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The association between mindfulness in marriage and marital adjustment: The mediating role of marital problem solving*

Zülal Nur Almasarani¹, and Orkide Bakalım^{2c}

¹ İzmir Demokrasi University, Faculty of Education, Department of Guidance and Psychological Counseling, İzmir, Türkiye.

² İzmir Demokrasi University, Faculty of Education, Department of Guidance and Psychological Counseling, İzmir, Türkiye.

^c **Correspondence Author:** Orkide Bakalım, Faculty of Education, Department of Guidance and Psychological Counseling, İzmir Demokrasi University, İzmir, Türkiye; orkide.bakalim@idu.edu.tr

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Highlights:

- Mindfulness in marriage and marital adjustment are positively correlated.
- Mindfulness in marriage and marital problem-solving show a positive correlation.
- Marital problem-solving and marital adjustment are positively correlated.
- Marital problem-solving mediates the relationship between mindfulness in marriage and marital adjustment

Abstract

This research examines the mediating role of marital problem-solving in the relationship between mindfulness in marriage and marital adjustment in married individuals. The study participants consisted of 422 individuals who have been married for at least one year, reside in various regions of Turkey, and voluntarily agreed to participate in the research. While collecting the data for the research, the Personal Information Form, Mindfulness in Marriage Scale, Marital Adjustment Scale, and Problem Solving in Marriage Scale were used. While analyzing the research findings, bootstrapped mediation analysis was applied to examine the mediation model. Results indicated that marital problem-solving was a significant mediator in the link between mindfulness in marriage and marital adjustment in married individuals. The findings obtained in this research were interpreted in line with the literature, and suggestions were presented for researchers and practitioners.

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1. Introduction

Marriage is a social structure that ensures the next generation's survival, establishes reciprocal responsibilities, and facilitates essential life activities like becoming a parent and having children (Özabacı & Erkan, 2014). Achieving and maintaining marital adjustment becomes crucial to ensure marital longevity and satisfaction because marriages are typically expected to last a lifetime (Şentürk, 2013; Gürsoy, 2022). The marital adjustment refers to the ability of spouses with different personalities to adapt to the changing conditions of life together, to solve their problems through compromise, to communicate well, and to complement each other in achieving their goals (Spanier, 1976). For this reason, couples need to develop cognitive and behavioral skills that will aid them in their marriages. Therefore, understanding the dynamics that enhance marital adjustment is significant in the context of long-term relationship satisfaction.

Effective problem-solving, including constructive and empathetic conflict resolution, is another crucial factor for maintaining healthy relationships (Bayraktaroğlu & Çakıcı, 2013; Fincham & Beach, 2010). A positive attitude towards challenges can lead to successful partnerships (Yılmaz & Mamirova, 2018). Bayraktaroğlu & Çakıcı (2013) found that problem-solving abilities are the most significant predictor of marital adjustment.

Another important component that influences the quality of problem-solving in marriage is mindfulness. Spouses must focus on the current situation while using problem-solving skills and not blaming their partners for past behaviors. This approach is directly related to the concept of mindfulness, which is another significant variable associated with marital adjustment. Mindfulness involves being fully aware of the present moment without judgment, and individuals who practice mindfulness in their marriages are more attuned to their partner's needs and emotions (Kabat-Zinn, 2005). As these individuals stay grounded in the present, they can constructively navigate conflict, enhancing marital harmony (Brown, Ryan, & Creswell, 2020; Guendelman et al., 2017). Consequently, marriage mindfulness may improve problem-solving skills and strengthen overall marital adjustment.

1.1. Mindfulness in Marriage

Mindfulness denotes being aware of what one is experiencing, living in each moment, and accepting it (Kabat-Zinn, 2005). Some research findings have confirmed that mindfulness is a factor that increases the quality of the relationship between husband and wife in marriage (Bögels et al., 2010; Duncan, 2007; Kohlenberg et al., 2015; Pratscher et al., 2018; Burpee & Langer, 2005). In marriage, mindfulness helps improve emotional interactions between partners, leading to constructive outcomes for both individuals and the relationship. When couples are mindful of each other's emotions and needs, their communication improves, fostering deeper emotional intimacy and mutual understanding. This concept is often called mindfulness in marriage (McGill et al., 2016; Gambrel & Keeling, 2010).

Studies have investigated the role of mindfulness between couples and have consistently shown that mindfulness makes a significant contribution to intimate relationships (Barnes et al., 2007; Burpee & Langer, 2005; Wachs & Cordova, 2007). In such relationships, mindfulness is positively associated with relationship satisfaction, reduced relationship stress, partner acceptance, and empathy (Barnes et al., 2007; Pruitt & McCollum, 2010; Wachs & Cordova, 2007). Consequently, the concept of mindfulness has entered the scope of family and couple counseling because of how it affects the individual's ability to express his or her emotions, to cope with complex emotions, and to develop feelings of love, respect, mercy, and compassion by establishing healthy communication with the other person (Barnes et al., 2007; Gehart & McCollum, 2007; Dunn et al., 2012; Kozłowski, 2013).

Consequently, mindful individuals are adept at connecting with themselves and directing their attention toward their actions (Brown & Ryan, 2003). This ability helps them remain current and develop practical solutions while establishing interpersonal relationships. Moreover, mindfulness enables couples to make healthier decisions and contributes to resolving problems, promoting more significant adjustment within the marriage (Kabat-Zinn, 2005).

1.2. Marital Problem Solving

In a healthy marital relationship, harmony, effective communication, and getting along with the spouse are important (Robinson & Blanton, 1993). Some researchers agree that communication is necessary for resolving interpersonal problems (Gottman, 1979; Noller et al., 1997). When a problem arises, one or both partners should express their feelings and thoughts regarding the problem and offer suggestions on how it should be solved. Effective communication is widely recognized as a core mechanism for resolving interpersonal problems, and recent research emphasizes its role in managing conflict within marriage (Gottman, 1979; Noller et al., 1997; Bradbury et al., 2020). When a problem arises, one or both partners must express their feelings and thoughts about the issue and offer suggestions for resolution.

Problem-solving strategies are generally classified as constructive or destructive, depending on their impact on the relationship and their ability to facilitate conflict resolution (Gottman, 1994). Constructive problem-solving behaviors include identifying the problem, offering solutions non-judgmentally, providing positive feedback, and being open to each other's perspectives (Halford & Markman, 2017). These strategies emphasize persuasive techniques rather than threats and criticism. By fostering mutual understanding and empathy, constructive responses to conflict build emotional closeness and create a supportive environment where couples can handle issues together (Noller et al., 1997; Burleson & Goldsmith, 1998; Lavner et al., 2020).

In contrast, destructive behaviors are highly damaging and critical, including criticizing, blaming, complaining, and humiliating the partner. Destructive behaviors increase negativity and disrupt couples' problem-solving efforts, driving a wedge between partners and making them feel unsupported. This significantly reduces the likelihood of finding a constructive solution (Burleson & Goldsmith, 1998; Gottman, 1994). In other words, destructive behaviors focus on criticizing and blaming others rather than offering possible solutions to the problem at hand (Cast et al., 2006). The more extended negative communication continues, the more difficult it becomes for couples to reach a consensus (Vuchinich, 1987).

Studies consistently show that communication is more effective when partners avoid accusatory, critical, or belittling speech (Gottman & Levinson, 1988; Noller et al., 1997). Furthermore, recent findings emphasize the role of positive communication strategies in preventing conflict escalation and improving long-term marital satisfaction (Timmons et al., 2021; Lavner et al., 2020).

1.3. Marital Adjustment

As social beings, humans can adapt. Adaptation is showing a behavioral pattern in accordance with the changes in the environment (Kowsar & Rahim, 2019). People can live most happily and healthily when they can adapt to the society in which they live. Since marriage is often part of this life, finding a way to live harmoniously with a spouse is important. Marital adjustment is defined as the degree to which one spouse's behavior aligns with the expectations of the other (Şentürk, 2013). Couples who demonstrate high levels of marital adjustment can reach agreements on issues and resolve conflicts constructively (Erbek et al., 2005). In such families, roles are well-defined, and family members develop trust in themselves and each other.

While communication is essential to marital relationships, effective communication is critical in fostering mutual understanding and strengthening marital harmony by bringing spouses closer together (Şener & Terzioğlu, 2008). Studies have consistently shown that problem-solving styles (Karney & Bradbury, 1995), empathetic communication, and respectful, open dialogue significantly contribute to marital adjustment (Tili & Barker, 2015). In Turkish literature, problem-solving skills are frequently cited as one of the primary factors influencing marital adjustment (Hatipoğlu, 1993; Hasta, 1996; Erbek et al., 2005; Güven & Sevim, 2007). Research has indicated that when couples possess strong problem-solving abilities, they are more likely to experience higher levels of marital satisfaction and contribute to marital harmony (Gürsoy, 2004). These findings highlight that couples who can discuss issues without disregarding their partner's needs and pay attention to their language and behavior during conflict

resolution tend to have healthier relationships. Similarly, a study by Bayraktaroğlu & Çakıcı (2013) found that conflict resolution skills are the strongest predictor of marital adjustment. More recent studies confirm these findings by emphasizing the importance of adaptive communication and conflict resolution in sustaining long-term marital satisfaction. Couples who effectively manage conflicts and communicate empathetically are less likely to experience marital distress (Lavner et al., 2020). These findings reinforce that problem-solving skills and respectful communication remain vital in predicting marital adjustment and ensuring relationship stability.

1.3. Present Study

This research examines the mediating role of marital problem-solving in the relationship between mindfulness in marriage and marital adjustment. Upon examining the literature, it was noted that there were dual studies on these concepts (Deniz et al., 2017; Batık & Kalkan, 2017; Parlar & Akgün, 2018), but no study was found in which all three variables were studied together. The significance of this study stems from its potential contributions to the domains of relationship counseling and psychological interventions. Mindfulness-based therapies are gaining popularity as powerful techniques for enhancing emotional regulation and conflict resolution. However, while mindfulness has been examined in intimate relationships, the mediation role of marital problem-solving in mindfulness and adjustment has yet to be thoroughly investigated. This study could provide new insights into how couples can be assisted in their marriages by combining mindfulness and problem-solving strategies. Counselors and therapists can design more targeted ways to increase marital satisfaction and decrease marital conflict by knowing how these variables interact (Moghadasali et al., 2021). In light of this information, the present study examined the mediating role of marital problem-solving in the correlation between mindfulness in marriage and marital adjustment. For this purpose, the following hypotheses were formulated:

H1: Mindfulness in marriage is positively linked to marital adjustment.

H2: Mindfulness in marriage is positively linked to marital problem-solving.

H3: Marital problem-solving is positively linked to marital adjustment.

H4: Marital problem-solving mediates the relationship between mindfulness in marriage and marital adjustment.

Figure 1 presents the hypothesized model. As seen in the figure, we hypothesized that higher levels of mindfulness in marriage would promote higher levels of marital problem-solving and marital adjustment.

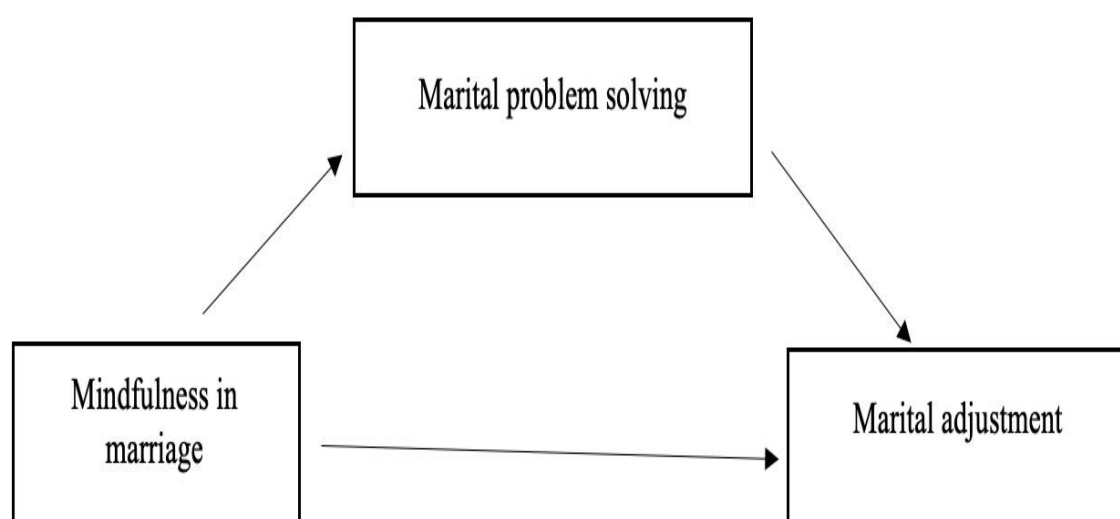


Figure 1: The hypothesized model

2. Method

Regarding the study, information about participants, data collection tools, and procedures are given in this section.

2.1. Research Design

The current study aimed to examine the links between mindfulness in marriage, marital problem-solving, and marital adjustment, emphasizing the role of marital problem-solving as a mediator in the relationship between the two. As a result, a correlational research design was chosen. This design is conceptualized "to determine relationships between two or more variables and to explore their implications for cause and effect," making it the most appropriate model for this research (Fraenkel et al., 2012).

2.2. Participants, Procedure, and Ethical Considerations

The participants in this study were individuals residing in various cities across Turkey who had been married for at least one year and voluntarily agreed to participate. A convenience sampling method was employed to recruit the participants, allowing for the inclusion of easily accessible and nearby individuals, which enhanced both the speed and practicality of the study (Yıldırım & Şimşek, 2016). When determining the sample size, the requirement was that the number of participants should be six times the number of items in the scales (Tabachnick & Fidell, 2013). The total number of items in the scales used in this study was 36, meaning the minimum required number of participants was 216 ($36 \times 6 = 216$). In conclusion, the study participants comprised 422 married people, 221 female (52.4%) and 201 male (47.6%). 29.9% of the participants had been married between 1 and 9 years, 37.0% between 10-19 years, 28.0% between 20-29 years, and 5.2% for 30 years or more.

First, the necessary permissions were obtained to use the data collection tools in the research. After, the ethics committee permission was obtained from İzmir Democracy University Social and Human Sciences Ethics Committee (2021/08-03). The data was obtained from adult married individuals living in Turkey. Convenience sampling was used to get the data for the study. After obtaining usage permission, the scales and personal information form were uploaded to an internet portal. Upon clicking the shared link, participants were first taken to the informed consent page, which included details regarding volunteering, confidentiality, and the study's goal. The scales within the study's parameters were accessible to anyone who read the consent form and checked the box "I agree to participate in the study." The scales and the personal information form took roughly twenty minutes to complete.

2.3. Measures

2.3.1. Personal Information Form

The researchers designed this to collect information regarding the participants' age, gender, education level, socioeconomic status, years of marriage, and number of children.

2.3.2. Mindfulness in Marriage Scale

The Mindfulness in Marriage Scale, developed by Erus & Deniz (2018), was used to measure the levels of interpersonal mindfulness within marriage. It consists of 12 items and is rated with a 5-point Likert type. The highest score that can be obtained from the scale is 60, and the lowest score is 12. Exploratory and confirmatory factor analyses of the scale were conducted, and the internal consistency coefficient was found to be .87 (Erus & Deniz, 2018). Within this research's scope, the scale's reliability coefficient was found to be .84.

2.3.3. Marital Problem-Solving Scale

Baugh et al. (1982) developed the Marital Problem-Solving Scale, which measures spouses' problem-solving abilities in marriage. The scale was adapted into Turkish by Hünler (2002). Validity and reliability studies were conducted by Hünler and Gençöz (2005). The scale consists of 9 items and has a

7-point Likert-type rating. Unlike the original form, the 7-point Likert type rating was changed to the 5-point Likert type in the adaptation form. The highest score on the scale can be 45, and the lowest score can be 9. The internal consistency coefficient of the original scale was calculated as .95. The test-retest correlation was calculated as .86. As a result of Hünler and Gençöz's study (2005), the internal consistency coefficient of the scale was calculated as .91, and the Cronbach alpha reliability coefficient was calculated as .93. Within the scope of this research, the reliability coefficient of the scale was found to be .92.

2.3.3. Marital Adjustment Scale

The Marital Adjustment Scale, developed by Locke and Wallace (1959), measures the marital harmony of married individuals. Validity and reliability studies in Turkey were conducted by Tutarel-Kışlak (1999). The scale comprises two factors. The first factor includes nine items related to general harmony and agreement in emotions, sexuality, and social norms. The second factor consists of six items that pertain to relationship styles, such as leisure activities, conflict resolution, and trust. High scores on the items in the first factor indicate a firm agreement with one's spouse, while high scores on the second factor suggest a positive relationship style in marriage. The maximum score possible on the scale is 58, and the minimum score is 0. Marriages are considered harmonious when individuals score above 43.5, whereas those with lower scores are viewed as incompatible. In the original version of the scale, the internal consistency coefficient is .90, and the reliability coefficient is .84 (Locke & Wallace, 1959). When translated into Turkish, the internal consistency coefficient of the scale was found to be .84 (Tutarel-Kışlak, 1999). In the scope of this research, the scale's reliability coefficient was determined to be .86.

2.4. Data Analysis

Descriptive statistics were calculated using SPSS 24 (IBM Corp., 2015) to determine the participant characteristics, the internal consistency of the study's scales, and the relationships between the variables. Kolmogorov-Smirnov and Shapiro-Wilk tests, skewness, and kurtosis values were used to analyze indicators of normal distribution. The correlation between mindfulness in marriage, marital problem-solving, and marital adjustment was obtained by calculating the Pearson Product Moment Correlation coefficient. The mediating role of marital problem-solving in mindfulness-marital adjustment was tested by Preacher & Hayes's (2008) bootstrapping method for detecting total and specific indirect effects. Parameter estimates were computed using bootstrapping with 10,000 re-samples for the total and the specific indirect effects. If there is no zero in the 95 bias-corrected confidence interval, the indirect effect via the mediator in the model is deemed significant (Preacher & Hayes, 2008).

3. Results

The findings of the mediation analysis, which considers marital problem-solving a potential mediator variable in the relationship between mindfulness in marriage and marital adjustment, are shown in Table 2. As Mackinnon et al. (2004) stated, the indirect effect will not be significant if zero is within the confidence interval. The fact that the confidence interval values in the table do not contain 0 (zero) shows that the indirect effect is significant. Mindfulness in marriage alone predicted marital problem-solving at a statistically significant level ($\beta = 1.03$, $t = 18.79$, $p < .001$), and as a result of this analysis, mindfulness in marriage alone predicted 46% of the total variance of marital problem-solving. It was observed that mindfulness in marriage alone predicted 44% of the variance of marital adjustment ($R^2 = .44$, $p < .001$) at a statistically significant level ($\beta = .74$, $t = 18.06$, $p < .001$). Similarly, marital problem solving, considered a mediator variable, predicted 64% of the variance of marital adjustment ($R^2 = .64$, $p < .001$), considered as a predictive variable, at a statistically significant level on its own ($\beta = .45$, $t = 7.56$, $p < .001$). Regression analysis was conducted simultaneously with the total mindfulness in marriage score, which we regarded as a predictor variable, and marital problem solving, which we regarded as a mediator variable. Our predicted variable, marital adjustment, was found to be significant, accounting for 63% of the total variance in a statistically significant manner ($R^2 = .63$, $p < .001$). In Figure 2, the mediation model is displayed.

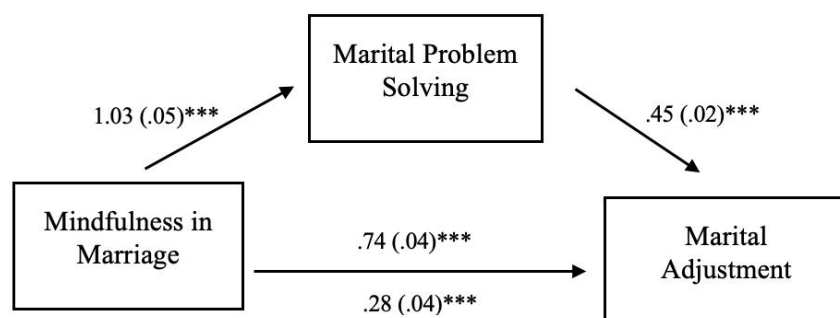


Figure 2. Analysis of the mediating role of marital problem-solving in the association between mindfulness in marriage and marital adjustment.

3.1. The Finding of Preliminary Analyses

In the data analysis, outliers, missing values, skewness, and kurtosis values were initially examined. No missing values were found since the participants completed the data without any omissions. Kolmogorov-Smirnov and Shapiro-Wilk tests were examined to test normality. Accordingly, the Kolmogorov-Smirnov and Shapiro-Wilk test results were statistically significant ($p < .05$). This result shows that the data were not normally distributed. Therefore, the kurtosis and skewness values of the scales were examined. The values obtained are presented in Table 1.

Table 1. Normality, skewness, and kurtosis analysis results for the scales

Scales	Kolmogorov-Smirnov			Shapiro-Wilk			Skewness		Kurtosis	
	Statistics	sd	p	Statistics	sd	p	Coefficient	Se	Coefficient	Se
Mindfulness in Marriage	.060	422	.001	.983	422	.000	.03	.23	-.40	.11
Marital Adjustment	.084	422	.000	.958	422	.000	.91	.23	-.83	.11
Marital Problem-Solving	.104	422	.000	.948	422	.000	.07	.23	-.72	.11

Tabachnick and Fidell (2013) state that the data are normally distributed because the skewness and kurtosis values are within ± 1.5 . Examining the obtained values leads to the conclusion that the data satisfy the assumption of a normal distribution.

The results of the correlation analysis revealed the relationship between variables within the scope of the research. The findings showed that there were significant correlations between all variables. It was determined that there was a significant and positive correlation between mindfulness in marriage and marital problem-solving, a significant and positive correlation between mindfulness in marriage and marital adjustment, and a significant and positive correlation between marital problem-solving and marital adjustment. The bivariate correlations, means, and standard deviations for the study variables are presented in Table 2.

Table 2. Correlations between variables

	Mindfulness in Marriage	Marital Adjustment	Marital Problem-Solving
Mindfulness in Marriage	-		
Marital Adjustment	.66*	-	
Marital Problem Solving	.67*	.77*	-
Mean	4.07	2.80	3.95
Standard deviations	0.49	0.56	0.75

* $p < 0.01$

Afterward, a mediation model, namely the relationship between mindfulness in marriage and marital adjustment as mediated by marital problem solving, was tested through Preacher & Hayes' (2008)

bootstrapping methods for detecting total indirect effects and direct effects. The findings obtained are presented in Table 3.

Table 3. Analysis of the mediating role of marital problem-solving in the association between mindfulness in marriage and marital adjustment.

Model Paths	Coefficient	%95 BC Confidence Interval	
		Lower	Upper
<u>Direct Effect</u>			
Mindfulness in Marriage → Marital Problem Solving	1.03	.918	1.13*
Mindfulness in Marriage → Marital Adjustment	.74	.665	.827*
Marital Problem-Solving → Marital Adjustment	.45	.386	.503*
<u>Indirect Effect</u>			
Mindfulness in Marriage → Marital Problem-Solving → Marital Adjustment	.46	.369	.554*

Notes: N = 422. BC = Bias-corrected *p < .05.

4. Discussion

The current study explored the relationship between mindfulness in marriage and marital adjustment, testing the mediating role of marital problem-solving.

Previous findings have consistently shown that mindfulness in marriage is significantly associated with marital problem-solving (Bohn & Mosmann, 2020; Parlar & Akgün, 2018). Gesell et al. (2020) concluded that practicing mindfulness increases the likelihood of communicating with a spouse, considering issues, and looking for solutions to improve the relationship. Similarly, Langer & Moldoveanu (2000) found that individuals' mindfulness levels contribute to their problem-solving skills. However, when operating with a mindful attitude, spouses react more positively to each other and experience fewer problems (Burpee & Langer, 2005). Thus, this study contributed to the existing literature by strengthening the link between mindfulness in marriage and marital adjustment in a Turkish sample.

The second finding of the research is that there is a positive and significant correlation between mindfulness in marriage and marital adjustment. In other words, participants with high levels of mindfulness in marriage also exhibit high marital adjustment. There are findings in the literature that show positive and significant relationships between mindfulness in marriage and marital adjustment (Parlar & Akgün, 2018; Erus & Deniz, 2018). In addition, couples' awareness of each other's needs and understanding of their emotions is called mindfulness in marriage, and the contribution of this concept to marital adjustment has been supported by research (Barnes et al., 2007; Burpee & Langer, 2005; Wachs & Cordova, 2007). According to this finding, spouses' awareness of the present moment increases their level of mindfulness and thus increases the harmony between spouses. Spouses aware of their responsibilities support each other by assuming their responsibilities in marriage to achieve harmony more easily (Wachs & Cordova, 2007).

The third finding of the research shows a positive and significant correlation between marital problem-solving and adjustment. According to this finding, marriages of couples who rate their problem-solving skills in marriage as high tend to be more harmonious. Several studies indicate positive and significant relationships between marital problem-solving and adjustment (Lawrence et al., 2008; Halford & Markman, 1997; Deniz, 2020). Halford and Markman (1997) attributed marital harmony to the spouses' ability to constructively solve problems and maintain positive feelings and thoughts toward each other. In his study, Gürsoy (2004) found a positive relationship between problem-solving and marital adjustment. He also stressed that even if couples' marriages are harmonious, conflicts may arise, and how individuals resolve these conflicts matters. Taşköprü (2013) concluded that as individuals' problem-solving skills improve, their marriages become more harmonious and of higher quality.

The last finding of the study showed that marital problem-solving had a significant mediator role in the relationship between mindfulness in marriage and marital adjustment. The problem-solving abilities of couples with high levels of mindfulness in marriage are high, and in accordance with this result, the marital adjustment of the couples is also high. No other research has been found in which problem-solving skills in marriage play a mediating role in the relationship between mindfulness and marital

adjustment. The married person who recognizes the feelings and needs of their partner is considered consciously aware of the relational dynamics at play. For this reason, a person who notices and understands their partner's feelings and thoughts during an argument can behave appropriately. Thus, by factoring this into their relationship, individuals can better adapt to each other in marriage. In this study, the relationship between mindfulness in marriage and marital adjustment became more meaningful when the problem-solving variable in marriage was included in the analysis. It can be said that mindfulness in marriage contributes to marital problem-solving; marital problem-solving also contributes to marital adjustment. In this respect, marital problem-solving mediates between mindfulness in marriage and marital adjustment.

5.1. Implications for theory and practice

The present study contributes to the relevant literature on the association between mindfulness in marriage and marital adjustment, with marital problem-solving as a mediating role. Upon examining the literature, it was observed that there have been dual studies on these concepts (Batk & Kalkan, 2017; Parlar & Akgün, 2018), yet no research has investigated all three variables. Furthermore, studies on mindfulness have predominantly focused on university students, analyzing the effects of mindfulness-based interventions on various variables. However, it is important to note that relatively few studies address mindfulness in marriage (Erus & Deniz, 2018; Parlar & Akgün, 2018). While many studies have explored problem-solving skills, it is noteworthy that only a few studies have examined problem-solving within the context of marriage in Turkey (Batk & Kalkan, 2017; Yılmaz & Mamirova, 2018; Hünler & Gençöz, 2005). Therefore, investigating problem-solving skills in marriage, which impacts marital adjustment, is believed to enhance the literature.

5.2. Limitations and directions for future research

Along with the strengths of the current study, there are also some limitations. Firstly, because the study is a relational survey model, it does not allow for establishing cause-effect relationships between variables or obtaining information on changes over time. However, longitudinal studies can be conducted to obtain information on such changes and development. Another limitation of the current study is that the findings obtained from the research are based on data from the participants' self-reports. This may make a difference because the participants may not be able to answer precisely correctly. The concepts of mindfulness in marriage, marital adjustment, and marital problem-solving, which are the subjects of the study, are based on participant perception. Because of this, similar studies can be conducted with more accurate measurement tools and methods, such as structured scales measuring mindfulness in marriage, marital adjustment, and marital problem-solving, or with evaluation by professionals in an appropriate field. Finally, the current study's findings may pioneer establishing and maintaining healthy marriages, increasing the awareness of married couples, and developing models for developing quality relationships.

5. Conclusion

Married individuals need to focus on the present moment and consider their partner's situation to alleviate the problems experienced in the marriage. Although the mindfulness levels of individuals who achieve this are high, it has been observed that they also reach a higher level of satisfaction in their bilateral relationships (Kabat-Zinn, 2005). Couples with high marital adjustment get more satisfaction from their marriage and make decisions that will please both parties while solving their problems (Göknar, 2011; Hünler & Gençöz, 2005). In addition, mental health professionals who support individuals in developing and maintaining healthy and quality relationships can benefit from the empirical results reported in this study. Based on the results, the level of mindfulness in marriage stands out as a concept that will be beneficial to study in interventions to increase marital adjustment. Interventions that increase mindfulness in marriage can be included in therapy to increase marital adjustment. Individuals' problem-solving skills in marriage can be supported through interventions that increase marital adjustment. In research and studies on family counseling, it would be helpful to consider the variables of problem-

solving and mindfulness in marriage that affect marital adjustment. Individuals can be prepared for marriage by considering their problem-solving skills and mindfulness levels before marriage.

Statement of Researchers

Researchers' contribution rate statement:

Zülal Nur Almasarani: Conceptualization, Investigation, Resources, Writing. **Orkide Bakalim:** Data curation, Formal analysis, Methodology, Project administration, Software, Supervision, Validation, Writing – review & editing.

Conflict statement:

The authors declare that they have no conflict of interest.

Data Availability Statement: The data supporting this study's findings are available from the corresponding author upon reasonable request.

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Author Biographies

Zülal Nur Almasarani graduated from the Department of Psychological Counseling and Guidance at the Middle East Technical University Northern Cyprus Campus in 2020. She finished her thesis titled "The mediating role of marital problem solving in the relationship between mindfulness in marriage and marital adjustment" and graduated from her master's degree at Izmir Democracy University in the same department. She received her Family Counseling training from Marmara University. She completed her "Play Therapy" training at Istanbul University. She holds her face-to-face and online sessions at the "Yeni Nesil Psychological Counseling Center", which she founded in May.

Orkide Bakalim is a Professor at the Faculty of Education, Department of Guidance and Psychological Counseling, at Izmir Democracy University, Turkey. Before her academic career, she worked as a school counselor in various schools for 11 years. She conducts research and practices on psychodrama and mindfulness. Additionally, she is a proud member of the Turkish Psychological Counseling Association and the Uzbek Psychodrama Institute.

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