

Forgiveness as a Moderator Variable in the Relationship between Subjective Well-Being and Marital Satisfaction among Married Women

Rasha Ragab Eid^(*)

Abstract:

This study aimed to investigate the relationship between subjective well-being and marital satisfaction, and also the moderating role of forgiveness in the relationship between subjective well-being and marital satisfaction. Research included (165) married women, with Mean Age (30.01), SD (± 5.94). Tools were: Forgiveness scale (prepared by the researcher), subjective well-being scale (prepared by the researcher), and marital satisfaction scale (prepared by Fowers & Olson, translated and modified by Nasra Mansour, 2012). Results showed that there is a positive significant relationship between subjective well-being and marital satisfaction, there is a positive significant relationship between forgiveness and Subjective well-being and marital satisfaction. Results also showed that there is a moderating role of forgiveness in the relationship between subjective well-being and marital satisfaction. Results of the study have been interpreted in the light of theoretical frame and previous studies.

Key Words: Forgiveness– Subjective Well-Being– Marital Satisfaction.

Introduction

There are various names of each age the human has passed, for example, the start of the twentieth century was called anxiety and depression age. So, we can call late twentieth century positive psychology age. In, 2000, Seligman & Csiksentmihaly pointed out to the necessity of positive psychology and of everything that make the individual's life valuable. So, in the next five years, the interest is oriented to positive psychology, strong personality variables, happiness, and virtue (Abdel- Khalek, El Nayal & Eid, 2010: 17).

^(*) Assistant Lecturer at Psychology Department, Faculty of Arts, Mansoura University. E-mail: erasha92@yahoo.com

In this Age, psychologists concerned with studying positive characteristics in personality such as forgiveness, happiness, hope, optimism and personal competence. There were a lot of researches in forgiveness in the nineties of the twentieth century (Arnout, 2016: 99). As a result of the increasing researches in forgiveness, it is being recognized as a psychological construct and a therapeutic option for relational problems and marital conflicts. Forgiveness can lead to greater emotional and relational health (Orathinkal & Vansteenwegan, 2006: 251).

Enright and the human development study group (1996: 108) have defined forgiveness as a willingness to abandon one's right to resentment, condemnation and subtle revenge toward an offender who acts unjustly, while fostering the undeserved qualities of compassion, generosity and even love toward him or her. According to this definition, there are six components of forgiveness: a cessation of negative affect (resentment, anger), condemning judgements, and negative behaviors (revenge for example) toward an offender. And the presence of positive affect (compassion, love), more positive judgements and behaviors (such as helpfulness, overtures toward reconciliation) toward the same offender (Subkoviak et al., 1995: 642).

Forgiveness is an important means to restore the mutual trust between the parties of the relationship. Forgiveness helps in solving the conflicts between individuals and preventing any problems of the future. Also, it helps in developing trust and co-operation between individuals, which leads to making purposeful social relationships and achieving satisfaction and quality of life (Shokair & Abdelaal, 2013: 83).

Diener, Lucas & Oishi (2002: 63) illustrated that subjective well-being is a person's cognitive and affective evaluations of his or her life. These evaluations include emotional reactions to events as well as cognitive judgements of satisfaction and fulfillment. Thus, subjective well-being is a broad concept that includes experiencing pleasant emotions, low levels of negative moods and high life satisfaction.

Forgiveness helps in subjective well-being, especially, when there is an intimate and strong relationship between the offender and the victim. Also, Forgiveness is a strong evidence of the relationship quality, between the offender and victim, and of happiness, well-being and satisfaction included in this relationship (Arnout & Hassan, 2012: 188).

Forgiveness is the first value which is effective for the maximum decrease of negative effects, such as offence in communications with others. Forgiveness not only contributes to decrement of negative feelings, but also to frequency of positive feelings, and it has a correction effect on interpersonal relationships. So, it leads to subjective well-being (Sapmaz et al., 2016: 39). Forgiveness is a human strength by which individuals sustain or improve well-being; through forgiveness one can keep his feeling of well-being. The relationship between forgiveness and subjective well-being enhanced when the person has an intimate relationship and a strong commitment to this relationship such as the relationship between couples (Karremans et al., 2003: 1011).

Marital Satisfaction is considered a general scale of marital relationship, and its importance stems from its centrality in individual and family well-being, and from the benefits that accrue to society when strong marriages are formed and maintained which prevent marital distress and divorce (Orathinkal & Vansteenwegan, 2006: 252). Spouses involved in satisfactory and close marriages typically experience a sense of well-being and comfort in the relationship that enhances their ability to positively reinterpret marital transgressions, to emotionally identify with the offender partner, and ultimately, to forgive him or her (Fincham, Paleari & Regalia, 2002: 34).

Forgiveness has a strong relation with successful marital life, and marital satisfaction is achieved through forgiveness between couples. Forgiveness predicts behavior of individual toward his partner and quality of marital relationship. Granting forgiveness or getting it is one of the contributing factors in increasing marriage duration and marital satisfaction. Wives' forgiveness with their husbands makes the marriage better and more positive (Basha & Abd El-Sattar, 2015: 120; Saleh, 2007: 56).

One of the factors that impact marriage and family is forgiveness, it can be critical to sustaining health family relationships. Wives' forgiveness of husband transgressions is particularly important for conflict resolution in marriage both in the short term and overtime. In contrast, it is husbands' overcoming of unforgiveness that facilitates conflict resolution, at least in the short term (American Psychological Association, 2006: 8-9). So, the present study aimed to investigate the relationship between subjective well-being and marital satisfaction among married women, and also to identify the moderating role of

forgiveness to this relationship; because of the importance of forgiveness in achieving subjective well-being and marital satisfaction.

There are some previous studies investigated the relationship between forgiveness and subjective well-being (Karremans et al., 2003; Sadiq & Ali, 2012; Abid & Hussain, 2015; Ibrahim, 2016) which showed that there is a significant positive relationship between forgiveness and subjective well-being. Some studies tried to investigate the relationship between forgiveness and marital satisfaction (Reinke, 2005; Ebrahim & Hossien, 2010; Mirzadeh & Fallahchai, 2012; El-Dagher, 2014; Thabet, 2015), and their results showed that there is a significant positive relationship between forgiveness and marital satisfaction. The studies which investigate the relationship between subjective well-being and marital satisfaction (Scorsolini-Comis & Santos, 2012; Ndlovu, 2013; Khajeh, Goodarzi & Solimani, 2014; Margelisch et al., 2015; Kornaszewsk-Polak, 2016; Kasapoglu & Yabanigul, 2018), showed that there is a significant positive relationship between subjective well-being and marital satisfaction.

Although there are some previous studies showed that forgiveness predicts subjective well-being (Ibrahim, 2016), and marital satisfaction (El-Dagher, 2014; Thabet, 2015; Motamedi et al., 2017; Moghaddam et al., 2017), the researcher noticed – in the limits of her acquaintance – that there is no study tried to identify the moderating role of forgiveness in the relationship between subjective well-being and marital satisfaction.

Hypotheses of the Study:

In the light of the theoretical framework and the results of the previous studies, the hypotheses of the present study are:

1. There is a significant correlational relationship between subjective well-being and marital satisfaction among married women.
2. There is a significant correlational relationship between forgiveness and subjective well-being and marital satisfaction among married women.
3. Isolation of the impact of forgiveness scores from the relationship between subjective well-being and marital satisfaction weakens this relationship.

Method and Procedures:

Method: The present study followed the descriptive correlational method.

Participants: The sample consisted of (165) married women. Their mean age was 30.01 years ($SD \pm 5.94$). Years of marriage ranged between 5 and 12 years. All the participants were University graduates, some of them (100 wives) are working and the rest of the participants (65 wives) aren't working.

The Scales of the study:

Forgiveness Scale (Prepared by the researcher)

Although there are some scales about forgiveness, the researcher didn't use any of them, because some scales were prepared in the foreign environment and it couldn't be suitable in the Arabic environment such as Rye forgiveness scale (Rye et al., 2001), Marital Forgiveness Scale (Dispositional) (Fincham & Beach, 2002), and Heartland Forgiveness Scale (Thompson et al., 2005). The other scales were prepared for other unmarried samples like university students (McCullough, Root & Cohen, 2006; FathElBab, 2013; Enright, 2016; Shawky, 2016), and slow-learning adolescents who have problems in learning (Sadek, 2012). Because of the previous reasons, the researcher sought to prepare a forgiveness scale to suit the study sample and the Egyptian environment.

After doing the first image of the scale, the researcher applied the scale on a pilot study consisted of (100) married women.

Validity of forgiveness scale:

The researcher used Factorial validity through Principle Component Factor analysis, with orthogonal rotation. The factor analysis of the items yielded three high loaded factors labeled Forgiveness behavior, Cognitive forgiveness and Emotional forgiveness, the eigenvalues of the three factors (and the percentages of variance accounted for) were 4.45 (11.13%), 3.17 (7.93%), 2.70 (6.75%). Table (1) Presents 36 items loadings on the three factors.

Table (1)

Loadings of items on the three factors after rotation

Forgiveness as a Moderator Variable in the Relationship between Subjective Well-Being and Marital Satisfaction among Married Women.

Item Number	Factor (1)	Item Number	Factor (2)	Item Number	Factor (3)
1	0.74	13	0.70	26	0.71
2	0.74	14	0.62	27	0.66
3	0.71	15	0.59	28	0.63
4	0.69	16	0.58	29	0.61
5	0.65	17	0.55	30	0.53
6	0.61	18	0.53	31	0.42
7	0.59	19	0.51	32	0.35
8	0.58	20	0.41	33	0.34
9	0.55	21	0.38	34	0.32
10	0.53	22	0.36	35	0.32
11	0.42	23	0.33	36	0.30
12	0.35	24	0.33		
		25	0.31		
Eigenvalue	4.45	3.17		2.70	
Percentages of Variance	11.13%	7.93%		6.75%	

The researcher also used criteria validity and finding the correlation between the Forgiveness Scale (By the researcher) and Forgiveness Scale (by Fathelbab, 2013) ($r= 0.84$, $p<.01$) denoting the scale validity.

Reliability of Forgiveness Scale:

Split-half reliability with Spearman-Brown was 0.93 among the pilot sample; Alpha reliability was 0.93 denoting high internal consistency and temporal reliability.

Internal Consistency of forgiveness Scale:

The researcher also used internal consistency by finding the correlation between item and dimension, then the correlation between dimension and total score of forgiveness scale. The coefficients between items and first dimension (forgiveness behavior) ranged between 0.35 and 0.75 ($P< 0.01$). The coefficients between items and second dimension (cognitive forgiveness) ranged between 0.48 and 0.75 ($P< 0.01$). The coefficients between items and third dimension (emotional forgiveness) ranged between 0.47 and 0.74 ($P< 0.01$). The coefficients

between the three dimensions (forgiveness behavior, cognitive forgiveness and emotional forgiveness) and the total score were: ($r=0.92, 0.92, 0.91, P<0.01$). After this step there were two items deleted because the correlation between these items and their dimensions weren't significant. The scale became 34 items.

The scale in its final image contains 34 short statements answered on a 3-point format, anchored by 1 (Disagree) and 3 (Agree). The total score can range from 34 to 102, with higher scores denoting higher forgiveness.

Subjective well-being Scale (Prepared by the researcher)

Although there are some scales about subjective well-being, the researcher didn't use any of them, because these scales were prepared for other unmarried samples like university students (Gad ElRab, 2013; Shawky, 2016), and some scales were prepared in foreign environment (Diener, 2009). Because of the previous reasons, the researcher sought to prepare a subjective well-being scale to suit the study sample and the Egyptian environment.

Validity of Subjective well-being scale:

The researcher used Factorial validity through Principle Component Factor analysis, with orthogonal rotation. The factor analysis of the items yielded three high loaded factors labeled psychological flourishing, life satisfaction and positive affect, the eigen values of the three factors (and the percentages of variance accounted for) were 5.05 (12.63%), 4.05 (10.12%), 3.36 (8.40%). Table (2) Presents 35 items loadings on the three factors.

Table (2)

Loadings of items on the three factors after rotation

Item Number	Factor (1)	Item Number	Factor (2)	Item Number	Factor (3)
1	0.78	13	0.74	24	0.71
2	0.74	14	0.73	25	0.69
3	0.74	15	0.73	26	0.67
4	0.69	16	0.71	27	0.64
5	0.67	17	0.70	28	0.61
6	0.66	18	0.65	29	0.52
7	0.63	19	0.53	30	0.47
8	0.62	20	0.53	31	0.43
9	0.61	21	0.45	32	0.41
10	0.59	22	0.41	33	0.35
11	0.49	23	0.31	34	0.32
12	0.48			35	0.30
Eigenvalue	5.05	4.05		3.36	
Percentages of Variance	12.63%	10.12%		8.40%	

The researcher also used criteria validity and finding the correlation between subjective well-being scale (By the researcher) and subjective well-being scale (by ElHarby & ElShorbagy, 2012) ($r=0.87$, $p<.01$) denoting the scale validity.

Reliability of Subjective well-being Scale:

Split-half reliability with Spearman-Brown was 0.93 among the pilot sample; Alpha reliability was 0.92 denoting high internal consistency and temporal reliability.

Internal Consistency of Subjective well-being Scale:

The researcher also internal consistency by finding the correlation between item and dimension, then the correlation between dimension and total score of Subjective well-being scale. The coefficients between items and first dimension (psychological flourishing) ranged between 0.58 and 0.73 ($P< 0.01$). The coefficients between items and second dimension (life satisfaction) ranged between 0.51 and 0.82 ($P< 0.01$). The coefficients between items and third dimension (positive affect) ranged between 0.35 and 0.72 ($P< 0.01$). The coefficients between the three dimensions (psychological flourishing, life satisfaction and

positive affect) and the total score were: ($r= 0.83, 0.87, 0.85, P<0.01$). After this step there was one item deleted because the correlation between this item and its dimension wasn't significant. The scale became 34 items.

The scale in its final image contains 34 short statements answered on a 3-point format, anchored by 1 (Disagree) and 3 (Agree). The total score can range from 34 to 102, with higher scores denoting higher subjective well-being.

Marital Satisfaction Scale (By Fowers & Olson, 1993, Translated and Modified by Mansour, 2012)

The scale was translated into Arabic by (Mansour, 2012) and it contains 30 statement (5 dimensions: Affective Communication, Conflict Management, Doing the Roles, Sexual Satisfaction, and Sharing Interests and Spending Leisure), answered on a 3-point format, anchored by 1 (Totally Disagree) and 3 (Totally Agree). The total score can range from 30 to 90, with higher scores denoting higher marital satisfaction. The scale has good test re-test reliability, Alpha reliability, and strong validity among a sample of husbands and wives.

In this study Split-half reliability with Spearman-Brown was 0.94, and Alpha reliability was 0.94 denoting high internal consistency.

Procedures

The scales were administered anonymously, by the researcher, to (165) wives in the academic year 2018/ 2019. And this took two months in a row (December 2018 and January 2019).

SPSS version 20 was used for the statistical analysis of the data. Descriptive statistics, Pearson correlation, and Partial correlation were used.

Results

1. **The first hypothesis** is "There is a significant correlational relationship between subjective well-being and marital satisfaction among married women." The researcher used Pearson correlation in order to check the validity of the first hypothesis. Table (3) reports the correlation coefficients between subjective well-being and marital satisfaction.

Table (3)
Pearson Correlations Coefficients between
Subjective Well-being and Marital Satisfaction (n=165)

Subjective well-being Marital Satisfaction	Psychological Flourishing	Life Satisfaction	Positive Affect	Subjective Well-being "Total Score"
Affective Communication	0.17*	0.50**	0.34**	0.40**
Conflict Management	0.30**	0.56**	0.46**	0.53**
Doing the Roles	0.27**	0.54**	0.37**	0.47**
Sexual Satisfaction	0.22**	0.57**	0.36**	0.46**
Sharing Interests and Spending Leisure	0.24**	0.50**	0.37**	0.44**
Marital Satisfaction "Total Score"	0.27**	0.61**	0.43**	0.52**

Table (3) showed that the validity of the first hypothesis has been verified, the correlations between subjective well-being and marital satisfaction "dimensions and total score" were significant and positive among married women. These coefficients ranged between 0.17 and 0.61 ($p < 0.05$, $p < 0.01$).

2. **The second hypothesis** is "There is a significant correlational relationship between forgiveness and subjective well-being and marital satisfaction among married women". The researcher used Pearson correlation in order to check the validity of the second hypothesis. Table (4) reports the correlation coefficients between forgiveness" dimensions and total score" and subjective well-being and marital satisfaction.

Table (4)

Pearson Correlations Coefficients between Forgiveness" dimensions and total score" and Subjective Well-being and Marital Satisfaction (n=165)

Variables	Forgiveness Behavior	Emotional Forgiveness	Cognitive Forgiveness	Forgiveness "Total Score"
Subjective Well-Being "Total Score"	0.44**	0.49**	0.48**	0.51**
Marital Satisfaction "Total Score"	0.56**	0.64**	0.62**	0.66**

Table (4) showed that the validity of the second hypothesis has been verified, the correlations between forgiveness" dimensions and total score" and subjective well-being were significant and positive among married women. These coefficients ranged between 0.44 and 0.51 ($p < 0.01$). The correlations between forgiveness" dimensions and total score" and marital satisfaction were significant and positive. These coefficients ranged between 0.56 and 0.66 ($p < 0.01$).

3. **The third hypothesis is** "Isolation of the impact of forgiveness scores from the relationship between subjective well-being and marital satisfaction weakens this relationship". The researcher used partial correlation in order to check the validity of the third hypothesis. Table (5) presents the partial correlation between subjective well-being and marital satisfaction (control variable: forgiveness).

Table (5)

Partial Correlation between Subjective Well-being and Marital Satisfaction (Control Variable: Forgiveness)

Variables	Simple Correlation	Partial Correlation	Significance
Subjective Well-Being / Marital Satisfaction	0.52	0.28	0.001

Table (5) showed that the simple correlation between subjective well-being and marital satisfaction is 0.52 ($p < 0.01$) and the partial correlation between subjective well-being and marital satisfaction is 0.28 ($p < 0.001$). This result showed that the validity of the third hypothesis has been verified.

Discussion

The results of the present study showed that there is a significant and positive correlation between subjective well-being and marital satisfaction, Forgiveness is significantly correlated with subjective well-being and marital satisfaction, and also forgiveness is a moderator variable in the relationship between subjective well-being and marital satisfaction. That is, the wife who characterized by subjective well-being, psychological flourishing, positive affect and life satisfaction will also has a feeling of satisfaction with her marital life. Also the wife, who forgives her husband, has a feeling of well-being, happiness and satisfaction with her marital life. Therefore, the finding showed that isolating of forgiveness from the relationship between subjective well-being and marital satisfaction weakens this relationship and the presence of forgiveness strengthens this relationship.

The result that positive relationship between subjective well-being and marital satisfaction, is compatible with the previous findings (Scorsolini-Comis & Santos, 2012; Ndlovu, 2013; Khajeh et al., 2014; Margelisch et al., 2015; Kornaszewsk-Polak, 2016; Kasapoglu & Yabanigul, 2018), which showed that there is a significant positive relationship between subjective well-being and marital satisfaction. Marriage is considered one of the sources of social support which protect the person from the consequences of stress; because marriage affects all the stress levels in comparison with the other forms of social relationships which affects only the high levels of stress (Argyle, 1993: 40). Marital satisfaction is an important factor of marital happiness, and the level of psychological well-being is an effective factor in marital satisfaction of women than men (Manshaee, Geravand & Nuorifard, 2014: 4307).

The positive correlation between forgiveness and subjective well-being and marital satisfaction is compatible with previous studies results (Karremans et al., 2003; Sadiq & Ali, 2012; Abid & Hussain, 2015; Ibrahim, 2016) which showed that there is a significant positive relationship between forgiveness and subjective well-being, and also compatible with previous studies results (Reinke, 2005; Ebrahim & Hossien, 2010; Mirzadeh & Fallahchai, 2012; El-Dagher, 2014; Thabet, 2015), which showed that there is a significant positive relationship between forgiveness and marital satisfaction. This result can be

interpreted in the light of Literature Review; interpersonal relationships are considered an important source of social support and security. At the same time, relationships are sometimes challenged by serious conflicts, which may arise when one of both partners neglects the other's preferences or desires, or when breaking promises, telling secrets to others. The partners can overcome these conflicts through forgiveness (Karremans et al., 2003: 1011). Forgiveness is an important factor for achieving subjective well-being, Successful resolution of conflicts entails drawing satisfaction from affiliating with others, and focusing more on what one can give to others. Forgiveness is helpful in establishing and maintaining relationships that bring such satisfaction and account for an individual's psychological well-being, so the individuals who refuse resentment and tend to forgiveness, have a feeling of subjective well-being and satisfaction with life (Kaleta & Mroz, 2018: 18).

The feeling of resentment and anger resulting from abuse and the tendency to unforgiving the abused partner can ignite the conflicts between spouses and impede any positive attempts to resolve conflicts, while the tendency to forgiveness is an important means of achieving rapprochement between spouses; the high score of forgiveness is related to marital adjustment, empathy and constructive communication skills between spouses. Forgiveness helps to have positive knowledge about the self and the partner, narrow the use of negative strategies to resolve the conflict and allows the couple to break out of the vicious cycle of conflict that leads to stressful relationships. Forgiveness paves the way to reconciliation, intimacy, and cooperation between the spouses and it facilitates effective communication between them without showing abuse towards the other partner; which helps the couple for future management of conflicts (Braithwaite, Selby & Fincham, 2011: 554; Munoz, 2011: 36; Mirzadeh & Fallahchai, 2012: 279).

The moderating role of forgiveness in the relationship between subjective well-being and marital satisfaction, could be interpreted in the light of the results of the present study which showed the significant and positive relationship between forgiveness and subjective well-being and marital satisfaction, and also in the light of results of previous studies which illustrated that forgiveness affects subjective well-being of the wife and her marital satisfaction, as it is a predictor of subjective well-being among married women (Ibrahim, 2016) and of marital satisfaction

(El-Dagher, 2014; Thabet, 2015; Motamedi et al., 2017; Moghaddam et al., 2017). And then, isolation of forgiveness from the relationship between subjective well-being and marital satisfaction weakens this relationship.

Forgiveness is making the person feel of happiness, well-being, positive emotions, satisfaction, relaxation, a sense of power and control as a result of overcoming the negative feelings associated with unforgiveness, and also forgiveness leads to low negative thoughts, emotions and feelings, positive social interaction, and the development of social relations with others. Unforgiveness leads to depression, lack of self-confidence and a lack of inner peace (Gull & Rana, 2013: 26; Akhtar, Dolan & Barlow, 2017: 454-457).

Forgiveness has a great importance to the relation between spouses; as it enhances marital satisfaction, and commitment to the relation, reduce the conflicts, and it also improves the quality of couple's relationship. The relation between forgiveness and health appears in the context of marriage, the marital conflicts have dangerous effects on individual's health, also when the spouses experience stress they may be at risk of many illnesses such as heart diseases, which leads to decreasing marital satisfaction (Basha & Abd El-Sattar, 2015: 119; Paleari et al., 2011: 299).

In the light of the results of the present study, we could say that subjective well-being includes wife's ability to forming kind relationships with others, making her tasks efficiently and enthusiastically, satisfaction with her life, and with relationships with others, and having positive feelings, this may lead her to contact with her husband positively, and then she will feel satisfied with her marital life. Having a partner who cares about his wife, shares her interests and satisfies her needs helping in the wife's feeling of subjective well-being.

Wife, who is characterized by forgiveness, is a person who has decided to abandon the abuse and the negative feelings associated with it and then try to give her husband a chance to start again and to regain the friendship and love with him. This helps her to settle down with her husband and provide feelings of happiness. Then her relationship with her husband will improve, leading in the end to marital satisfaction.

Thus, in the light of the findings of this study, isolating of forgiveness from the relationship between subjective well-being and marital satisfaction weakens this relationship and its presence strengthens this relationship and increases the confidants between them.

References

- Abdel-Khalek, A., El Nayal, M., & Eid, G. K. (2010). Love of life for two samples of Kuwaiti and Lebanese university students: A study in positive psychology. *Literature and social sciences, Kuwait University*, 321(31), 8 – 126.(Arabic Text)
- Abid, M., & Hussain, S. (2015). Forgiveness: It's relation with psychological well-being and psychological distress among old age women. *Indian Journal of Positive Psychology*, 6(4), 340-343.
- Akhtar, S., Dolan, A., & Barlow, J. (2017). Understanding the relationship between state forgiveness and psychological well-being: A qualitative study. *Journal of Religion and Health*, 56(2), 450-463.
- American Psychological Association (2006). *Forgiveness: A sampling of research results*. Retrieved from <https://www.apa.org/international/resources/publications/forgiveness.pdf>
- Argyle, M. (1993). *Happiness psychology* (Translated by: Faisal Abdel Kader Yunus). Kuwait: Aalam El Maarefa. (Arabic Text)
- Arnout, B. I. (2016). *Readings in new psychology*. Cairo: Anglo Library. (Arabic Text)
- Arnout, B. I., & Hassan, F. A. (2012). Forgiveness and happiness: Cross civilization study among university students in Egypt and Iraq. *Egyptian Journal of Psychological Studies*, 22(76), 175 – 221. (Arabic Text)
- Basha, S. E., & Abd El-Sattar, R. M. (2015). *Positive psychology: Contemporary Vision*. Cairo: Anglo Library. (Arabic Text)
- Braithwaite, S. R., Selby, E. A., & Fincham, F. D. (2011). Forgiveness and relationship satisfaction: Mediating mechanisms. *Journal of Family Psychology*, 25(4), 551-559.
- Diener. E. D. (2009). *Assessing well-being: The collected works of Ed. Diener*. Netherlands: Springer.

- Diener, E. D., Lucas, R. E., & Oishi, S. (2002). Subjective well-being: The science of happiness. In C. R. Snyder & S.J. Lopez (Eds.), *Handbook of positive psychology* (pp. 63 – 73). New York: Oxford University Press.
- Ebrahim, G. & Hossien, D. (2010). A study of the relationship between the amount of forgiveness and married satisfaction in working women. *Sociology*, 5(4), 123-129.
- El Dagher, A. A. (2014). *Self-presentation and forgiveness as predictors variables of marital satisfaction for a sample of newly spouses*. Master Thesis, Faculty of Education, Damascus University. (Arabic Text)
- El Harby, N. M., & El Shorbagy, A. I. (2012). Familiar violence and its effect on subjective well-being and hostility among sons in EL Madina El monawara. *Arabic Studies in Education and Psychology*, Arab Educators Association, 24(2), 514-558. (Arabic Text)
- Enright, R. D. (2016). *Enright forgiveness inventory short-form (EFI-30) scoring and translation instructions*. Madison, Wisconsin.
- Enright, R. D., & The Human Development Study Group (1996). Counseling within the forgiveness triad: On forgiving, receiving forgiveness, and self- forgiveness. *Counseling and Values*, 40, 107-126.
- FathElBab, S. (2013). Forgiving others and its relationship with self-esteem for a sample of university students. *Arabic Studies in Psychology*, Egyptian Psychologists Association "RANM", 12(1), 1-36. (Arabic Text)
- Fincham, F. D., & Beach, S. R. (2002). Forgiveness in marriage: Implications for psychological aggression and constructive communication. *Personal Relationships*, 9, 239-251.
- Fincham, F. D., Paleari, F. G., & Regalia, C. (2002). Forgiveness in marriage: The role of relationship quality, attributions and empathy. *Personal Relationships*, 9, 27-37.
- Gad ElRab, A. (2013). *Psychological well-being scale*. Cairo: The Anglo Egyptian Bookshop. (Arabic Text)

- Gull, M., & Rana, S. A. (2013). Manifestation of forgiveness, subjective well-being and quality of life. *Journal of Behavioral Sciences*, 23(2), 17-30.
- Ibrahim, S. H. (2016). Predictors' factors of psychological well-being among married women, *Psychological Studies*, Egyptian Psychologists Association "RANM", 26(2), 183-249. (Arabic Text)
- Kaleta, K., & Mroz, J. (2018). Forgiveness and life satisfaction across different age groups in adults. *Personality and Individual Differences*, 120, 17-23.
- Karremans, J. C., Lange, P. A., Ouwerkerk, J. W., & Kluwer, E. S. (2003). When forgiving enhances psychological well-being: The role of interpersonal commitment. *Journal of Personality and Social Psychology*, 84 (5), 1011-1026.
- Kasapoglu, F. & Yabanigul, A. (2018). Marital satisfaction and life satisfaction: The mediating effect of spirituality. *Spiritual Psychology and Counselling*, 3, 177-195.
- Khajeh, A., Goodarzi, M., & Soleimani, F. (2014). The relationship of psychological well-being with marital quality and the dimensions of the married students. *Indian Journal of Scientific Research*, 7(1), 534-538.
- Kornaszewsk-Polak, M. (2016). Subjective loneliness, well-being and marital satisfaction in couples with different Attachment Styles. *Polskie Forum Psychologiczne*, 21(4), 514-533.
- Manshaee, G., Geravand, P., & Nourifard, M. (2014). On the effectiveness of training forgiveness and enriching relationships based on Enright pattern on the psychological well-being and quality of marital life unsatisfied women in Khorramabad. *MAGNT Research Report*, 2(4), 4307-4314.
- Mansour, N. (2012). *Emotional intelligence and love between spouses as predictors of marital satisfaction*. Doctoral Dissertation, Faculty of Arts, Cairo University. (Arabic Text)
- Margelisch, k., Schneewind, K. A., Violette, J. & Perrig-Chiello, P. (2015). Marital stability, satisfaction and well-being in old age: Variability and continuity in long-term continuously married older

persons. *Aging & Mental Health*, DOI: [10.1080/13607863.2015.1102197](https://doi.org/10.1080/13607863.2015.1102197).

- McCullough, M. E., Root, L. M., & Cohen, A. D. (2006). Writing about the personal benefits of a transgression facilitates forgiveness. *Journal of Consulting and Clinical Psychology*, 74, 887-897.
- Mirzadeh, M., & Fallahchai, R. (2012). The relationship between forgiveness and marital satisfaction. *Journal of Life Science and Biomedicine*, 2(6), 278-282.
- Moghaddam, K. K., Honarmand, M. M., Kiamanesh, A., & Hosseiniyan, S. (2017). The role of differentiation, meaningfulness in life and forgiveness in predicting marital satisfaction. *Journal of Family Psychology*, 3(2), 71-82.
- Motamedi, F., Bonab, B. G., & Abrgham, Z. (2017). Forgiveness, marital satisfaction and mental health of parents of children with mental retardation and mental children. *Journal of Exceptional Children*, 16(4), 27-38.
- Munoz, S. (2011). *The relationship among gratitude, forgiveness, conflict resolution, duration of marriage and marital satisfaction*. Doctoral Dissertation, Hofstra University.
- Ndlovu, J. (2013). *Psychological predictors of marital satisfaction among married people in Gauteng province, South Africa*. Master Thesis, the North-West University.
- Orathinkal, J., & Vansteenwegan, A. (2006). The effect of forgiveness on marital satisfaction in relation to marital stability. *Contemporary Family Therapy*, 28, 251-260.
- Paleari, F. G., Regalia, C., & Fincham, F. D. (2011). Inequity in forgiveness: Implications for personal and relational well-being. *Journal of Social and Clinical Psychology*, 30(3), 297-324.
- Reinke, L. (2005). *Christianity, forgiveness, and marital satisfaction: Is there a common thread that links them?* Doctoral Dissertation, the Faculty of the Chicago School of Professional Psychology, Chicago, USA.
- Rye, M. S., Loiacono, D. M., Folck, C. D., Olszewski, B. T., Heim, T. A., & Madia, B. P. (2001). Evaluation of the psychometric

properties of two forgiveness scales. *Current Psychology: Developmental, Learning, Personality, Social*, 20(3), 260-277.

- Sadek, H. S. (2012). Developing forgiveness and controlling anger for a sample of slow-learning adolescents. *Psychological Studies*, Egyptian Psychologists Association "RANM", 22 (2), 225-268. (Arabic Text)
- Sadiq, R., & Ali, A. Z. (2012). Forgiveness and its relationship with well-being among married women in joint family. *Pakistan Journal of Clinical Psychology*, 11(1), 59-68.
- Saleh, A. H. (2007). Marital satisfaction and its relationship with emotional expression and diversified investment of life partner among husbands of working and non-working women. *Faculty of Education Journal*, Tanta University, 2(37), 54-98. (Arabic Text)
- Sapmaz, F., Yildirim, M., Topcuoglu, P., Nalbant, D., & Sizer, U. (2016). Gratitude, forgiveness and humility as predictors of subjective well-being among university students. *International Journal of Educational Sciences*, 8(1), 38-47.
- Scorsolini-Comin, F. & Santos, M. A. (2012). Correlations between subjective well-being, dyadic adjustment and marital satisfaction in Brazilian married people. *The Spanish Journal of Psychology*, 15(1), 166-176.
- Shawky, T. (2016). A Structural model of psychological forgiveness and its relation to gratitude, the big five personality factors and psychological well-being among university students. *Psychological Counseling*, Psychological Counselling Centre, Ain Shams University, 46(3), 231-308. (Arabic Text)
- Shokair, Z. M., & AbdElAal, T. M. (2013). Unemployment contributions in achieving psychological safety and forgiveness among post graduate students (descriptive predictable study). *Arabic Studies in Education and Psychology*, Arabic Educators Association, 43(1), 71-103. (Arabic Text)
- Subkoviak, M. J., Enright, R. D., Wu, C., Gassin, E. A., Freedman, S., Olson, L. M., & Sarinopoulos, I. (1995). Measuring interpersonal forgiveness in late adolescence and middle adulthood. *Journal of Adolescence*, 18, 641-655.

Thabet, H. R. (2015). *The relative contribution of psychological hardiness and forgiveness in predicting marital satisfaction among married women in Jeddah*. Master Thesis, Faculty of Education, Om El Qora University. (Arabic Text)

Thompson, L. Y., Snyder, C. R., & Hoffman, L. (2005). *Heartland forgiveness scale*. Faculty Publications, Department of Psychology, University of Nebraska– Lincoln

التسامح كمتغير معدل للعلاقة بين الهناء الشخصي والرضا الزوجي لدى المتزوجات

رشا رجب عبيد^(*)

الملخص:

هدفت هذه الدراسة إلى التعرف على العلاقة بين الهناء الشخصي والرضا الزوجي، كما هدفت أيضًا إلى التعرف على دور التسامح كمتغير معدل للعلاقة بين الهناء الشخصي والرضا الزوجي، وذلك لدى عينة تكونت من (١٦٥) زوجة، بمتوسط عمري (٣٠,٠١) سنة، وانحراف معياري قدره ($\pm ٥,٩٤$)، وقد تم استخدام مقياس التسامح (إعداد: الباحثة)، ومقياس الهناء الشخصي (إعداد: الباحثة)، ومقياس الرضا الزوجي (إعداد: فورس وألسن، ترجمة وتعديل: نصرة منصور، ٢٠١٢). أوضحت نتائج الدراسة أنه توجد علاقة دالة إحصائيًا بين الهناء الشخصي والرضا الزوجي، كما أنه توجد علاقة دالة إحصائيًا بين التسامح وكل من الهناء الشخصي والرضا الزوجي، كما أوضحت النتائج أيضًا الدور المعدل لمتغير التسامح في العلاقة بين الهناء الشخصي والرضا الزوجي. وقد تم تفسير نتائج الدراسة في ضوء الإطار النظري والدراسات السابقة.

الكلمات المفتاحية: التسامح – الهناء الشخصي – الرضا الزوجي.

^(*) مدرس مساعد بقسم علم النفس كلية الآداب جامعة المنصورة.

