

Tolerance and Its Relationship to Marital Happiness Among Married Teachers

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Abstract

The current study aimed to identify the level of tolerance and the level of marital happiness and the relationship between tolerance and marital happiness among married teachers in Irbid. In addition, to identify the differences in tolerance and marital happiness according to some demographic variables among married teachers in Irbid. The study sample consisted of (121) married teachers were randomly selected from the study community. For study purposes, the researcher used the tolerance scale for Shuqair and the marital happiness scale for Hedberg translated to Arabic by Alharekey. Findings showed that there were statistical correlations between tolerance and marital happiness among married teachers. The results showed no statistically significant differences between the married teachers' average scores in the degree of tolerance and marital happiness according to the gender, age, the gap between couples, and years of married.

Keywords:

tolerance, marital happiness, teachers.

1. Introduction

Marriage is the legitimate and legal bond that is based on clear conditions, and mutual rights between the spouses, on continuity and compliance with social standards [1]. The social bond that brings together a man and a woman to form a family, which is the basic cell of every social structure. Its strength and cohesion are reflected in society, and weakness and its disintegration are society, social ills and behavioral deviations in that, and the family system between the spouses and the rest of the family [2]. Where Adler points out that understanding and harmony between spouses in opinions and attitudes are among the most important elements on which a successful marriage is built, and this is communication and the actor between them. One party to the other and its appreciation, this ultimately leads to the stability of the family and its reflection on the life of the spouses and the compatibility between them.

Marital life does not proceed at the same pace, as it is marred from time to time by some disagreements and conflicts over the basics of the family and the marital

relationship as a result of the basic factors of the family and the marital relationship as a result of a number of factors represented in the conflict of roles and the emergence of responsibilities and each of the husband and wife and the economic situation and others. The spouses have a distinctive and decisive influence on the ether, first, first, and in the other [3].

Among the most important positive family aspects that scientific research has paid attention to in family relations [4][1] is tolerance within the marital system, which is one of the important variables in marital life, and a factor of its success, through which positive aspects can be predicted the relationship between the spouses, and the extent to which they are compatible and free from conflict.

The concept of happiness, in general, receives great attention from researchers because it is considered a basic indicator of adaptation and mental health. In the same context, happiness between the spouses is considered the auxiliary factor in satisfying many of the physiological and psychological needs of the spouses, such as the need for love, stability, belonging, affection, intimacy, appreciation, approval, and security [5][6]. Marital happiness is also based on the positive interaction between the spouses, as this results in the formation of a happy family that overlaps and interacts with each other, their moods unite, their achievements fuse, their attitudes agree and their goals unite.

The researcher agrees with what was stated by [7] and it is characterized by the way that appears in the foreground, and that is in their atmosphere, according to its value in social relations, when you see that happiness originated from the outside, and that it is a victim of people who do not deserve it Tolerance, which turns them into a different concept than others. And due to the special importance of tolerance in marital life, [8][9] pointed out the importance of tolerance with marital consent and the relationship between them, while the study.

And by looking at the theoretical literature regarding tolerance and marital relations, and bypassing many of their problems. The current research in the current study aimed to find the level of tolerance and marital happiness.

2. Problem Statement

The relationship between the spouses is considered one of the sensitive topics that are dealt with in psychological studies from time to time, and despite the importance of harmony and compatibility within the marital relationship, a group of apparent and latent factors may make the marital relationship vulnerable to many problems, at a time when many are happy to marry in its beginning, and they put marital happiness in mind, we find a large number of them resort to divorce later [10][11] and by looking to the statistics of the Ministry of Justice and courts in Jordan, we discover that these statistics and official reports speak of an increase and an increase in divorce rates in Jordan from 2015 to 2021 compared to previous years (statistics of the Chief Justice Department for the year 2022).

This study came from the researcher's interest in marital and family relations, and the importance of shedding light on a number of demographic variables in affecting the marital relationship such as (sex, age, age gap between spouses, number of years of marriage), This study seeks to reveal the nature of tolerance and its relationship to marital happiness among a sample of married male and female teachers in Irbid Governorate in Jordan by answering the following questions:

1. Is there a correlation between degrees of tolerance and degrees of marital happiness for married teachers in Irbid governorate in Jordan?
2. Are there statistically significant differences in tolerance according to the variables (gender, age, age gap between spouses, years of marriage) among married teachers in Irbid Governorate in Jordan?
3. Are there statistically significant differences in tolerance according to the variables (gender, age, age gap between spouses, years of marriage) among married teachers in Irbid Governorate in Jordan?

3. Theoretical framework and previous studies:

Tolerance

Tolerance is one of the concepts in which there are many and varied trends and opinions in dealing with it. Psychologists have recently realized the importance of self-satisfaction and life, and the importance of this satisfaction in treating many psychological disorders, as a number of studies indicated the close relationship between tolerance and forgiveness on the one hand, and happiness. satisfaction on the other hand. And the American psychologist Martin Seligman confirms that happy people are those who are characterized by a culture of tolerance, and also by giving to the other,

through participation and integration with them, and he also believes that the tolerant is the greatest beneficiary compared to the abusive person, as forgiveness helps to heal the soul from bad feelings And not to remember painful situations, and also helps to love and build and gives us the ability to solve problems and face the difficulties of life [12].

Recent studies have proven that the one who gets used to tolerance acquires immunity with the passage of time, so he does not experience any psychological tension, or a rise in diabetes or blood pressure, as tolerance or lack thereof affects cardiovascular disease, strokes and mental health by bringing about changes in what is called The burden of the difference in homeostasis in the vital balance, which refers to the body's natural responses to pressures and threats. These responses are in the nervous and glandular systems, which stimulates and activates energy and readiness for reaction, which is good in the initial stages, however, if the physical irritation continues and there is failure In solving the problem, energy is drained, and these reactions become over time a debilitating burden, and the body begins to fall apart [13][14].

Thus, the researcher believes that tolerance as one of the variables of positive psychology can be viewed as a quick-acting psychological treatment in light of the atmosphere of tension, intolerance and disturbances in social relations, through leniency and not following up on the mistakes of others and condoning them, and treating the heart and soul by abandoning hatred and anger and seeking excuses from others. People can continue to live better and perform roles perfectly.

As for the humanistic theory in psychotherapy, it believes that man is good by nature and by his human instinct, which confirms that there is good within any human being, and if a human being comes, it may be a reaction to the challenges and frustrations he faces, and what we have to get out of him is to show interest and appreciation for his dignity And then it will bring out the treasures and goodness inside it, as it is like the precious metal in the ground [15].

According to the theory of rational emotional guidance, Albert Ellis calls for focusing on the positive aspects of the offender's personality and thinking about the circumstances and reasons that led him to commit sins against us. On the other hand, the theory of rational emotional guidance confirms that the inability to tolerate some people is due to the following irrational idea: "Some people are characterized by evil and cowardice and a high degree of meanness and villainy, and therefore they must be punished and blamed." Accordingly, Albert Ellis believes that tolerance with some people requires stopping defining them as "evil."

Instead, Ellis suggests that the abuser be defined as “a complex person with a variety of behaviors in his or her life history, some acceptable and others aggressive [16].

The researcher stresses here the importance of balance in looking at the behavior of others towards us, and going further in explaining the reasons for some surprising behavior emanating from them, and that tolerance and forgiveness be present in our lives, as it represents a religious value that called on the god of Islam in more than one place, so forgiveness, forgiveness and pity They are all synonyms for tolerance.

Marital Happiness:

The terms “happiness”, “satisfaction”, “success” and “compatibility” are among the most used terms to describe the marital relationship [17]. Whereas [18] sees marital happiness as a process through which both the husband and wife adapt in a way that enables them to avoid problems or solve them efficiently, and create common interests between them, so that ultimately leads to the spouses feeling satisfied with each other and their marriage to the extent that it satisfies their expectations. In general, happiness differs from other concepts such as contentment and satisfaction with life. Tsou and Liu [19] indicate that contentment is a multi-component concept that includes happiness, while contentment is a cognitive judgment that includes an evaluation of life in general, unlike happiness, which is an emotional state that is sensitive to changes. sudden moods

Marital happiness is the goal of every married couple in this life who have been associated with each other out of conviction and satisfaction with their life partner. Marital happiness in particular is an acknowledgment by the spouses of the quality of the life they have shared since they were declared husband and wife [20]. Happiness in the marital home prepares for both parties, in their compatibility and interaction with each other, an environment that is characterized by tenderness, understanding, accommodation, affection, love and mercy, and the good thoughts they generate towards marriage and towards the other party, where each of them is a garment for the other, finds in his presence with the other security and stability, and clings to it. He is associated with him, loves him, and takes care of him, and gives the spouses the opportunity to reach mature agreement and warm relationships, self-realization, complete satisfaction, preserving dignity, and minimizing differences [21].

The researcher believes that the expectations of both partners for the post-marriage period is one of the most important factors in the lives of married couples. A rational and balanced view of marriage is the basis for

stability and continuity between the spouses, which explains many of the differences and conflicts that occur in the first year of marriage, as some couples come from the engagement period. And romantics are loaded with many expectations and rosy dreams about marriage, so that they are surprised by the post-marriage requirements and what follows them from meeting the requirements of the family, and then pregnancy and childbirth and the agreement between work and family, and economic and social burdens to other matters, which calls here for the importance of education and raising awareness of the pre-marriage stage, and making it a basis for what follows.

Tolerance and marital happiness:

Hargrave, and Sells referred to in [22] define tolerance from the perspective of marital and family therapy, as allowing the abuser to regain confidence in the mutual relationship between him and the abuser through a more confident method, and urging an open discussion between the two parties until they agree together on improve the mutual relationship between them. In other words, those with the marital and family orientation view tolerance as a basis for building mutual trust between the spouses after each disagreement, while those with the psychological orientation view tolerance as stemming from the individual's willingness, awareness, and awareness of the situation that requires him to tolerate, which leads to a decrease in emotional tension. , replacing that with more positive emotions, such as kindness, benevolence, compassion, sympathy and pity. As for tolerance in the social orientation, it stems from the tendency to dialogue, and the ability to listen to and respect different viewpoints.

The importance of tolerance appears in marital life when abuse occurs in intimate relationships, which can be saved through the realization of the spouses that they are human beings. [23].

As for tolerance, it leads to the continuation of the marital relationship, and to confront the transgressions that occur by the spouses in the present and the future, which are always painful, because of their consideration in violating the sanctity of marital bonds [24].

The researcher stresses the urgent need to practice tolerance in our current time, where family and marital disputes are widespread, and they appear outside the marital home (extended family and Sharia courts), where it is often difficult to deal with them, which often end in illogical solutions, ending in separation or divorce. On the other hand, the absence of professional practice of counseling and psychological and family therapy in light of the inability of traditional and non-professional solutions to contribute to reducing the number of cases of separation and divorce.

4. Method

Names of all married teachers in public schools affiliated to the Education Directorates of Irbid Governorate in Jordan. This was during the first and second semesters of the academic year 2017/2018. Bearing in mind that the number of teachers in the governorate is (16,535) [25]. The research instrument was administered personally on the subjects by the researcher and two research assistants to facilitate the data collection.

Sample

The research design adopted in this study was the descriptive-relational approach. A random sample of married teachers was selected in Irbid Governorate, numbering (121) subjects, according to the variables of the study, which are (gender, age, age gap between spouses, years of marriage). Additionally, all participants have been married at least minimum one year and were currently cohabitating with his or her spouse. The sample was composed of 121 married individuals. (43%) of the sample were male compared with (57%) of the sample were female. age gap between spouses: (less than 5 years with 38%, 5-9 years with 52.1%, more than 9 years with 9.9), Number of years of married ranged from: less than 8 years with 44%, 8-15 years with 38%, 16-23 years with 12.4%, 24-31 years with 6.6%, and more than 31 years with 4.1%..

Instruments:

Tolerance Scale:

The researcher used the Choucair scale [26] to measure tolerance, The scale consists of (24) items distributed over three domains (tolerance of the self, tolerance of the other, and tolerance of the situation), with the aim of measuring tolerance in different age groups. On a sample of (540) individuals of different ages, using formation validity, discriminatory validity, and criterion validity, where all the applied validity results were positive, which reassures the validity of the scale.

To check reliability of the scale, the instrument of the scale used methods: reapplication, half-partition, and

Cronbach's alpha method in measuring the stability of the scale.

Marital Happiness Scale:

The researcher used the Marital Happiness Scale, which was developed by Hedberg [27] to measure (10) domains of the marital relationship, It was translated and codified by Al-Hariqi [28]). These areas are; Family responsibility, raising children, social activities, income management, communication skills, sexual relationship, academic or occupational status, independence of the spouses separately, and happiness in general. The five-point Likert system was followed to answer the items (very happy, 4, 3, 2, unhappy), and the higher score indicates a high degree of marital happiness.

The validity of the scale was confirmed through the validity of the content; the results indicated the validity of the scale without making any modifications. The second type was the construction validity; the correlation coefficients of the paragraphs ranged in the total degree between (0.84 to 0.90), Al-Hariqi [28] checked the reliability of marital happiness scale in two ways: internal consistency, Cronbach alpha, and the Guttman coefficient. The reliability coefficient was reached by the Cronbach alpha method (0.96), and it reached (0.95) by the half-partition method of Guttman. In the current study, the researcher resorted to the internal consistency method using the Cronbach equation. The alpha reliability coefficient was (0.88), the Spearman-Brown coefficient was (0.85), and the Gutman coefficient was (0.83), and these values are considered a high indicator of the reliability of the measure of marital happiness

5. Results and Discussion

1. Is there a correlation between degrees of tolerance and degrees of marital happiness for married teachers in Irbid Governorate in Jordan?

Pearson Product-Moment Correlation Coefficients were calculated between tolerance in all its domains and marital happiness, and if the results show evidence of the relationship between these variables, the multiple linear regression analysis tests used, considering the domains of tolerance as independent variables and marital happiness as a variable. Followed by, and the following table shows the results related to examining correlation coefficients.

Table (1) The results of the Pearson test for the correlation coefficients between tolerance in all its aspects and marital happiness (n = 121)

Variables	marital happiness	level of significance
Self-tolerance	*0.226	0.013
Tolerance to the other	**0.329	0.003
Position tolerance	**0.266	0.000
total degree of tolerance	**0.317	0.000

** Statistically significant at ($\alpha = 0.01$).

It is evident from the results of table (1) that there are positive correlations statistically significant between all domains of tolerance, total degree, and marital happiness, as there is a positive correlation between the domain of self-tolerance and marital happiness ($r = 0.226, \alpha < 0.05$), and according to Cohen [29] This relationship is considered medium strength, and this indicates that the greater the self-tolerance, the greater the marital happiness, and vice versa. (Cohen, 1988), this relationship is considered medium strength, and this indicates that the greater the tolerance with the other, the greater the marital happiness, and vice versa. The results indicated that there is a positive correlation between tolerance with the situation and marital happiness ($r = 0.266, \alpha < 0.01$), and according Cohen [29] considers this relationship of medium strength, and this indicates that the greater the tolerance of the situation, the greater the marital happiness, and vice versa, and there was a positive correlation between the total degree of tolerance and marital happiness ($r = 0.317, \alpha < 0.01$), and according to Cohen [29] considers this relationship of medium strength This indicates that the greater the tolerance in general, the greater the marital happiness, and vice versa.

This result is consistent with the theoretical literature on tolerance, as positive tolerance is reflected in the

behavior of individuals and affects their behavior in varying proportions and degrees. [30] indicated the contribution of spouses' tolerance in predicting marital relationship quality. While this study did not agree with the study of Weston [31], which indicated that there was no significant relationship between the motivation for forgiveness and the level of marital satisfaction.

The researcher points out that [32] believes that the correlation is a non-causal relationship, that is, despite the existence of a positive and statistically significant correlation between two variables (tolerance, marital happiness), this does not mean that the level of tolerance is the influencing (cause) in the level of marital happiness, while the regression shows the causal relationship between the independent variable (tolerance) on the dependent variable (marital happiness). Stepwise), and the results indicated that the domain of tolerance with the other was able to predict marital happiness only, while the two domains of tolerance with self and attitude were not included in the prediction equation because of their lack of influence on marital happiness compared to tolerance with the other, and the following table shows the results for that.

Table (2) Results of multiple linear regression analysis of the contribution of tolerance domains to marital happiness

model	variables	marital happiness					
		Determination coefficient	Modified coefficient of determination	Standard beta value	Constant	Value F	level of significance
The first	tolerant of the other	0.108	0.101	0.329	1.636	**14.42	0.000

** Statistically significant at the significance level ($\alpha = 0.01$).

The previous table shows the value of the modified coefficient of determination, which amounted to approximately (0.10). This means that tolerance with the other explains about 10% of the variance in marital happiness, while there are other factors that explain about 90%. The model explained is valid and reliable, with a value of (F) for the prediction model reached (F: 14.42),

which was statistically significant at ($\alpha = 0.01$), while the standard beta coefficient for tolerance with the other amounted to (0.329), and the regression equation constant (1.636), and accordingly, the regression equation can be formulated as:
 Marital happiness = tolerance of the other x 0.329 + 1.636.

This result shows the importance of tolerance with the other (the husband) and its reflection on marital happiness, and in general the couples are keen to show a kind of appreciation to the other so that marital life continues and lasts, and not to stand on everything that the partner does, but there is a space of freedom and respect for the privacy of the party The other is what will eventually be reflected in the whole family.

2. Are there statistically significant differences in the tolerance scale according to the variables (sex, age, age gap between spouses, years of marriage) for married teachers in Irbid Governorate in Jordan?

Table (3) Results of the Wilkes-lambda test to examine the effect of independent variables (sex, age, age gap between spouses, and years of marriage) in the domains of tolerance and total degree

independent variable	Wilks' Lambda	Value F	level of significance
Gender	0.967	1.206	0.311
Age	0.931	1.290	0.263
age gap between spouses	0.987	0.229	0.967
years of marriage	0.919	0.760	0.692

According to the results shown in table (3), it is clear that all the variables of the independent study represented by sex, age, the age gap between spouses, and the number of years of marriage did not affect the tolerance of married teachers at the level of statistical significance ($\alpha = 0.05$). This result is consistent with the study of Choucair [2], which indicated that there is no significant effect of gender on the tolerance variable, while it differed with the studies of Al-Dagher [33]) where there were significant differences between the sample scores on the tolerance scale due to the gender variable. The researcher explains this result indicates that the values of tolerance based on religious and Islamic directives are equally learned by males and females, which reflects the school curricula and the

The researcher used the Wilkes-lambda test and multiple analysis of variance (MANOVA) for the presence of more than one dependent variable represented in the areas of tolerance and the total score, in order to examine the effect of the independent study variables (sex, age, age gap between spouses and the number of years of marriage) combined on the areas of tolerance and the total score of married teachers. Table (3) shows the results for this.

general culture in society and the family. The results did not show significant effects for age, the age gap between the spouses, and the number of years of marriage.

3. Are there statistically significant differences in the measure of marital happiness according to the variables (sex, age, age gap between spouses, years of marriage) for married teachers in Irbid Governorate in Jordan?

The researcher used the multiple analysis of variance test (ANOVA) for the presence of one dependent variable represented in marital happiness, in order to examine the impact of the independent study variables (sex, age, age gap between spouses and the number of years of marriage) combined on the marital happiness of married teachers, and table (13) shows the special results so.

Table (4) The results of the multiple analysis of variance test to examine the effect of the independent variables (sex, age, age gap between the spouses and years of marriage) on marital happiness

Source of variance	Sum of squares	freedom degree	Mean of squares	F	level of significance
Gender	0.034	1	0.034	0.302	0.584
Age	0.005	2	0.003	0.024	0.976
Age gap between spouses	0.319	2	0.160	1.424	0.245
years of marriage	0.725	4	0.181	1.618	0.175
Error	12.106	108	0.112		
Total	739.580	121			
Corrected total	13.522	120			

According to the results shown in table (4), it is clear that all the variables of the independent study represented by

sex, age, the age gap between the spouses and the number of years of marriage did not affect the marital

happiness of married teachers at the level of statistical significance ($\alpha = 0.05$).

With regard to the age variable, this result agrees with the study of [32]) and the study of [2]), which indicated that there is no significant effect of the age variable on marital happiness, which means that marital happiness is not limited to a certain age, and the study of Corra and others [35], which indicated a decrease in marital happiness for spouses of both sexes in the age groups between the ages of (45-64) years. The results did not show significant effects for each of the gender, the age gap between the spouses, and the number of years of marriage.

Conclusion and Recommendations

In light of the findings of the study, the researcher recommends the following:

1. Activating the role of educational institutions, civil society organizations and the media in contributing more to the development of the tolerance skill among all members of society.
2. Designing family counseling programs concerned with developing relations between spouses, and raising awareness to reach the stage of maturity between spouses, in addition to attending counseling workshops in the field of supporting spouses and raising the efficiency of the relationship between them.
3. Developing diploma programs for marital counseling within university programs targeting couples at nominal prices in order to provide the target group with effective communication skills and dealing with problems that may occur between couples.
4. Increasing and intensifying media materials specialized in marital and family counseling to educate married couples with techniques and skills specific to their marital life under the supervision of specialists in marital and family counseling.
5. The researcher recommends conducting other studies dealing with variables other than tolerance to see their impact on marital happiness, such as religiosity, economic and social level, health status, and communication style between spouses.

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