



‘Do Conflicts Strengthen My Relationship?’ The Role of Relational Resilience on Conflict Frequency and Relationship Satisfaction from the Viewpoint of Turkish Women

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ARTICLE HISTORY

Received: 05.12.22

Accepted: 10.06.23

KEYWORDS

Relational resilience,
relationship satisfaction,
conflict frequency,
resilience, women
resilience.

ABSTRACT

This study sought to determine whether relational resilience plays a role in the relationship between women's conflict frequency and relationship satisfaction. The sample of the study consisted of 255 Turkish women over the age of 18 who had at least one child. The data collection instruments used were the "Conflict Zone Determination Scale" the "Relationship Stability Scale" the "Relational Resilience Scale" and the "Personal Information Form" developed by the researcher. SPSS 25.0 and Hayes's macro PROCESS 4.0 were used to analyze the data. As a result of the analyzes, it was found that there were low negative significant relationships between conflict frequency and relationship resilience, high positive relationships between relationship resilience and relationship satisfaction and low negative significant relationships between conflict frequency and relationship satisfaction. As a result of this research, it was found that conflict frequency predicted relational resilience, relational resilience predicted relationship satisfaction, and conflict frequency predicted relationship satisfaction. At the same time, relational resilience was found to play a mediating role in the relationship between conflict frequency and relationship satisfaction.

In our time, there are serious conflicts in many marriages and this condition is an undeniable threat to marital satisfaction and happiness of couples (Omeje, 2014). Conflict, considered an inevitable part of human relationships (Taylor, Peplau, and Sears, 2015), is described as a dynamic process that occurs between two or more individuals and can lead to negative emotional reactions in situations where the individual feels that his or her goals have been compromised or rejected (Barki and Harwick, 2004). Conflict is an inevitable relationship experience in marriage. Therefore, all couples face conflict in their relationships (Marchand, 2004). Marital conflict is a tension or state of stress between partners in the marriage that occurs in the performance of marital tasks (Tolorunleke, 2014). In a more general sense, marital conflict is a fight, argument, disagreement, or dispute over opposing needs, ideas, beliefs, values, or goals between spouses or sometimes with other family members (Olugbenga, 2018).

Marital conflict is a factor that affects marital quality and predicts marital dissatisfaction, separation, and divorce (Fincham et. al., 2000). From a gender perspective, women experience more disappointment, dissatisfaction, and negative feelings in marriage. As a result, women tend to opt for separation or divorce

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(Bernard, 1972). The literature on socioeconomic changes following divorce suggests that women are more affected than men (Roxburgh, 2014). Women are responsible for the majority of housework and childcare, even when they work outside the home. Work overload and problems related to women's roles lead to marital dissatisfaction and divorce (Kim, 2009). In recent years, divorce rates in the world have been steadily increasing, and this fact brings additional problems. Every year, one million families are divorced in Europe and more than 60% of these families have children (Rodriguez and Martinez-Aedo, 2018). In Turkey, the divorce rate has increased by 47% in the last 20 years (TÜİK, 2021).

The factors that cause conflict in a relationship vary. Marital conflicts can manifest in different ways, such as abuse of the partner, irresponsibility in the marriage, struggle for control between partners or other abusive behaviors, as well as problems such as childlessness, forced marriage, incompatibility, economic situation, infidelity, lack of appreciation, lack of communication, interference from relatives or others (Osarenren, 2013). In addition, disagreements about role allocation and role expectations between partners can lead to disharmony and marital conflict in marital relationships (Pathan, 2015). The issues that lead to conflict between spouses can vary from the wife's work situation to the birth of a child. Problematic circumstances such as the birth of a child, job loss, or serious illness increase the likelihood of conflict (Bradbury, Fincham, and Beach, 2000).

Conflict within marriages leads to various personal, family, physical, or psychological conditions (Tasew and Getahun, 2021). Fincham (2000) states that marital conflict has a detrimental effect on psychological, physical, and family health. Therefore, it is understandable to pay attention to the issue of marital conflict. Researchers indicated that higher levels of marital mismatch, tension, or conflict are associated with more physical problems (Hawkins and Booth, 2005; Kiecolt-Glaser and Newton, 2001; Robles et. al, 2014; Sandberg et. al, 2013). Researchers theorized that marital conflict triggers spouses' physiological responses, thus causing chronic physical problems that affect health and impair physical health (Robles, 2014; Tasew and Getahun, 2021). Marital conflict can affect parental performance and children's harmony and increase conflict among all family members (Tasew and Getahun, 2021). From a psychological perspective, marital conflict is associated with lower well-being (Choi and Marks, 2008; Umberson et. al, 2006; Yuan et. al, 2010).

Marital conflict affects another area: marital satisfaction. The level of marital satisfaction has an important impact on marital stability and quality (Bloch et. al., 2014). Relationship satisfaction is one of the most important areas of life to be adjusted (Bagarozzi, 2014). Marital satisfaction is the degree to which an individual's needs, expectations, and desires are met in their marriage. It is a subjective state (Baghipour, 2010) and a personal and general evaluation of the individual about marriage (Erhabor and Ndlovu, 2013). Family researchers emphasize that women consistently experience much lower marital satisfaction compared to men (Jackson, Miller, Oka, and Henry, 2014; Umberson, Williams, Powers, Liu, and Needham, 2006). Therefore, according to Connides (2001), researchers hypothesize that women have lower relationship satisfaction compared to men. One of the factors that negatively affect marital satisfaction is stressful conditions in marriage (Li and Wickrama, 2014). Low marital satisfaction is not only a problem in itself, but also provides the foundation for additional problems or greater risks to develop. When families do not have an adequate foundation for coping with difficulties, they are also more likely to experience other risks (Patterson, 2002b).

There are relational processes that can be helpful in coping with stressful or negative life events (Kayser and Acquati, 2019). One of these processes is resilience. Researchers describe resilience as resistance to difficulties, positive adaptability, and the ability to bounce back after difficulties (Luthar and Cicchetti, 2001).

In the field of relationships, couple resilience is a recently developed concept to understand how couples adapt to negative conditions (Suriyad, Prasad, and Saraswati, 2021). In a couple relationship, resilience is a process in which the couple develops relationship behaviors that help them adapt to negative life conditions and maintain their well-being (Sanford et. al., 2016). In relationship resilience, the couple's recovery strength after crisis conditions they experience during their relationship process is important (Afifi, 2018, Walsh, 2002). Relationship resilience is described differently in the literature: Coping skills of the couple when faced with negative conditions (Venter and Snyders, 2009), abilities to cope effectively and adapt (Solomon, Rothblum, and Balsam, 2004), potential strength revealed by the couple when experiencing difficult conditions to protect

themselves (Connolly, 2005), and the ability to build strong and improve relationships after being exposed to stressful experiences (Jordan, 2013). To discuss the impact of resilience, there must be negative and compelling life conditions in the individual's life (Masten, 2014). Relational resilience-based approaches aim to describe interactional processes that help them overcome destructive life events and difficult periods (Walsh, 1996).

Conflicts are stressful life events experienced within marriage (Bloch et. al., 2014). The focus of the resilience approach is that even people who have experienced severe trauma or very problematic relationships have the opportunity to recover, grow, and live throughout their lives. Therefore, they have the potential to experience resilience as they overcome difficulties that any family may face (Walsh, 2007). This process can end with people broadening their perspective, learning something positive, developing new coping strategies, or expanding their social relationships after a stressful experience (Carver, 1998; Feeney and Collins, 2014; Park and Fenster, 2004). Resilience requires more than coping with stressful situations, carrying a millstone, or surviving after suffering. It involves the potential for personal and relational change and growth. Resilience experiences enable couples and families to become stronger, more loving, and more competent through suffering, struggle, collaboration, and mutual support (Walsh, 2016). Researchers claimed that couples' coping behaviors are related to relationship satisfaction rather than life satisfaction (Bodenmann, Meuwly, and Kayser, 2011). Consequently, there is a positive relationship between relational resilience and relationship satisfaction (Bradley and Hojjat, 2016).

Current Study

Research studies on marital conflict and satisfaction (Han and Kim, 2017; Prabhu et. al., 2020) have found that depending on their biology and responses to various stressors in daily life, women's negative feelings increase, and this condition increases marital conflict. Negative feelings and behaviors resulting from conflict transfer to couples' interactions and decrease marital satisfaction (Zhao et. al., 2017). Neff and Karney (2017) note that such stressful conditions reduce the possibility of engaging in activities that strengthen the relationship. Therefore, they may increase the possibility of conflict and tension, leading to a decrease in relationship satisfaction (Breitenstein et al., 2018). Studies (Aydoğan and Dinçer, 2020; Aydoğan and Kızıldağ, 2017) show that relational resilience comes from the help of strong characteristics and resources that appear in a relationship after some negative and traumatic experiences. The prerequisite for couples to experience resilience in their relationships is exposure to negative life events. Although conflict is an inevitable part of any marriage (Noller and Feeney, 2002), some couples overcome the difficulties they experience in their marriage and provide satisfaction in their marriage. This study examines the role of women's relational resilience in the relationship between the frequency of conflict and relationship satisfaction. Although there are studies that examine the relationship between conflict frequency and relationship satisfaction, there is no study that examines the mechanisms by which conflict frequency influences relationship satisfaction. One of the mediators that could potentially contribute to relationship is relationship resilience. Conducting the study with a sample that includes women would be an important contribution to the literature. The study examines relational resilience, a factor that influences relationship satisfaction, from the perspective of women. Based on the above theoretical framework, this study assumes that relational resilience plays a mediating role between women's conflict situation and their relationship satisfaction.

Method

Participants and Procedure

All procedures performed in the studies were approved by the Ethics Committee of Hasan Kalyoncu College. The College Ethics Committee granted the necessary approvals for this study (REF: 22557- 050.01.01-E-97105791). This study is a cross-sectional study conducted with women from different regions of Turkey. 255 individuals who scored above average on the Conflict Zone Scale were included in the study. The researchers reached out to participants through Google Forms and sharing in online platforms. Random-digit-dialing methods were used for sampling. Participants provided informed consent and participation in the study was

voluntary. Participants were free to stop participation whenever they wished. Demographic information can be found in Table 1.

Table 1. Demographical information of participants

Variables	Frequency (n)	Percentage (%)
Age		
18-29	85	33,3
30-39	110	43,1
40+	60	23,5
Duration of Marriage		
1-5 years	102	40,0
5-10 years	72	28,2
10+	81	31,8
Number of children		
1	172	67,5
1+	83	32,5

According to Table 1, 85 of the participants (33.3%) are 18-29 years old, 110 of the participants (43.1%) are 30-39 years old, 60 of the participants (23.5%) are 40 years and older. 102 of the participants (40.0%) have been married for 1-5 years, 72 of the participants (28.2%) have been married for 5-10 years, 81 of the participants (31.8%) have been married for more than 10 years, 172 of the participants (67.5%) have one child and 83 of the participants (32.5%) have more than one child.

Measures

Scale for Determination of Conflict Zones. Özbay, Aydoğan, Tomar, Akçabozan, and Eker (2018) developed a marital conflict zone scale to measure conflict in marriage. It provides an assessment of the frequency and prevalence of conflict zones in marriage. It includes 17 items consisting of conflict phrases, and the scale is a 6-point Likert scale. The items are scored as follows: "Not appropriate" (1 point), "Never" (2 points), "A few times in the last 6 months" (3 points), "A few times a month" (4 points), "A few times a week" (5 points), and "Daily/always" (6 points). The total scale score ranges from 17 to 102, with higher scores on the scale representing higher conflict frequency. There are no reversed items in the scale. In this study, the Cronbach alpha coefficient of the scale is .80.

Relational Resilience Scale. The relational resilience scale was developed by Aydoğan and Özbay (2015) to determine how couples' relationships transition into a positive process after experiencing difficulties. The relational resilience scale is a 7-point Likert scale consisting of 27 items ranging from 1 (never) to 7 (always). The scale has four sub-dimensions: Actor (sample sentence: With my behavior, I make my spouse feel that I understand him/her), Partner (sample sentence: In difficult times, my spouse makes me feel that everything will get better), Commonality (sample sentence: My spouse and I do not give up in the face of difficulties), and Spirituality (sample sentence: We seek refuge in God to avoid facing worse conditions). The researchers make the evaluation using the subscales and the total score. The total scale score ranges from 27 to 189, with higher scores indicating higher relational resilience. The Cronbach alpha coefficient of the scale is .96 for all dimensions of the scale. In this study, the researchers used the total score of the relational resilience scale, and the reliability coefficient of Cronbach Alpha is .96.

Relationship Stability Scale. Rusbult, Martz, and Agnew (1998) developed the Relationship Stability Scale and Büyüksahin, Hasta, and Hovardaoğlu (2005) performed the adaptation of the scale into Turkish. The scale consists of three subscales with 10 items: relationship satisfaction, relationship investment, and evaluation of the quality of options. and Büyüksahin and Taluy (2008) added an additional sub-dimension of commitment

consisting of 7 items. For the relationship stability scale, the first five items of the relationship satisfaction subscale (example sentence: Our relationship makes me very happy) have a 4-point Likert type from 1 (completely wrong) to 4 (completely right) and the other items have a 9-point Likert type from 1 (completely wrong) to 9 (completely right). For the relationship satisfaction, relationship investment, and option quality assessment subdimensions, the first five items aim to increase the measurement quality of the last five items. Rusbult et. al (1998) suggest using all items, but conducting the analyzes with the last five items for these dimensions. After adapting to Turkish language, the internal consistency coefficient of the scale Cronbach Alpha for relationship satisfaction is .90 (Büyüksahin et. al., 2005). In this study, the researchers used the Relationship Satisfaction subscale of the Relationship Stability scale and the Cronbach Alpha reliability coefficient of the scale is .97.

Demographic Information Form. The researcher prepared the demographic data form to collect information about the participants (age, length of marriage, occupation, etc.).

Statistical Analyses

The researchers collected data using Google Forms and conducted data analysis of the study using SPSS 25.0 and PROCESS macro by Hayes. The study examined whether relational resilience mediated the relationship between conflict frequency and relationship satisfaction using Model 4 from PROCESS macro. In this study, the analysis used the 5000 resampling option with the bootstrap technique, and 95% bias-corrected confidence intervals were created from the identified effects. The study accepted confidence intervals that did not contain zero as statistically significant ($p < .05$) (Hayes, 2018). The researchers conducted tests for normality assumptions prior to the correlational analyzes and the mediation analyzes. The results of the normality test can be found in Table 2.

Table 2. Normality test results of variables

	Conflict Resolution	Relational Resilience	Relationship Satisfaction
Kolmogorov-Smirnov	.168	.138	.206
p	.000	.000	.000
Skewness	.903	-1,00	-1,42

Review of Table 2 reveals that the values for conflict frequency, relational resilience, and relationship satisfaction do not have a normal distribution, as indicated by the results of the Kolmogorov-Smirnov test designed to examine the normal distribution of the data ($p < .05$). The skewness coefficient values are .90 for conflict frequency, -1.00 for relationship resilience, and -1.42 for relationship satisfaction. The skewness values range from -2 to +2, so the values do not show a significant deviation from the normal distribution (George and Mallery, 2003). After the normality test, the researchers conducted a multicollinearity test. The VIF value is 1.07, the tolerance value is .93, and the Durbin-Watson value is 1.49. These results show that there is no multicollinearity problem, which is consistent with the suggestion of Field (2013).

Results

The research results take place in this part. First, there are descriptive statistics on the frequency of conflict, relationship resilience, and relationship satisfaction. The results of the analyzes can be found in Table 3.

Table 3. Descriptive statistics related to variables

Variables	N	Min	Max	\bar{X}	S_s
Frequency of Conflict	255	52,00	91,00	64,25	9,65
Relational Resilience	255	64,00	180,00	140,01	28,45
Relationship Satisfaction	255	5,00	45,00	31,96	11,00

Table 3 shows the mean scores of conflict frequency ($X=64.25$), relationship resilience ($X=140.01$), and relationship satisfaction ($X=31.96$) for the participants in the study.

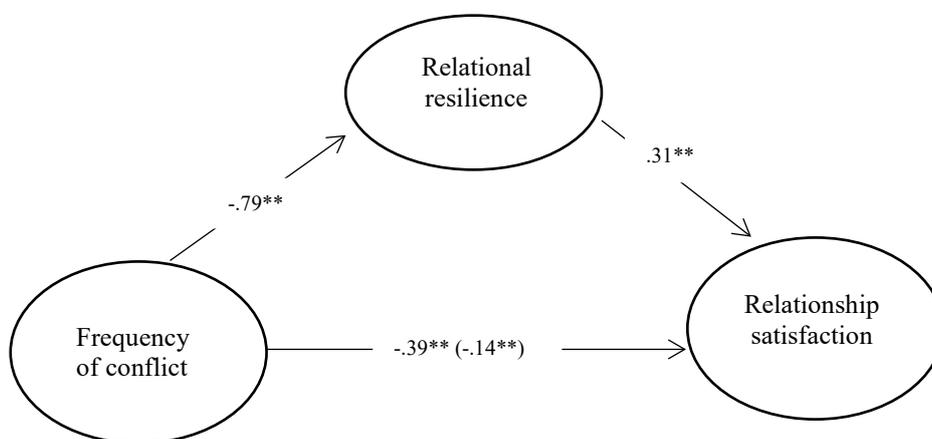
The results of the Pearson correlation analysis of the variables can be found in Table 4.

Table 4. Pearson Correlation Analysis Results of Variables

	Conflict Resolution	Relational Resilience	Relationship Satisfaction
Frequency of Conflict	1	-.27**	-.35**
Relational Resilience		1	.85**
Relationship Satisfaction			1

According to Table 4, there is a negative and significant relationship between conflict frequency and relational resilience ($r = -.271, p < .05$) and between conflict frequency and relationship satisfaction ($r = -.349, p < .05$). In addition, there is a positive and significant relationship between relational resilience and relationship satisfaction ($r = .845, p < .05$). In this study, the researchers examined the mediating role of relational resilience on conflict frequency and relationship satisfaction. The conceptual model is shown in Figure 1.

Figure 1. Mediating role of relational resilience on frequency of conflict and relationship satisfaction.



Direct and indirect influences about mediating role are in Table 5.

Table 5. Mediating role of relational resilience

Mediating role of relational resilience	<i>B</i>	<i>CI</i>
Direct		
Frequency of conflict-Relationship satisfaction	-.14	(-.22, -.07)
Frequency of conflict –Relational resilience	-.79	(-1.15, -.44)
Relational resilience - Relationship satisfaction	.31	(.28, .33)
Indirect		
Frequency of conflict - Relational resilience – Relationship satisfaction	-.25	(-.38, -.11)

Frequency of conflict negatively and significantly predicts the level of mediating variable of relational resilience ($B = -.79, SE = .17, 95\% \text{ CI } [-1.15, -.44], p < .01$). Mediating variable of relational resilience positively and significantly predicts marital satisfaction ($B = .31, SE = .01, 95\% \text{ CI } [.287, .339], p < .01$).

Additionally, frequency of conflict score negatively and significantly predicts relationship satisfaction scores as the dependent variable ($B = -.39, SE = .06, 95\% \text{ CI } [-.529, -.265], p < .01$). When frequency of conflict is in the regression equation together with relational resilience, the direct influence of frequency of conflict on marital satisfaction decreases ($B = -.14, SE = .03, 95\% \text{ CI } [-.223, -.070], p < .01$).

Frequency of conflict has a significant effect with mediating role of relational resilience ($B = -.25$, $SE = .06$, $95\% \text{ CI } [-.383, -.108]$). Relational resilience has a mediating role in the relationship between frequency of conflict and relationship satisfaction. Researchers used Macro insertion of PROCESS Model 4 developed by Hayes (2018) There is no zero value within confidence interval of 95% and it means that the mediating influence is significant (Hayes, 2018).

Discussion

This research study found that relationship-related resilience mediates the relationship between the frequency of conflict and marital satisfaction in women. There are no studies in the literature that assess these three variables together. However, the bilateral relationships between these variables indicate that there is a negative significant relationship between conflict frequency and relationship satisfaction. That is, the women whose conflict frequency is high have lower relationship satisfaction. It is generally believed in the literature that all couples face conflict situations and that how they handle these conflicts is related to relationship satisfaction, change in relationship satisfaction, and relationship stability (Gottman, 1994; Heavey et. al, 1993; Markman et. al, 1993; Noller and White, 1990). Grych and Fincham (1990) note that in marriage, the concepts of satisfaction and conflict appear to be opposed to each other. Similarly, Zeytinoğlu (2013) found that there is a negative relationship between marital satisfaction and marital conflict. Şengül Öner (2013) showed that as the frequency of conflict increases, marital adjustment decreases. Sabatelli (1988) suggested that the frequency of conflict between spouses reflects the quality of marital relationship satisfaction. At the same time, there are many findings in the literature showing that as marital conflict increases, marital satisfaction decreases (Argyle and Furnham, 1983; Güven and Sevim, 2007; Polat, 2006; Fincham et al., 2000; Christensen and Heavey, 1990; Tezer, 1994; Allen, Herst, and Sutton, 2000; Chui, 1998; Hatipoğlu, 1993). This result of the recent research study consistently supports the research findings of the literature in this area.

There is a negatively significant relationship between conflict frequency and relational resilience. Black and Lobo (2008) describe the characteristics of resilient families as a positive outlook on life, shared spirituality, harmony among family members, flexibility of roles that allow room for adjustments, open communication among family members, strong financial management, quality time in both daily activities and entertainment, routines and rituals for consistent meaning, accessibility to and availability for individual, family, and community networks that provide social support. McCubbin et al. (1998) define family resilience as the ability to adapt and successfully maintain the family despite problems. However, conflict is a process that occurs when someone's behavior interferes with the behavior of others (Taylor, Peplau, and Sears, 2015). Fincham, Beach, and Davila (2004) emphasized that couples who have problems in their marriage make more negative statements during conflict, and when one of the spouses behaves negatively toward the other, the likelihood of a negative response increases. On the other hand, couples who do not have problems in their marriage are more receptive to attempts to make amends and in this way break the negative cycles earlier. The communication of couples who have problems in their relationship is less open compared to couples who do not have problems. Therefore, the frequency of conflict can interfere with the processes necessary for resilience.

There is a positive and significant relationship between relational resilience and relational satisfaction. Resilient families not only focus on negative experiences they encounter under stressful conditions, but also seek to strengthen their abilities as a family, resulting in positive family harmony. With the help of family resilience, families can lower their stress level in a crisis, overcome difficulties, become stronger as a unit, and thus gain more resources (Yang, Kim, and Kwon, 2006). Interventions aim to create family power by solving more problems, thus reducing risk and fragility. The more competent the family becomes, the better it can cope with difficulties (Walsh, 2002). Efforts to increase family resilience aim both to prevent or reduce pathology and dysfunction and to increase functionality and well-being (Luthar et. al., 2000).

One of the findings of this study is that relationship resilience plays a mediating role between the frequency of conflict and relationship satisfaction. The family resilience approach strengthens the family's ability to overcome obstacles (Walsh, 1996, 1998b). The concept of family resilience focuses on "relational resilience," which is a functional unit within the family that goes beyond the concept of individual resilience, and it is a concept that relates assessment and intervention to the family system. Research studies have found that resilient

families improve their relationships and enrich their emotional attachment after difficult experiences (Walsh, 1996). Many studies from the family systems field found that couples and through the journey of pain and struggle, families typically become stronger, more loving, more purposeful, and better able to face future obstacles (Walsh, 2016b). This type of effort strengthens relational bonds and therefore has the potential to benefit all family members. A family resilience framework is a valuable conceptual map that can guide prevention and intervention studies to support and strengthen vulnerable families experiencing crisis. Family resilience encompasses more than coping with stressful situations, reaching a milestone, or overcoming a difficulty. This approach accepts personal and relational transformation and growth to get rid of problems (Walsh, 2002). With collaborative efforts, families could become stronger and more capable by fostering the key processes for resilience (Walsh, 1996). A crisis could be an open call for help and focus attention on what is important. It could be an opportunity to reassess priorities by encouraging new or renewed investment in meaningful relationships and the pursuit of life (Stinnett and DeFrain, 1985). The relational resilience orientation changes women's perspectives from hopelessness to affirmation of their strengths and potential. It encourages women to be proactive, determined, and capable in their efforts to create a better life for themselves and their children (Walsh, 2002).

This study was conducted with Turkish women. From a cultural perspective, Turkish women tend to continue their marriages despite any difficulties. Relationship resilience, on the other hand, is achieved through strong character traits that emerge despite negative life events. For this reason, the women in our sample group may have developed the necessary resources for resilience through the conflicts they experienced. All of this increases marital satisfaction.

Limitations

In addition to the results, there are also some limitations of this study. The relationship between the frequency of conflict and relationship satisfaction did not control for the influence of protective factors that contribute to relationship satisfaction. In this study, the researchers examined the mediating role of relational resilience between conflict frequency and relationship satisfaction. However, there may be other variables that mediate conflict frequency and relationship satisfaction. For example, conflict resolution skills (because family relationships are interpersonal relationships), interpersonal relationships, and communication skills may be potential mediators between the relationship between conflict frequency and relationship satisfaction. Therefore, future studies can examine the role of these concepts in the relationship between conflict frequency and relationship satisfaction. Another limitation of this study is that the researchers used a cross-sectional method instead of a longitudinal design. Future studies can be longitudinal and experimental and focus on the cause-effect relationship. In this study, frequency of conflict is a predictive variable. In the current study, the way conflicts are resolved was not considered. Future studies may consider the influence of conflict resolution styles. This study is limited to female participants. Conflict, relationship satisfaction, and relationship-related resilience experienced in their relationships are examined from women's perspectives. Future studies could also include the other spouse's perspective. Data collection was conducted online, so the researchers used the random sampling method. People who do not have access to the Internet were not included, so the generalizability of the data is limited. In addition, this study included Turkish women. Although it is possible to generalize the results to similar groups, multicultural studies are needed for more meaningful results.

Suggestions

Despite its limitations, this study makes an important contribution to the literature. Frequency of conflict is a risk factor for relationship satisfaction, frequency of conflict negatively affects relationship resilience, and relationship resilience increases relationship satisfaction. These findings add to the literature on marital relationships. If the relationship between relational resilience and conflict frequency is examined, relational resilience programs could be supported by conflict awareness activities. Because the frequency of conflict decreases relationship satisfaction, the frequency of conflict in marital and couples therapy might be an issue

that should be addressed in the interest of therapy effectiveness. Within this framework, programs focused on increasing marital satisfaction could include activities aimed at reducing the frequency of conflict and increasing the resilience of the relationship. It may be important to identify the variables that contribute to the relational resilience of women with a high frequency of conflict in their relationships. With the program to be applied to individuals with a high frequency of conflict in their relationships, it is tried to make individuals realize the sources of resilience. Different activities can be planned about what the resilience resources will be and how these resources can be used. Thus, with the developed program, it can be contributed to increase the relationship satisfaction of individuals. Individual and group psychological counseling programs can be organized for women with a high frequency of conflict in their marriages. Considering the mediation effects in the current study, psychological professionals could take a more holistic approach by considering three variables (conflict frequency, relationship resilience, and relationship satisfaction) instead of one variable. Researchers can investigate different variables that may mediate conflict frequency and relationship satisfaction, and new models can be tried within this framework. It can be tested whether the mediation model tested in this study works with different sample groups.

Author Contributions: All authors worked on the concept of the study, gathering data and data analysis, write and made the critical revisions about the article. All authors have read and approved the final article.

Funding Disclosure: The authors declare that they have no funding to disclose.

Conflicts of Interest: The author declares that no competing interests in this manuscript.

Data Availability: The data that support the findings of this study are available on request from the corresponding author.

Ethics Approval and Consent to Participate: All procedures performed in the studies were approved by the Ethics Committee of Hasan Kalyoncu College. The College Ethics Committee granted the necessary approvals for this study (REF: 22557- 050.01.01-E-97105791).

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