

FEATURES OF MARITAL SATISFACTION AND RESILIENCE IN WOMEN WITH DIFFERENT LENGTH OF FAMILY LIFE

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Abstract: This study is devoted to the problem of manifestations of marital satisfaction and resilience in women with different length of family life. Resilience is an integral formation that reflects a person's abilities and their ability to withstand difficulties and stressful situations. Studying the differences and relationships in manifestations of resilience and satisfaction with family relationships in women with different lengths of family life allows us to consider the resource potential of the individual, which ensures marital satisfaction. The study involved 100 women, forming two separate groups: 1) a group of women with 2 to 5 years of married life experience, aged 22 to 35; 2) a group of women with 6 to 15 years of married life experience, aged 28 to 43. The following methods were used to obtain empirical results: 1) Marital Satisfaction Questionnaire by Yu.E. Aleshina, L. Ya. Gozman and E.M. Dubovskaya; 2) Psychological Well-Being Scale by K. Ryff (adapted by T.D. Shevelenkova, P.P. Fesenko); 3) Hardiness Test by S. Maddy (adapted by D.A. Leontiev, E.I. Rasskazova). The Mann-Whitney U-test and Spearman's rank correlation coefficient were used as statistical analysis methods. The results of the study of psychological well-being showed that women with a marriage experience of 2 to 5 years are characterized by a significantly higher level of psychological well-being, as well as environmental management, while women with a marriage experience of 6 to 15 years are characterized by a significantly higher level of meaningfulness of life, as well as the indicator on the scale of "person as an open system". It has been established that women with a marriage experience of 2 to 5 years are characterized by a significantly higher level of involvement, risk acceptance and overall resilience. The study found that there is a relationship between marital satisfaction and resilience. There are specific differences in the manifestations of psychological well-being, marital satisfaction, and resilience in women with different lengths of family relationships. As a result of the study, recommendations are presented for the development of resilience and marital satisfaction in women with different length of family life.

Key words: length of family life, women, marital satisfaction, resilience.

INTRODUCTION

The appeal to the problem of studying marital satisfaction and resilience in women with different length of married life is due to the importance of family and family relationships in the life of each person. In the conditions of modern reality, characterized by significant changes in the social, economic and political situation, the family often remains the only resource of stability, allowing a person to withstand the challenges of everyday life.

Satisfaction with marriage directly affects the quality of life, emotional state and psychological health of a modern person. A high level of satisfaction with marriage is an important life resource that allows you to overcome difficulties and stress.

Ensuring the stability of marriage is of no small importance in modern reality. In this regard, it is important to study the factors of satisfaction with marriage in families. It is obvious that at different stages of family life, families face various challenges: from the need to adapt to a shared life and the

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need to raise children, to caring for elderly relatives. All of these aspects can have different effects on the quality of family relationships and satisfaction with marriage.

This study examines the relationship between marital satisfaction and resilience in women with different lengths of married life. Resilience is an integral entity that reflects a person's abilities and their ability to withstand difficulties and stressors. Studying the relationship between these variables allows for a deeper understanding of the mechanisms that ensure marital satisfaction.

The social aspect of the significance of the study is also of great importance. The constant increase in the number of divorces cannot but affect the normal functioning of society. In connection with this feature, determining the mechanism of the relationship between satisfaction with marriage and resilience is important for preventive work with the family and the organization of psychological assistance to women with different experiences of family life.

Thus, the high level of social and practical significance of the study of the characteristics of marital satisfaction and the factors associated with it, on the one hand, and the lack of unambiguous data regarding the characteristics of marital satisfaction and resilience in women with different lengths of married life, determine the relevance of addressing the topic under consideration.

LITERATURE REVIEW

The issue of satisfaction and dissatisfaction with marriage is currently being actively studied. The subject of scientific interest is the problems associated with the length of family life and the socio-psychological characteristics of the spouses (Aleksandrova, 2023).

Satisfaction with marriage is defined as the main parameter that characterizes marital relations. Satisfaction with marriage reflects a person's subjective perception of the socio-cultural norms of effective family functioning in the context of the possibilities of satisfying life needs, while dissatisfaction with personal needs is a factor that negatively affects the degree of satisfaction with marriage (Odintsova, Lubovsky, Borodkova, Kozyreva, Vepicheva, 2023).

Marital satisfaction can thus be considered as a complex and comprehensive psychological entity that reflects the socio-economic, political and spiritual aspects of human functioning in marriage. Marital satisfaction can be defined as a reflection of the degree of satisfaction of partners in marital relationships. Structurally, marital satisfaction integrates social, psychological and emotional aspects (Osin, Rasskazova, 2013).

Psychological well-being is considered in this article as a complex psychological formation. Psychological well-being reflects the features of the functioning of the inner world of the individual, as well as the features of social existence. It is dynamic in nature and is determined by the action of external, situational and internal, individual psychological characteristics (Ryff., Keyes, 1995; Ryff, Boylan, Kirsch, 2021).

Modern studies note a close relationship between psychological well-being and marital satisfaction (Laporte, De Clifford-Faugère, Aita, 2022; Odintsova, Lubovsky, Borodkova, Kozyreva, Vepicheva, 2023, Troshikhina, 2024). A high level of life satisfaction, the ability to constructively communicate with other people, the ability to actualize one's own life potential - all this directly affects a person's behavior, determining, among other things, marital satisfaction. People who feel happy and satisfied with life are characterized by tolerance in relationships, they are ready to compromise in marriage, and are also more open. These features directly affect the degree of marital satisfaction (Troshikhina, 2024).

Resilience is a complex characteristic that reflects a person's ability and capabilities to resist negative life factors, as well as stress. Resilience is an individual characteristic and to a certain extent can be considered as an indicator of personality development. In addition to resisting negative life factors, resilience also reflects the subject's ability to rationally distribute life resources and to be involved in life events (Maddi, 2004).

It can also be said that at present, a relatively small number of studies are devoted to examining the problem of the relationship between resilience and marital satisfaction, despite the fact that resilience is a significant factor in life success and productivity in general.

Based on the conducted theoretical analysis, the purpose of this article is to determine the characteristics of marital satisfaction and resilience in women with different lengths of married life.

Materials and methods

The hypothesis for organizing the study was the assumption that there are differences and relationships in the manifestations of marital satisfaction and resilience in women with different lengths of married life.

The study involved 100 women, forming two separate groups: 1) a group of women with 2 to 5 years of married life, aged 22 to 35 years (average age 28 years); 2) a group of women with 6 to 15 years of married life, aged 28 to 43 years (average age 36 years).

The following research methods were used: 1) Marital Satisfaction Questionnaire by Yu.E. Aleshina, L. Ya. Gozman and E. M. Dubovskaya (Aleshina, Gozman, Dubovskaya, 2017); 2) Psychological Well-Being Scale Questionnaire by K. Ryff (adapted by T.D. Shevelenkova, P.P. Fesenko) (Shevelenkova, Fesenko, 2005); 3) Resilience Test by S. Maddi (adapted by D.A. Leontiev, E.I. Rasskazova) (Osin, Rasskazova, 2013). Statistical analysis of the research results was performed using the Mann-Whitney U-test to compare indicators in the two groups, as well as using the Spearman rank correlation coefficient to establish relationships between indicators of marital satisfaction and resilience.

Results and Discussions

Let us turn to the description of the results obtained during the study, as well as the implementation of a comparative analysis. The study conducted using the questionnaire of marital satisfaction by Yu.E. Aleshina, L. Ya. Gozman and E. M. Dubovskaya allows us to say that the majority of the study participants in the two groups are characterized by an average level of marital satisfaction. It is shown that 60% of the study participants with a marriage experience of less than 5 years, as well as 88% of the study participants with an experience of 6 to 15 years are characterized by average values. A high level of marital satisfaction is found in 40% of women in the first group and 12% of women in the second group.

The participants of the study with an average level of satisfaction with marriage are characterized by fairly favorable assessments of communication and interpersonal interaction. At the same time, the participants of the study with average values in certain situations may experience a lack of communication with a partner. It is also possible to note a sufficient level of mutual trust, which has a positive effect on the overall functioning of the family. In addition to the above features, it is possible to talk about a sufficient level of psychological compatibility, as well as the fact that most of the needs of the spouses in relation to the family are resolved and satisfied in a constructive way.

The participants of the study with a high level of satisfaction with marriage are characterized by the presence of common interests and goals of activity, a favorable assessment of the psychological atmosphere in the family, as well as a fairly high level of favorable communication in marriage.

As a result of the statistical analysis using the Mann-Whitney U-test in the study of two groups of women, no significant differences in the characteristics of satisfaction with marriage were obtained.

The results of the comparative analysis showed that the two groups of women do not differ statistically in terms of marital satisfaction ($U=1087$; $p=0.26$). Despite the presence of certain tendencies towards an increase in the level of satisfaction in the group of women with a shorter period of married life, there is no need to talk about the presence of significant differences.

If we generalize and interpret the obtained results, we can assume that in the first years of marriage, which usually last from 2 to 5 years, couples often experience a phase of romantic love and increased emotional involvement. This period is characterized by strong passion and optimistic expectations about life together. However, during this period of life, families may encounter their first serious conflicts. These conflicts reflect the changes occurring in the family and the adaptation of the spouses to each other. In contrast, women who have lived in marriage from 6 to 15 years often report a more stable sense of satisfaction. By this time, many couples develop skills in conflict resolution and compromise. Routinization of life together in marriage can lead to a decrease in emotionality in the relationship compared to earlier periods of marriage. However, a number of statistically significant differences were identified in terms of psychological well-being, presented in Table 1.

Table 1

Results of comparative analysis of the indicators of the Psychological Well-Being Scale by K. Riff (adapted by T.D. Shevelenkova, P.P. Fesenko) (n=100)

Methodics scale	Sum of ranks, marriage length from 2 to 5 years	Sum of ranks, length of marriage from 6 to 15 years	Mann-Whitney U-test	p-level
Psychological well-being	3035,00	2015,00	740,00**	0,000
Environment Management	3577,50	1472,50	197,50**	0,000
Meaningfulness of life	1766,00	3284,00	491,00**	0,000
Man as an open system	1614,00	3436,00	339,00**	0,000

Note: * - significance level $p < .05$; ** - significance level $p < .01$

The conducted study convincingly demonstrates the presence of pronounced statistically significant differences in the indicators of psychological well-being in the two groups. Thus, it can be stated that women with a marriage experience of 2 to 5 years are characterized by a reliably higher level on the psychological well-being scales ($U = 3035$; $p < 0.01$). The obtained results allow us to assume that women who have been married for 2 to 5 years can demonstrate a higher level of psychological well-being because they have fewer routine responsibilities, which contributes to an increase in the level of life satisfaction. However, in the second group of study participants with experience from 6 to 15 years, higher indicators were found on the scales of environmental management ($U = 1472$; $p < 0.01$), meaning of life ($U = 3284$; $p < 0.01$) and a person as an open system ($U = 3436$; $p < 0.01$). The obtained results indicate that the group of women with a long history of family life have experience in managing communication, are more open and wiser in social communications.

The results of the survey using the S. Maddi Hardiness Test (adapted by D.A. Leontiev, E.I. Rasskazova) are presented in Table 3.

Table 3

Results of the comparative analysis of the indicators of the S. Maddi Hardiness Test (adapted by D.A. Leontiev, E.I. Rasskazova) (n=100)

Methodics scale	Sum of ranks, marriage length from 2 to 5 years	Sum of ranks, length of marriage from 6 to 15 years	Mann-Whitney U-test	p-level
Engagement	3028,00	2022,00	747,00**	0,000
Control	2544,50	2505,50	1230,50	0,900
Taking risks	3408,00	1642,00	367,00**	0,000
Vitality	3221,50	1828,50	553,50**	0,000

Note: * - significance level $p < .05$; ** - significance level $p < .01$

Statistical analysis of the results revealed that representatives of the group with a marriage experience of 2 to 5 years are characterized by a significantly higher level on the scales of involvement ($U = 747$, $p < 0.01$), risk acceptance ($U = 3408$; $p < 0.01$), as well as on the scale of the general indicator of resilience ($U = 3221$; $p < 0.01$) in comparison with the group of women who have been married for 6 to 15 years. If we interpret the obtained data, we can assume that women who have been married for a shorter period of time, due to their youth, lack of life experience, as well as a comparatively smaller number of difficulties (in comparison with women who have been married for a longer period of time), are characterized by greater involvement and willingness to take risks.

In contrast, women who have been married for 6 to 15 years may experience a sense of routine and predictability in their relationships. Over time, established habits and expectations may reduce

both engagement and risk-taking. At this later stage, the emphasis often shifts toward stability and security, which may lead to a decrease in interest in new experiences. Consequently, this may lead to a decrease in the focus on coping with life's stressors and challenges, as women are focused on preserving resources and ensuring security. In general, as priorities shift toward fulfilling obligations and caring for the family, the level of engagement and willingness to take risks may decrease.

Ultimately, differences in women's engagement and resilience at different stages of marriage can be explained by both the emotional dynamics in the relationship and changing life circumstances. Next, we will move on to an analysis of the results of the correlations that were obtained in the group of women with 2 to 5 years of family life (Table 4).

Table 4

Results of the correlation analysis between the marital satisfaction index and resilience in a group of women with a married life of 2 to 5 years (n=50)

Methodics scale	Engagement	Control	Taking risks	Vitality
Marital satisfaction	0,08	0,04	-0,04	0,02
Psychological well-being	0,16	0,15	-0,06	0,17
Positive attitude	0,02	0,23	0,19	0,19
Autonomy	0,15	0,14	-0,02	0,20
Environment Management	0,03	0,03	0,10	0,12
Personal growth	0,11	0,12	-0,30*	0,06
Goals in life	-0,04	0,07	-0,15	-0,04
Self-acceptance	0,22	-0,04	0,07	0,07
Balance of affect	0,29*	0,21	-0,10	0,32*
Meaningfulness of life	-0,19	0,00	0,04	-0,12
Man as an open system	-0,09	-0,22	0,22	-0,15

Note: * - significance level $p < .05$; ** - significance level $p < .01$

The conducted correlation study allows us to say that there is a relationship between the involvement indicators and the affect balance indicator ($r=0.29$). It can be said that the study participants with a high level of involvement will also be characterized by a fairly high level of ability to regulate their own emotional reactions and manifestations.

Also shown are correlation links between the risk acceptance indicator and the personal growth indicator ($r=-0.30$), which allows us to say that the study participants with a high level of risk acceptance will most likely be characterized by a low level of tension on personal growth.

We can also talk about the relationship between resilience and the affect balance indicator ($r=0.32$), which indicates that the study participants with a high level of resilience will also have a high level of ability to regulate emotional manifestations.

Table 5

Results of the correlation analysis between the marital satisfaction index and resilience in a group of women with a married life of 6 to 15 years (n=50)

Methodics scale	Engagement	Control	Taking risks	Vitality
Marital satisfaction	-0,17	-0,30*	0,08	-0,24
Psychological well-being	0,20	0,03	0,39**	0,26

Positive attitude	0,08	0,21	0,28*	0,31*
Autonomy	0,19	0,13	0,19	0,26
Environment Management	0,38**	-0,11	0,45**	0,32*
Personal growth	0,05	-0,02	0,12	-0,01
Goals in life	-0,22	-0,03	-0,14	-0,22
Self-acceptance	0,06	-0,06	0,06	0,06
Balance of affect	0,09	0,03	-0,09	0,04
Meaningfulness of life	-0,22	0,09	-0,12	-0,19
Man as an open system	-0,15	0,13	-0,38**	-0,13

Note: * - significance level $p < .05$; ** - significance level $p < .01$.

In the group of women with family life experience from 6 to 15 years, relationships between the indicators were also revealed. Thus, a relationship was established between the indicators of marital satisfaction and control ($r = -0.30$) as one of the aspects of resilience, which allows us to say that the study participants with a high level of control will also be diagnosed with a low level of marital satisfaction.

Correlation relationships were determined between the scales of involvement and environmental management ($r = 0.38$). Women with a high level of involvement are characterized by a high level of skills in environmental management.

Correlation relationships were also found between the scales of risk acceptance and psychological well-being ($r = 0.39$), positive attitude ($r = 0.28$), environmental management ($r = 0.45$), and openness to new experiences ($r = -0.38$). It can be noted that the study participants with a high level of risk acceptance are characterized by a high level of psychological well-being, the ability to establish and maintain positive relationships, the ability to manage the living environment and low openness to new experiences.

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In the course of the correlation analysis, the presence of interrelations between resilience and marital satisfaction in women with different lengths of family life was established.

The nature of these relationships in groups of women with different lengths of family life varies significantly. There is a close connection between resilience and such an aspect as involvement in the group of women with 2 to 5 years of experience and a negative attitude towards themselves, a negative assessment of living conditions.

Also in this group, a connection was found between the focus on personal growth and risk acceptance, which indicates a limitation of this life orientation to the possibilities of risk acceptance. In turn, for women with 6 to 15 years of family life, resilience and its components are closely connected with the ability to manage the environment, with the ability to establish positive relationships with other people, which in general can characterize the current status of this group of women.

It can also be assumed that women with a shorter marriage experience consider themselves as resources for coping with difficult life events, while women with a longer marriage experience

consider their own communication skills and abilities, focus on helping and receiving help from others, as well as the ability to competently organize their own lives.

As the main recommendations for the development of psychological well-being and resilience in the group of women with family experience from 2 to 5 years, despite higher rates of resilience, it is important to develop a willingness to take risks and personal and professional potential abilities. This is necessary to maintain psychological well-being and resilience in the future.

In the group of women with family experience from 6 to 15 years, it is important to develop resilience and psychological well-being through stress resistance and positive thinking techniques, which can be learned by participating in personal growth trainings, as well as continuing education in professional activities.

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КАРАКТЕРИСТИКЕ БРАЧНОГ ЗАДОВОЉСТВА И ОТПОРНОСТ КОД ЖЕНА СА РАЗЛИЧИТОМ ДУЖИНОМ ПОРОДИЧНОГ ЖИВОТА

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Анотација. Ова студија је посвећена проблему манифестација брачног задовољства и отпорности код жена са различитом дужином породичног живота. Отпорност је интегрална формација која одражава способности особе и њену способност да се издржи од тешкоћа и стресних ситуација. Проучавање разлика и међусобних односа у манифестацијама отпорности и задовољства породичним

односима код жена са различитим породичним искуством омогућава нам да размотримо ресурсни потенцијал појединца, који обезбеђује задовољство браком.

У студији је учествовало 100 жена, које су формирале две одвојене групе: 1) група жена са 2 до 5 година брачног живота, старости од 22 до 35 година; 2) група жена са брачним животним искуством од 6 до 15 година, старости од 28 до 43 године. За добијање емпијских резултата коришћене су следеће методе: 1) Упитник о задовољству браком Ју.Е. Алешина, Л. Ја. Гозман и Е. М. Дубовскаја; 2) К. Рифова скала психолошког благостања (адаптирали Т.Д. Шевеленкова, П.П. Фесенко); 3) Тест виталности С. Мадди (приредили Д.А. Леонтиев, Е.И. Рассказова). Као методе статистичке анализе коришћени су Ман-Витнијев U-тест и Спирманов коефицијент корелације ранга.

Резултати студије психолошког благостања показали су да жене са брачним искуством од 2 до 5 година карактерише значајно виши ниво психолошког благостања, као и управљања животном средином, док жене са брачним искуством од 6 до 15 година карактерише значајно виши ниво смислености живота, као и индикатор на скали „личност као отворени систем“. Утврђено је да жене са брачним искуством од 2 до 5 година карактерише знатно већи ниво укључености, прихватања ризика и укупне отпорности.

Студија је открила да постоји веза између задовољства браком и отпорности. Постоје специфичне разлике у манифестацијама психолошког благостања, задовољства браком и отпорности код жена са различитом дужином породичних веза. Студија даје препоруке за развој отпорности и задовољства браком код жена са различитим нивоима породичног животног искуства.

Кључне речи: дужина породичног живота, жене, задовољство браком, отпорност.

ОСОБЕННОСТИ УДОВЛЕТВОРЕННОСТИ БРАКОМ И ЖИЗНЕСТОЙКОСТЬ У ЖЕНЩИН С РАЗНЫМ СТАЖЕМ СЕМЕЙНОЙ ЖИЗНИ

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Аннотация. Данное исследование посвящено проблеме проявлений удовлетворенности браком и жизнестойкости у женщины с разным стажем семейной жизни. Жизнестойкость является интегральным образованием, отражающим способности человека и его возможности противостоять трудностям и стрессовым ситуациям. Изучение различий и взаимосвязей в проявлениях жизнестойкости и удовлетворенности семейными отношениями у женщин с разным семейным стажем позволяет рассмотреть ресурсный потенциал личности, который обеспечивает удовлетворенность браком.

В исследовании приняло участие 100 женщин, формирующих две отдельные группы: 1) группа женщин со стажем супружеской жизни от 2 до 5 лет в возрасте от 22 до 35 лет; 2) группа женщин со стажем супружеской жизни от 6 до 15 лет в возрасте от 28 до 43 лет. Для получения эмпирических результатов были использованы методики: 1) Опросник удовлетворенности браком Ю.Е. Алешиной, Л. Я. Гозмана и Е. М. Дубовской; 2) Шкала психологического благополучия К. Рифф (адаптация Т.Д. Шевеленковой, П.П. Фесенко); 3) Тест жизнестойкости С. Мадди (в адаптации Д.А. Леонтьева, Е.И. Рассказовой). В качестве методов статистического анализа использовались U-критерий Манна-Уитни и коэффициент ранговой корреляции Спирмена.

По результатам исследования психологического благополучия определено, что для женщин со стажем брака от 2 до 5 лет характерен достоверно более высокий уровень психологического благополучия, а также управления средой, тогда как для женщин со стажем брака от 6 до 15 лет характерен достоверно более высокий уровень осмысленности жизни, а также показателя по шкале «человек как открытая система». Установлено, что для женщин со стажем брака от 2 до 5 лет характерен достоверно более высокий уровень вовлеченности, принятия риска, а также общего показателя жизнестойкости.

В ходе проведенного исследования было определено, что существует взаимосвязь между показателями удовлетворенности браком и жизнестойкости. Существуют специфические различия в проявлениях психологического благополучия, удовлетворенности браком и жизнестойкости у женщин с различным стажем семейных отношений. В результате проведенного исследования представлены рекомендации по развитию жизнестойкости и удовлетворенности браком у женщин с разным стажем семейной жизни.

Ключевые слова: стаж семейной жизни, женщины, удовлетворенность браком, жизнестойкость.