

## **Mediating Role of Burnout in Personality and Marital Satisfaction of Single and Dual Career Couples**

**Authors :** Sara Subhan

**Abstract :** Married couples tend to experience various bio-psycho-social issues that may eventually impact the quality of their marital relationship and mental wellbeing. This study aimed to find out the comparison between the single and dual-career couples' personality, burnout and marital satisfaction. For that purpose Big Five Inventory, Couple Satisfaction Inventory, and Maslach Burnout Inventory-General Survey was used to measure the relationship between variables. The main study was carried out on 200 samples of single and dual-earner couples with the age range of 23-52 (mean= 34.58; standard deviation= 6.51) by using a purposive sampling strategy. The results showed that burnout tendencies like exhaustion, cynicism and professional efficacy are playing a mediation role between the personality and marital satisfaction of both single and dual career couples. Also, the results revealed that dual-career couples are more likely to have marital satisfaction as compared to single career couples. The results were further discussed in the light of its implications in its cultural context and counseling areas.

**Keywords :** dual career couples, marital satisfaction, burnout tendencies, personality

**Conference Title :** ICP 2019 : International Conference on Psychology

**Conference Location :** Prague, Czechia

**Conference Dates :** September 05-06, 2019