

Surveing the relations between mindfulness and emotional maturity with couple burnout of married women

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Abstract The aim of current research was to investigate the relations between mindfulness and emotional maturity with couple burnout of married women. Research method is descriptive and correlation. The statistical society of current research consisted of married women of Rasht city in 2015. The number of 200 married women were ed by available sampling method and responded to Pinez couple burnout measure, short form of FreiburgMindfulness Inventory and singh and bhargava emotional maturity questionnaire. The gathered data were analyzed by spss-18 software using Pearson correlation coefficient and regression analysis. The results showed that there exist a negative and significant relations between mindfulness and couple burnout and its components (Physical exhaustion, mental exhaustion, Emotionalexhaustion). The relation between low emotional maturity and couple burnout and its components (Physical exhaustion, mental exhaustion, Emotional exhaustion)was positive and significant. Also regression analysis showed that mindfulness and emotional maturity could significantly predict 23 Percent of variance of couple burnout among married women (P

Keywords : Keywords:Couple Burnout, Mindfulness, Emotional Maturity, women.

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