

# Self-compassion, Intolerance of Uncertainty, and Relationship Quality Among Married Individuals



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Quality Among Married Individuals**

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## **CERTIFICATE**

It is certified that M.Sc. Research report on "**Self-compassion, Intolerance of Uncertainty, and Relationship Quality Among Married Individuals**" prepared by **Mehwish Tariq** has been approved for submission to National Institute of Psychology, Quaid-i-Azam University Islamabad.

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*Dedicated to  
My Beloved Parents*

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## **Abstract**

The present study was aimed to investigate the role of self-compassion, intolerance of uncertainty, and relationship quality among married individuals. Moreover, it is also focused to determine the role of various demographic variables including gender, family system, income, marriage duration, and education that were compared along study variables. The sample was approached by using convenient e-sampling technique, it consisted of 210 participants including 105 female and 105 male individuals from different areas of Islamabad and Rawalpindi with age range from 20-40 years. The major constructs of the study were assessed with a Self-Compassion Scale (Neff, 2003). Relationship Assessment Scale (Hendrick, 1988) and intolerance of Uncertainty Scale (Carleton et al., 2007). Results showed that self-compassion was positively related with relationship quality and negatively related to intolerance of uncertainty. Self-compassion has been associated with less intolerance of uncertainty and promotes healthy relationship quality among married individuals. The analysis indicates that when individual face stressful and negative event they react with more stability and thoughtfully when they are self-compassionate.

# **INTRODUCTION**

## **Introduction**

Human life is extremely uncertain, and as a result, it is fraught with uncertainty. To deal with day-to-day existence, it appears vital to be able to endure uncertainty. It has been noted that the only constant in life is transition; everything else is up in the air. Every day we live, not knowing if we will still have our jobs or if we will wake up next morning since uncertainty is a natural part of existence. Uncertainty is more than just being in doubt; it is a state we create in our life in response to disturbing circumstances that we allow into our inner world. Low tolerance for uncertainty is widely seen as a distinguishing quality that contributes to significant impact on life when we are unable to understand the reason, aim and doubtful stuff causes disturbance in daily functioning (Taha, Matheson, & Anisman, 2012).

Dealing with uncertainties is unavoidable in everyday life. Varied people have different levels of tolerance, for example, for some people, a significant amount of uncertainty does not disturb them in their lives; on the other hand, for some people, even a small bit of uncertainty is stressful (Borkovec & Behar, 2004). When humans who are intolerant of uncertainty are presented with uncertainty, they respond with extreme worry and discomfort, and they try all they can to assist themselves get out of the uncertain circumstance (Yook, Kim, Suh, & Lee, 2010). This low tolerance for uncertainty causes a slew of additional issues, including a loss of trust in their ability to solve and predict difficulties, and these cognitive and behavioral changes eventually lead to poor mental health (Rickwood, Deane, & Ciarrochi, 2005).

Psychology had also created a long interested in investigating to an individual's beliefs and feelings about themselves impact how they operate in interpersonal interactions. In this context, the self-concept has traditionally garnered a lot of attention (Neff & Beretvas, 2013). Psychology had long interest in investigating of an individual's beliefs or feelings about themselves impact how they operate in interpersonal relationships. In this context, the self-concept has

traditionally garnered a lot of attention (Neff, 2007; Hollis-Walker & Colosmio, 2011).

According to research, persons who are self-compassionate are more hopeful than those who are not. Self-compassion is associated with positive personality traits such as contentment, hopefulness, influence, understanding, personal plan, curiosity, and exploration (Neff & Beretvas, 2013). Uncertainty intolerance is distressing and enraging (Buhr & Dugas, 2002), and it is most probably caused by feelings of loss of control (Satici, 2020). Individuals who score high on the intolerance of uncertainty characteristic are more likely to regard a novel or unusual occurrence as dangerous (Freeston et al., 1994)

Uncertainty intolerance is referred as a relatively wide category consisting of intellectual, sentimental, or behavioral responses to everyday situations, there is uncertainty (Freeston et al., 1994). Self-compassion fosters approval in people and can help them achieve their goals. Reduction of uncertainty intolerance (Tang, 2019) Furthermore, an increase in self-compassion may suggest an improvement in a person's emotional intelligence, coping abilities, and capacity to cope with ambiguity intolerance. Indeed, being able to deal with ambiguity intolerance is beneficial and could contribute to an improvement in either an individual's overall well-being (Saricali, 2020).

Self-compassionate people, whether in friendships or intimate partners, have trustworthy and helpful interactions with others, according to research (Crocker & Canevello, 2007). Individuals who scored high on self-compassion were more likely to exhibit positive behavior in their romantic relationships, such as acting supportively, and were less likely to be controlling or aggressive towards their partners. According to research, self-compassion may be significant in romantic relationships. In interpersonal interactions, self-compassion benefits both the one and the other. Individuals who have a high level of self-compassion are better equipped to satisfy their own demands for worm heartedness or self-comfort (Neff & Beretvas, 2012).

Self-compassionate people are better at resolving conflicts because they have a higher sense of compassion for themselves. They can appreciate their partner's

points of view during arguments and see their own present problems as a part of being human which is taken as common humanity (Tirch, 2010).

According to Neff (2012), having self-compassion allows you to own up to your mistakes, forgive yourself, and try harder the next time. Furthermore, by providing emotional support and validation to yourself via self-compassion, you are less reliant on your relationship to satisfy all of your needs and may instead be more giving and kind to your significant other. When there is an intolerance of ambiguity, it is more difficult to manage emotions (Tang, 2019).

### **Self-Compassion**

Self-compassion is described as showing kindness to others and learning from their prior experiences rather than criticizing one's own failures or suffering from shared sorrow. Self-compassion is primarily comprised of three major elements: self-kindness, common humanity, and recognition (Neff, 2003).

According to Neff (2003), the majority of researchers believe that self-compassion is a more beneficial and superior technique to bring pleasure into a person's life. According to studies, persons who are more sympathetic toward themselves improve their lives more than those who criticize themselves. It instills feelings of safety, self-respect, and self-compassion, all of which are incredibly solid and long-lasting. Those who are self-compassionate have higher psychological health than people who have not, according to research. Life quality, wisdom, happiness, optimism, curiosity, learning goals, and interaction are all important factors to consider all are related with self-compassion personal accountability, as well as emotional resiliency. Simultaneously, it is linked with a lower proclivity for self-criticism, sadness, and anxiety, negative thinking, thought suppression, obsessiveness, and disordered eating patterns.

According to the eastern school of philosophy, Buddhism and psychology have resulted in the birth of several excellent practices with positive consequences (Baer, 2003; Gilbert, 2005). In order to deal with numerous mental health difficulties mainly sadness, anxiety, and rage. Westerners have historically stressed the development of self-esteem, self-efficacy, or self-regulation (Gilbert, 2005). Compassion, among the good emotions, has received special attention in Western

psychology. Adopting compassion from Buddhist psychology, a 2500-year-old notion in that area, has provided western psychology with a valuable instrument for earning happiness. Compassionate sentiments have the ability to keep a person joyful even in the face of adversity (Ladner, 2011).

According to research, Self-compassion is a strong state of perceived well-being. Wellness, Lower rates of sadness, anxiety, ill-adaptive higher levels of self-compassion are linked with achievement motivation, thought suppression, fear of rejection and ego-centeredness. (Neff, Dejithirat, & Rude, 2010). Positive conditions such as increased life satisfaction, interpersonal skills, personal participation, pleasure, and stable connection are examples of positive conditions and social connections were also associated with self-compassion (Neff & Hseih, 2008).

Psychologists were curious about the impact of people's beliefs and sentiments about themselves on their interpersonal relationships. As a result, it was argued that inner functioning designs that portray themselves as useful and acceptable perform an important role in maintaining a healthy, satisfying love connection (Mikulincer & Shaver, 2003).

### **Components of Self-Compassion**

According to Neff (2003) three basic elements or components of Self-Compassion are self-kindness, common humanity and mindfulness

**Self-kindness.** Self-compassion entails a person's attitude toward oneself. When they meet any painful or throbbing situations in their lives, rather than dismissing them or harming themselves with self-blaming thoughts.

**Common humanity.** Self-compassionate people accept their own flaws, failures, and grief as part of their larger human experience.

**Mindfulness.** Self-compassion necessitates an intriguing unbiased approach to an individual's depressed sentiments in order for these emotions to be neither covered up nor overblown. Persons' pessimistic or distressing beliefs and sentiments are perceived with sincerity, allowing them to be retained in the person's awareness. Mindfulness is an unautocratic, open intellect condition in which people evaluate their judgments as well as emotions in order to overcome and contradict them. Mindfulness, on the other hand, necessitates that an individual be more aware of his

or her own existence through psychological or otherwise distressing experiences, in order for an individual to be more aware of his or her own existence.

**Self-Compassion and Individuals Correlates.** According to studies, self-compassion is involved in several intrapersonal settlements. Individuals who are high on self-compassionate have less depression, lower levels of anxiousness, and higher levels of self-efficacy and self-esteem than those who are less on self-compassion (Neff & Hsieh, 2008).

Being self-compassionate may result in an individual settlement or reimbursement as a consequence of moderator persons associated with its bad devotion that is self-assessment, sentiments as a result of its lack of achievement (Neff & Leary, 2007). Others who are more self-compassionate express less sad emotions associated to people when they have encountered a catastrophic societal catastrophe than people who are less self-compassionate (Leary et al., 2007).

According to Fincham and Beach (2010) more self-compassionate persons have higher levels of hopefulness, appreciation and have an encouraging impact. In addition, self-compassion was linked or related important aspects of a meaningful existence, such as wellness, happiness, emotional intelligence, comprehension, individual plan, interest, intellectual rigidity, life fulfillment, and emotion of shared relatedness. Self-compassion also has been related with emotions of self-sufficiency, competency, connectedness, and person willpower telling and facilitate to gather the essential mental or emotional desires (Ryan & Deci, 2011).

In contrast, people with low self-compassion they go towards more crucial about their own selves when they did mistakes (Neff, 2003). It is astonishing that self-compassion also moves towards revealed to increase intrapersonal health too. Therefore, small level of respect towards own self be able to inspire or encourage actions with the aim to assist and maintain or else improves individual's relationships importance (MacDonald & Leary, 2012), as people with more self-compassion be supposed to feel elevated levels of self-worth in spite of one's shortcomings or failures, Individuals experience usual opposed to their interpersonal aberration and for this reason they were less motivated to facilitate those mistakes. In the same way, conversely less self-compassionate people ought to experience lower levels of self-respect so as to go behind their interpersonal mistakes, in contrast with more self-



compassionate people; they lean to be more provoked or energized in order to get back their social acceptance correspondingly. As a result, self-compassion eventually anticipates or foreshadows greater relational or shared issues. Similarly, one opposing type of it is self-blaming (Neff, 2003), and in collaboration with critiquing as well as blaming towards oneself is associated with increased motivation in the direction of resolving their trials or difficulties. It's amazing how self-compassion goes toward being disclosed as a way to improve intrapersonal health. As a result, a low level of respect for oneself can inspire or encourage actions with the goal of assisting and maintaining or otherwise improving an individual's relationship importance (MacDonald & Leary, 2012), as people having more self-compassion are expected to feel elevated levels of self-worth in spite of one's shortcomings or failures, Individuals experience typical opposition to their interpersonal aberration and as a result they were less motivated to facilitate those mistakes. In the same way, conversely less self-compassionate people ought to experience lower levels of self-respect so as to go behind their interpersonal mistakes,

**Self-Compassion along with relationship outcomes.** In addition to the individual outcomes of self-compassion, it is a significant contributor to the improvement and enhancement of interpersonal relationship end results. Other than giving personal happiness to an individual's level, self-compassion also emerges to boost or improve their interpersonal contentment. In a study of couples (Neff & Beretvas, 2013), it indicates that persons having more self - compassion would express through their associates and at the same time further psychologically associated, tolerant as well as independent supportive whereas they were being less isolated, controlled, and orally or bodily violent as compared to those with lacking self-compassion. People with high self - compassion make an effort to show kindness towards them as they show kindness towards somebody correspondingly, they recognize from their misstep what they did and they are familiar with that all human beings are not ideal they do mistakes in their lives however, they don't ponder about their mistakes. In contrast, people with low self - compassion they go towards more crucial about their own selves when they did mistakes (Neff, 2003). It is astonishing that self -compassion also moves towards revealed to increase intrapersonal health too.

**Self-Compassion and psychological functioning.** While research into the concept of self-compassion is still in its infancy, there is evidence that proves the feelings of compassion for oneself beneficial to one's mental health. Self-compassionate people should have greater psychological health than those who are not, because the unavoidable sorrow and sense of failure is not compounded and sustained by harsh self-condemnation (Blatt et al., 1982). Isolation, as well as an overwhelming identification with one's ideas and emotions (Nolen-Hoeksema, 1991). The aforementioned favorable attitude toward oneself should be connected with a number of good psychological consequences, such as decreased melancholy, anxiety, neurotic perfectionism and increased life satisfaction. Furthermore, whereas the prior discussion focused on self-compassion in the face of pain or failure (since compassion is a reaction to suffering), self-compassion must be relevant even in less unpleasant situations. Self-compassion entails doing all possible to avoid suffering in the first place. As a result, self-compassion should encourage proactive activities that enhance or preserve well-being, such as eating a balanced diet or taking time off work before going to bed.

Self-compassion appears to be linked to other essential psychological functions. Self-compassion is an example of self-compassion that is most likely related to behavioral motivation. Deci and Ryan (1995) define "real self-esteem" as "when an individual's activities mirror his or her authentic inner self" (a sense of self-worth that is not contingent on set standards or expectations but is assumed as an inherent aspect of being). To put it another way, true self-esteem occurs when behaviors are autonomous, self-determined, and intrinsically rather than extrinsically driven, i.e., acts are conducted out of genuine interest rather than in reaction to an external threat or reward. Individuals that are self-compassionate should have a greater level of "true self-esteem." As a result, their behavior should be more intrinsically motivated than that of those who lack self-compassion. This difference in motivation is likely to manifest itself in a variety of contexts, including academic learning.

Self-compassion must be linked to a higher understanding of someone own limitations. This is due to the fact that people no longer have to conceal the flaws from themselves in order to avoid harsh self-judgment. Furthermore, compassion for oneself entails a partial transformation of the negative affective state associated with

suffering into a more positive affective state that of compassion. Positive mood has also been linked to paying more attention to and processing unflattering self-relevant information more carefully and thoroughly.

### **Intolerance of Uncertainty**

Intolerance of Uncertainty known as a major contributor to anxiety and stress (Jacoby, Fabricant, Herring, & Abramowitz, 2015). An individual can face uncertainty when there is a perceived lack of important information about an unknown situation. This hinders the ability of a person to efficiently and effectively deal with unknown future situation making the person vulnerable to symptoms of anxiety (Carleton, 2016; Grupe & Nitschke, 2013). Uncertainty, according to the literature, performs a significant role in the expansion of psychological traumas. For example, people experience extreme anxiety when there is uncertainty about a health related issue.

Commonly, sojourners experience uncertainty and doubt regarding the unknown values, behaviors, and attitudes of the host culture (Berry & Sabatier, 2011). Newcomers go through anxiety about the lack of predicting the host culture's ways of living and worldview (Koltko-Rivera, 2004). Worry, perceived threats and unease builds into anxiety. Individuals who accurately understand the hosts' attitudes and behaviors, experience less acculturative stress and effectively manage their uncertainties and anxieties (Berry & Sabatier, 2011).

Intolerance of uncertainty (IU) is an individual character or cognitive predisposition that can have significant effects on the ability of a person to perceive, interpret, and give responses to any doubtful or vague situations. It is mainly need of an individual to protect oneself from any vague situation and influence the outcomes of any doubtful circumstance (Ladouceur & Freeston, 1998). Intolerance of uncertainty has an explicit relation with worry, as it plays a key part in developing and maintenance of worry and anxiety.

Individuals' intolerance of uncertainty is represented by behavioral, emotional, and cognitive responses to overcome outcomes that are most likely perceived as aversive and harmful when reacting to uncertain situations. People who have a high level of uncertainty intolerance are unable to deal with any specific

situation without knowing the possible outcomes, because they expect the outcomes to be negative and unhelpful (Buhr & Dugas, 2002). Furthermore, individuals experience stress as a result of heightened intolerance of uncertainty, which exacerbates the already perceived aversive situation. They attempt to avoid the induced stress, and in doing so. Uncertainty intolerance has taken center stage in explaining the concept of anxiety (Holaway, Heimberg, & Coles, 2006). Every person has different levels of uncertainty, and this difference is reflected in the levels of anxiety they experience (Greco & Roger, 2001).

High levels of anxiety are experienced by those persons who have high intolerance for uncertainty, and they keep experiencing that anxiety under every aversive condition (Dugas, Gosselin, & Ladouceur, 2001). Moreover, these individuals anticipate vague and uncertain information as threat and this further contributes to experienced anxiety (Heydayati, 2003). According to the literature, there seems to be a negative relationship among intolerance of uncertainty and mental health. Experiences revealed that intolerance of uncertainty was a significant predictor of bad mental health.

### **Theoretical Perspectives on Intolerance of Uncertainty**

Following theories have explained the construct of intolerance of uncertainty:

**Biological perspective.** Individuals try to avoid uncertain situations when these situations are perceived as threat to self. This uncertainty hampers their ability to remove the threatening situation and this failure results in anxiety (Grupe & Nitschke, 2013) introduce five coping strategies of intolerance of uncertainty.

Inflated estimates to threat probability and cost. The type of coping is decided based on the estimated likelihood and potential risks associated with uncertain circumstances. Neural modifications are most common among those individuals who have heightened levels of anxiety that results in over-evaluations of the probability of perceived risky outcomes of doubtful situations that result in distorted beliefs (Grupe & Nitschke, 2013).

**Deficient safety learning.** Some specific ecological factors serve as signals for the persons to save oneself from the possible threatening outcomes of uncertain events and remove their anxiety. When facing uncertain situations, it becomes very

difficult to highlight these ecological safety signals because of minor occurrence of cues and effects, and this is specifically related to those who have high levels of anxiety. Therefore, such individuals exaggerate the anticipated negative outcomes of any future doubtful event (Grupe & Nitschke, 2013).

**Behavioral and cognitive avoidance.** Worried and nervous persons have Behavioral and cognitive avoidance. Thoughts of worry and anxiousness when faced with a threatening event, as a result they behave in such a way that best avoid that situation (Grupe & Nitschke, 2013). These avoidant cognitive and behavioral patterns help the individual to dismiss counter facts that are against the harmful expectations of the future events.

Uncertain reactivity to threat of uncertainty. According to Grupe and Heightened (2009) reactivity to threat of uncertainty (Nitschke 2013), it is natural to experience a small amount of uncertainty while making predictions of the future. The importance of different neural mechanisms in cognitions and attitudes is very crucial at this point because it helps in adaptive reactions. The presence of uncertainty about the possibility, timing, and nature of any doubtful event heightens the physiological responding. In response to high or even low power stimuli, more alarming reactions are shown.

### **Relationship Quality**

Relationship quality is an aspect of our daily lives, despite the fact that it is not a part of our everyday vocabulary and we may be unfamiliar with the term. Relationship quality is all about good relationships, how partners get along, and how happy and comfortable they are in their relationship. According to Sullivan (1953) in interpersonal theory, relationship quality is a component of a relationship that makes it possible to determine an individual's relationship quality (Neyer & Lenhart, 2006). Relationship quality is a measure of the quality of a relationship between two people. It assesses how strong and weak the relationship is between the two. According to Hardie and Lucas (2010), relationship quality refers to all factual and subjective indicators of a relationship.

Relationship quality is defined by (Morry, Reich, & Keito 2010) as how individuals feel (positively or negatively) toward his relationship. Relationship

quality is an assessment of the quality of a person's relationship based on devotional efforts and relationship mindfulness. Acitelli (2008) concluded that relationship quality includes differences between people in a relationship, focusing on interaction patterns, and caring for the relationship as an entity. as stated by (Fincham & Beach, 2010) There are shorter arguments about the meaning of relationship quality or the theory that supports it, but it is a frequently considered aspect of relationships. Different terms, such as relational adjustment, relational happiness, and relational satisfaction, which are not even synonyms, are frequently used with relationship quality, most likely due to a lack of arguments. Because of a lack of understanding with an actual term, people used to consider these terms as relationship quality. Approximately 20% to 25% of the general population is estimated to be in low-quality relationships. There is a high risk of negative consequences, such as poor physical and mental health and depression.

Method that is used in understanding relationship quality. These methods or approaches are as follow: Interpersonal approach. The main focus of this approach is to concentrate on interaction patterns between partners and focus at areas for example; how partners spend their time with each other, how partners communicate and their behaviors that cause conflicts.

**Intrapersonal approach.** Another viewpoint is that relationships are not about associations and attitudes within the relationships, but rather how couples rate their satisfaction and pleasure within the relationships. In this way, this approach is more subjective. This includes a subjective evaluation of the partner's relationship (Finches & Rogge 2010).

Relationship quality measures can also be used to identify partners who may benefit from assistance or counseling, to evaluate the outcomes of couple and family interventions, and to educate couples about the relationship development program. According to the literature, the quality of one's relationship is (global assessment of love life quality) demonstrated by (Neto & Pinto, 2015). Individuals who frequently express their emotions are more optimistic about life because they have satisfying relationships.

Individuals who are in unsatisfactory relationships, on the other hand, usually experience pain and break-ups (Feres-Carneiro, 2008). A "relationship" is a long-

term bond formed between two individuals (Reis, 2009). A relationship is defined as “a process of interaction involving at least two individuals (Asendorpf & Banse, 2000). A relationship exists once two folks have an impression on one another and are mutually beneficial within the sense that an amendment in one person causes a change in the other and vice versa (Kelly, 1983) The quality relationship refers to how people feel about their relationships, whether positively or negatively (Reich & Keito, 2004). It is a relationship evaluation that incorporates relationship awareness and dependability. Relationships that promote happiness are said to have high relationship quality (Clark & Grote, 2003). Affection, intimacy, and nurturance are examples of subjective experiences associated with high relationship quality, whereas conflict, irritation, and antagonism are examples of low relationship quality (Dush & Amato, 2005).

**The interpersonal theory of psychiatry.** Relationships provide the social framework for personality development, and personality and relationships interact constantly, which can either begin or encourage changes in personality features. Long-term reciprocal contacts have a major influence on health in general, including happiness, life satisfaction, and lifespan (Neyer & Lenhart, 2006).

According to the interpersonal theory of psychiatry proposed by Neyer (2006), it is compelling to investigate individuals' evaluations of their relationships, which is referred to as ‘relationship quality. The word "relationship quality" was used to describe both objective and subjective qualities of a relationship (Hardie & Lucas, 2010). The goal of this article is to offer a comprehensive grasp of the idea of relationship quality by reviewing studies on the numerous variables of relationship quality. The essay dives into almost two decades of study to look into a variety of relationship quality characteristics. Relationship quality is an essential factor to investigate since it impacts personality and well-being (Neff, 2013)

### **Determinants of Relationship Quality**

It has been discovered that a variety of other psychological factors influence relationship quality, which have been outlined as follows:

**Love styles.** Davis and Latty (1985) investigated how Lee's (1973) color of love model is linked with the five groups of the Davis and Todd (1985) relationship

rating scale, which encompass the dimensions of viability, intimacy, caring, passion, and series includes negative feelings using the example of conflict and ambivalences. Eros (romantic, passionate love), Storage (friendship love), Pragma (rational love), Ludus (play love), Mania (possessing, dependent love) and Agape (all-giving, selfless love) are the six styles indicated by the color of love- Model. The research in researching the relationship between love styles and relationship quality, (Hendrick & Adler, 1988). An individual's perception of a partner's love style (Eros, Ludus, & Agape, 2001) was found to be significantly related to the individual's own relationship satisfaction. Individuals' love styles were also a strong predictor of relationship quality.

**Self-verification and self-enhancement.** The influence of self-verifying and self-enhancing feedback from intimate partners has piqued the interest of researchers. Significant impact of partner personality and self-enhancement on measures of relationship quality have been documented (Katz, Anderson, & Beach, 1996).

People prefer information that conforms to their self-concept, according to self-verification theory. Positive feedback about oneself, according to self- enhancement theory, is favorable. Several studies have found that people who have been verified by their partners have higher levels of relationship quality than people who have not been verified. Individuals who receive self-verifying partner feedback report higher levels of affinity, satisfaction, commitment, and marital happiness than those who do not receive it (Schafer, 2000).

In long-term vs short-term partnerships, Campbel and Muise (2006) observed that for those with poor self-perceptions, verifying feedback led in more favorable evaluations of the partner and relationship, whereas the benefits of boosting feedback were mixed. Previous study has found that how people view themselves by their love partners is closely connected to how pleased they are in their relationships.

**Personality.** Personality psychologists have long been curious about how personality features and self-esteem confirmation from the spouse affected marriage quality. Married persons with greater self-esteem and self-compassion verification reported higher levels of satisfaction and closeness than married people with lower self-esteem and self-compassion verification.



Many research has been conducted to determine which specific personality qualities are most strongly associated with relationship quality. Low levels of negative personality characteristics such as neuroticism and negative emotionality, for example, have been consistently related with self-reports of marital problems. Utilized for many other reasons, Literature reports that quality of one's relationship is a significant indicator of love life satisfaction, happiness and subjective well-being. Positive relationship between life satisfaction (worldwide assessment of life quality) and contentment with one's romantic life was demonstrated by (Neto & Pinto, 2015).

Study has discovered that neuroticism (negative personality trait) is linked with low level of relationship quality (Kamey & Bradbury, 1997). Positive personality traits and positive emotionality are associated with high level of relationship quality and low level of negative relationship outcomes such as abuse and conflict. Interaction patterns also play a key role in depicting quality of relationship. Perceptions of four different interactions were examined by (Galliner, Roostoky, & Kawaguchi, 2004).

Constructive emotionality and other positive personality traits have also been studied in relation to self-reported relationship quality on a number of occasions. Positive emotionality has been associated with higher relationship quality as well as lower levels of negative relationship outcomes such as self-reported conflict and abuse (Robins, 2002). Similarly, Watson et al. (2000) investigated personality and marital adjustment in a sample that included both married and unmarried individuals. They discovered that extraversion is related to satisfaction in husband and wife and conscientiousness and agreeableness are related to satisfaction in dating couples. Another study found (Buss & Shackelford, 1997),

Holland and Roisman (2008) observed substantial relationships between personality (in aggregate) and self-reported quality in their investigation employing different ways of relationship quality (self-report, observation, and physiological reaction). Few research, on the other hand, have discovered a relationship between apparent emotional tone and physiological reaction. Furthermore, among dating, engaged, and married couples, the overall size of the influence of personality characteristics on non-self-report indices of relationship quality was minor. Few significant impacts were discovered for any frequently occurring personality feature,

indicating a similar pattern among informants, and no obvious quality indications emerged for any individual personality attribute. In addition, there was some heterogeneity in unique impacts between relationship types.

**Interaction patterns.** (Meeks, Hand, & Hendricks, 1998) revealed that people' distributive conflict techniques (destructive remarks, such as criticism, expressing anger, and sarcasm) predicted relationship satisfaction in their study. The data also demonstrated that integrative conflict techniques (positive remarks, information-sharing methods) and avoidant conflict tactics (subject shifting, denial of conflict, and semantic emphasis) were related to relationship happiness.

**Emotional intelligence.** The capacity to monitor one's own and others' moods and emotions, discriminate between them, and utilize this knowledge to guide one's thinking and actions is characterized as intelligence (Salovey & Mayer, 1990).

Researchers have theorized on probable correlations between EI and the quality of partner relationships (Fitness, 2001; Caruso & Salovey, 1999). According to (Noller, Beach, & Osgarby, 1997), couple's evaluations of marital pleasure are related to their accuracy in expressing and detecting emotions. Nonverbal communication sensitivity and accuracy predict satisfaction (Carton, Kessler, & Pape, 1999).

According to Fitness (2001), stronger EI may allow people to more effectively manage the complicated emotional negotiations that come with asking and receiving forgiveness. As a result, higher emotional intelligence may be associated with better dispute management, which may predict less conflict and more relationship satisfaction. (Bissonnette & Arriaga, 1998) have stressed the significance of emotion-focused coping in marital satisfaction. When compared to unhappy marriages, happy spouses are more inclined to accommodate rather than retaliate during dispute, according to their research. According to Reis and Clark (2004), supporting behaviors have a favorable effect on relationship security and happiness when partners are responsive, empathetic, and validating. Support that did not fit the requirements of the recipients was related with lower concurrent satisfaction, according to Shaffer, Wisner, and Gardner (2007), since partners were thought to be less understanding.

Fletcher and Simpson (2010) observed that partners viewed their relationships more positively when they acted less adversely and gave more nurturing and action-facilitating assistance in their investigation of the impact of partner support in relationship quality. The study also discovered that over the course of a year, partners' supportive behavior predicted recipients' perceptions of relationship quality.

### **Self-Compassion and Relationship Quality**

It has been discovered that a lack of compassion for oneself is a statistically significant mediator between attachment anxiety and relationship quality. This implies that higher attachment anxiety predicts a less sympathetic attitude toward oneself, which predicts poor relationship quality. This is consistent with the notion that persons with attachment anxiety have a poor self-image and hence find it difficult to feel enthusiastic about oneself (Mikulincer & Shaver, 2007)

**Compassion and relationship functioning.** Compassion for oneself and compassion for others improves relationship operating. For starters, self-compassion was already linked to higher levels of positive psychological functioning (Mohammed & Chen, 2009) and lower levels of psychiatric disorders, such as anxiety and depressive symptoms (Amaral & Duarte, 2014) and individuals who have a high level of self-compassion may thus respond more constructively to conflict in relationships. Second, acceptance of the imperfect human experience may improve mutual acceptance of imperfection between two romantic partners. Compassion for others (especially for the spouse) may improve relationship functioning by enhancing acceptance of the other, resulting in less conflict and more helpful conduct during tough times. People who are compassionate may be more sensitive to misery and suffering, as well as more determined to alleviate it. Managing one's own grief in this way may minimize the risk of it happening in the future. to have an adverse effect on the intimate connection.

Finally, a person who is compassionately treated by his or her romantic partner may suffer less distress (for example negative affect). Self-compassionate persons, according to Neff and Beretvas (2013), display more positive relationship behaviors, such as being loving and supportive of love partners, than those who are

less self-compassionate. Similarly, Crocker and Canevello (2008), discovered that self-compassionate people had more compassionate goals in close relationships i.e., provide social support and encourage interpersonal trust.

### **Self-Compassion and Intolerance of Uncertainty**

Individuals with a high level of self-awareness accept and care for themselves as they are; as a result, self-compassion plays a protective function in the face of hardship and difficult situations (Allen et al., 2012). As a consequence, it can prevent a person from getting overwhelmed by unpleasant feelings. Self-compassion increases resilience (Gilbert, 2009), and resilience decreases fear (Griffiths & Can, 2020).

The findings of Nguyen and Le (2021), clearly support the idea that self-compassion decreases stress. Self-compassion tends to promote positive re-evaluation and proactive problem-solving. As a result, avoidant behavior likely to be reduced. It is said that self-compassion promotes good emotional regulation like emotion clarity, impulse control, and emotional reaction acceptance and hence provides mental health advantages (Inwood & Ferrari, 2018).

Uncertainty intolerance is characterized as situations in which there are strong impressions of the unfamiliar, which are accompanied by emotional issues that produce anxiety and a fearful propensity (Fergus, 2013). Uncertainty intolerance refers to a negative reaction to uncertainty, unless there is a logical chance of a phenomena occurring (Hong & Lee, 2015).

The two variables were shown to have a negative association in some form of study that employed a structural model to investigate the link between self-compassion and intolerance of uncertainty, and self-compassion was determined to be a direct negative predictor of intolerance of uncertainty (Tang, 2019).

Intolerance of uncertainty is conceptualized as in which there are strong perceptions of the unfamiliar, which are accompanied by emotional difficulties that cause anxiety and a tendency to fear (Fergus, 2013). Uncertainty intolerance refers to a negative reaction to uncertainty, unless there is a logical chance of a phenomena occurring (Hong & Lee, 2015). In some kind of a study that used a structural model to test the relationship between self-compassion and intolerance of uncertainty, the

two variables were shown to have a negative connection, and self-compassion was discovered to be a direct negative predictor of uncertainty intolerance (Tang, 2019).

Self-compassion implicitly promotes acceptance in a person; it could prevent intolerance of uncertainty (Tang, 2019). Furthermore, an increase in self-compassion may suggest an improvement in a person's emotional intelligence, coping abilities, and capacity to deal with ambiguity intolerance. Indeed, being able to manage with uncertainty intolerance can contribute to an improvement in an individual's overall well-being (Saricali, Satıcı, & Griffiths, 2020), because it is much more difficult to regulate emotions when intolerance of uncertainty exists (Tang, 2019).

### **Intolerance of Uncertainty and Relationship Quality**

Uncertainty intolerance increases stressors, anxiousness, negative emotion, and relationship uncertainty. Individuals' behavioral responses to uncertainty represent their level of uncertainty intolerance. Emotional, and cognitive responses to overcome the outcomes that are most probably perceived as aversive and harmful. Those people with high levels of intolerance of uncertainty are unable to deal their relationship with stability; this is because they expect the outcomes as negative and unhelpful (Buhr & Dugas, 2002). Furthermore, couples experience stress as a result of heightened level of intolerance of uncertainty that make their relation poorer and uncertain because they keep experiencing that anxiety under every aversive condition (Ladouceur, 2001).

Relationship quality can also have a significant impact on an individual's mental health; high-quality relationships was shown to have a positive impact on an individual's health and well-being (Umberson, Liu, & Needham, 2006). Relationship quality contributes more positively to overall well-being. Quality relationships help to mediate stressors, including a high level of resilience to uncertainty intolerance (Walker & Uszcz, 2009).

### **Rationale**

Self-compassion is linked with healthier marital relationship quality. As predicted, self-compassion was linked to higher levels of relational well-being in

terms of feelings of worthwhileness, joyfulness, honesty, and able to voice one's thoughts in a love relationship (Neff, 2009). Majority of research on self-compassion showed that more self-compassion is associated with reduced or less level of anxiety and depression in comparison to those who lack of self-compassion respectively.

The current study looked at the relationship between self-compassion and marital quality since earlier research revealed self-compassion to be connected with secure attachment, and secure attachment has been linked to more constructive marital relationships (Collins & Read, 1990). Self-compassion helps to decrease intolerance of uncertainty and plays an important role in good marital quality. Self-compassion reduces the fear of the uncertain situations and improves one's tolerant level for such events. Individuals with a high level of self-compassion face hardships and stressful situations with more stability (Alien, 2012). It has also been observed that married individual who are high on self-compassion are happier in their married life (Gallen, 2016).

Studies suggested that improving tolerance of uncertainties plays vital role in improving relationship quality and social phobias. More than just a possible cause of difficulty, researchers suggested intolerance of uncertainty as a maintenance mechanism and suggested that variety of linked responses could illustrate the trans diagnostic value of low tolerance level in uncertainties in understanding and promoting a broad range of mental health problems (Carleton, 2016; Einstein, 2014).

According to research, self-compassionate people have better psychological health than those who lack self-compassion. Self-compassion is a powerful positive psychology variable that has been seen to help people in times of difficulty so is a useful self-oriented approach. Therefore, it is being studied in context of marital relationships (Dahm, 2015).

This study's primary aim is exploring the relationship among self-compassion, intolerance of uncertainty and relationship quality. The notion of marital relationship quality is a basic and important element in the lives of married individual. Self-compassion aids in the development and enhancement of interpersonal relationships, including marital relationships. According to Neff and Beretvas (2013), those who are more self-compassionate perceive their spouse as more close and supportive than those who are not. Partners or spouses who are more

self-compassionate tend to be happier in their relationships. The reason for this could be that self-compassionate people have more emotional resources to offer their partners, in addition to care and support.

# **METHOD**



### Method

The following chapter of the present study represents the details regarding objectives, hypotheses, operational definition, sample, instruments and procedure. Furthermore, information is also there about demographic variables.

#### Objectives

Following are the proposed objectives of current study.

1. To determine the relation between self-compassion and intolerance of uncertainty, and relationship quality among married individuals.
2. To examine the role of various demographic variables (including gender, education, family system, time past after marriage, work status, and family income) with reference to self-compassion, intolerance of uncertainty, and relationship quality.

#### Hypotheses

Following hypotheses were formulated in view of literature for hypotheses testing.

1. Self-compassion has a negative relationship with intolerance of uncertainty and a positive relationship with relationship quality among married individuals.
2. Intolerance of uncertainty has a negative relationship with marital quality among married individuals.

#### Conceptual and Operational Definitions

**Self-compassion.** Self-compassion is defined as being open to and moved by one's own suffering, experiencing feelings of care and kindness toward oneself, taking an understanding, nonjudgmental attitude toward one's inadequacies and failures, and recognizing that one's experience is part of the common human experience (Neff, 2003).

In this study self-compassion was measured through scores obtained on Self-compassion Scale (Neff, 2003). High scores on the scale indicate more self-compassion.

**Intolerance of Uncertainty.** Intolerance of uncertainty refers to an individual's incapacity to tolerate the negative response caused by the apparent absence of salient or sustained by the related impression of uncertainty (Carleton, 2016). It implies that ambiguity is unacceptable, which reflects negatively on a person and leads to irritation, tension and a lack of ability to act (Aatelli, 2008).

In this study intolerance of uncertainty was measured through scores obtained on Uncertainty Scale (Carleton et al., 2007). High score on this scale would indicate for greater intolerance of uncertainty.

**Relationship Quality.** Relationship quality refers to how people feel about their relationships, whether positively or negatively (Morry, Reich, & Keito, 2010). That is the evaluation of a person's connection, which involves relationship awareness and relational focuses of attention. It entails paying attention to one's own connection or interaction patterns, as well as similarities and contrasts among persons as a whole. Also included are underlying representations and cognitive observations about a given connection (Aatelli, 2008).

In this study relationship quality was measured through score obtained on Relationship Assessment Scale. High score on the scale indicate high quality relationship.

## **Instruments**

This study utilized three scales to measure the study variables. These are explained below.

**Self Compassion Scale (SCS).** In the present study Self Compassion Scale was used that was originally developed by Neff (2003). The study used the shorter version of the original scale comprising of 12 items (Neff, 2003). The Self Compassion Scale calculated an overall self-compassion score by

assessing the pros and cons of the three main components of self-compassion. Each component's negative aspects are reverse-coded, with self-kindness, common humanity, and mindfulness as positive components. Negative aspects include self-judgment, isolation and over identification. Responses were given on a 5-point Likert scale, with 1 being almost never scored as a 1 and 5 being almost always scored as a 5. The alpha reliability of the Scale has been reported to be .82 (Neff & VanGuch, 2011).

**Uncertainty Scale.** Used short form of Intolerance of Uncertainty Scale (Carleton et al., 2007) was used in the current study. It consisted of 12 items. Response format ranges from not at all characteristics of me which is scored as 1 to entirely characteristic of me scored as 5. All the responses are summed up to get the total score on scale. Uncertainty scale has been reported to have an alpha reliability of .78 (Buhr & Dugas, 2002).

**Relationship Assessment Scale (RAS).** The Relationship Assessment Scale (Hendrick, 1988) is a seven-item Likert-Scale measure of self-reported relationship satisfaction. Items are scored on a 5-point Likert Scale ranging from 1 as low satisfaction to 5 as high satisfaction. Total score can range from 3 to 21, with high scores meaning better relationship quality. Alpha reliability for Relationship Assessment Scale is reported as .91 (Hendrick, 1988).

## **Sample**

For this study data was collected from married individuals. By utilizing convenience sampling procedure 200 married individuals were made part of the study. The sample was taken from married individuals living in Rawalpindi and Islamabad. Participants ranged in age from 20-40 years ( $M = 27.73$   $SD = 9.85$ ). The demographic detail of study participants is outlined in the table below.

Table 1  
Demographic Details of the Sample ( $N = 210$ )

Demographics Variables	<i>f</i>	%
Age		
20-30	125	59.52
30-40	75	35.71
Gender		
Men	105	50
Women	105	50
Education		
Graduation	114	62.5
Post-graduation	86	38.4
Time passes after marriage		
0-3years	98	47.8
3-6years	107	52.8
Family System		
Nuclear	156	78.3
Joint	44	24.3
Monthly income(pkr)		
50k-85k	80	48.95
85k-1lac	97	37.83
Working Status		
Working	200	97.5
Non-working	5	2.4

### Procedure

After introducing participants to study purpose and explaining them about various ethical protocol and informed consent form was given to them.

This form outlined what study was about and also their right to withdraw, confidentiality of data taken, and keeping up their identity hidden and then a formal signature on document was required to indicate willingness to participate. Subsequently they were handed over the scales measuring study variables on which they were asked to rate on all of the items and were requested not to leave any item unanswered. Respondents were also asked to fill in demographic data sheet that was attached with the scale. Participants were told that there was no limit of time to fill in the questionnaire. Queries put forth by the participants were answered readily. After getting booklets of scales back, participants were thanked for their time.

## **RESULTS**

### Results

The present research aimed to examine the relationship between self-compassion, relationship quality and intolerance among married couple. The SPSS-21 software used, and appropriate statistical procedures were applied for data analysis. This study is based on empirical data so the results have been presented in the form of tables given below. The statistical analysis consists of descriptive and inferential statistics while descriptive statistics included means, standard deviation, skewness, kurtosis, range and *Cronbach's  $\alpha$* . Inferential statistics included Pearson product moment correlation. Furthermore, *t*-test is computed in order to calculate the mean differences among gender, marriage duration, family income, family system, and education among married individuals.

## Reliability Estimates and Descriptive Statistics of Measures

To see the descriptive and psychometric properties of alpha reliability coefficients, mean standard deviation, range, skewness and kurtosis of self-compassion, relationship quality and intolerance of uncertainty.

Table 2

*Descriptive Statistics and Alpha Coefficients of Scales (N = 210)*

Scale	k	$\alpha$	M	SD	Skew	Kurt	Range	
							Potential	Actual
SCS	12	.86	27.73	9.85	.66	-.10	12-60	12-60
IUS	12	.67	49.50	3.72	-.69	.48	11-55	36-55
RQS	7	.88	9.96	3.31	1.09	.65	07-35	7-21

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Table 2 indicates descriptive statistics and reliability indices of scales used in the present study. It has been found that self-compassion; relationship assessment scales have shown acceptable range of reliability. Thereby the indicating measures one reliable tools for assessing the respective constructs. In addition, values of skewness and kurtosis also provide evidence of normal distribution of data (George & Mallery, 2010).



Table 3

*Correlation Matrix for all Study Variables (N = 210)*

Variables	1	2	3
1 Self-compassion	-	-.27***	.36**
2 Intolerance of Uncertainty		-	-.11
3 Relationship Quality			-

\*\*  $p < .01$ , \*\*\*  $p < .001$

Table 3 shows results of Pearson product moment correlation that implies the direction and strength of relationship. It has been found that self-compassion has a positive correlation with quality of relationship. Findings also depict that self-compassion show a negative relationship with intolerance of uncertainty. It is also revealed that intolerance to uncertainty has non-significant relationship with relationship quality.

Table 4

*Gender Differences Across Study Variables (N =210)*

Variables	Men (n = 105)		Women (n = 105)		t(208)	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
SC	27.41	10.18	28.04	9.55	.46	.64	-3.36	.205	-
IU	59.43	3.47	49.57	3.96	.25	.79	-1.14	.88	-
RQ	9.88	3.26	10.03	3.38	-.33	.74	-1.05	.75	-

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Independent sample *t*-test was performed to study gender differences on variables of study. Mean comparison indicate for absence of any significant gender difference on study variables.

Table 5

*Differences on Time Passed After Marriage on Study Variables (N =210)*

Variables	0-3 years (n = 111)		3-6 years (n = 99)		t(208)	p	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
SC	27.82	9.28	27.62	10.51	.14	.88	-2.49	2.89	-
IU	49.36	4.01	49.65	3.38	-.55	.57	-1.03	.72	-
RQ	10.00	3.32	9.90	3.31	.77	.82	-.80	1.00	-

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Independent sample *t*-test was carried out to check whether the effect of time pass after marriage would produce any difference in study variables. Table 5 shows nonsignificant mean differences on the basis of time passed after marriage.

Table 6

*Differences of Family System on Study Variables (N=210)*

Variables	Joint (n = 111)		Nuclear (n = 99)		<i>t</i> (208)	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
SC	27.27	9.63	28.24	10.13	.93	.48	-3.65	1.72	-
IU	40.49	3.37	49.06	3.62	.83	.10	-.17	1.85	-
RQ	10.23	3.52	9.65	1.37	.03	.20	-.32	1.48	-

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Table 6 show independent sample *t*-test on the basis of family system either joint or nuclear. It also depicts nonsignificant mean differences between family system and study variables.

Table 7  
*Differences of Education on Study Variables (N=210)*

Variables	Grad ( <i>n</i> = 91)		Post. Grad ( <i>n</i> = 119)		<i>t</i> (208)	<i>p</i>	95% CI		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
SC	26.84	10.09	28.41	9.65	.63	.25	-4.27	1.13	-
IU	49.45	3.68	49.54	3.76	.28	.85	-1.12	.92	-
RQ	9.79	3.18	10.09	3.42	.45	.51	-1.21	.61	-

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Independent sample *t*-test was performed to find the mean difference on the basis of education level. Table 7 show mean comparison does not display any significant difference on study variables.

Table 8  
*Differences of Family Income on Study Variables (N=210)*

Variables	50k-70k ( <i>n</i> = 59)		80k-1Lac ( <i>n</i> = 107)		<i>t</i> (208)	<i>p</i>	95% CI		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
SC	29.03	10.34	27.14	9.65	.35	.24	-1.27	5.06	-
IU	49.93	3.52	49.14	3.53	.79	.17	-.34	1.91	-
RQ	9.69	3.18	9.91	3.16	.73	.68	-1.29	.85	-

*Note.* SC = Self compassion, IU = Intolerance of Uncertainty, RQ = Relationship Quality

Independent *t*-test was performed to check mean differences on the basis of family income. The result in the table 8 show that there are nonsignificant mean differences between family income and study variables.

## **DISCUSSION**

## Discussion

This research was designed with the purpose to study the relationship between self-compassion, Relationship quality and intolerance of uncertainty among married individuals. The study also looked into the role of several demographic variables (including, gender, age, income, family system, time pass after married) in relation to self-compassion relationship quality and intolerance of uncertainty.

The sample comprised of male and female married individuals from Islamabad and Rawalpindi. For this purpose, three scales that are Self-Compassion Scale (SCS; Neff, 2003), Relationship quality (RSC; Hendrick, 1988) and Intolerance of uncertainty (IUS; Carleton, 2007) were used. These scales have adequate and satisfactory reliabilities. Psychometrics thus shows that these entire instruments are dependable and reliable measures of the construct measured in this study. In addition, descriptive statistics were calculated for all scales where skewness and kurtosis were used to verify the data normality.

The correlation coefficient was computed to evaluate the strength of the relationship between the study variables. The first objective of this study was to explore the relationship among self-compassion, intolerance of uncertainty and relationship quality among married individuals. First hypothesis of the present study was “Self-compassion will be positively related with relationship quality, which was confirmed by the study results (see Table 3) result shows a significant positive correlation of self-compassion and relationship quality among married individuals. Previous research has also found a link between self-compassion and positive outcomes such as increased satisfaction with life, emotional intelligence, personal involvement, happiness, secure attachment, and socialization (Neff, 2003).

Studies indicated that self-compassionate individual tend to have a trusting and supportive relationship with others, whether in friendship or a romantic relationship (Crocker & Canvello, 2008). Individuals who scored high on self-compassion scales were more likely than those who scored low to report healthy behavior in their marital relationship, such as acting supportively, and were less likely to control or show aggressive behavioral patterns towards their partners (Neff &



Beretvas, 2012). Through these studies and current study findings it is indicated that self-compassion might be important in marital relationships.

According to Smeets et al., (2014) having more self-compassion would express itself through its associates while also being psychologically associated with being more tolerant as well as independent and supportive tendencies whereas they were less isolated, controlled, and less orally or bodily violent as compared to those with lack of self-compassion. Positive emotionality and other positive personality traits were also studied in relation to self-reported relationship quality on a number of occasions. Finding evidence of a positive relationship between self-compassion and the quality of marital relationships. According to Robins (2002), optimistic emotionality is associated with higher quality relationships as well as lower levels of negative relationship outcomes such as self-reported conflict and abuse. The present study also suggests that practicing self-compassion may enhance relationship quality. Previous literature found self-compassion to act as a coping mechanism and it enable the person to handle the relationship stressors and conflict related to their married life in a better way (Neff, 2003).

Present study also hypothesized that intolerance of uncertainty will be having a negative relationship with relationship quality. Findings of current study did not support this hypothesis. The literature has not yet specified how intolerance of uncertainty associated with marital quality reflecting mix finding of the association between intolerance of uncertainty and relationship quality among married individual. In this sense, future studies should clarify the connection between intolerance of uncertainty and relationship quality between married individual, namely the effect of uncertainty intolerance on marriage quality. Findings of earlier studies suggest that intolerance of uncertainty causes negative affect to become more negative (Baranan et al., 2009). According to these researches intolerance of uncertainty predicted insecure relationship as indicating a threat to marital quality, leading to negative recurrent thoughts concerning such negative outcome.

The findings confirmed the first hypothesis, which was supported by the studies reviewed in this study. The findings show a negative relationship among self-compassion and uncertainty intolerance. The findings indicate that there is a significant negative relationship between self-compassion and uncertainty intolerance

(Tang, 2019). Individuals that is high on self-compassion they are low on intolerance of uncertainty. Findings suggested that if individual who are more self-compassionate they will be able to handle uncertain situations with more stability and composure in their behavior. Previous studies had found that self-compassion improves interpersonal skills, coping skills, ability to deal with stress, and overall well-being. Uncertainty intolerance is stressful and upsetting, and it is closely linked to emotions associated with loss of control (Buhr & Dugas, 2002). Several studies showed the negative association between self-compassion and negative affect (depression, anxiety, stress, and poor relation quality) and positive correlation between self-compassion and positive affect (life satisfaction, happiness, optimism, and healthy relationship). Lack of self-compassion is also related to increase vulnerability to increase intolerance, negative self-evaluation, shame, submissive behavior and poor relationship quality (Allen & Leary, 2012).

Present study findings are compatible research demonstrating the above self-compassion aids in the adoption of new behaviors. Positive reframing and help to reduce tendency of intolerance of uncertainty. According to a recent study from Chishima (2020), self-compassion encourages adoptive coping by lowering the risk of future impression and increasing control over uncertain and stressful events.

Considering the demographics variables which have been selected and opted for this research study. A detailed research survey analysis was conducted and the results obtained from this research study did not reveal significant findings between demographics variables and self-compassion, intolerance of uncertainty and marital quality. In study there were no significant differences discovered between study variables in contact with the basis of gender, age, time pass after marriage, family system and work status. According to the data, there was a significant difference among self-compassion and relationship quality on the basis of, time pass after marriage, family system, and family income. In literature self-compassion and relationship quality did not display significant relationship with age of the individual (Baer, 2010; Birnie, Speca, & Carlson, 2010).

In literature, evidence is found that relationship quality and self-confidence are positively related. Cultural context had significant role on the relationship quality. It has been suggested that some cultural frameworks, such as those which emphasize

self-improvement through a self-critical mind-set and the practice of shaming in response to failure or transgression, may be associated with high levels of negative self-referent emotions, and a relative absence of self-compassion (Neff et al., 2008).

### **Conclusion**

The inspiration behind the current research was to study the connection between self-compassion, relationship quality and intolerance of uncertainty. Our outcomes demonstrated that significant positive relationship between self-compassion and relationship quality and a negative association between self-compassion and relationship quality. Mean comparison for different demographic variables (Age, gender, family system, family income, time pass after marriage and education) did not yield significant differences.

### **Limitation and Suggestion**

There are several limitations to this study that should be highlighted.

- These findings are non-significant may be due to the reasons of survey based research which is prone to various kind of biases including motivation bias, recall bias, or in overall reporting socially desirable answers.
- The sample size was limited to only 210 people and the sample was restricted to the areas of Islamabad and Rawalpindi, and representativeness of the sample requires it to be expanded by including participants from different cities in Pakistan.

### **Implications**

A study of relationship quality in the context of self-compassion and intolerance of uncertainty. This research could help to manage relationships among married couples. The study's findings can be useful to counsellors and psychologists working with marital problems in order to better facilitate their clients.

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# **APPENDICES**

## Informed Consent

I am Mehwish Tariq, student of MSc at National Institute of Psychology, Quaid-i-Azam University, Islamabad. I am conducting a research to explore that how self compassion and intolerance of uncertainty is associated with one's relationship Quality among married individuals. As per research, I need to collect data from married individual so I would request you to participate in it. It will take 10-15 minutes of your precious time. You are requested to read each statement carefully and answer it as genuinely as possible. Your response will help us to achieve our research objectives.

I assure that all the information taken will be kept confidential and will be used for research purpose only. You have all the right to discontinue participation at any point without penalty and prejudice.

Please sign blow if you have read the aforementioned content and you agree to participate.

---

Signature of Participant

Regards,

Mehwish Tariq,

M.Sc. (IV),

National Institute of Psychology,

Quaid-i-Azam University, Islamabad.

**Demographic Information Form**

Please provide the following information

Age: \_\_\_\_\_(in Years)

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Education: Middle \_\_\_\_\_ Matric \_\_\_\_\_ Intermediate \_\_\_\_\_ Graduation \_\_\_\_\_

Education: \_\_\_\_\_(in Years)

Family System: Joint \_\_\_\_\_ Nuclear \_\_\_\_\_

Time Past After Marriage: \_\_\_\_\_(Specify years and months)

Work Status: Working \_\_\_\_\_ Non-Working \_\_\_\_\_

If Working Specify Occupation: \_\_\_\_\_

Family Income: \_\_\_\_\_(Approximate PKR)

### Self-compassion Scale

Please read each statement carefully before answering. Please indicate how often you behave in the stated manner, using the given options.

Statements	Almost Never	Never	Neutral	Always	Always always
1. When I fail at something important to me I become consumed by feelings of inadequacy.					
2. I try to be understanding and patient towards those aspects of my personality I don't like.					
3. When something painful happens I try to take a balanced view of the situation					
4. When I'm feeling down. I tend to feel like most other people are probably happier than I am.					
5. I try to see my failings as part of the human condition.					
6. When I'm going through a very hard time. I give myself the caring and tenderness I need.					
7. When something upsets me I try to keep my emotions in balance.					
8. When I fail at something that's important to me, I tend to feel alone in my failure.					
9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.					

<b>10.</b> When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.					
<b>11.</b> I'm disapproving and judgmental about my own flaws and inadequacies.					
<b>12.</b> I'm intolerant and impatient towards those aspects of my personality I don't like.					

**Appendix D**

**Relationship Assessment Scale**

**Read given statements carefully and answer each item using range of satisfaction from (1 = Low satisfaction to 5 = High satisfaction).**

<b>Statements</b>	<b>Low 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>High 5</b>
1. How well does your partner meet your needs?	1	2	3	4	5
2. In general, how satisfied are you with your relationship?	1	2	3	4	5
3. How good is your relationship compared to most?	1	2	3	4	5
4. How often do you wish you hadn't gotten into this relationship?	1	2	3	4	5
5. To what extent has your relationship met your original expectations?	1	2	3	4	5
6. How much do you love your partner?	1	2	3	4	5
7. Many problems are there in your relationship?	1	2	3	4	5

## Appendix E

### Intolerance of Uncertainty Scale

Instructions: Please circle the number that best corresponds to how much that is characteristic of you based on the following scale:

- 1 = Not at all characteristic of me                      2 = A little characteristic of me
- 3 = Somewhat characteristic of me                      4 = Very characteristic of me
- 5 = Entirely characteristic of me

Sr. #	Statements	(1)	(2)	(3)	(4)	(5)
1	Unforeseen events upset me greatly.					
2	It frustrates me not having all the information I need					
3	Uncertainty keeps me from living a full life.					
4	One should always look ahead so as to avoid surprises.					
5	A small unforeseen event can spoil everything, even with the best of planning.					
6	When it's time to act, uncertainty paralyzes me.					
7	When I am uncertain, I can't function very well.					
8	I always want to know what the future has in store for me.					
9	I can't stand being taken by surprise.					
10	The smallest doubt can stop me from acting.					
11	I should be able to organize everything in advance.					
12	I must get away from all uncertain situations.					



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## Self-Compassion Scale – Short Form (SCS-SF)

The Self-Compassion Scale – Short Form (SCS-SF) is a 12-item self-report measure that is used by adults to measure their capacity for self-compassion – the ability to hold **one's** feelings of suffering with a sense of warmth, connection and concern.

Research has shown that self-compassion is associated with psychological well-being and is an important protective factor that fosters emotional resilience (Raes et al., 2011). For example, higher levels of self-compassion are typically related to greater psychological health as demonstrated by less depression and anxiety and greater happiness and optimism (Raes, 2011; Raes et al., 2011). Scores on the SCS-SF are related to measures of psychological distress, social support, perfectionism, suicide and self-harm (Hayes et al., 2016). It was also found that clients who had previously seriously considered suicide, made a suicide attempt, or engaged in other self-injurious behaviour evidenced more self-disparagement and less self-care, as measured by the SCS-SF, than clients without such histories (Hayes et al., 2016).

The SCS-SF has two subscales:

1. Self-disparagement
2. Self-care

Clinicians could administer the SCS-SF repeatedly over the course of treatment to determine if scores are changing. One would hope that the unconditional positive regard that clinicians demonstrate toward clients might be internalised by clients, thereby fostering more accepting and less critical attitudes toward the self.

### Psychometric Properties





Menu

# Intolerance of Uncertainty Scale – Short Form (IUS-12)

March 4, 2022 by [Midss Staff](#)

## Author of Tool:

Carleton, Norton, & Asmundson

## Key references:

Freeston, M., Rhéaume, J., Letarte, H., Dugas, M. J., & Ladouceur, R. (1994). Why do people worry? *Personality and Individual Differences*, 17, 791-802. doi: 10.1016/0191-8869(94)90048-5  
Carleton, R. N. (in press). The intolerance of uncertainty construct in the context of anxiety disorders: Theoretical and practical perspectives. *Expert Review of Neurotherapeutics*.

Carleton, R. N., Mulvogue, M. K., Thibodeau, M. A., McCabe, R. E., Antony, M. M., & Asmundson, G. J. G. (2012). Increasingly certain about uncertainty: Intolerance of uncertainty across anxiety and depression. *Journal of Anxiety Disorders*, 26, 468-479.

Carleton, R. N., Norton, M. A., & Asmundson, G. J. G. (2007). Fearing the unknown: A short version of the intolerance of uncertainty scale. *Journal of Anxiety Disorders*, 21, 105-117. doi: S0887-6185(06)00051-X [pii]10.1016/j.janxdis.2006.03.014

Carleton, R. N., Gosselin, P., & Asmundson, G. J. G. (2010). The intolerance of uncertainty index: Replication and extension with an english sample. *Psychological Assessment*, 22, 396-406. doi: 10.1037/a0019230

# RELATIONSHIP ASSESSMENT SCALE

## Reference:

Hendrick, S. S. (1988). A generic measure of relationship satisfaction. *Journal of Marriage and the Family*, 50, 93–98.

## Description of Measure:

A 7-item scale designed to measure general relationship satisfaction. Respondents answer each item using a 5-point scale ranging from 1 (low satisfaction) to 5 (high satisfaction).

## Abstracts of Selected Related Articles:

Aron, A., Norman, C. C., Aron, E. N., McKenna, C., & Heyman, R. E. (2000). Couples' shared participation in novel and arousing activities and experienced relationship quality. *Journal of Personality and Social Psychology*, 78, 273-284.

Using a newspaper questionnaire, a door-to-door survey, and 3 laboratory experiments, the authors examined a proposed effect of shared participation in novel and arousing activities on experienced relationship quality. The questionnaire and survey studies found predicted correlations of reported shared "exciting" activities and relationship satisfaction plus their predicted mediation by relationship boredom. In all 3 experiments, the authors found predicted greater increases in experienced relationship quality from before to after participating together in a 7-min novel and arousing (vs. a more mundane) task. Comparison with a no-activity control showed the effect was due to the novel-arousing task. The same effect was found on ratings of videotaped discussions before and after the experimental task. Finally, all results remained after controlling for relationship social desirability. Results bear on general issues of boredom and excitement in relationships and the role of such processes in understanding the typical early decline of relationship quality after the honeymoon period.