

The prediction of marital adjustment of married women based on their meta-cognition beliefs

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Abstract:

Introduction: Marital adjustment is one of the most important factors in achieving common life goals and is influenced by various factors, including beliefs of individuals. Therefore, the purpose of this study was to predict marital adjustment based on meta-cognitive beliefs in married women.

Methods: The research method was descriptive-correlation. The statistical population consisted of married women working in the health centers of eastern Tehran in 1395. Three hundred and twenty participants were selected by simple random sampling and Locke-Wallace Revised Marital Adjustment Test by Freeston and Plechaty (1997) and a short form of the Metacognitions Questionnaire (Wells and Cartwright-Hatton, 2004).

Results: Multiple hierarchical regression analysis was used to analyze the data. The findings suggested that among the components of meta-cognitive beliefs, positive beliefs about worry predict marital adjustment, positively. Beliefs about uncontrollability and danger of worry and lack of cognitive confidence predict marital adjustment in married women, negatively

Conclusions: Ineffective meta-cognitive beliefs play an important role in the marital adjustment of married women. Hence, family counselors and therapists can focus on modifications ineffective meta-cognitive beliefs to increase marital adjustment and consolidate the foundation of the family.

Keywords: *Marital Adjustment, Metacognitive Beliefs, Married Women*

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