The Mediatory Role of Self-Control and Meaning of Life in the Relationship between Islamic Lifestyle and Marital Conflicts

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Of couples' problems are marital conflicts that, if not settled, can make the way for divorce. With this issue in mind, the present study aims to examine the mediatory role of self-control and meaning of life in the relationship between Islamic lifestyle and marital conflicts. As a correlational descriptive research, the study was conducted using the structural equation modeling. The statistical population consisted of every married individual inhabiting the city of Behshahr, Iran, of whom a total of 225 were selected using the convenience sampling technique. After Islamic Lifestyle, Marital Conflict, Self-Control and Meaning of Life questionnaires were administered for collection of data, 205 questionnaires were collected. SPSS and AMOS were used to examine goodness of fit, and bootstrapping in Macro (Preacher and Hayes 2008) to examine the role of mediator variables. The results showed that the structural model of the research enjoys a desirable goodness of fit and all exogenous and mediator variables can account for 49 percent (so, nearly 50 percent) of marital conflicts. Furthermore, self-control and meaning of life play a mediatory role in the relationship between Islamic lifestyle and marital conflict. Therefore, Islamic lifestyle, self-control and meaning of life are among the factors in preventing divorce and reducing divorce rates.

Key Words: marital conflict, self-control, Islamic lifestyle, meaning of life, divorce.

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