

## **The role of psychological flexibility and emotion dysregulation in predicting marital infidelity among married women in Rasht**

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### **abstract**

The purpose of this research is The role of psychological flexibility and emotion dysregulation in predicting marital infidelity among married women in Rasht and the research is practical in terms of purpose and descriptive in terms of research method. It is correlation. The statistical population of the research is all women referring to psychological clinics in Rasht city and the number of samples using the non-probability sampling method available with the limited Cochran formula is 336 people. It was determined. Data collection tool, cognitive flexibility questionnaire, Dennis and Vanderwal (2010), questionnaire Marital infidelity tendency was Mark Watley (2008) and the Dysregulated Emotion Questionnaire by Gross (2003), data with Using correlation coefficient and simultaneous regression in statistical software Analyzed by SPSS 24 they took the findings showed that there is a positive relationship between psychological flexibility and the tendency of married women to commit marital infidelity and has meaning ( $P = 0.01$ ) and emotional dysregulation with a tendency to infidelity in married women has a negative and meaningful relationship has ( $P = 0.01$ ) and psychological flexibility and emotion dysregulation in predicting women's tendency to commit marital infidelity married has a role ( $P = 0.001$ ). According to the results, it can be concluded that

psychological flexibility It can reduce the tendency to adultery among married women in Rasht city .

**Keywords:** Marital infidelity, psychological flexibility, emotion dysregulation

### **Introduction**

The family is always considered as one of the effective environments in the physical and mental health of a person (Fadai Moghadam et al., 1401). One of the factors that challenge family health is marital infidelity. Marital infidelity is defined as a violation of the sexual agreement between a couple (Rezapour Mirsaleh et al., 1400). Although emotional and sexual loyalty plays an important role in strengthening relationships and is a key norm in arranging marriage is considered, marital infidelity potentially contributes to the dissolution of marital relations (Gasadi et al., 2019). Studies conducted in America have shown that 21% of men and 11% of women during their lifetime They commit adultery. Women have estimated men's involvement in marital infidelity at 80 to 98 percent Men have stated that 70 to 90 percent of women cheat on their wives. Betrayal of the wife at first glance It seems like an individual, but considering the unfor equences and is bad consequences that the institution of the family and raising children as well It disturbs the health and safety of the society, we should consider this problem as one of the serious and hidden damages. Let's count social. Therefore, a scientific study to identify the factors and variables related to this problem must be avoided It is unacceptable (<sup>1</sup>Toplu-Demirtaş & Fincham, 2020). About 40% of people who are divorced in America report have been involved in extramarital relationships at least once during their married life (<sup>2</sup> London & Hoy, 2021), Loneliness, anxiety, love and freedom are existential concerns that have theoretical and experimental backgrounds Najir Yenisiri and Kokdemir (2006);

Kalantarkousheh<sup>3</sup> (2012); Lantz & Gregoire<sup>4</sup> (2000); Daei Jafari, Aghaei & Rashidi Rad<sup>5</sup> (2020) have confirmed their effect on marital relationship .

Studies have shown that women with emotional Dysregulation<sup>6</sup> They have experienced marital infidelity and it is evidence of it that there are deep changes in the view of these people towards married life and love, and they are often drowning in crisis are existential problems, crises that facilitate their orientation to extramarital relationships (Selterman, Garcia and Tsapalis<sup>7</sup>, 2019). A person who suffers from emotional dysregulation, his ability to recognize, respond and manage the range.

<sup>1</sup> Toplu-Demirtaş & Fincham

<sup>2</sup> London & Hoy

<sup>3</sup> Kalantarkousheh

<sup>4</sup> Lantz & Gregoire

<sup>5</sup> Daei Jafari, Aghaei & Rashidi Rad

<sup>6</sup> Dysregulation

<sup>7</sup> Selterman

E of emotions will be in trouble (Kothgassner<sup>8</sup> al., 2019). Dysregulation of excitement in different ways Inconsistent in responding to emotions, including deficits in understanding and effectively using emotions and adjusting emotions and excitement refers (Gratz<sup>9</sup> al., 2018). Emotional dysregulation is one of the strongest risk factors for developing psychological problems in people (Moreira& Canavarro<sup>10</sup>, 2020). Other researches such as Momeni, Kerami and Hawizadegan (1398) and Adib (1396) identified one of the factors affecting the tendency of spouses to commit marital infidelity, the inability to Management of emotions, they said, Emotion regulation is the ability to monitor, evaluate, understand and correct emotional reactions to It refers to the ways that are beneficial for normal functioning and includes the process through which people. their emotions either consciously or unconsciously by means of

modifying experiences or through those people who are called to be excited It is regulated (Polk et al., 2018). Excitement malregulation leads to maladaptive strategies in response to experiences It refers to emotional states of people (Yazdi et al., 2018), Burns, Cova, Weiridon, Lim, and Coppens (2013) found that the use of strategies related to emotional dysregulation leads to a decrease in positive emotions and an increase Negative emotions in people. Research by Karami, Rakhi, Mohammadi and Haqshanas (2016) on some negative emotions Like aggression and depression, there is a positive relationship with attitudes towards marital infidelity, and they stated that expressing Emotions and getting feedback from the spouse are the most effective factors on marital relations. Azhar, Abbas, Wenhong, Akhtar & Aqeel<sup>11</sup> (2018) showed that couples who commit adultery have more negative emotions, including They experience stress, anxiety and depression. Filipovic<sup>12</sup> and lee<sup>13</sup> and Leerset al. (2015) in studies They showed that emotional dysregulation is related to marital infidelity .

In this regard, Timm & Blow<sup>14</sup> (2018), believe that it is necessary to maintain and grow the relationship in which the betrayal happened Couples have access to resources. One of these very powerful resources is cognitive flexibility, flexibility Psychological acceptability is a component of well-being and daily performance (Lakin<sup>15</sup> al., 2023). Psychological flexibility or

<sup>8</sup> Kothgassner

<sup>9</sup> Gratz

<sup>10</sup> Moreira& Canavarro

<sup>11</sup> Azhar, Abbas, Wenhong, Akhtar & Aqeel

<sup>12</sup> Filipovic

<sup>13</sup> lee

<sup>14</sup> Timm & Blow

<sup>15</sup> Lakin

The ability to respond flexibly to psychological events is possible with

people's preferences in front of experience, their attachment to their experience and motivation for effective actions (Watson<sup>16</sup>, 2023). Cognitive flexibility is an ability. is that it can be learned, in other words, it can be acquired through experience. Khazal and Babai studies. (2019) show that spouses who have seen betrayal and have higher cognitive flexibility desire They are less likely to divorce. In fact, the existence of cognitive flexibility can play a very positive role in married life to create and heal the wounds of couples (Khorshidi and Dasht Bohori, 2018). People who are capable They have flexible thinking, use alternative explanations, and positively frame their thinking They rebuild and accept stressful situations compared to people who have less flexibility Psychologically, they have higher resilience (Salehi et al., 1400). According to the mentioned points, research Presenter tries to answer the question between The role of psychological flexibility and emotion dysregulation in predicting marital infidelity among married women in Rasht ?

### **Research method**

Because the present study focused on The role of psychological flexibility and emotion dysregulation in predicting marital infidelity among married women in Rasht, based on research classification according to purpose, applied research It depends on the type of descriptive research and correlational research. The statistical population includes women referring to the renter Counseling of Gilan University; Goya Psychology Clinic; and Bahar Counseling Center were using sampling method Targeted and Cochran's formula, 336 people were selected as a sample. In this research, to collect data.. The questionnaire was used :

Dennis and Vanderwaal cognitive flexibility questionnaire (CFI)

Dennis and Vanderwaal Cognitive Flexibility Questionnaire which in the year (CF1) 2010

has been created, consisting of 20 It is a question and the purpose of this questionnaire is to evaluate the progress of a person in clinical and non-clinical work and evaluate the amount A person's progress in creating flexible thinking in the cognitive-behavioral treatment of depression and other mental linesses goes This questionnaire includes two subscales of controllability and alternatives, of course, the overall scores obtained This questionnaire is valid and can be used as a general scale of cognitive flexibility

<sup>16</sup>Watson

(Denis and Vanderwaal, 2010). This questionnaire has a 7-point Likert scale (completely disagree (1); disagree (2); somewhat. I disagree (3); I neither agree nor disagree (4); I agree to some extent (5): 1 agree (6): 1 completely agree (7)). Total scores All the questions get the total score of the cognitive flexibility test. The highest score that a person has in this The questionnaire can score 140 and the lowest score is 20. A higher score indicates cognitive flexibility More and a low score close to 20 indicates low cognitive flexibility. In the research of Dennis and Vanderwal (2010) tested the concurrent validity of this questionnaire with Beck's depression questionnaire.Equal (BDI-II) 0.39 and validity Its convergence with the cognitive flexibility scale (Martin and Rubin, (1995) was obtained at 0.75. in Iran Soltani et al. (Soltani et al., 2013; quoted by Fazli et al., 2014) total retest coefficient They reported the scale as 0.71 and the total Cronbach's alpha coefficient as 0.90. Cronbach's alpha data of this questionnaire In the research of Fazli et al. (2013) 0.75 was also obtained . Questsnemaire of attitudes towards marital infidelity :

This questionnaire was prepared by Mark Watley (2008), This scale has 12 statements, each question in The five-point Likert spectrum is scored from very agree (5) to very disagree (1). The terms include There are sentences about negative and positive feelings towards the category of betrayal, and the purpose of this measurement is the type of feelings People's thinking is about issues related to mantal infidelity, and in fact, this scale measures the amount of desire, the amount of acceptance. Or at memures the rejection of bemaysi from the point of now of different people. The mirumum son of a person scales 12 and the mumum scare is 60 be in the research of Borhanizad and Abdi (2016), the validity of this scale was evaluated using the content validity index and analysis. A confirmatory factor has been confirmed, as well as the reliability of this scale using Cronbach's alpha coefficient of 0.89. has been obtained; Also, this scale was used in Abdullahzadeh's research (2009) among 383 men and women It was implemented in the cities of Aliabad and Bethnahr, and the validity of this scale was confirmed through confirmatory factor analysis and face validity and the reliability of this scale has been obtained using Cronbach's alpha coefficient of 0.84, in Mark Watley's research (2008) confirmed the validity of this scale using the content validity index and the reliability of this scale has been obtained using Cronbach's alpha reliability coefficient of 0.92; Also In Shackleford et al.'s research (2008), the validity of this scale was confirmed using confirmatory factor analysis .and the reliability of this scale was obtained using Cronbach's alpha coefficient of 0.86 .

#### **Emotional dysregulation scale**

This questionnaire has 10 items and two subscales: re-evaluation subscale with 6

items and repression with 6 items There are 4 objects. The way to answer it is based on a 7-point Likert scale and is in the strongly disagree range (with a score of 1) to strongly agree (with a score of 7). The average score of each item from the emotional style of the score are between 1 and 7, and by dividing the score of each subscale by the number of questions, the score of each emotional style is obtained. It comes Hoffman and Kashdan (2010) obtained the reliability of this questionnaire using Cronbach's alpha coefficient. who reported the coefficient for the compatibility subscale 0.82, concealment 0.84 and tolerance 0.68. in Kareshki's research (2012) with the aim of investigating the validity of this questionnaire, on the students of the university's expert course Ferdowsi and Medical Sciences of Mashhad was conducted and principal component analysis and instrument validity methods were used The construct validity of this questionnaire was confirmed with 3 factors. Cronbach's alpha coefficients were also used to measure reliability became. Cronbach's alpha coefficient in the concealment subscale was 0.70, compatibility was 0.75, and tolerance was 0.50. (Karsheki, 2012).

To describe data from central and dispersion indicators such as mean and standard deviation and for statistical inference For data analysis, multivariate variance method will be used. The software used in this research Also for data entry and calculation of descriptive indices SPSS 24 is used

#### **Research findings**

In this part, the descriptive statistics of the research wanatres, including their mean and standard deviations, in order to understand the situation The responses of the employees to the questionnaire items related to each of the research variables are presented .

Table 1. Descriptive indicators of research variables

Variable		number	mean	the maximum	Minimize	deviation standard
flexibilit	Control acceptability	82	42.58	53	17	3.37
acceptability	Substitutes	82	35.29	54	19	3.42
maladjustment	evaluation again	82	24.38	36	12	2.53
Excitement	Suppression	82	18.51	26	8	2.33
Marital betrayal		82	39.17	53	9	3.09

shows the cysregulation of emotion  
(reevaluation and suppression)

The above table shows the mean and standard  
deviation of the tendency to adultery,  
flexibility (control and alternatives) and It

Table 2- The normality test of research variables

Research variables		Statistics Kolmogorov Smirnf	level of significance	test result
Flexibility	Controllabilit	0.065	0.211	It is normal
	Substitutes	0.058	0.205	It is normal
maladjustment	Re-evaluation	0.049	0.189	It is normal
Excitement	Suppression	0.062	0.194	It is normal



Marital betrayal	0.068	0.192	It is normal
correlation, and then the results of multiple regression At the same time, it is stated for predictive hypotheses .			
The first hypothesis: There is a relationship between psychological flexibility and the tendency to cheat on married women .			According to table 2, all the research variables are normal and it shows that the level is significant for all the variables was higher than 0.05, as a result, the variables of the research had a normal distribution, therefore, to analyze the hypotheses, the test Pearson's correlation was used .
Second hypothesis: There is a relationship between emotion dysregulation and the tendency to cheat on married women			In this section, the hypotheses of relationships are examined through Pearson's

Table 3. Correlation results between research variables

Research variables   Controllability   Substitutes   Re-evaluation   Suppression   marital infidelity

Controllability	1				
Substitutes	0.43**	1			
Re-evaluation	-0.49**	-0.53**	1		
Suppression	-0.45**	-0.52**	0.56**	1	
Tendency marital infidelity	-0.47**	-0.51**	0.35**	0.39**	1

\*sign gnificant at the 0.05 level and \*\* significant at the 0.01 level

significant correlation with the tendency of married women to cheat. Therefore, the first hypothesis is confirmed. It means that by increasing the psychological flexibility, the amount of tendency to betrayal of married women decreases .

The first hypothesis: There is a relationship between psychological flexibility and the tendency to cheat on mamed women Based on the above table, between psychological flexibility with controllability component with a rate of -0.47 and alternatives with a rate of 0.51-There is a negative and

women increases. In the sense that changes in Dysregulation of emotion will cause fluctuations in the dependent variable (tendency to cheat on married women).

The third hypothesis: Psychological flexibility and emotional dysregulation play a role in predicting cheating tendencies in married women .

In order to analyze the hypothesis of the research, regression analysis test was used in the simultaneous method. Before data analysis With the simultaneous regression method, the presuppositions of this test were investigated (normality of the variables and collinearity). Statistics evaluation of the presented mode.

In the sense that changes in psychological flexibility cause fluctuations in the dependent variable (tendency to betray). married women .

Second hypothesis: There is a relationship between emotion dysregulation and the tendency to cheat in married women .

Based on the above table, between emotion dysregulation with re evaluation component with a rate of 0.35 and suppressist with a rate of 0.39 with a tendency

There is a positive and significant correlation with cheating of married women. Therefore, the second hypothesis is confirmed in the sense that With the increase in emotion dysregulation, the rate of cheating of married

Table 4 Statistics related to model evaluation.

Model	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	error	WD
1	0.816	0.795	0.762	12.027	1.57

women. Also The value of the Durbin Watson test was 1.87, which shows that the assumption of independence of the residuals is correctly observed.

The data in Table 4 shows that the adjusted R squared value was 0.762, which means that the model obtained The result is able to predict about 76% of the variance of the variable tendency to cheating in married

Table 5 statistics related to analysis of variance

Model	sum of squares	degree of freedom	mean square	f	Meaning level
Regression	61358.352	2	18659.517	115.583	0.001
remaining	27451.185	79	163.859		
the whole	88809.537	81			

because the value calculated f (115.583) is statistically significant. ( $P < 0.001$ ) .

Variance analysis in Table 5 shows that the regression of predictor variables towards the criterion variable statistically It is meaningful

Table 6 statistics related to regression coefficients

Model 1	Uncorrected coefficients		Corrected coefficients beta	t	Meaning level
	B	Standard error			
constant	237.25	31.48	-	9.847	0.001
Flexibility	0.369	0.107	0.395	5.267	0.001
Emotion dysregulation	- 0.251	0.112	- 0.143	- 2.541	0.003

to cheat in women was married Based on this, the third hypothesis of the research is that psychological flexibility and emotional dysregulation It was confirmed with 99% certainty that it plays a role in predicting the tendency to cheat in married women .

### Discussion and conclusion

The findings of the research showed that flexibility reduces the tendency of married women to cheat, this The results are based on the research results of Bayat and Kashfi (1402), Dehghani and Niknejadi (1401), Nazinejad and Rahmati (1400) Nikolo et al.

As seen in Table 6, based on the regression analysis of predictor variables including flexibility and emotion dysregulation had a significant contribution in predicting the tendency to cheat in married women. Because using Multivariable regression method using the simultaneous method, a significant model was obtained (adjusted R square equal to 0.762,  $P < 0.001$  ,  $F=115.583$ ) And the fitted model could 76% of the variance of the criterion variable (tendency to betrayal in married women). Also, flexibility plays a greater role in predicting the tendency



spouse. People who have the ability to think flexibly, from They use alternative justifications, they positively reconstruct their mental framework and situations They accept challenging or stressful events and compared to people who have little flexibility, in terms of They have higher psychological resilience. In other words, a couple that has the ability to think flexibly. They have and from the point of view of their psychology, they have more resilience, which causes them to leave in their life as well. Mutual understanding of each other's needs and also showing the kind of softness and flexibility in one's behavior. Experience the proven and successful mesh life. Therefore, people's ability to adapt can be For the health of the marital relationship and as a result of their satisfaction, it should be useful for them to be successful. It tends to adultery. On the other hand, structural flexibility has a multidimensional structure that It includes basic variables such as temperament, personality and special skills such as problem solving. Traits and skills allow a person to cope with stressful and damaging events in his life. In life with your wife, you should create a favorable harmony and successfully combine stress and Cope with traumatic incidents in marital relationships. In fact, it can be known by flexibility .

The fundamental changes in the reconstruction of the age-old thought that the context of inflexibility and reduction It explains the tendency to marital infidelity . The results also showed that the dysregulation of emotions increases the rate

(2018) is consistent. In explaining the results, it can be said that people are allowed cognitive flexibility Let them consider behavioral substitutes, create different ideas and adapt to new or changed conditions .

Answer correctly. Cognitive flexibility is more related to mental health than any other concept

Adapting to the daily problems of life is a very important issue and the possibility of a healthy and balanced mind It prepares and in this way affects the tendency of married women to cheat. Increasing this feature to these people In managing sudden situations as best as possible, it helps them to learn new things, new learnings. simply replace old thoughts in their minds and discard old thoughts. Basically, you have to express showed that flexibility includes openness, kindness and being affected by personal sufferings, having feelings Caring and kindness towards yourself and recognizing the fact that it is the experience of each person. Therefore, when this A personality trait combined with feelings of shame and guilt can have a double effect on a person Protect against marital infidelity, which reduces the quality of married life. For example, flexible person To protect oneself against the anxieties received from the environment, considering having the component of self-protection To establish an effective, stress-free and happy communication with your spouse. Flexibility, as a substitute for Helplessness in the face of problems has an influencing role in the regulation of emotions. In fact, there is flexibility in the couple It helps them feel a connection between themselves and their

negative emotions. On the other hand, one Another characteristic of these people is the inability to describe their feelings It causes them to not be able to behave properly towards their own and other people's feelings. Also because in Dysregulation of emotion, people's thinking is more of the objective type, therefore, people with dysregulation of emotion are often preferred Let them talk to others about their daily activities rather than their feelings. These features cause People with dysregulation of emotion often carry feelings that are not properly recognized and not properly expressed. Therefore, it is difficult for these people to understand mutual relationships, and because it is about emotions, especially emotions The negative people who speak less are also less noticed by those around them. in life In marriage, due to the existence of many problems, couples face many positive and negative emotions. If couples with

They do not have the necessary familiarity with the skills of excitement tools and have not acquired the necessary skills in this regard, this idea They will create in themselves and their spouses that there is no mutual understanding in their marital relations and this issue It causes their relationships to gradually become cold and their lives lose the necessary quality. Don't talk about it emotional with the gradual decrease of emotional attachment to the spouse, feelings of alienation, disinterest and indifference of couples each other and the substitution of negative emotions instead of positive emotions will be accompanied and

of cheating in married women. These results With the results of Baher Talari, Mikayili, Aghajani and Habibi (1403), Aghill and Valizadeh (1402), Abedi Naqander, Sani and Mohammadbeigi (1402), Shalchian Pourkhaljan, Asadi, Hassanzadeh and Khajovand Khoshli (1401), Golestani and Zadeh Mohammadi (2018), Dasht Bozori (2017), Anwar et al. (2022) are consistent, can explain these results He said that marital compatibility does not mean not having problems in life, but means the ability to adapt to problems and the ability to solve them. And emotions have a prominent role in compatibility and intimate relationships of spouses. Therefore These people who can control and manage their emotions when conflicts and problems arise, can do better solve their problems and finally have better compatibility. To strengthen intimacy and compatibility Marriage is necessary to help couples to manage conflict, emotions and the meaning of having a common sense in the relationship. to learn People need to learn how to control their emotions and regain their composure and focus again concentrate They have to find out how to regulate and adjust intense and different emotions, maladjustment Emotions of people with many problems in recognizing and deaning emotions with physical sensations, description of emotions, life Low internal imagination and excitement, outward-oriented thinking, avoiding solving serious conflicts, in Emotion dysregulation. People have many difficulties in recognizing emotions. For example, these people are often in what They carry an emotion, they are powerless and therefore always carry

decision-making and the position of people in the family. According to the results obtained from the data analysis, it is possible concluded that psychological flexibility and emotion dysregulation in people can predict the tendency to cheat They are married. The results obtained in this research showed that in addition to the previous cases, it is effective in the tendency to betrayal were, psychological flexibility and emotion dysregulation can also predict marital infidelity .In this way, paying attention to these variables can prevent the occurrence of marital infidelity and improve couples' relationships and maintain foundation of the family and the health of the society should be effective and efficient. According tu the findings and the background of the research, a is suggested from the results This research in educational centers, counseling, therapy and welfare organization and social damage prevention deputy Justice use .

### Resources

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the tendency to marital infidelity will intensify.

The research findings also showed that psychological flexibility and emotional dysregulation, tendency to betrayal They predict married women and the hypothesis is confirmed. This research is based on the results of Baher Talari, Mikaili, Aghajani and Habibi (1403), Abedi Naqander, Thani and Mohammad Beigi (1402), Nazinejad and Rahmati (1400), Samadi Kashan, Haj Hosseini, bresearch and Aegean (2019), Golestani and Zadeh Mohammadi (2018), Anwar et al. (2022), Nikolo and Colleagues (2018) is consistent. Therefore, it can be said that the great importance of the family in the society and many times It was mentioned in the present study, which led to the study of harmful factors such as betrayal Marriage which according to statistics is one of the damages that has taken root in the current society and causes the foundation to be shaken and It has become the foundation of the family. Identifying related factors and causes of people's tendency to adultery according to Its high prevalence has gained special importance in recent years. Marital infidelity and different theories that It has been explained and interpreted, and many researches showed that in the years Recently, a lot of efforts have been made to identify the predictors of marital infidelity. According to the definitions And the theories that were stated in the second chapter for psychological flexibility and emotional dysregulation in the family, which show. It shows the importance of psychological flexibility in people's relationships with each other and the importance of emotion recognition. It has

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