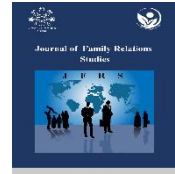




Journal of Family Relations Studies

Journal home page: <http://jhfs.uma.ac.ir/>



Research Paper

Structural Equation Modeling of Life Satisfaction Based on Responsibility and Self-control: The Mediating Role of Marital Adjustment



Ahmad Mazhabdar¹, Fariborz Sediqiarfaee^{2*} & Fatemeh Hadizadeh³

1. Master Student of General Psychology, Department of Psychology, Faculty of Humanities Sciences, University of Kashan, Kashan, Iran.
2. Associate Professor, Department of Psychology, Faculty of Humanities Sciences, University of Kashan, Kashan, Iran.
3. Master Student of General Psychology, Department of Psychology, Faculty of Humanities Sciences, University of Kashan, Kashan, Iran.



Citation: Mazhabdar, A., Sediqiarfaee, F. & Hadizadeh, F. (2026). Structural Equation Modeling of Life Satisfaction Based on Responsibility and Self-control: The Mediating Role of Marital Adjustment. *Journal of Family Relations Studies*, 6(3): 26-36. <https://doi.org/10.22098/jfrs.2025.16870.1232>



[10.22098/jfrs.2025.16870.1232](https://doi.org/10.22098/jfrs.2025.16870.1232)

ARTICLE INFO:

Received: 2025/02/25

Revised: 2025/04/19

Accepted: 2025/04/21

Available Online: 2026/09/10

Key words:

Life Satisfaction, Responsibility, Self-Control, Marital Adjustment

ABSTRACT

Objective: The present study aimed to investigate the mediating role of marital adjustment in the relationship between responsibility and self-control with life satisfaction.

Methods: This applied research was conducted using a correlational design. The statistical population included married employees of the Department of Education in Isfahan County in 2024. A sample of 236 participants was selected through convenience sampling based on Soper's method (2021). Participants completed the Self-Control Scale (SCS), Responsibility Questionnaire (PSRQ), Revised Dyadic Adjustment Scale (RDAS), and Satisfaction with Life Scale (SWLS). After an initial review, responses from two participants were excluded due to incompleteness, leaving data from 234 participants for analysis using SmartPLS 3 software.

Results: The results revealed a positive and significant relationship between responsibility, self-control and marital adjustment with life satisfaction ($p < 0.05$). Moreover, the structural model demonstrated a good fit, indicating that both the direct effects of responsibility and self-control on life satisfaction and their indirect effects through marital adjustment were significant ($p < 0.05$).

Conclusion: These findings suggest that enhancing a sense of responsibility and self-control can improve couples' marital adjustment, thereby increasing individuals' life satisfaction.

1. Introduction

Positive psychology is a rapidly developing and developing field within psychological science that focuses specific attention on character strengths and their role in psychological well-being, happiness, and life satisfaction (Boniwell, 2019). "Life satisfaction" refers to a cognitive-judgmental process wherein individuals evaluate the quality of their lives positively based on their unique set of standards (Cho & Cheon, 2023). In addition to experiencing emotional states -

whether happy or unhappy - individuals reflect on their past, evaluate their present living conditions, and form an overall judgment about their lives. This process of reflecting on past and present circumstances and contemplating life's progression constitutes life satisfaction (Reeve, 2018).

In general, every individual seeks ways to lead a more satisfying life (Buettner et al., 2020). Numerous studies show that factors such as hope (Ekinici & Koç, 2023),

***Corresponding Author:**

Fariborz Sediqiarfaee

Address: Department of Psychology, Faculty of Humanities Sciences, University of Kashan, Kashan, Iran.

E-mail: Fsa@kashanu.ac.ir



self-concept (Lin, 2021), self-esteem (Chu & Koo, 2023), family environment (Schnettler et al., 2015), religion and spirituality (Yaden et al., 2022), social support (Khodabakhsh, 2022; Zhang & Sun, 2024), and social interactions (Lampropoulou, 2018) play a significant role in enhancing individuals' life satisfaction.

A Prominent Factor Affecting Life Satisfaction is personality traits and strengths (Busseri et al., 2023; Niemiec, 2023). "Responsibility" is one of the positive character attributes that plays a crucial role in both individual and social quality of life (McKay & Wood, 2019). Research also suggest that this personal capacity plays a significant role in the path toward human flourishing and goal achievement (Sponselee et al., 2023). Individuals who manifest higher levels of flourishing tend to report greater responsibility (Dijkstra et al., 2016). Responsibility refers to an inner commitment and obligation by an individual to successfully carry out the tasks assigned to them (Shahryaripour et al., 2017). In general, responsibility appears as an attitude within the psychological and behavioral framework of individuals and has both social and individual dimensions. Individual responsibility refers to a person's accountability for their own well-being, while social responsibility relates to their commitment to the well-being of others (Ghanbarpour & Asefi, 2022).

Research indicates that responsibility is associated with physical health (Connolly et al., 2015), academic success (Wang et al., 2023) (Dumfart & Neubauer, 2016), job performance (Angelini, 2023), flourishing (Pradhan & Jandu, 2023), marital commitment (Rabiee et al., 2023), and marital intimacy (Ariski & Nurhayati, 2021). Moreover, research has shown that responsibility is a predictor of life satisfaction (zhu et al., 2023; Davari et al., 2021; Hashemi et al., 2023).

Another positive personality trait that contributes to life satisfaction is self-control. Duckworth et al., (2019) define this ability as the regulation of one's thoughts, emotions, and behaviors when faced with a conflict between valuable, long-term goals and immediate, pleasurable ones. Along with its role in personal growth and success, self-control is closely linked to social relationships because adhering to societal norms commonly requires suppressing immediate and personal desires to secure group benefits, achieve future goals, or gain posthumous rewards (Reynolds & Baumeister, 2016).

Research suggests that self-control can contribute to enhanced happiness and psychological well-being (Mirandi et al., 2023; Yasemi et al., 2021) as well as to improved the quality of positive family relationships through increased commitment (Mohammadi & Sedaghati Fard, 2023), intimacy (Boiman & Littman, 2022; Rezaeian & Mirqaderi, 2019), fairness,

forgiveness (Reynolds & Baumeister, 2016), and marital satisfaction (Solatpetloo et al., 2022). Furthermore, findings indicate that self-control can significantly influence life satisfaction (Shroff et al., 2023; Kaya, 2022; Liu & Lu, 2023).

Positive social relationships are among the main factors that contribute significantly to enhancing life satisfaction (Lyubomirsky, 2008). The relationship between spouses is one of the deepest interpersonal connections and constitutes foundation of family life (Deniz et al., 2020). Hence, "marital adjustment" can be considered a determining factor in the quality of the relationship between spouses and a predictor of their life satisfaction. Marital adjustment is a process in which each spouse modifies the quality of their interactions and behavioral patterns to achieve the highest level of satisfaction in their relationship (Ahmadi et al., 2020). Essentially, spousal adjustment refers to the flexibility exhibited by each partner, enabling them to effectively fulfill their roles amid changing circumstances, optimally manage problems and challenges, and respond appropriately to each other's needs, thereby establishing an ideal life together (Shahriar et al., 2023).

Existing literature suggests that various factors contribute to marital adjustment, including religiosity and spirituality (Ghaderi et al., 2023), personality traits (Costa & Masmann, 2021; Tamannaeifar et al., 2025), conflict resolution styles (Ünal & Akgün, 2022), action flexibility (Hajibasi & Taher, 2022), attention to each other's needs (Effati, 2011), intimacy (Habibi et al., 2024; Farhadi et al., 2020), expectations and perceptions (Omran et al., 2019), financial attitudes and arrangements (Sawai et al., 2018), sexual satisfaction (Farajnia et al., 2023), decision-making participation quality (Obradović & Čudina, 2023), moral intelligence (Naderi et al., 2024), identity styles (Nazari et al., 2022), and the level of psychological disorders such as depression and anxiety (MK & Kaur, 2020).

Well-adjusted spouses show substantial degrees of responsibility and commitment toward each other, which ensures their well-being within the context of marital relationships (Habibi et al., 2024). Studies have also demonstrated that marital adjustment enhances spouses' satisfaction with their shared life (Chis et al., 2022), plays a key role in their psychological well-being (Ma et al., 2023), enhances the happiness of both spouses (Kermani et al., 2021), and ultimately leads to an overall sense of life satisfaction (Isik et al., 2020; Shahriar et al., 2023; Gudmundsdottir et al., 2019).

Moreover, research indicates that there is a significant relationship between responsibility, self-control, and marital adjustment (Moghaddasadeh, 2021; Ishaghi et al., 2021; Lotfi et al., 2022; Solatpetloo et al., 2021; Boiman & Littman, 2022; Tangney et al., 2018).

Satisfaction with life and the paths to achieving it have long been one of the primary concerns of humans, both in the past and present, and will continue to be so in the future (Buettner et al., 2020). Following the described background, personality traits such as responsibility and self-control, as well as the quality of spousal relationships, particularly marital adjustment, are among the significant factors in increasing life satisfaction. From a theoretical perspective, positive social relationships and character strengths also play an important role in life satisfaction (Seligman, 2012; Layous & Lyubomirsky, 2014). Despite the existing research, however, the mediating role of marital adjustment in the relationship between responsibility and self-control with spousal life satisfaction has not yet been studied. Consequently, the present study aims to investigate the mediating role of marital adjustment in the relationship between responsibility and self-control with life satisfaction.

2. Materials and Methods

The present research employed a correlational methodology and was conducted within the framework of structural equation modeling (SEM). The statistical population consisted of all married employees of the Isfahan Education and Training Organization in 2024. To determine the sample size, the *Soper* method (2021) was utilized, which is based on the recommendations of *Cohen* (1988) and *Westland* (2010) and was particularly developed for structural equation modeling studies. In this model, the effect size was estimated at approximately 0.3, the predicted statistical power was set at 0.9, and the significance level was determined as 0.05. Based on these parameters, the minimum required sample size was calculated to be 200 participants. For sampling, three districts from the education and training regions were randomly selected. Considering the possibility of data dropout, 236 married employees from these districts were selected using the convenience sampling method and completed the prepared standardized questionnaires online. Following initial data inspections, responses from two participants were excluded due to data inconsistencies, resulting in a final sample of 234 participants whose data were used for the analysis. Data analysis was performed using the statistical software SPSS version 24 and Smart PLS version 3.

Instrument:

Responsibility Scale (PSRQ): The Personal and Social Responsibility Questionnaire (PSRQ) was developed by *Li et al.* (2008) to evaluate the level of individual and social responsibility among individuals. The scale consists of 14 items, divided into two components: Individual Responsibility and Social Responsibility. The Individual Responsibility component comprises 7

items with two indicators "self-direction" and "effort" while the Social Responsibility component also encompasses 7 items with two indicators "respect" and "helping others". The measurement relies on a six-point Likert scale, ranging from "Strongly Disagree" = 1 to "Strongly Agree" = 6. In the study by *Li et al.* (2008), the Cronbach's alpha coefficients for the Individual Responsibility and Social Responsibility components were reported as 0.80 and 0.79, respectively, with an overall reliability coefficient of 0.81 for the entire questionnaire. The construct validity of the scale was confirmed employing factor analysis. In addition, the face and content validity of the questionnaire were verified by *Ghanbarpour & Asefi* (2018), who examined the clarity, relevance, simplicity, and lack of ambiguity in the questions. The construct validity was additionally verified through factor analysis. Moreover, the reliability of the questionnaire was examined using Cronbach's alpha, yielding coefficients of 0.82 and 0.81 for the Individual Responsibility and Social Responsibility components, respectively, and an overall reliability of 0.88 for the entire scale.

Self-Control Scale (SCS): *Tangney et al.* (2004) developed the Self-Control Scale in both long and short forms. The long form includes 36 items, while the short form consists of 13 items. This study employed the brief version of the scale. The scale is scored on a five-point Likert scale ranging from 1 = "Never" to 5 = "Very Much." The score range is from 13 to 65, with higher scores indicating greater self-control ability. The reliability of the short form was examined by *Tangney et al.* (2004), yielding Cronbach's alpha coefficients of 0.83 and 0.85. Test-retest reliability was also assessed, resulting in a coefficient of 0.87. In Iran, *Mohammadi & Moghaddamzadeh* (2023) reported the reliability of the scale using Cronbach's alpha as 0.93 and confirmed its convergent validity.

Revised Dyadic Adjustment Scale (RDAS): *Spanier* (1976) initially designed the Dyadic Adjustment Scale (DAS) with 32 items. In 1995, *Busby* and colleagues revised and updated the scale, yielding a shorter version. The revised scale consists of 14 items, divided into three subscales: Cohesion, Consensus, and Satisfaction. Responses to the questionnaire are based on a 6-point Likert scale. *Busby et al.*, (1995) examined the reliability of the questionnaire using Cronbach's alpha coefficient, reporting values of 0.81 for the Consensus subscale, 0.85 for the Satisfaction subscale, 0.80 for the Cohesion subscale, and 0.90 for the overall scale. Additionally, content and construct validity were confirmed through factor analysis and correlations with similar measures. *Yoosefi* (2011) also validated the Persian version, reporting Cronbach's alpha coefficients of 0.82 for the

Consensus subscale, 0.83 for the Satisfaction subscale, 0.86 for the Cohesion subscale, and 0.92 for the overall scale, and confirmed its construct validity through factor analysis and convergent validity.

Satisfaction with Life Scale (SWLS): The Satisfaction with Life Scale (SWLS) was originally created by [Diener et al. \(1985\)](#) as part of a larger 48-item scale that included three subscales: positive affect, negative affect, and satisfaction. Ten of these items were developed to measure an individual's general cognitive judgment and overall satisfaction with life. After modifying and deleting five unnecessary items, the final version of the SWLS consisted of five items. The scoring is based on a seven-point Likert scale, ranging from "Strongly Disagree" = 1 to "Strongly Agree" = 7. The score range is between 5 and 35, with higher scores indicating greater life satisfaction. [Diener et al. \(1985\)](#) reported a test-retest

correlation coefficient of 0.82 and a Cronbach's alpha of 0.87 for the questionnaire. The construct validity of the scale was confirmed through correlations with related scales ([Hayes & Joseph, 2003](#)). In Iran, [Bayani et al. \(2007\)](#) examined the internal consistency of the scale using Cronbach's alpha, which was reported as 0.83, and the test-retest reliability, which was found to be 0.69. To confirm the construct validity, correlations with the Oxford Happiness Questionnaire and the Beck Depression Inventory were assessed, yielding correlation coefficients of 0.70 and -0.50, respectively, both of which were statistically significant.

3. Results

Participants demographic information of the, including gender, age, education level, marital Duration, and number of children, is presented in Table 1.

Table 1. Frequency Distribution of Individuals Based on Demographic Characteristics

variable	Category	Frequency	Percentage
Gender	Female	175	74.8
	Male	59	25.2
	Total	234	100
Marriage Duration (Years)	Less than 10	60	25.6
	10 to 20	101	43.2
	21 to 30	58	24.8
	31 to 40	13	5.5
	More than 40	2	0.9
	Total	234	100
Number of Children	No children	37	15.8
	One child	52	22.2
	Two children	106	45.3
	Three children	31	13.3
	Four children	7	3.0
	Five children	1	0.4
Age	Less than 20	3	1.3
	20 to 30	27	11.6
	31 to 40	84	35.9
	41 to 50	93	39.7
	More than 50	27	11.5
	Total	234	100
Educational Level	Diploma	18	7.7
	Associate Degree	0	0.0
	Bachelor's Degree	118	50.4
	Master's Degree	84	35.9
	Doctorate	14	6.0

Based on the findings in Table 1, the majority of participants were women. The most frequent extent of married life among respondents was between 10 to 20

years, and most participants had two children. More than 75% of the individuals were aged between 31 to 50 years, and half of the participants held a bachelor's degree.

Table 2. Mean and Standard Deviation of Research Variables

Variables	Mean	Standard deviation
Self-Control	46.62	6.31
Respect for Others	15.12	1.94
Kindness and Helping Others	20.65	2.39
Effort	17.59	3.33
Self-Directedness	15.17	2.40
Responsibility	68.53	8.00
Consensus	21.42	5.42

Variables	Mean	Standard deviation
Satisfaction	13.49	3.91
Cohesion	11.20	4.63
Marital adjustment	46.11	12.25
Life Satisfaction	22.84	7.22

Based on the results presented in Table 2, the mean scores for self-control and responsibility are 46.62 and 68.53, respectively, while the corresponding values for marital adjustment and life satisfaction are 46.11 and 22.84,

respectively. The highest standard deviation was observed for marital adjustment, whereas the lowest was associated with self-control.

Table 3. Correlation Matrix of Research Variables

variables	1	2	3	4
1. Self-Control	1			
2. Responsibility	0.574**	1		
3. Marital adjustment	0.185**	0.287**	1	
4. Life Satisfaction	0.254**	0.307**	0.778**	1

*p < 0.05, **p < 0.01

According to the data in Table 3, positive correlations were found among the variables: self-control with responsibility (r = 0.574), self-control with marital adjustment (r = 0.185), and self-control with life satisfaction (r = 0.254).

Furthermore, responsibility correlated positively with marital adjustment (r = 0.287) and with life satisfaction (r = 0.307). Additionally, marital adjustment and life satisfaction were positively correlated (r = 0.778).

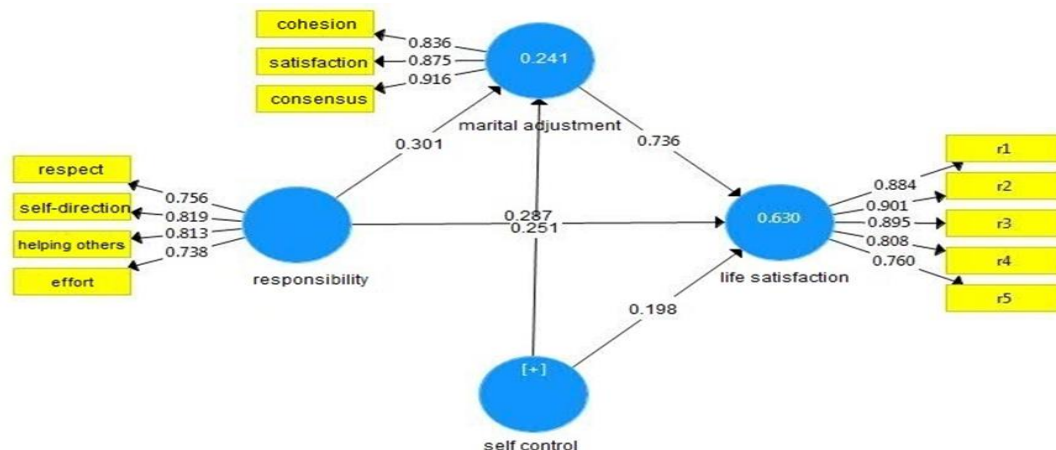


Figure 1. Structural Model for Predicting Life Satisfaction Based on Responsibility and Self-Control: With the Mediating Role of Marital adjustment

The structural equation model findings are presented as a path diagram. The study's structural equation model -

which examines responsibility and self-control as predictors of life satisfaction, with marital adjustment as a mediator - is depicted in Figure 1.

Table 4. Estimation of Regression Coefficients for Direct and Indirect Relationships in the Research Model

Relations	Effect Coefficient	T-Test Value	R ²	Significance Level	Result
Responsibility → Marital adjustment	0.301	3.103	0.241	0.008	Confirmed
Marital adjustment → Life Satisfaction	0.736	20.630	0.630	p < 0.001	Confirmed
Responsibility → Life Satisfaction	0.251	3.602	0.630	0.001	Confirmed
Self-Control → Marital adjustment	0.287	3.137	0.241	0.005	Confirmed
Self-Control → Life Satisfaction	0.198	3.906	0.630	p < 0.001	Confirmed
Indirect Effects (Mediation of Marital adjustment)					
Responsibility → Life Satisfaction	0.222	4.253	0.630	p < 0.001	Confirmed
Self-Control → Life Satisfaction	0.211	3.197	0.630	0.002	Confirmed

As shown in Table 4, taking into account the significance levels of the variables responsibility and self-control on marital adjustment, which are less than 0.05, and with T-

test values of 3.103 and 3.137 respectively—both exceeding the critical value of 1.96— it is evident that their effect coefficients, equal to 0.301 and 0.287, are

significant at the 95% confidence level. Accordingly, the influence of the variables responsibility and self-control on marital adjustment is confirmed.

Moreover, the impact of marital adjustment on life satisfaction had a p-value below 0.05 and a t-value of 20.630, exceeding the critical value of 1.96. Hence, the effect coefficient ($\beta = 0.736$) was significant at the 95% confidence level, confirming the influence of marital adjustment on life satisfaction.

In addition, the impact of the variables responsibility and self-control on life satisfaction was less than 0.05, with T-test values of 3.602 and 3.906, respectively, both of which is higher than the critical value of 1.96. Thus, the effect coefficients of these variables are respectively

equal to 0.251 and 0.198, and are significant at the 95% confidence level. Consequently, the influence of the variables responsibility and self-control on life satisfaction is confirmed.

In Table 4, the indirect effects of responsibility and self-control on life satisfaction through marital adjustment were also examined. The p-values for these indirect effects were below 0.05, with t-values of 4.253 and 3.197, both exceeding the critical value of 1.96. The indirect effect coefficients ($\beta = 0.222$ and $\beta = 0.211$) were significant at the 95% confidence level. Thus, the mediating role of marital adjustment in the relationship between responsibility, self-control, and life satisfaction is confirmed.

Table 5. Assessment of Model Fit Indices in the Research Model

Variable Name	Standard Criterion for Convergent Validity	Convergent Validity Index Value in the Model	Conclusion
Self-Control	≥ 0.5	0.706	Model fit is appropriate
Life Satisfaction	≥ 0.5	0.725	Model fit is appropriate
Marital adjustment	≥ 0.5	0.767	Model fit is appropriate
Responsibility	≥ 0.5	0.723	Model fit is appropriate
Variable Name	Standard Criterion for Composite Reliability	Composite Reliability Index Value in the Model	Conclusion
Self-Control	> 0.7	0.824	Model fit is appropriate
Life Satisfaction	> 0.7	0.929	Model fit is appropriate
Marital adjustment	> 0.7	0.908	Model fit is appropriate
Responsibility	> 0.7	0.863	Model fit is appropriate
Variable Name	Standard Criterion for Cronbach's Alpha	Cronbach's Alpha Index Value in the Model	Conclusion
Self-Control	> 0.7	0.793	Model fit is appropriate
Life Satisfaction	> 0.7	0.904	Model fit is appropriate
Marital adjustment	> 0.7	0.848	Model fit is appropriate
Responsibility	> 0.7	0.797	Model fit is appropriate

As shown in Table 5, the convergent validity index for all latent variables in the model is greater than 0.5, demonstrating that the model possesses sufficient convergent validity. Moreover, the composite reliability (C.R.) index for all latent variables in the model exceeds 0.7, indicating that the model possesses adequate composite reliability. Additionally, the Cronbach's alpha index for all latent variables in the model is also greater than 0.7, confirming that the model has adequate internal consistency. Thus, the model shows appropriate reliability and validity across all measures.

4. Discussion and Conclusion

This study aimed to investigate the mediating role of marital adjustment in the relationship between responsibility and self-control with life satisfaction. The structural model analysis showed that marital adjustment mediates the relationship between responsibility and life satisfaction. These findings are congruent with the findings of Davari et al. (2021) and Hashemi et al. (2023) regarding the relationship between responsibility and life

satisfaction, align with the findings of Shayestehfard et al. (2022) and Moghaddaszadeh (2021) concerning the association between responsibility and marital adjustment, and are in line with the results of research by Shahriaret al. (2023) regarding the relationship between marital adjustment and life satisfaction.

Explaining the relationship between responsibility and life satisfaction, it can be stated that individuals with high levels of responsibility plan according to the targets they have set for themselves in life and apply all their strengths to attain these goals (Davari et al., 2021). This trait of responsibility ensures that they efficiently carry out the tasks required to reach their objectives. The seriousness, effort, and commitment of these individuals lay the groundwork for optimal performance on the path to success and flourishing, and ultimately, the feeling of positive progress and fulfilling aims directs their evaluation of life toward maximum satisfaction (Hashemi et al., 2023). Furthermore, a responsible mindset encourages these individuals to respect the rights of others and engage in their social relationships

with greater compassion and empathy. Consequently, they experience relationships rich in intimacy, and these positive relationships, in turn, increase their level of life satisfaction (Fastame, 2021).

Explaining the mediating role of marital adjustment in the relationship between responsibility and life satisfaction, it can be stated that the sense of responsibility felt by spouses toward each other in their shared life leads them to consider themselves committed to the needs and desires of their partner. They exert all their efforts to enhance the quality and cohesion of their relationship. Instead of seeking comfort or avoiding responsibilities, they face life's challenges with strength and tackle problems through collaboration and empathy (Shayestehfard et al., 2022). This commitment enables them to attain higher compatibility, facilitating satisfaction with their marital life. As compatibility strengthens, spouses experience greater fulfillment of their expectations and are better able to achieve their life goals. Compatible spouses derive positive feelings from being together and enjoy the peace and intimacy they experience in their relationship, which collectively enhances their overall life satisfaction (Shahriar et al., 2023).

Another crucial outcome of the investigation was that marital adjustment plays a mediating role in the relationship between self-control and life satisfaction. This discovery corresponds to previous findings: regarding the relationship between self-control and life satisfaction, it aligns with the findings of Kaya (2022), Gudmundsdottir et al. (2019), Liu & Lu (2023), and Yasemi et al. (2021). Regarding the relationship between self-control and marital adjustment, it corresponds with the results of Tangney et al. (2018) and Lotfi et al. (2022). Moreover, concerning the relationship between marital adjustment and life satisfaction, the findings are in line with the studies conducted by Alidousti et al. (2021).

Regarding the relationship between self-control and life satisfaction, individuals with high levels of self-control are better able to regulate their thoughts, emotions, and behaviors. They demonstrate a greater capacity to direct their efforts toward achieving their goals. When setting goals, they are better able to align their thoughts, emotions, and behaviors with those objectives. Consequently, they progress more smoothly and effectively toward success and flourishing. This, in turn, leads them to develop a more positive appraisal of their lives, which enhances their happiness and satisfaction (Yasemi et al., 2021).

Moreover, the capacity for self-control plays a key role in forming and strengthening healthy social relationships. Positive interactions with others need consideration of their rights and individuality. Individuals with high self-control are able to form stronger positive relationships

with those around them by managing their thoughts, emotions, and social behaviors (Kaya, 2022). This trait enables them to regulate impulsive emotional and behavioral tendencies that might otherwise lead to violations of others' rights or harm to them (Teymoori et al., 2022). The outcome of these interactions is positive relationships characterized by trust, intimacy, and peace, which significantly contribute to greater life satisfaction (Vohs & Baumeister, 2016).

The mediating role of marital adjustment in the relationship between self-control and life satisfaction can be explained as follows: self-control enables individuals to effectively manage their thoughts, emotions, and behaviors. This capacity enhances marital quality, enabling couples to focus on each other's needs and rights and to coordinate and collaborate toward shared life goals. Remaining composed during marital crises and conflicts, individuals with high self-control avoid emotionally reactive behaviors that could harm or disrespect their partner. In fact, controlling anger and aggression is a key outcome of this ability in marital relationships (Tangney et al., 2018). The capacity to regulate thoughts and emotions enables them to build trust with their spouse and respond to diverse needs, thereby fostering intimacy, commitment, and empathy (Mohammadi & Sedaghati Fard, 2023). Thus, self-control facilitates compatibility between spouses, ultimately contributing to greater satisfaction with their shared life (Alidousti et al., 2021). Marital adjustment and satisfaction also provide a foundation for the growth and achievement of each spouse. Within a positive relationship, they can experience enduring happiness stemming from peace, intimacy, and loyalty, and through mutual empathy and cooperation, progress more rapidly on the path to personal flourishing. These factors lead them to develop a positive perception and judgment of life, which contributes to greater life satisfaction (Gudmundsdottir et al., 2019).

In conclusion, the findings of this research demonstrate that responsibility and self-control are significantly related to life satisfaction, and that marital adjustment mediates the relationship between these variables and life satisfaction. The limitations of this study include the use of self-report questionnaires for data collection, which may introduce response bias. In addition, since the questionnaires were administered online, there was no direct oversight over participants' responses. Moreover, the correlational research design does not permit the precise identification of causal relationships. Given these limitations, future studies could adopt experimental designs to investigate causal relationships and employ qualitative approaches to gain deeper insights. Furthermore, it is suggested that future research also examine the role of other character strengths and

virtues in life satisfaction, along with the mediating role of marital and family relationships.

The findings suggest that future studies examine the mediating role of family and marital relationships in the association between other character virtues and life satisfaction. At the practical level, cultural policymakers should, through macro-level planning, pay greater attention to the role of responsibility and self-control in strengthening family bonds and enhancing life satisfaction. Moreover, educational institutions can help reinforce these traits in individuals by designing training and skill-development programs, thereby contributing to improved marital adjustment and overall life satisfaction in society. At the therapeutic level, counselors can foster clients' sense of responsibility and self-control to strengthen their marital relationships and, consequently, enhance their life satisfaction.

5. Ethical Considerations

Compliance with ethical guidelines

This study adhered to all ethical standards. Participants were informed about the research objectives and the various stages of its implementation. They were assured of the confidentiality of their information. Furthermore, they were informed that the findings would be made accessible to them upon request.

Funding

This study did not receive financial support from any public, commercial, or non-profit funding organizations.

Authors' contributions

All authors were actively involved in the design, conduct, and writing of all parts of this study.

Conflicts of interest

The author declared no conflict of interest.

References:

- Ahmadi, L., Panaghi, L., Sadeghi, M. S., & Zamani Zarchi, M. S. (2020). The Mediating Role of Personality Factors in the Relationship Between Family of Origin Health Status and Marital Adjustment. *J Research Health*, 10 (4), 239-248 . [In Persian] <http://jr.h.gmu.ac.ir/article-1-1588-en.html>
- Alidousti, F., Shojaee Far, S., & Kazemian Marvi, T. (2021). A predictive model of marital satisfaction among women based on the role of cognitive emotion regulation strategies mediated by marital adjustment. *Family and Health*, 11(2), 63-84. <https://civilica.com/doc/1377543/>
- Angelini, G. (2023). Big five model personality traits and job burnout: a systematic literature review. *BMC psychology*, 11(1), 49. Doi:10.1186/s40359-023-01056-y
- Ariski, S., & Nurhayati, S. R. (2021). Personality Traits as a Predictor of Marital Quality: A Systematic Review. *Budapest International Research and Critics in Linguistics and Education (BirLE) Journal*, 4(3), 1020-1027. <https://www.bircu-journal.com/index/article/view/2239>
- Bayani, A. A., Koochaki, A. M., & Goodarzi, H. (2007). Validity and reliability of the Satisfaction With Life Scale (SWLS). *Developmental Psychology (Iranian Psychologists)*, 3(11), 259–265. [In Persian] https://journals.iau.ir/article_512406_ed7026f5778e9ddc54b1f27b01209958.pdf
- Boiman-Meshita, M., & Littman-Ovadia, H. (2022). Is it me or you? An actor-partner examination of the relationship between partners' character strengths and marital quality. *Journal of Happiness Studies*, 23(1), 195-210. Doi:10.1007/s10902-021-00394-1
- Boniwell, I. (2019). Positive psychology in a nutshell (H. P. Sharifi & S. Rezakhani, Trans.). Roshd Publications. (Original work published 2016)
- Buettner, D., Nelson, T., & Veenhoven, R. (2020). Ways to greater happiness: A Delphi study. *Journal of Happiness Studies*, 21(8), 2789-2806. Doi:10.1007/s10902-019-00199-3
- Busby, D. M., Christensen, C., Crane, D. R., & Larson, J. H. (1995). A revision of the Dyadic Adjustment Scale for use with distressed and nondistressed couples: Construct hierarchy and multidimensional scales. *Journal of Marital and family Therapy*, 21(3), 289-308. Doi:10.1111/j.1752-0606.1995.tb00163.x
- Busseri, M. A., & Erb, E. M. (2023). The happy personality revisited: Re-examining associations between Big Five personality traits and subjective well-being using meta-analytic structural equation modeling. *Journal of Personality*. Doi:10.1111/jopy.12862
- Chis, R., Ignat, S., Rad, D., & Macsinga, I. (2022). The Mediation Role of an Individual's and Couple's Psychological Factors, Including Parenting in the Prediction of Relational and Marital Satisfaction. *International Journal of Environmental Research and Public Health*, 19(17), 11011. Doi:10.3390/ijerph191711011
- Cho, D., & Cheon, W. (2023). Older adults' advance aging and life satisfaction levels: effects of lifestyles and health capabilities. *Behavioral Sciences*, 13(4), 293. Doi:10.3390/bs13040293
- Chu, J. T., & Koo, M. (2023). Life satisfaction and self-esteem in older adults engaging in formal volunteering: A cross-sectional study in Taiwan. *International Journal of Environmental Research and Public Health*, 20(6), 4934. Doi:10.3390/ijerph20064934
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd Edn.). Lawrence Earlbaum Associates <https://www.utstat.toronto.edu/brunner/oldclass/378f16/readings/CohenPower.pdf>
- Connolly, J. J., Jackson, J. J., Garrison, S. M., Leveille, M. M., & Connolly, S. L. (2015). Your friends know how long you will live: A 75-year study of peer-rated personality traits. *Psychological Science*, 26(3), 335-340. Doi:10.1177/0956797614561800

- Costa, C. B. D., & Mosmann, C. P. (2021). Personality traits and marital adjustment: Interaction between intra and interpersonal aspects. *Paidéia (Ribeirão Preto)*, 31, e3107. Doi:10.1590/1982-4327e3107
- Davari Chegani, M., & Goodarzi, K. (2022). Estimating Happiness based on Spiritual Intelligence and Personality Traits in Women Teachers. *FPJ*; 7 (2), 2. [In Persian] Dor:20.1001.1.24234850.1400.7.2.2.0
- Deniz, M. E., Erus, S. M., & Batur, D. (2020). Examining Marital Satisfaction in terms of Interpersonal Mindfulness and Perceived Problem Solving Skills in Marriage. *International Online Journal of Educational Sciences*, 12(2) Doi:10.15345/iojes.2020.02.005
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75. Doi:10.1207/s15327752jpa4901_13
- Duckworth, A. L., Taxer, J. L., Eskreis-Winkler, L., Galla, B. M., & Gross, J. J. (2019). Self-control and academic achievement. *Annual review of psychology*, 70(1), 373-399. Doi:10.1146/annurev-psych-010418-103230
- Effati, S. (2011). Examining the effectiveness of life story-based education on improving marital adjustment among couples (Master's thesis). Allameh Tabataba'i University, Tehran, Iran. [In Persian]
- Ekinci, N., & Koç, H. (2023). Grit, general self-efficacy, and life satisfaction: The mediating role of hope. *Journal of Community Psychology*, 51(3), 1288-1299. Doi:10.1002/jcop.22962
- Farajnia, S., Beliad, M. R., Hosseinian, S., & Hosseinzadeh Taqvai, M. (2023). Modeling marital adaptability based on communication patterns and sexual relationship performance mediated by spiritual attitude. *Journal of Applied Family Therapy*, 4(2), 258-278. [In Persian] Doi:10.22034/afjt.2023.377755.1873
- Farhadi, A., Salehin, S., Aghayan, S., Keramat, A., & Talebi, S. (2020). The effectiveness of reality therapy based on choice theory on marital intimacy and sexual satisfaction of newly married women. *Avicenna Journal of Nursing and Midwifery Care*, 28(2), 83-92. Doi:10.30699/ajnm.28.2.83
- Fastame, M. C. (2021). Life satisfaction in late adult span: the contribution of family relationships, health self-perception and physical activity. *Aging Clinical and Experimental Research*, 33, 1693-1698. Doi:10.1007/s40520-020-01658-1
- Ghaderi Azarkhavarani, N., Eisazadeh, F., Sheikhi, H., & Tahmouresi, N. (2023). The Effectiveness of Group Spiritual Therapy on Marital Adjustment and Marital Commitment in Sailors of Bushehr City. *J Mar Med*; 5 (3), 155-163. [In Persian] <http://jmarmed.ir/article-1-432-fa.html>
- Ghanbarpour, A., & Asefi, A. (2022). Validation of Li Individual and Social Responsibility Questionnaire among Female Athlete Students. *Journal of Sport Management and Motor Behavior*, 18(35), 137-121. [In Persian] Doi:10.22080/jsmb.2020.15188.2987
- Gudmundsdottir, S., Gudlaugsson, T. O., & Adalsteinsson, G. D. (2019). The diplomatic spouse: Relationships between adjustment, social support and satisfaction with life. *Journal of Global Mobility: The Home of Expatriate Management Research*, 7(1), 103-122. Doi:10.1108/JGM-09-2018-0043
- Habibi, A., Keshavarz, S., & Kakavand, A. (2024). The relationship between emotional regulation and marital adjustment: The mediating role of couples' intimacy. *Journal of Women and Family Studies*, 12(1), 10-31. [In Persian] Doi:10.22051/jwfs.2024.43410.2975
- Hashemi, Z., Eyni, S., & Yavari, A. (2023). The Relationship Between Personality Traits and Life Satisfaction in the Elderly: The Mediating Role of Cultural Intelligence. *Aging Psychology*, 9(2), 119-103. [In Persian] Doi:10.22126/jap.2023.9011.1694
- Hajibasi, R., & Taher, M. (2022). Relationship between Action Flexibility and Personality Traits with Marital Adjustment in Married Students of Shahrood Azad University. *Journal of Family Relations Studies*, 2(5), 15-22. Doi:10.22098/jhrs.2022.10086.1039
- Hayes, N., & Joseph, S. (2003). Big 5 correlates of three measures of subjective well-being. *Personality and Individual Differences*, 34(4), 723-727. Doi:10.1016/S0191-8869(02)00057-0
- Ishaghi Jordwey, H., Jajarmi, M., & Akbari, H. (2021). Determining the Role of psychological Flexibility and Self-control on marital adjustment of married staff of Samen Al-Aimeh Hospital in Mashhad. *MEJDS*, 11, 180-180. [In Persian] <http://jdisabilstud.org/article-1-2438-fa.html>
- Isik, E., Özbiler, Ş., Schweer-Collins, M. L., & Rodríguez-González, M. (2020). Differentiation of self predicts life satisfaction through marital adjustment. *The American Journal of Family Therapy*, 48(3), 235-249. Doi:10.1080/01926187.2020.1732248
- Kaya, E. Ü. (2022). The relationships between tendency to aggression, self-control, mindfulness, and happiness in students of the faculty of health sciences. *American journal of health behavior*, 46(6), 664-672. Doi:10.5993/AJHB.46.6.9
- Kermani Mamazandi, Z., Akbari Balutbangan, A., & Mohammadyfar, M. A. (2021). Model test to explain happiness based on marital adjustment and life satisfaction: The mediating role of forgiveness. *Iranian Journal of Family Psychology*, 6(2), 29-42. [In Persian] Doi:10.29252/ijfp.6.2.29
- Khodabakhsh, S. (2022). Factors affecting life satisfaction of older adults in Asia: A systematic review. *Journal of Happiness Studies*, 23(3), 1289-1304. Doi:10.1007/s10902-021-00433-x
- Lampropoulou, A. (2018). Personality, school, and family: What is their role in adolescents' subjective well-being. *Journal of adolescence*, 67, 12-21. Doi:10.1016/j.adolescence.2018.05.013
- Layous, K. T. I. N., & Lyubomirsky, S. (2014). The how, why, what, when, and who of happiness. *Positive emotion: Integrating the light sides and dark sides*, 473-495. Doi:10.1093/acprof:oso/9780199926725.003.0025

- Li, W., Wright, P. M., Rukavina, P. B., & Pickering, M. (2008). Measuring students' perceptions of personal and social responsibility and the relationship to intrinsic motivation in urban physical education. *Journal of teaching in Physical Education*, 27(2), 167-178. Doi:10.1123/jtpe.27.2.167
- Lin, S., Liu, D., Liu, W., Hui, Q., Cortina, K. S., & You, X. (2021). Mediating effects of self-concept clarity on the relationship between passive social network sites use and subjective well-being. *Current Psychology*, 40, 1348-1355. Doi:10.1007/s12144-018-0066-6
- Liu, S., & Lu, A. (2023). Forgiveness, rumination, and self-control as the predictors of adolescent life satisfaction: A comparison of two serial mediational models. *Psychology in the Schools*, 60(11), 4576-4601. Doi:10.1002/pits.23010
- Lotfi Amiri, Z., Qorbanpur Lafmejani, A., & Pursafar, A. (2023). The Mediatory Role of Self-Control and Meaning of Life in the Relationship between Islamic Lifestyle and Marital Conflicts. *Journal of Lifestyle*, 8(2), 33-60. [In Persian] https://journal.manaviyat.ir/article_182058.html?lang=en
- Lyubomirsky, Sonja. (2008). *The How of Happiness: A New Approach to Getting the Life You Want*. The penguin press. newyork
- Ma, M., Gao, R., Wang, Q., Qi, M., Pi, Y., & Wang, T. (2023). Family adaptability and cohesion and the subjective well-being of parents of children with disabilities: The mediating role of coping style and resilience. *Current Psychology*, 42(22), 19065-19075. Doi:10.1007/s12144-022-03094-y
- McKay, M., & Wood, J. (2019). *The new happiness*. (A. Mohammadi, Trans.). Sayesokhan. (Original work published 2019)
- Mirandi, M., Lis, A., Mazzeschi, C., Li, J. B., Salmi, L. P., & Delvecchio, E. (2023). Flourishing and self-control in adolescence: the role of perceived parenting. *International Journal of Environmental Research and Public Health*, 20(16), 6568. Doi:10.3390/ijerph20166568
- MK, R., & Kaur, P. (2020). Depression, anxiety, stress and marital adjustment among women. *Journal of International Women's Studies*, 21(5), 2-8. <https://vc.bridgew.edu/jiws/vol21/iss5/2>
- Mohammadi, L., & Mojtazadeh, M. (2023). The Mediating Role of Self-Control in the Relationship between Personality Traits, Organizational Commitment and Job Motivation. *Journal of Research in Educational Systems*, 17(62), 64-82. Doi:10.22034/jiera.2023.412914.3036
- Moghaddaszadeh, M. (2022). Predicting marital adjustment based on religious orientation, coping strategies and personality traits. *BRANDAFARIN JOURNAL*, 2(24). [In Persian] https://www.brandafarin.org.ir/article_145200.html?lang=en
- Mohammadi, M., & Sedaghati Fard, M. (2023). Predicting Marital Stability and Marital Compatibility Based on Self-Differentiation in Couples. *Journal of Applied Family Therapy*, 4(5), 84-99. doi:10.22034/ajt.2023.355521.1738
- Naderi, S., Moradi, O., & Amiri, H. (2024). The effectiveness of the model of marital compatibility based on the dimensions of intelligence on the moral intelligence of compatible and incompatible couples in Kermanshah. *Journal of Psychological Science*, 23(136), 165-181. [In Persian] Doi:10.52547/JPS.23.136.911
- Nazari, Sh., Javid, F., Negarandeh, R., & Farrokhejad Afshar, P. (2022). The relationship between identity styles and coping strategies with marital adjustment in nurses. *Iranian Journal of Psychiatry and Clinical Psychology*, 28(3), 374-385. [In Persian] Doi:10.32598/ijpcp.28.3.2822.4
- Niemiec, R. M. (2023). Mental health and character strengths: the dual role of boosting well-being and reducing suffering. *Mental Health and Social Inclusion*, 27(4), 294-316. Doi:10.1108/MHSI-01-2023-0012
- Obradović, J., & Čudina, M. (2023). Predictors of Marital Quality: What Makes a Happy Marriage in Croatia?. In *Conjugal Trajectories: Relationship Beginnings, Change, and Dissolutions*, 22, 81-107. Emerald Publishing Limited. Doi:10.1108/S1530-353520230000022005
- Omrani, S., Johari, F., & Ahadi, H. (2019). Predicting marital adjustment based on marital expectations with the mediating role of marital conflicts. *Social Psychology*, 7(51), 89-9. [In Persian] Dor:20.1001.1.17357462.1397.17.68.10.8
- Pradhan, R. K., & Jandu, K. (2023). Evaluating the impact of conscientiousness on flourishing in Indian higher education context: mediating role of emotional intelligence. *Psychological Studies*, 68(2), 223-235. Doi:10.1007/s12646-022-00712-4
- Rabiee, N., Koochakentezar, R., Ghanbari Panah, A., & Kooshki, S. (2023). Predicting marital commitment based on dark triad traits and big five of personality. *Journal of Psychological Science*. 22(126), 1103-1120. [In Persian] Doi:10.52547/JPS.22.126.1103
- Reeve, J. (2018). *Understanding motivation and emotion*. John Wiley & Sons.
- Reynolds, T., & Baumeister, R. F. (2016). Self-control, cultural animals, and Big Gods. *Behavioral & Brain Sciences*, 39. Doi:10.1017/s0140525x15000515
- Rezaeian Bilondi, H., & Mirqaderi, F. S. (2020). Attachment Styles and Marital Intimacy: The Mediatory Role of Islamic Self-Control. *Gender and Family Studies*, 7(2), 125-147. Dor:20.1001.1.25381938.1398.7.2.5.5
- Sawai, J. P., Juhari, R., Kahar, R., Ismail, Z., & Sawai, R. P. (2018). Financial strain, financial management practices, marital satisfaction and marital stability among newlyweds. *Management & Accounting Review (MAR)*, 17(3), 1-16. <https://ir.uitm.edu.my/id/eprint/30320>
- Schnettler, B., Denegri, M., Miranda, H., Sepúlveda, J., Orellana, L., Paiva, G., & Grunert, K. G. (2015). Family support and subjective well-being: An exploratory study of university students in southern Chile. *Social Indicators Research*, 122, 833-864. Doi:10.1007/s11205-014-0718-3

- Schotanus-Dijkstra, M., Pieterse, M.E., Drossaert, C.H.C. *et al.* What Factors are Associated with Flourishing? Results from a Large Representative National Sample. *J Happiness Stud* 17, 1351–1370 (2016). Doi:10.1007/s10902-015-9647-3
- Seligman, M. E. (2012). *Flourish: A vision of a new understanding of happiness and well-being*. William Heinemann.
- Shahriar, S., kazemianmoghadam, K., Khalfi, A., & Mehrabizadeh Honarmand, M. (2023). The Relationship between Marital Intimacy on Life Satisfaction with Mediating Love, Marital Compatibility, and Marital Satisfaction in the Employees Pepole. *Psychological Achievements*, 30(2), 37-58. [In Persian] Doi:10.22055/psy.2022.40425.2823
- Shahryaripour, R., Najafi, S., Aminbeidokhti, A., Raoofi, M., & Moradi, F. (2017). The Role of Religiousness and Responsibility in Predicting the Marital Commitment of Graduate Students Semnan University. *QJCR*, 16 (63) :126-145. [In Persian] <http://iran-counseling.ir/journal/article-1-194-en.html>
- Shayesteh Fard, Z., Sobhi Gharamaleki, N., & Zargham Hajabi, M. (2023). Designing an emotional intelligence model in reconciling emotional relationships with mediated communication skills in married women. *Journal of Applied Family Therapy*, 3(5), 55-83. [In Persian] Doi:10.61838/kman.aftj.3.5.5
- Shroff, D. M., Breaux, R., & Von Suchodoletz, A. (2023). Understanding the association between spirituality and mental health outcomes in adolescents in two non-Western countries: Exploring self-control as a potential mediator. *Development and Psychopathology*, 35(3), 1434-1443 Doi:10.1017/S0954579421001334
- Solatpetloo, A., Vaziri, S., & Lotfikashani, F. (2022). The effect of couple therapy with self-regulation approach on marital satisfaction: a quasi-experimental study. *Journal of the Iranian Institute for Health Sciences Research*, 21(4). Dor:20.1001.1.16807626.1401.21.4.10.8
- Soper, D. (2021). Calculator: A-priori sample size for structural equation models. Free a-priori sample size calculator for structural equation models - Free statistics calculators. www.danielsoper.com/statcalc/calculator.aspx?id=89
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 15-28. Doi:10.2307/350547
- Sponselee, H. C., Ter Beek, L., Renders, C. M., Kroeze, W., Fransen, M. P., van Asselt, K. M., & Steenhuis, I. H. (2023). Letting people flourish: defining and suggesting skills for maintaining and improving positive health. *Frontiers in public health*, 11, 1224470. Doi:10.3389/fpubh.2023.1224470
- Tamannaefar, M., Hadizadeh, F., & Mazhabdar, A. (2025). Structural Equation Modeling of Marital Adjustment Based on Spiritual Well-Being: The Mediating Role of Psychological Hardiness. *Journal of Family Relations Studies*, (), -. Doi:10.22098/jfrs.2025.16401.1221
- Tangney, J. P., Boone, A. L., & Baumeister, R. F. (2018). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. In *Self-regulation and self-control*, 173-212. Routledge. <https://www.taylorfrancis.com/chapters/>
- Teymoori, R., Salmani, A. & Salehinejad, M. A. (2022). The relationship between emotional character with depression and anxiety in patients with polycystic ovary syndrome. *Journal of Research in Psychopathology*, 3(7), 47-53. Doi:10.22098/jrp.2022.9595.1042
- Ünal, Ö., & Akgün, S. (2022). Conflict resolution styles as predictors of marital adjustment and marital satisfaction: An actor-partner interdependence model. *Journal of Family Studies*, 28(3), 898-913. <http://iran-counseling.ir/journal/article-1-194-fa.html>
- Vohs, K. D., & Baumeister, R. F. (Eds.). (2016). Handbook of self-regulation: Research, theory, and applications. Guilford Publications. <https://doi.org/10.1016/j.paid.2021.111173>
- Wang, H., Liu, Y., Wang, Z., & Wang, T. (2023). The influences of the Big Five personality traits on academic achievements: Chain mediating effect based on major identity and self-efficacy. *Frontiers in psychology*, 14, 1065554. Doi:10.3389/fpsyg.2023.1065554
- Westland, J. C. (2010). Lower bounds on sample size in structural equation modeling. *Electronic commerce research and applications*, 9(6), 476-487. Doi:10.1016/j.elerap.2010.07.003
- Yaden, D. B., Batz-Barbarich, C. L., Ng, V., Vaziri, H., Gladstone, J. N., Pawelski, J. O., & Tay, L. (2022). A meta-analysis of religion/spirituality and life satisfaction. *Journal of Happiness Studies*, 23(8), 4147-4163. Doi:10.1007/s10902-022-00558-7
- Yasemi Moghaddam, F., Saravani, S., & Zinoli Pour, M. (2021). Prediction of happiness based on metacognitive beliefs, self-efficacy, and self-regulation among high school students in Qom. *School Counseling*, 1(2), 1-19. Doi:10.22098/jsc.2021.1599
- Yoosefi, N. (2012). Investigation of Psychometric Properties of the Revised Dyadic Adjustment Scales (RDAS). *Research in Clinical Psychology and Counseling*, 1(2). Doi:10.22067/ijap.v1i2.9534 [In Persian]
- Yu, Y., Wu, D., Wang, J. M., & Wang, Y. C. (2020). Dark personality, marital quality, and marital instability of Chinese couples: An actor-partner interdependence mediation model. *Personality and Individual Differences*, 154, 109689. Doi:10.1016/j.paid.2019.109689
- Zhang, Y., & Sun, L. (2024). The health status, social support, and subjective well-being of older individuals: evidence from the Chinese General Social Survey [Article]. *Frontiers in Public Health*, 12, Article 1312841. Doi:10.3389/fpubh.2024.1312841
- Zhu, C., Lian, Z., Huang, Y., Zhong, Q., & Wang, J. (2023). Association between subjective well-being and all-cause mortality among older adults in China. *BMC psychiatry*, 23(1), 624. Doi:10.1186/s12888-023-05079-y