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EXAMINING THE RELATIONSHIP BETWEEN PSYCHOLOGICAL RESILIENCE, SELF-COMPASSION AND MARITAL SATISFACTION

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ABSTRACT

This study examined the relationship between psychological resilience, self-compassion, and marital satisfaction of married individuals, as well as the extent to which resilience and self-compassion predict marital satisfaction. In order to achieve the intended objective, the researchers employed the relational survey model, which is a quantitative research methodology. The sample of the study consisted of 305 married individuals, 216 (70.8%) women and 89 (29.2%) men, living in the Dulkadiroğlu district of Kahramanmaraş province in 2023, using a non-random/convenient sampling method. Data were collected online with the Sociodemographic Information Form, Resilience Scale for Adults, Self-Sensitivity Scale, and Marital Satisfaction Scale. In the process of data collection, the introductory section of the form provided details regarding the research objective, the scales employed in the study, pertinent information about these scales, and the voluntary consent form. The normality of the data was assessed using the Shapiro-Wilk Test in the study. The researchers employed Standard Multiple Regression Analysis to examine the predictive relationship between psychological resilience and self-compassion variables and the average scores on the Marital Satisfaction Scale, as well as its subscales. The Pearson product-moment correlation is a statistical measure that quantifies the strength and direction of the linear relationship between two variables. It is commonly used in research and data analysis. The utilization of coefficient analysis was employed to investigate the associations among the variables. Before performing Multiple Regression Analysis, it was determined that the necessary conditions were met. The results found a positive and significant relationship between the total mean scores of the Marital Satisfaction Scale, the mean scores of the Family, Sexuality, and Self sub-dimensions, and the mean scores of the Resilience Scale for Adults and Self-Sensitivity Scale. In addition, it was found that the total mean scores of the Marital Satisfaction Scale and the mean scores of the Family, Sexuality, and Self sub-dimensions significantly predicted the mean scores of the Resilience Scale for Adults and Self-Sensitivity Scale.

Keywords: Psychological resilience, self-compassion, marital satisfaction.

INTRODUCTION

In certain periods of their lives, people may experience trauma in cases such as a violent crime, harassment, rape, child abuse, a major traffic accident, divorce, war, natural disaster, and so on. Very few people may have skipped such situations (Southwick & Charney, 2023). According to statistics, 90% of people face at least one traumatic situation during their lifetime (Norris & Sloane, 2007). Traumatic events can turn people's lives upside down in unexpected ways. When people are trying to perform the tasks of daily life, they may suddenly find themselves immersed in stress-related problems associated with high blood pressure, anxiety, depression, alcoholism, or a collapsed immune system (Germer, 2018). All these experiences cause people to respond to difficulties by developing some reactions. For some, the stress caused by negativity can turn into a chronic condition and last for years, while for others it can affect a dramatic change within themselves, becoming more depressed, grumpy, introverted, cynical and angry. In addition, people may become depressed or experience post-traumatic stress disorder (Southwick & Charney, 2023).

Psychological resilience, a significant construct within positive psychology, refers to an individual's capacity to navigate adverse and demanding circumstances in life effectively, encompassing events such as death, divorce, severe accidents and illnesses, natural disasters, and familial challenges. It is characterized by the ability to adjust and adapt to the dynamic process arising from the interplay between risk and protective factors (Demirbaş, 2010). According to Fraser et al. (1999), psychological resilience is the capacity to effectively adjust and respond to exceptional conditions and situations, attaining favorable and unforeseen achievements in challenging contexts. Psychological resilience can be defined as the capacity to demonstrate flexibility and resilience when confronted with various challenges and stressful circumstances. It involves adjusting to these adverse events and sustaining a sense of optimism and motivation in life (Arslan, 2015). Psychological resilience is a dynamic phenomenon characterized by the ability to adapt and achieve a state of equilibrium, leading to personal growth and development. Throughout this transformative process, individuals acquire novel proficiencies and cultivate a heightened feeling of personal advancement. Psychological resilience is affected by the individual's relationships with himself, his family, and his environment, and he himself also affects these relationships. Therefore, in recent years, it has become an important concept and research variable that is handled from different angles both in the world and in Türkiye.

In the studies carried out, it has been determined that resilience is expressed differently according to gender, culture and age, and it occurs over a lifetime. Resilience during childhood and adolescence is largely supported by family relationships. Resilience in adulthood may be affected differently by established coping patterns, physiological stress responses, and other social relationships. As adversities develop relationships and effective coping skills, they can empower individuals against later trauma. Resilience studies have shown that change and adaptation are always possible (Graber et al., 2015). For this, it is an important variable how to follow a path after the negative experiences that people experience.

People exhibit a judgmental and critical attitude after negative experiences instead of an accepting approach (Neff & Tirch, 2013). Instead of giving himself a break, he chooses the path that will push and wear him down the most. As a result, self-kindness, which is the basic component of self-compassion, is replaced by self-judgment, which is its opposite component. The individual can isolate himself from social life by forgetting that all people can also experience the negativities he/she experiences. As a result of all these behaviors, the relationships of individuals may be adversely affected and damaged. Consequences such as interruption of the continuity of the relationship, insatiability and burnout in the marriage, decrease in marital satisfaction may be experienced over time leading to divorce. In such times, the most important goal in these people's lives may include increasing people's awareness of what they are experiencing, seeing that there is a way out in situations that they think is inextricable, knowing that they are not the only ones who are experiencing this problem, feeling that they are not alone and seeing that they can make their lives even more beautiful than before despite the problems they are experiencing, and that they can live more peacefully and without worry (Tarhan, 2021). Perhaps the healthiest method and the most important support that will help them in achieving these goals will come from the self-compassion that individuals can feel for themselves. Learning to embrace oneself and one's imperfections and directing self-compassion to oneself helps one to obtain the psychological resilience one needs to thrive (Germer & Neff, 2020).

According to Neff (1983), self-compassion is the ability to meet one's failures, inadequacies, sorrows, and sufferings without judgment, and to see all these feelings as part of the human condition. Self-compassion can also be defined as the ability to treat someone we find valuable as we treat ourselves in any difficult situation, to show the care and kindness we show to them to ourselves (Germer & Neff, 2020). According to Neff (2003a), self-compassion has three main components. These include self-judgment versus self-kindness, isolation against the sense of common humanity, and over-identification against mindfulness. These three components are in constant interaction to develop and join each other and are complementary to each other (Neff, 2003a). Self-kindness is characterized by a proclivity to exhibit understanding and compassion towards oneself, as opposed to adopting a harsh, cruel, critical, and judgemental attitude. Personal defects and weaknesses are approached with compassion and empathy, and the self-directed emotional expressions are characterized by gentleness and encouragement. The concept of shared humanity encompasses the idea that individuals universally experience occasional failures, commit errors, and encounter feelings of inadequacy. Self-compassion acknowledges the inherent imperfections that are inherent to the human situation, hence adopting a comprehensive and inclusive viewpoint towards one's own inadequacies. In contrast, mindfulness is cultivating an awareness of both the unfavorable parts of oneself and the undesirable components of one's lived experiences (Brown & Ryan, 2003). Mindfulness additionally serves as a preventive measure against becoming entangled in the narrative of personal sorrow.

Self-compassion helps soften hearts, makes it easier to get in touch with loving spouses, and makes it easier to voice positive emotions in the aftermath of conflict (Neff, 2021). This helps people manage to take a little care of others while they are busy with their own conflicts. Yarnell & Neff (2013) also stated that in interpersonal

relationships, there are positive meaningful relationships between the ability to resolve conflicts arising from the relationship and having self-compassion. When a person makes his own problems solvable, it becomes easier for him to approach other people with love. This situation strengthens one's relationships and allows one to enjoy and satisfy life in general (Germer, 2018). Studies have shown that people who can approach themselves with self-compassion can cope more easily with difficult experiences such as divorce, trauma or chronic pain than those who cannot approach. Similarly, it is seen that individuals who show compassion for themselves tend to be more interested, caring and supportive in their romantic relationships, are more likely to reconcile in disagreements in their relationships, show more compassion towards others, and have a more forgiving attitude towards them (Germer & Neff, 2020).

Individuals interact mutually in marital relationships. In married life, the feelings and thoughts of individuals towards themselves and their spouses, the ways they express these definitions, their knowledge, attitudes and skills in the face of difficult life events and stressful situations experienced in the marriage journey and some individual characteristics are effective in maintaining the marriage. This is explained by the concept of marital satisfaction. Marital satisfaction is one of the common concepts used to assess marital happiness and stability (Tavakol et al., 2017). According to dynamic target theory, marital satisfaction is defined as "people's general subjective assessment of the quality of their marriages" (Li & Fung, 2011). It is a multidimensional concept influenced by many factors. The individual characteristics of each of the individuals in the marital relationship, their feelings and thoughts towards themselves and their spouses, their attitudes and skills in the face of abusive life events are important in the sustainability of the marriage and affect the satisfaction that individuals receive from marriage (Kabasakal & Soylu, 2016). Bradbury & Karney (2004) also state that divorces often occur with permanent vulnerabilities, stressful events, and poor adjustment processes. Hence, via a comprehensive comprehension of the aspects associated with marriage satisfaction among couples, it becomes feasible to assist them in enhancing their view of marital life and augmenting their likelihood of success through strategic planning and efficient management. Psychological resilience and self-compassion are individual characteristics that exert influence on levels of marital pleasure.

The objective of this study is to examine the correlation between the level of marital satisfaction among married individuals and their psychological stability and self-compassion. Additionally, the study intends to assess the predictive power of psychological robustness and self-compassion in determining marital contentment. In accordance with the aforementioned objective, an endeavor was made to obtain answers to the subsequent inquiries:

- There exists a notable and positive correlation between the mean scores of the Marriage Satisfaction Scale, the mean scores of the Self, Sexuality, Family sub-scale, and the mean scores of the Self-Compassion Scale and the Resilience Scale for Adults.
- The average scores of the Self-Compassion Scale (SCS) and the Resilience Scale for Adults (RSA) have a positive predictive relationship with the average scores of the Marital Satisfaction Scale and the average scores of the Self, Sexuality, and Family sub-scale.

METHOD**Research Model**

This study employed a descriptive research design based on the relational screening model to investigate the association between psychological resilience, degrees of self-compassion, and marital satisfaction among married persons. Relational studies involve the examination of the relationship between two or more variables, observing their simultaneous changes without any intentional manipulation of those variables (Büyüköztürk, 2023). Within the scope of this investigation, the Psychological Resilience Scale and the Self-Compassion Scale were treated as independent factors, serving as predictors. On the other hand, the Marital Satisfaction Scale and its subscales were analyzed as dependent variables, serving as expected outcomes.

Universe and Sample

Research population of this study consists of married individuals living in the central Dulkadiroğlu district of Kahramanmaraş province in 2023. The sample of the study was formed by voluntarily taking individuals to the research via the Internet by using the non-random/appropriate sampling method due to the existing limitations that may occur among married individuals living in the central Dulkadiroğlu district of Kahramanmaraş province (such as the Kahramanmaraş earthquake on 06.02.2023, transportation, time). The appropriate sampling method, also known as accidental or convenient sampling, is used to prevent loss of money, time and labor. In the appropriate sampling method, the researchers form their sample starting from the participants who are most accessible to them until they reach a group of the size they need and work on a situation or sample with maximum savings (Büyüköztürk, 2023). Within the scope of this study, sociodemographic information about the study group is presented in Table 1:

Table 1. Descriptive Statistics of Participants' Demographics

Variables	N	%
Gender		
Female	216	70.8
Male	89	29.2
Age		
20-29	130	42.6
30-39	110	36.1
40-49	54	17.7
50-59	9	3.0
60-69	2	0.7
Educational Background		
Primary-Secondary School	28	9.2
High School	46	15.1
University	166	54.4
Postgraduate	65	21.3
Profession		
Self-employed	22	7.2
Public	118	38.7
Private	78	25.6
Not working	87	28.5
Age of Marriage		

18-24	143	46.9
25-30	149	48.9
31-35	10	3.3
36-40	3	1.0
Duration of Marriage		
1-5 years	155	50.8
6-10 years	61	20.0
11-15 years	41	13.4
16-20 years	21	6.9
21 year and above	27	8.9
Number of Children		
0	98	32.1
1	94	30.8
2	74	24.3
3 and above	39	12.8
Marriage Format		
Love Marriage	224	73.4
Arranged Procedure	69	22.6
The Marriage of Logic	12	3.9
How satisfied are you with your marriage?		
I am not satisfied at all	7	2.3
I am not satisfied	25	8.2
I am satisfied	121	39.7
I am very satisfied	152	49.8
Total	305	100

Examining Table 1, it can be seen that 70.8% of the participants are female and 29.2% are male; the highest education level is university graduate with a rate of 54.4%, and the lowest rate is 9.2% at the primary-secondary school level; the highest rate of occupation is public sector with the highest rate of 38.7%, self-employment with the lowest rate of 7.2%; the age of marriage is between 25-30 years with the highest rate of 48.9%; the highest form of marriage is love marriage with a rate of 73.4%; the duration of marriage is between 1-5 years with the highest rate of 50.8%; the highest number of children is 0 with a rate of 32.1%, and the lowest rate is 3 and above with a rate of 12.8%.

Data Collection Tools

In this study, Sociodemographic Information Form (SBF), the Resilience Scale for Adults (RSA), Self-Compassion Scale (SCS) and Marital Satisfaction Scale (MSS) are the measurement tools used to collect data. Details on this measurement tool are given below.

Sociodemographic Information Form (SBF)

This form was prepared by the researcher by scanning the field literature to get information about the participants who will participate in the research. It is a form for obtaining information about characteristics such as age, gender, education level, duration of marriage, and number of children.

The Resilience Scale for Adults (RSA)

The Psychological Resilience Scale for Adults was developed by Friborg et al. (2003) and revised by Friborg et al. (2005) within the theoretical framework of adaptation. The scale consists of 6 sub-scales. These include: Perception of Self, Planned Future, Social Competence, Structured Style, Family Cohesion and Social Resources subscales. Scale items are of 5-point Likert type and are scored in the range of 1 to 5. Social Resources (6,12,18,24,27,30,33) sub-scale consists of 7 items, Self-Perception (1,7,13,19,28,31), Social Competence (4,10,16,22,25,29) and Family Harmony (5,11,17,23,26,32) subscales consist of 33 items each, Future Perception (2,8,14,20) and Structural Style (3,9,15,21) subscales are 4 items each. Items no. 3, 4, 8, 11, 12, 13, 14, 15, 16, 23, 24, 25, 27, 31, 33 and 42 are rated inversely in the scale. The highest score that can be obtained from the Social Resources sub-scale is 35, the lowest score is 7; the highest score that can be taken from the Self-Perception, Social Competence and Family Harmony subscales is 30, the lowest score is 6; the highest score that can be taken from the Future Perception and Structural Style subscales is 20, the lowest score is 4; and the highest total score that can be taken from the scale is 165, and the lowest total is 33. For all sub-scale scores and total scores, the score height indicates that the respective feature is high. The internal consistency of the scale was calculated, and it was seen that the Cronbach Alpha coefficients of the subscales ranged from .67 to .90. Test-retest correlations was found to range from .69 to .84.

The adaptation of the scale to Turkish was carried out by Basım & Çetin (2011). The research was carried out on two different samples. The first sample consisted of a total of 350 university students, 167 women and 183 men, and the second sample consisted of 262 bank employees, 126 women and 136 men. Ages of participants in the first sample range from 18 to 25; the average age is 21.84. Age of participants in the second sample range from 21 to 37; the average age is 29.63. Confirmatory Factor Analysis was performed for the six-factor model, and it was observed that all the items that the fit indicators data explained the model as sufficient were settled in the factors they were in the original form with factor loads ranging from .37 to .75. The Cronbach's Alpha coefficients of the sub-dimensions of the RSA were found to vary between 0.66 and 0.81 for the student sample and between 0.68 and 0.79 for the employee sample. In addition, the total Cronbach's Alpha coefficient of the scale was calculated as 0.86 for both the student and employee sample. It was determined that the item total score correlation coefficients ranged from 0.20 to 0.52 for both samples. Test-retest consistency was found as .72 for Self-Perception, .75 for Future Perception, .68 for Structural Style, .78 for Social Competence, .81 for Family Harmony, and .77 for Social Resources. All these results show that the Turkish structure of the scale is suitable for use.

Self-Compassion Scale (SCS)

Originally created by Neff (2003b), this scale consists of 6 sub-dimensions. Subscales include Self-Kindness, Self-Judgment, Common Humanity, Isolation, Mindfulness and Over-Identification. Scale items are of 5-point Likert type and are scored in the range of 1 to 5. Self-Kindness (2, 6, 13, 17, 21), Self-Judgment (4, 7, 15, 20, 26) subscales

consist of 5 items each, and Common Humanity (1, 8, 12, 22), Isolation (5, 11, 19, 25), Mindfulness (9, 14, 18, 23), Over-Identification (3, 10, 16, 24) subscales consist of 4 items each with a total of 26 items. The items of the negative subscales of Self-Judgment, Isolation and Over-Identification are reversed, and the averages of the six subscales are summed to obtain the total self-compassion average. The highest score from the Self-Kindness and Self-Judgment subscales is 25, the lowest score is 5; the highest score from the Common Humanity, Mindfulness, Isolation and Over-Identification subscales is 20, the lowest score is 4; the highest overall score that can be taken from the scale is 130, and the lowest overall score is 26. For all sub-scale scores and total scores, the score height indicates that the respective feature is high. The reliability of the Self-Compassion Scale was found to be high with the test-retest method. The reliability rate was found to be .93 for the whole scale, .85 for the Self-Kindness dimension, .88 for Self-Judgment, .88 for the Common Humanity dimension, .80 for the Isolation Dimension, .85 for Mindfulness and .88 for the Over-Identification dimension (Neff, 2003a).

It was adapted to the Turkey sample by Akin et al. (2007). Akin et al. (2007) conducted an analysis with the participation of 633 university students for the overall scale and conducted a validity and reliability study of the scale for Turkish. 106 of the participants attend social studies teaching; 134 of them attend preschool teaching; 118 of them attend science teaching; 121 of them attend classroom teaching; and 154 of them study psychological counseling and guidance. Of the participants, the majority of whom were between the ages of 18 and 22 and had an average age of 20.8 years, 337 (53%) were male and 296 (47%) were female students. Exploratory Factor Analysis was performed, and it was observed that all the items that the fit indicators data explained the model as sufficient were settled in the factors they were in the original form with factor loads ranging from .43 to .84. To ensure equality in terms of language, 135 English teachers were reached in these studies. Accordingly, for the whole scale, the reliability correlation coefficient between the original and Turkish forms was found to be .94. In the sub-dimensions; this rate was found to be .94 for the Self-Kindness dimension; .94 for Self-Judgment; .87 for the Awareness of Sharing dimension; .89 for Isolation; .92 for the Consciousness dimension; and .94 for Over-Identification. The test-retest reliability of the scale was found to be .69 for the Self-Kindness dimension, .59 for Self-Judgment, .66 for the Awareness of Sharing dimension, .60 for Isolation, .69 for the Consciousness dimension and .56 for Over-Identification. All these values reveal that the Turkish structure of the scale is suitable for use.

Marital Satisfaction Scale (MSS)

It was developed by Çelik & İnanç (2009) to measure an individual's satisfaction with their marriage. The validity and reliability study of the scale belongs to these researchers. The research was carried out on five different samples. The first sample consists of a total of 21 people working in the Department of Educational Sciences at Çukurova University. Second sample consists of a total of 360 married individuals with middle and upper socio-economic levels, ranging in age from 23 to 57, of which 186 are women and 174 are men. Third sample consists of a total of 146 married individuals with middle and upper socio-economic levels, 72 of whom are women and 74 of whom are men, ranging in age from 21 to 52. Fourth sample consists of a total of 217 married individuals

with middle and upper socio-economic levels, 108 of whom are women and 109 of whom are men, ranging in age from 20 to 60. Fifth sample consists of a total of 301 married individuals with middle and upper socio-economic levels, ranging in age from 20 to 60, of which 150 are women and 151 are men.

The scale consists of 3 sub-scales. These include: Self, Sexuality and Family dimensions. Thus, the scale can measure marital satisfaction in general and also gives results related to the satisfaction of these sub-dimensions. The scale consists of 8 negative and 5 positive items in total 13 items. The scale is of the 5-item Likert type, which varies between the values "It Does Not Suit Me at All (1)" and "It Completely Suits Me (5)". The sub-dimension of Self (1st, 8th, 10th) includes 3 items, and the sub-dimensions of Sexuality (3rd, 4th, 6th, 7th, 9th) and Family (2nd, 5th, 11th, 12th, 13th) include 5 items each, for a total of 13 items. The highest score that can be obtained from the scale is 65, and the lowest is 13. The highest score that can be taken from the Self sub-dimension is 15, the lowest score is 3; the highest score from the Sexuality and Family sub-dimensions is 25, and the lowest score is 5. 8 items with negative meaning (1st, 2nd, 5th, 8th, 10th, 11th, 12th, 13th) in the scale are scored by reverse coding. Since the evaluation is made on the total scores, the high score taken from the scale means that the marital satisfaction of the individuals increases and is at a good level. A high score indicates a high level of marital satisfaction of married people.

Explanatory and confirmatory factor analyses were performed, and substances were placed in the components with factor loads ranging from .50-.78. While determining the validity and reliability of the scale, internal consistency coefficient of the scale was found to be .79. The internal consistency coefficient of the family sub-factor was calculated as .83; the internal consistency coefficient of the Self sub-factor was calculated as .75; the internal consistency coefficient of the Sexuality sub-factor was calculated as .81. As a result of the test-retest method of the Marriage Satisfaction Scale, the correlation coefficient was calculated as .86. The same correlation coefficient was found as .80 for the Family sub-dimension, as .83 for the Sexuality sub-dimension, and as .74 for the Self sub-dimension. All these values reveal that the structure of the scale is suitable for use.

Research Process

The scales included in the study were generated via online questionnaires. The introductory section of the document provides an overview of the research objectives, the scales employed in the study, details regarding these measures, the voluntary permission form, and comprehensive contact information including the full email address. The researcher collected the data throughout the period from May 15, 2023 to June 30, 2023. In order to administer the scales utilized in the research, the authors responsible for the Turkish adaption study of these scales were contacted via electronic mail. Subsequently, authorization for scale usage as well as the requisite approvals from the ethics committee were received. The study's participants were recruited using various social media platforms. A cohort including 305 university students completed a comprehensive personal information form and a series of scales.

Data Analysis

The study focused on several factors. The predicted variables included the mean total score of the Marriage Satisfaction Scale and the average total scores of its subscales. On the other hand, the predictor variables consisted of the average total scores of the Self-Compassion Scale and the Psychological Resilience Scale for Adults. The researchers employed Standard Multiple Regression Analysis to assess the degree to which predictor factors were able to predict the average total scores on the Marriage Satisfaction Scale, as well as the average total scores on its subscales. Standard multiple regression analysis is a statistical procedure used to assess the degree to which two or more independent variables together contribute to the prediction of the dependent variable. According to Büyüköztürk (2023), the conventional method of multiple regression analysis involves incorporating the predictor variables into the analysis, irrespective of the statistical significance of their contribution to the variance explained in the dependent variable. The analysis focused on examining the links between the Pearson Correlation Coefficient and both the dependent variable and predictor factors. The analysis of the acquired data was conducted using the SPSS 27.0 software package.

The responses to the scales were carefully examined prior to conducting data analysis. The participants identified certain data points within the dataset that were deemed to be inaccurate, erroneous, or incomplete, and therefore these data points were excluded from further analysis. The Mahalanobis distance values were assessed in order to identify any outliers that violate the assumptions of linearity and normalcy, which are necessary for conducting Multiple Regression Analysis. However, no outliers were found in the dataset. In order to assess the normality of the data, the skewness and kurtosis coefficients were analyzed. Table 2 presents the skewness and kurtosis values for both the overall scores and sub-dimensions of the variables.

Table 2. Skewness and Kurtosis Values of the Total Scores and Sub-Dimensions of the Variables

Variables	Skewness	Kurtosis
MSS Total	-.448	-.640
MSS Family	-.484	-.393
MSS Sexuality	-.372	-.502
MSS Self	-1.099	.673
SCS Total	.030	.120
RSA Total	-.260	-.280

In the study, it can be seen that the skewness and kurtosis values are between +1.5 and -1.5 values, so the variables meet the normality assumption. Scattering diagrams were examined to examine the data in terms of linearity, and it was seen that the binary relationships between the predictor variables and the dependent variable were linear. The correlation values between total scores of MSS and its subscales and the total scores of the SSS and RSA were examined by the Pearson Moments Multiplication Correlation Coefficient. When these correlation values were examined, it was determined that all values were less than .80. Tolerance values were found to be .773 for all dependent variables, VIF values were 1.293, and CI values were between 1 and 16.620. According to the results obtained, it was determined that there was no multiple connection problem between the predictor variables. To determine whether there was an autocorrelation, the Durbin Watson value was

examined, and it was determined that the values were 2.054, 2.081, 1.679, 1.962 for the variables of MSS total score, and total scores from Family, Sexuality and Self sub-scales. It was determined that the values between 1.5-2.5 met the required number and there was no autocorrelation.

FINDINGS

Findings on the Scores of the Participants from the Scales and Subscales

Descriptive statistics of the participants on the Marital Satisfaction Scale (MSS), Family, Sexuality, Self sub-scales, Self-Compassion Scale (SCS) and Resilience Scales for Adults (RSA) are given in Table 3.

Table 3. Descriptive Values on the Scores of the Participants from the Scales and Subscales

Variables	N	Lowest	Highest	\bar{x}	SS
MSS Total	305	25	65	50.09	9.42
MSS Family	305	5	25	18.12	4.26
MSS Sexuality	305	7	25	18.68	4.14
MSS Self	305	3	15	12.36	2.72
SCS	305	1.07	4.87	3.33	0.66
RSA	305	65	157	121.23	18.21

Upon analyzing the scores derived from the sub-scales of the scales employed in the study, it becomes evident that the minimum and maximum scores for the MSS total are 25 and 65, respectively. The arithmetic mean for this scale is calculated to be 50.09, with a corresponding standard deviation of 9.42. Similarly, the MSS Family sub-scale exhibits a range of scores from 5 to 25, with an arithmetic mean of 18.12 and a standard deviation of 4.26. The MSS Sexuality sub-scale, on the other hand, demonstrates a lowest score of 7 and a highest score of 25, yielding an arithmetic mean of 18.68 and a standard deviation of 4.14. As for the MSS Self sub-scale, the minimum score is 3, the maximum score is 15, the arithmetic mean is 13.36, and the standard deviation is 2.72. Moving on to the SCS, its lowest score is recorded as 1.07, the highest score as 4.87, the arithmetic mean as 3.33, and the standard deviation as 0.66. Lastly, the RSA displays a lowest score of 65, a highest score of 157, an arithmetic mean of 121.23, and a standard deviation of 18.21.

Findings on the Relationship Between the Total Score Averages of the Participants from the Marriage Satisfaction Scale (MSS) and Subscales, and the Total Scores of the Self-Compassion Scale (SCS) and the Resilience Scales for Adults (RSA)

Pearson correlation coefficients were calculated to examine the relationships between the total score averages of participants from the Marriage Satisfaction Scale (MSS Total) - their subscale score averages from the Family (MSS Family), Sexuality (MSS Sexuality), Self (MSS Self) and the total score averages of the participants from the Self-Compassion Scale (SCS) and the Resilience Scale for Adults (RSA), and these values are presented in Table 4.

Table 4. Correlation Values on the Relationship between the Total Score Averages of the Participants from the Marriage Satisfaction Scale (MSS) and Subscales, and the Total Scores of the Self-Compassion Scale (SCS) and the Resilience Scales for Adults (RSA)

Variables	1	2	3	4	5	6
MSS Total	-					
MSS Family	.709**	-				
MSS Sexuality	.528**	.203**	-			
MSS Self	.738**	.495**	.315**	-		
SCS	.406**	.336**	.363**	.321**	-	
RSA	.426**	.386**	.313**	.423**	.476**	-

**p<.01

Examining the correlations between the total scores of the MSS sub-scale and the SCS, moderate level positive-oriented significant relationship was found between total scores from MSS and SCS ($r=.406, p<.01$), between MSS Family sub-scale scores and SCS ($r=.336, p<.01$), between MSS Sexuality sub-scale scores and SCS ($r=.363, p<.01$), between MSS Self sub-scale scores and SCS ($r=.321, p<.01$). In other words, as the total scores obtained from the Family, Sexuality and Self subscales of the MSS increase, the total scores from SCS also increase.

Examining the correlations between the total scores of MSS sub-scale and RSA, moderate level positive-oriented significant relationship was found between total scores from MSS and RSA ($r=.426, p<.01$), between MSS Family sub-scale scores and RSA ($r=.386, p<.01$), between MSS Sexuality sub-scale scores and RSA ($r=.313, p<.01$), between MSS Self sub-scale scores and RSA ($r=.423, p<.01$). In other words, as the total scores obtained from the Family, Sexuality and Self subscales of the MSS increase, the total scores from the RSA also increase.

Findings on the Total Score Averages of the Participants from the Self-Compassion Scale and the Psychological Resilience Scales for Adults as Predictors of Total Score Averages of Marriage Satisfaction Scale

Standard multiple linear regression analysis was performed to determine the extent to which the predictor variables of the Self-Compassion Scale and the Psychological Resilience Scale for Adults predicted the total score averages of the Marriage Satisfaction Scale. The standard multiple regression analysis results for the mean of the total scores of the MSS and the mean of the total scores of the predictor variables are shown in Table 5.

Table 5. Standard Multiple Regression Analysis Results for Total Score Mean of MSS Total Score Averages and Predictor Variables

Variables	B	SH _B	β	T	p	Paired r	Partial r
Constant	18.753	3.349	-	5.599	.001	-	-
SCS	3.736	.815	.263	4.585	.001	.406	.255
RSA	.156	.030	.301	5.255	.001	.426	.289
<i>R</i> = 0.484 <i>R</i> ² = 0.235 Δ <i>R</i> ² = 0.230 <i>F</i> _(2,302) = 46.300 <i>p</i> = .001							

Upon analyzing the data shown in Table 5, it is evident that all predictor factors considered in the research exhibited a significant predictive effect on 23% of the variability observed in the total score of the MSS ($R=0.484, R^2= 0.235, F(2,302)=46.300, p<.001$). The prioritization of predictor variables based on standardized regression coefficients (β) is as follows: The results indicate a significant negative relationship between RSA ($\beta=-.310, p<.001$) and a significant positive relationship between SCS ($\beta=.263, p<.001$). Upon analyzing the t-test outcomes pertaining to the significance of regression coefficients, it was determined that both the MSS score ($t=4.585, p<.001$) and the RSA score ($t=5.255, p<.001$) exhibit statistical significance as predictors of MSS total scores.

Findings on the Total Score Averages of the Participants from the Self-Compassion Scale and the Psychological Resilience Scales for Adults as Predictors of Total Score Averages of Family Sub-scale in Marriage Satisfaction Scale

A standard multiple linear regression analysis was conducted to assess the degree to which the predictor variables of the Self-Compassion Scale and the Psychological Resilience Scale for Adults were able to predict the average total scores obtained from the Family Sub-scale in the Marriage Satisfaction Scale. Table 6 displays the findings of the usual multiple regression analysis for the mean of the total scores of the MSS Family sub-scale and the mean of the total scores of the predictor variables.

Table 6. Standard Multiple Regression Analysis Results for Total Score Mean of MSS Family Sub-Scale Total Score Averages and Predictor Variables

Variables	B	SH _B	β	t	p	Paired r	Partial r
Constant	5.618	1.569	-	3.580	.001	-	-
SCS	1.268	.382	.197	3,322	.001	.336	.173
RSA	.068	.014	.292	4,919	.001	.386	.257
<i>R</i> = 0.423 <i>R</i> ² = 0.179 Δ <i>R</i> ² = 0.173 <i>F</i> _(2,302) = 32.851 <i>p</i> = .001							

Examining Table 6, all predictor variables included in the study significantly predicted 17% of the variance in the total score of the Family sub-scale of MSS (*R*=0.423, *R*²= 0.179, *F*_(2,302)=32.851, *p*<.001). The relative order of importance of predictor variables according to standardized regression coefficients (β) is as follows: RSA (β=.292, *p*<.001), SCS (β=.197, *p*<.001) Examining t-test results for the significance of regression coefficients, it was found that MSS score (*t*=3.322, *p*<.001) and RSA score (*t*=4.919, *p*<.001) are significant predictors of MSS Family sub-scale total scores.

Findings on the Total Score Averages of the Participants from the Self-Compassion Scale and the Psychological Resilience Scales for Adults as Predictors of Total Score Averages of Sexuality Sub-scale in Marriage Satisfaction Scale

Standard multiple linear regression analysis was performed to determine the extent to which the predictor variables of the Self-Compassion Scale and the Psychological Resilience Scale for Adults predicted the total score averages from Sexuality Sub-scale in Marriage Satisfaction Scale. The standard multiple regression analysis results for the mean of the total scores of the MSS Sexuality sub-scale and the mean of the total scores of the predictor variables are shown in Table 7.

Table 7. Standard Multiple Regression Analysis Results for Total Score Mean of MSS Sexuality Sub-Scale Total Score Averages and Predictor Variables

Variables	B	SH _B	β	t	p	Paired r	Partial r
Constant	7.892	1.546	-	5.104	.001	-	-
SCS	1.732	.376	.277	4.605	.001	.363	.256
RSA	.041	.014	.182	3.024	.003	.313	.171
<i>R</i> = 0.397 <i>R</i> ² = 0.157 Δ <i>R</i> ² = 0.152 <i>F</i> _(2,302) = 28.204 <i>p</i> = .001							

Examining Table 7, all predictor variables included in the study significantly predicted 15% of the variance in the total score of the Sexuality sub-scale of MSS ($R=0.397$, $R^2= 0.157$, $F_{(2,302)}=28.204$, $p<.001$). The relative order of importance of predictor variables according to standardized regression coefficients (β) is as follows: SCS ($\beta=.277$, $p<.001$), RSA ($\beta=.182$, $p<.003$) Examining t-test results for the significance of regression coefficients, it was found that SCS score ($t=4.605$, $p<.001$) and RSA score ($t=3.024$, $p<.001$) are significant predictors of MSS Sexuality sub-scale total scores.

Findings on the Total Score Averages of the Participants from the Self-Compassion Scale and the Psychological Resilience Scales for Adults as Predictors of Total Score Averages of Self Sub-scale in Marriage Satisfaction Scale

A standard multiple linear regression analysis was conducted to assess the degree to which the predictor variables of the Self-Compassion Scale and the Psychological Resilience Scale for Adults were able to predict the average total scores obtained from the Self Sub-scale in the Marriage Satisfaction Scale. Table 8 displays the findings of the usual multiple regression analysis for the mean of the total scores of the MSS Self sub-scale and the mean of the total scores of the predictor variables.

Table 8. Standard Multiple Regression Analysis Results for Total Score Mean of MSS Self Sub-Scale Total Score Averages and Predictor Variables

Variables	B	SH _B	β	t	p	Paired r	Partial r
Constant	3.890	.992	-	3.919	.001	-	-
SCS	.638	.241	.155	2.643	.009	.321	.150
RSA	.052	.009	.349	5.957	.001	.423	.324
$R= 0.444$ $R^2 = 0.198$ $\Delta R^2= 0.192$ $F_{(2,302)} = 37.167$ $p = .001$							

Examining Table 8, all predictor variables included in the study significantly predicted 19% of the variance in the total score of the Self sub-scale of MSS ($R=0.444$, $R^2= 0.198$, $F_{(2,302)}=37.167$, $p<.001$). The relative order of importance of predictor variables according to standardized regression coefficients (β) is as follows: RSA ($\beta=.349$, $p<.001$), SCS ($\beta=.155$, $p<.009$). Examining t-test results for the significance of regression coefficients, it was found that SCS score ($t=2.643$, $p<.009$) and RSA score ($t=5.957$, $p<.001$) are significant predictors of MSS Self sub-scale total scores.

CONCLUSION and DISCUSSION

The study's findings revealed a moderate positive correlation between the scores obtained from the Psychological Resilience Scale for Adults and the Self-Compassion Scale. There exists a positive correlation between the level of psychological resilience in individuals and the level of self-compassion. A comprehensive examination of the existing body of research has revealed that individuals who possess higher levels of self-compassion tend to have enhanced emotional resilience in response to personal failures and ego-threatening knowledge (Allen & Leary, 2010; Lary et al., 2007; Neff et al., 2007). This observation aligns with the outcomes of the aforementioned study.

Demirci (2020) conducted a study to investigate the correlation between psychological resilience and self-compassion scores among candidates pursuing a career in psychological counseling. The findings of the study revealed a statistically significant positive link between these two variables. A positive correlation was observed between the variables of self-compassion and psychological resilience in various studies. Dilmaç-Pınar (2020) investigated the levels of self-compassion and psychological resilience among nursing students, while Şahin (2014) examined the psychological resilience and self-compassion levels of teachers in studies. Uysal (2019) explored the self-compassion and psychological resilience levels of university students across different departments, and Koçak & Çelik (2022) investigated the psychological resilience and self-compassion levels of married individuals. At present, the outcomes of the preceding investigation and the discoveries of the present investigation exhibit concurrence.

According to Fraser et al. (1999), psychological resilience is characterized as the capacity to effectively adjust and respond to exceptional conditions and situations, hence attaining favorable outcomes that surpass expectations in challenging contexts. In summary, the capacity of an individual to adjust to challenging circumstances is widely acknowledged as a measure of their psychological well-being. According to Gizir (2007), individuals possess personal protective qualities that enable them to respond in a more constructive manner when confronted with catastrophic life circumstances. Self-compassion refers to the capacity to acknowledge and accept one's failures, inadequacies, sorrows, and sufferings without engaging in judgment, recognizing these emotional experiences as inherent aspects of the human condition (Nef, 2003b, p. 87). From this perspective, it can be argued that self-compassion serves as a safeguarding element in the cultivation of psychological resilience. According to Neff (2003b), self-compassion is regarded as a coping mechanism. In this regard, it can be readily asserted that self-compassion serves as a crucial factor in the development of psychological resilience. Based on the aforementioned findings, it can be posited that the absence of research on enhancing self-compassion levels may prove efficacious in fostering psychological resilience and yielding favorable outcomes.

A moderate positive relationship was found between the total scores of the Psychological Resilience Scale for Adults and the total scores of the Marriage Satisfaction Scale and the total scores of the sub-scale, and it was determined that the total scores of the Psychological Resilience Scale predicted the total scores of the Marriage Satisfaction Scale and the total scores of the sub-scale. Considering the studies conducted in Turkey, it is seen that there are very few studies that deal with the psychological resilience levels of married individuals. In a study conducted by Bektaş (2018) in which the psychological resilience levels of married individuals were curious, it is seen that there are positive significant relationships between psychological robustness and self-efficacy perception, optimism level, perceived social support, life satisfaction and marriage satisfaction levels. In other words, as married individuals' perception of competence, optimism level, social support, life satisfaction and marital satisfaction increase, their psychological robustness also increases. Similarly, in a study where the relationship between psychological resilience and marital satisfaction was determined in married individuals, it was found that the level of psychological resilience increased the marital satisfaction of the participants (Tutuş & Barut, 2021). Canbolat (2023), in his study examining the change between the traumatic experiences of

married individuals in childhood, psychological resilience and marital satisfaction, found that psychological resilience increased as marital satisfaction increased. In a different study in which the psychological well-being of married individuals and the relationship between psychological resilience and marital satisfaction levels were examined, it was found that marital satisfaction and psychological resilience levels were positively related significantly between them, and that psychological resilience was a predictor of marital satisfaction (Köseoğlu, 2021). It is seen that the findings of all these past studies are compatible with the findings of the current study.

Psychological resilience is commonly understood as a dynamic process characterized by successful adaptation or adjustment (Hunter, 2001). Within this particular framework, the concept of psychological resilience is understood as an individual's capacity to effectively cope with and overcome substantial stressors, including but not limited to traumatic events, threats, tragedies, familial and relationship difficulties, severe health issues, workplace challenges, and financial hardships (Tusaie & Dyer, 2004). The establishment of a robust marital connection has been found to have a positive impact on the psychological resilience of individuals. From this perspective, it can be argued that the institution of marriage has the potential to enhance an individual's psychological well-being and stability. It is hypothesized that persons possessing a heightened degree of psychological resilience will exhibit a greater propensity to respond in a harmonious manner when confronted with challenges within the context of marital relationships. Reis & Gable (2003) claim that the act of empathizing with and providing support and care to one's partner during challenging circumstances not only enhances psychological resilience but also facilitates personal growth and self-investment. The degree of psychological resilience exhibited by one partner has an impact on the level of psychological resilience demonstrated by the other partner.

The closeness and quality of the mother, father and child relationship have also been found to be associated with positive outcomes of children at risk for psychological resilience (Radke-Yarrow & Brown, 1993). Based on this finding, it can be considered that the quality of marriage is also a protective factor for psychological resilience. Positive marital communication can make children feel emotionally safe, which improves their ability to cope with stressful events they experience daily (Cummings et al., 2004). In summary, the high satisfaction of the relationship between the spouses serves psychological resilience as a protective factor.

A study revealed a moderate positive correlation between the overall scores of the Psychological Resilience Scale for Adults and both the overall scores of the Marriage Satisfaction Scale and the overall scores of its sub-scale. Additionally, it was observed that the overall scores of Self-Compassion were predictive of the overall scores of the Marriage Satisfaction Scale and its sub-scale.

Self-compassion refers to the capacity to approach one's failings, inadequacies, tragedies, and sufferings without engaging in judgment, recognizing these emotions as inherent aspects of the human experience (Nef, 2003a). Several recent meta-analytical investigations have revealed a positive correlation between self-compassion and well-being, as well as a negative correlation between self-compassion and anxiety and depression (Baker et al.,

2019; Marsh et al., 2018; Zessin & Garbade, 2015). In this particular instance, the aforementioned data demonstrate a positive correlation between self-compassion and pleasant feelings, as well as a negative correlation between self-compassion and negative emotions. Research has also indicated that those who possess elevated levels of self-compassion have greater psychological well-being in comparison to those who possess lower levels of self-compassion (Denckla et al., 2017). Furthermore, those who possess elevated levels of self-compassion exhibit increased levels of happiness, optimism, life satisfaction, and intrinsic drive. Additionally, they demonstrate higher levels of emotional intelligence, coping skills, wisdom, and resilience (Neff et al., 2015). Given the existing literature, it is evident that there is a correlation between marital contentment and pleasant emotions. Consequently, the positive association observed between self-compassion and marital satisfaction aligns with previous research findings. According to Baker and McNulty (2011), individuals who possess a robust level of self-compassion are capable of effectively navigating conflict resolution, engaging in constructive problem-solving, and maintaining positive stability within their marriage relationships. The accuracy of self-evaluations may be higher among individuals with elevated levels of self-compassion. Moreover, those who possess elevated levels of self-compassion demonstrate a greater propensity to embrace themselves unreservedly, especially in instances where they encounter errors or experience failure. In their study, Fahimdanesh et al. (2020) investigated the correlation between self-compassion, forgiveness, and marital satisfaction among a cohort of couples between the age range of 20 to 40 years. The findings of the study indicate that self-compassion had predictive capabilities in relation to levels of marital satisfaction. According to the findings of Maleki et al. (2019), it was observed that persons who possess elevated levels of self-compassion exhibit a higher degree of marital satisfaction. Furthermore, Neff & Beretvas (2013) assert that individuals who possess self-compassion exhibit enhanced abilities to effectively manage the twin requirements of autonomy and commitment within their interpersonal connections. In this scenario, the presence of emotional equilibrium and adaptability facilitated by self-compassion can potentially enhance overall well-being and contentment within interpersonal connections. This is achieved by fostering an environment conducive to more constructive approaches when faced with disputes and challenges within the relationship.

Marital satisfaction serves as an accurate indicator of an individual's overall contentment within their familial context. The significance of this component extends beyond the familial context and encompasses the broader societal implications for both physical and psychological development (Edalati & Redzuan, 2010). Marital satisfaction is commonly posited as an emotional reaction that emerges from spouses' internal assessment of their marriage, encompassing several dimensions of the relationship. Marital satisfaction pertains to the overall contentment experienced in various aspects of married life, including but not limited to everyday activities, sexual intimacy, and emotional fulfillment. In essence, it encompasses the fulfillment of an individual's needs, aspirations, and desires to a specific degree. Holdsworth et al. (2015) assert that the level of pleasure within a marital relationship has the ability to forecast the mental well-being of married individuals while also serving as a significant factor in facilitating personal growth and the attainment of one's capabilities. The finding has importance as it contributes to heightened levels of life satisfaction as a result of the influence of the self-

compassion factor on an individual's contentment with their marriage relationship. Self-compassion is known to foster the cultivation of beneficial attributes, including but not limited to a rational comprehension of oneself, the ability to exercise patience and tolerance, and the maintenance of emotional equilibrium in the face of challenging life circumstances. Additionally, self-compassion serves to mitigate the adverse consequences of negativity that may befall an individual. In essence, self-compassion has the potential to mitigate the adverse consequences that impact marital relationships by fostering beneficial attributes such as a rational outlook, resilience, and equanimity in the face of challenging life circumstances, as well as a sense of equilibrium in emotional states. According to Zhang et al. (2020), persons characterized by elevated levels of self-compassion demonstrate a greater propensity to acknowledge and embrace their own imperfections, hence fostering a heightened tolerance towards the shortcomings of their partners. This, in turn, contributes to an enhanced level of pleasure within the marital relationship. In the study conducted by Wang et al. (2022), it was observed that there was a substantial association between marital satisfaction and self-compassion. The aforementioned findings were discovered to align with the outcomes of the research.

As a result, in this study, it was generally found that there was a significant positive relationship between psychological resilience, self-compassion, and marital satisfaction, and that psychological robustness and self-compassion were predictors of marital satisfaction.

RECOMMENDATIONS

Examining the findings of the research and the studies dealing with marital satisfaction in the literature and their findings, it is noteworthy that the satisfaction obtained from marriage affects many variables and is affected by many variables. Given the inevitability that marital satisfaction can be influenced by a large number of variables that have not yet been investigated and that it can directly or indirectly affect a large number of variables, it is thought that these studies need to be further diversified.

As a result, considering the increase in divorce rates in Turkey and all over the world, it is clearly seen that couples who encounter problems in their married life should solve these problems by getting professional help. On the one hand, it is thought that studies on marital satisfaction will make important contributions to the literature to carry out supportive, developing and preventive studies to better understand the institution of marriage and to direct these studies.

ETHICAL TEXT

In this article, the journal writing rules, publication principles, research and publication ethics, and journal ethical rules were followed. The responsibility belongs to the author for any violations that may arise regarding the article. Ethics committee approval of the article was obtained by Osmaniye Korkut Ata University/Social Sciences Scientific Research and Publication Ethics Committee with the decision dated 09.05.2023 and numbered 2023/5/17.

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