

The Prediction of Marital Conflicts Through Metacognitive Beliefs and Responsibility in Couples

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Abstract

This study aimed to investigate the role of metacognitive beliefs and responsibility in predicting marital conflicts among couples. The research design was descriptive-correlational, and the statistical population included all married men and women aged 18 to 40 living in District 4 of Tehran in 2024. A convenience sample of 180 individuals was selected. The research instruments included the Revised Marital Conflict Questionnaire (R-MCQ), the Metacognitive Beliefs Questionnaire (MCQ-30), and the Responsibility Questionnaire (CPI-R). Data were analyzed using Pearson correlation and stepwise multiple regression. The findings revealed a significant negative relationship between dysfunctional metacognitive beliefs and marital conflicts ($p < 0.01$). Similarly, a significant negative relationship was found between responsibility and marital conflicts ($p < 0.01$). The regression analysis showed that metacognitive beliefs and responsibility significantly predicted marital conflicts, accounting for 13% of the variance. These results highlight the importance of understanding metacognitive beliefs and enhancing the sense of responsibility in improving marital relationship quality and suggest a foundation for psychological and educational interventions aimed at reducing conflict among couples.

Keywords: conflict resolution; couples; marital conflicts; metacognitive beliefs; responsibility