

Mediating Role of Emotion Regulation, Conflict Management and Sexual Intimacy in the Relationship between Marital Adjustment and Personality Traits

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Introduction

Marriage as the most important stage of human life is one of the most stable interpersonal relationships. This study aimed to investigate the mediating role of emotion regulation, conflict management and sexual intimacy in the relationship between marital adjustment and personality traits.

Method

The present study was conducted using a correlational design and structural equation modeling. The research population included all married teachers working at primary, middle, and high schools in Kermanshah in 2020-2010. The participants were 300 married teachers who were selected by random sampling. Among the three educational districts in the city of Kermanshah, District 3 with the highest number of teachers was selected and the target schools for boys and girls at all three educational levels were selected. The data were collected from the selected teachers using the Dyadic Adjustment Scale (DAS; Spanier, 1976), the Personality Traits

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Inventory (Costa & McCrae, 1985), the Emotion Regulation Difficulty Scale (Gertz & Romer, 2004), and Conflict Resolution and Sexual Intimacy Subscale of ENRICH Marital Satisfaction Scale (Olson, 1998). The collected data were analyzed using SPSS-24 and AMOS-24 software.

Results

The results of the final model indicated that personality traits and marital adjustment are directly correlated and the mediating roles of conflict management, emotion regulation, and sexual intimacy are indirectly correlated ($p < 0.05$). The findings also showed that personality traits are directly associated with conflict management, emotion adjustment difficulty, sexual intimacy, and marital adjustment. Besides, emotional adjustment difficulty is correlated with marital adjustment. It was also showed there is a significant correlation between conflict management and marital adjustment and between sexual intimacy and marital adjustment. The data also confirmed the positive significant impact of personality traits on marital adjustment through emotion adjustment difficulty ($p = 0.02$; $\beta = 0.21$), the indirect effect of personality traits on marital adjustment mediated by conflict management ($p = 0.01$; $\beta = 0.07$), and the indirect effect of personality traits on marital adjustment through sexual intimacy ($p = 0.04$; $\beta = -0.12$).

Discussion

Following the findings of the study, it is suggested that in premarital counseling and treatment of marital problems, more attention be paid to providing training on factors affecting marital adjustment, personality traits, and mediating variables for prevention and treatment purposes.

Keywords: Emotion adjustment difficulty, personality traits, marital adjustment, sexual intimacy, conflict management

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