



## Proposing the Structural Equations Model of the Relationship between Marital Conflicts and Marital Burnout with the Mediation of Distress Tolerance in Married Women from Cultural Perspective

Zahra Tayebi<sup>1\*</sup>, Jafar Noori<sup>2</sup>

1. Ms.c Student, Department of Psychology, Faculty of Humanities. Shandiz Institute of Higher Education, Mashhad, Iran.

2. Associate Professor; Department of Psychology, Department of Psychology, Faculty of Humanities, Shandiz Institute of Higher Education, Mashhad, Iran.

**Citation:** Taibi, Z., & Noori, J. (2025). Proposing the structural equations model of the relationship between marital conflicts and marital burnout with the mediation of distress tolerance in married women from cultural perspective. *Journal of Woman Cultural Psychology*, 16(63), 31-44.

<http://dx.doi.org/10.61186/iau.1192085>

### ARTICLE INFO

**Received:** 30.11.2024

**Accepted:** 31.01.2025

**Corresponding Author:**

Zahra Taibi

**Email:**

zahra.tayebi709@gmail.com

**Keywords:**

Marital conflicts  
Marital burnout  
Distress tolerance

### Abstract

The aim of the present study was to propose the structural equations model of the relationship between marital conflicts and marital burnout with the mediating role of distress tolerance in married women from a cultural perspective. The statistical population of this study included all the married women residing in district 4 of Mashhad city. The sample embraced 228 participants whom were selected using convenience sampling procedure, considering the possibility of attrition and to increase the validity of the sample. The research method was descriptive, of the correlational and structural equations type. To collect the data, the Distress Tolerance Scale (Simons & Gaher, 2005), Marital Conflicts Questionnaire (Sanaei et al., 2000), and Marital Disenchantment Scale (Pines, 1996) were implemented. To test the research hypotheses AMOS statistical software was utilized. The results indicated that all the direct and indirect paths of the proposed model were significant; and there was a significant positive relationship between marital conflicts and marital burnout in married women from a cultural perspective. Furthermore, the results showed a significant negative relationship between marital conflicts and marital burnout with distress tolerance. Finally, the results revealed that distress tolerance played a mediating role in the relationship between marital conflicts and marital burnout. The results also showed that the model had an optimal goodness of fit.



## Extended abstract

**Introduction:** Marriage is one of the most intricate and challenging stages of human life, deeply affecting both physical and psychological well-being. The family, as a social institution, holds considerable significance in personal relationships, especially in societies like Iran, where marital relations are highly valued. A successful marriage can fulfill both physical and emotional needs, promoting mental and social health. However, one of the most critical factors affecting marital stability is marital boredom, which refers to the emotional and psychological weariness experienced by spouses over time. This condition could erode affection and intimacy, leading to various negative outcomes such as emotional divorce, mental health issues, and even official separation. Studies have indicated that marital conflicts significantly contribute to marital boredom, with unresolved conflicts diminishing emotional bonds and exacerbating boredom. Additionally, distress tolerance has been recognized as a potential mediator in this relationship. Distress tolerance refers to an individual's ability to withstand emotional discomfort and stress, which could be crucial in mitigating conflicts and fostering better marital outcomes. Accordingly the aim of the present study was to propose the structural equations model of the relationship between marital conflicts and marital burnout with the mediating role of distress tolerance in married women from a cultural perspective.

**Method:** The statistical population of this study included all the married women residing in district 4 of Mashhad city. The sample embraced 228 participants whom were selected using convenience sampling procedure, considering the possibility of attrition and to increase the validity of the sample. The research method was descriptive, of the correlational and structural equations type. To collect the data, the Distress Tolerance Scale (Simons & Gaher, 2005), Marital Conflicts Questionnaire (Sanaei et al., 2000), and Marital Disenchantment Scale (Pines, 1996) were implemented. To test the research hypotheses AMOS statistical software was utilized.

**Results:** The results indicated that all the direct and indirect paths of the proposed model were significant; and there was a significant positive relationship between marital conflicts and marital burnout in married women from a cultural perspective. Furthermore, the results showed a significant negative relationship between marital conflicts and marital burnout with distress tolerance. Finally, the results revealed that distress tolerance played a mediating role in the relationship between marital conflicts and marital burnout. The results also showed that the model had an optimal goodness of fit.

**Conclusions:** To explain the research findings, it should be declared that some couples blame and criticize each other when faced with problems instead of solving them. These behaviors lead to an escalation of marital conflicts. As a result, the values associated with the self and the emotional relationship decrease, and the sense of self-worth of both parties is lost over time. This process ultimately leads to physical and emotional distance and marital burnout. The way people choose to manage their conflicts plays a significant role in maintaining their marriage. One of the important strategies for resolving interpersonal conflicts is distress tolerance. Couples with high distress tolerance typically experience greater marital satisfaction, have healthier marital functioning, and show higher commitment to their relationship.



**Authors Contributions:** Zahra Taibi: authored the overview and the main body of the article, including the introduction, method, data analysis, and writing the findings section. Dr. Jafar Noori: inscribed the discussion and conclusion section, and editing of the entire text. All authors discussed and validated the final manuscript.

**Acknowledgments:** The authors express their gratitude to all those who have contributed to this article.

**Conflict of Interest:** The authors declared there are no conflicts of interest in this article.

**Funding:** This article did not receive any financial support.