

The relationship of personal attributes, attributional style and self distinctness with marital infidelity through mediation of irrational beliefs

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Introduction

Marital infidelity is one of the most prominent threats for the stability of the marital relationship, and also one of the most salient reasons behind divorce in different cultures. At first glance this phenomenon seems to be an individual one, but taking in mind its unpleasantness and bitter consequences for the family and children upbringing, also its effects on the security and safety of the society, it must be considered a serious, and social damage.

Goals

The aim of this study was to investigate the relationship between personal attributes, attributional style and self distinctness with marital infidelity through mediation of irrational beliefs.

Method

Statistical population included male and female married students of Azad University of Ramhormoz, out of which 230 students were chosen by a multi-stage *cluster* sampling method. To have suitable sample size, for doing structural equation modeling (SEM), and according to the usual sampling method in correlation studies, in which 15-60 persons are usually studied for each variable, in this study for each variable 30 persons were studied, which gives 230 persons as the sample size. This study required that couples should have lived together for at least one year, not divorced, and living together at the moment, and also be willing to complete the scales. Data collection was done using Marital Infidelity Inventory of Dyrogoths (1999), short form of

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NEO of McCrae and Costa (1985), Attributional Style Inventory of Patterson (1982), Self-Distinctness Inventory of Skowron and Friendlander (1998), and the short form of Irrational Beliefs Inventory of Jones (1968). Suggested model assessment was done via structural equation modeling (SEM) and using SPSS and AMOS version 23.

Findings

Data analysis illustrated that neurosis and agreement had a direct positive effect on marital infidelity, but extroversion, conscientiousness, attributional style, and distinctness had a direct negative effect on it. Openness had no negative and meaningful effect on marital infidelity. Results of bootstrap analysis also showed that through irrational beliefs extroversion, openness, agreement, conscientiousness, attributional style, and self distinctness had indirect effect on marital infidelity.

Results

According to the findings, personal attributes, attributional style, self-distinctness, and irrational beliefs were predicting marital infidelity. Therefore, including these factors in pre-marriage trainings and consultation would be of great importance.

Keywords: personal attributes, attributional style , self distinctness, marital infidelity, irrational beliefs