

# **The role of Mindfulness ,affect control and Spiritual well-being in explanation marital satisfaction in married femal students with childern**

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**Abstract** The purpose of this study was to determine the role of mindfulness, emotional control and spiritual well-being in explaining marital satisfaction in married women with Rasht children. The research method is descriptive, which is done in the form of a correlation scheme. The statistical population of this study consisted of all married students with a student at the Azad University of Rasht in the academic year of 2011-2016. A sample of 212 people was ed through multistage cluster sampling and included Freiburg Mindfulness Questionnaire (2006), Silent Controls (Silvers et al. 1991) and Pallotzin and Ellison (1982) and Satisfaction Fors and Ellson (1989) married. The obtained data were analyzed using descriptive and inferential statistics using Pearson correlation and stepwise regression. SPSS software was used to analyze the data. The results of this study showed that there is a positive and significant relationship between mind-awareness, emotional control and spiritual well-being with marital satisfaction of married female students (P

**Keywords :** spiritual well-being, marital satisfaction, mindfulness and emotional control

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