



INVESTIGATION OF PSYCHOLOGICAL RESILIENCE LEVELS AND OCCUPATIONAL BALANCES OF MARRIED AND SINGLE INDIVIDUALS

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Abstract:

Objective: This study aims to examine the psychological resilience levels and occupational balances of married and single individuals. **Background:** Humans are occupational beings, and occupations support quality of life. Resilience is a predictor of well-being. **Method:** Four hundred-six individuals participated in the study. Data were collected with the socio-demographic form, the Brief Resilience Scale, and the Occupational Balance Questionnaire. **Results:** Results of the study showed that married individuals had higher levels of psychological resilience and occupational balance than single individuals ($p < 0.05$). It was determined that there was a positive and significant relationship between the psychological resilience levels of married and single individuals participating in the study and their total scores of occupational balances ($p < 0.05$, $r = 0.395$). **Conclusion:** Research results indicate high level of psychological resilience is related to high occupational balances. Married individuals have high psychological resilience and occupational balance, and marital status significantly predicts resilience and occupational balance.

Keywords: married persons, single persons, psychological resilience, occupational balance

1. Introduction

According to Connor (2006), resilience, which is defined as the 'strength of self-recovery' or 'resilience skill', is the ability of individuals to adapt when they are exposed to difficult

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experiences (Masten, 2012), to have the quality of growth and development in the face of difficulties (Bonanna, 2004). It is a concept that helps to test emotional resilience and the ability to cope with stress. In light of these definitions of the literature, it is concluded that resilience is not innate, it is an acquired trait and expresses a dynamic process, and at the same time, the level of resilience may decrease or increase due to various reasons. Individuals have different and important roles throughout their lives and the responsibilities brought by these roles. Marriage is a new milestone in the lives of individuals. It is the process of living together and establishing a new order of individuals with two different cultures, habits, roles, routines, rituals, and responsibilities. Along with their other roles, individuals first have new roles such as spouse, bride, groom, brother-in-law, sister-in-law, and mother-father with marriage. Occupational balance appears before us as a concept that occupational therapists use and base on. There is no agreed common definition of the concept. When the relevant area is scanned, it is seen that occupational balance is briefly associated with health and well-being and is defined differently by different people. It is defined by Wilcock (2006) as occupational participation that ensures well-being. This balance is achieved by the equal distribution of roles between work, rest, and leisure time. A healthy balance includes more than one and various activities and contributes to the well-being of individuals. Christiansen (1996), on the other hand, defines occupational balance as the individual's satisfaction with his or her pattern.

Wagman et al. (2012) define the concept of occupational balance as an individual's subjective experience of having the right variety and amount of readings between activity patterns and occupations. The common points that can be drawn from all these views are that the activities that should be included in people's lives are diverse, the time and energy to be spent on these activities to participate are equal, the activities and roles can be regulated, it is a subjective experience, the balance between the roles will provide life satisfaction to the person, the imbalance to be experienced It is the belief that it will negatively affect a person's life.

This study examined married and single individuals' psychological resilience levels and occupational balances according to various variables.

2. Materials and Methods

The study's dependent variable is being married and single, and the independent variables are psychological resilience levels and occupational balance. The relational survey model was used as the comparison type in the research. The relational screening model is the method in which the relationship of the variables, their effects on each other, and the determination of the degrees of the variables are essential in the research (Kaya et al., 2012).

The study universe consisted of literate, married, and single individuals over 18, living in Turkey in 2022. The sample size was 381 with the G-Power program with 95% confidence, 0.05 error probability, and 80% power. 406 individuals selected by simple

random sampling method from married and single individuals participated in the study. Random sampling is the process of drawing units from the sample representing the universe according to the principle of randomness (Büyüköztürk et al., 2008). The study used a simple random sampling method to represent the universe well and accurately.

2.1 Ethics

The decision of the Social and Human Sciences Ethics Committee of Ondokuz Mayıs University approved the study, dated 25.11.2022, and numbered 2022-925. Before the application, the participants were given written information about the research's importance, subject, and purpose, and their consent was obtained. The data of the research were collected online (Google Forms) between December 2022 and January 2023.

2.2 Scales Used

With the socio-demographic form created by the researchers, the age, gender, marital status, and educational status of the individuals were asked. Individuals' levels of resilience were evaluated with the Brief Resilience Scale (BRS), and their occupational balance was evaluated with the Occupational Balance Questionnaire (OBQ).

BRS was developed by Smith et al. (2008) and is a valid and reliable scale adapted to Turkish (Doğan, 2015). It is a 5-point Likert-type scale consisting of 6 items (1 "Not at all appropriate", 2 "Not suitable", 3 "Slightly Appropriate", 4 "Appropriate", 5 "Completely Appropriate"). Items 2,4 and 6 are scored in reverse coding. A high score means they have a high level of psychological resilience (Doğan, 2015).

OBQ was first developed by Wagman and Håkansson (2014a), and an 11-item version was developed in 2020 (Håkansson et al., 2020). The Turkish validity and reliability study of the questionnaire was done by Günel et al. (2020). Scoring for 11 items in the questionnaire evaluated between "strongly disagree" (0 points) and "strongly agree" (3 points). The total score is obtained by adding the individual items and ranges from 0 to 33. High scores from the questionnaire indicate that the occupational balance is high (Günel et al., 2020).

2.3 Statistical Analysis

SPSS 22.0 statistical package program was used for statistical calculations. In the statistical evaluation of the data, the assumption of normality was first examined using the Kolmogorov-Smirnov and Shapiro-Wilk tests and the coefficients of skewness and kurtosis ($p>0.05$). It was seen that the data were normally distributed. In the study, whether the total scores of the scale differed according to gender and marital status variable was determined by Student's t-test, and whether it differed according to age and number of education level was determined by One-Way Analysis of Variance and Tukey's multiple comparison test. Research findings were given as n (%), mean, and standard deviation values and were considered significant at the $p<0.05$.

3. Results

251 married (61.8%) and 155 single (38.2%) individuals participated in the study. The data on the gender, age, and educational status of the individuals are presented in Table 1.

Table 1: Frequency and percentage distributions regarding the demographic characteristics of the participants

		n	%
Marital Status			
	Married	251	61.8
	Single	155	38.2
	Total	406	100.0
Gender			
	Male	100	24.6
	Female	306	75.4
	Total	406	100.0
Age (year)			
	18-30	134	33.0
	31-40	158	38.9
	41 and upper	114	28.1
	Total	406	100.0
Education			
	Primary	25	6.2
	Secondary	15	3.7
	High School	56	13.8
	Bachelor& Up	310	76.4
	Total	406	100.0

Note: n = number, % = percentage.

The difference between the BRS and OBQ scores and the groups according to the socio-demographic characteristics of the individuals is presented in Table 2.

Table 2: Examination of the differences between the groups in BRS and OBQ scores according to the socio-demographic characteristics of the individuals

Scales	Variable	n	Average	SS	p-score
BRS	Male	100	20.04	3.77	0.003*
	Female	306	18.48	4.67	
OBQ	Male	100	29.27	5.09	0.002*
	Female	306	27.28	5.62	
BRS	18-30	134	17.50	5.08	0.001*
	31-40	158	19.75	4.41	
	41 and upper	114	19.25	3.49	
OBQ	18-30	134	26.48	5.34	0.004*
	31-40	158	28.34	5.79	
	41 and upper	114	28.49	5.23	
BRS	Primary	25	21.64	4.84	0.010*
	Secondary	15	19.40	4.14	

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	High School	56	18.18	4.79	
	Bachelor& Up	310	18.74	4.39	
OBQ	Primary	25	30.80	6.34	0.016*
	Secondary	15	29.40	4.60	
	High School	56	28.02	5.44	
	Bachelor& Up	310	27.40	5.48	
BRS	Married	251	19.57	3.93	0.001*
	Single	155	17.74	5.14	
OBQ	Married	251	28.24	5.47	0.030*
	Single	155	27.01	5.62	

Note: BRS: Brief Resilience Scale, OBQ: Occupational Balance Questionnaire, n = number SD = Standard Deviation * $p < 0.05$. Whether it differs according to gender and marital status Student's t-test, whether it differs according to age and educational level One-Way Variance Analysis and Tukey's multiple comparison test.

The findings of the relationship between the psychological resilience levels of individuals and their occupational balance are presented in Table 3.

Table 3: The Relationship between Individuals' Psychological Resilience Levels and their Occupational Balance

		OBQ
BRS	r	0,395
	p	<0,001

Note: BRS: Breif resilience scale, OBQ: Occupational balance questionnaire

4. Discussion

The main purpose of the research is to investigate the psychological resilience and occupational balance levels of married and single individuals. In addition, in this study, it was investigated whether individuals' psychological resilience levels and occupational balances differ according to gender, age, educational status, and marital status variables. The results of the study show that there is a positive relationship between the level of resilience and occupational balance. In addition, it was found that the psychological resilience levels and occupational balance of the married were significantly higher than the singles. Also, results indicate that women have higher occupational balance levels. It was concluded that as the level of education increased, psychological resilience and occupational balance decreased. When the age groups were examined, it was found that the 31-40 age group had higher psychological resilience and occupational balance than the 18-30 and 41 years and older age groups. This is the first study to examine married and single individuals' psychological resilience and occupational balance.

In the study, the mean resilience score of married individuals was 19.56 ± 3.93 , and the mean resilience score of single individuals was 17.73 ± 5.14 . There was a significant difference between the BRS scores of married individuals and single individuals ($p < 0.5$). No study was found in the literature comparing the psychological resilience of married and single individuals. Many factors, such as the emotional support of spouses to each

other, having a larger family and a sense of belonging, various experiences between spouses, contributing to the development of individuals' resilience and problem-solving skills, and finding a common life goal can affect the result that being married increases psychological resilience. We think there is a need for research on the reasons for the difference between married and single individuals.

The average occupational balance score of the married individuals was 28.23 ± 5.47 , and the average occupational balance score of the single individuals was 27.01 ± 5.62 . There was a significant difference between the occupational balance scores of married and single individuals ($p < 0.5$). There can be many factors affecting the difference. Sharing duties and responsibilities at home, being a means of getting away from work and reducing work stress, having a wider social support network with spouses and families, better time management and planning to balance work and family responsibilities, married couples have more common values. There may be some factors that affect their availability. We think that there is a need for further studies examining the reasons for the difference between the occupational balances of married and single individuals.

Our study's results show that men's psychological resilience levels are higher than women's. The results are similar to the literature (Erdoğan et al., 2015; Hirani et al., 2016; Arı & Çarkıt, 2020; Gök & Koğar, 2021). Gender roles and expectations, different stress coping strategies between the sexes, biological factors such as hormonal and neurological differences, social stresses such as gender discrimination, and cultural and individual factors may affect men's high levels of psychological resilience.

The results of our study show that women have better occupational balance than men. It is reported that there are mostly female participants in the studies in the literature, and it is recommended to carry out studies to compare the genders (Wagman et al., 2015). In the study conducted by Wagman and Håkansson in 2014, it was reported that there was no difference between the genders (Wagman & Håkansson, 2014b). The gender uncertainty in the literature should be evaluated, and studies should be conducted on this issue.

Our study found that individuals between the ages of 31-40 had better psychological resilience and occupational balance. However, occupational balance studies in the literature that evaluate individuals between the ages of 18-70 and the results highlight the need for more research using non-cross-sectional quantitative designs (Wagman & Håkansson, 2014b). No evaluation of psychological resilience and age was encountered in the literature. The results of our study may be related to our sample.

The results of our study show that as the level of education increases, there is a decrease in the levels of psychological resilience and occupational balance. No literature was studied on education level psychological resilience, and occupational balance. A low level of education often requires dealing with various challenges, such as low socioeconomic status, limited access to healthcare, and low employment opportunities. It can lead to more life experiences and challenges to improve resilience. Overcoming challenges can lead to the acquisition of valuable coping skills and a greater capacity to deal with future challenges.

5. Recommendations

This study revealed that marital status and being single were important predictors of psychological resilience and occupational balance. A disruption in occupational balance disrupts the quality of life of humans, who are biopsychosocial beings; therefore, this study points out the importance of occupational balance in studies on marriage.

6. Conclusions

The findings of this study showed that being married and single was a significant predictor of psychological resilience and occupational balance. There was a significant relationship between the psychological resilience levels of married and single individuals and their occupational balances.

The limitation of our study is the homogeneity of socio-demographic characteristics in different groups. The study can be extended to groups where demographic characteristics are more homogeneous. The marriage duration of individuals may need to be evaluated separately. The study is important because it is the first to evaluate the relationship between psychological resilience and occupational balance.

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Author Contributions

MY: Conceptualization, Methodology, Writing- Original draft preparation, Writing- Reviewing and Editing. YE: Data curation, Writing- Original draft preparation.

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Conflicts of Interest Statement

The authors declare no conflicts of interest.

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