

Predicting Marital Burnout Based on Irrational Beliefs and Sexual Dysfunction of Couples

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Abstract : This study aimed to predict marital burnout based on irrational beliefs and sexual dysfunction of couples. The research method was descriptive-correlational, and the statistical population included all couples who consulted to counseling clinics in the fall of 2016. The sample consisted of 200 people who were selected by convenience sampling and answered the Ahwaz Irrational Beliefs Questionnaire, Pines Couple Burnout, and Hudson Marital Satisfaction Questionnaire. The data were analyzed using regression coefficient. The results of regression analysis showed that there was a linear relationship between irrational beliefs and couple burnout and dimensions of helplessness toward change, expectation of approval from others, and emotional irresponsibility were positive and significant predictors of couple burnout. However, after avoiding the problem of power, it was not a significant predictor of marital dissatisfaction. There was also a linear relationship between sexual dysfunction and couple burnout, and sexual dysfunction was a positive and significant predictor of couple burnout. Based on the findings, it can be concluded that irrational beliefs and sexual dysfunction play a role in couple dysfunction.

Keywords : couple burnout, irrational beliefs, sexual dysfunction, marital relationship

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