

An examination of the correlation between couple burnout and conflict resolution strategies among betrayed women in Hamedan

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Abstract

Background and purpose: The purpose of this research was to investigate the relationship between Couple burnout and conflict resolution methods in women who have experienced infidelity.

Method: The research methodology employed in this study was descriptive in nature, utilizing a correlation design. The present study's statistical population comprised of 119 female individuals who have encountered infidelity and sought assistance from medical centers (welfare and counseling centers) and family courts located in Hamedan during the year 2021. The statistical sample was determined using Morgan's table, resulting in the selection of 91 women for the study. Payne's Marital Burnout Scale (CBM) was used to collect data. Pearson's correlation test and regression analysis were used to analyze the data.

Findings and Conclusion: The results of the research indicated that there is a significant direct relationship between the dimensions of marital burnout (physical exhaustion, emotional exhaustion, and psychological exhaustion) with conflict resolution methods in betrayed women, and the dimensions of marital burnout can be predicted. The subject matter pertains to conflict resolution strategies available to women who have experienced betrayal. It can be concluded that with the improvement of marital relations and methods of conflict resolution, it is also improved and this itself can be considered as one of the prevention factors of infidelity.

Keywords: Marital burnout, conflict resolution methods, betrayed women

Introduction

The institution of marriage and the associated spousal relationship serves as a means of providing individuals with emotional and physical support, as well as opportunities for intimacy and enjoyment. In recent years, psychologists have increasingly focused their research efforts on investigating the determinants of marital success and failure, as well as the processes involved in the formation of marriages. The level of satisfaction within a marital relationship is a multifaceted and significant factor. In essence, a crucial component of the institution of marriage is the contentment that partners derive from their union, notwithstanding the fact that divorce rates, which serve as the most dependable barometers of marital discord, suggest that achieving marital satisfaction is a formidable task (Grachov 0, Jan 3 and Sir). The escalation in the incidence of divorces and the prevalence of conflicts and disruptions in spousal relationships have spurred researchers to explore efficacious factors and viable solutions to address this breakdown. One such disruption and psychological malady that has gradually eroded the love and affection between partners and, at times, culminated in emotional and psychological issues, the perpetuation of frigid and apathetic relationships (emotional divorce), and formal separation, is marital burnout. According to research conducted by family experts, there has been an increase in the prevalence of marital burnout in contemporary times. Research indicates that a significant proportion of couples, specifically 52%, experience burnout during the course of their marriage.

The process of becoming disillusioned with love is typically gradual and seldom transpires abruptly. Marital burnout occurs due to a set of irrational and unrealistic expectations, transition from emotions, carelessness and inattention of couples to each other and each other's needs, not expressing feelings and needs to each other, and ups and downs in life (Kaya, 2022).

Marital infidelity is a prevalent issue in contemporary societies and poses a significant challenge that necessitates couples seeking treatment (Kamaljo, Narimani, Atadakht, & Abolghasemi, 2018). According to Chudhor kayer hoak (2020), the act of engaging in extramarital affairs can result in the breakdown of the family unit and the dissolution of romantic relationships. The act of infidelity can be a multifaceted and distressing encounter for the spouse who has been betrayed, as noted by Shackelford and Besero Goetz in 2008. Studies have reported that a significant proportion of men, ranging from 80-98%, have engaged in infidelity. Additionally, men have reported that a substantial percentage of women, ranging from 70-90%, have been unfaithful to their partners. Thus, it can be posited that male individuals exhibit a greater propensity towards engaging in extramarital affairs as compared to their female counterparts, as suggested by Kebirebva deyzi meyri (2019). As per Kaveh's research in 2007, it can be inferred. Depression is a prevalent emotional state that women who have experienced betrayal are more susceptible to, as noted by Kamali, Al-Hiyar, and Asnavar (2020). The act of engaging in extramarital affairs can result in various repercussions. Infidelity can lead to a reduction in marital satisfaction and compatibility, ultimately resulting in the dissolution of the marriage. It is possible that infidelity leads to severe psychological damage in the cheating spouse (Scheeren, Apellániz, de Alda M. & Adriana, 2020). Certain scholars posit that these symptoms bear resemblance to the symptoms exhibited by individuals with post-traumatic stress disorder. The discovery of infidelity in a marital relationship can lead to a crisis, disrupting parenting and childcare, as well as work-related issues (De Stefano & Ola, 2008). Fighting, murder and suicide are also other possible consequences of marital infidelity for the parties (Shackelford, Bass and Weeks-Shackelford, 2003). The consequences may vary in certain instances based on gender disparities between males and females. Miller and Maner (2008) discovered that males tend to exhibit emotional responses characterized by anger following instances of infidelity, whereas females tend to display symptoms of depression and engage in introspection to understand the underlying causes of infidelity. In addition to the above, studies have shown that one of the consequences of infidelity is feeling lonely in the betrayed couple (Rukach and Philibert, 2015).

According to Platt, Nalbone, Casanova & Wetchler (2016) research, extramarital relationships are a primary contributor to marital conflicts and disputes. Conflict resolution styles are among the strategies individuals employ when confronted with conflict. Two fundamental dimensions that are efficacious in resolving conflicts are self-assertiveness and other-assertiveness. The five styles of conflict resolution are integration, binding, domineering, avoidance, and compromise styles, which are determined based on two dimensions. Integration and required styles are classified as constructive styles and dominant and avoidant styles as non-constructive styles. The dominant conflict resolution style is typified by an intimidating approach, whereby an individual employ all means necessary to attain their objective while disregarding the desires and anticipations of others. The dominant style is typified by a prioritization of one's own interests over those of others, and is commonly referred to as the competitive style. This style is characterized by an individual's tendency to assert their will and impose their behavior upon others. The avoidant conflict resolution style is associated with instances of seclusion, externalizing responsibility, attributing blame to others, and disengaging. This style is typified by a devaluation of both oneself and others and is frequently accompanied by withdrawal. In this style, the responsibility is given to another person. The individuals in question do

not possess any aspirations of benefiting from the process of resolving conflicts. As a result, individuals tend to steer clear of confrontations. Integration style, which is considered as a constructive style of conflict resolution, requires giving a lot of importance to oneself and others. This particular approach necessitates collaborative efforts between the involved parties. The bound style is characterized by a devaluation of self and an emphasis on others. Anxiety is reframed in this style, leading individuals to seek harmonious solutions and strive for compatibility with others.

The compromise style is considered to occupy a middle ground among other styles and is founded on a negotiation strategy that involves mutually acceptable decision-making (Ben-Ari & Hirshberg, 2014). In a model to explain marital infidelity, Bravo & Lumpkin (2017) stated that the two most effective factors in the occurrence of this phenomenon are conflicts and differences between couples. According to the findings of Schmidt, Green & Prouty (2015), there exists a reciprocal relationship between marital infidelity and low marital quality, whereby the former can be both a cause and a consequence of the latter. When utilized effectively, conflict can serve as a valuable tool for gaining a more profound comprehension of interdependent and intimate connections. Thus, the healthiness of a relationship is not contingent upon the quantity of conflict present between the parties, but rather on the manner in which the conflict is allocated and resolved. The researches of Weiss (2014) discussed the effective role of teaching marital conflict resolution skills on improving the mutual relations between husband and wife and emphasize that training the necessary skills to resolve marital conflicts in improving the mutual relations between husband and wife and increasing their commitment is useful.

According to the report of the Iranian Statistics Center, the ratio of divorce to marriage increased from 16.3% to 32.9% during the years 1990-1999, which has gone through an increasing trend. Based on the presented statistics, there was a notable increase in the number of registered divorce cases from 142,841 in 2010 to 183,193 in 2019. According to a report by Asr Iran news analysis site on 8/3/2021, there has been a 28 percent increase in the divorce rate in Iran between 2010 and 2019.

As previously noted, betrayal is a significant factor that undermines the stability of the family unit. Extramarital affairs can evoke a sense of worthlessness in an individual's existence, particularly when their spouse engages in such behavior within the context of their marriage. According to social pathologists, there has been a rise in extramarital relationships in contemporary times. Such relationships are perceived to pose a threat to the integrity of the family unit and the notion of marital affiliation. Conversely, scholarly research suggests that engaging in extramarital relationships is a significant predictor of both marital violence and divorce. Furthermore, this form of relationship has been found to result in post-traumatic stress disorder, as well as psychological and emotional issues such as depression, anger, loss of identity, and feelings of worthlessness in the unfaithful partner. Additionally, the covenant-breaking partner may experience feelings of doubt, depression, and remorse. As per the perspective of family experts, the majority of couples cite spousal infidelity as a contributing factor to divorce (Rahimi, 2018). Additionally, it is commonly observed that individuals seeking marriage typically prioritize monogamy and exhibit a strong aversion towards extramarital sexual relations (Weizfeld et al., 2014).

The issue at hand can take on multiple manifestations, including but not limited to depression in one or both partners, addiction, disruptive behavior among offspring, mistreatment of one's spouse, and verbal or physical altercation between partners, culminating in the dissolution of the marriage (Riyazi, 2018). According to Platt, Nalbon, Casanova, and Wechler's (2016) research, extramarital relationships are a primary cause of marital conflicts and disputes. The occurrence of this phenomenon can be attributed to two significant factors: conflicts and differences between couples. According to Bravo and Lepkin (2017), marital infidelity is regarded as a factor that can both lead to and result from poor marital satisfaction. This notion is supported by Smith, Green, and Prati's (2015) research. The utilization of conflict resolution styles is a fundamental aspect of conflict management strategies that individuals employ when confronted with a conflict, as posited by Ben-Ari and Heishberg (2014). The constructive utilization of conflict can serve as a contributing element. According to Smith, Green, and Prati (2015), the aforementioned approach has proven to be productive in facilitating a more profound comprehension of intimate and reciprocal connections.

Marital burnout is a potential hazard that can emerge within the realm of romantic partnerships. Individuals often enter into a marital relationship with preconceived expectations. However, upon discovering that reality does not align with their initial assumptions, they may experience a gradual sense of dissatisfaction and irritation, ultimately leading to boredom and conflict within the relationship. Burnout is a state of physical, emotional, and psychological exhaustion that arises from a discrepancy between one's expectations and the actual reality. This phenomenon is occurring in a gradual manner. According to Esfandiari (2019), the decline of love and intimacy is accompanied by feelings of exhaustion and burnout.

Based on the aforementioned factors, it can be inferred that the presence of happiness and harmony within the family unit, which is widely considered to be a fundamental building block of society, is a crucial determinant of societal well-being and contentment. Families that experience a sense of contentment with their lives are more likely

to achieve success in the task of nurturing their offspring, ultimately producing individuals who can contribute positively to both their personal lives and society at large. The experience of contentment is likely to engender a sense of emotional and psychological tranquility for both the husband and wife. The significance of individual health is widely acknowledged. Consequently, it is imperative to examine the correlation between Couple burnout and conflict resolution strategies among women who have been deceived.

Method

The research methodology employed was that of descriptive research with a focus on correlation analysis. The statistical population of this research consisted of all the women who had witnessed infidelity who visited the treatment centers and family courts in Hamedan in 2021, which included 119 women based on the initial estimates.

To determine the statistical sample, Morgan's table was used, based on this table, 91 women were selected as a statistical sample. The study will employ library and field research techniques to gather information. The aim is to establish a theoretical framework by taking notes from scholarly books and articles, as well as collecting data through the use of questionnaires such as the Payne Marital Burnout measure (CBM) and Strauss' parent-child conflict resolution questionnaire (CP). The present study employed descriptive statistical methods to depict the data in the descriptive section, while the inferential section utilized Pearson's correlation test and regression analysis.

The results

the demographic characteristics of the participants (descriptive statistics)

The data pertaining to the educational qualifications of the participants was analyzed and the results indicated that 12.1% of the respondents held a diploma, 53.8% of the respondents had obtained a post-diploma degree, 11% of the respondents had completed a bachelor's degree, and 23.1% of the respondents had achieved a post-graduate degree or higher. The results of the frequency distribution analysis indicate that a significant proportion of the subjects fall into the employee category, accounting for 35.2% of the sample. Additionally, 19.8% of the subjects are classified as self-employed, while 2.2% are retired. A substantial proportion of the sample, 41.8%, are identified as housewives, and a small percentage, 1.1%, are categorized as doctors. The data reveals that individuals aged 30-35 years old constitute a mere 0.11% of the respondents with the lowest frequency, while those aged 25-30 years old represent a significant 53.8% of the respondents with the highest frequency.

descriptive findings.

Table 1: the mean and standard deviation values for marital burnout and its respective dimensions

statistics	marital burnout	physical exhaustion	Emotional exhaustion	Mental exhaustion
average	54.72	53.26	50.25	50.20
The standard deviation	07.11	12.5	66.4	26.4

As can be seen in table 1, the mean and standard deviation of marital burnout is 72.54 and 11.07, physical exhaustion is 26.53 and 5.12, emotional exhaustion is 25.50 and 4.66, mental exhaustion is 50. 20 and 26.4.

Table 2: the mean and standard deviation values of conflict resolution methods

statistics	Conflict resolution methods	Reasoning	Verbal aggression	Physical aggression
average	79.52	85.18	53.18	39.15
The standard deviation	91.7	90.3	90.3	06.4

Table 2 displays the statistical measures of conflict resolution techniques, including the mean and standard deviation, which are 52/79 and 7/91, respectively. Additionally, the table presents the values for argumentation, which is 3/90/85, and verbal aggression, which is 3/18/90.

Inferential statistics

Examining the research hypothesis: Marital burnout is related to conflict resolution methods in betrayed women.

Table 3: Pearson's correlation coefficient test results between dimensions of Couple burnout with conflict resolution methods in betrayed women

variables	Conflict resolution methods	physical exhaustion	Emotional exhaustion	Mental exhaustion
Conflict resolution methods	1			
physical exhaustion	** 274.0	1		
Emotional exhaustion	** 355.0	** 554.0	1	
Mental exhaustion	** 395.0	** 404.0	** 397.0	1

Based on the findings presented in Table 3, and taking into account that the test error's significance level for a confidence level of 0.99 is below 0.01, it can be concluded that the hypothesis is supported. Specifically, there exists a correlation between the dimensions of Couple burnout and conflict resolution methods in women. There exists a notable correlation between betrayal and its impact on individuals. The study reveals that there exists a positive correlation between conflict resolution techniques and physical exhaustion, emotional exhaustion, and psychological exhaustion, with correlation coefficients of 0.27, 0.35, and 0.39, respectively.

Table 4: the regression analysis outcomes that depict the association between the dimensions of Couple burnout and conflict resolution techniques in women who have experienced betrayal

The correlation coefficient	coefficient of determination	Adjusted coefficient of determination
44.0	19.0	16.0

According to the results of table (4), the correlation coefficient between the dimensions of marital despondency and conflict resolution methods in betrayed women is equal to 0.44 and the determination coefficient is equal to 0.19, that is, 0.19 variable changes in conflict resolution methods in betrayed women. The stress of parents determines the betrayal in women and the rest is related to other variables.

Table 5: the findings of a multiple regression analysis, which examines the impact of various dimensions of marital despondency on the methods of conflict resolution utilized by women who have experienced betrayal in their marriages

Components	Unstandardized coefficients		Beta	t	Sig.
	B	Std.			
constant	055.33	054.5		540.6	000.0
physical exhaustion	567.0	170.0	44.0	394.5	000.0
Emotional exhaustion	392.0	195.0	33.0	006.3	008.0
Mental exhaustion	662.0	208.0	50.0	701.6	000.0

Conclusion

The findings indicate a statistically significant positive correlation between the dimensions of Couple burnout and conflict resolution methods among women who have experienced betrayal. The study found that there exists a positive correlation between conflict resolution methods and physical exhaustion, emotional exhaustion, and psychological exhaustion, with correlation coefficients of 0.27, 0.35, and 0.39, respectively. Additionally, the dimensions of marital burnout, namely physical exhaustion, emotional exhaustion, and psychological exhaustion, were found to be significant predictors of changes in conflict resolution methods among betrayed women. The findings obtained are consistent with the research conducted by Asghari Ganji (2016), which demonstrated a significant correlation between extramarital behavior and various components, excluding the consensual conflict resolution style

component. Similarly, Karimipour (2017) found that the utilization of conflict resolution styles and the presence of shared and strong religious beliefs among couples can enhance marital commitment and reduce extramarital relationships. Additionally, Bagherieh (2017) discovered that cognitive distortion training can significantly impact couple burnout, integration style, and coping style. Furthermore, Math (2018) revealed that conflicts within individuals and couples do not necessarily have a detrimental effect, and that a close marital relationship necessitates that couples learn how to interact with one another and embrace their differences. What is important is the style of dealing with conflict. Weiss (2014) demonstrated that training in essential skills for resolving marital conflicts can enhance mutual relations between spouses and increase their commitment.

Bravo and Lepkin (2017) identified conflict and differences between partners as two influential factors in the incidence of marital infidelity. Gholampour (2019) found that differentiation, modernism, and forgiveness had a significant indirect relationship with couple burnout through marital conflict.) is consonant. The findings of Gholampour's (2019) study indicate that there exists a significant indirect association between differentiation, modernism, and forgiveness with Couple burnout, mediated by marital conflict. Marital burnout appears to be a multifaceted phenomenon that impacts numerous couples and is influenced by a variety of factors, including differentiation, neuroticism, forgiveness, and marital conflict. According to the findings of Smith, Green, and Prati (2015), there exists a reciprocal relationship between marital infidelity and low marital quality, where the former can act as both a cause and a consequence of the latter.

With respect to the elucidation of this discovery, it can be posited that infidelity or extramarital affairs are constantly evolving and impacting relationships through novel means and mechanisms. The term "extramarital relationship" may appear novel and innocuous, yet it fundamentally involves a transgression of ethical principles. Interpersonal connections of this nature are widely regarded as a significant violation of societal standards and have the potential to inflict permanent harm upon familial units. Regrettably, in numerous instances, these relationships are established without any malicious intent and gradually intensify over time, resulting in physical harm to the individuals involved as well as their families. Such relationships can occur within any social stratum. The impact of these relationships on couples and their offspring can result in numerous irreparable consequences, both directly and indirectly. Extramarital relationships have been identified as a significant contributor to the erosion of the family unit, with communication breakdown being the primary issue frequently cited by couples. The predominant issue in the relationship of over 90% of couples experiencing distress is reportedly the one expressed by them. According to scholarly research, the presence of communication deficiencies is thought to result in ambiguity within interpersonal relationships. When engaging in discussions pertaining to issues, couples experiencing difficulties often exhibit haste and resort to criticism, with a desire to alter their partner's behavior. Couples also refrain from engaging in certain behaviors. The resolution of relationship issues in distressed couples is comparatively less successful through verbal communication as opposed to serene couples. Additionally, the presence of indicators of Couple burnout can impact the conflict resolution strategies employed by women who have experienced betrayal. Couples who exhibit dissimilarities in cultural, ethnic, and racial backgrounds may also demonstrate divergent expectations and beliefs regarding marital relationships. When couples are able to thoughtfully evaluate their respective strengths and cultural disparities, they may be able to effectively resolve communication issues in a harmonious manner. However, it is important to note that divergent expectations between partners can potentially lead to marital discord.

The establishment of a relationship is fundamentally grounded in an individual's being. The concept of communication comprises two fundamental elements, namely, attitude and behavior. The concept of attitude is grounded in an individual's beliefs, emotions, and volitions, while behaviors are a manifestation and response to an individual's underlying cognitions, which are derived from their attitudes. Apart from the aforementioned constituents, the presence of love and affection is pivotal in fostering a healthy and fulfilling conjugal bond. Effective verbal communication is crucial for couples in their marital relationships. When executed appropriately, this form of communication can serve as a positive model for others and children, while also facilitating the resolution of misunderstandings, conflicts, and disagreements. The conflict resolution approach prioritizes the enhancement of couples' verbal abilities to effectively address conflicts through active communication and attentive listening. This method emphasizes the importance of refraining from discussing issues with partiality or preconceived notions, and instead encourages empathetic listening.

The communication of personal beliefs to the couple is crucial, as it initiates a process of heightened self-awareness and facilitates progress within the cycle of awareness. In this scenario, couples prioritize self-reflection and self-regulation over external control, directing their efforts towards managing their own conduct rather than that of their partner. This aspect serves to increase couples' self-awareness regarding their issues, enabling them to identify and categorize them. During this phase, individuals engage in self-observation and evaluation of their own behavior, with the aim of enhancing positive interpersonal behaviors within the relationship. As a result, the frequency of anger,

aggressive and blaming behaviors towards one's partner, as well as burnout within the relationship, tend to decrease. Additionally, individuals may experience an increase in their overall level of life satisfaction.

Limitations

1. This study was carried out among women who experienced betrayal in Hamedan in the year 1401. The outcomes of this study may be constrained in their applicability to other groups due to the unique attributes of the sample population.

2. One of the benefits of this study was the ability to obtain and utilize various samples.

3. The variables under consideration, including education and employment status, were subject to limitations beyond our control.

4. The utilization of a questionnaire in the data collection process of this study, akin to other self-report studies, raises the potential for result manipulation, thereby constraining the generalizability of the research outcomes.

5. The primary constraint of this study pertained to the reliance on welfare and counseling facilities, as well as the lack of cooperation from both officials and clients.

6. One of the limitations of the study was the absence of sufficient sources and foreign research background pertaining to the topic.

7. One of the limitations of this study pertained to the reliance on court records and the challenges associated with engaging with women who have experienced betrayal.

Suggestions

1. The present study proposes a correlation between Couple burnout and conflict resolution methods among women who have undergone betrayal in Hamedan . It is recommended that the relevant authorities take appropriate measures to educate young individuals about the categories of marital burnout, conflict resolution techniques, and the repercussions of infidelity before and during marriage. Such an initiative can potentially prevent and enhance the overall performance and quality of life for couples.

2. The presence of a correlation between Couple burnout and conflict resolution techniques in women who have experienced betrayal suggests the need for interventions such as cultural and educational programs. These interventions can be implemented by professionals such as psychologists, counselors, and officials. The establishment of family welfare centers could be facilitated through media assistance.

3. It is recommended that universities, counseling centers, and welfare facilities offer practical and educational courses facilitated by experts and psychologists to address issues related to marital burnout and provide assistance to couples in resolving their concerns. Engage in proactive measures.

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