

## Predicting Marital Adjustment Based on Resilience and Social Self-Efficacy in Married Men in District 3 of Tehran

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### ABSTRACT

**Purpose:** This study aimed to predict marital adjustment based on resilience and social self-efficacy among married men residing in District 3 of Tehran.

**Methods and Materials:** The research employed a descriptive-correlational design. The statistical population included all married men in District 3 of Tehran who were accessible at the time of the study. Using the formula  $N \geq 50 + 8M$ , a sample of 130 participants was selected through convenience sampling. Data were collected using the Dyadic Adjustment Scale (Spanier, 1976), the Connor-Davidson Resilience Scale (CD-RISC, 2003), and the Social Self-Efficacy Scale (Smith & Betz, 2000). Descriptive statistics and inferential analyses, including Pearson correlation and multiple linear regression, were conducted using SPSS-20 software to evaluate the predictive relationship between the independent variables (resilience and social self-efficacy) and the dependent variable (marital adjustment).

**Findings:** The results of the multiple regression analysis showed that resilience and social self-efficacy significantly predicted marital adjustment. The model accounted for 12.3% of the variance in marital adjustment ( $R^2 = 0.123$ ; adjusted  $R^2 = 0.119$ ), and the regression model was statistically significant ( $F(2,127) = 2.74$ ,  $p = 0.033$ ). Both resilience ( $\beta = 0.146$ ,  $p = 0.008$ ) and social self-efficacy ( $\beta = 0.129$ ,  $p = 0.005$ ) had positive and significant standardized beta coefficients, indicating that higher levels of resilience and social self-efficacy were associated with better marital adjustment in the participants.

**Conclusion:** The findings highlight the importance of psychological resources, specifically resilience and social self-efficacy, in predicting marital adjustment in married men. These results support the development of counseling interventions and educational programs that aim to strengthen these traits to enhance marital quality and relational satisfaction.

**Keywords:** Marital Adjustment, Resilience, Social Self-Efficacy, Married Men.

## 1. Introduction

Marital adjustment is a multidimensional construct reflecting the degree of harmony, satisfaction, and functionality within the relationship between spouses. It serves as a key indicator of marital health and individual well-being and encompasses cognitive, emotional, and behavioral elements that contribute to the stability of intimate relationships (Hashemi et al., 2024). A growing body of research has emphasized the necessity of identifying psychological resources that contribute to adaptive marital functioning, particularly in the face of everyday stressors and interpersonal conflict (J., 2024; Kavitha et al., 2024; Monga et al., 2004; Santos et al., 2024). Among these psychological resources, resilience and social self-efficacy have emerged as particularly salient predictors of marital adjustment, offering a framework through which individuals can navigate and resolve marital difficulties while maintaining emotional and relational stability.

Resilience, broadly defined as an individual's capacity to withstand and adapt to adverse situations, has been shown to be instrumental in fostering marital satisfaction and longevity. Resilient individuals are more likely to employ adaptive coping strategies, demonstrate emotional regulation, and engage in constructive communication—all of which are critical for maintaining a satisfying marital relationship (Goli & Mirseify fard, 2021; Karimi & Esmaeili, 2020). In their study on couples dealing with chronic and acute pain, Goli and Mirseify Fard (2021) demonstrated that resilience significantly predicts marital adjustment, highlighting its protective function against the psychological toll of stress-related disorders (Goli & Mirseify fard, 2021). Similarly, Karimi and Esmaeili (2020) found that among female teachers, higher resilience levels were associated with increased marital harmony and emotional balance within relationships (Karimi & Esmaeili, 2020). These findings are supported by theoretical models suggesting that resilience encompasses multiple emotional and cognitive mechanisms—such as self-efficacy, tolerance of distress, and interpersonal connectedness—that enhance marital adaptation and mutual satisfaction.

The impact of resilience on marital functioning is not limited to individual traits but also manifests at the dyadic and family levels. For instance, family resilience has been found to buffer the negative effects of stress and foster positive relational outcomes, particularly in adverse circumstances such as illness or socioeconomic hardship (Arvin et al., 2024; Cihan & Var, 2023). Cihan and Var

(2023) constructed a resilience model to account for family adjustment during the COVID-19 pandemic, identifying both risk and protective factors that contribute to the family system's ability to thrive amid disruption (Cihan & Var, 2023). Arvin et al. (2024) further argued that higher family resilience predicts better marital functioning, underscoring the interactive nature of personal and relational resources in managing stress and preserving relational well-being (Arvin et al., 2024). These insights suggest that individual resilience, when combined with a supportive family context, forms a powerful foundation for sustaining marital quality.

Closely related to resilience is the construct of social self-efficacy, which refers to an individual's confidence in their ability to initiate and maintain interpersonal relationships, assert needs, and manage social interactions effectively. Within the marital context, social self-efficacy contributes to how partners express emotions, resolve conflicts, and engage in collaborative problem-solving (Darbani & Parsakia, 2023; Parsakia et al., 2023). As Field et al. (2014) have noted, individuals with high levels of social self-efficacy tend to utilize more constructive and less aggressive conflict resolution strategies, thereby promoting mutual respect and emotional intimacy within marital relationships (Field et al., 2014). Self-efficacy beliefs are central to marital functioning because they influence not only how individuals interpret and respond to relational challenges but also how they maintain a sense of agency and emotional regulation in the face of partner disagreement (An et al., 2021).

Research in health psychology has extended this connection by examining how social self-efficacy interacts with stress-related variables in marital contexts. An et al. (2021) found that among couples coping with lymphoma, self-efficacy significantly predicted both marital quality and psychological distress, with dyadic coping serving as a mediating factor (An et al., 2021). Similarly, Rasheed et al. (2021) demonstrated that self-efficacy was inversely related to emotional divorce and marital dissatisfaction among women, emphasizing its role in promoting adaptive marital expectations and emotional resilience (Rasheed et al., 2021). These findings suggest that self-efficacy is not merely an interpersonal skill but also a core component of psychological functioning that enhances relational satisfaction.

In the Iranian context, social self-efficacy has been examined not only as a predictor of academic or behavioral outcomes but also as a crucial factor in emotional and relational well-being. For example, Nateghian et al. (2022) reported that social self-efficacy predicted academic

procrastination through the mediating role of achievement emotions, indicating its relevance across various domains of life (Nateghian et al., 2022). Samanifar et al. (2021) further emphasized the importance of social self-efficacy in predicting behavioral disorders, noting that its protective role was mediated by resilience, thereby reinforcing the interdependence between these two psychological constructs (Samanifar et al., 2021). These findings collectively reinforce the view that social self-efficacy functions both directly and indirectly to improve individuals' psychological health and interpersonal outcomes, including marital adjustment.

Marital adjustment itself is a dynamic and context-sensitive process, shaped by emotional regulation, communication patterns, intimacy, and conflict resolution skills. Numerous empirical studies have aimed to unravel the variables that contribute to healthy marital adjustment and satisfaction. For example, Shahroei et al. (2021) highlighted the mediating role of marital intimacy in linking sexual self-efficacy, relational attributions, and marital commitment with marital adjustment, thereby presenting a comprehensive model of relational dynamics (Shahroei et al., 2021). Javidan (2022) also explored the impact of emotion-focused couple therapy and found significant improvements in both positive and negative emotions and overall marital adjustment, demonstrating the importance of emotional literacy in couple interactions (Javidan, 2022). These findings support the notion that psychological and emotional resources not only influence individual well-being but also translate into relational competence and harmony.

Moreover, psychological interventions targeting resilience and self-efficacy have been shown to enhance marital satisfaction and reduce emotional distress among couples. Banaha (2023) conducted a randomized controlled trial evaluating the effects of psychosexual training on marital adjustment and sexual self-efficacy in infertile women, reporting significant improvements in both variables (Banaha, 2023). In a similar vein, Baradari et al. (2024) assessed the effectiveness of narrative therapy in enhancing family resilience and marital happiness in couples experiencing conflict, concluding that targeted psychological training could yield positive relational outcomes (Baradari et al., 2024). Such findings point to the practical implications of fostering resilience and self-efficacy in clinical and counseling settings as a means to improve marital quality.

Recent literature also suggests that trajectories of marital satisfaction can be understood as markers of resilience processes. Surijah et al. (2024) examined longitudinal patterns of marital satisfaction in an Indonesian sample and concluded that enduring satisfaction was a function of both internal psychological resilience and external relational support (Surijah et al., 2024). Similarly, Riaz et al. (2024) explored how forgiveness influences psychological resilience among women, indicating that emotional flexibility and relational repair strategies are integral to both resilience and marital stability (Riaz et al., 2024). These insights reinforce the idea that resilience is not a static trait but a developmental process influenced by life events, interpersonal experiences, and socioemotional competencies.

Despite the robust body of international and national research, there remains a relative gap in the literature regarding how resilience and social self-efficacy jointly influence marital adjustment specifically among married men in Iran. Most existing studies have focused on women, couples in distress, or clinical populations, often overlooking the unique experiences and psychological needs of married men in urban Iranian settings. This study seeks to address this gap by investigating the predictive roles of resilience and social self-efficacy in explaining variations in marital adjustment among married men residing in District 3 of Tehran.

## 2. Methods and Materials

### 2.1. Study Design and Participants

This study employed a descriptive-correlational research design aimed at exploring the predictive role of resilience and social self-efficacy in marital adjustment among married men. The statistical population consisted of all married men residing in District 3 of Tehran who were accessible during the study period. Using the sample size formula for correlational research ( $N \geq 50 + 8M$ ), where  $M$  is the number of predictor variables, the minimum required sample size was calculated to be 122. To account for potential sample attrition, a total of 130 participants were selected using convenience sampling. All participants were married men who consented to participate voluntarily and met the inclusion criteria of being residents of the target region and legally married.

## 2.2. Measures

### 2.2.1. Marital Adjustment

To assess the outcome variable, the Dyadic Adjustment Scale (DAS), originally developed by Spanier in 1976, was used. This 32-item instrument is designed to evaluate the quality of marital relationships from the perspectives of either or both partners. The scale operates on a five-point Likert scale ranging from “Always disagree” to “Always agree,” with total scores ranging from 32 to 160. Higher scores indicate better marital adjustment. The tool includes subscales such as dyadic satisfaction, dyadic cohesion, dyadic consensus, and affectional expression. In previous Iranian studies, including the one by Shadbaksh (2013), the DAS demonstrated strong reliability. Test-retest reliability over a 10-day interval in a sample of 120 individuals (60 couples) yielded coefficients of 0.86 for total marital adjustment, 0.68 for satisfaction, 0.75 for cohesion, 0.71 for consensus, and 0.61 for affectional expression, indicating acceptable internal consistency and temporal stability (Rastgoftar & Khodadadi, 2024).

### 2.2.2. Resilience

To measure resilience, the study utilized the Connor-Davidson Resilience Scale (CD-RISC), developed in 2003. This 25-item scale uses a 5-point Likert format ranging from 0 to 4, with higher scores indicating greater resilience. The total score can range from 0 to 100. The psychometric properties of this scale have been extensively validated, including internal consistency, test-retest reliability, and both convergent and divergent validity. Exploratory factor analysis in the original study supported five resilience dimensions, although current recommendations suggest using only the total score for research purposes due to partial validation of the subscales. The Cronbach's alpha for the original version was reported as 0.89, and the test-retest reliability over four weeks was 0.87. In Iranian research, including studies by Besharat (2007), the translated version has shown strong psychometric properties in both clinical and normative samples (Zakipour & Abdi, 2024).

### 2.2.3. Social Self-Efficacy

Social self-efficacy was measured using the Social Self-Efficacy Scale developed by Smith and Betz in 2000. This scale contains 22 items designed to assess an individual's perceived confidence in managing various social situations, rated on a five-point Likert scale from 1 (“Not confident at

all”) to 5 (“Completely confident”). Sample items include statements such as “Expressing my opinion among people discussing a topic of interest.” Due to cultural considerations in the Iranian context, three items related to dating and attending dance parties were removed in a study by Zare' (2014), resulting in a modified version of the scale with 19 items. The possible scores range from 22 to 110, with higher scores reflecting stronger perceived social self-efficacy. The original scale demonstrated excellent internal consistency, with a Cronbach's alpha of 0.94, and good test-retest reliability of 0.82 over a three-week period. Gender-specific reliability coefficients were also acceptable, with 0.86 for males and 0.80 for females. Construct validity was confirmed through convergent and divergent correlations with measures of social confidence and shyness. In Zare's study, the translated version showed a reliability coefficient of 0.89, and its construct validity was supported through confirmatory factor analysis (Nateghian et al., 2022).

## 2.3. Data Analysis

For data analysis, both descriptive and inferential statistical methods were used. Descriptive statistics included means, standard deviations, frequencies, percentages, and graphical representations to describe the demographic characteristics and central tendencies of the variables. Inferential statistics involved Pearson correlation coefficients to examine the relationships between marital adjustment, resilience, and social self-efficacy. In addition, regression analysis was conducted to evaluate the predictive power of resilience and social self-efficacy on marital adjustment. All statistical analyses were performed using SPSS version 20.

## 3. Findings and Results

The demographic profile of the 130 married men who participated in the study showed a diverse distribution across age, educational level, and occupational background. In terms of age, 22 participants (17%) were between 20 and 25 years old, 28 participants (22%) were between 25 and 30 years old, 36 participants (27%) fell in the 30 to 35 age group, 25 participants (19%) were aged 35 to 40, and 19 participants (15%) were between 40 and 45 years old. Regarding educational attainment, 22 participants (17%) had a high school diploma, 35 participants (27%) held an associate degree, 55 participants (42%) had earned a bachelor's degree, 10 participants (8%) had completed a master's degree, and 8 participants (6%) held a doctoral

degree. Occupationally, 12 participants (9%) were employed in medical and paramedical fields, 45 participants (35%) worked as administrative staff, 40 participants (31%) were

self-employed, 20 participants (15%) were employed in the education sector, and 13 participants (10%) were engineers.

**Table 1**

*Descriptive Statistics for Marital Adjustment, Resilience Components, and Social Self-Efficacy (N = 130)*

Variable	N	Mean	Standard Deviation
Marital Adjustment	130	106.49	8.90
Total Resilience	130	71.66	3.74
Social Self-Efficacy	130	87.96	5.89

As shown in Table 1, the mean score for marital adjustment was 106.49, indicating a relatively high level of perceived relational harmony among the participants. The overall resilience score was 71.66 with a standard deviation of 3.74. Additionally, the mean score for social self-efficacy was 87.96 (SD = 5.89), reflecting a high level of confidence in managing social situations among the married men in the sample.

To ensure the validity of regression analyses in this study, key statistical assumptions were tested and confirmed. The assumption of normality was assessed using the Kolmogorov-Smirnov test and skewness-kurtosis indices. Results from the Kolmogorov-Smirnov test indicated that the distribution of scores for all research variables, including marital adjustment, resilience and its subcomponents, and social self-efficacy, did not significantly deviate from normality, with p-values exceeding .05. Furthermore,

skewness and kurtosis values for all variables fell within the acceptable range of  $\pm 2$ , supporting the normal distribution of the data. The assumption of independence of observations was verified using the Durbin-Watson test, yielding values of 1.786 for the model predicting marital adjustment based on resilience and 1.098 for the model based on social self-efficacy. These values fall within the acceptable range of 1.5 to 2.5, indicating that residuals were independent and the regression models were not compromised by autocorrelation. Finally, multicollinearity was examined through tolerance and variance inflation factor (VIF) statistics. All tolerance values were well above the critical threshold of 0.1 and VIF values were far below 10, confirming that multicollinearity was not a concern in the predictive models. Together, these results confirm that the assumptions for multiple regression analysis were adequately met.

**Table 2**

*Summary of Multiple Regression Model Predicting Marital Adjustment Based on Resilience and Social Self-Efficacy*

Model	Multiple Correlation (R)	R Square	Adjusted R Square	Standard Error of Estimate
1	0.351	0.123	0.119	5.86

As shown in Table 2, the multiple regression analysis yielded an R value of 0.351 and an R Square (coefficient of determination) of 0.123, indicating that approximately 12.3% of the variance in marital adjustment can be explained by the combined influence of resilience and social self-

efficacy. The adjusted R Square value of 0.119 confirms that this prediction remains stable when adjusting for the number of predictors in the model. The standard error of estimate was calculated at 5.86, reflecting the average distance that the observed values fall from the regression line.

**Table 3**

*ANOVA for the Multiple Regression Model Predicting Marital Adjustment*

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	431.657	2	215.828	2.74	0.033
Residual	9990.835	127	78.668		
Total	10422.492	129			



Table 3 presents the ANOVA results for the regression model. The F-value of 2.74 with a significance level of 0.033 indicates that the regression model is statistically significant. This means that the combination of resilience and social self-efficacy predicts marital adjustment significantly better than

would be expected by chance. In other words, the overall model provides a good fit to the data and supports the existence of a meaningful relationship between the predictor variables and marital adjustment.

**Table 4**

*Regression Coefficients for Predicting Marital Adjustment Based on Resilience and Social Self-Efficacy*

Predictor	B	Std. Error	Beta	t	Sig.
Constant	77.753	18.504	–	4.202	0.000
Resilience	0.348	0.209	0.146	3.665	0.008
Social Self-Efficacy	0.143	0.133	0.129	2.326	0.005

Table 4 reports the unstandardized and standardized regression coefficients for the model. The regression equation derived from the results is:

$$\text{Marital Adjustment} = 77.753 + (0.146 \times \text{Resilience}) + (0.129 \times \text{Social Self-Efficacy})$$

Both resilience and social self-efficacy were found to be significant predictors of marital adjustment. The standardized beta coefficient for resilience was 0.146 ( $p = 0.008$ ), and for social self-efficacy it was 0.129 ( $p = 0.005$ ), indicating that both variables made a statistically significant contribution to the model. These results suggest that for each one-unit increase in resilience and social self-efficacy, marital adjustment is expected to increase by 0.146 and 0.129 standard deviations, respectively. Although the predictive power of the model is modest, it demonstrates that psychological resources such as resilience and social confidence play a meaningful role in shaping marital adjustment among married men in this population.

#### 4. Discussion and Conclusion

The aim of this study was to investigate the predictive role of resilience and social self-efficacy in marital adjustment among married men in District 3 of Tehran. The results of the multiple regression analysis revealed that both resilience and social self-efficacy were significant predictors of marital adjustment. Together, these two variables accounted for approximately 12.3% of the variance in marital adjustment. Specifically, resilience had a standardized beta coefficient of 0.146 ( $p = 0.008$ ), and social self-efficacy had a standardized beta coefficient of 0.129 ( $p = 0.005$ ), both indicating statistically significant contributions to the prediction of marital adjustment. These findings underscore the importance of psychological strengths in shaping marital dynamics and affirm the

theoretical proposition that adaptive personal traits play a vital role in fostering relational harmony and satisfaction.

The significance of resilience in predicting marital adjustment aligns with previous literature emphasizing the capacity of resilient individuals to navigate relational stress, engage in problem-solving, and maintain emotional regulation. Resilience has been consistently identified as a protective factor in the face of interpersonal difficulties, allowing individuals to manage disagreements constructively and maintain emotional connection despite challenges (Goli & Mirseify fard, 2021; Karimi & Esmaeili, 2020). Karimi and Esmaeili (2020), for instance, reported that resilient female teachers demonstrated higher levels of marital adjustment, suggesting that resilient individuals possess the emotional tools necessary to adapt to the complex demands of intimate relationships (Karimi & Esmaeili, 2020). Similarly, Goli and Mirseify Fard (2021) found that resilience significantly predicted marital satisfaction among individuals coping with chronic and acute pain, illustrating how internal psychological strengths can buffer the impact of external stressors on marital quality (Goli & Mirseify fard, 2021).

The role of resilience in enhancing marital adjustment has also been supported through studies focusing on family dynamics and systemic resilience. Arvin et al. (2024) highlighted that family resilience positively influences marital functioning, proposing that resilient families promote mutual support, problem-solving, and emotional availability among partners (Arvin et al., 2024). In line with these findings, Cihan and Var (2023) developed a model emphasizing both individual and family-level resilience during the COVID-19 pandemic, suggesting that resilience at multiple systemic levels is crucial for marital stability under pressure (Cihan & Var, 2023). Our findings resonate with these insights, emphasizing that psychological

resilience is not merely a personal asset but a relational strength that fosters adaptability and cohesion within marital bonds.

The predictive power of social self-efficacy in this study further corroborates prior research that underscores the role of interpersonal confidence in promoting healthy marital relationships. Individuals with high levels of social self-efficacy are more likely to engage in open communication, assert their needs respectfully, and employ effective conflict resolution strategies—skills that are central to marital adjustment (Field et al., 2014). In their study, Field et al. (2014) demonstrated that individuals with greater social self-efficacy were more agreeable and capable of resolving interpersonal conflicts, leading to more satisfying relationships (Field et al., 2014). This supports the current study's finding that social self-efficacy contributes to positive marital outcomes, particularly by equipping individuals with relational skills necessary for intimacy, negotiation, and mutual understanding.

Supporting this, An et al. (2021) found that self-efficacy significantly influenced marital quality among couples coping with lymphoma, mediated by dyadic coping mechanisms (An et al., 2021). Their research highlighted how individuals with greater belief in their social capabilities were more likely to participate in mutual coping efforts, which enhanced relational quality. Similarly, Rasheed et al. (2021) showed that self-efficacy was negatively associated with emotional divorce and dissatisfaction among married women in Saudi Arabia, suggesting that a strong sense of social self-efficacy can protect against relational breakdown (Rasheed et al., 2021). These findings reinforce the relevance of social self-efficacy as a factor that supports marital resilience and prevents emotional disengagement.

In the Iranian context, social self-efficacy has also been tied to emotional and behavioral outcomes relevant to marital functioning. Nateghian et al. (2022) demonstrated that social self-efficacy predicted academic behaviors through the mediating role of emotional regulation, reflecting its influence on cognitive and emotional domains (Nateghian et al., 2022). Samanifar et al. (2021) further emphasized the protective role of social self-efficacy in preventing conduct disorders, mediated by resilience—a relationship that mirrors the interplay found in this study between self-efficacy and resilience in supporting marital adjustment (Samanifar et al., 2021). These domestic studies underscore the cultural and psychological relevance of self-efficacy in the Iranian social context, particularly as it relates

to interpersonal functioning and emotional regulation within intimate partnerships.

In addition to these individual predictors, this study's findings align with the broader literature on marital adjustment as a function of psychological, emotional, and relational capacities. Shahroei et al. (2021) demonstrated that marital intimacy mediates the relationship between sexual self-efficacy, attributional styles, and commitment with marital adjustment, highlighting the importance of internal and relational variables in fostering marital quality (Shahroei et al., 2021). Javidan (2022) also found that couple therapy based on emotional intelligence strategies significantly improved both emotional balance and marital adjustment, further supporting the role of interpersonal competencies in relational satisfaction (Javidan, 2022). These findings support the current study's framework, which situates resilience and social self-efficacy as foundational resources for marital harmony.

Moreover, interventions aimed at improving these traits have demonstrated efficacy in enhancing marital satisfaction. Banaha (2023) conducted a trial showing that group-based psychosexual training significantly increased marital adjustment and self-efficacy among infertile women (Banaha, 2023). Likewise, Baradari et al. (2024) found that narrative therapy enhanced both family resilience and marital happiness, particularly among couples experiencing ongoing conflict (Baradari et al., 2024). These findings indicate the practical value of psychological training programs that target resilience and self-efficacy, offering promising implications for clinical practice and marital counseling.

From a developmental perspective, Surijah et al. (2024) examined trajectories of marital satisfaction and found that resilience plays a central role in maintaining relational stability over time (Surijah et al., 2024). Their findings align with Riaz et al. (2024), who demonstrated that forgiveness and psychological flexibility contribute to resilience and relational well-being, suggesting that resilience is both a product and a predictor of relational success (Riaz et al., 2024). Our findings support this view, showing that even in non-clinical populations such as married men in urban Iran, resilience and social self-efficacy significantly shape marital outcomes.

Taken together, the findings of the present study provide empirical support for the idea that psychological resources such as resilience and social self-efficacy are integral to the quality of marital relationships. These findings not only reinforce established theoretical models but also contribute

to the growing evidence supporting the need for targeted psychological interventions to improve marital functioning. By focusing on married men in an urban Iranian setting, this study offers context-specific insights into the psychological predictors of marital adjustment, enriching the cross-cultural literature on relationship dynamics.

Despite its contributions, this study has several limitations that should be acknowledged. First, the cross-sectional design limits the ability to draw causal inferences about the relationship between resilience, social self-efficacy, and marital adjustment. Longitudinal studies would be necessary to examine how these variables influence one another over time. Second, the use of self-report measures may introduce response bias, as participants may have provided socially desirable responses, particularly in the context of marital satisfaction. Third, the sample consisted only of married men in District 3 of Tehran, which limits the generalizability of the findings to other regions, genders, or sociocultural groups. Finally, the study did not account for potential moderating variables such as duration of marriage, socioeconomic status, or presence of children, all of which may influence marital adjustment.

Future research should aim to replicate these findings using longitudinal designs to better understand the temporal dynamics between resilience, self-efficacy, and marital adjustment. Including both partners in dyadic analyses would also offer a more comprehensive view of marital functioning and allow for examination of interaction effects between spouses' psychological resources. Moreover, future studies could explore additional psychological variables such as emotional intelligence, empathy, or attachment style as potential mediators or moderators in the relationship between resilience, self-efficacy, and marital quality. Expanding research to more diverse populations, including women, couples from rural areas, and individuals in different cultural settings, would also enhance the external validity of the findings.

Practitioners working with couples should consider incorporating resilience training and social self-efficacy enhancement into counseling interventions. These psychological capacities can be fostered through skills-based programs that teach emotional regulation, assertiveness, communication, and adaptive coping strategies. Premarital counseling and marital enrichment workshops may benefit from focusing on these areas to help individuals build internal resources that promote long-term relational success. In workplace or community-based initiatives targeting men's mental health, integrating

modules on social confidence and relational resilience may further enhance marital outcomes and overall family functioning.

### Authors' Contributions

All authors significantly contributed to this study.

### 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

In this study, to observe ethical considerations, participants were informed about the goals and importance of the research before the start of the interview and participated in the research with informed consent.

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