




A Causal Model of Marital Quality of Life Based on Resilience with the Mediating Role of Sexual Satisfaction in Married Teachers

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ABSTRACT

Objective: This study aimed to investigate a causal model of marital quality of life based on psychological resilience with the mediating role of sexual satisfaction in married teachers.

Methods and Materials: The research employed a descriptive-correlational design using structural equation modeling (SEM). The sample consisted of 375 married teachers selected through purposive sampling. Data were collected using the Connor-Davidson Resilience Scale (CD-RISC), the Sexual Satisfaction Questionnaire by Hudson et al., and the Revised Dyadic Adjustment Scale (RDAS) by Busby et al. Descriptive statistics and inferential analyses were conducted using SPSS and AMOS software. Assumptions of normality, linearity, and multicollinearity were checked and confirmed prior to model testing.

Findings: The results revealed a significant direct effect of resilience on marital quality of life ($\beta = 0.42$, $p < 0.001$), indicating that higher resilience is associated with greater marital quality among married teachers. However, the indirect effect of resilience on marital quality of life through sexual satisfaction was not statistically significant ($\beta = 0.10$, $p = 0.113$), suggesting that sexual satisfaction does not mediate the relationship between resilience and marital well-being in this population. Model fit indices confirmed the adequacy of the proposed model ($\chi^2/df = 2.54$, RMSEA = 0.05, CFI = 0.94, NFI = 0.91, GFI = 0.95, AGFI = 0.93).

Conclusion: Resilience plays a crucial and independent role in enhancing marital quality of life among married teachers, while sexual satisfaction, despite its overall importance, does not serve as a mediating factor in this relationship. The findings underscore the importance of psychological strengths in marital dynamics and suggest the need for interventions that enhance resilience to promote relational well-being, especially in high-stress professional contexts.

Keywords: Resilience, Marital Quality of Life, Sexual Satisfaction, Structural Equation Modeling, Married Teachers.

1. Introduction

The quality of marital life is a multidimensional construct that encompasses emotional, sexual, and relational dimensions, playing a crucial role in the psychological well-being and life satisfaction of individuals, particularly those in demanding professions such as teaching. Given the unique stressors associated with educational work—ranging from emotional labor to work-life imbalance—understanding the determinants of marital quality in teachers is both timely and necessary. Among the many factors influencing marital quality, psychological resilience and sexual satisfaction have received increasing attention as dynamic constructs that contribute significantly to the stability and harmony of marital relationships (Abboud et al., 2023; He et al., 2024).

Resilience, often conceptualized as the capacity to maintain or regain psychological well-being in the face of adversity, has been identified as a protective factor against relationship breakdown and dissatisfaction (Rajabi et al., 2023). In the marital context, resilience not only reflects an individual's ability to cope with external stressors but also enhances interpersonal adaptability, constructive conflict resolution, and emotional availability within the relationship (Irshad et al., 2023). This has been particularly observed in couples facing chronic stressors such as infertility, caregiving burdens, or economic hardship, where higher resilience correlates with greater marital compatibility and life satisfaction (Koo, 2008; Razavi & Salehiyan, 2022).

The relationship between resilience and marital outcomes, however, is not solely direct. Emerging research has highlighted the importance of mediating mechanisms, with sexual satisfaction standing out as a critical pathway through which resilience exerts its influence on marital quality (Hassani et al., 2023; Rostami, 2023). Sexual satisfaction encompasses both the emotional and physical dimensions of sexual experiences and serves as a barometer of intimacy and connection in committed relationships. Dissatisfaction in this domain has been linked to a wide array of negative outcomes, including decreased emotional closeness, conflict escalation, and eventual marital dissolution (Amiri et al., 2023; Sadiq et al., 2022).

In contrast, higher levels of sexual satisfaction are associated with increased marital commitment, psychological well-being, and overall life satisfaction (Ashkinazi et al., 2024; Martins et al., 2022). This satisfaction is influenced by multiple interacting factors, including psychological resilience, emotional regulation,

communication patterns, and even broader sociocultural variables such as gender norms and body image expectations (Scheinkman et al., 2022; Storholm et al., 2019). In this context, resilience appears to play a dual role: it acts both as a buffer against sexual dissatisfaction during stressful times and as a facilitator of sexual intimacy by promoting positive relational attitudes and adaptive behaviors (Catabay et al., 2019; Oliva et al., 2022).

Several empirical studies support the conceptual model positing resilience as a foundational resource for fostering sexual satisfaction, which in turn contributes to higher marital quality. For instance, Abboud et al. (2023) demonstrated that adults with higher resilience scores reported significantly greater sexual satisfaction, which was strongly correlated with measures of marital cohesion and emotional security. Similarly, a study by Jani et al. (2023) showed that sexual satisfaction serves as a mediator between intimacy and quality of marital life, emphasizing the need to understand these constructs not in isolation but as interwoven elements of a relational system (Jani et al., 2023). Furthermore, longitudinal and cross-sectional studies across diverse populations—including breast cancer survivors, caregivers, and women with infertility—have reinforced the mediating role of sexual functioning and satisfaction in the resilience-marital satisfaction linkage (He et al., 2024; Martins et al., 2022; Monga et al., 2022).

In addition to empirical support, theoretical models also provide a strong foundation for examining the interplay between resilience, sexual satisfaction, and marital quality. From a family systems perspective, resilience is not merely an individual trait but a relational capacity that shapes and is shaped by dyadic processes. For example, Scheinkman et al. (2022) propose that “intimacy resilience” involves the couple's capacity to maintain connection, emotional expression, and sexual closeness even as they age or face challenges. This theoretical perspective aligns with the idea that sexual satisfaction operates both as an outcome of individual and relational resilience and as a contributor to the subjective quality of marital life (Scheinkman et al., 2022).

It is also important to consider the sociocultural context in which these dynamics unfold. In conservative and collectivistic societies, such as Iran and Lebanon, where discussions of sexuality remain taboo and traditional gender roles persist, the experience of sexual satisfaction may be filtered through cultural scripts that either amplify or suppress its impact on marital quality (Abboud et al., 2023; Astle & Anders, 2023). In such contexts, resilience may also encompass the capacity to navigate these normative

pressures while maintaining personal and relational authenticity. Isanejad and Haydarian (2022), for example, emphasized that resilience training improved marital quality among families of prisoners of war by enhancing their ability to cope with cultural stigma, emotional suppression, and limited communication channels (Isanejad & Haydarian, 2022).

Teachers represent a unique population within this discussion, as their professional roles often entail high emotional labor, limited time for family engagement, and stress spillover into the home environment. As frontline human service providers, married teachers are often expected to balance professional dedication with familial responsibilities—an expectation that can strain both emotional resilience and marital intimacy. Yet, surprisingly few studies have examined the interrelations among these variables in educational professionals. The current research aims to fill this gap by testing a causal model in which resilience predicts marital quality of life both directly and indirectly through sexual satisfaction in a sample of married teachers.

2. Methods and Materials

2.1. Study Design and Participants

The present study utilized a descriptive-correlational design, specifically employing structural equation modeling (SEM) as the primary analytical method. The research was categorized as applied in terms of its purpose, quantitative in approach, and cross-sectional in terms of the timing of data collection. The target population consisted of married teachers working in public schools during the academic year. A non-random, purposive sampling strategy was used to select participants who met the inclusion criteria, which included being legally married, currently cohabiting with their spouse, and having at least one year of marital experience. All participants were assured of confidentiality and anonymity. The sample size was determined in accordance with SEM requirements, ensuring an adequate participant-to-parameter ratio. The final sample consisted of participants who voluntarily agreed to complete all the questionnaires.

2.2. Measures

2.2.1. Marital Quality of Life

To assess marital quality of life, the Revised Dyadic Adjustment Scale (RDAS) developed by Busby, Crane,

Larson, and Christensen in 1995 was employed. This instrument is a widely used self-report questionnaire that measures marital relationship quality across three subscales: consensus (6 items), satisfaction (5 items), and cohesion (3 items), comprising a total of 14 items. Each item is rated on a 6-point Likert scale ranging from “always disagree” (0) to “always agree” (5), with higher scores indicating greater marital quality. The original version, consisting of 32 items, was developed by Spanier based on the marital quality theory of Lewis and Spanier. The psychometric properties of the RDAS have been confirmed in various studies. Specifically, the Cronbach’s alpha values for the subscales in the study by Holist, Cody, and Miller (2005) were reported as 0.79 for consensus, 0.80 for satisfaction, and 0.90 for cohesion. Additionally, a Persian validation by Yousefi (2011) confirmed acceptable internal consistency (Cronbach’s alpha above 0.70) and split-half reliability for the entire sample, indicating strong internal homogeneity of the items.

2.2.2. Sexual Satisfaction

Sexual satisfaction was measured using the Sexual Satisfaction Questionnaire developed by Hudson, Harrison, and Crosscup in 1981. This self-report instrument includes 25 items designed to assess the degree of sexual satisfaction experienced by couples. Each item is rated on a 7-point Likert scale from 0 to 6, yielding a total score ranging from 0 to 150. Higher scores indicate greater sexual satisfaction. The Persian version of this instrument was validated by Pourakbar (2010) through correlational analysis, reporting a correlation coefficient of 0.96 at a significance level of 0.01. The split-half reliability was found to be 0.88, and the Guttman coefficient was 0.80. The overall internal consistency of the instrument, as assessed by Cronbach’s alpha, was reported as 0.93 according to Talayezadeh and Bakhtiarpour (2015). These metrics indicate high reliability and validity of the scale for use in the Iranian cultural context.

2.2.3. Resilience

Resilience was measured using the Connor-Davidson Resilience Scale (CD-RISC), which consists of 25 items designed to evaluate psychological resilience. Each item is rated on a 5-point Likert scale ranging from 0 (not true at all) to 4 (true nearly all the time), resulting in a total score between 0 and 100. The Persian version of the CD-RISC was adapted and validated by Mohammadi (2005), who reported

a Cronbach's alpha of 0.89 for internal consistency. Factor analysis confirmed the validity of the scale in Iranian samples. Further reliability testing by Kord Mirza Nikouzadeh (2009) showed a Cronbach's alpha of 0.90. The instrument comprises five key factors: personal competence, trust in one's instincts, tolerance of negative affect, positive acceptance of change and secure relationships, and spiritual influences. In a study conducted by Samani, Jokar, and Sahragard, the convergent and divergent validity of the scale was supported through correlations with measures of life satisfaction, self-efficacy, and neuroticism. Additionally, Keyhani and colleagues (2014) confirmed concurrent validity through negative correlations with aggression and positive correlations with self-efficacy and life satisfaction, thereby validating its application in diverse psychological contexts.

2.3. Data Analysis

Data analysis was conducted in two phases: descriptive and inferential. In the descriptive phase, demographic characteristics and research variables were summarized using frequencies, percentages, mean scores, and standard deviations. These analyses were conducted using SPSS software. In the inferential phase, the primary focus was on testing the proposed causal model using structural equation modeling (SEM). The AMOS software package was employed to examine both direct and indirect paths within

the hypothesized model. The significance of the mediating role of sexual satisfaction in the relationship between resilience and marital quality of life was tested using bootstrapping procedures. Model fit indices such as the Comparative Fit Index (CFI), Root Mean Square Error of Approximation (RMSEA), and Chi-square/df ratio were used to assess the adequacy of the model. Prior to conducting SEM, assumptions such as multivariate normality, linearity, and absence of multicollinearity were verified. The analytical strategy ensured that both measurement and structural models were evaluated rigorously to draw valid conclusions about the hypothesized relationships among the constructs.

3. Findings and Results

The study sample consisted of 375 married teachers. In terms of age distribution, 33.60% of participants were between 25 to 35 years old ($n = 126$), 40.27% were between 36 to 45 years old ($n = 151$), and 26.13% were in the age range of 46 to 55 years ($n = 98$). Regarding the duration of marriage, the majority had been married for 2 to 10 years (48.80%, $n = 183$), followed by those married for 11 to 20 years (27.73%, $n = 104$), and finally participants with 21 to 30 years of marital experience (23.47%, $n = 88$). In terms of gender, the sample was nearly balanced, with 190 female participants (39.0%) and 185 male participants (34.8%).

Table 1

Descriptive Statistics of Study Variables and Subscales

Scale	Subscale	Mean	Standard Deviation	Skewness	Kurtosis
Resilience	Personal Competence	14.60	3.75	0.79	-0.04
	Trust in One's Instincts	14.99	5.52	0.08	-1.05
	Tolerance of Negative Emotions	15.66	5.11	0.17	-0.68
	Positive Acceptance of Change & Secure Relationships	15.31	3.66	-0.03	-0.11
	Control and Spiritual Influences	14.81	6.82	-0.80	-0.29
Sexual Satisfaction	Sexual Satisfaction	72.91	13.02	-0.38	0.19
Marital Quality of Life	Consensus	15.86	3.98	-0.11	-0.36
	Satisfaction	14.43	3.90	0.28	-0.41
	Cohesion	7.69	2.67	0.90	1.43

In the descriptive analysis of study variables, the subscales of resilience revealed moderately high average scores, with tolerance of negative emotions ($M = 15.66$, $SD = 5.11$) and positive acceptance of change and secure relationships ($M = 15.31$, $SD = 3.66$) being among the highest. The lowest mean within the resilience dimensions was observed in personal competence ($M = 14.60$, $SD = 3.75$). Skewness and kurtosis values for these subscales were

all within acceptable limits, indicating approximate normality. The mean score for sexual satisfaction was 72.91 ($SD = 13.02$), showing generally high levels of perceived satisfaction among participants. Regarding marital quality of life, the highest average was observed in the consensus subscale ($M = 15.86$, $SD = 3.98$), followed by satisfaction ($M = 14.43$, $SD = 3.90$), and cohesion ($M = 7.69$, $SD = 2.67$). Skewness and kurtosis indices for all subscales did not

indicate severe deviations from normality, thus supporting the use of parametric statistical analyses in the subsequent phases of the research (Table 1).

Prior to conducting the main analyses, the assumptions required for structural equation modeling were thoroughly examined and confirmed. The data were assessed for univariate and multivariate normality, with skewness and kurtosis values for all variables falling within acceptable ranges (± 2), indicating no serious deviations from normal distribution. Linearity between variables was verified

through scatterplots, and no major outliers or anomalies were detected. Multicollinearity was also assessed by examining tolerance and variance inflation factor (VIF) values, all of which were within the acceptable range, suggesting no multicollinearity concerns among the predictor variables. Additionally, the adequacy of sample size relative to the complexity of the model was deemed sufficient for reliable parameter estimation. These checks confirmed that the data met the required conditions for conducting structural equation modeling using AMOS.

Table 2

Model Fit Indices for the Structural Model

Fit Index	Value	Acceptable Threshold
χ^2/df	2.54	Less than 3
RMSEA (Root Mean Square Error of Approximation)	0.05	Less than 0.10
CFI (Comparative Fit Index)	0.94	Greater than 0.90
NFI (Normed Fit Index)	0.91	Greater than 0.90
GFI (Goodness of Fit Index)	0.95	Greater than 0.90
AGFI (Adjusted Goodness of Fit Index)	0.93	Greater than 0.90

The evaluation of model fit indices indicated that the proposed structural equation model achieved a satisfactory fit to the data. The ratio of chi-square to degrees of freedom (χ^2/df) was 2.54, which is below the recommended threshold of 3. The RMSEA value was 0.05, suggesting an acceptable level of approximation error. Other indices also supported a good model fit: the CFI was 0.94, the NFI was 0.91, the GFI was 0.95, and the AGFI was 0.93 — all exceeding the minimum acceptable value of 0.90. These values collectively confirm that the hypothesized model fits the observed data well and provides a reliable basis for interpreting the structural relationships among variables (Table 2).

As indicated in Table 2, the repeated measures ANOVA revealed statistically significant main effects for time, group, and time \times group interaction for both depression and cognitive biases. For depression, there was a significant effect of time ($F(2, 54) = 52.84, p < .001, \eta^2 = .66$), indicating that scores changed across the three time points. The significant interaction between time and group ($F(2, 54) = 45.22, p < .001, \eta^2 = .63$) suggests that the change over time differed between the experimental and control groups. Similarly, for cognitive biases, significant effects were observed for time ($F(2, 54) = 49.88, p < .001, \eta^2 = .65$) and the time \times group interaction ($F(2, 54) = 39.52, p < .001, \eta^2 = .60$), supporting the effectiveness of ACT in reducing cognitive distortions.

Table 3

Standardized Path Coefficients and Significance for Direct and Indirect Effects of Resilience on Marital Quality of Life

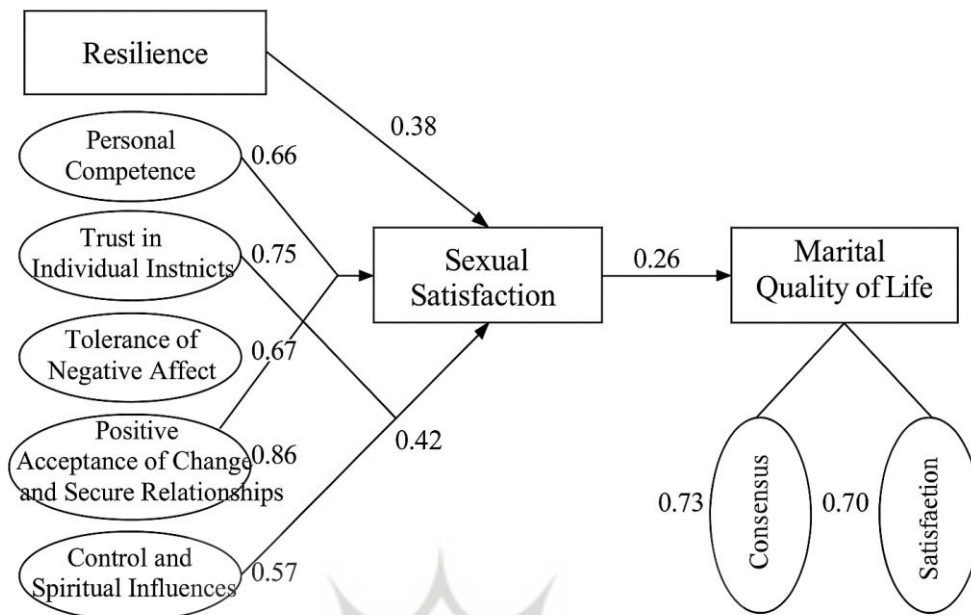
Predictor Variable	Outcome Variable	Type of Effect	Standardized β	Critical Ratio	Sig. Level
Resilience	Marital Quality of Life	Direct	0.42	4.93	0.001
Resilience	Marital Quality of Life	Indirect (via Sexual Satisfaction)	0.10	1.57	0.113

The structural equation modeling results revealed a significant direct effect of resilience on marital quality of life, with a standardized path coefficient of 0.42 ($CR = 4.93, p = 0.001$), indicating that greater resilience is associated with higher levels of marital quality of life among married teachers. However, the indirect effect of resilience on marital

quality of life through the mediating variable of sexual satisfaction was not statistically significant ($\beta = 0.10, CR = 1.57, p = 0.113$). This suggests that while resilience independently predicts marital quality of life, its influence is not significantly mediated by sexual satisfaction in the current sample (Table 3).

Figure 1

Standardized Path Coefficients and Significance for Direct and Indirect Effects of Resilience on Marital Quality of Life



4. Discussion and Conclusion

The purpose of this study was to investigate the causal relationship between resilience and marital quality of life in married teachers, with a focus on the mediating role of sexual satisfaction. The findings revealed that resilience had a significant direct effect on marital quality of life, while its indirect effect through sexual satisfaction was not statistically significant. These results shed light on the fundamental role of resilience in sustaining marital well-being, while also suggesting that, in this sample, sexual satisfaction—although important—is not a significant mediating pathway in the resilience-marital quality link.

The significant direct relationship between resilience and marital quality of life confirms the foundational role of psychological resilience as a resource that strengthens relational functioning. This finding is consistent with prior research highlighting the protective role of resilience in marital contexts. For instance, He et al. (2024) found that resilience was positively associated with marital satisfaction among women facing the psychological stress of breast cancer, particularly when coupled with effective communication and personality compatibility (He et al., 2024). Similarly, Rajabi et al. (2023) demonstrated that resilience-based training significantly enhanced marital compatibility and quality of life in couples on the verge of

divorce, indicating that resilient individuals are better equipped to manage relational challenges (Rajabi et al., 2023). In line with these findings, the current study reinforces the idea that resilience, by promoting emotional regulation, optimism, and adaptive coping, contributes meaningfully to the overall quality of marital relationships.

Resilience may influence marital quality of life by enhancing emotional self-regulation, fostering constructive conflict resolution, and promoting optimism about relational outcomes. Hassani et al. (2023) argue that resilience also fosters emotional safety and connection—key ingredients of marital cohesion—particularly in high-stress professions such as nursing, where emotional exhaustion is common (Hassani et al., 2023). The current study's focus on teachers, who similarly navigate high-stress environments, extends this line of research to a new occupational context. It is likely that resilient teachers manage their role strain more effectively, preventing stress from spilling over into the marital domain, thus maintaining a higher level of relationship quality.

Despite the established link between resilience and sexual satisfaction in the literature, the mediating role of sexual satisfaction in this study was not statistically significant. This outcome challenges previous findings and warrants deeper interpretation. For example, studies by Rostami (2023) and Abboud et al. (2023) suggest that individuals

with higher resilience tend to report greater sexual satisfaction due to better stress management, emotional stability, and a positive body image—all of which enhance intimacy and sexual engagement (Abboud et al., 2023; Rostami, 2023). However, in the current study, although the correlation between resilience and sexual satisfaction was positive, it was not strong enough to serve as a mediating pathway toward improved marital quality of life.

One possible explanation for this divergence lies in the occupational and cultural context of the participants. Teachers often face chronic work-related stress, time constraints, and emotional fatigue, which may limit opportunities for emotional and sexual intimacy, regardless of personal resilience. Furthermore, cultural norms and taboos surrounding sexuality may also dampen the influence of sexual satisfaction in shaping marital outcomes. In more conservative societies, open discussion and expression of sexual needs may be constrained, reducing the role that sexual satisfaction plays in the broader perception of marital well-being (Astle & Anders, 2023; Oliva et al., 2022).

Another factor that might contribute to the nonsignificant mediating effect is the possible presence of unmeasured variables such as emotional intimacy, communication quality, or psychological distress. For example, studies have shown that resilience positively affects sexual satisfaction only when coupled with effective communication and relational empathy (Jani et al., 2023; Scheinkman et al., 2022). If these interpersonal processes are lacking, even a resilient individual may struggle to translate that inner strength into enhanced sexual or relational satisfaction. In addition, sexual satisfaction itself is influenced by factors such as body image perception, hormonal health, and partner responsiveness, which were not included in this study's model but have been shown to influence sexual well-being (Ashkinazi et al., 2024; Catabay et al., 2019).

Nonetheless, the significant effect of resilience on marital quality—independent of sexual satisfaction—underscores its unique contribution to relationship health. This aligns with findings by Irshad et al. (2023), who emphasized that resilience helps couples maintain satisfaction and stability even in the face of external stressors such as parenting a child with a neurodevelopmental disorder (Irshad et al., 2023). The results also resonate with research by Isanejad and Haydarian (2022), who reported that resilience training among family members of prisoners of war led to improvements in perceived marital support and life satisfaction, without necessarily affecting their levels of sexual engagement (Isanejad & Haydarian, 2022). These

findings collectively suggest that resilience may exert its influence through multiple channels—some directly relational and others more psychological or emotional in nature.

The present findings have theoretical implications as well. They support a strength-based perspective on marital quality, which views psychological resilience as a core internal resource that couples can develop to buffer against relationship deterioration. Moreover, this study challenges simplistic assumptions that sexual satisfaction is the central or sole pathway to marital well-being. While sexual satisfaction certainly plays an important role in intimacy and relationship bonding—as shown in studies by Amiri et al. (2023) and Monga et al. (2022)—it may not always mediate the effects of psychological strengths such as resilience (Amiri et al., 2023; Monga et al., 2022).

From a clinical standpoint, these findings also suggest that marital interventions targeting resilience enhancement—through training in stress management, emotional regulation, and self-efficacy—may be more effective in improving overall relationship quality than interventions focused solely on sexual concerns. This does not diminish the importance of sexual health but rather emphasizes the need for an integrative approach that recognizes the multifaceted nature of marital satisfaction. For example, Sadiq et al. (2022) and Martins et al. (2022) both highlight the importance of integrating physical, emotional, and psychological dimensions in couple therapy for improving sexual and marital outcomes (Martins et al., 2022; Sadiq et al., 2022).

In summary, the findings of this study confirm that resilience significantly enhances marital quality of life among married teachers, even though sexual satisfaction does not significantly mediate this relationship. These results contribute to the growing body of literature emphasizing the critical role of psychological strengths in sustaining marital health, especially in high-stress occupational contexts. While sexual satisfaction remains an important correlate of relationship quality, its role as a mediator may depend on additional interpersonal and contextual factors not captured in the current model.

5. Suggestions and Limitations

This study is not without limitations. First, the cross-sectional design limits the ability to infer causal relationships among the variables. Although structural equation modeling allows for the testing of directional hypotheses, the temporal

ordering of constructs cannot be confirmed without longitudinal data. Second, the reliance on self-report questionnaires may introduce social desirability bias, particularly in culturally sensitive domains such as sexual satisfaction. Given the stigma associated with open discussions of sexuality in Iranian society, participants may have underreported sexual concerns or exaggerated relational harmony. Third, the sample consisted exclusively of married teachers, which, while contextually relevant, limits the generalizability of the findings to other occupational groups or individuals outside the educational sector. Finally, unmeasured variables such as emotional intimacy, attachment style, and communication patterns may also play significant roles in the relationship among resilience, sexual satisfaction, and marital quality but were not assessed in this study.

Future research should consider employing longitudinal designs to better understand how resilience and sexual satisfaction interact over time to shape marital quality. It would also be beneficial to include observational or partner-report data to complement self-report measures, thereby reducing bias. Expanding the sample to include other occupational groups or individuals from diverse cultural backgrounds would enhance generalizability. In addition, future models should incorporate other potential mediators such as emotional intimacy, communication quality, and psychological distress, which may help to clarify the pathways linking resilience to marital outcomes. Finally, experimental studies could test the effectiveness of resilience-based interventions in improving not only marital quality but also sexual functioning and satisfaction.

Practitioners working with couples, especially in high-stress professions like teaching, should consider incorporating resilience training as a core component of marital counseling programs. Such training could focus on developing coping strategies, fostering emotional regulation, and promoting adaptive thinking patterns. While addressing sexual issues remains important, interventions should also target the broader emotional and psychological dynamics of the relationship. Encouraging open communication and fostering mutual empathy can enhance both emotional and sexual intimacy. Tailoring interventions to the cultural and occupational context of the couple can further improve the relevance and effectiveness of therapeutic strategies.

Authors' Contributions

All authors have contributed significantly to the research process and the development of the manuscript.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

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