

عنوان مقاله:

Investigating the Relationship between Personality and Coping Styles with Marital Depression

محل انتشار:

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خلاصه مقاله:

The main purpose of this study was to investigate the relationship between personality and coping styles with marital burnout. Traditionally, the basis for starting a family is marriage. Marriage is the first and most important stage in the family life cycle in which the choice of a spouse is made and success in other stages of life depends on success in this stage. Increasing attention to the role of burnout in daily life and its effect in relation to various aspects of personality and the methods that people use to deal with this stress has led to numerous studies. Evidence suggests that personality is associated with both burnout and coping style. Marital burnout is a gradual decrease in emotional attachment to the spouse, which is accompanied by feelings of alienation, apathy and indifference between couples to each other and the replacement of negative emotions instead of positive emotions. The final results of the study indicated that agreeing can predict marital burnout, but other factors do not predict marital burnout. The results also showed that among the coping styles, emotion-oriented style and avoidance style can predict marital burnout.

کلمات کلیدی:

personality, Marital Burnout, Excitement, Family

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