




Spouse Burnout and Marriage Satisfaction in Married Individuals: The Mediating Role of Psychological Well-being

Evli Bireylerde Eş Tükenmişliği ve Evlilik Doyumu: Psikolojik İyi Oluşun Aracı Rolü

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Abstract. In this study, the mediating role of psychological well-being in the relationship between spouse burnout and marital satisfaction of married individuals was tested. 183 participants (83 women and 100 men) participated in the study. Demographic Information Form, Golombok-Rust Marital Status Inventory, Spouse Burnout Scale, and Psychological Well-Being Scale were administered to the participants. The data were analyzed and evaluated by adding the Process v.4 module to the SPSS 21 program and following its procedures. According to this analysis, it was determined that there was a negative relationship between spouse burnout and marital satisfaction and that the psychological well-being dimension played a partial mediating role in the relationship between spouse burnout and marital satisfaction. It is thought that this study will give an idea and contribute to choosing variables that may have a stronger mediating role for researchers who will study spouse burnout and marital satisfaction.

Keywords: Mediating role, spouse burnout, marital satisfaction, psychological well-being.

Öz. Bu araştırmada, evli bireylerin eş tükenmişliği ile evlilik doyumu arasındaki ilişkide psikolojik iyi oluşun aracı rolü test edilmiştir. Çalışmaya 183 katılımcı (83 kadın ve 100 erkek) katılmıştır. Katılımcılara Demografik Bilgi Formu, Golombok-Rust Evlilik Durumu Envanteri, Eş Tükenmişlik Ölçeği, Psikolojik İyi Oluş Ölçeği uygulanmıştır. Veriler SPSS 21 programına Process v.4 modülü eklenerek ve prosedürleri izlenerek analiz edilmiş ve değerlendirilmiştir. Bu analize göre eş tükenmişliği ile evlilik doyumu arasında ters yönlü bir ilişki olduğu ve psikolojik iyi oluş boyutunun eş tükenmişliği ile evlilik doyumu ilişkisinde kısmi aracılık rolü oynadığı tespit edilmiştir. Bu çalışmanın eş tükenmişliği ve evlilik doyumu çalışacak araştırmacılar için daha güçlü aracılık rolü olabilecek değişkenleri seçme konusunda bir fikir vereceği ve katkı sağlayacağı düşünülmektedir.

Anahtar Kelimeler: Aracılık rolü, eş tükenmişliği, evlilik doyumu, psikolojik iyi oluş.



Genişletilmiş Özet

Giriş. Aile üyelerinin iyilik halleri karı-kocanın/ebeveynlerin evlilikten aldıkları doyum ile doğrudan ilgilidir. Evlilik doyumu, bir eşin evlilik ihtiyaçlarının diğer eş tarafından ne ölçüde karşılandığına ilişkin öznel değerlendirmedir (Karney ve Bradbury, 2020). Evlilik doyumunu doğrudan etkileyen değişken eş tükenmişliğinin olup olmadığı ve derecesidir. Eş tükenmişliği, beklentiler ile gerçeklik arasındaki farktan kaynaklanan fiziksel, zihinsel ve duygusal yorgunluk durumudur (Pines, 2017). Psikolojik iyi oluş kavramı genel olarak kişinin olumlu özelliklerini ve ruhsal açıdan sağlıklı bir bireyi ifade etmektedir (Palak ve İra, 2022). Evlilik ile psikolojik iyi oluş arasındaki ilişkiyi inceleyen çalışmalarda, psikolojik iyi oluş düzeyi yüksek olan evli bireylerin eşleriyle daha fazla ekonomik kaynak, sosyal destek ve duygusal destek paylaştıkları belirtilmektedir (Körük ve Vapurulu, 2022; Koç ve Sungurtekin, 2023). Evlilik doyumu arzu edilen bir sonuç olarak düşünülürse eşlerin psikolojik iyi olma durumlarının, çiftin tükenmişliğini azaltarak veya artırarak evlilik doyumunu etkileyebileceği düşünülebilir. Literatür taramasında bu üç değişkenin bir arada kullanıldığı ve psikolojik iyi oluşun aracılık rolünün incelendiği bir araştırmaya rastlanmamıştır. Ayrıca evlilik doyumu düşük ebeveynlere sahip çocukların okul başarılarının evlilik doyumu yüksek ebeveynlere sahip çocuklar ile karşılaştırıldığında daha düşük olduğu ile ilgili araştırmaların sayısı artmaktadır (Chakraborty, 2023; Faizefu, 2022). Bu araştırmanın amacı, eş tükenmişliği ile evlilik doyumu arasındaki ilişkide psikolojik iyi oluşun aracılık rolünün olup olmadığının belirlenmesidir. Ayrıca, bu araştırmadan elde edilecek sonuçların aile danışmanlığı uygulayıcılarına, aile içi sorunların öğrencilerin okul başarılarına olumsuz etki edeceği düşünüldüğünde okulların rehberlik ve psikolojik danışmanlarına, okul sosyal hizmet uzmanlarına, psikologlara, psikiyatlara ve gelecekte yapılacak araştırmalara katkı sağlayacağı düşünülmektedir.

Yöntem. Bu araştırmada genel tarama yöntemlerinden biri olan ilişkisel tarama yöntemi kullanılmıştır. Örneklem yöntemi olarak Google Formlarda oluşturulan ve sosyal medya ve iletişim ağları aracılığıyla dağıtılan anket aracılığıyla basit rastgele örneklem yöntemi kullanılmıştır. Çalışmaya 183 katılımcı (83 kadın ve 100 erkek) katılmıştır. Katılımcıların yaş ortalamasının 49,26 (26-63) olduğu, %16,4'ü 25-35 yaş grubunda, %16,4'ünün 35-45 yaş grubunda, %21,3'ünün 45-55 yaş grubunda ve %45,9'unun 55-65 yaş grubunda olduğu, eşleri ile arasındaki ortalama yaş farkının 3,48 (0-14) olduğu, %3,8'inin düşük, %39,3'ünün orta, %45,4'ünün üst orta, %11,5'inin ise yüksek gelire sahip olduğu, %1,1'inin ilköğretim, %4,4'ünün lise, %52,4'inin üniversite eğitimi ve %42,1'inin yüksek lisans/doktora düzeyinde eğitim aldığı görülmektedir. Katılımcılara Demografik Bilgi Formu, Golombok-Rust Evlilik Durumu Envanteri, Eş Tükenmişlik Ölçeği, Psikolojik İyi Oluş Ölçeği uygulanmıştır. Veriler SPSS 21 programına Process v.4 modülü (Hayes, 2022) eklenerek ve prosedürleri izlenerek analiz edilmiş ve değerlendirilmiştir.

Bulgular. Her üç boyutta katılımcıların ortalama puanlarına bakıldığında; 54,87 ile katılımcıların evlilik doyumlarının oldukça düşük olduğu; 2,51 ile katılımcıların eş tükenmişlik düzeylerinin orta seviyede olduğu; 93,93 ile katılımcıların psikolojik iyilik hallerinin orta seviyede olduğu görülmektedir. Arabuluculuk rolünün olup olmadığı araştırılmadan önce üç ön koşulun sağlanıp sağlanmadığı incelenmiş ve tamamının karşılandığı tespit edilmiştir. Eş tükenmişliğinin (X) Psikolojik iyi oluş (M) üzerinde orta derecede ve anlamlı bir etkisi olduğu ($\beta = .648$, $p < .001$) ve bağımsız değişken aracı Sen, C. B., Bulut Serin, N. & Karagulmez, K. (2024). Spouse burnout and marriage satisfaction in married individuals: The mediating role of psychological well-being. *Batı Anadolu Eğitim Bilimleri Dergisi, 15(2)*, 1266-1284.



değişken üzerinde etkili olmalıdır koşulunun yerine geldiği görülmektedir. Eş tükenmişliğinin (X) evlilik doyumu (Y) üzerinde yüksek derecede ve anlamlı bir etkisi olduğu ($\beta = -.804, p < .001$) ve bağımsız değişken bağımlı değişken üzerinde etkili olmalıdır koşulunun da yerine geldiği görülmektedir. Aracı değişken psikolojik iyi oluşun (M) bağımlı değişken olan evlilik doyumu (Y) üzerinde etkili olduğu ($\beta = -.345, p < .001$) koşulunun da yerine geldiği görülmektedir. Aynı zamanda eş tükenmişliğinin (X) evlilik doyumu (Y) üzerindeki etkisine bakıldığında p değerinin artmadığı ($p < .001$) görülerek aracı değişken olan psikolojik iyi oluşun (M) tam aracı değişken olmadığı, ancak kısmi aracılık rolü oynadığı görülmektedir. Tablonun indirect bölümüne bakıldığında psikolojik iyi oluşun (M) aracılık etkisi istatistiksel olarak anlamlı bulunmuştur ($\gamma = -2,647, BootSE = .519, 95\% BootCI = [-3,780, -1,743]$).

Tartışma Sonuç ve Öneriler. Bulgular bölümünde katılımcılara uygulanan ölçeklerden elde edilen ortalamaların ölçek değerlendirilmeleri yapıldığında; katılımcıların evlilik doyumlarının ortalamasının altında, eş tükenmişliğinin orta düzeyde ve psikolojik iyi oluşlarının da orta düzeyde olduğu görülmektedir. Her üç boyutun birbiri ile ilişkili ve birbirini olumlu ya da olumsuz anlamda etkileyebileceği düşünüldüğünde bu sonuçların birbiri ile tutarlı olduğu söylenebilir. Katılımcıların her üç boyutta da ortalamasının altında olması psikolojik iyi oluşun eş tükenmişliği ile evlilik doyumu arasında kısmi aracı rolü oynamasını bir anlamda açıklayabilir. Psikolojik iyi oluş değişkeninin aracı rolü olarak kullanılacağı daha sonra yapılacak araştırmalarda katılımcıların psikolojik iyi oluş puanlarının yüksek olduğu durumlarda tam aracılık rolü yeniden değerlendirilebilir.

Bu çalışmanın hem önemi hem de sınırlılığı literatürde her üç değişkenin bir arada ve psikolojik iyi oluşun aracılık rolünü inceleyen bir araştırmaya rastlanmamasıdır. Bu nedenle bulgular ikili değişkenli çalışmalarla tartışılmıştır. Literatüre bakıldığında eş tükenmişliği ile evlilik doyumu arasındaki ilişki çalışılmış ve negatif yönde anlamlı bir ilişki bulunmuştur (Hamarta ve Kozan, 2017; Ağırnaslıgil ve Amuk, 2018). Aynı şekilde eş tükenmişliği ile psikolojik iyi oluş arasındaki ilişki de incelenmiş ve istatistiksel olarak anlamlı bir ilişki tespit edilmiştir (Otrar, Dönmez ve Uzel, 2018). Ayrıca psikolojik iyi oluş ile evlilik doyumu arasındaki ilişki de çalışılmış ve anlamlı ilişki bulunmuştur (Arslan, Oral ve Karababa, 2018). SPSS 21 programına Process v.4 modülü (Hayes, 2022) eklenecek ve prosedürleri izlenerek oluşturulan tablolardaki verilere bakıldığında, eş tükenmişliği ile evlilik doyumu ilişkisine psikolojik iyi oluş değişkeni eklendiğinde, eş tükenmişliğinin evlilik doyumunu olumsuz anlamda etkileme gücü azalmıştır. Bu nedenle psikolojik iyi oluşun kısmi aracı değişken etkisi oluşturduğu görülmüştür. Dolaylı (indirect) etkiye bakıldığında psikolojik iyi oluşun (M) aracılık etkisi istatistiksel olarak anlamlı bulunmuştur.

Sonuç olarak evli bireylerde eş tükenmişliği, psikolojik iyi oluş ve evlilik doyumu arasında anlamlı bir ilişki bulunmuştur. Eş tükenmişliği ile evlilik doyumu arasındaki ilişkide psikolojik iyi oluşun pozitif yönde kısmi aracılık rolüne sahip olduğu görülmektedir. Başka bir ifadeyle psikolojik iyi oluşun eş tükenmişliğini azalttığı ve kısmi aracılık rolüyle evlilik doyumunu olumlu yönde arttırdığı yorumu yapılabilir. Ancak evlilik doyumunu ve eş tükenmişliğini artıran ve azaltan birçok değişken göz önüne alındığında, olumlu sonuçlar elde etmek için yalnızca psikolojik iyi oluş değişkeninin aracılık rolü yeterli olmayabilir. Evlilik doyumunu artıran ve eş tükenmişliğini azaltan diğer aracı değişkenlere yönelik gelecek çalışmaların planlanması önemli olacaktır. Uygulayıcılar aile çalışmalarında aileye bütünsel olarak bakmalı ve sorunları çözerken aracı değişkenlerden daha fazla yararlanarak mesleki müdahalelerde bulunmalıdırlar. Bu konuda yapılan bilimsel çalışmaların sonuçları eğitim müfredatına eklenerek bu alanda daha iyi uygulayıcıların yetiştirilmesine olanak sağlanmalıdır.

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Introduction

As in the rest of the world, divorce rates in our country have reached high levels and tend to increase. There are studies showing that the institution of marriage is beneficial for the biopsychosocial well-being of individuals, as well as studies showing that unhappy marriages harm the biopsychosocial well-being of individuals. It is a common finding that couples with high marital satisfaction have lower stress levels, higher life happiness, and greater resilience to negative living conditions (Hawkins & Booth, 2005; Helms & Buehler, 2007; Kirby, 2005; Ouellet-Courtois, Gravel & Gouin, 2023). On the other hand, it is a common finding that staying in an unhappy marriage is negatively related to general happiness, life satisfaction, self-esteem and general health (Hawkins & Booth, 2005; Whisman, 2007; Yüksel, 2013; Tutuş & Barut, 2021). In order to increase the well-being of societies, it is necessary to increase the well-being of families, which form the core of the society. The individual already has a very complex structure in biopsychosocial dimensions, so it requires more delicate balances to ensure positive interactions within the family and to increase the well-being of the institution of marriage. In modern societies, there is no longer a simple way to increase the well-being of the institution of marriage. Interdisciplinary sciences and professions dealing with the family institution need to look at the issue in a more holistic and multidimensional way.

Individuals enter marriage to realize their different needs, wishes and dreams. However, it can be evaluated that the psychological well-being of the spouses will be low, and the level of burnout will increase inversely over time, since the expectations from the marriage and the expectations from the other couple cannot be met at the desired rate. As a result, it can be evaluated that the marital satisfaction of the spouses will decrease, and they may find themselves in the process of divorce even though they did not want to at the beginning.

Happy marriages are often measured by high marital satisfaction. However, one of the factors that reduce marital satisfaction is spouse burnout. In this study, it is evaluated that psychological well-being may play a mediating role in reducing spouse burnout and increasing marital satisfaction. First of all, the importance of these concepts will be emphasized.

Marital satisfaction is a spouse's subjective evaluation of the extent to which his or her marital needs are met by the other spouse (Karney & Bradbury, 2020). According to the Social Exchange Theory, individuals evaluate the degree of satisfaction they get from their relationships, based on a standard called the "comparison level". The level of comparison reflects the individual's beliefs and expectations about how a relationship should be. If the result obtained from the relationship is above the comparison level, that relationship is satisfactory for the individual. In other words, the individual perceives that he/she gets what he/she expects or more from the relationship. However, if the result obtained by the individual from the relationship is below the comparison level, that relationship is



considered as unsatisfactory by the individual. The concept of satisfaction is also considered as a dimension of the concept of stability in marriage, which is related to whether the relationship will continue or not (Stafford & Kuiper, 2021; Ünal & Akgün, 2022). Secondary outcomes of research on this subject that children from marital problem homes perform poorly in school as compared to those with stable marital homes (Chakraborty, 2023; Faizefu, 2022).

Sayfa | 1271

Spouse (Couple) burnout is a state of physical, mental and emotional fatigue that results from the difference between expectations and reality. It is a state of frustration that occurs as a result of the intensification of emotional demands in a long-term relationship. In studies on couple burnout, it has been found that couple burnout is associated with the following variables related to marriage and relationship, and many of these variables are significant predictors of couple burnout; Positive outlook, communication, security, self-actualization, materiality, emotional appeal, sex life, compatibility of personalities, attractiveness of partner, physical attractiveness, common goals, mental attractiveness, control, sharing common, appreciation, overload, boredom, conflict of demands, achievement, independence, work-home conflict, sharing of household chores and abuse (Pines & Nunes, 2003; Pamuk & Durmuş, 2015; Ceylan & Mohammadzadeh, 2016; Güler & Çapri, 2020). Spouse burnout occurs when the individual begins to realize that their partner is no longer exciting, unique, or perfect. The slight things that make one unhappy or dissatisfied in the relationship begin to become bigger, the anger towards the other party increases, and the relationship reaches the crisis stage and the end of the relationship (Pines, 2017). Factors such as unrealistic beliefs of one or both couples about marriage, differences in their perspectives on attachment, inability to balance work-family, not supporting each other, anger management problems, perception of marital satisfaction as low, and inability to have sexual intercourse may increase spouse burnout by causing spouses to perceive their satisfaction with marriage as low (Mahdavianfard et al., 2015). Factors such as couples not spending enough time on each other and their children, not providing financial and emotional support to family members, spouses of different genders not being able to empathize with each other, communication problems between couples, and role sharing problems within the scope of gender are among the issues that negatively affect spouse burnout (Çapri, 2008; Pines, 2017; Özgüven, 2020).

Psychological well-being as mediator

If marital satisfaction is considered as a desired result, it can be thought that the psychological well-being of the spouses may affect marital satisfaction by decreasing or increasing the couple's burnout. Among the variables thought to affect marital satisfaction are depression, happiness and psychological well-being (Pietromonaco & Overall, 2021). Psychology was initially concerned with mental illness. In recent years, it has been seen that not only the negative health but also the positive aspects of the person have begun to be examined (Reves, Davis & Yappengco, et al., 2020). The concept of psychological well-being generally refers to the positive characteristics of the person and a mentally healthy individual (Danijela & Obrenovic, 2020; Palak & İra, 2022). In recent years, the issue of psychological well-being has become very important in improving educational performance for teachers and students in schools (Mukhlis, Hariri, Riswandi, R., Haenilah, & et al., 2024).

In its most basic sense, the concept of psychological well-being is that individuals see this as a tool to improve themselves even if they encounter difficulties. Individuals with psychological well-being (Sen, C. B., Bulut Serin, N. & Karagulmez, K. (2024). Spouse burnout and marriage satisfaction in married individuals: The mediating role of psychological well-being. *Batı Anadolu Eğitim Bilimleri Dergisi, 15(2)*, 1266-1284.

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being become aware of the values in life and know how to add meaning to life. They also get happiness and satisfaction from this process. These individuals are aware of their potential abilities and are easily motivated to achieve self-actualization and reach their goals (Seligman, 2020).

In Diener and Seligman's "extremely happy people" research, it was determined that spouses with high psychological well-being are less likely to experience depression and spousal burnout, and have higher marital satisfaction (Diener & Seligman, 2002; Seligman, 2021). In studies examining the relationship between marriage and psychological well-being, it is reported that married individuals with high psychological well-being levels share more economic resources, social support and emotional support with their spouses (Körük & Vapurulu, 2022; Koç & Sungurtekin, 2023). Studies on marital satisfaction and psychological well-being have found that psychological well-being scores are also low in families with high conflict and low harmony (Mills et al. 1992, Walton and Takeuchi 2010).

The current study

There are many individual, familial, environmental and socioeconomic variables that affect marital satisfaction. One of the important variables affecting marital satisfaction is spouse burnout. In fact, variables that negatively affect marital satisfaction also affect spouse burnout. There will always be problems in marriage and the balance may be disrupted. The stronger the psychological well-being of married individuals and family members, the easier it will be to solve these problems and regain balance, and marital satisfaction will increase. With these thoughts, the foundation of the research was laid and the mediating role of psychological well-being was wondered. In the literature review, no research was found in which these three variables were used together and the mediating role of psychological well-being was examined. The purpose of this research is to determine whether psychological well-being has a mediating role in the relationship between spouse burnout and marital satisfaction. It is thought that the results of this research will contribute to family counseling practitioners and future research.

Method

Research design

In this research, the relational survey model, one of the general scanning methods, was used. In studies that adopt the relational survey model, a situation or event is explained as it is, and the relationship and impact of the variables that cause this situation and their degrees are determined (Büyüköztürk et al., 2014).

Study group

As a sampling method, a simple random sampling method was used through a survey created in the Google Forms and distributed through social media and communication networks. 183 participants (83 women and 100 men) participated in the study. It is seen that 44.3% of the participants

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are women and 55.7% are men. When looking at the average age of the participants, it was seen that the average was 49.26, while the oldest individual participating in the study was 63 years old and the youngest individual was 26 years old. 16.4% of the participants of the study were in the 25-35 age group, 16.4% were in the 35-45 age group, 21.3% were in the 45-55 age group and 45.9% were in the 55-65 age group. In addition, when looking at the age difference between married individuals and their spouses, it is seen that the average age difference is 3.48, while the minimum age difference is 0 and the maximum age difference is 14. It is seen that 3.8% of the married individuals included in the research have lower-middle income, 39.3% have medium income, 45.4% have upper-middle income and 11.5% have high income. In addition, when the education levels of married individuals are examined, it is seen that 1.1% have primary education, 4.4% have high school education, 52.4% have university education and 42.1% have master's/doctoral level education.

Data collection tools

Golombok rust inventory of marital state-GRIMS

The Golombok-Rust Marital Status Inventory, a scale used to assess marital satisfaction, was used. Golombok-Rust (Golombok Rust Inventory of Marital State-GRIMS) Inventory was developed by Rust, Bennun, Crowe and Golombok in 1990 to measure marital satisfaction. It was adapted into Turkish and its validity and reliability study was conducted by Duyan and Duyan in 2014. The scale is a one-dimensional tool that does not evaluate sexual intercourse but only marital status. The scale consists of 28 statements, half of which are positive and half of which are negative, reflecting individuals' beliefs about the nature of a satisfactory marital relationship. Participants are asked to choose one of the options "Strongly Disagree 3", "Disagree 2", "Agree 1" and "Strongly Agree 0" for each statement. The range of total scores that can be obtained is between 0 and 84 points, and low scores from the scale indicate high marital satisfaction, while high scores indicate low marital satisfaction. The classification is as follows according to the total scores received: Total score between 17 and 21 is 'very good', between 22 and 25 is 'good', between 26 and 29 is 'above average', between 30 and 33 is 'mediocre', between 34 and 37 is 'poor', 38 to 41 is 'bad', 42 to 46 is 'serious problems', and a score above 47 is 'very serious problems'. According to the results of the validity and reliability analysis, it was concluded that the inventory is a valid measurement tool and its reliability is .88. (Duyan & Duyan, 2014). In this study, the resulting Cronbach Alpha value was calculated as .92.

Spouse burnout scale

The short form consists of 10 statements of the Spouse Burnout Scale, originally consisting of 21 statements developed by Pines et al. in 1996 (Pines, 2005), which aims to measure the burnout levels of spouses by focusing on marital stress factors, emotional exhaustion and marital anxieties, was used in the research. The Turkish validity and reliability study of the scale was conducted by Çapri in 2008. According to the results of the validity and reliability analysis, the internal consistency coefficient of the scale was found to be .94 for married women and .95 for married men (Çapri, 2013). In this study, the short form of the Spousal Burnout Scale was used to determine the spousal burnout levels of married individuals and the resulting Cronbach Alpha value was calculated as .88. A 7-point Likert

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type rating was used in the scale. While it is evaluated as 'Never = 1', it is evaluated as 'Always = 7'. The total obtained scale value was divided by 10 and the average value was used in the research. The lowest score that can be obtained from the scale is 1, while the highest score is 7.

Psychological well-being scale

The scale was developed by Eggleston et al., in 2001. The Turkish adaptation study of the scale was conducted by Özmete in 2016. 36 items on the scale are scored with a 5-point Likert type rating. It is scored as 'Strongly disagree = 5' and 'Strongly agree = 1'. The scale includes reverse scored items. In order to determine the reliability of the measurement tool, the internal consistency coefficient was calculated and the Cronbach Alpha value was found to be .86/.88 (Özmete, 2016). In this study, the Psychological Well-Being Scale was used to determine the psychological well-being levels of married individuals and the resulting Cronbach Alpha value was calculated as .93.

Procedure and data analyses

The study was initiated with the scientific research and publication ethics committee report dated 22.01.2024 and numbered BAYEK039.05. In this study, the Google Forms application was used to create the form regarding the research items on the online platform, and the link to the form was made available to the participants over the internet. In addition to the form containing questions regarding the demographic information of married individuals who voluntarily participated in the study for data collection, the forms of three scales were used. The consent form is located at the beginning of Google Forms, and after the participant ticks the check box, they are directed to the research statements. IBM SPSS 21 program was used to calculate the descriptive statistics and variables collected within the scope of the research. To determine the mediation role, the PROCESS v.4.2 module, developed by Hayes for the SPSS statistics program in 2022 was loaded into the SPSS program and used. Using the Process v.4 module has made it much easier for researchers to access and evaluate statistical information.

Findings

The statistics of the variables included in the research are shown in Table 1.

Table 1.
Statistical information about variables (Means, standard deviations)

Variables	n	M	SD
1. Marriage satisfaction	183	54,88	14,07
2. Spouse burnout	183	2,51	1,18
3. Psychological well-being	183	93,94	11,91



First of all, the average score of the participants in all three dimensions; with 54.88, it is seen that the marriage satisfaction of the participants is quite low. Marriage satisfaction decreases as the score increases in scale systematic. According to scale scoring, points of 47 or more show that there are serious problems in marriage. With 2.51, the spouse burnout levels of the participants are moderate. The average spouse burnout scale is between 0-7 values. With 93.94, it is seen that the psychological well-being of the participants is moderate. The psychological well-being scale is between 36-180 points.

Table 2.

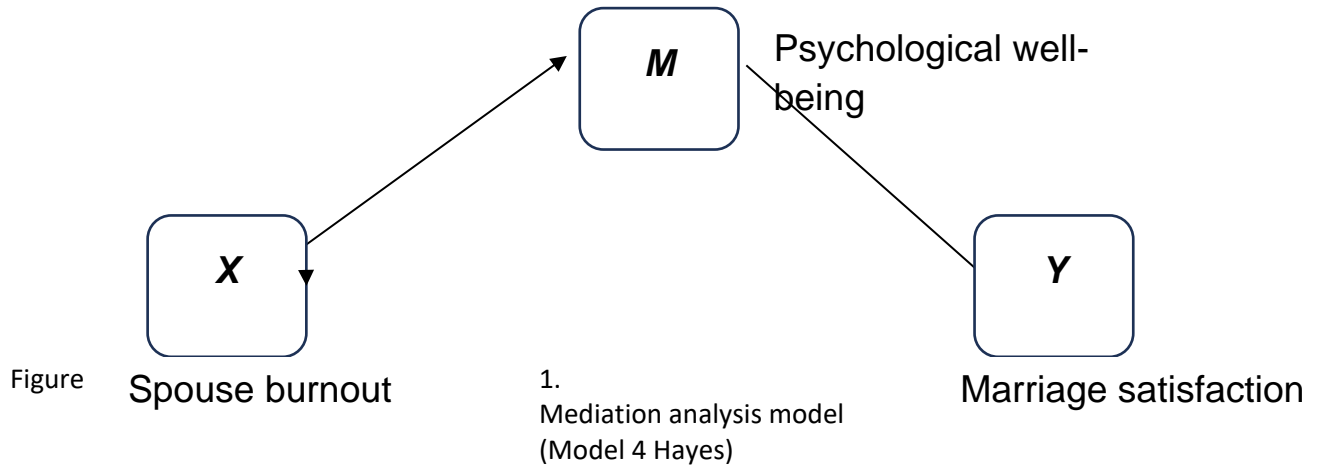
Relationships between marriage satisfaction, spouse burnout, psychological well-being and demographic variables

	1	2	3	4	5	6	7
1. Marriage satisfaction		-.804**	-.720**	.105	.146*	-.047	-.162*
2. Spouse burnout			.648**	-.080	-.184*	.109	.103
3. Psychological well-being				-.134	-.253**	-.039	.040
4. Gender					.034	.085	.265**
5. Income rate						.158	.097
6. Education level							.068
7. Marriage duration							

**p<.01, *p<.05

As seen in Table 2, a high and negative significant relationship was found between marriage satisfaction and spouse burnout, a moderate and negative significant relationship between marriage satisfaction and psychological well-being, and a moderate and positive significant relationship between spouse burnout and psychological well-being. No significant relationship was found between demographic variables and these three variables.

When using Hayes's PROCESS v.4.2 module, the model with three variables is selected as the model of the mediation model 4 and the findings were tabulated and presented by this model.



Sen, C. B., Bulut Serin, N. & Karagulmez, K. (2024). Spouse burnout and marriage satisfaction in married individuals: The mediating role of psychological well-being. *Batı Anadolu Eğitim Bilimleri Dergisi, 15(2)*, 1266-1284.

DOI. 10.51460/baebd.1465197



Before investigating whether there was a mediation role, it was examined whether the prerequisites given below were met and it was determined that all of them were met.

1. "The independent variable must have an effect on the mediator variable."
2. "The mediating variable must have an effect on the dependent variable."
3. "The independent variable must have an effect on the dependent variable."

Then, the data in the tables below were accessed by running the PROCESS v.4.2 module developed by Hayes for the SPSS statistical program.

Table 3.
Effect of spouse burnout on psychological well-being

	<i>Coeff.</i>	<i>SE</i>	<i>t</i>	<i>p</i>	β	<i>LLCI</i>	<i>ULCI</i>
Model 4/ Psychological well-being (M)							
Constant	77.574	1.582	49.04	.000		74.454	80.695
Spouse burnout (X)	6.501	.569	11.43	.000	.648	5.379	7.623

**p<.001, R: 0.648, R²: 0.419, F: 130.720

As seen in Table 3, the model created within the scope of the analysis is significant (F = 130.720, p <.001). When the coefficients are examined, it is seen that spouse burnout (X) has a moderate and significant effect on psychological well-being (M) (β = .648, p <.001) and the condition that the independent variable should be effective on the mediator variable is fulfilled.

Table 4.
Effect of spouse burnout on marriage satisfaction

	<i>Coeff.</i>	<i>SE</i>	<i>t</i>	<i>p</i>	β	<i>LLCI</i>	<i>ULCI</i>
Model 4/ Marriage Satisfactory (Y)							
Constant	78.872	1.460	54.027	.000		75.991	81.752
Spouse burnout (X)	-9.530	.525	-18.159	.000	-.804	-10.566	-8.495

**p<.001, R: 0.804, R²: 0.646, F: 329.763

As shown in Table 4, the model created within the scope of the analysis is meaningful (F = 329.763, p <.001). When the coefficients are examined, it is seen that spouse burnout (X) has a high degree and significant effect on marriage satisfaction (Y) (β = -.804, p <.001). It is also seen that the condition of the independent variable should be effective on the dependent variable.

Table 5.
Effect of spouse burnout and psychological well-being on marriage satisfaction

	<i>Coeff.</i>	<i>SE</i>	<i>t</i>	<i>p</i>	β	<i>LLCI</i>	<i>ULCI</i>
Model 4/ Marriage							

Sen, C. B., Bulut Serin, N. & Karagulmez, K. (2024). Spouse burnout and marriage satisfaction in married individuals: The mediating role of psychological well-being. *Batı Anadolu Eğitim Bilimleri Dergisi*, 15(2), 1266-1284.

DOI. 10.51460/baebd.1465197

**Satisfactory (Y)**

Spouse burnout (X)	-6.883	.620	-11.105	.000	-.580	-8.106	-5.660
Psychological well-being (M)	-.407	.062	-6.596	.000	-.345	-.529	-.285

**p<.001, R: 0.845, R²: 0.715, F: 225.324

Sayfa | 1277

When considering (X) and (M) together (Y), it is seen that the model created within the scope of the analysis is significant (F = 130.720, p <.001). It is seen that the mediating variable (M) has an effect on the dependent variable (Y) ($\beta = -345$, p <.001). At the same time, when the effect of (X) on (Y) is examined, it is seen that the (P) value does not increase (p <.001), and the mediating variable is not a full but plays a partial mediating role.

Table 6.

Direct and indirect effects of spouse burnout on marriage satisfaction

	Effect	SE	t	p	LLCI	ULCI	c cs/c' cs
Total effect of X on Y	-9.530	.525	-18.159	.000	-10.566	-8,495	-,804
Direct effect of X on Y	-6.883	.620	-11.105	.000	-8.106	-5,660	-,580
	Effect	BootSE	BootLLCI	BootULCI			
Indirect effect of X on Y:							
Psychological well-being (M)	-2.647	.519	-3.780	-1.743			

As seen in Table 6, the total effect of X on Y (-9.530) decreased with the effect of the mediator (M) and became a direct effect of X on Y (-6.883). Looking at the indirect section of the table, it was found that psychological well-being (M) was found to be a mediator effect and this effect was statistically significant ($\odot = -2.647$, BootSE=.519, 95% BootCI= [-3.780, -1.743]). With this result, the negative effect of spouse burnout (X) on marriage satisfaction (Y) was found to decrease with the partial role of psychological well-being (M). The total effect of X on Y (-9.530) decreased with the effect of the mediator (M) and became a direct effect of X on Y (-6.883).

Discussion and Conclusions

In this study, the marriage satisfaction, spouse burnout and psychological well-being of the participants were examined together. It has been examined whether the psychological well-being variable has played a mediator role in the relationship between spouse burnout and marriage satisfaction, and how effective this mediation role was.

In the analyses, it was seen that when the psychological well-being variable was added to the relationship between spouse burnout and marital satisfaction, the negative effect of spouse burnout on marital satisfaction decreased. Therefore, it was accepted that psychological well-being had a partial mediating effect.



As seen in Table 1 in the Findings section, the spouse burnout of the participants is above the average of the scores that can be obtained from the scale ($2.51 < 7.0$). It is seen that the marital satisfaction of the participants is over 47 points ($54.88 > 47$) according to the marital satisfaction scale classification given in the method section, and that marital satisfaction is in the 'very serious problems' category. As a result of the research conducted by Ercantan and Şen (2023), it was similarly determined that there was a spouse burnout score ($3.3 < 7.0$) and a marital satisfaction score ($32.0 < 47$), and a negative and significant relationship was found between spouse burnout and marital satisfaction in marriage. It is seen that the psychological well-being scores, whose mediating role is examined, are half of the maximum score that can be obtained from the scale ($93.94 < 180$). In the analyzes conducted using the PROCESS v.4.2 module, it was determined that psychological well-being played a partial mediating role on the dependent variable, marital satisfaction. In the next researchs the role of partial or full mediating role can be re-evaluated in cases where the psychological well-being scores of the participants are high. Şen, Serin and Karagülmez (2023), when the average scores of marital satisfaction, spouse burnout and psychological well-being of married individuals were examined in the study, it was found that the marital satisfaction of the participants was quite low, and their spouse burnout levels and psychological well-being were at a moderate level.

Both the importance and limitation of this study are that there is no research in the literature examining the mediating role of all three variables together and psychological well-being. Therefore, the findings have been discussed through dual variable studies. When the literature was examined, the relationship between spouse burnout and marriage satisfaction was studied and a negative significant relationship was found (Fincham & Osborne, 1995; Barnes et al., 2007; Çapri & Gökçakan, 2012; Pamuk & Durmuş, 2015; Kebritchi & Mohammadkhani, 2016; Alsawalqa, 2019; Mousavi, 2020; Boiman et al., 2021). Similarly, the relationship between spouse burnout and psychological well-being was studied and a negative significant relationship was found (Park & Fritz, 2015; Deveci-Şirin & Deniz, 2016; Hilpert et al., 2018; Mingfan et al., 2023). In addition, the relationship between psychological well-being and marriage satisfaction was studied and a positive significant relationship was found (Cordova, 2005; Williamson et al., 2013; Khazaei et al., 2018, Kharpuri & Priya, 2019; Hicks et al., 2021).

In this study, when the coefficients are examined, it is seen that spouse burnout (X) has a moderate and significant effect on psychological well-being (M). It is also seen that the condition that the independent variable is effective on the mediation variable is fulfilled. This result obtained from the study is consistent with other studies scanned in the literature. (Pines, 1996; Brotheridge & Lee, 2005; Demerouti et al., 2005; Savla et al., 2011; Falconier et al., 2015; Karademas & Roussi, 2016; Rehman et al., 2020; Won & Seol, 2020).

When the findings are examined, it is seen that psychological well-being, which is the mediating variable, has an effect on the dependent variable of marriage satisfaction. Thus, it is seen that this condition required for an mediation is fulfilled. This result obtained from the study is also consistent with other study results examined in the literature (Mastekaasa, 1992; Shek, 2001; Kim & McKenry, 2002; Hawkins & Booth, 2005; Whisman et al., 2006; Helms & Buehler, 2007; Neff & Broady, 2011; Carr et al., 2014; Mohammed, 2016; Margelisch, et al., 2017; Perelli-Harris et al., 2019; Tadic, 2020; Toghraie et al., 2023).

Sen, C. B., Bulut Serin, N. & Karagülmez, K. (2024). Spouse burnout and marriage satisfaction in married individuals: The mediating role of psychological well-being. *Batı Anadolu Eğitim Bilimleri Dergisi, 15(2)*, 1266-1284.

DOI. 10.51460/baebd.1465197



When the coefficients are examined for the total effect, it is seen that spouse burnout (X) has a high degree and negative effect on marriage satisfaction (Y). Similarly, it is seen that the condition that the independent variable should be effective on the dependent variable. This result obtained from the study is consistent with other studies scanned in the literature (Randall & Bodenmann, 2009; Falconier et al., 2015; McNulty et al., 2021).

When spouse burnout (X) and psychological well-being (M) are taken together, it is seen that the model created within the scope of the analysis is significant. When the PROCESS v.4.2 module is operated and the effect of X on Y is examined, it is seen that the p value does not increase ($p < .001$). This shows that the mediation variable is not a full mediation, but plays a partial mediation role.

When the indirect effect was examined, the effect of psychological well-being was found to be statistically significant. With this result, it was determined that the negative effect of spouse burnout on marital satisfaction decreased with the partial mediating role of psychological well-being. Although the psychological well-being scores of the participants are not high, it can be said that it positively affects marital satisfaction by partially mediating and reducing the negative effects of spouse burnout.

As a result, a significant relationship was found between spouse burnout, psychological well-being and marital satisfaction in married individuals. It appears that psychological well-being has a positive partial mediating role in the relationship between spouse burnout and marital satisfaction. In other words, it can be interpreted that psychological well-being reduces spouse burnout and positively increases marital satisfaction with a partial mediator role. However, considering the many variables that increase and decrease marital satisfaction and spousal burnout, it may not be sufficient to rely only on the mediating role of the psychological well-being variable to obtain positive results. Planning future studies on other mediating variables that increase marital satisfaction and reduce spouse burnout can be considered an important recommendation from this research. Practitioners should look at the family holistically in family studies and make professional interventions by making more use of mediating variables while solving problems. The results of scientific studies on this subject should be added to the education curriculum, allowing the training of better practitioners in this field. The relatively high education and income levels of the participants can be considered as a limitation of the study in that it reduces the heterogeneity of the study. In future studies, it may be recommended to conduct face-to-face research with participants whose education and income levels are more heterogeneous.



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