Designing and Developing a Model for Divorce Reduction through Resilience Training and Logotherapy for Couples

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ABSTRACT

The aim of this study was to design and develop a model for reducing divorce through resilience training and logotherapy for couples. The present study was applied in purpose and conducted using a correlational method with structural equation modeling. The statistical sample consisted of 150 couples who had referred to counseling centers in Bandar Abbas due to marital conflicts. The second group included couples who had filed complaints against their spouses in court for various reasons and participated in Anderson's (2007) logotherapy workshop and Henderson et al.'s (1997) resilience training. In this study, data collection instruments included the Couples' Intellectual Understanding and Harmony Questionnaire by Javan (2014), the researcher-developed Divorce Inclination Scale, the Connor and Davidson Resilience Questionnaire (2003), and the Meaning in Life Questionnaire by Steger et al. (2006). Data obtained from the questionnaires were analyzed in the first phase through simple correlation coefficients among variables and structural equation modeling to test model fit and path analysis using maximum likelihood estimation. In addition, to test indirect effects in the proposed model, the bootstrap method was applied. In the second study, univariate covariance analysis (ANCOVA) and multivariate covariance analysis (MANCOVA) were used. The results of direct relationships among the research variables in the proposed model indicated that all path coefficients between variables were statistically significant. Evaluation of the proposed model showed that the Root Mean Square Error of Approximation (RMSEA) index was 0.06, indicating a good model fit with the data. Overall, 64% of the variance in divorce reduction inclination was predicted by the model's variables. Results from MANOVA revealed that the observed Wilks' Lambda was 5.93, which was statistically significant at $p \leq 0.001$. Furthermore, post-hoc test results demonstrated a significant difference between the mean scores of the two experimental groups compared with the control group for the above-mentioned variables, while no significant difference was found between the two experimental groups. The findings revealed that marital conflicts often arise due to poor emotional regulation and hasty, extreme reactions to family problems. Resilient individuals have greater awareness and recognition of their emotions and feelings compared to others. Moreover, focusing on meaning in life provides a deeper and more accurate understanding of issues.

Keywords: Marital satisfaction, divorce reduction, understanding, resilience, logotherapy

Introduction

Marriage is universally regarded as one of the most significant social institutions, shaping not only individual well-being but also broader social cohesion. It provides emotional intimacy, companionship, economic partnership, and a stable environment for raising children. However, in contemporary societies, the stability of marital relationships is increasingly threatened by rising rates of marital dissatisfaction and divorce. Divorce, as a social phenomenon, disrupts family structures, contributes to emotional and psychological challenges, and imposes considerable social and economic costs on individuals and communities alike (1). Scholars have emphasized that divorce not only results in the dissolution of legal ties but also destabilizes identity, self-concept, and family functioning (2). Understanding the predictors of marital breakdown, as well as designing preventive strategies, has become a pressing priority in the field of psychology, family counseling, and social health research.

In Iran, divorce has witnessed a considerable rise during recent decades, fueled by sociocultural transformations, economic pressures, and changing gender roles (3). This growing prevalence of divorce has drawn scholarly attention toward its antecedents, ranging from interpersonal incompatibility and emotional disengagement to structural and contextual stressors (4). Studies have highlighted the detrimental impact of emotional divorce, which precedes formal separation, leading to chronic dissatisfaction, reduced intimacy, and a weakening of resilience in couples (5). Indeed, emotional divorce is often the hidden precursor to legal divorce and constitutes one of the most critical challenges in sustaining marital relationships (6).

The consequences of divorce extend beyond the couple, affecting children, extended families, and society at large. Research demonstrates that children of divorced families are at higher risk of developing psychological problems, academic difficulties, and relational insecurities later in life (7). From a broader perspective, family instability undermines social capital and increases vulnerability to stress-related disorders (8). These outcomes underscore the importance of preventive interventions, particularly those that strengthen resilience, enhance meaning in life, and improve marital satisfaction (9).

Theoretical and empirical studies have highlighted the central role of resilience as a protective factor in marital adjustment. Resilience is defined as the capacity to withstand and adapt positively to stress, adversity, and conflict (10). In the marital context, resilience facilitates adaptive coping, constructive communication, and the ability to reframe conflicts as opportunities for growth (11). Research has demonstrated that resilience training can effectively reduce marital maladjustment and decrease the risk of divorce (12). Furthermore, resilience has been linked to enhanced psychological well-being, optimism, and life satisfaction, making it a pivotal element in strengthening marital bonds (13).

Several intervention studies confirm the effectiveness of resilience-based approaches. For instance, resilience training has been shown to foster endurance, hope, and adaptability among couples facing infertility (14), while improving quality of life and relational stability (11). Similarly, resilience-oriented programs targeting couples in conflict situations have reported reductions in emotional divorce and improvements in compatibility (5). These findings emphasize that resilience is not only a trait but also a trainable skill that can be cultivated through structured educational interventions.

Alongside resilience, the concept of meaning in life plays a fundamental role in marital well-being. Logotherapy and meaning-centered interventions are rooted in existential psychology, positing that the search for meaning is a central human motivation (15). In the marital domain, meaning functions as a

framework through which couples interpret challenges, define shared values, and sustain emotional bonds. When couples lack a sense of purpose, their ability to navigate conflicts diminishes, increasing vulnerability to divorce (16). Conversely, meaning-oriented interventions help couples cultivate purpose, coherence, and spiritual resilience in their relationships (17).

Studies have empirically supported the relevance of meaning-based approaches in marital therapy. Meaning-centered interventions have been shown to reduce loneliness and improve lifestyle among individuals at risk of divorce (17). Similarly, therapy grounded in meaning has been effective in enhancing autobiographical memory and psychological flexibility among couples and older populations (18). In line with these findings, research highlights that meaning in life, when integrated with resilience, fosters psychological flexibility and marital satisfaction, providing a dual mechanism for reducing divorce risk (9).

Recent studies also stress the combined application of resilience training and meaning-centered therapy. These interventions not only address emotional and cognitive domains but also target existential dimensions of marital life. For example, acceptance and commitment therapy (ACT) integrated with resilience training has demonstrated significant improvements in cohesion and reductions in emotional divorce (6). Furthermore, narrative therapy, a meaning-based approach, has been associated with increased marital happiness and family resilience (19), while solution-focused approaches combined with narrative therapy have improved resilience and marital intimacy among conflicted couples (20).

From a sociological perspective, the phenomenon of divorce is influenced not only by individual and relational factors but also by technological and structural transformations. For instance, the spread of broadband internet has been linked to rising divorce rates in China, as it reshapes communication patterns and increases exposure to alternative lifestyles (21). These findings highlight the interplay between sociocultural shifts and marital stability. In Iran, contextual factors such as socioeconomic pressures and shifting family values have contributed to rising rates of incompatibility and divorce (3). Addressing these multi-layered determinants requires integrated approaches that combine psychological interventions with social support strategies.

In designing effective interventions, it is essential to consider methodological rigor. Structural equation modeling (SEM) provides a robust framework for examining the interrelationships among resilience, meaning in life, marital harmony, and divorce inclination (22). SEM allows researchers to test complex models involving mediating and moderating variables, ensuring accurate evaluation of the pathways through which interventions exert their effects. This methodological approach aligns with recent studies emphasizing the importance of modeling indirect effects of resilience and meaning on marital satisfaction (23).

Cultural studies further reveal that attitudes toward marriage and divorce vary across societies. For example, family cohesion and resilience are influenced by cultural norms, religious beliefs, and gender roles (4). Women's perspectives on family cohesion in Iran suggest that socio-structural factors significantly impact marital satisfaction (4), while cross-cultural studies indicate that resilience and spirituality are crucial to maintaining marital peace in later stages of life (24). Such findings underscore the importance of tailoring interventions to cultural and developmental contexts.

Research in applied psychology highlights that counseling approaches based on strengths and positive psychology can enhance self-worth, particularly among divorced women (25). Interventions grounded in schema therapy, acceptance, and mindfulness have also proven effective in improving intimacy,

compatibility, and resilience among women experiencing marital conflicts (26). Moreover, the use of brief solution-focused therapy has been shown to reduce marital burnout and decrease the likelihood of divorce (2). These therapeutic approaches converge on the idea that resilience and meaning are not isolated constructs but interwoven processes that support marital adjustment.

The literature also points to the impact of economic and structural stressors on family systems. Economic hardship, when combined with inadequate coping mechanisms, can exacerbate marital discord, but resilient couples can adapt across generations, maintaining relational stability (8). Similarly, explorations of water resilience as a metaphor in psychological research highlight the need for flexible and adaptive systems that respond to environmental and relational pressures (23). Such perspectives reinforce the conceptual alignment between resilience, meaning-making, and marital adaptation.

In sum, the integration of resilience training and meaning-centered interventions represents a promising avenue for reducing divorce and enhancing marital satisfaction. These approaches address both cognitive-behavioral and existential dimensions of marital life, enabling couples to better cope with stressors, regulate emotions, and sustain meaningful bonds. The present study builds upon this rich body of literature by designing and testing a model that combines resilience training and logotherapy to reduce divorce inclination among couples.

Methods and Materials

Study Design and Participants

The present research consisted of two parts; therefore, it included two designs. The first design was a correlational plan conducted through structural equation modeling. The second design was a quasi-experimental plan of the pretest–posttest type with a control group. Thus, the first design, considering its effectiveness and the need for implementing educational sessions, was quasi-experimental in nature and followed a pretest–posttest format with two groups (control and experimental). The aim of the research was to investigate the effectiveness of logotherapy and resilience training on improving couples' intellectual understanding and harmony and reducing inclination toward divorce, which is considered one of the quasi-experimental methods. Therefore, the first design of the study was quasi-experimental with three groups (two experimental groups and one control group) consisting of couples who, to varying degrees, experienced marital conflicts.

The second design of the present study was descriptive in nature, of the correlational type, and used structural equation modeling. In the research model, resilience and meaning in life were considered independent (exogenous) variables; inclination toward divorce was the dependent (endogenous) variable; and the level of intellectual understanding and harmony was considered a mediating variable. Participants were randomly assigned to experimental and control groups. Both groups were subjected to pretests and posttests. Participants in the experimental groups received the intervention, while the control group did not receive any intervention and only participated in the pretests and posttests.

The statistical population of this research consisted of all young couples residing in Bandar Abbas. The statistical sample included 150 couples who had referred to counseling centers in Bandar Abbas due to marital conflicts and were invited to participate in the program at the suggestion of these centers. The second group consisted of couples who had filed complaints against their spouses in court for various reasons (these

complaints did not necessarily indicate formal divorce petitions but rather reflected incompatibility and the possibility of divorce inclination if such incompatibility persisted). At the request of the Hormozgan Province Department of Sports and Youth and in cooperation with the Judiciary, these couples were also invited to attend workshops on logotherapy and resilience training held in Bandar Abbas from July to October 2023.

Inclusion criteria included informed consent, age range of 20 to 45 years, at least a sixth-grade education, being married, verified interpersonal disagreements, absence of psychological disorders, and being in a first marriage. Exclusion criteria included lack of willingness to participate in the training program and withdrawal from sessions. The experimental groups received the required training by skilled professionals over a specified period according to standardized protocols.

For the first design, two groups of 30 couples (30 women and 30 men) were randomly selected from among the 150 couples and assigned to experimental and control groups. For the second design (structural equation modeling), Kline (2015) suggested an appropriate solution for determining sample size in structural equation modeling. According to him, the sample size ratio for each estimated parameter should be at least five participants, with 20 participants per parameter being optimal. In the assumed model of the second design, seven variables were measured. To obtain acceptable results, based on Kline's rule of 20 participants per parameter, 120 participants seemed sufficient. However, to ensure reliability and account for potential sample attrition, 150 couples were sampled.

Data Collection

Couples' Intellectual Understanding and Harmony Questionnaire: This questionnaire was developed by Javan (2014) based on individual differences, intellectual personality, educational and social factors, lifestyle, evaluation of marital conflicts, stages of marital conflict, and assessment of incompatibility and dissatisfaction with marriage. It is a self-report paper-and-pencil scale consisting of 30 items, scored on a Likert-type scale from 1 to 5. For items 3, 4, 5, 8, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 25, 26, 27, 28, and 29, the options are scored as follows: 1 = always, 2 = most of the time, 3 = sometimes, 4 = rarely, and 5 = never. For the remaining items, the scoring is reversed: 1 = never, 2 = rarely, 3 = sometimes, 4 = most of the time, and 5 = always. This questionnaire includes 30 items and three components, with a total score range of 30 to 150. A higher score indicates greater intellectual understanding and harmony, while a lower score indicates less harmony. Its components are: (a) Fulfillment of marital expectations (items 1−10, score range 10−50). (b) Ideological issues and philosophy of life (items 11−20, score range 10−50). (c) Personality traits (items 21−30, score range 10−50). The overall reliability of the questionnaire was reported by the developer with a Cronbach's alpha of .94, with subscale reliabilities of .89 for marital expectations, .78 for ideological issues, and .90 for personality traits, and .91 for the overall scale. Construct validity supported the consistency of the questionnaire with factors underlying compatibility, temperament, and personality characteristics. Content validity confirmed the questionnaire's alignment with conceptual definitions of intellectual understanding and harmony.

Inclination Toward Divorce Scale: Developed by the researcher based on theories of family scholars such as John Gottman (2023), this scale identifies factors contributing to marital incompatibility and inclination toward divorce. It is a self-report paper-and-pencil scale with 30 items, scored on a six-point Likert scale from 0 to 5 (0 = not at all, 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly

agree). The total score ranges from 0 to 155, with higher scores indicating greater inclination toward divorce and lower scores indicating lesser inclination. Reliability was reported by the test developer as .88 using Cronbach's alpha, .86 using the Spearman-Brown split-half method, and .87 using the Guttman method. Content validity was confirmed by experts, and positive correlations were observed between each item and the total test score.

Connor–Davidson Resilience Scale (CD-RISC; Connor & Davidson, 2003): Developed by Connor and Davidson (2003), this questionnaire includes 25 items rated on a Likert scale from 0 (not true at all) to 4 (true nearly all the time). It consists of five factors: (a) personal competence, (b) trust in one's instincts and tolerance of negative affect, (c) positive acceptance of change and secure relationships, (d) control, and (e) spiritual influences. Scores range from 0 to 100, with higher scores indicating greater resilience. Reliability has been reported with a Cronbach's alpha of .81, and validity was confirmed through correlations with self-esteem and depression measures (Alba & Albesi, 2016). In Iran, Mohammadi (2005) confirmed the questionnaire's validity and reported a Cronbach's alpha reliability of .93. In the present study, Cronbach's alpha was .79, and face validity was confirmed.

Meaning in Life Questionnaire (MLQ; Steger et al., 2006): Developed by Steger et al. (2006), this scale assesses the presence of meaning in life and the search for meaning. Its reliability and factor structure have been confirmed in various studies with different samples. The MLQ consists of two subscales: presence of meaning and search for meaning. Reliability reported by the developers was .86 for presence of meaning and .87 for search for meaning. In Iran, Sogandi and Mohammadbagher (2024) reported Cronbach's alpha reliability of .80. In the present study, Cronbach's alpha reliability was .83.

Interventions

The logotherapy intervention was conducted based on Anderson's (2007) framework, focusing on enhancing meaning in life and promoting existential awareness among couples experiencing marital discord. The sessions were delivered in a structured workshop format, emphasizing the identification of personal values, clarification of life purpose, and fostering a sense of responsibility toward one's partner and family. Core components included Socratic dialogue to challenge dysfunctional beliefs, guided reflection exercises to help participants discover meaning in everyday marital challenges, and group discussions aimed at strengthening spiritual resilience. Couples were encouraged to reframe their conflicts through the lens of purpose and significance, thereby reducing feelings of hopelessness and the inclination toward divorce.

The resilience training intervention was adapted from the model of Henderson et al. (1997) and designed to build psychological flexibility, coping strategies, and adaptive emotional regulation in couples. Training sessions incorporated skill-based exercises such as stress management techniques, problem-solving strategies, and cognitive restructuring to enhance the ability to tolerate frustration and negative affect. Emphasis was placed on self-awareness, impulse control, optimism, and developing secure interpersonal bonds. Practical exercises, including role-playing and communication training, were used to strengthen couples' abilities to respond constructively to marital conflicts. The overall aim of the program was to cultivate protective factors that promote endurance and adaptability, thereby reducing marital dissatisfaction and the tendency toward divorce.

Data Analysis

The data analysis was performed using both descriptive and inferential statistical methods. Initially, descriptive statistics, including mean, standard deviation, minimum, and maximum values, were calculated for the research variables. To examine the research hypotheses in the structural model, structural equation modeling (SEM) with maximum likelihood estimation was employed, and the model fit was assessed through indices such as RMSEA, CFI, GFI, AGFI, NFI, IFI, and TLI. The presence of multivariate and univariate outliers was tested using Z-scores and Mahalanobis distance, and normality was assessed through skewness and kurtosis values, while multicollinearity was evaluated using the variance inflation factor (VIF). In addition, the significance of indirect effects was tested using the bootstrap method (Preacher & Hayes, 2008). For the quasi-experimental design, multivariate analysis of variance (MANOVA) and one-way ANOVA were conducted to compare the effects of resilience training and logotherapy interventions on the study variables across experimental and control groups.

Findings and Results

After the initial examination of the demographic characteristics of the sample in terms of age, education, duration of marriage, duration of incompatibility, income level, occupation, reasons for incompatibility, and number of children, they were divided into three matched groups of 15 couples each. Then, one group was randomly selected as the control group, and the other two groups were selected as the experimental groups. The sessions were held weekly, and the control group did not receive any intervention. Finally, all three groups were evaluated in the posttest for the research variables. In this section, the descriptive statistics related to the research variables were examined.

Table 1. Descriptive findings related to the research variables in the structural equation modeling sample

Scales	Mean	Standard Deviation	Minimum Score	Maximum Score
Couples' Intellectual Understanding and Harmony	102.65	6.52	38	128
Fulfillment of Marital Expectations	31.29	4.36	13	34
Ideological Issues and Philosophy of Life	29.38	3.25	14	35
Personality Traits	33.58	5.21	14	38
Inclination Toward Divorce	113.19	7.66	18	132
Meaning in Life	28.74	4.36	12	36
Resilience	49.82	5.61	15	76

Table 1 presents the means, standard deviations, minimum, and maximum scores for the variables of couples' intellectual understanding and harmony, fulfillment of marital expectations, ideological issues and philosophy of life, personality traits, inclination toward divorce, meaning in life, and resilience in the structural equation modeling sample, and the variables inclination toward divorce, meaning in life, and resilience in the quasi-experimental study sample.

Table 2. Descriptive findings related to the research variables in the posttest of the quasi-experimental study by group

Scales	Group	Mean	Standard Deviation	Minimum Score	Maximum Score
Inclination Toward Divorce	Logotherapy	128.12	4.56	28	138
	Resilience	126.65	3.51	27	135
	Control	111.17	4.24	18	132
Meaning in Life	Logotherapy	35.38	4.31	14	39
	Resilience	33.24	5.31	13	37
	Control	27.28	4.65	13	29
Resilience	Logotherapy	59.87	4.45	19	81
	Resilience	62.21	4.28	20	83
	Control	48.59	4.33	16	74

Table 2 shows the descriptive findings related to the variables of inclination toward divorce, meaning in life, and resilience in the posttest. As can be seen in the table, after resilience training and meaning-centered education, the average inclination toward divorce among participants decreased to some extent, which indicates the effect of training on improving and increasing marital compatibility.

In this section, some of the most important assumptions of the structural equation modeling method examined in the present study are presented. In the present study, to examine univariate outliers, Z-scores of the variables were calculated using SPSS-27 software. The results showed that the Z-scores of none of the variables were more than ±2 standard deviations from the mean. Furthermore, to examine multivariate outliers, Mahalanobis distances for the predictor variables were calculated. If the maximum Mahalanobis distance is greater than the critical chi-square value with the given degrees of freedom (the number of predictor variables) at $\alpha = 0.001$, then the presence of multivariate outliers is indicated. Based on this, the absence of multivariate outliers in the collected data was confirmed.

One common criterion for examining the assumption of normality is the calculation of skewness and kurtosis statistics. According to Kline (2010), an absolute skewness coefficient less than 3 and a kurtosis coefficient less than 10 are criteria for normality. In this study, the absolute values of skewness and kurtosis of the data were less than 3 and 10, respectively, indicating that the variables were normally distributed.

Multicollinearity is indicated when the variance inflation factor (VIF) is greater than 10 (Kline, 2016). Based on the analyses, there was no multicollinearity among the variables. To test the proposed conceptual model of antecedents and consequences of the pattern for reducing inclination toward divorce in incompatible couples, structural equation modeling was used. First, the main hypothesis (the proposed conceptual model of antecedents and consequences of the pattern for reducing inclination toward divorce in incompatible couples fits the data) and then the direct and indirect hypotheses were examined and analyzed.

The structural model of the present study consisted of four variables: resilience, meaning in life, couples' intellectual understanding and harmony, and inclination toward divorce reduction. In this model, resilience and meaning in life were considered exogenous variables, couples' intellectual understanding and harmony were considered mediating variables, and inclination toward divorce reduction was considered the endogenous variable. The results of the analysis of the proposed model are shown in Figure 1.
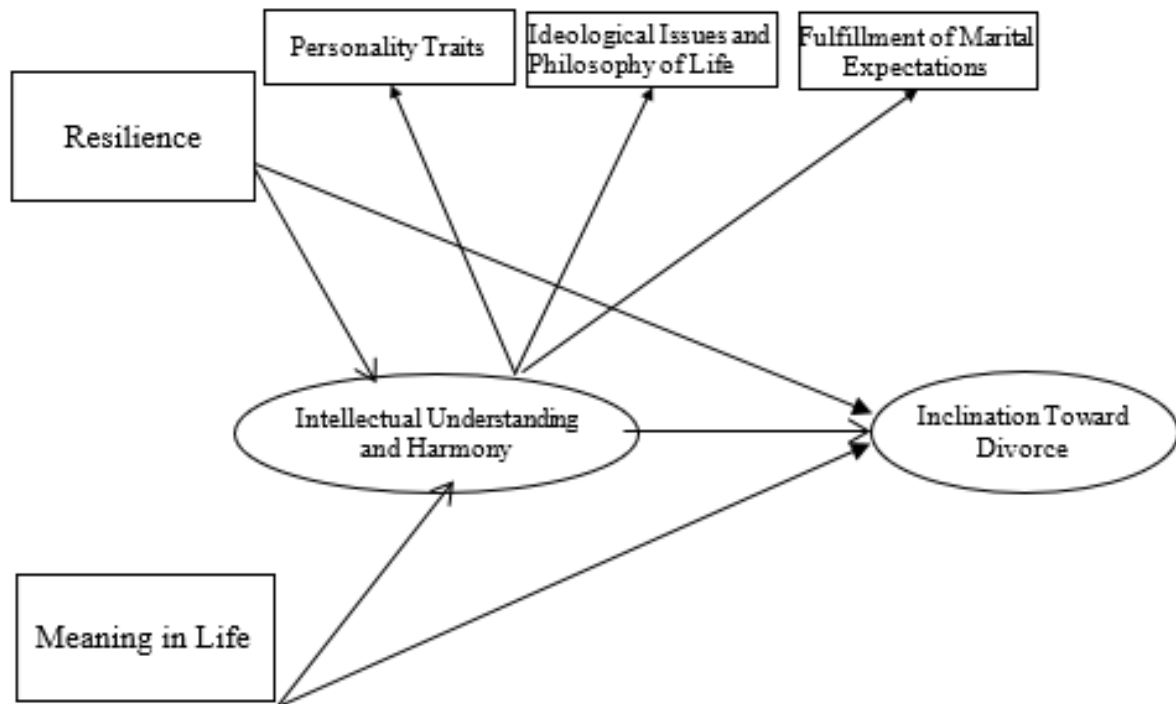
Figure 1. Conceptual model of the proposed antecedents and consequences of the pattern for reducing inclination toward divorce in incompatible couples

The results of direct relationships among the research variables in the proposed model show that, in the total sample, all path coefficients between variables were statistically significant. In this model, the relationships between resilience and inclination toward divorce reduction, meaning in life and inclination toward divorce reduction, and couples' intellectual understanding and harmony and inclination toward divorce reduction were positive and significant. Table 3 presents the measurement parameters of direct relationships among the variables for the total sample.

Table 3. Measurement parameters of direct relationships among variables in the total sample

Path	Standardized Coefficients (β)	Unstandardized Coefficients	Standard Error	Critical Ratio	Significance Level (p)
Resilience → Inclination Toward Divorce Reduction	0.21	0.31	0.07	4.13	≤ 0.001
Meaning in Life → Inclination Toward Divorce Reduction	0.52	0.73	0.09	7.42	≤ 0.001
Couples' Intellectual Understanding and Harmony → Inclination Toward Divorce Reduction	0.26	0.62	0.14	4.51	≤ 0.001

As shown in Table 3, the standardized path coefficients for resilience to inclination toward divorce reduction ($\beta = 0.21$, $p \leq 0.001$), meaning in life to inclination toward divorce reduction ($\beta = 0.52$, $p \leq 0.001$), and couples' intellectual understanding and harmony to inclination toward divorce reduction ($\beta = 0.26$, $p \leq 0.001$) were positive and significant. Therefore, based on the standardized coefficients and critical ratios presented in the table, all direct paths were statistically significant at the level of $p \leq 0.001$.

Next, the fit indices of the proposed model were presented and evaluated. For assessing the proposed model, its fit indices were examined. The analysis results showed that the Root Mean Square Error of

Approximation (RMSEA) was 0.06, the Comparative Fit Index (CFI) was 0.98, the Goodness of Fit Index (GFI) was 0.95, the Adjusted Goodness of Fit Index (AGFI) was 0.92, the Normed Fit Index (NFI) was 0.98, the Incremental Fit Index (IFI) was 0.98, and the Tucker–Lewis Index (TLI) was 0.98, all of which indicate a good fit of the model with the data. Overall, approximately 64% of the variance in inclination toward divorce reduction was predicted by the model variables. The fit indices for the total sample are presented in Table 4.

Table 4. Fit Indices of the Proposed Model in the Whole Sample

Fit Indices	Value
Chi-square test (χ^2)	148.09
Significance level	$p \leq 0.001$
Degrees of freedom (df)	54
Chi-square/df ratio (χ^2/df)	2.74
Goodness of Fit Index (GFI)	0.95
Adjusted Goodness of Fit Index (AGFI)	0.92
Normed Fit Index (NFI)	0.98
Comparative Fit Index (CFI)	0.98
Incremental Fit Index (IFI)	0.98
Tucker–Lewis Index (TLI)	0.98
Root Mean Square Error of Approximation (RMSEA)	0.06

In this study, the indirect relationships of the variables were examined using the bootstrap method proposed by Preacher and Hayes (2008). Table 5 presents the multiple mediation test of indirect relationships using the bootstrap method for the whole sample.

Table 5. Multiple Mediation Test of Indirect Relationships for the Whole Sample Using the Bootstrap Method

Path	Data	Boot	Bias	Error	Lower Bound	Upper Bound
Meaning in Life and Inclination Toward Divorce through Couples' Intellectual Understanding and Harmony	0.199	0.201	0.001	0.017	0.155	0.228
Resilience and Inclination Toward Divorce through Couples' Intellectual Understanding and Harmony	0.099	0.100	0.0007	0.020	0.052	0.133

As shown in Table 5, the upper and lower bounds of the indirect relationship between meaning in life and inclination toward divorce through couples' intellectual understanding and harmony do not include zero, which means that this indirect path is significant in the whole sample. Similarly, the upper and lower bounds of the indirect relationship between resilience and inclination toward divorce through couples' intellectual understanding and harmony do not include zero, indicating that this indirect path is also significant in the whole sample.

To examine the effectiveness of resilience and logotherapy interventions on the variables of inclination toward divorce reduction, resilience, and meaning in life, a MANOVA was conducted on the posttest scores of the research variables across the three groups. The results of the MANOVA, including the Pillai's Trace, Wilks' Lambda, Hotelling's Trace, and Roy's Largest Root effects, along with the degrees of freedom and significance levels of the F ratios, are presented in Table 6.

Table 6. Results of Multivariate Analysis of Variance (MANOVA) on the Mean Scores of the Research Variables Across the Three Groups

Tests	Value	F Ratio	Hypothesis df	Error df	Significance Level (p)
Pillai's Trace	0.140	5.93	3	40	p ≤ 0.001
Wilks' Lambda	0.860	5.93	3	40	p ≤ 0.001
Hotelling's Trace	0.162	5.93	3	40	p ≤ 0.001
Roy's Largest Root	0.162	5.93	3	40	p ≤ 0.001

The contents of Table 7 show that the observed Wilks' Lambda was 5.93, which was significant at p ≤ 0.001. This means that among the three groups, at least one of the research variables differed significantly. Table 8 presents the results of the one-way ANOVA, within the MANOVA context, for each of the research variables.

Table 7. Results of One-Way Analysis of Variance (ANOVA) for Comparing Research Variables

Variable	Sum of Squares	Degrees of Freedom	Mean Squares	F	Significance Level (p)
Divorce Inclination Reduction	1840.07	1	1840.07	17.10	p ≤ 0.001
Resilience	14.24	1	14.24	1.39	p ≥ 0.239
Meaning in Life	4.17	1	4.17	0.916	p ≥ 0.339

The contents of Table 7 indicate that there is a significant difference among the three groups in the variables of divorce inclination reduction, resilience, and meaning in life. Furthermore, the results of the post-hoc test showed that there was a significant difference between the mean scores of the two experimental groups and the control group in the above variables, while there was no significant difference between the two experimental groups themselves.

Discussion and Conclusion

The purpose of the present study was to design and test a model for reducing divorce inclination through resilience training and meaning-centered therapy among couples experiencing marital conflict. The findings demonstrated that resilience and meaning in life were significant predictors of reduced inclination toward divorce, both directly and indirectly through the mediating role of intellectual understanding and harmony between spouses. Structural equation modeling results confirmed that all direct paths were statistically significant, and the overall model fit indices indicated a strong alignment between the hypothesized model and the observed data. In addition, the results of the quasi-experimental design revealed that participants in both resilience training and logotherapy groups reported significantly lower divorce inclination, higher meaning in life, and greater resilience compared to the control group, though no significant difference was observed between the two experimental groups. These results underscore the effectiveness of resilience- and meaning-based interventions in reducing marital maladjustment and strengthening the psychological and relational resources of couples.

One of the most noteworthy findings of this study is the positive and significant effect of resilience on reducing inclination toward divorce. This result is consistent with prior research suggesting that resilience serves as a protective factor in marital stability by enhancing coping strategies, problem-solving abilities, and adaptive emotion regulation (10). Studies on resilience indicate that individuals with higher resilience scores are better able to withstand marital stressors, reframe conflicts constructively, and maintain optimism in the face of adversity (13). In the context of couples, resilience training has been shown to

strengthen compatibility and reduce maladjustment, particularly among women at risk of divorce (12). Similarly, research among infertile couples has demonstrated that resilience contributes to improved quality of life and reduced divorce intention, emphasizing its buffering role against marital dissatisfaction (11, 14). The present findings therefore confirm the view that resilience is not only a dispositional trait but also a skill that can be cultivated through targeted interventions, yielding tangible improvements in marital outcomes.

Equally important is the role of meaning in life, which emerged as a strong predictor of reduced divorce inclination. Couples who scored higher on the meaning in life scale were less likely to report an inclination toward divorce, both directly and indirectly through improved intellectual harmony. This aligns with the existential perspective that a sense of meaning provides individuals with a framework for interpreting life challenges and sustaining long-term commitments (15). In marital relationships, meaning functions as a cognitive and spiritual resource that allows couples to perceive their union as purposeful and valuable, even in times of conflict (9). Empirical studies have demonstrated that meaning-centered interventions enhance marital satisfaction, psychological flexibility, and emotional well-being (17, 18). Furthermore, couples applying for divorce often report deficits in perceived meaning, suggesting that reinforcing this dimension can serve as a protective mechanism against relational breakdown (16). By integrating meaning-centered therapy into marital counseling, the present study contributes evidence supporting the existential foundation of marital resilience and compatibility.

The mediating role of intellectual understanding and harmony is another key contribution of this research. Results indicated that both resilience and meaning in life exerted significant indirect effects on reducing divorce inclination through enhancing cognitive and interpersonal understanding between couples. This finding corroborates previous studies suggesting that intellectual compatibility and shared perspectives serve as critical mediators linking psychological resources to marital satisfaction (26). For instance, schema therapy combined with acceptance and mindfulness practices has been shown to improve intimacy, compatibility, and resilience among women with marital conflicts (26). Similarly, interventions targeting meaning and resilience have reported improvements in communication, perspective-taking, and shared goals, which in turn reduce the likelihood of marital dissolution (6). Thus, intellectual harmony appears to be a crucial pathway through which psychological resources translate into marital stability, reinforcing the necessity of addressing both individual and dyadic processes in therapeutic interventions.

The experimental findings further revealed that both resilience training and logotherapy were effective in reducing divorce inclination compared to the control group. This is consistent with earlier evidence that resilience-based interventions reduce maladjustment and emotional divorce (5) and that meaning-based interventions enhance well-being and decrease loneliness in individuals at risk of divorce (17). Interestingly, the lack of significant difference between the two experimental groups suggests that resilience training and meaning therapy may function through complementary mechanisms, with both contributing to marital adaptation. This convergence aligns with theoretical perspectives that highlight the interplay between resilience and meaning: resilience facilitates adaptive coping, while meaning provides an overarching framework that contextualizes challenges and sustains commitment (9, 15).

The present findings are also aligned with research emphasizing the broader social and cultural determinants of divorce. Studies have shown that divorce in Iran and similar societies is driven not only by personal and relational factors but also by socioeconomic and cultural pressures (3, 4). Emotional divorce,

in particular, has been identified as a significant precursor to legal separation and is strongly associated with low resilience and lack of meaning (6). Similarly, qualitative studies indicate that women's perceptions of family cohesion are influenced by broader cultural and structural factors, including gender norms and social expectations (4). By targeting psychological dimensions such as resilience and meaning, the interventions tested in this study address individual-level processes, but their broader significance lies in mitigating the cultural and social factors that exacerbate marital instability.

The results also resonate with international findings. Research has shown that parental divorce is linked to higher risk of mental health disorders in subsequent generations, underscoring the intergenerational consequences of marital dissolution (7). Similarly, longitudinal evidence indicates that couple resilience buffers the effects of economic stressors and preserves marital stability across generations (8). By demonstrating that resilience and meaning can reduce divorce inclination, the present study highlights the potential of these constructs to disrupt negative intergenerational cycles of marital instability. Furthermore, resilience-oriented approaches to family therapy have been validated in diverse cultural contexts, including Western and Eastern societies, suggesting that the mechanisms observed here may have cross-cultural applicability (23).

Additional insights can be drawn from studies employing narrative and solution-focused approaches. Narrative therapy has been shown to increase marital happiness and family resilience in couples experiencing conflict (19), while solution-focused narrative therapy has enhanced resilience and marital intimacy (20). Similarly, strength-based counseling has been effective in improving self-worth among divorced women (25). These approaches, like resilience training and logotherapy, emphasize positive resources and meaning-making processes, supporting the current study's emphasis on building psychological strengths rather than solely addressing deficits.

Finally, it is important to acknowledge the relevance of broader sociotechnological factors. Research in China revealed that broadband internet access has contributed to rising divorce rates by reshaping communication and increasing exposure to alternative lifestyles (21). Such findings highlight the role of external factors in influencing marital stability and emphasize the necessity of interventions that strengthen resilience and meaning as buffers against environmental and societal pressures. The integration of existential and resilience-based frameworks in this study thus reflects a comprehensive approach to addressing both internal psychological needs and external relational challenges.

Despite its contributions, the present study has certain limitations. First, the sample was limited to couples in Bandar Abbas, which may restrict the generalizability of the findings to other cultural or regional contexts. Second, the reliance on self-report questionnaires may have introduced response biases, as participants could have underreported or overreported their levels of resilience, meaning, or inclination toward divorce. Third, the relatively short intervention period may not fully capture the long-term effects of resilience and meaning-based interventions on marital stability. Fourth, the lack of follow-up assessments prevents conclusions about the sustainability of the observed improvements. Finally, the absence of qualitative methods limited the exploration of participants' lived experiences, which could have provided richer insights into the processes underlying marital adaptation.

Future studies should aim to include larger and more diverse samples across different cultural and socioeconomic contexts to enhance generalizability. Longitudinal designs are recommended to assess the

durability of intervention effects over time and to examine potential intergenerational impacts of resilience and meaning-centered therapy. Incorporating qualitative methods, such as in-depth interviews or narrative analyses, would provide deeper understanding of the subjective experiences of couples undergoing these interventions. Additionally, comparative studies that examine the relative effectiveness of resilience training, logotherapy, narrative therapy, and other integrative approaches could offer valuable insights into optimal therapeutic strategies. Finally, research could explore the role of digital platforms and online counseling in delivering resilience and meaning-based interventions, especially given the influence of technology on marital relationships.

Practitioners working with couples at risk of divorce should consider integrating resilience training and meaning-centered therapy into their counseling practices. These interventions can be delivered in individual, dyadic, or group formats, and can be adapted to different cultural and religious contexts. Counselors should emphasize skill-building in adaptive coping, emotion regulation, and problem-solving, while also guiding couples in exploring purpose, values, and shared meaning in their marital lives. Preventive programs targeting young couples and premarital counseling initiatives may also benefit from incorporating resilience and meaning components to foster stronger foundations for marital stability. Moreover, policymakers and community organizations can support these efforts by developing accessible workshops and resources that promote resilience and meaning as central pillars of family well-being.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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