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Predicting Marital Burnout Based on the Hexaco Personality Trait and Early Maladaptive Schemas, Considering the Mediating Role of Resilience in Married Women in Isfahan

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Abstract

Purpose: This study aimed to predict marital burnout based on the HexaCo personality trait and early maladaptive schemas, considering the mediating role of resilience in married women in Isfahan. **Method:** The method of this research was descriptive-analytical using structural equations. The statistical population of this research included all married women in Isfahan in 2023, from whom 350 were selected using the convenient sampling method. The instruments used in this study were Pines' Marital Burnout Questionnaire (1996), Hexaco-De Vries' Personality Traits Questionnaire (2013), Young's Early Maladaptive Schemas Questionnaire (1994), and Connor and Davidson's Resilience Questionnaire (2003). In order to analyze the data, the path analysis method was used in the structural model using SPSS-26 software and SMART PLS software. **Findings:** The path analysis findings showed that the resilience of married women can indirectly and significantly affect the relationship between the personality traits of emotionality and conscientiousness, and the domains of detachment, rejection, and be attentive with marital burnout of married women, and play a mediating or mediating role. Resilience also has a direct effect on predicting marital burnout. Hexaco personality traits have an indirect effect on predicting marital burnout through the mediation of resilience. Early maladaptive schemas have an indirect effect on predicting marital burnout through the mediation of resilience. **Conclusion:** Strengthening resilience in married women can be considered an effective strategy for preventing marital burnout and promoting mental and emotional health in married life.

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Introduction

Healthy couples make healthy families, and healthy families make healthy societies. Therefore, to have a healthy society, we must pay attention to the health of the first unit of society, the health of the family (1). Meanwhile, marriage is one of the most important decisions every human being makes in life, and if this decision is made correctly, it will improve the physical, mental, social, and spiritual health of society. On the other hand, if a marriage leads to failure and divorce, it will have many individual and social consequences (2). Now, one of the harms that can endanger marriage is marital burnout between couples (3).

In general, marital burnout is one of the challenges that leads to cold relationships between couples and, more than any other issue, causes them to seek

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counseling and psychological services. The main element of marital burnout is the gradual decrease in energy levels, which is caused by constant exposure to stress, having irrational and unrealistic expectations, and inattention of couples to each other's needs (4). In addition to these cases, the presence of some personality traits (5) and early maladaptive schemas are effective in creating and intensifying marital burnout (6).

In this regard, the personality traits of each individual are a determining factor in their mental well-being and mental health. Also, the personality traits of couples and their attitude towards good or unpleasant moments can lead to different results in the level of marital burnout (7). Thus, people with high neuroticism experience more marital dissatisfaction in their lives than people who do not have these personality traits (8).

Early maladaptive schemas are also formed mainly in childhood based on reality or experience and are stable throughout life. These schemas lead to the experience of negative events in life and cause the individual to feel excessive psychological tension and dissatisfaction with life (9). In addition, early maladaptive schemas have negative effects on the type of relationships people have, to the extent that they are known as the core of chronic behavioral disorders and interpersonal problems (10). In examining the factors predicting divorce, in addition to social, economic, and legal factors, early maladaptive schemas are also of particular importance, and the more early maladaptive schemas a couple has, the more marital discord they experience (11).

Meanwhile, resilience, which refers to the ability of individuals to cope under stressful conditions, is another important psychological construct that has an impact on couples' lives, to the extent that it can be considered a predictive factor for marital burnout (12). If couples have high resilience, their marital burnout is reduced, and if individuals have low resilience to stressful situations, marital burnout increases among them, leading to marital dissatisfaction (13). In addition, research shows that there is a relationship between resilience and personality traits and early maladaptive schemas, such that maladaptive personality traits and early maladaptive schemas reduce resilience in married women (14, 15).

Now, in view of what has been stated, this study has attempted to predict burnout based on the Hexaco personality trait and early maladaptive schemas in married women in Isfahan, by considering the mediating role of resilience.

Hasani, Rezazadeh, Ghanbaripanah, and Khoshkhabar (2022) conducted a study titled The Effect of Schema Therapy on Sexual Satisfaction, Emotional Regulation, and Resilience in Nurses with Marital Burnout. This semi-experimental study was conducted with a pre-test-post-test design and a control group. The participants included 40 nurses with marital burnout in Tabriz in 2019, who were randomly assigned to two equal groups: experimental and control. The results of this study showed that schema therapy can increase sexual satisfaction, emotion regulation, and resilience in nurses with marital burnout (16).

Mehdi-Gholy, Dokanei-Fard, and Jahangir (2022) conducted a study aimed at determining the mediating role of resilience in the relationship between differentiation and marital burnout in couples referring to counseling centers. The statistical population included all couples referring to family counseling centers in District 1 of Tehran between the second half of July and the end of September 2021, of which 248 couples (124 men and 124 women) were selected using the convenience sampling method. The findings showed that there is a negative and significant relationship between differentiation and marital burnout. Also, resilience does not play a mediating role in the relationship between differentiation and marital burnout of couples, and there is no significant relationship between it and marital burnout (17).

Ghobadi, Moradi, Yarahmadi, and Ahmadian (2021) conducted a study aimed at developing a causal model of marital burnout based on couples' differentiation, resilience, and emotional self-regulation. The statistical population of the study consisted of all couples who referred to counseling centers in Gachsaran city with marital conflict problems in 2019. Among them, 300 people were selected using a convenient sampling method. The results showed that the direct path coefficients between resilience and differentiation with emotional self-regulation were positive and significant. Also, the path coefficients between resilience, differentiation and emotional self-regulation with marital burnout were negative and significant. Also, the indirect effect of resilience and differentiation on marital burnout was found to be significant and mediated by negative emotional self-regulation (18).

Nieto, Visier, Silvestre, Navarro & Serrano et al. (2023) conducted a study titled the relationship between resilience and personality traits: The role of hopelessness and age. The main objective of this study was to analyze the relationship between resilience, personality traits, and hopelessness. The sample consisted of 439 Spanish participants. The results showed that there is a negative relationship between resilience and neuroticism and a positive relationship with other personality traits. In addition, resilience levels are negatively related to hopelessness.

A group of older adults showed significantly lower levels of resilience than younger adults, although age was not a significant predictor of resilience. Neuroticism, extraversion, openness, and hopelessness were the only predictors of resilience for the present

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study (19). Jiao, Xu, Chen, Peng & Ran et al. (2022) conducted a study titled "Personality traits and self-injurious behaviors among Chinese children and adolescents: The mediating effect of psychological resilience." This study was conducted using a cross-sectional survey involving 4,471 children and adolescents in Yunnan Province in southwestern China. A path model was used to assess the mediating effect of resilience with respect to personality traits and the relationship between self-injurious behaviors. The results showed that resilience significantly mediated the relationship between personality traits and self-injurious behaviors (20).

Research Method

The method of this research was descriptive-analytical using structural equations. The statistical population of this research included all married women in Isfahan in 2023, from whom 350 people were selected using the available sampling method. The tools used in this research are:

Pines' Couple Measure of Burnout (CMB): This scale was developed by Pines in (1996) to measure the degree of marital burnout in couples and has 21 items, 17 of which include negative expressions such as tiredness, sadness, and worthlessness, and 4 of which include positive expressions such as being happy and energetic. In this questionnaire, the answers to the questions are given on a 7-point Likert scale ranging from 1 (never) to 7 (always), which the subject determines based on the number of experiences that have occurred in the marital relationship. The validity of this questionnaire was obtained using Cronbach's alpha coefficient between 0.91 and 0.93, and its reliability coefficient was calculated to be 0.76 using the test-retest method over a one-month period. Also, the internal consistency between variables has been reported to range from 0.84 to 0.90 (Pines and Nunes, 2003). In his study, Naeim (2008) calculated the reliability of this scale using Cronbach's alpha and classification methods as 0.85 and 0.82, respectively (21). In the present study, the reliability of this instrument through Cronbach's alpha coefficient was 0.81.

HEXACO Personality Trait Scale: The HEXACO personality inventory was developed by DeVries (2013) to examine and measure personality and has 24 items that measure the subscales of extraversion (4 items), emotionality (4 items), honesty-humility (4 items), agreeableness (4 items), conscientiousness (4 items), and openness to experience (4 items). The reliability of the Honesty-Humility scale has been reported as 0.55, Emotionality as 0.54, Extraversion as 0.69, Agreeableness as 0.53, Conscientiousness as 0.61, Openness to Experience as 0.60, with an average of 0.59 (22). In the present study, the reliability of this tool was calculated through Cronbach's alpha coefficient, which was higher than 0.7 for all dimensions.

Young's Schema Questionnaire (SQ-SF): This scale was developed by Young in (1994) and was created to examine early maladaptive schemas. Its short form is a 75-item questionnaire that was created to examine 15 early maladaptive schemas (5 early developmental domains). In the study by Zolfaghari et al. (2008), the internal consistency coefficient for the entire questionnaire was 0.94 and for the 5 schema domains was obtained as follows: Cut-off and exclusion 0.91, impaired autonomy and functioning 0.90, impaired limitations 0.73, other-orientation 0.67, hypervigilance and inhibition 0.78. Schmidt et al. (1995) also conducted the first comprehensive study of the psychometric properties of this scale. The alpha coefficient for schemas in this study was 0.83 to 0.96, and the test-retest coefficient in a nonclinical population was between 0.50 and 0.82 (23). In the present study, the reliability of this instrument, using Cronbach's alpha, was 0.76.

Resilience Scale (CD-RIS): The resilience scale, developed by Connor and Davidson (2003) to examine the resilience construct, has 25 items. The results of previous studies on the psychometric properties of this scale have confirmed its reliability and validity (24). Test-retest reliability and convergent (0.83) and divergent (0.91) validity, and internal consistency of this scale have been reported to be adequate. In the study by Samani et al. (2010), the reliability of this scale was reported to be 0.87 based on Cronbach's alpha coefficient. In the present study, the reliability of this instrument through Cronbach's alpha coefficient was 0.72.

In order to analyze the research data, SPSS -26 and SMART PLS-4 software were used; SPSS software was used to calculate descriptive indicators and also to estimate the correlation coefficient between the research variables, and the path analysis approach in the structural model and SMART PLS-4 software were used to test the research hypotheses.

Findings

The research hypotheses have been tested using the path analysis approach in structural equations. The research hypotheses have been examined in two parts: direct and indirect effects. It should be noted that since the personality traits of the Hexagon and the 5 domains of early maladaptive schemas are not summable and lack total scores, Pearson's correlation coefficient was used to examine the relationships between predictor variables and the criterion to present the conceptual and initial research model. Thus, any predictor variable that lacks a significant relationship with the criterion

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variable of marital burnout and the mediator variable of resilience will be removed from the final model.

As the results of Table 1 show, there is a positive and significant relationship at the 0.01 level between all five primary maladaptive schema domains (cut-off/rejection, impaired autonomy and functioning, other- orientations, attentiveness, and impaired limitations) and marital burnout in married women. This means that as maladaptive schemas increase among married women, their marital burnout in relation to their married life with their husbands also increases, and vice versa. Also, there is a negative and significant relationship at the 0.01 level between all five primary maladaptive schema domains (cut-off/rejection, impaired autonomy and functioning, other-orientations, attentiveness, and impaired limitations) and the resilience of married women, this meaning that as maladaptive schemas increase among married women, their resilience decreases, and vice versa.

Table 1. Estimated correlation coefficient of independent research variables with marital burnout and resilience variables

Predictor variable		Marital heartbreak		Resilience	
		Pearson coefficient	Significance level	Pearson coefficient	Significance level
Cutoff/Rejection		0.075	0.001	-0.426	0.001
Impaired Autonomy and Function		0.471	0.001	-0.451	0.001
Other-orientations		0.395	0.001	-0.395	0.001
Be attentive		0.075408	0.001	-0.235	0.001
Impaired Limitations		0.454	0.001	*0.613	0.001
Personality traits	Honesty/Humility	-0.096	0.074	0.036	0.505
	emotionality	0.365	0.001	-0.512	0.001
	Extroversion	-0.315	0.001	0.380	0.001
	Agreeability	0.216	0.001	0.135	0.012
	Conscientiousness	-0.200	0.001	0.392	0.001
	Openness to Experience	-0.020	0.707	-s0.020	0.811

Table 2. Coefficients of the indirect effect of resilience on the relationship between maladaptive schema domains and personality traits with women's marital burnout.

Path	Impact level (β)	Modified effect	Standard deviation	T	Significance level
Extraversion -> Resilience -> Marital Burnout	-0.015	-0.015	0.011	1.299	0.194
Cut off and Rejection -> Resilience -> Marital Burnout	0.035	0.035	0.017	2.115	0.035
emotionality -> Resilience -> Marital Burnout	0.043	0.043	0.015	2.818	0.005
Self-Control -> Resilience -> Marital Burnout	0.027	0.027	0.016	1.762	0.078
Agreeableness -> Resilience -> Marital Burnout	0.002	0.001	0.014	0.129	0.897
Other-Orientations -> Resilience -> Marital Burnout	0.016	0.015	0.014	1.141	0.254
Disturbed Constraint -> Resilience -> Marital Burnout	0.024	0.024	0.016	1.495	0.135
conscientiousness -> Resilience -> Marital Burnout	-0.038	-0.038	0.014	2.805	0.005
Be attentive-> Resilience -> Marital Burnout	-0.034	-0.033	0.015	2.197	0.028

Also, the relationship between personality traits and marital burnout showed that there is a negative and significant relationship between extraversion, agreeableness, and conscientiousness with marital burnout at the 0.01 level, and a positive and significant relationship between emotionality and marital burnout at the 0.01 level. Also, there is a positive and significant relationship between extraversion, agreeableness, and conscientiousness with resilience at the 0.05 level, and a negative and significant relationship between emotionality and resilience at the 0.01 level. However, there was no significant relationship between the two personality traits of honesty/humility and openness to experience with the two criterion variables (marital disillusionment) and mediator (resilience) (P>0.05), so there was no need to present these two personality traits as predictor variables in the proposed research model.

The following are the results of testing the research hypotheses:

Main hypothesis: Resilience has a mediating role in predicting marital burnout based on HexaCo personality traits and early maladaptive schemas.

To examine their indirect and significant relationships in the structural model of the research, the bootstrap test was used. It should be noted that the confidence level for this interval was 95 and the number of bootstrap resamplings was 2000. The results are presented in Table 2:

As the table shows, among the indirect paths presented, the indirect regression coefficients of resilience in the relationship between the domains of

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cut-off and rejection with marital burnout (T=2.11 and β=-0.035) and the indirect regression coefficient of resilience in the relationship between be attentive and marital burnout (T=2.19 and β=-0.034) were significant at the 0.05 level for married women in Isfahan. This means that the resilience of married women can indirectly and significantly affect the relationship between the maladaptive schemas of the cut-off and rejection domain and Be attentive with marital burnout of married women and play a mediating or mediating role (p<0.05). Also, the indirect path of resilience in the relationship between the personality trait emotionality and marital burnout (T=2.81 and β=0.043) and the indirect regression coefficient of resilience in the relationship between the personality trait conscientiousness and marital burnout (T=2.80 and β=-0.038) were significant at the 0.01 level for married women. This means that the resilience of married women can indirectly and significantly affect the relationship between the personality traits of emotionality and conscientiousness with marital burnout of married women and play a mediating role (p<0.01).

Sub-hypothesis 1: Resilience has a direct effect on predicting marital burnout.

The direct coefficients, t-values, and significance levels of the relationship between resilience and marital burnout in married women are presented in Table 3. It should be noted that t-values are used to examine the significance of the model, which are significant at a 95% confidence level if they are greater than 1.96 or less than -1.96.

Table 3. Coefficients of the direct effect of resilience on marital burnout among married women

Path	Impact level (β)	Modified effect	Standard deviation	T	Significance level
Resilience -> Marital burnout	-0.190	-0.188	0.055	3.459	0.001

Table 4. Coefficients of the indirect effect of resilience on the relationship between personality traits and women's marital burnout

Path	Impact level (β)	Modified effect	Standard deviation	T	Significance level
Extraversion -> Resilience -> Marital burnout	-0.015	-0.015	0.011	1.299	0.194
emotionalllity -> Resilience -> Marital burnout	0.043	0.043	0.015	2.818	0.005
agreeableness -> Resilience -> Marital burnout	0.002	0.001	0.014	0.129	0.897
conscientiousness -> Resilience -> Marital burnout	-0.038	-0.038	0.014	2.805	0.005

As the table shows, the direct beta coefficient of resilience to the criterion variable of marital burnout is -0.19, which is significant at the 0.01 level with a T value of 3.45. This means that as resilience increases among married women, their level of marital burnout decreases and vice versa. Therefore, the third sub-hypothesis regarding the direct effect of resilience in predicting marital burnout among married women was confirmed (P<0.01).

Second Sub-Hypothesis: HexaCo personality traits have an indirect effect on predicting marital burnout through the mediation of resilience.

To examine their indirect and significant relationships in the structural model of the research, the bootstrap test was used. It should be noted that the confidence level for this interval was 95 and the number of bootstrap resamplings was 2000. The results are presented in Table 4:

As the table shows, among the indirect paths presented, the indirect regression coefficients of resilience in the relationship between the personality trait emotionality and marital burnout (T=2.81 and β=0.043) of married women were significant at the 0.01 level (P<0.01). Also, the indirect regression coefficient of resilience in the relationship between the personality trait conscientiousness and marital burnout (T=2.80 and β=-0.038) of married women was significant at the 0.01 level (P<0.01). This means that the resilience of married women can indirectly and significantly affect the relationship between the personality traits of emotionality and conscientiousness and marital burnout of married women and play a mediating role. Therefore, the second sub-hypothesis regarding the indirect effect of resilience in predicting marital burnout of married women based on their personality traits was confirmed.

Third Sub-Hypothesis: Early maladaptive schemas have an indirect effect on predicting marital burnout through the mediation of resilience.

To examine their indirect and significant relationships in the structural model of the research, the bootstrap test was used. It should be noted that the confidence level for this interval was 95 and the number of bootstrap resamplings was 2000. The results are presented in Table 5:

As the table shows, among the indirect paths presented, the indirect regression coefficients of resilience in the relationship between the domains of cut-off and rejection with marital burnout (T=2.11 and β=-0.035) of married women in Isfahan were significant

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at the 0.05 level (P<0.05). Also, the indirect regression coefficient of resilience in the relationship between be attentive and marital burnout (T=2.19 and β=-0.034) of married women in Isfahan was significant at the 0.05 level (P<0.05). This means that the resilience of married women can indirectly and significantly affect the relationship between the schema-inconsistent domains of cut-off and rejection and Be attentive with marital burnout and play a mediating role. Therefore, the third sub-hypothesis regarding the indirect effect of resilience in predicting marital burnout of married women based on the domains of cut-off and rejection and be attentive was confirmed.

Discussion

The present study aimed to investigate the mediating role of resilience in predicting marital burnout based on HexaCo personality traits and early maladaptive schemas in married women in Isfahan. The findings from testing the research hypotheses are presented as follows:

Main hypothesis: Hexaco personality traits and early maladaptive schemas, considering the mediating role of resilience, predict marital burnout in married women in Isfahan.

As the results of the path analysis showed, the resilience of married women can indirectly and significantly affect the relationship between the maladaptive schemas of the cut-off and rejection domain and be attentive with marital burnout of married women and play a mediating or mediating role (4). Also, the results of path analysis regarding indirect coefficients showed that the resilience of married women can indirectly and significantly affect the relationship between the personality traits of emotionality and conscientiousness with marital burnout of married women and play a mediating role.

Table 5. Coefficients of the indirect effect of resilience on the relationship between maladaptive schema domains and women's marital burnout.

Path	Impact level (β)	Modified effect	Standard deviation	T	Significance level
Cutoff and rejection -> Resilience -> Marital burnout	0.035	0.035	0.017	2.115	0.035
Autonomy -> Resilience -> Marital burnout	0.027	0.027	0.016	1.762	0.078
Other orientation -> Resilience -> Marital burnout	0.016	0.015	0.014	1.141	0.254
Disturbed limitation -> Resilience -> Marital burnout	0.024	0.024	0.016	1.495	0.135
Be attentive -> Resilience -> Marital burnout	-0.034	-0.033	0.015	2.197	0.028

These findings are consistent with the results of studies conducted by (17) and (20), as they consider the mediating role of resilience in the relationship between personality traits and marital burnout variables and other psychological states to be effective and significant, and also with the results of studies (18) and (21), as they consider the mediating role of resilience in the relationship between early maladaptive schemas and marital burnout or other psychological states to be effective and significant.

Sub-hypothesis 1: Resilience has a direct effect on predicting marital burnout.

As the results of the path analysis show, the direct beta coefficient of resilience to the criterion variable of marital burnout is negative and significant at the 0.01 level. This means that with increasing resilience among married women, their level of burnout in marital life decreases and vice versa (P<0.01).

The findings of this study are consistent with the results obtained from studies (17) and (18), which consider the role of resilience to be effective in predicting marital burnout.

Second Sub-Hypothesis: HexaCo personality traits have an indirect effect on predicting marital burnout through the mediation of resilience.

As the results of the path analysis showed, the indirect regression coefficients of resilience in the relationship between the personality trait emotionality and marital burnout and the indirect regression coefficient of resilience in the relationship between the personality trait conscientiousness and marital burnout of married women were significant at the 0.01 level. This means that the resilience of married women can indirectly and significantly affect the relationship between the personality traits of emotionality and conscientiousness and marital burnout of married women and play a mediating role (P<0.01). Also, resilience has not been able to play a mediating role in the relationship between the personality traits of extraversion and agreeableness and marital burnout of married women (P>0.05).

However, the findings confirmed that the personality traits of honesty-humility, agreeableness, and openness to experience did not have a significant effect. The findings of this study are consistent with the results obtained from semi-related studies such as (17) and (20), in that they consider the mediating role of resilience in the relationship between personality trait variables and marital burnout with other psychological states to be effective and significant.

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Third Sub-Hypothesis: Early maladaptive schemas have an indirect effect on predicting marital burnout through the mediation of resilience.

As the results of the path analysis showed, the indirect regression coefficients of resilience in the relationship between the domains of disconnection and rejection with marital burnout and the indirect regression coefficient of resilience in the relationship between be attentive and marital burnout among married women in Isfahan were significant. This means that the resilience of married women can indirectly and significantly affect the relationship between the maladaptive schema of the cut-off and rejection domain and Be attentive with marital burnout and play a mediating role ($P<0.05$). The results also showed that the domains of ineffective self-regulation, other-orientedness, and Be attentive cannot predict marital burnout in married women ($P>0.05$).

The findings of this study are consistent with the results obtained from semi-related studies such as (17), (18), and (21), in that they consider the mediating role of resilience in the relationship between early maladaptive schemas and marital burnout or other psychological conditions to be effective and significant.

Conclusion

In a possible explanation of the results obtained regarding the mediating role of resilience in the relationship between maladaptive schemas of the domains of cut-off and rejection and Be attentive with marital burnout in married women, it can be said that early maladaptive schemas such as cut-off and rejection include negative and incorrect beliefs and thought patterns that the individual has had since childhood and also experiences in their marital relationships. Women with these schemas may feel that others reject them, do not pay attention to them, or do not have close and intimate relationships. Schemas associated with be attentive also focus on fear of danger and anticipation of problems. People who have these schemas are constantly anticipating problems or failures in their relationships. These schemas cause women to feel insecure and dissatisfied in their marital interactions, which can lead to marital burnout (10).

In explaining the finding that resilience has a direct effect on predicting marital burnout, it can be said that high levels of resilience help individuals to use positive emotions and feelings to overcome unpleasant experiences and return to a desirable state. Resilience allows individuals to manage stressful situations and show resistance in the face of life's difficulties (25). With this description, it seems that women with high resilience show greater adjustment in married life and experience less marital conflict.

In explaining the finding that the personality trait of conscientiousness has an indirect effect on predicting marital burnout through the mediation of resilience, it can be stated that, in general, conscientiousness is one of the desirable characteristics in couples' personalities that prevents many arguments and conflicts and increases intimacy between couples. Generally, women who are highly conscientious also expect responsibility from their husbands, which is sometimes accompanied by insistence and inflexibility (26). Excessive conscientiousness or feeling pressured to complete tasks may lead to stress and emotional exhaustion. This stress and pressure can lead to marital burnout over time, especially if a person feels that their efforts in the marital relationship are being ignored or not valued enough. Here, resilience comes into play as a protective and mediating factor. Women with high resilience are better able to cope with the stresses and pressures associated with duty. Resilience helps them deal more effectively with the everyday challenges of married life, without these challenges turning into deep burnout and dissatisfaction.

In explaining the finding that the maladaptive schema of disconnection and rejection does not have an indirect effect on predicting marital burnout through the mediation of resilience, it can be stated that women with the schema of disconnection and rejection constantly need to receive love and affection from their emotional partner, but they are never satisfied with the love they receive in their relationships and do not consider it sufficient or permanent. Generally, women with maladaptive schemas of cut-off and rejection avoid establishing emotional relationships or enter into relationships that are harmful and the other person is psychologically unable to meet their emotional needs satisfactory (27). In fact, women who have such schemas may feel extremely insecure and dissatisfied with the relationship, which can lead to marital burnout. While resilient people feel more psychologically strong and calm and do not consider themselves victims of unexpected events. They believe that they have control over their environment and can overcome life's problems.

This study was conducted using a non-random convenience sampling method, and it is essential to exercise caution when generalizing the findings to the statistical population. Future research could examine the role of cultural, social, and economic factors in the relationship between maladaptive schemas and resilience with marital burnout. Factors such as family support, gender roles in society, and economic level may play a role as moderating variables in these relationships.

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Authors contribution

The author contributed to the data analysis.

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Ethics

The research data and literature have not been copied from any worksauthor upon reasonable request.

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