



## Prediction of family resilience based on marital commitment and psychological capital in married couples of Takab city

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### ABSTRACT

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**Background and Aim:** In the happiest marital relationships, people sometimes face stressful situations or problems, and yet, their relationships can remain stable. In this context, it is thought that determining which resources provide relational resilience can provide guidance for strengthening a marital relationship; Therefore, the current research was formed with the aim of predicting family resilience based on marital commitment and psychological capital. **Methods:** The current research is descriptive of the correlation type; For this purpose, a random sample of 296 people was selected from the statistical population of married men and women in Takab (from West Azarbaijan province). In this research, in order to collect data, McCubbin et al.'s family resilience questionnaire (1986), Stanley and Markman's Marital Commitment Questionnaire (1992), and Luthans' Psychological Capital Questionnaire (2007) were used. The data obtained from the research were analyzed with SPSS-23 software. **Results:** The results of multivariate regression showed that marital commitment can predict family resilience with 99% confidence and among the components of psychological capital, self-efficacy can predict family resilience with 95% confidence. **Conclusion:** As a result, in order to face and deal with problems and crises, it is emphasized on preserving family unity and marital commitment and psychological capital.



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## Introduction

Resilience is defined as skills, characteristics and abilities that enable people to adapt to difficulties, problems and challenges (Thomas, 2011). Family resilience is a concept with broad and deep roots, from the development of the concept of individual resilience to the hypotheses of general systems theory, including family systems theory and related therapeutic models, as well as studies of family stress and coping. The integration of these roots in a comprehensive theory is incomplete (Marovic, Liebenberg, Frick, 2020). The resilience of the family in a systemic view, including the review research certificate of Karen Benzis and Rachel Makzik (2009) under the name of key factors protecting the resilience of the family, pays attention to many individual, family and social factors. Among the family factors, we can mention marital commitment. Also, in the religious dimension, 150 key words in the scientific literature of psychology were extracted and equated to Quranic selections, and then presented to the above-mentioned experts, and finally, five main components of family resilience were extracted with a Quranic approach. These five basic components are (1) self-awareness, (2) faith, (3) piety, (4) patience and (5) hope (Chami et al., 2019). Even in the happiest of marriages, people sometimes face stressful situations or problems, and yet, their relationships can remain stable. In this situation, it is thought that determining which resources provide relational resilience can be a guide to strengthen a marital relationship (Idogan & Dincer, 2020). Marital commitment is one of the important characteristics of successful and long-term marriages (Taghiyar & Pahlavanzadeh, 2019). Marital commitment means how much couples value their marital relationship and how motivated they are to maintain and continue their marriage (Amato, 2008). In the Qur'an, when it lists the characteristics of believers, it says: Adherence to the obligations of life and adherence to spouses are among the characteristics of believers. Also, in Surah Al-Baqarah (verse 177), it is considered a good deed for someone who keeps a promise. And also in Surah Al-Isra, verse 34, he says: In the Day of Judgment, one will be asked about commitment to promises. The stability and prosperity of the family is based on modat (affectionate behavior) and rahmat (mercy and compassion), and the

style of choosing a spouse and having a spouse plays a role in this divine decree. (Pansideh, 2012). Adherence to religion is an influential factor in marriage (Asadpour, 2014). The building of human society is based on the complementary role of husband and wife, and the most important manifestation of kindness and mercy is the small family community (Tabatabai, 1997). The results of Dave and Jackson's study (2018) showed that men show higher levels of commitment when financial and economic pressures occur. reported and had higher resilience than their spouses.

Another consideration is the characteristics of family members for the family's resilience in the face of crises, including the hope of family members' capital. Apart from financial capital in the field of economy, and human and social capital in skills and relationships, the psychological capital of people in the field of psychology, including in the organization and family, is one of the relative advantages. When someone has hope and discipline in the face of issues, instead of turning around and singing despair, and has self-confidence and self-confidence with a dynamic will, makes purposeful and productive efforts, and is optimistic about events and believes in the optimal control of events; This means that this person has psychological capital. Psychological capital is a combined and synergistic structure of four variables-manifest-autonomy, optimism, resilience, and hope. Self-efficacy is defined as a person's judgment about his abilities to perform an action, optimism means a positive expectation of the consequences and it takes documents from fixed, general and internal factors. Resilience means a positive, active and constructive adaptation of a person against injuries. Hope also means a state of positive motivation that indicates a clear goal and the examination of appropriate ways to achieve it. These components, in an interactive and evaluative process, give meaning to a person's life and continue the effort to change stressful situations (Erz & Jag, 2001).

Considering the mentioned issues and the fact that this relationship has not been investigated in the city of Takab, this research seeks to answer this question; Can marital commitment and psychological capital predict family resilience in married couples in the city of Takab?

### Method

The current research is fundamental in terms of its purpose and in terms of collecting data from correlation and regression studies. The statistical population includes all married men and women of Takab city (from West Azarbaijan province). Therefore, according to the number of components and taking into account attrition, a sample of 296 people was selected from among married men and women of Takab city, parents of students, employees in education and administrations of Takab city, using the available sampling method. The data were collected in the field using a questionnaire and analyzed by regression and correlation methods and using spss-23 and Amos-23 software. In this research, the validity of the tools was done using structural equation modeling and fitting the measurement models, and Cronbach's alpha was used to check the validity of the tools.

### Tools

**1. Family resilience questionnaire.** The family resilience inventory was created by McCubbin et al. (1986) in order to evaluate the resilience of families against stress. This questionnaire has 20 statements in which family resilience is conceptualized to reduce the effects of pressures and hardships in the family. Scoring is based on a 4-point Likert scale (false = 0, almost false = 1, almost true = 2, completely true = 3). Some phrases are also reverse scored. The family resilience questionnaire has good reliability and validity. The significant correlation of family resilience index with family flexibility indices, family time and habits and family life scale indicate the concurrent validity of this test. In the

research of Khandandel and Kavianfar (2015), the Cronbach's alpha coefficient of the questionnaire was reported as 0.82 and in the research of Aynehchi (2018) as 0.81.

**2. Marital commitment questionnaire.** This questionnaire was designed by Stanley and Markman (1992) and has two dimensions of forced and selfless commitment. This scale has 14 items and its scoring is based on the Likert scale from 1 (disagree) to 7 (agree). A high score in this questionnaire shows the high commitment of couples. Theoretically, this instrument has a good factor structure stability and high internal consistency when implemented on different samples with an average alpha coefficient of 0.82 (Adams and Jones 1997, Stanley and Markman 1992, Praman 1986; quoted by Amani, 2015). In Amani's research (2015), the Cronbach's alpha of this questionnaire was reported as 0.85 (Behjati, Kohestani, and Rezapour Mirsaleh, 2020).

**3. Psychological capital questionnaire.** This questionnaire was designed by Lutans (2007); and has 24 items and four components; Self-efficacy is hope, optimism and flexibility. Its reliability has been reported by Lutans et al. (2007), 0.90, and in Iran, Khosrow Shahi et al. (2011), 0.85. The professors have confirmed its content validity.

### Results

296 people participated in this research, of which 87 women and 62 men answered the questionnaires, and 147 people refused to mention their gender in the answer sheet.

Table 1. Descriptive indices of research variables

Variable	Subscale	Mean	Std. error	Standard deviation	Skewness	Kurtosis
<b>Family resilience</b>	-	43/25	0/48	6/93	-0/321	-0/799
<b>Marital commitment</b>	-	61/60	0/67	10/55	-0/168	0/790
<b>Psychological capital</b>	Efficacy	30/53	0/25	3/30	-0/773	0/616
	Hope	28/76	280	3/80	-0/472	-0/359
	Resilience	26/24	0/26	3/87	-0/213	0/158
	Optimism	25/94	0/27	3/60	-0/350	0/884

The above table shows the descriptive indices of research variables and their subscales. In the inferential analysis stage of the data, at first, the assumption of normality of the data, and checking the validity of the variables with the method of confirmatory factor analysis through

the measurement model of the variables and checking the validity of the variables with the Cronbach's alpha method were investigated. This research analyzed univariate outlier data by examining kurtosis and skewness, and multivariate outlier data were analyzed by

Mahalanobis test. In general, if the skewness and skewness are not in the interval (2, -2), the data does not have a normal distribution (Habibi, 2012). As can be seen in Table 1, the values of kurtosis and skewness of the variables are between 2 and -2, and as a result, the distribution of the data in the univariates is normal. After removing the outlier data with the Mahalanobis method, and making sure of the assumption of multivariate normality, the measurement models and confirmatory factor analysis of the tools were investigated. In the initial models, the questions whose path coefficients (their factor

loadings) were low (less than 0.4) were removed. In the marital commitment questionnaire, questions 3, 4, 5, 7, 11, 12 and 14 were removed and the number of questions in the questionnaire was reduced to 7 questions. In the family resilience questionnaire, questions 1, 2, 3, 4, 8, 12, 14, 16, 19 and 20 were removed and the number of questions in the questionnaire was reduced to 10 questions. In the psychological capital questionnaire, questions 15, 16 and 23 were removed and the number of questions in the questionnaire was reduced to 21 questions.

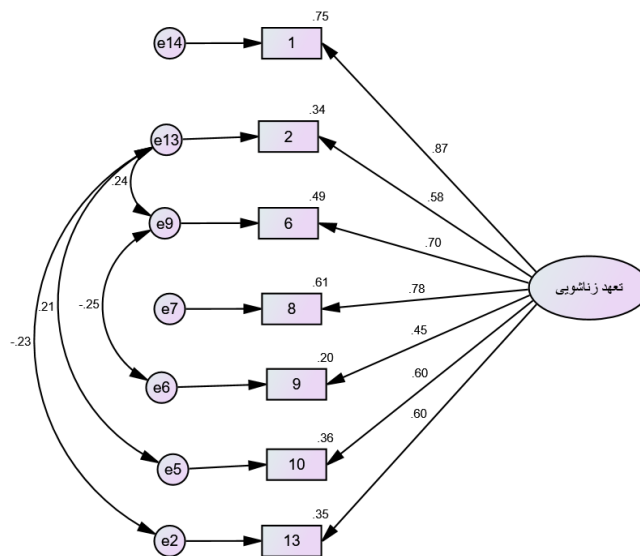


Figure 1. Marital commitment model

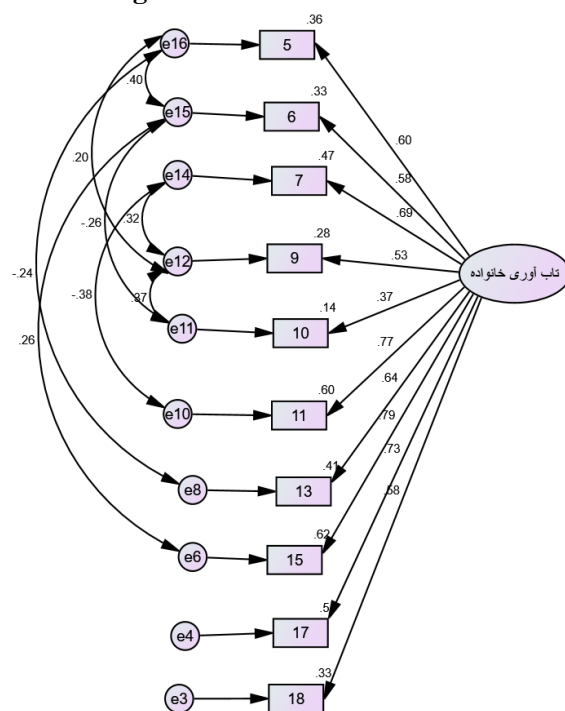


Figure 2. Family resilience model

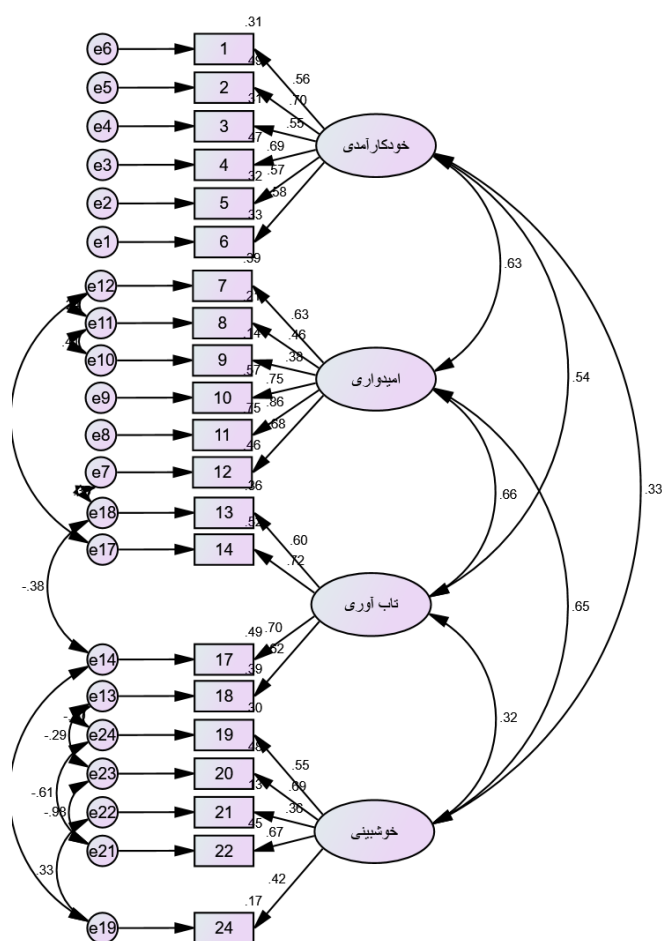


Figure 3. Psychological capital model

Table 2. Fit indices of the research variable measurement model in the modified models

Variable	X <sup>2</sup>	df	p	X <sup>2</sup> /df	RMSEA	CFI	IFI	GFI
Modified family resilience model	28/896	10	0/001	2/89	0/083	0/974	0/974	0/969
Modified family resilience model	63/571	27	0/00	2/354	0/07	0/969	0/969	0/953
Modified model of psychological capital	807/739	171	0/00	4/72	0/091	0/900	0/902	0/900
Acceptable fit				< 5	< 0.1	> 0.9	> 0.9	> 0.9

By removing the questions, and modifying the models, the comparative fit index (CFI), and the root mean square error of approximation

RMSEA were estimated. Also, the fitted chi-square value (CMIN/DF), which is a suitable indicator for deciding on the fit of the model, was

obtained. All the fit indices in the modified models showed the appropriate fit of the measurement models and, as a result, the

appropriate validity of the tools in the sample population.

**Table 3. Cronbach's alpha coefficient of questionnaires**

Variable	Items	Alpha coefficient
Marital commitment	7	0/806
Family resilience	10	0/869
Psychological capital	21	0/870

According to Table 3, the highest alpha coefficient is related to the family resilience questionnaire. Alpha coefficient values show that the questionnaires have good internal consistency.

Multivariate regression was used to check the research hypothesis. The regression results

showed that the model can predict family resilience based on marital commitment and psychological capital ( $F = 7.67$  and  $p < 0.01$ ). Also,  $R = 0.354$  and  $R$  Square = 0.125 were obtained. The regression results are reported below.

**Table 4. Regression results**

Tolerance	VIF	Sig.	t	Beta coefficients	B	Variable
-	-	0/001	10/04	-	46/40	Constant
<b>1/09</b>	0/911	0/001	3/09	0/268	0/540	Commitment
<b>1/75</b>	0/571	0/020	2/05	0/156	0/320	Efficacy
<b>2/18</b>	0/458	0/098	1/66	0/140	0/256	Hope
<b>1/28</b>	0/781	0/085	-1/24	-0/136	-0/234	Resilience
<b>1/36</b>	0/735	0/071	-1/07	-0/141	-0/260	optimism

The value of VIF and Tolerance statistics showed that the assumption of non-collinearity of the predictor variables is valid. The results showed that marital commitment predicts family resilience with 99% confidence and self-efficacy with 95% confidence.

### Conclusion

In general, the findings of this research showed that there is a relationship between marital commitment and self-efficacy, which is one of the components of psychological capital, with family resilience, and marital commitment and self-efficacy can predict family resilience.

No research was found on the relationship between marital commitment and family resilience. In explaining the relationship between marital commitment and family resilience, it can be said that marital commitment is the extent to which people have a long-term view of their marriage and sacrifice for their relationship. And when they take steps to maintain, continue and strengthen their solidarity and togetherness and stay with their spouse even when their marriage is not rewarding. In the investment model, the commitment proposed by Rosbalt (1980) is a

kind of benefit cost, and the question for breach of contract is, at what cost should I ignore this commitment or contract or stick to it. Couples who have a long-term approach and look at marriage and its benefits in order to maintain it, try to cooperate with each other when facing issues and problems, and do not give up their efforts to maintain the structure and common interests of the family. Therefore, the resilience of the family increases with the aim of maintaining the family structure and maintaining the family's interests. In Walsh's (2003) family resilience system, the family's belief system strongly influences the family's view of the crisis, the suffering that family members endure, and the choice of multiple options in response to the crisis. The process and approach to the crisis is organized by the family's beliefs, and in critical situations, it gets help from meaning, hope, optimistic view and relying on spirituality (Nilfroshan, 2019). It is certain that according to this point of view, to what extent belief in commitment and being committed can affect the resilience of the family.

Ahmadi's research (2015) showed that the variables of religiosity and intimacy are strong predictors for marital commitment, but the variable of religiosity is a stronger predictor than the variable of intimacy. The results of Shahba's research (2013) showed that Islamic couples therapy has a significant effect on couples' optimism and marital commitment. The results showed that the Islam-oriented approach in couple therapy significantly increases optimism and marital commitment among couples.

In previous researches, the relationship between psychological capital and resilience has not been investigated, and no research was found in line with this research. In explaining the relationship between self-efficacy and resilience, it can be said that in psychological capital, efficacy is defined as self-confidence and belief in the fulfillment of goals or tasks (Lutans et al., 2007). Psychological capital is the belief that a person can make the necessary and successful effort in facing the challenging tasks that they face. The concept of family resilience is more than managing crisis situations or tolerating it, but it includes the ability to transfer and personal growth, which is able to give the family the ability and strength to deal with stress (Walsh, 2003). Therefore, more efficient people have higher individual capacities to face issues and challenges, and this affects the resilience of the family. Regarding the lack of relationship between other subscales of psychological capital and resilience, we can point to the ethnic and cultural factors of the sample population, which is quite evident in this research.

Considering that the research was conducted in Takab city on married men and women who were working in education and administration, as well as the parents of the students who were available, therefore, the generalization of the results of this research to other samples is limited. This research was associated with the epidemic of the Covid-19 virus, which limited the access to the sample population. Some variables such as the lack of certainty about the disclosure of the information obtained from the research, etc. affected the results of this research. In Takab city of West Azarbaijan province and in the limited sample, there was no favorable view towards cooperation in researches. The importance of marital commitment is one of the important factors that must be taken into consideration. Therefore, it is suggested that the results of this

research be made available to the public in related articles and magazines. Also, education can be an influential and culture-creating institution in this field.

### Conflict of Interest

According to the authors, this article has no financial sponsor or conflict of interest.

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