue and boredom are caused by the experience of stress and negative emotional load for a long period in the marital relationship, which is contrary to predetermined personal expectations and premarital assumptions about marital life (Alsawalqa, 2019). Marital burnout has three dimensions that include emotional, physical, and mental fatigue that result from a person's dissatisfaction with married life and their beliefs about achieving goals, which, as long-term persistence, exacerbates frustration, depression, and low marital satisfaction. (Cañadas-De la Fuente et al., 2018). Marital boredom is a psychological problem and a kind of physical, emotional, and mental exhaustion that often results from a mismatch between expectations and realities of life, a set of irrational expectations, and unrealistic thoughts. Marital burnout has different dimensions, which include physical exhaustion that is accompanied by symptoms such as chronic headaches, blame, upset stomach, lack of desire, and overeating, and emotional exhaustion that includes overeating, hypocrisy, feelings of sadness and longing, hopelessness, sense of meaninglessness, and depression. Emotional disorders are shown, and mental exhaustion usually manifests as a decrease in self-confidence and self-belief, a negative opinion about the relationship and spouse, and dissatisfaction with oneself. Marriage burnout is a psychological problem and a kind of physical, emotional, and psychological inability, which results from discordance between expectations and realities of life, along with several irrational and unrealistic thoughts. In fMaritaledom is not due to a problem in one or both people in the relationship and does not occur suddenly, but the love and affection between couples gradually decrease, which leads to general fatigue and eventually the worst and most severe state. It leads to the loss of the relationship (Naeem, 2008).

Recent reports indicate that in Iran, marriage burnout is on the rise, with more than 50% of couples experiencing marriage burnout. So, identifying the influential and predictive factors in marriage burnout might contribute to burnout reduction. Based on the literature, a reason for marriage burnout is negative excited its dominance over relationships and marital life. As a result, one strategy to alleviate burnout is mindfulness (Barnes et al., 2007).

Mindfulness in psychology and Buddhist scriptures is a sort of insight, which plays a crucial role in the enlightenment of people (Brown et al., 2013). Mindfulness ople to pay attention to their experiences and consider them as adverse permanent issues.

Mindfulness is a means, which helps people reduce the pain of thinking about some experiences and develop themselves (Chiesa, 2013).

Mindfulness has a range of meanings (Bishop et al., 2004; Hayes et al., 2011; Tan, 2011). One pioneer people personentg on mindfulness was Kabat-Zinn (Brown et al., 2013). He said, "Mindfulness means attending a particular way related to the present time, without any judgment". IHisnition of mindfulness, (Linehan, 2015) defines mindfulness as a conscious focus of the mind at the moment, without judgment and affiliation with the moment, in which the person is present.

The main purpose of mindfulness is to change the way a person relates to their thoughts, feelings, and emotions, which includes paying full attention and having an attitude without judgment and with acceptance. But they are not a fixed part of the process of personality and life, and therefore, cause the person to choose responses and reactions with reflection and thinking instead of involuntary reactions to these events, and the emergence of problems and conflicts, and finally Prevent boredom (Miyata et al., 2020). In, addition to the effect of mindfulness on marital boredom, psychological flexibility is another factor that can affect interactions and encounters with stressful and challenging situations in married life (Sandoz et al., 2015). Psychological resilience is one of the main aspects of executive performance that can be defined as the ability to effectively adapt to the changing needs of the environment. Since the human environment is constantly changing, human goals and needs also change accordingly. Therefore, human beings need psychological flexibility to survive and meet their needs to be able to adapt to changes in the environment (Darby et al., 2018). Psychological resilience means being present and fully aware of one's thoughts and feelings, accepting thoughts and feelings even if they are unwanted and unpleasant, and moving in the direction of a pattern of behaviors based on one's values. People who have more psychological flexibility can take onnew issues and situations from different dimensions and aspects and use new strategies in dealing with unpredictable situations. Psycho logicalness is the main mechanism of change in the therapeutic approach based on accepting people's resilience does not mean challenging and changing but helps the individual to get rid of empirical avoidances and cognitive fusion. Psychological flexibility is illustrated in the form of a hexagon and six steps that help these six steps: acceptance, disintegration, contact with the moment, self as context, values, and committed action (Densham et al., 2016). Densham et

al., (2016) showed that there is a positive and significant relationship between psychological resilience and quality of life in patients with chronic fatigue. In addition to helping people cope better with stressful situations, psychological resilience can also help them cope with new situations. On the other hand, when people face life challenges, this can lead to coping. It causes boredom in them, so people's coping styles with these challenges can be one of the main predictors of boredom (Kiluk et al., 2010). Humans differ from each other in their perception and interpretation of life events and happenings in such a way that one issue or event may be very stressful for one person while another person has no stress about that event or issue. Coping styles show how a person deals with life events and happenings that he uses to cope successfully and with environmental conditions. In examining the general coping process, three types of coping styles are proposed, which are: Problem-oriented coping style is a method in which a person seeks to try to change, correct and regulate, solve a problem, and seek steps to deal with the problem; an emotional coping style is a way that one feels the stressor has to endure and the focus is mainly on the emotional state in the form of crying, anger, positive reinterpretation of the event, and denial. The third coping style is the avoidance coping style, also called escape avoidance. Avoidance style is usually used when a person expects a poor outcome of coping that is associated with feelings of helplessness. The goal of the avoidance style is to minimize the stress associated with that stressful situation by throwing out or isolating dating oneself from the problem (Karstoft et al., 2015). Therefore, due to the existing problems in marital life such as infidelity, divorce, family breakdown, and marital boredom, it is necessary to reduce marital boredom problems and boredom by examining the factors and predictors of Marlboro that can be solutions to improve and stability Proposed marital relationship. Therefore, according to the background study, although studying the role of mindfulness; Psychological resilience, and coping styles of marital sluggishness have been studied separately and limited but the relationship between these four variables has not been studied and the research gap in this area is noticeable. Therefore, it is necessary to conduct research in this regard to determine the role of these variables in predicting marital boredom; Therefore, identifying psychological structures predicting marital boredom will be useful and the three influential variables in this field are mindfulness, cognitive flexibility, and coping styles. Therefore, the present study aimed to predict marital

boredom based on mindfulness, psychological flexibility and coping styles.

2. Materials and Methods

As the present study intends to investigate marriage burnout based on mindfulness, psychological flexibility, and coping styles, descriptive correlational research was conducted.

The population of the study includes 550 married elementary school teachers in the city of Esfarayen (2021). Sampling was done based on the intended society (550 teachers). To do so, 225 teachers were selected using Morgan Table. Taking into account the inclusion and exclusion criteria, together with the initial screening, the aims of the study, ambiguous points, and ethical issues (confidentiality, participant's right to choose, and freedom of leaving the experiment) were explained to the participants. Later the relevant questionnaires were distributed to the married teachers. After the collection of questionnaires, 2 of them were discarded due to repetitive answering patterns and outliers. At last, the data of 223 teachers were analyzed to test research hypotheses. In the present study, data collection was done using (Pines, 1996), (Dennis & Vander Wal, 2010), (Baer et al., 2006), and (Endler & Parker, 1990).

Marriage burnout scale

This questionnaire was designed (Pines, 1996) to measure the degree of marriage burnout. This questionnaire includes 21 questions, 17 of which contain negative phrases related to fatigue, inconvenience, and a feeling of worthlessness. The remaining four questions of it contain positive phrases (e.g. being happy and energetic). They were scored on a seven-point Likert scale ranging from never (1) to always (7). On this scale, a higher score signifies more burnout– the highest score was 147 and the lowest score was 21. To interpret the scores, they should change into a scale. This was done by dividing the scores by the number of questions (21). A measure of more than 5 indicates the necessity of immediate help, equal to 5 indicates a crisis, 4 indicates burnout, 3 indicates the danger of burnout, and 2 or less shows a good relationship. Test-retest reliability coefficient in time intervals of one, two and three-month using Cronbach's alpha was reported in a range of 0.91 to 0.93. In a study to calculate the validity of the f marriage burnout scale, it was correlated with Enrich's Marital Satisfaction Questionnaire. The correlation coefficient between the two questionnaires was 0.4 (significant at 0.1).

Psychological Flexibility Questionnaire

This questionnaire was developed by (Dennis & Vander Wal, 2010) and is a 20-item self-report to measure the kind of cognitive flexibility required for a person to challenge and replace inefficient thoughts with more efficient ones— rated on a 7-point Likert scale. An attempt was made to evaluate three aspects of psychological flexibility: a) the desire to understand difficult situations as controllable b) the ability to understand a few alternative justifications for life events and human behaviors c) the ability to offer some alternatives for difficult situations. In their study, Dennis and Vander Walj (2010) showed that this questionnaire consists of suitable factor structure, convergent validity, and concurrent validity. The researchers demonstrated that the two factors of understanding various options and understanding behavior justification have the same meaning. Also, the control factor was chosen as the second sub-scale. The concurrent validity of this questionnaire with Beck's Depression Inventory (BDI-II) was -0.39 and its convergent validity with Martin and Robin's flexibility scale was 0.75. Researchers found the reliability of Cronbach's alpha for the entire scale, understanding controllability, and understanding various options was 0.91, 0.91, and 0.84, respectively. Regarding the retest, the reliability was 0.81, 0.75, and 0.77, respectively (Dennis & Vander Wal, 2010). The validity of the entire scale was 0.71 and the subscales of understanding controllability, understanding various options, and understanding behavior justification were reported at 0.55, 0.72, and 0.57, respectively. In addition, the entire scale's Cronbach's alpha was 0.90, and for subscales was reported to be 0.87, 0.89, and 0.55, respectively.

Coping Strategy Indicator

This test was designed by Endler & Parker (1990) to ototolerateditorious coping styles in stressful situations using three categories: problem-focused, emotional, and avoidance. It contains 48 questions, with every 16 questions related to one aspect of coping. The answer to each question is rated based on a 5-point Likert scale ranging from never (1) to very often (5). Endler and Parker (1990) found the reliability for the problem-focused type was 0.9, emotional type 0.85, and avoidance 0. Review of internal consistency was found the reliability according to Cronbach's alpha for problem-focused 0.81, emotional 0.85, and avoidance 0.80.

The Five Facet Mindfulness Questionnaire

It is a self-evaluation instrument with 39 items created by Baer et al. (2006) by integrating some questions from Kenchouli's Mindfulness Questionnaire, The Mindful Attention Awareness Scale (MAAS), Freiburg Mindfulness Questionnaire, the revised emotional and

cognitive mindfulness scale, and Southampton questionnaire by applying factor analysis approach. Five factors were identified, which evaluated various aspects of mindfulness. These factors include observation, description, action with awareness, lack of judgment about the internal experience, and lack of response to the internal experience. The answers were coded based on the La Likert scale (from 1 to 5). According to the results, the internal consistency of the factors was suitable. Also, the coefficient alpha was between 0.75 and 0.91. In a study on the validity and reliability of this questionnaire in Iran, the test-retest correlation coefficient of the Iranian sample was between 0.57 and 0.84. In addition, the coefficient alpha was found to be 0.57 to 0.84.

Research method

The research method was that the researchers received a letter of introduction from Kharazmi University and was referred to the Education Department of Esfarayen City based on the criteria of entry and exit of the research and after initial screening, research objectives, ambiguities, and ethical issues (confidentiality, choice, and freedom of participants for Non-participation in the study) was explained to the participants and then the questionnaires were provided to them for completion.

Data analysis method

In the present study, descriptive and inferential statistics were used to analyze the data. In the descriptive statistics section, the regression analysis test was used to calculate the mean, standard deviation, graph, table, and correlation matrix of the variables under study, and in the inferential statistics section. Finally, the collected data were analyzed by Spss24 software

3. Results

The participants of this study were 223 teachers (47.1% female and 52.9% men). The majority of the participants (50.2%) were between 28-35 years old, 34.5% between 36-42 years old, and 15.2 % between 43-50 years old. Most teachers (61.9%) held bachelor's degrees (n=138). Furthermore, the level of education of 34.1% of teachers was a master's degree (n=76), and 4% was a two-year college (n=9). Therefore, most teachers held bachelor's degrees. In the present study, most teachers' work experience was between 1 to 10 years (50.2%). The minimum work experience was observed in teachers over 21 years old (2.2%) with most of them having a marriage experience between 6 to 10 years (39.5%). Moreover, the lowest frequency of marital life duration was demonstrated in the range of 16 years and more (5.4%). The descriptive findings of the present study based on descriptive statistics showed that the mean (SD) for the variables for marriage burnout was 54.59

(4.21) and for mindfulness was 91.20 (12.45). The mean (SD) of the subscales observation, description, action with awareness, lack of judgment, and lack of response were 18.83 (3.61), 17.07 (3.65), 20.32 (4.06), 17.91 (4.28), and 17.09 (3.91), respectively. The mean (SD) of psychological flexibility for the studied teachers was 86.37 (9.56). The mean (SD) for subscales of understanding controllability,

understanding various options, and understanding behavior justification were 30.35 (3.36), 30.32 (4.36), and 25.78 (3.44), respectively. The mean (SD) of problem-focused, emotional, and avoidance coping styles of the teachers were 55.96 (4.91), 31.49 (4.6 and 1), 43.22 (7.82), respectively. The most common frequency of marital life was 16 years and older (5.4%) (Table 1) 54.59.

Table 1. Descriptive indicators of research variables

Variable	Min	Max	Average	Standard deviation
Marital boredom	41	61	59/54	21/4
View	9	27	83/18	61/3
Description	9	27	07/17	65/3
Awareness action	10	30	32/20	06/4
Lack of judgment	10	30	91/17	28/4
No reaction	8	25	09/17	91/3
Mindfulness	59	121	20/91	45/12
Perception of controllability	19	40	35/30	36/3
Perception of different options	16	40	32/30	36/4
Perception of behavior justification	16	35	78/25	44/3
Psychological flexibility	61	111	37/86	56/9
Problem-solving circuit	36	65	96/55	91/4
Emotional coping	19	40	49/31	61/4

Statistical test of research hypotheses

To investigate the relationship between mindfulness, psychological flexibility, and coping styles with

teachers' marital boredom, considering that the parameters of the parametric test were met, the Pearson correlation coefficient test has been used.

Table 2. Correlation matrix of mindfulness relationship, psychological flexibility, and coping styles with marital boredom

Mindfulness variable	1	2	3	4	5	6	7
1 View	1						
2 Description	0/258**	1					
3 Awareness action	0/193**	0/356**	1				
4 Lack of judgment	0/261**	0/204**	0/278**	1			
5 No reaction	0/233**	0/329**	0/378**	0/361**	1		
6 Mindfulness	0/492**	0/659**	0/702**	0/6**	0/726**	1	
7 Marital boredom	0/045	0/027	-0/213**	-0/239**	-0/219**	-0/2**	1
Psychological flexibility variable	1	2	3	4	5		
1 Perception of controllability	1						
2 Perception of different options	0/411**	1					
3 Perception of behavior justification	0/358**	0/624**	1				
4 Psychological flexibility	0/764**	0/809**	0/697**	1			
5 Marital boredom	0/255**	-0/210**	-0/242*	-0/284**	1		
Variable coping styles	1	2	3	4			
1 Problem-solving circuit	1						
2 Emotional coping	0/192**	1					
3 Avoidance	-0/391**	0/111	1				
4 Marital boredom	-0/273**	-0/045	0/214**	1			

P < 0.05*, P < 0.01**

The results in Table 2 showed 99% confidence between the subscales of action with awareness (r = -0.213; P = 0.001), lack, and judgment (r = -0.239; P = 0.000). Lack of reaction (r = -0.219; P = 0.001) and an overall score of mindfulness (r = -0.200; P = 0.003) have a negative and significant relationship with marital boredom; But no significant relationship was

observed between observation subscales (r = 0.045; P = 0.504) and description (r = 0.027; P = 0.692) with marital boredom.

To investigate the relationship between psychological resilience and teachers' marital boredom, considering that the parameters of the parametric test were met, the Pearson correlation coefficient test has been used.

The results in Table 2 showed 99% confidence between the subscales of controllability perception ($r = -0.255$; $P = 0.001$) and perception of different options ($r = -0.210$; $r = 0.002$). P), perception of behavior justification ($r = -0.224$; $P = 0.000$), and an overall score of flexibility ($r = -0.284$; $P = 0.001$) that had a negative and significant relationship with marital boredom.

To investigate the relationship between coping styles and teachers' marital boredom, considering that the

parameters of the parametric test were met, the Pearson correlation coefficient test has been used.

The results in Table 2 showed 99% confidence that there was a negative and significant relationship between problem-oriented coping style and marital boredom ($r = -0.227$; $P = 0.000$). Also, there was a positive and significant relationship between avoidant coping style and marital boredom ($r = 0.214$; $P = 0.002$). But there was no significant relationship between emotional coping style and marital boredom ($r = -0.45$; $P = 0.504$).

Table 3. Results of Multiple Regression Analysis of Research Variables in Predicting Marital Boredom

Model	R	R2	R2 Modified	standard error
1	0/544	0/296	0/263	3/617

In the fifth step, the multiple correlation coefficient was calculated as $R = 0.544$ and the adjusted coefficient of determination was calculated as $R2 =$

0.296. Thus, predictor variables can predict 26.3% of changes in marital boredom (Table 3).

Table 4. Significant results of multiple regression to predict marital boredom

Source of changes	Degrees of freedom	MS	F	Sig.
Prediction	10	116/657	8/917	0/000**
		leftover	212	13/082
		Total		222

$P < 0.05^*$, $P < 0.01^{**}$

The significance of the regression model is presented in Table 4. The value of F obtained, which was significant at the error level of less than 0.01, indicated that the predictor variables had high explanatory power and could explain well the amount of variation and variance of the dependent variable. Based on the results of Table 3, the obtained regression model was good and it could be used to explain the changes in

research anxiety based on predictor variables and the calculated coefficients were statistically significant. It should be noted that the variables of observation (mindfulness), description (mindfulness), and emotional coping (coping style) were excluded from the regression analysis due to the lack of a linear relationship with the criterion variable.

Table 5. Standard and non-standard coefficients of research variables in predicting marital boredom

Predictive variables	B	SE	β	t	Sig.
(Fixed)	445/75	985/4	-	135/15	**000/0
Problem-solving circuit	306/0-	059/0	356/0-	186/5-	**000/0
Avoidance	260/0	062/0	285/0	217/4	**000/0
Perception of controllability	100/0-	143/0	080/0-	694/0-	448/0
Perception of different options	024/0-	115/0	025/0	206/0-	837/0
Perception of behavior justification	124/0-	107/0	101/0-	152/1-	250/0
Psychological flexibility	019/0	084/0	042/0	222/0-	825/0
Awareness action	150/0-	096/0	145/0-	567/1-	119/0

$P < 0.05^*$, $P < 0.01^{**}$

The impact of each variable in the regression analysis is depicted in Table 5. Interpretation of theregression coefficient was done according to the standard regression coefficient (β). Based on the results of the present study, the effect of problem-focused coping strategy, avoidance coping strategy, lack of judgment (mindfulness), and lack of response (mindfulness) variables were significant. On the contrary, understanding controllability (psychological flexibility), understanding various options (psychological flexibility), understanding behavior

justification (psychological flexibility), psychological flexibility, and behavior with action (mindfulness) did not affect predicting marriage burnout, due to a level of significance above 0.05. To interpret the results of the regression model, it is suggested that for each increase in SD of problem-focused coping style, avoidance coping style, lack of judgment (mindfulness), and lack of response (mindfulness), the teacher marriage burnout changed to SD-0.356, SD+0.285, SD-0.170, and SD-0.217, respectively.

4. Discussion and Conclusion

This study aimed to determine the predictive power of mindfulness, psychological flexibility, and coping styles on teachers' marital boredom. The results of the present study showed that the overall score of mindfulness and subscales of action combined with awareness, lack of judgment, and lack of reactive have a significant relationship with marital boredom. In addition, in the regression model, non-judgment and non-reaction subscales can predict the variance of teachers' marital boredom. The results obtained in this study are consistent with the findings of Çapri & Gökçakan (2013).

Explaining this finding, we can say that people who have more mindfulness evaluate their romantic and romantic relationships more positively. Also, mindfulness plays a different role in adaptation and agreement in marital relationships; In this way, people with high consciousness have connections that are emotionally and behaviorally lower than negativity. The negative relationship between mindfulness and marital boredom shows that people with high awareness in a romantic relationship are less likely to experience a lack of fit in dominating negative emotion, which predicts dissatisfaction and dissolution of marital relationships. (Barnes et al., 2007).

Thus, mindfulness helps couples to understand that although negative emotions occur throughout life, they are not a fixed part of the process of personality and life and, therefore, cause the person to react rather than involuntarily and choose responses to these events with reflection and reflection. Hence, mindfulness is a new style for more effective communication with life that relieves or alleviates human pain and affirmation and further enriches life and its enjoyable meaning (Miyata et al., 2020). Therefore, it is logical that mindfulness is the opposite predictor of marital boredom.

The findings of the present study also showed that there is a negative and significant relationship between the overall score of psychological flexibility and subscales of controllability perception, perception of different options, and perception of behavior justification with marital boredom.

Explaining this finding, it can be said that psychological flexibility is the ability to be in the present, to give space to thoughts and feelings, and to do what is important. According to early theories, more flexibility focused on the understanding and characteristics of resilient individuals, through which individuals could achieve adaptation and positive outcomes in the face of adversity, but later research in

this area with social abuse. Violence, parental mental illness, and tragic life events that can lead to reduced flexibility have spread.

New theories view flexibility as a multidimensional structure that includes fundamental variables such as temperament, personality, and specific skills such as problem-solving skills. These skills allow the individual to adapt well to the traumatic events of life, and individuals to successfully cope with the stresses of married life. The ability to cope and adapt positively to the stresses of married life reduces marital boredom. According to Moon et al. (2021), cognitive flexibility is associated with improving an individual's ability to cope with specific situations; For example, when people are better able to change their thinking from situation to situation, they will focus less on stressful situations in these situations. In another explanation, cognitive flexibility includes the possibility of change in different situations. According to this definition, cognitive flexibility seems to be related to stress tolerance in marital relationships. People with high stresses find negative events in married life more flexible and realistic, and often see problems as temporary and limited (Haglund et al., 2007).

In summary, people are more resilient, healthier, more mature, and more likely to endure stressful situations. People who can think flexibly use alternative justifications; They positively reconstruct their frame of mind, accept challenging situations with stressful events, and are more psychologically distressed than people who are not flexible. People with high anxiety levels are more flexible and realistic about negative events in their married life and are less likely to experience marital boredom.

Another finding of the present study was that there is a negative and significant relationship between problem-oriented coping styles and marital boredom. Also, the avoidant coping style had a positive and significant relationship with marital boredom; But there was no significant relationship between emotional coping style and marital boredom. In the regression model, problem-oriented coping and avoidant coping were able to predict marital boredom. The results obtained in the present study are in line with the findings of the studies' Yuan & Weiser (2019).

According to the model of Lazarus & Folkman (1984) in the coping process, cognitive skills are used to solve the problem. The individual uses cognitive skills to solve problems by applying an effective problem-oriented coping style. Based on this, the ways to deal with the problem are directly examined and usually psychological satisfaction is obtained by finding

appropriate solutions to the problem. In the field of interpersonal relationships, especially with couples, marital satisfaction can be the product of this process. Coping Styles refers to individuals' specific ways of coping with stressful situations, which are usually seen as a dominant behavioral pattern throughout married life. According to research, problem-oriented styles have positive effects on couples living together and may reduce the negative effects of stress on relationships between couples. On the other hand, deficiencies in coping strategies can lead to marital boredom. Some aspects of problem-solving such as managing personal stress, improving the relationship through talking and listening techniques, establishing marital communication, increasing dual skills of adapting to the environment, and resolving conflict cause couples to have more marital satisfaction and marital stress.

Problem-oriented couples both control the stress in the relationship through joint discussion, change of position, helping each other to relax, and the like, and believe that stress is a process by which the situation stimulates cognitive assessments, which means that each partner may assess the same situation differently and, as a result, experience different emotions. Thus, from the perspective of this awareness, less marital boredom is experienced.

Denying a stressful situation leads to avoidant behavior and passivity in dealing with a stressful situation leads to an inability to use one's potential abilities and initiative. With the avoidant coping style, the problem remains unresolved and dissatisfaction increases as a result. The characteristics of denial and passivity and their consequences in dealing with avoiding stressful situations in married life by reducing one's self-confidence also increase problems and dissatisfaction and increase the rate of boredom in marital relationships.

Using the avoidant coping style, which is characterized by avoiding the stressful factor in marital relationships through ignoring the issue, instead of directly confronting the cause of stress and addressing its various aspects, the couple ignores and neglects. Knowing the importance of the subject, they waste a huge part of their energy. Using this style of coping creates a vicious circle so that avoiding the source of stress causes the problem to remain and be maintained in turn creating dissatisfaction and boredom (Guo et al., 2017). This dissatisfaction in people who use such a strategy causes more avoidance and as a result, marital boredom increases and continues.

In the case of the emotion-coping coping style, the

main hypothesis is that couples engage in an emotional coping style and lose focus and calmness. As a result, stress is exacerbated, and marital dissatisfaction increases. However, in the present study, no significant relationship was observed between emotion-oriented coping style and marital boredom. The coping style was emotion-oriented and shows that this style has not been the dominant style of the population under study. However, more studies are needed to achieve reliable results.

Finally, the findings of the present study showed that for increasing the standard deviation in the variables of problem-oriented coping, avoidant coping, lack of judgment (mindfulness,) and lack of reaction (mindfulness), the rate of teachers' marital boredom was -0.356, 0.285, -0.17, 0 and -0.217, respectively. The results obtained in this study are consistent with the findings of the study by Yuan & Weiser (2019) and Çapri & Gökçakan (2013).

According to these theorists, bored couples tend to use different coping styles, but behavioral avoidance (avoiding facing the spouse) is the most common coping method among bored couples. According to the theorists, other manifestations of this avoidance include cognitive avoidance, trying to escape the problem intellectually, protecting family resources (hiding money from a spouse or paying bills), and gaining independence and acceptance. He mentioned responsibility for life, seeking social support, and reducing tension by expressing disgust.

Regarding the effect of these coping strategies on marital boredom, it is believed that more effective coping techniques (problem-oriented) such as active coping with conflict with spouse compared emotional coping techniques such as expressing anger, hatred, crying, and wailing are more related to the positive consequences of a marital relationship. In sum, marital boredom in couples and the use of avoidant coping in them may reflect the fact that the couple's feelings for coping with life requirements and to some extent affect the way they deal with life problems.

Regarding the ability to predict the components of mindfulness for marital boredom, according to the results, it can be said that one of the ways that can increase a person's performance and understanding in marital relationships is mindfulness. Mindfulness means paying attention to the present in a specific, purposeful, and non-judgmental way. Biological changes within the brain attributed to meditation exercises may also affect how people interact socially. The ability to be aware of the inner senses can be effective in neutralizing and reducing intense emotions during a fight with the spouse because the

person can recognize the feeling of arousal faster and reduce marital boredom by reducing marital disputes. It is suggested to have preventive measures with the strengthening awareness, psychological flexibility, and coping styles of couples, and by doing educational workshops at the community level will help improve the quality of couples' marital relations, thus preventing society from suffering from mananymages that are due to the lack of quality in marital relations. therefore, according to what has been said, it is suggested that in future research the effect of learning of mind on the quality of marital relationships will be investigated. One of the limitations of this study was that the participants were teachers. Therefore, it should be cautious in extending its results to other populations. Using the questionnaire as the sole research tool and the only source of data collection could be a limitation. The probability of bias of some teachers and not having the correct answers to their attributes can also be referred to as the limitations of this study.

5. Ethical Considerations

Compliance with ethical guidelines

Compliance with ethical guidelines all ethical principles were considered in this article. The participants were informed about the purpose of the research and its implementation stages.

Funding

This research did not receive any grant from funding agencies in the public, commercial, or non-profit sectors.

Authors' contributions

All authors have participated in the design, implementation, and writing of all sections of the present study.

Conflicts of interest

The authors declared no conflict of interest.

Acknowledgments

The cooperation of the esteemed deputy of education of the Esfarayen education department and all participants in the research process are sincerely appreciated and thanked.

References:

Alsawalqa, R. O. (2019). Marriage burnout: When the emotions exhausted quietly quantitative research. *Iranian Journal of Psychiatry and Behavioral Sciences*, 13(2). Doi:10.5812/ijpbs.68833

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27-45. Doi:10.1177/1073191105283504

Barnes, S., Brown, K. W., Krusemark, E., Campbell, W. K., & Rogge, R. D. (2007). The role of mindfulness in romantic relationship satisfaction and responses to relationship stress. *Journal of Marital and family therapy*, 33(4), 482-500. Doi:10.1111/j.1752-0606.2007.00033.x

Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., Segal, Z. V., Abbey, S., Speca, M., & Velting, D. (2004). Mindfulness: A proposed operational definition. *Clinical psychology: Science and practice*, 11(3), 230. Doi:10.1093/clipsy.bph077

Brown, A. P., Marquis, A., & Guiffreda, D. A. (2013). Mindfulness-Based Interventions in Counseling. *Journal of Counseling & Development*, 91(1), 96-104. Doi:10.1002/j.1556-6676.2013.00077.x

Cañadas-De la Fuente, G. A., Ortega, E., Ramirez-Baena, L., De la Fuente-Solana, E. I., Vargas, C., & Gómez-Urquiza, J. L. (2018). Gender, marital status, and children as risk factors for burnout in nurses: A meta-analytic study. *International Journal of Environmental Research and Public Health*, 15(10), 2102. Doi:10.3390/ijerph15102102

Çapri, B., & Gökçakan, Z. (2013). The Variables Predicting Couple Burnout. *Ilkogretim Online*, 12(2).

Chiesa, A. (2013). The difficulty of defining mindfulness: Current thought and critical issues. *Mindfulness*, 4(3), 255-268. Doi:10.1007/s12671-012-0123-4

Darby, K. P., Castro, L., Wasserman, E. A., & Slutsky, V. M. (2018). Cognitive flexibility and memory in pigeons, human children, and adults. *Cognition*, 177, 30-40. Doi:10.1016/j.cognition.2018.03.015

Dennis, J. P., & Vander Wal, J. S. (2010). The cognitive flexibility inventory: Instrument development and estimates of reliability and validity. *Cognitive therapy and research*, 34, 241-253. Doi:10.1007/s10608-009-9276-4

Densham, S., Williams, D., Johnson, A., & Turner-Cobb, J. M. (2016). Enhanced psychological flexibility and improved quality of life in chronic fatigue syndrome/myalgic encephalomyelitis. *Journal of psychosomatic research*, 88, 42-47. Doi:10.1016/j.jpsychores.2016.07.009

Endler, N. S., & Parker, J. D. (1990). Multidimensional assessment of coping: a critical evaluation. *Journal of Personality and social psychology*, 58(5), 844. Doi:10.1037/0022-3514.58.5.844

Guo, M., Dong, X., & Tiwari, A. (2017). Family and marital conflict among Chinese older adults in the United States: The influence of personal coping resources. *Journals of Gerontology Series A: Biomedical Sciences and Medical Sciences*, 72(suppl_1), S50-S55. Doi:10.1093/gerona/glw129

Haglund, M. E., Nestadt, P., Cooper, N., Southwick, S., & Charney, D. (2007). Psychobiological mechanisms of resilience: Relevance to prevention and treatment of stress-related psychopathology. *Development and Psychopathology*, 19(3), 889-920. Doi:10.1017/S0954579407000430

- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and commitment therapy: The process and practice of mindful change*. Guilford press.
- Jesse, M. T., Shkokani, L., Eshelman, A., De Reyck, C., Abouljoud, M., & Lerut, J. (2018, December). Transplant surgeon burnout and marital distress in the sandwich generation: the call for organizational support in family life. In *Transplantation proceedings* (Vol. 50, No. 10, pp. 2899-2904). Elsevier. Doi:10.1016/j.transproceed.2018.01.053
- Karstoft, K.-I., Armour, C., Elklit, A., & Solomon, Z. (2015). The role of locus of control and coping style in predicting longitudinal PTSD-trajectories after combat exposure. *Journal of anxiety disorders*, 32, 89-94. Doi:10.1016/j.janxdis.2015.03.007
- Kiluk, B. D., Nich, C., & Carroll, K. M. (2010). Neurocognitive indicators predict the results of an informed-consent quiz among substance-dependent treatment seekers entering a randomized clinical trial. *Journal of studies on alcohol and drugs*, 71(5), 704-712. Doi:10.15288/jsad.2010.71.704
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Springer publishing company.
- Linehan, M. M. (2015). *DBT® Skills Training: manuale*. Cortina.
- Miyata, H., Kobayashi, D., Sonoda, A., Motoike, H., & Akatsuka, S. (2020). Mindfulness and psychological health in practitioners of Japanese martial arts: a cross-sectional study. *BMC sports science, medicine, and Rehabilitation*, 12, 1-10. Doi:10.1186/s13102-020-00225-5
- Moon, K. J., Chung, M. L., & Hwang, S. Y. (2021). The Perceived Marital Intimacy of Spouses Directly Influences the Rehabilitation Motivation of Hospitalized Stroke Survivors. *Clinical Nursing Research*, 30(4), 502-510. Doi:10.1177/1054773820924573
- Naem, S. (2008). *The relationship between marital boredom, intimate relations with the spouse & marital conflicts with violence against women in Ilam Master Thesis, Islamic Azad University of Ahvaz*.
- Pines, A. (1996). *Malach. Couple Burnout: Causes and Cures*. In: New York, Routledge.
- Ruiz-Marin, C. M., Molina-Barea, R., Slim, M., & Calandre, E. P. (2021). Marital adjustment in patients with cancer: association with psychological distress, quality of life, and sleep problems. *International Journal of Environmental Research and Public Health*, 18(13), 7089. Doi:10.3390/ijerph18137089
- Sandoz, E. K., Moyer, D. N., & Armelie, A. P. (2015). Psychological flexibility as a framework for understanding and improving family reintegration following military deployment. *Journal of Marital and family therapy*, 41(4), 495-507. Doi:10.1111/jmft.12086
- Tan, S.-Y. (2011). Mindfulness and acceptance-based cognitive behavioral therapies: Empirical evidence and clinical applications from a Christian perspective. *Journal of Psychology and Christianity*, 30(3), 243.
- Yuan, S., & Weiser, D. A. (2019). Relationship dissolution following marital infidelity: comparing European Americans and Asian Americans. *Marriage & Family Review*, 55(7), 631-650. Doi:10.1080/01494929.2019.1589614

پژوهشگاه علوم انسانی و مطالعات فرهنگی
رتال جامع علوم انسانی