

The acceptability of celebrities in political contributions from the perspective of young social media audiences

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Abstract

The aim of the present study was to discover predictive indicators of marital dissatisfaction among young people based on the lived experiences of young couples. The research method was qualitative with an applied objective and exploratory nature. Participants included: 1) Young couples referred to counseling centers in Isfahan, selected purposively (snowball sampling) based on entry criteria, and 2) All relevant written sources on the topic of marital dissatisfaction. Data saturation was reached with 21 interviews and 6 scientific sources. Data were analyzed using the phenomenological approach based on Colaizzi's method with the MAXQDA software. In the first coding stage, 1114 basic indicators were extracted from interview texts and scientific sources. In the second stage, 23 sub- indicators and in the third stage, 7 main indicators were identified. Data validation was done through feedback from participants, independent coders, and expert group (5 specialists) to ensure data accuracy and reliability criteria were met. The results showed that the accumulation of emotions, cognitive errors, automatic thoughts, psychological factors, emotional and mental turmoil in relationships, and life stress lead to mental exhaustion and eventually marital dissatisfaction. Therefore, identifying and paying attention to predictive factors of marital dissatisfaction guides young couples who are at the beginning of the road towards finding effective solutions and preventing this phenomenon from occurring. Therefore, it is suggested that these indicators be used in developing counseling protocols in couple therapy.

Keywords: Marital burnout, Young people, Couples, Lived experience, Qualitative research, Phenomenology.

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1. Introduction

Family is one of the most important, and at the same time, the smallest social institution, the beginning of which is marriage. Marriage is one of the most complex human relationships, I can say that it comes from the amazing intersection among culture, religion, nature or social rules and sexual tension (Moridi et al., 2019). Marriage, as the first step to create a family, means mixing two perspectives, two histories, and different values and worldviews. In fact, marriage is the first and most important stage in the life cycle and family relationships, which begins with choosing a spouse, and success in different stages of life depends on success in this stage (Poorhejazi et al., 2021).

Inefficient communication prevents human flourishing and development and destroys relationships. In fact, marriage is the first and most important stage in the life cycle and family relationships, which begins with choosing a spouse, and success in different stages of life depends on success in this stage (Poorhejazi et al., 2021). Inefficient communication prevents human flourishing, and development and destroys relationships. Recognition, emotion, relational patterns, social support, and violence are considered as interpersonal processes. The quality of marital life is based on couples' coping strategies with stressful situations in life (Khatibi et al., 2015).

When marital life does not go as expected by young couples, they face disbelief and despair, and marital dissatisfaction gradually emerges. Marital dissatisfaction involves a gradual decrease in emotional attachment, including reduced attention to the spouse, emotional coldness, increased feelings of indifference towards the spouse. The experience of indifference does not affect all couples equally; some choose divorce while others accept remaining in marital life, although they lack sufficient interest in their spouse; some take steps towards improving communication and reducing dissatisfaction. When young couples start intimate relationships with each other, each enters the relationship with a set of desires, dreams, and expectations. When stressful and incompatible experiences in life replace dreams and expectations, the marital relationship is damaged, ultimately leading to marital dissatisfaction (Safipouriyani et al., 2016).

Therefore, in the realm of marital life, deep effects on the family are inevitable. It is evident that marital dissatisfaction is a gradual and natural

response to continuous stress, emotional turmoil, disenchantment, and instability, a breakdown of family bonds that affects family functioning, is among other impacts of it (Büssing & Glaser, 2000). Differentiation and narcissism also have an impact (Seadatee Shamir et al., 2018). In investigating related factors, Alsawalqa showed in a study that the level of marital dissatisfaction among spouses working full-time is significantly higher compared to those with part-time jobs (Alsawalqa, 2019). Researches by Dacey (Dacey, 2019) and (Kizildag & Yildirim, 2017), based on job burnout and marital burnout in stressful jobs, found that work-family imbalance is an important predictor of emotional burnout and marital burnout.. Therefore, various factors influence marital life.

2. Methodology

The present study aimed to discover predictive indicators of marital dissatisfaction among young couples based on the lived experiences of couples using a qualitative method of phenomenology. For data interpretation and analysis, the Colaizzi's (Valle & King, 1978) data analysis method was employed using MaxQDA software (2020). Data collection in this research utilized the perspectives of observers' group (Fig. 1), interviews with experienced couples seeking counseling centers for dissatisfaction, and scientific texts. Qualitative data triangulation was conducted.

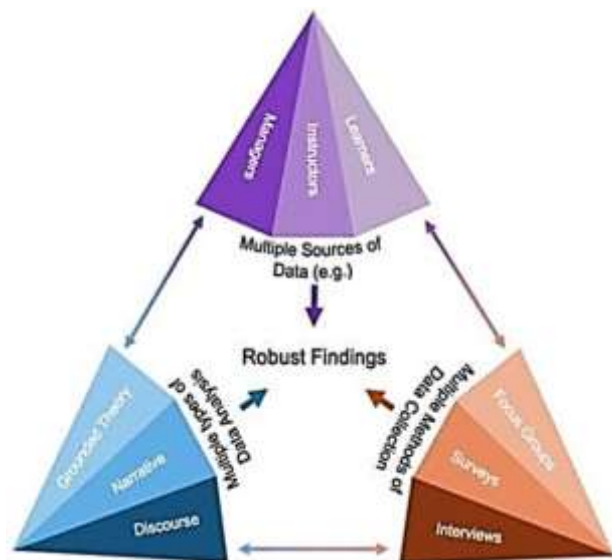


Fig.1 Data collection method in this research.

The data were collected through interviews with couples who were experiencing marital dissatisfaction, scientific texts, and the opinions of the monitoring group. By identifying the meaningful units, the codes were extracted. The main findings of this section were obtained using the triangulation method, which involved gathering information from interviews with couples, review by researchers, and reviewing the discovered components by two qualitative research experts and three family specialists. The primary indicators were approved by the organizing and base indicators, and the qualifications of the findings were examined (Fig.2). Finally, the qualitative findings were verified with the participation of 5 experts. King and Horrocks believe that validation methods of qualitative data such as independent coders and expert panels are a reliable process for evaluating and verifying the accuracy of thematic analysis, equivalent to internal validity in statistical calculations in quantitative research (King et al., 2018) (quoted from (Abedi, 2010)).

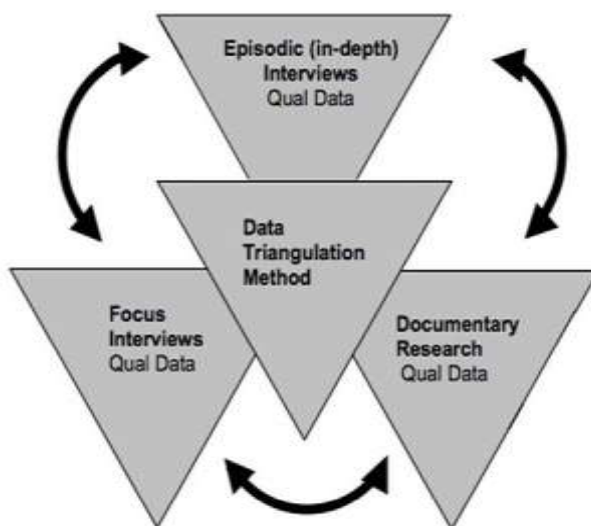


Fig. 2 The triangulation method in this research.

The present research in the theoretical texts and writing sources section was gathering tools, document mining, theoretical texts, and backgrounds that could

provide more complete information and data to answer research questions. For this purpose, initial data was first collected in a library format using tools for document extraction and analysis. The research community included couples with marital dissatisfaction in Isfahan, introduced by family counseling specialists, and selected purposefully and with a snowball sampling method. Semi-structured interviews with participants were conducted using interview questions prepared based on scientific texts to identify the reasons for marital dissatisfaction accurately.

Interviews with couples were held afterward. Following the first ethical principle, interviews were recorded and transcribed after obtaining consent from the participants, and a unique code was assigned to each individual. The second ethical principle was also followed to ensure the confidentiality of the discussions. The interview text was recorded with participants' consent, then transcribed, and coded. In this research, six domestic and foreign scientific sources, 21 couples and 5 family counseling specialists were used. Due to the comprehensiveness of the findings, interviews were conducted with young couples and several factors such as the age range of couples (between 19 and 35 years) and the level of education (diploma to doctorate) were considered. Also, the rest of the demographic characteristics of the couples were also different and were analyzed. Also, by using the purposeful sampling method, only the scientific researches that had provided information in the fields related to predicting indicators of marital dissatisfaction were selected and unrelated sources were excluded from the study cycle. In order to select family specialists, sampling was done in a purposeful and homogenous sampling type.

3. Findings

The analysis of the data obtained from the interviews was done using the Claysej data analysis method using the MAXQDA software. Then these codes were compared based on their similarities and differences, resulting in the categorization of 111 primary indicators, 23 organizing indicators, and 7 comprehensive indicators. The steps of qualitative data analysis are shown in Table 4. Finally, the final theory model and the word cloud of the basic codes was prepared and adjusted by MAXQDA software. (Fig. 3).

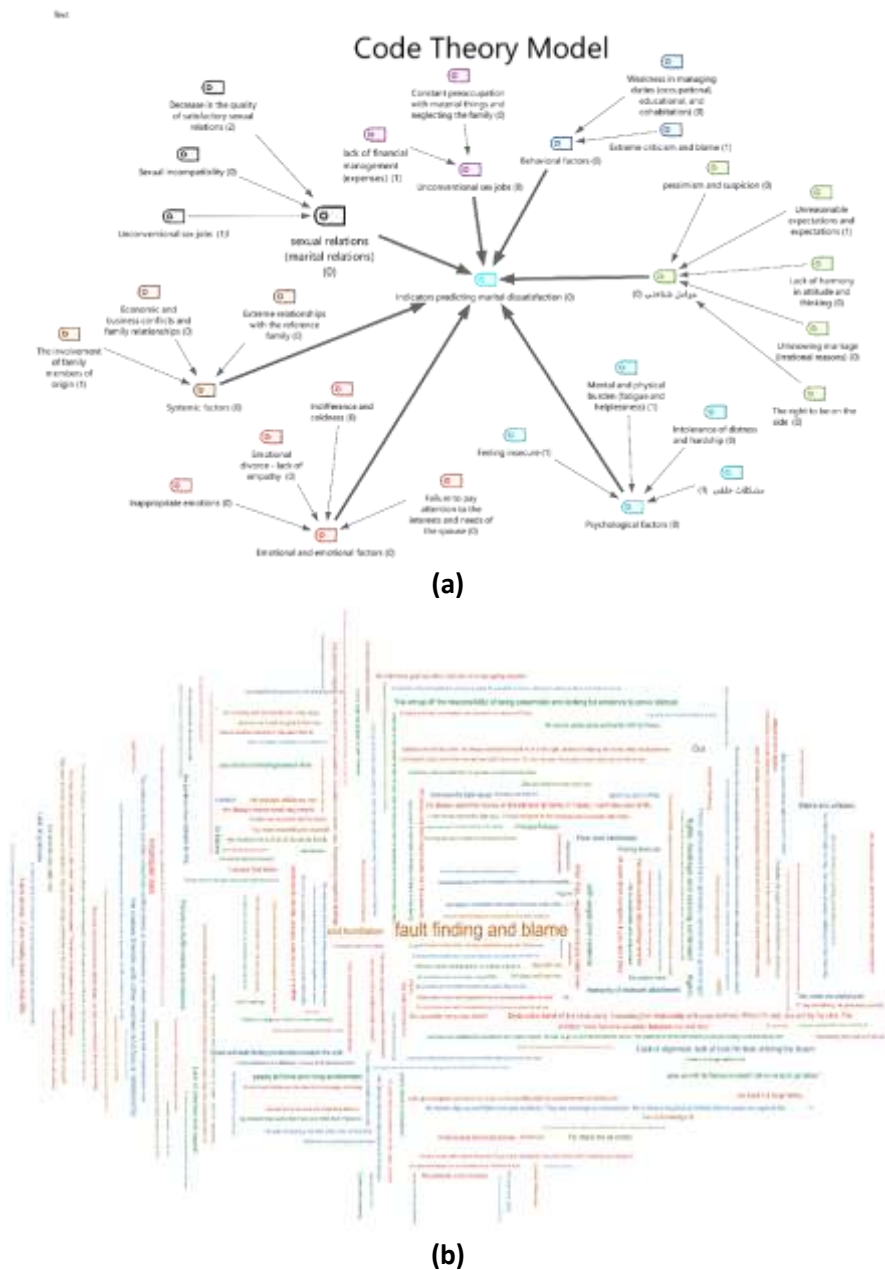
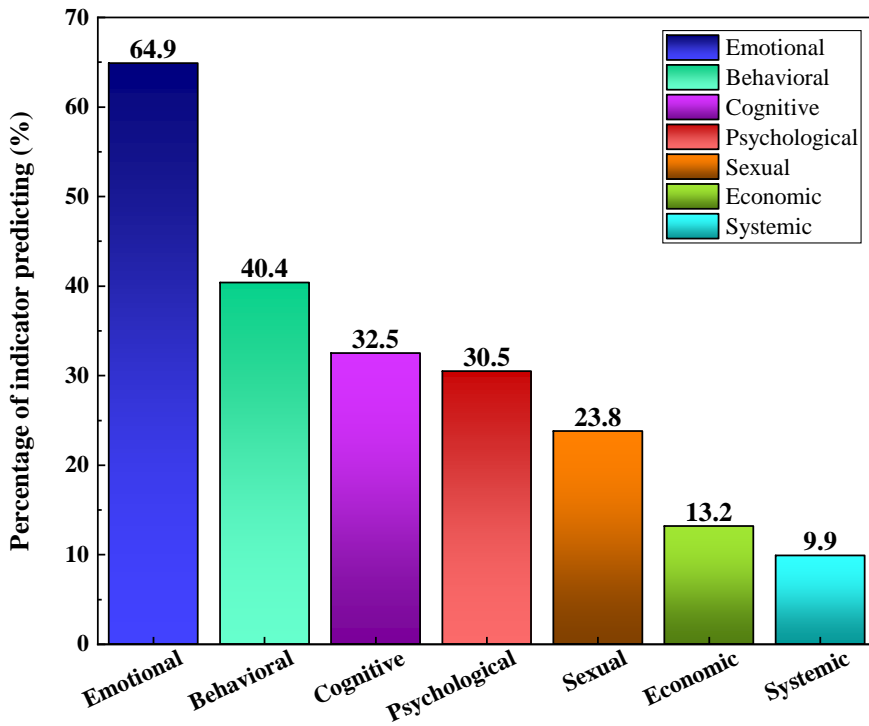


Fig. 3 a) The final model of indicator predicting and b) The word cloud of basic codes obtained by MAXQDA software.

In Table 1, the percentages and frequency of indicator predicting are specified, then its graph was drawn.

Table 1. The percentages and frequency of indicator predicting.

variables	Documents	Percentage (%)	Percentage (Valid)
Emotional	98	60.9	64.9
Behavioral factors	61	37.9	40.4
Cognitive factors	49	30.4	32.5
Psychological factors	46	28.6	30.5
Sexual relations	36	22.4	23.8
Economic factors	20	12.4	13.2
Systemic factors	15	9.3	9.9
Documents with code(s)	151	93.8	100.0
Documents without code(s)	10	6.2	
Analyzed documents	161	100.0	

**Fig. 4** The percentages and frequency of indicator predicting obtained by MAXQDA software.

The aim of the current research was to analyze the predictive indicators of marital heartbreak based on the lived experiences of couples referring to counseling centers and to provide a desirable model. The results showed 23 sub-themes and 7 main themes which were validated and verified using special methods of qualitative validation. Although the results of the present study are in line with some of the results of some studies, in none of the previous studies, a comprehensive process of all indicators predicting marital dissatisfaction has been presented, and in this study, an attempt was made to create a relatively comprehensive model that has sufficient validity. be presented, which is one of the innovations of this research.

The results of the examination of indicators predicting marital dissatisfaction are as follows:

Emotional and emotional factors: In explaining this finding, it can be stated that expressing emotions in a positive way, the presence of diversity in emotions, causes emotional arousal, and on the other hand, the uniformity and absence of these factors causes the movement towards boredom(Smith et al., 2008). Emphasizing the importance and role of emotions, Grayer considers it the factor of change in the life of couples towards increasing marital satisfaction and states that emotional communication plays a fundamental role in organizing the communication patterns of couples (Grayer, 2016). Emotional-emotional reactions in couples' interactions and how to express emotional needs in the best possible way leads to the development of a safer bond and relationship. As a result, this causes continuous changes in the satisfaction of the couple's relationship and achieving adaptive and appropriate responses in different situations; Therefore, people choose different ways to react due to the beliefs they have about their emotions (Wiebe & Johnson, 2016). In the meantime, people who expect a lot of negative emotions from themselves express a more severe and disproportionate reaction in anxiety-provoking or unfavorable situations. These people blame and criticize themselves severely and show excessive sensitivity to others. In the long run, these negative characteristics cause couples to separate and distance themselves from each other, and the cycle of heartbreak repeats more often in couples' relationships(Deklerk et al., 2017).

Also, after frustration and tensions arising from the unfulfillment of desires and needs, the feeling of frustration is clearly attributed to the spouse, and this causes the loss of love and commitment, and boredom replaces the initial passion and fascination (Pines, 2002). In line with this finding, the results of study by Koochaki et al. showed that marital boredom predicts marital violence through the mediation of anger rumination (Koochaki et al., 2017). Also, the findings are in line with the researches of Alsawalqa et al. and Smith et al. (Alsawalqa, 2019; Smith et al., 2008).

Cognitive factors: This finding indicates that the occurrence of some conflicts between couples is somehow caused by wrong thinking about spouses(Hadian & Amini, 2019). Marital dissatisfaction can be explained by the disproportion between reality and expectations and the degree of compatibility of couples and their beliefs. Jackson et al. consider the role of beliefs, knowledge and logical relationship between couples to be important in order to prevent the phenomenon of marital heartbreak, and they consider the inability to communicate logically with the spouse as the most common problem that unhappy couples raise(Jackson et al., 2010). Also, acceptance of beliefs in people is the first step of change(Dehghan et al., 2017). Incidents and events alone do not cause tension, but it is people's view of incidents and events that lead to tension, anxiety and depression in them and make them face problems; Therefore, the logical view leads to choosing the correct method in dealing with issues and problems. According to Epstein (Epstein, 1986), the most stable cognitive variable underlying marital dissatisfaction is extreme beliefs about oneself, one's spouse, and the nature of marital interactions. If couples break the automatic process of clinging to their irrational beliefs and consider it as a transitory phenomenon that covers only a part of existence and not all of it; The communication confusion of couples is reduced to a great extent. In fact, in a troubled married life, one or both couples follow illogical ideas and beliefs, and in order to solve this problem, illogical beliefs must first be determined, then the link between cognition, emotion and behavior should be determined, and finally the evidence against the ideas Irrationality has been investigated in order to achieve success in solving conflicts and compatibility (Flanagan, 2018). In this regard, Falahati et al. in a research, the results showed

that the dimensions of automatic negative thoughts can positively and meaningfully predict marital boredom (Falahati et al., 2020). The research of Addis and Bernard showed that each person's belief and attitude towards communication and the way of being together can be related to the phenomenon of marital boredom (Addis & Bernard, 2002). Unrealistic beliefs in the marital relationship are a strong predictor of marital distress; So that both boredom thoughts and boredom behaviors are positively related to irrational thoughts and beliefs.

Psychological factors: Conflict and disagreements in married life, in addition to divorce, will bring many negative consequences for the mental and physical health of couples, which can also affect the beneficial aspects of married life (Makhanova et al., 2018; Sarabandi et al., 2022). Problems such as depression, anxiety, loneliness, rejection, shyness, anger and conflict in couple relationships are among the problems that many people in the society are dealing with and in a way such problems are also considered as the root of many social harms (Hadian & Amini, 2019). One of the effective factors in the stability and reliability of marriage and at the same time the mental health of the family is marital satisfaction and satisfaction with their lives, and failure in communication causes marital boredom, which is one of the most common problems of unhappy spouses. Studies relate the root of many marital problems, including divorce, to factors that directly or indirectly originate from poor adaptation and boredom. Some consistent research shows the effect of marital burnout in decreasing interest and increasing arguments, which is the basis of psychological problems, emotional divorce and psychological distress (Pines, 2002), stress, frustration and psychological frustration (Capri, 2013), symptoms of reactive depression, mistrust (Beaber & Werner, 2009) and personality disorders (Deklerk et al., 2017). Aydogan and Kizildağ in a research aimed at investigating relationship resilience with marital burnout showed that spousal support as a protective factor and burnout as a risk factor predicts relationship resilience in couples (Aydogan & Kizildag, 2017). Because mental exhaustion can be seen in the form of a decrease in self-confidence, negative opinions about relationships, especially the relationship with a spouse, a decrease in resilience, a feeling of despair, frustration and a

feeling of failure, inability to love. Emotional exhaustion is seen in the form of feelings of annoyance, reduction of marital obligations, unwillingness to solve problems, feelings of emptiness and meaninglessness of life, occurrence of depression and even suicidal motives (Pines, 2013).

Behavioral factors: The explanation of this finding can be attributed to destructive habits in couples' relationships, including the habit of criticizing, blaming, complaining, nagging, threatening, punishing, and bribing to control others. In married life, one of the harmful factors is the lack of necessary and basic communication skills in facing issues and how people react. The way spouses communicate is very effective in their perception of their relationship, predicting their behavioral and communication patterns; Especially at the time of solving everyday problems and challenges that most couples face (Parvandi et al., 2016). When the intimate relationship stops, many conflicts, frequent criticisms, seeking refuge in silence, lack of emotional companionship, and unresolved problems emerge and gradually lead to marital disillusionment (Bolton, 2005). Considering individual differences in romantic patterns, three behavioral systems are important in the behavior and relationships of couples, including cognition, feelings and romantic behaviors, which may cause the intensity of their interests and attachment over time. be reduced or the said interests continue to survive throughout life (Mikulincer & Shaver, 2019). In addition, among other factors that affect marital satisfaction is the division of marital roles.

Ignorance of spouses about their shared life, duties and roles, underdevelopment, conflicting values, and behavioral disharmony of spouses are among the factors of conflict between couples and their lack of unity, which causes aggressiveness, belligerence, and eventually the decay and deterioration of their relationships. The center of the family, which is disturbed due to the conflict, disloyalty and quarrel between the husband and wife, also leaves destructive effects on the relationship of the couple and their children. The type of behavior of couples in the division of work can fuel marital conflicts, which include not defining roles and confusing tasks, neglecting to have common goals, being too strict in performing tasks, and not being self-sacrificing in doing difficult tasks. pointed out (Amato & Booth, 2001). Most

of the time, the roles change due to reasons such as economic situation, work schedules, children and other family members' needs, and this causes most of the times spouses to assume different roles and this It affects the level of marital satisfaction. In addition to that, work reasons such as not having enough time for rest and social interactions, many responsibilities, tasks that do not have any challenges and variety for a person and working in high pressure environments can make a person face mental and physical fatigue and as a result These fatigues will spread to the family environment, which will result in discouragement in the marital relationship with the spouse. Researches by (Dacey, 2019) and (Kizildag & Yildirim, 2017), showed that work-family conflict is an important predictor of marital burnout in the context of work-family conflict, job burnout, and marital burnout in stressful jobs.

Systemic factors: Successful marital relationships are related to positive relationships with the spouse's family, positive dynamics in the main family. In this way, in unsuccessful families, we see more family involvement in the lives of couples, and also in families where couples are not accepted by the spouse's family, more problems and conflicts are seen. Also, the excessive dependence of each couple on the previous family gives their parents the opportunity to unconsciously lower their children's marital satisfaction with more interventions(Ghasemi et al., 2015). It is clear that with the increase in the level of differentiation and independence from the main family, marital satisfaction increases. Although a warm and accepting family emotional atmosphere in the spouse's family protects people from psychological harm and the existence of a relationship with the original family is helpful for the couple (Tajalli & Sabaghi, 2021), it is possible that when a conflict occurs, the people around enter into a relationship and in this way triangulation takes place, which itself causes the continuation of conflicts and reduces the warmth and intimacy of the couple's relationship (Golabi et al., 2023). When couples are unable to agree on how to distribute power, they use the triangulation method to improve their situation. Since the involvement of the third person shows the couple's inability to face the injury, overcome the stress or their weak ability to solve the problem, the interference or influence of the original families is often hidden and presented in beautiful covers, which can be serious infrastructures of

marital conflicts. Ghasemi et al.'s research based on the relationship between negative interactions between spouses and the spouse's family with the couple's intimacy and marital conflicts showed that incomplete understandings, misunderstandings and negative attitudes towards the spouse's family create certain emotions in each of the parties (Ghasemi et al., 2015). It overshadows the subsequent interactions of the couple and the spouse's family; So that its behavioral consequences can even disturb the balance in couples' sexual relations. Pines in a study on the marital burnout of couples who are heads of the family in different generations (for example, couples who take care of both children and elderly parents) showed that stress factors related to parental care, job burnout and marital burnout predicts (Pines & Nunes, 2003).

Economic factors: In explaining this finding, it is necessary to mention that people have different lifestyles according to their personality characteristics and socio-economic factors, and this difference in lifestyle will result in a different level of marital satisfaction; In other words, personality traits and socio-economic factors directly affect the level of marital satisfaction and indirectly affect the lifestyle (Moradi et al., 2018). The economic situation and occupation of individuals is a factor that can put various aspects of life under the spotlight and most of the time economic issues can be the source of conflicts between couples.

sexual relations:The existence of a satisfying sexual relationship in a way that can ensure the satisfaction of the parties has a very important and essential role in the feeling of happiness, success and stability of the couple's life. A high level of sexual satisfaction leads to an increase in the quality of married life and, as a result, to an increase in marital stability throughout life. Sexual satisfaction is one of the important factors that can predict the quality of life and interpersonal relationships of couples. In addition to reducing the quality of life and mental health, sexual problems are also effective in divorce and separation of couples (Rajabpour & Nejat, 2019). Many distressed couples do not go to specialists and counseling centers because of sexual problems, but they also refuse to raise this issue among themselves, and this refusal can sometimes be the source of severe family disputes and eventually emotional separations or divorce. This is despite the fact that sexual satisfaction has a

significant effect on the compatibility of couples. Some researches show that sexual performance plays a role in predicting marital compatibility, and paying attention to the treatment of sexual disorders, increasing the correct information and necessary training in this regard leads to an increase in women's sexual satisfaction and ultimately the continuation of life and marital satisfaction (Akbari & Samani, 2018). Many sexual issues, such as lack of sexual desire and impotence, remain hidden and are not expressed due to fear and anxiety, shame and embarrassment or feelings of inadequacy and guilt. In many cases, these unexpressed problems may show themselves with other symptoms and complications, such as physical problems, depression, and dissatisfaction with married life, and may progress to the border of severe family disputes and separation.

4. Conclusion

Identifying all the factors related to marital burnout and examining the experiences of couples is a culture-dependent issue and requires deep and comprehensive investigations in different societies and can lead experts and researchers to effective solutions in treating marital problems and preventing the phenomenon of marital burnout. Every research in line with the process and implementation has limitations, which the present research is not an exception. One of them is the reluctance of people to participate in interviews and the lack of willingness to express all marital issues, which makes access to qualified people for full cooperation very difficult, because due to the existence of some cultural restrictions and obstacles in the society, in most cases, couples not only do not refer to specialists and counseling centers to solve sexual disorders and problems, or avoid expressing it. Also, in qualitative research, access to experts to validate the findings requires a lot of time. In addition, in the present study, interviews were conducted only with distressed couples in the city of Isfahan, which limits the generalization of the results. In spite of these issues, it is suggested to other researchers, in addition to the found indicators, to identify other components with more detailed investigations and interview couples from other cities.

Ethical Considerations

Compliance with ethical guidelines: In this research, all ethical standards, such as secrecy and confidentiality of participants' information were observed. The research was approved by the Ethics Committee of Khomeinishahr Azad University with ID IR.IAU.KHSH.REC.1400.002.

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Conflict of interest: In this study, the authors did not have any conflict of interest, such as receiving money for the article, or obtaining a share in an organization, through the publication of article. Also, the authors of this article declare that they have no conflict of interest in this research. This article is taken from the doctoral thesis of the first author of the article.

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