

Modeling the relationship between the effect of mental-spiritual transformation and social support on marital happiness considering the mediating role of emotional regulation in parents of exceptional children

Ebadollah Toyari *

Saeed Bakhtiarpour **

Reza Pasha ***

Mohammad Reza Borna ****

Introduction

Exceptional children are almost three percent of the whole population of children in any country. So, many families bear the heavy emotional pressures due to existence of these children. The most important problem in these families is prevalence of marital disputes (conflicts), parent's guilt feeling about birth of the disabled child, avoiding re-pregnancy, and high educational and medical costs of the disabled child. Parents usually bear heavy mental pressures in the society, because of the presence of these children, and because they pass more time for taking care of these children. So, they expose the mental stress and injuries, and it affects the marital happiness of these parents. Therefore, the current work aimed to investigate modeling the relationship between the effects of mental-spiritual changes and social support on the marital happiness with mediating role of emotional regulation in parents' exceptional children.

Method

The method of this research was correlational type and the statistical society included all parents of exceptional children in Khouzestan in 2019.

* Ph.D. Student, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

** Assistant Professor, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran. *Corresponding Author: saeedb81@yahoo.com*

*** Associate Professor, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

**** Assistant Professor, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran.

234 subjects were selected by available method, and Mental-Spiritual Transformation (John Bozorgi et al., 2011), Social Support (Sherbone & Stuart, 1991) Marital Happiness (Jonez et al., 1973) and Emotional Regulation (Garnefski et al., 2001) questionnaires were used to collect data. To analyze data, descriptive statistics method such as mean, standard deviation and inferential statistics, including Pearson's correlation coefficient, testing the model and to test the indirect relationship boot strap test (by SPSS and AMOS software) were used.

Results

The results indicated that all direct paths, except social support to marital happiness, were significant (i.e., social support had no direct effect on marital happiness). Indirect paths become significant emotional regulation to marital happiness mediatedluy (i.e., existence of social support in parents had an effect on emotional regulation and this factor had an effect on marital happiness).

Conclusion

Generally, the concept of social support as a confrontation factor in predicting health and parents' satisfaction for facing stressful events such as birth of exceptional children has an important role. In emotional regulation, the person is more attentive to his thoughts and considers them without any disgust or judgment, and finds the reason for their existence. When he/she obtain this skill, he/she can be aware of problems and stresses, find the proper solutions and reduce the stress between their relationships, and obtain the marital happiness. Therefore, it can be said that emotional regulation can play a good mediation role between social support and marital happiness.

Keywords: Mental-Spiritual Transformation, Emotional Regulation, Social Support, Marital Happiness.

Author Contributions: Ebadollah Toyari, general framework planning, content editing and analyzing, submission and correction, and corresponding author. Dr. Saeed Bakhtiarpour, collaboration in general framework planning, selection of approaches and editing; preliminary review. Dr. Pasha conclusions. Dr. Borna consultant.

All authors discussed the results, reviewed and approved the final version of the manuscript.

Acknowledgments: The authors thank all dear colleagues and professors who have helped us in this research.

Conflicts of Interest: The authors declare there is no conflict of interest in this article. This article extracted from the PhD dissertation with the guidance of Dr. Bakhtiarpour and with the consultation of Dr. Pasha and Dr. Borna.
