



Examining the Relationship Between Thinking and Problem-Solving Styles with Marital Satisfaction in Women Experiencing Spousal Emotional and Cultural Abuse

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Abstract

This research aimed to examine the relationship between thinking and problem-solving styles with marital satisfaction in women who experienced spousal emotional and cultural abuse. The statistical population of the study consisted of all women who had experienced spousal emotional and cultural abuse in Yazd city. Among them, 150 individuals were selected as the sample using purposive sampling method. The research was designed as a descriptive correlational. To collect data, the Enrich Marital Satisfaction Questionnaire (Fowers & Olson, 1989), Thinking Styles Questionnaire (Sternberg and Wagner, 1991), and Problem-Solving Styles Questionnaire (Cassidy and Long, 1996) were implemented. The data were analyzed by applying Pearson correlation coefficient and simultaneous multiple regression as main statistical procedure. The results indicated a significant positive relationship between marital satisfaction, legislative thinking, executive thinking, hierarchical thinking, anarchic thinking, local thinking, introvert thinking, extrovert thinking and effective problem-solving styles. The results also revealed that marital satisfaction was significantly and negatively correlated with judicial thinking, monarchic thinking and inefficient problem solving styles. And that there was not existed a significant correlation between monarchic thinking, global thinking, liberal thinking, conservative thinking styles and marital satisfaction. The findings also showed that legislative thinking, hierarchical thinking, local thinking, introvert thinking, effective and inefficient problem-solving styles predicated 56.9 percent of the marital satisfaction variance ($p < 0.001$). Other variables were not able to predict the marital satisfaction. Therefore, some of the thinking styles and problem solving styles in women who experienced spousal emotional and cultural misbehaviors could improve marital satisfaction by taking advantage of proper social and cultural contexts.



Extended abstract

Introduction: Violence against women, specifically emotional and cultural abuse, is a pervasive public health issue that significantly impacts women's well-being and can lead to adverse outcomes and even mortality. In Iran, the prevalence of emotional abuse against women is significant. A review of studies from 2010 to 2021 showed that emotional abuse is the most common type of violence against women. This type of misbehavior in Iranian women is culturally very important. Iranian women don't want to talk about violence and report it because family has a special place in our culture and religion. Emotional abuse can manifest through verbal and non-verbal means, affecting an individual's self-worth and self-esteem. Marital satisfaction, on the other hand, is a crucial factor in family stability, representing the happiness and contentment spouses feel within their marriage. Previous research has shown that marital satisfaction is associated with various factors, including emotional understanding, support, conflict resolution, and problem-solving with one's partner. Due to such facts this research aimed to examine the relationship between thinking and problem-solving styles with marital satisfaction in women who experienced spousal emotional and cultural abuse.

Method: The statistical population of the study consisted of all women who had experienced spousal emotional and cultural abuse. Among them, 150 individuals were selected as the sample using purposive sampling method. The research was designed as a descriptive correlational. To collect data, the Enrich Marital Satisfaction Questionnaire (Fowers & Olson, 1989), Thinking Styles Questionnaire (Sternberg and Wagner, 1991), and Problem-Solving Styles Questionnaire (Cassidy and Long, 1996) were implemented. The data were analyzed by applying Pearson correlation coefficient and simultaneous multiple regression as main statistical procedure.

Results: The results indicated a significant positive relationship between marital satisfaction, legislative thinking, executive thinking, hierarchical thinking, anarchic thinking, local thinking, introvert thinking, extrovert thinking and effective problem-solving styles. The results also revealed that marital satisfaction was significantly and negatively correlated with judicial thinking, monarchic thinking and inefficient problem solving styles. And that there was not existed a significant correlation between monarchic thinking, global thinking, liberal thinking, conservative thinking styles and marital satisfaction. The findings also showed that legislative thinking, hierarchical thinking, local thinking, introvert thinking, effective and inefficient problem-solving styles predicated 56.9 percent of the marital satisfaction variance ($p < 0.001$). Other variables were not able to predict the marital satisfaction.

Conclusions: One specific thinking style, the executive thinking style, was associated with marital satisfaction. Individuals with specific thinking style prefer to follow established rules and methods, finding comfort in their structured approach to problem-solving. This preference for order and adherence to rules could contributed to marital satisfaction by applying these principles to their relationships. Effective problem-solving skills were also linked to marital satisfaction. Couples who approach issues rationally, view problems as challenges requiring suitable solutions, and make decisions collaboratively tend to have higher levels of marital satisfaction. In Iran, the experience of emotional abuse against



women by their spouses is an important issue that affects the marital system. Given the importance of a balanced family function in women who have experienced spousal emotional and cultural abuse, understanding the factors related to marital satisfaction in these women is essential. Therefore, some of the thinking styles and problem solving styles in women who experienced spousal emotional and cultural misbehaviors could improve marital satisfaction by taking advantage of proper social and cultural contexts. Developing educational programs to enhance awareness of thinking styles and problem-solving approaches could be valuable in improving marital satisfaction.

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