



Impact of Resilience: A Review on Marital Satisfaction

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Abstract

The husband and wife in a marriage serve as two pillars in the essential family structures, unique and sacred partnerships not available in other relationships, intended to provide lifelong companionship, romance, support, sexual fulfilment and commitment to each other. Most adult individuals in all cultures get married to lead a family life. Some spouses experience these qualities to lead a satisfied life. This review article examines the prevalence, impact of resilience on family and couple marital relationship satisfaction and consequences of poor resilience. Evidence indicates that inadequate resilience competency adversely impacts marital satisfaction. Resilience has become a crucial component while evaluating marital satisfaction both in India and beyond. This review article incorporates 32 studiessourced from various databases, including Google Scholar, Scopus, PubMed, JSTOR, Elsevier, etc. When a married couple or single partner enters into a marriage contract, they face challenges that affect their level of marital pleasure. Evidences and review suggest resilience play prominent role in marital satisfaction. Correlation between resilience and marital satisfaction indicates higher resilience tend to experience greater marital satisfaction. The review also explores the causalities; demographic and situational factors associated with resilience influencing marital satisfaction. Addressing resilience is essential for promoting healthier, happier marital bond.

INTRODUCTION

There is a substantial increase in divorce rate and is a rising trend in a number of countries (UN World marriage data, 2019). This implies that we must learn how to create and maintain satisfying love relationships by developing a long-term and fulfilling romantic relationship with each other. Numerous psychological studies demonstrate the connection between resilience and marital satisfaction. According to research, resilience is a significant predictor of romantic relationship satisfaction (Hall et al., 2025; McCoslin et al., 2024). Resilient people also exhibit superior interpersonal skills and coping abilities. Bradley and Hojjat (2017) found that resilience contributes to higher marital satisfaction by helping individuals manage stress and maintain positive relationship dynamics.

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Definition of Resilience

My understanding and conviction in "resilience" began in around 2013 while I was pursuing my Masters (Psychology) in 2013. As a science student, I fundamentally understood the term "resilience" as concept of physics, refers to a material's elasticity—the ability to get back to its former shape or position after being worked upon. Similarly, resilience in psychology refers to a person's ability to bounce back from tremendous stress and trauma. It is a characteristic of some individuals who, in the face of severe trauma, hardship, adversities, extreme deprivation, grave danger, and intense stress, are able to persevere and fully recover (Shastri & Priyavan, 2013). Resilience, according to Masten and colleagues, (1990, 2000, 2001), is the ability to adjust in the face of difficult and dangerous situations, and withstand the detrimental effects of stressful and traumatic situations. Resilience is the capacity to overcome adversity.

Resilience, a term that is taken from the word "resile," means "to bounce or spring back from". It is therefore, understood as 're' i.e., "back" and 'salire' i.e., "to jump, leap".

Measuring both internal (personal) and external (environmental) elements, social environment and family variables is crucial and necessary to assess resilience (Ann S. Masten, 2001; Michael Rutter, 1987 & 2006). A person's resilience is the result of a dynamic combination of elements that promote constructive adaptation in the face of adversity. Resilience is thought to be crucial for effective psychosocial adjustment and is linked to mental health.

Resilience enables an individual to express system of thinking and behaviour in the face of life challenges and needs, helps individual to establish emotional balance, harmony with himself and the environment. Highly resilient individuals have a great understanding of the positive emotions which they can exhibit in times of stress (Tugade & Fredrickson, 2004).

Marital Satisfaction

Marital Satisfaction as "individual's subjective evaluation of his or her satisfaction with the marriage quality of one's marriage", is the balance between, positive and negative emotional interactions between the spouses (Fincham and Rogge, 2010).

Various other factors which are related to marital satisfaction may be considered as supportive behaviour and support communication (Justin et. al. 2016). Cognitive variables such as kindness, affection,

openness, patience, understanding, responsiveness, tolerance, and acceptance were characteristics of happy married couples (Murray et.al., 1996). Marital satisfaction, a concept that encompasses thoughts, feelings, and actions connected to one's connection with one's partner, can be used to characterize the quality of a married couple's cohabitation and union (Olson, D. H., & Fowers, B. J. 1993).

A happy and healthy marriage is the goal of every married couple. Marital adjustment is vital to the success of a marriage. In order to be satisfied with each other, each person wants their spouse to meet their physical and emotional demands. Men and women differ on the magnitude of marital adjustment when gender differences are taken into account. Males and females perceive marital quality and marital satisfaction differently. Studies have shown that women get less from marriage than men do. Women benefit from marriage less than men do (Glenn, N. D. 1990).

For a marriage to succeed, two personalities must be adjusted. Physical or sexual attraction may be the starting point, but adjustment is required for a marriage to succeed (Burgess, E. W., & Locke, H. J., 1953). Adjustment is more difficult than it first seems. Every other marriage may have different amounts of adjustment that must be made. These days, marital instability is a major issue. Marriage may succeed for couples who are able to handle stress. Resilient people have a propensity to manage stressors (Ahmad et al., 2020).

RELEVANCE OF RESILIENCE WITH RESPECT TO MARITAL SATISFACTION AND DEMOGRAPHICS:

Resilience is a skill that may be developed through practice and is not static. Studies reveal that life happiness may be predicted and enhanced by resilience. Resilience helps moderating relationships and improve marital satisfaction (Irshad et. al., 2023). The findings suggest a significant and direct correlation between life satisfaction and resilience. Current studies are examining solutions for issues related to marriage fulfilment. Increasing marital satisfaction might make people feel better all around. A happy, fulfilling marriage is beneficial for body and the psyche both.

Modifying the resilient abilities will enhance couples' capacity to communicate, make sound decisions, and deal with life challenges by recognizing and changing negative thoughts and beliefs that

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silently boost resilience (Epstein, et. al., 1993). This will assist the individual to counter negativity and stress.

The evidence that is currently available could be very helpful in assisting Indian married people in better adjusting to the difficulties they encounter (Mastan, A.S., 2001). Resilience has been studied in the context of marriages in the past, despite changes in its definition. Noureen, et.al., (2025), in their study explained how resilience and marital satisfaction are positively correlated with emotional maturity. Among married women, psychological resilience and marital adjustment were found to be statistically significantly correlated (Kumari, P. & Rani R., 2019).

Marriage is the foundation of family formation and human interaction. Even though marriage aids in satisfying each partner's emotional, psychological, and sexual needs, poor marital adjustment can have a detrimental effect on both couples' and their children's lives.

AIM OF THE REVIEW:

The intention of this scoping review is to systematically examine various aspects of resilience, its genesis, exploring its prevalence, and more specifically its importance and impacts on marital satisfaction. It synthesizes empirical evidence to highlight key patterns and gaps, providing a comprehensive understanding of resilience in context of marital satisfaction. This may help married couples in effectively coping with stress. Future research can examine protective characteristics linked to a high satisfaction trajectory. As a result, comprehending couple resilience in the Indian setting may be especially important, and the current review may fill the research gap.

METHODOLOGY:

The purpose of this scoping review was to methodically investigate the prevalence of resilience in married individuals and its importance in pair relationships, marital satisfaction. In order to guarantee thorough coverage and synthesis of the available empirical evidence, the review adhered to accepted frameworks for scoping investigations.

Search Strategy: To find research on resilience, sustained marital adjustments, and marital satisfaction, a thorough and methodical search was conducted across several electronic databases and search engines, 32 research studies and articles, pertinent to the social sciences, psychology, and psychiatry. Combinations of terms like "resilience,"

"psychological resilience," "relationship happiness," and "marital satisfaction" were used in the search. To fully capture the breadth of study the subject, the search was restricted to peer-reviewed English-language publications and exclusively considered married couples currently are in a married relationship.

Inclusion and Exclusion Criteria: Research studies that empirically examined the effects of resilience on psychological or social context, as well as on marital satisfaction, were included. Studies that were both qualitative and quantitative were taken into account. Articles that did not primarily address resilience and marital satisfaction or similar phenomena connected to marital stability or happiness were excluded.

Study Selection and Data Extraction: To identify relevant studies, reviewers separately looked at titles and abstracts. After that, the full-text publications of research that might qualify were assessed for inclusion. A standardized data extraction form was used to capture pertinent data, such as study objectives, design, sample characteristics, resilience and marital satisfaction measures, key findings, and discovered gaps.

Data Synthesis: To map the body of existing literature, find recurring themes, and draw attention to areas that require more investigation, extracted data were descriptively synthesized. The goal of the synthesis was to provide a comprehensive understanding of how resilience affects married couples' general well-being and marital satisfaction.

In order to identify important trends and gaps that will guide future research and interventions, this methodology guarantees a thorough and transparent approach to capture the scope of research on resilient competency and marital satisfaction.

PURPOSE AND SCOPE OF THE REVIEW:

This review aims to understand the interplay between resilience and marital satisfaction, and to illuminate the complex relationships between factor of resilience and critical aspects of marital satisfaction, in doing so, contribute to a deeper understanding of impact of resilience on marital stability, sustained couple relationship and holistic well-being during the married life. The purpose of the review to understand whether marital adjustment of married individual can be predicted from their resilience.

A number of research gaps have been found based on the evaluated literature. First, there hasn't

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been much research done on how marriages develop resilience. Second, rather than concentrating on higher levels of positive adaptation, the resilience process is more frequently researched by looking at lower levels of negative symptoms. This review offers a fresh approach to comprehending pair resilience mechanisms. The results show a variety of paths for marital satisfaction, which may be indicators of constructive adaptation.

Some of the risk factors for resilience in marriages may include a number of variables that are not measured, as well as unique cultural components like power disparity, educational attainment, emotional violence, intrinsic motivation for the marriage, and other demographic factors that may be contributing stressors to the resilience model's risk factors. However, these characteristics and elements that are taken into account for more research investigations might be powerful indicators of marital satisfaction. Culture-specific protective and promotional factors can be investigated, particularly in the Indian context.

The scope of the study can be expanded to include the full resilience framework to comprehend marital adaptation in the face of risk, including marital relationships that typically examine intimacy and sexual satisfaction; high or low levels of satisfaction can be compared over time or length of continued marital relation. Understanding the resilience process in marriages across cultural boundaries may be enhanced by cross-cultural comparisons. The understanding of resilience processes in marriages is advanced by this review. Article by Ayesha & Shubham Thakur (2025), focuses on the connection between married people's psychological health, resilience and marital adjustment. Findings suggest, psychological well-being and resilience are significantly positively correlated.

The purpose of the study was to investigate how financial status, forgiveness, optimism, and marriage satisfaction and the results show that more optimism and forgiveness are linked to happier marriages. The study has useful implications for couples' counselling and therapies targeted at improving relationship quality and emphasizes the significance of good psychological qualities in fostering marital satisfaction (Bano, et al., 2025).

People face a variety of obstacles and situations when they approach middle adulthood (30s to early 50s) also known as midlife, frequently begin to think differently. They focus on their own personal

development and notice changes in their bodies and emotions. Research done to examine how both resilience and social support have a major impact on marital pleasure affect middle-aged married people in India. Resilience, social support, and marital satisfaction were found to be strongly correlated in the study, suggesting that those who are more resilient and have more social support are typically happier in their marriages. Remarkably, it is also claimed that resilience might be more important in predicting marital contentment than social support, and it is concluded that both social support and resilience are important elements in determining marital satisfaction for individuals. According to the literature, resilience is a complicated phenomenon that is impacted by a variety of environmental, interpersonal, and individual factors. Developing coping mechanisms, establishing a sense of meaning and purpose in life, and cultivating supportive connections can all help build resilience. The research has also shown interest in the relationship between resilience and marital satisfaction, (Shreya & Soumya, 2024).

Because prior research has not examined the interaction effect between couples, the relationship between couple resilience and marriage satisfaction is not well-established. However, Edwin Adrianta Surijah, et. al., (2021) found that positive relationship behaviours are more likely to predict marital satisfaction.

THEORITICAL BACKGROUND:

Resilient behaviour also generates broader relational and emotional consequences, as explained by the psychological theories. It is included as part of personality trait once child faces a few possible vulnerabilities include poverty, violence, substance misuse, family discord, and disease reflected while dealing in relationship. Theories related to resilience that explain how resilience affects marital life or how poor resilience competency and personality traits disrupts and negatively affect marital life, which leads to a dysfunctional marriage.

Resilience in psychology, especially in the context of marriage, resilience functions not only on an individual basis but also as dyadic resilience, or the way a couple works together to manage stress. A key concept in relationship studies is marital satisfaction, which represents a person's subjective assessment of their marriage's contentment, stability, and happiness.

Child development theory suggests some children face challenges and vulnerabilities which

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include poverty, violence, substance misuse, family discord, and disease in their early years. Resilience is the ability to recover from difficult situations and may become so dysfunctional that they are unable to sustain themselves or have fulfilling connections with others. Nonetheless, many of these kids have been found to be resilient despite facing significant obstacles and hardships; they have specific characteristics and benefit from protective factors that enable them to overcome difficult circumstances and flourish (Masten, 2007, 2011, Alford and Grados, 2005, Brooks, 2006).

Adaption theory suggests resilient behavior is most accurate way to gauge effective adaptation to adversity are still up for debate. A person's resilience is not a one-dimensional, binary quality that they possess or lack. It has been proposed that a resilient person has to have favourable results throughout (Staci M. Zolkoski, 2012).

According to the theoretical framework, resilience serves as a protective and strengthening element in marriage. Stress theory, coping theory, and positive psychology are just a few of the theories that highlight how resilience helps couples deal with hardship and maintain and improve marital satisfaction (Richard, & Folkman, 1984; Martin Seligman, 2011; Froma Walsh, 2016).

People can satisfy their attachment requirements and feel secure in marriage, which is a union of love, affection, respect, and sharing between the couple. A happy marriage is essential to a happy family life. When there is harmony and fulfilment in the relationship, marriage is possible. Research from all around the world indicates that a number of elements, including personality qualities, women's occupations, religiosity, sexual pleasure, and virtues like love, trust, caring, respect, friendliness, humour, and commitment, play a significant part in or contribute to marital contentment. Age, income, and education are examples of sociodemographic factors that appear to have some influence. Intimacy, empathy, and agreement are important, according to literature on Indian studies. Marital satisfaction has been found to be primarily influenced by emotional intelligence and communication abilities. (Gayathri, 2018).

Like any other relationship, marriage has its ups and downs. Couples that are more resilient in the face of hardship may have a strong, long-lasting relationship. The resilient pair will handle their issues with more effective coping mechanisms. Resilience is a crucial quality for handling outside issues that could

disrupt a marriage. Marital maladjustment may result from a lack of resiliency. Adversity is seen by resilient people as a necessary component of learning and development (Ahmad, et.al., 2020). According to some research, marital resilience improves a relationship by raising marital satisfaction (Bradley and Hojjat, 2017; Neff and Broady, 2011).

CAUSES AND CONSEQUENCES OF POOR RESILIENCES:

Some of the main psychological and personal factors, such as a lack of coping skills (e.g., poor stress management, emotional regulation), low self-esteem or confidence, past trauma or unresolved negative experiences, and a fixed mindset that makes it difficult for the person to adapt to change, and are responsible for inadequate resilience (Masten, 2001). Weak support networks like family, friends, and the community, social isolation or a lack of belonging, poverty, inequality, or unstable living conditions, and exposure to long-term stressors like violence, discrimination, and insecurity are all examples of social and environmental factors that contribute significantly to a lack of resilience (Michael Rutter, 1987; Emmy Werner & Ruth Smith, 1992; Urie Bronfenbrenner, 1979; Ann Masten, 2014). Poor mental health (such as anxiety, depression, etc.) and health-related problems (physical disease or chronic disorders) can also result in low resilience (Bonanno, 2004; Hobfoll, 1989).

Since marriage frequently entails stress, change, and conflict, inadequate resilience can subtly reduce marital satisfaction. The relationship tends to feel more brittle and less satisfying when one or both parties find it difficult to adjust or cope (John Gottman & Robert Levenson, 1992; Karney, et al., 1995; Froma Walsh, 2016).

Low resilience frequently results in trouble resolving conflicts in a positive way. Unresolved conflicts eventually erode trust and contentment (Gottman, 1994; Rusbult, 1987; Frank Fincham & Steven Beach, 1999). (John Gottman, 1994; James Gross, 1998; Karney, Benjamin R. & Bradbury, Thomas N., 1995).

Resilience helps people stay present and supportive during tough times otherwise he or she may feel neglected or rejected, and decreased understanding decreases. This weakens emotional intimacy, a key component of marital satisfaction (Johnson, 2004; Bowlby, 1988; Rusbult, 1987).

External stress such as work, finances, family issues etc. is more likely to spill into the relationship when resilience is low. Instead of coping together,

couples may blame each other, their frequency of conflict may increase, and distancing themselves emotionally.

During difficult times, resilience enables people to be present and supportive. Emotional intimacy, a crucial element of marital satisfaction, is weakened in the absence of anticipated emotional support, which causes partners to withdraw and may feel abandoned or deserted. Empathy and understanding also decline (John Gottman, 1999).

When resilience is low, external stressors like employment, money, family problems, etc., are more likely to affect the relationship. Couples may blame one another, have more arguments, and emotionally distance themselves from one another rather than dealing together.

INTERVENTION AND MITIGATION STRATEGIES:

Low resilience prevents a relationship from "fixing itself" over time; instead, partners require intentional routines and structures that lower stress, enhance coping, and reestablish connection. The good news is that even minor adjustments can significantly increase marital satisfaction because resilience is highly trainable.(John Gottman, 1999; Ann Masten, 2014; George A. Bonanno, 2004).People who lack resilience frequently have poor communication skills. This is one of the important area where intervention may help. Listen intently and refrain from placing blame. Withdrawal is frequently the result of low resilience; this can be actively prevented by fostering emotional intimacy and upholding physical proximity and contact. This could contribute to the development of a healthy emotional buffer that will shield the relationship from strain(John Bowlby, 1988; Sue Johnson, 2004; John Gottman, 1999). Rigidity is often the result of lack of resilience. It is necessary to be adaptable, when necessary, in order to resolve conflicts or problems.

Professional interventions and specialized, planned training sessions, such couple therapy or relationship skills workshops, are other options available to couples. The key goal is still to manage stress by improving communication, which will enhance the link between partners and ultimately increase marital satisfaction.

THE EXTENT OF FUTURE INVESTIGATIONS AND STUDIES:

Longitudinal studies could be the focus of future research in this field, enabling a dynamic analysis of the causal relationships between resilience and marital enjoyment during various stages of married life. A deeper comprehension of the subjective feelings and mechanisms to understand impact of resilience on marital satisfaction would result from combining quantitative data with qualitative research methods.

Examining the relationship between resilience and marital satisfaction may also be beneficial. Further studies on this subject can explore if couple resilience has any appreciable impact and identify the specific resilience component/s that have the biggest impact on marital satisfaction. This could shed light on the dynamic interplay between these factors and open up new research directions for comprehending marital dynamics.

The main issues surrounding resilience include defining the term correctly, figuring out what influences its growth. Predisposing or risk factors for psychopathologists may be found in the clinical setting, and new preventive and therapeutic intervention strategies based on the resilience idea may be developed. Health, education, social policy, interpersonal problems, marital issues, and the appropriate integration strategy, analysis with an emphasis on resilience may be beneficial necessary to develop a contextual mechanism. Promoting resilience will enhance long-standing marital relationship problems and enable couples to have a happy and healthy marriage in India, whether they are clients, family members, or caregivers.

PRACTICALITY, IMPLICATIONS, AND IMPLEMENTATION

Counsellors, educators, and legislators can use the insights from the examination of publications to train, improve relationships, deal with discontent, and encourage marital stability in a variety of settings. Additionally, it might assist current and potential partners in creating stronger, more satisfying marriages.

Implications found offer useful recommendations for future partner resilience studies that use a longitudinal methodology that continuously assesses resilience outcomes (Surijah, et.al., 2021). It is further required to be explored emphasising on the fact,

whether resilience is truly protecting marital satisfaction from new challenges and feasible to ensure a sustained marital bond in different phases of married life.

LIMITATIONS, RESEARCH GAPS AND FUTURE DIRECTIONS:

Although studying how resilience impacts marital satisfaction is worthwhile, there are number of methodological and conceptual issues that should be considered. One significant problem is how various academics define and quantify "marital satisfaction" and "resilience." These are intricate concepts that have been investigated in a variety of disciplines, such as psychology, social science, and family studies, using various scales or frameworks, this may have an impact on the results or make comparisons challenging.

The use of self-report data is another drawback. The majority of research uses questionnaires, which are susceptible to social desirability bias. Participants may exaggerate how robust they think they are or how happy they are in their marriage. Responses may also be impacted by memory bias, particularly if participants are asked to consider previous disputes and their causes, as well as any difficulties or coping mechanisms they may have encountered.

Establishing causality is similarly challenging. Resilience does not always translate into stronger and satisfied marital bond, even if there is a substantial association between resilience and marital satisfaction. It might be the opposite—happy marriages foster resilience—or both could be impacted by third factors like socioeconomic position, communication abilities, or personality qualities.

Problems with sampling are frequent. The generalizability of many research is limited by their reliance on convenience samples, such as metropolitan populations or couples with college degrees. Findings from one area or cultural group may not apply elsewhere, particularly between collectivist vs. individualist countries, because cultural context plays a significant role in marriage.

In Indian context, lack of awareness, large chunk of rural population, currently limits and hinders the use of the resilience strategy in marital satisfaction research.

Lastly, the study may be influenced by theoretical perspective and researcher prejudice. Positive psychology-based approaches, for instance, might

place greater emphasis on resilience or other qualities than on dysfunction or conflict, which could have an impact on both design and interpretation.

Despite the available studies and accumulating evidence, the study of resilience across the different life span phases of married life it is still relatively uncharted territory. Future research on resilience also needs to focus more explicitly on gender differences in response to adversity and cross-cultural perspective.

CONCLUSION:

The analysis highlights that having low or insufficient resilience is a significant barrier to achieving and enjoying a long-lasting marriage, a happy married life. Additionally, studies show that more resilient people have happier marriages, cohesive relationships, and stronger sense of unity. The family system, psychological disorders, and mental health problems are all negatively impacted by a lack of resilience competencies. Marital pleasure is also influenced by a number of situational situations and demographic characteristics. Fostering healthier interventions and awareness programs that target children, adolescents, and adults can help them become more resilient to overcome challenges at every stage of life. Therefore, it can be concluded that resilience is a crucial factor in determining marital satisfaction, marital adjustments for individuals and family as unit of the society.

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