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An Overview of the Reasons and Causes of Marital Burn out Among Iranian Couples

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A B S T R A C T

Deafness syndrome is a term in the relationship psychology that says that after about seven years, sexual desire and satisfaction with marital affection gradually diminish. This theory talks about the tendency toward marriage contracting and marriage around the seventh year of marriage. The tendency to divorce is another claim of this theory. This topic of psychology also tells the married person to reassess her marital relationship. Of course, this period is based on evidence and possibly less than seven years, but given the fact that, according to some statistics in the United States, the average lifespan of each seven-year marriage has taken seven years to this theory. Feeling distressed, unwillingness to solve problems, frustration from solving problems, depression, feeling emptiness and meaninglessness and not feeling emotional support are emotional symptoms of sexually abusive people. In countries where remarriage is customary, some men find a second or third marriage after a marriage. The issue of secret relationships and the causes and factors of men's tendency toward second wife is one of the most controversial issues of modern families, especially among women. The reason for most referrals to counseling centers is related to this issue.

Keywords: Marital Burnout, Infidelity, Divorce, Second Wife.

INTRODUCTION

Burning is a metaphor that is commonly used to describe a state or fatigue process that is similar to a fire extinguishing or quenching a candle. In the dictionary, the term "burn out" as defeat is completely fatigued or worn out by excessive demands for energy, force or resources. The first writings of this kind of frustration are related to Shakespeare in 1599. The boredom is a set of symptoms of emotional exhaustion, de-personality and reduced productivity. Emotional exhaustion refers to the loss or emanation of emotional resources created by interpersonal inquiries. Dedication to negative emotions and cruel and mistrustful tendencies to spouse, emphasizes some disturbances that are completely different from the psychiatric aspect of these symptoms (Kebritchi & Mohammadkhani, 2016). Cahoon (2003), consider dulling as a physical, emotional and mental state of tiredness that is caused by prolonged conflict with emotional demands. In this definition, mental fatigue is characterized by reduced energy, chronic fatigue, weakness and a wide variety of physical and mental complaints. While emotional fatigue includes feelings of helplessness, frustration and deception, mental fatigue returns to a negative

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attitude toward self and work and life. These symptoms are observed in normal people (Ilies, Huth, Ryan, & Dimotakis, 2015).

From the Psychoanalytic-Existential authenticity-psychoanalytic, disturbance is an experienced state of physical, emotional and psychological fatigue that results from a chronic disproportion between expectations and reality (Pines, 2002; Pines & Nunes, 2003).

Frustration is the result of the erosion process in which people who are committed and motivated lose their morale (A. M. Pines, 2013).

Frustration is the result of long-term conflict in emotional and emotional situations. Such situations are usually due to a large difference between expectations and reality. In fact, boredom begins with a set of dreams and expectations, when these dreams are researcher they do not face persecution and experience stresses instead, it is the result of boredom. This is also related to spouses of couples, parents and children (Peeples, 2000).

HOW TO GET UPSET AND WORRY

Frustration begins with an imbalance between resources and demand, a discrepancy between the expectations and the ideals of individuals on the one hand and the facts on the other. The result is a discrepancy of stress. Stress may be consciously and consciously observed or unknowingly stayed lasting (Marek, Schaufeli, & Maslach, 2017). In the second stage, people gradually begin to feel emotional, burnout and tired. The third stage involves changes in attitudes and behavior, and at this stage, people change their attitudes about marital life and wife. Finally, the result is boredom. Frustration is the result of efforts that make a bad situation (Peeples, 2000).

Frustration occurs due to failure in love and is a response to existential issues. The accumulation of psychological weakening of love, the gradual increase in fatigue, and evenness and the accumulation of small annoyances, contribute to frustration. In fact, it is impossible to find an underlying cause of boredom (A. Pines, 2013). Frustration begins with the growth of awareness and attention to things that are no longer as pleasing as the past (Pines, 2017).

The beginning of boredom is rarely abrupt. Usually, the process is gradual and rarely comes from a horrible phenomenon or even a few unpleasant blows. The accumulation of frustrations and tensions in everyday life leads to erosion and ultimately lead to frustration (Rodriguez, 2008). According to Pines and Nunes (2003), one does not get bored unless he is heavily involved with something (like love and work). If nothing happens to stop this process, things will go from bad to worse. The periods of discontent that once occurred to the individual often occur repeatedly, and those mild feelings of dissatisfaction become an intense anger, and the person feels physically and emotionally worried. During the night, couples may also think of the abusive behaviors of their spouses, who are real or imagined, and feel unhappy.

The main factors that contribute to thirst are

1. When your person feels under pressure to always be successful. For example, as a spouse, a person feels pressured to always be successful by his wife.
2. The person needs to be stimulated again and again to prevent the feeling of tiredness in marriage.

3. When a part of marital life (sexual relations, parent's duties, companionship, and family responsibilities) is disproportionately important to the individual in a relationship with other parts.
4. When the goals are uncertain and unclear, and when the goals of a family are in the distant and near distant (Peeples, 2000).

Symptoms of Diarrhea

There are a variety of opinions about bloating symptoms, which are referred to hereafter.

According to Neault (2010), symptoms of boredom include: general lack of enthusiasm, dissatisfaction, emotional exhaustion, insensitivity, and lack of interest.

Bored people may feel less likely to achieve their desired result despite much effort.

They may get angry sooner than normal, and feel that they have lost their ability to have fun and sense of humor.

Pines (2002), believes that a person who is bored, feeling emptiness and empty, experiences fatigue, exhaustion, and fatigue, life does not make sense to her, she feels trapped in a trap Getting out of it, doing various social roles feels flawed, feels that he does not have control over his life, reluctantly relates to his relatives, and eventually experiences frustration and frustration.

Rodriguez (2008) Suggests 14 Signs for Boredom

1. Chronic fatigue - burnout, feeling physically broken
2. Anger over others
3. Criticize yourself for tolerating others' requests
4. Dementia, Negative, Irritable
5. Feel under pressure from every side
6. It's easy to get angry about issues of little importance
7. Intermittent headaches and digestive tract
8. Increase or decrease weight
9. Insomnia and depression
10. Shortness of breath
11. Suspicion
12. Feel impotence
13. Emotional vacuum
14. Increase risk-taking

Physical Fatigue: Fatigue is a result of boredom as a chronic fatigue that does not resolve sleep. These people get nightly nightmares. To fall asleep, they use a sleeping pill or liquor, which, after awakening, are tired, drowsy and have severe headaches, sometimes suffer from chronic headaches, abdominal pain or back pain. They are susceptible to various types of illnesses, and they often get colds, they may have overeating or being overweight.

Emotional deprivation: Feeling angry and frustrated. They are not interested in explaining anything and do not do anything for their problems. There is no hope of improving their relationship. Life is empty for them and

Meaningless, often depressed. Feel free to change for any kind of change. They have no incentive to change themselves. Feel trapped. In severe cases, feelings of despair and fatigue can lead to emotional disturbance or suicidal ideation.

Psychosocial deprivation: Psychosomatic withdrawal from boredom usually manifests itself in the form of declining self-esteem and negative attitudes toward relationships, especially relationships with the spouse. Those who love marrying, but starting from life, painfully pay attention to the smallest things on the other side, and nothing happens to them like before, end up in a mental state. Despair and frustration are not limited to the wife, but they feel terrible about their failure. When they look at their own image in the mirror, they see their wrinkles and do not like themselves. This feeling affects their lives, their feelings about others, their future, and the ability to love them(A. M. Pines, 2013).

MARITAL BURNOUT

Definition of marital burnout

Marital distress is a painful state of physical, emotional and psychological exhaustion that affects those who expect to have a dream and marriage love for their lives. Boredom occurs when they realize that, despite all their efforts, their relationship with life does not make sense(Fields, 1991; Rodriguez, 2008).

Marital burnout occurs due to a series of unreal expectations of the spouse and marriage associated with stress, realities, and lullabies of life(Pines, 1987). In fact, when couples merge intimate relationships, each one enters a relationship with a set of dreams and expectations, when these dreams and expectations are replaced by punishment and stressful experiences, marriage and relationship are damaged. And eventually ends with anxiety (Piper 2000). In fact, sincerity and love go away, and together with that, you feel the general tiredness. In its most severe type, frustration is equal to the collapse of the relationship. Someone who is disturbed by somehow wants to say: "That's what it is! This is a big deal for me. I cannot stand it anymore"(Tsapelas, Aron, & Orbuch, 2009).

Theoretical fundamentals of boredom

Psychological study of frustration in marital relations is a multi-faceted approach that combines the benefits of psychosocial, systematic and behavioral approaches with the prospects of the prospects of psychosocial and existential approaches that are less considered. Marital burnout psychology focuses on the long term and erosion of marital relationships rather than on individual or coupling pathologies, which results from tensions imposed from within or outside the relationship, especially when one tries to interact His close proximity created an existential meaning for himself(Cattell, 2019; Phares, 1988).

Marital burnout from the perspective of existential authenticity and psychoanalysis:

According to psychologists of existential authenticity, self-actualization in the field of employment helps us. It can help resist fear of death, help in building an intimate relationship, and joining one another to resist fear of life(Pines & Nunes, 2003).

If we accept the assumption that individuals try to obtain the meaning of existential authenticity through intimate relationships, the next question that arises is why they decide to fall in love with a particular person. Many attempts have been made to answer this question. Here, the answer to the question of the psychoanalytic theory is described.

Analytical psychoanalytic theory, by adding the unconscious aspect of the choices of dream love, has greatly contributed to the theory of existential authenticity and research because it reflects the dimension of personal and family history of an individual.

A person chooses a dream wife to enable her to repeat the experiences of her childhood and to satisfy those unfulfilled needs of her childhood(Pines, 2002).

When romantic communication involves such matters, it is not surprising that people with this great-great hopes and desires, with all their being and fiery love. A romantic relationship helps to treat childhood wounds. However, when people feel that they have failed, when an intimate relationship repeats its childhood psychological trauma, it results in marital distress instead of treating it(Pines, 2017; Pines, Neal, Hammer, & Icekson, 2011).

From the point of view of therapeutic meaning, the person who is bored does not feel meaning, he experiences the defeat as an individual, and the sense of failure and lack of meaning are the most important contributors to his bellowing. Boredom from the point of view of therapeutic meaning is proven to be the main cause of boredom in the need of individuals in believing that their life is meaningful. The connection between the frustration and the failure of individuals who deduce the meaning of being from their wife is a tangible concept, which is presented as a therapeutic approach to marital distraction, which includes the following three steps:

1. Why do people choose a particular person as a spouse and how do they expect that person to provide an existential meaning?
2. Why do people feel the sense of failure in an existential question and how this issue is related to boredom?
3. What changes should be made to individuals so that they can sense the meaning of existence from their husbands(Pines, 2002).

Other Views to Marital burn out

Consider disturbance as progressive frustration, which consists of four progressive stages. These steps include:

1. Eagerness
2. Stasis and stagnation
3. Disappointment
4. Disappearance and insensibility(Pamuk & Durmuş, 2015; Pines, 2017).

VARIABLES THAT EXACERBATE BOREDOM

Here are three attributes that have the most impact on boredom and three features that can neutralize them. Pines (1987), extracted these characteristics through a study in which individuals were asked to explain their different aspects of their relationship, and to link it with responses that gave rise to the scale of disturbance. This study included 100 couples. The average marital duration was 15 years, varying from a few months to 34. All research in this

section is from this source.

Additional burden: The results show that the higher the burden of additional liability, the higher the degree of frustration.

The probability of occurrence is random). This phenomenon is true for both quantitative and qualitative p-level displays and the R-level, which has an additional burden of charge. A little extra burden occurs when people feel that the tasks they are delegated are more than capable of doing it well, or they have a lot of work left over at a limited time. The extra quality burden is when a person feels the assigned task is more than his ability. China, even over time, can eliminate good marriages.

Paradoxical Claims: "How many times have you felt that you have been struck by contradictory claims that have been at least partly your own fault?" The more these demands are, the greater the frustration. Couples feel attracted to each other's demands for more attention, financial security, and more time allocation. Such demands are logical or not, real or imagined, it is possible to meet all of them together or not, they are tense.

Family obligations: The higher the burden of family obligations, the higher the level of frustration and despair (the relationship between the pressure from family obligations, and marital disturbance). The burden of additional liability, conflicting demands, and family obligations are important: all three fail to meet expectations and standards. Frustration or frustration of failure creates additional burden, pressure and contradiction.

The similarity of the other three is that all three of them will cause energy to drain. In all three cases, the prevailing feeling is a feeling of disorientation. The feeling of falling asleep and destroying love is a dream. Some people blame the external affairs for undermining their love and blamed some of their spouses unfairly.

Other causes of boredom include: other stresses, such as fatigue, runny nose jobs, the need for permanent self-expression, living in overcrowded areas, air pollution and sound pollution.

VARIABLES THAT PREVENT MARITAL BURN OUT

Diversity: Although diversity is higher, fever is less (the link between diversity and marital distress) variability.

Somewhere in the midst of extra responsibility and tiredness, with excessive responsibilities, a large variety can cause stress and anxiety, while uniformity can lead to fatigue and anger. Without diversity, fatigue and evenness may even destroy good marriages (the connection between homogeneity and boredom ... People have the best performance when their diversity in their own right is ideal. As a couple They are different, the methods that diversify their lives also vary, diversity in whatever form, brings some special moments in the lives of couples who are passionate and excitement, and stimulate emotional arousal, and rejuvenate their romance he does.

Acknowledgments: Acknowledgments of boredom prevents.

The feeling that a person is appreciated and respected is what makes a person feel good; on the other hand, the feeling that he has not been thanked is causing anger, and he causes those who they criticize rice and lose their confidence. In the system governing marriage, the more one

party appreciates, the more rewards are given to the system, and both will benefit from this reward(A. Pines, 2013; Rodriguez, 2008).

Possibilities for self-actualization: the more environment for couples provides more opportunities for self-development and self-development, the less likely they are to become bored.

Environments that allow couples to reach self-actualization and begin the process in which both individuals strive to achieve spiritual growth and self-awareness and realize their human capabilities are environments that create a love flame Ignite(Pines, 2017).

In a supreme and supportive family, not only problems are considered and their efforts are being solved, but the capacities and talents of individuals are used to the extent of self-actualization. In this family:

- ✓ Individuals have a meaningful, clear, and consistent identity.
- ✓ Individuals are thinking collectively of family members and presenting new ideas for their realization.
- ✓ Work and responsibility to life, meaning and durability.
- ✓ The pursuit of the goal will never end; if a goal is to be set aside, a new motive will be promptly created.
- ✓ Interpreting and interpreting events and events of optimistic life. Every failure is an experience and an opportunity to evaluate success in achieving victory(Sirin & Deniz, 2016; Tsapelas et al., 2009).

Other positive aspects including good relationships with other family members, friends and colleagues; unconditional support at the time of the occurrence of the problem; positive feedback as a result of doing things; self-help; a home that is comfortable, pleasant and appropriate to the needs, interests and person's They can all prevent boredom(A. M. Pines, 2013).

RELATED FACTORS MARITAL BURN OUT

Stress and marital burn out

Over the past decades, a series of studies have shown that psychological, physical and physical stress is increasing in people's lives, a phenomenon called stress, and the final form of it is boredom(Laes & Laes, 2001).

In fact, boredom is a gradual process by the person in response to long-term stress, physical, psychological and emotional stress, separation from work and other meaningful relationships, resulting in a reduction in the efficiency of labor(Marek et al., 2017).

Here are some of the assumptions we are making about the potential reasons for stress:

1. The hypothesis of spillover hypotheses suggests that experiences in work life are broadened to different dimensions of life and vice versa, which can be considered as a positive correlation between job satisfaction and satisfaction with life in general.
2. According to the second hypothesis, leisure activities compensate for work experience, in fact a person can compensate for the problems and unpleasantness of the work with satisfactory experiences in the hobbies.

3. The multitier hypothesis suggests that working life and leisure are segregation phenomena in life that have no interconnected relationship.

Most studies support the spillover hypotheses of stress-induced work-to-family (A. M. Pines, 2013).

The overflow of work-home occurs when mental and psychological problems of the workplace are transmitted to the home after the completion of working hours, in which case high stress in the workplace is disappointingly transferred to the family members (Tsapelas et al., 2009).

Another explanation about working stress and marital debates can be that when people are convinced of the love and loyalty of their spouses, the existence and continuity of this love are considered generous. After that, they make requests that did not raise their relationships in the early stages, which are never asked by others (Dimou, Eckelbarger, & Riall, 2016). According to him, his wife is the only one who needs to understand their work stress. Loving relationships are less able to cope with such stressful stresses. This does not mean that the relationship cannot continue, or even benefit from the low levels of such crises, but when these crises become an everyday event, it creates such a strain on relationships that erode love. Exposure to persistent job stress causes jobs to prevail over marital relationships. There is no romantic relationship with such constant problems (Sanai, Davarniya, Bakhtiari Said, & Shakarami, 2015).

Career burnout and marital burn out only occur in parallel, but also affect each other. It's very difficult to separate the experience of job thirst and marital distress. When a job fatigue begins, usually one leaves his colleagues and begins to feel alone. He feels that he is not appreciated enough for his work or that his work is not quite interesting and excited. As a result, instead of the appreciation and professional challenge, he demands more and more demands from his wife. These demands are also unrealistic unfair, and his wife may not have enough experience and consciousness to satisfy them. Now the atmosphere of frustration and regret for marriage has also spread.

If people rely on themselves, they accept psychological stress or stress as objective facts (Pines, 1987).

Parental duties and marital burn out

In the discussion of the stresses of conflicting demands, family obligations, and feelings of guilt and blame, parents are of particular importance. In an ideal form, parents should love without having a parent affiliate to children, that is, all the time, parents give everything to their children without having to expect return or compensation. In addition, parents can never get rid of their role or resign. It has no holidays, it cannot postpone the unpleasant needs of the children.

Some parents are agitated under the pressure of these stresses, especially those who have a role in parenthood, are unrealistic expectations, those who expect their children to love even their unconditional infancy and make their lives meaning. Lane phenomenon often occurs to those who are single and isolated, lag behind their duties, and do not have sufficient resources and support.

In a study of 73 mothers, there was a significant correlation between their frustrations as the mother of their schoolchildren aggression. In this study, conducted by Pines (2000), there was a relationship between the impulsive behavior of children and the mother's debasement. Frustration is one of the causes of infrequency with children. Spinal stimulants such as sedation,

Phenomena and events are not significant, but are usually the usual everyday events and problems that occur when taking care of the child, especially from birth to age five. During these years, it is more likely that parents feel that they have been trapped by their children at home. While they are socially isolated, they cannot separate themselves from the child, and the thesis that they can expect from their child is unaware, and all of this makes it profoundly missed and defeated (Pines et al., 2011).

MARITAL BURN OUT AND DURATION OF MARRIAGE

In the middle years of marriage, when children grow up, changes in marital life are caused. Men are often painfully aware of their own death and begin to study their lives. Men who have often achieved their career goals ask: "What?" If this is the case, how does it not make me happy? A research study shows that older men are more interested in giving and receiving love. They are more interested in personal relationships than in career success. Women, especially if they are home to grow their children, look at mid-years as their last opportunity, and they want to dream of success (Sanai et al., 2015; Westman, Etzion, & Danon, 2001). They start to have a career. They are excited by working. Marriage is important to them, not to the size of work. Women in this period expect their marriage and wife to provide support for them and provide personal growth. The result is often a reversal of a paired role. The husband, tired of work, comes home to relax while his wife is keen on professional activities. The man complains that I was not home enough. Now that I've come, you're not here. And the woman's answer is: I used to support my job before, why cannot you support my job now. They both feel that they are inside one of the dishes rather than have it earned and that they do not address their most important needs. After these couples feel trapped, hopeless, desperate and reluctant. There are no indications that can improve the situation, and they show the characteristics of a marriage in danger (Dimou et al., 2016; Sirin & Deniz, 2016).

THE DIFFERENCE IN THE NORMAL COURSE OF COMMON LIFE AND MARITAL DISTURBANCE

Desire and desire in all marriages gradually diminish after the honeymoon and emotions slowly diminish so that couples return to the real world. Naturally and humanly impossible. Adrenaline hormone year by year with eruption and rush afterwards to feel from the marriage. Consequently, if the feelings of marriage decrease naturally and the feelings of a long passion (desire and desire) in the natural process of life for a couple are reduced, then what does marital distress mean, whether there is a difference between boredom and this natural process (Laes & Laes, 2001).

The natural process of common life is where the feelings of the individual are not negative towards the individual. The person may not feel deep feelings and desire for him, but unpleasant feelings like resentment, jealousy, annoyance, unresolved conflicts, or anger to his wife. Some people retain negative feelings about their spouse because of some bad experiences or discussions they have had in the past. They choose not to disclose these feelings to calm the marriage. But what does the inner feelings that cannot be kept hidden forever? Even if one tries to ignore his feelings, they will one day appear (Sirin & Deniz, 2016). This is a clear sign of frustration from marriage, and this is what makes the frustration of marriage different from the natural process of marriage (daily routine). The normal course of a common life is that the wives still have the best friends for a long time, although they have deep emotional feelings in the past. Living with one another may be trivial and ordinary, but they are the best friends of each other. On the other hand, marital distress occurs where the person's relationship with someone or other

persons is more intimate than his or her spouse. Personal secrets are shared with other people. One is doing more with others and spending most of his time with others than his wife. One tends to think of others more than his wife and may even dream of marrying them. He supports other people while he has stopped doing so for his wife. In short, anyone else is the closest friend than his wife. This phenomenon is marital burnout. The natural process of common life is the tendency and attitude of having a wife's love (not just feeling) love is both feeling and behavior. The feeling of love goes down because it's an excitement and emotions are unstable over time. But the tendency to love does not change as long as a person decides to accept that tendency. Attitude and tendency are in the control of the individual. The emotions are not in control. Therefore, couples with a long marriage may not feel love for most of the time, but their tendencies towards each other are greater than that of love. In fact, the tendency to love grows stronger during the year, which is not marital burnout. In marriage, a person experiences a stronger sense of love for someone other than his wife. This leads to the fact that the person experiences the attitude and tendency to love for someone other than his wife. Then this leads to the fact that the person accepts the attitude and tendency for another person, instead of accepting his wife, and hence love, has another person's feelings and attitudes and anger, and since love for A wife is only a basic attitude, marital distress occurs. The natural process of common life is where a person who undertakes a person to his wife is in accordance with internal ethics rather than external conditions. Examples are internal ethics, loyalty, religious education, honesty, sense of responsibility, and love. Examples of external conditions, expectations and expectations of an individual, an image that one needs to confirm, the needs of children, and so on. If the thing that keeps a person alive with his wife is purely external, when these conditions change (for example, when the children grow up and leave the house), the individual's commitment to marriage gradually decreases Find out This is one of the signs of marital burnout(Laes & Laes, 2001).

Ways to prevent marital burn out:

1. Lee (2009) believes that there are some ways to prevent the onset of marital burnout, as mentioned below.
2. Protect your heart against being drawn to someone other than your spouse. Do not love any person as you like your spouse. Always have the attitude that your spouse is primarily in front of others.
3. Set the time to be alone with your spouse. During these loneliness times, the main things happen, the conflicts are solved, the differences resolve, misunderstandings become clear. Try to keep this loneliness out of your daily routine.
4. Try to find common interests as much as possible (collaborative projects, membership in social organizations or volunteer groups) and have fun with each other, in which case two things will happen:

A. You engage in other things other than your family duties.

B- An opportunity for some meaningful things. It provides a sense of personal belonging among you, which is the beginning of a goodbye to the ordinary everyday life(Laes & Laes, 2001).

1. Emphasizing the positive at the time of the relationship.
2. Magnification of the spouse.

3. Give more of your conversations to pleasant topics, then take the time to do what you suffer Let it be
4. Start your sentences with me instead of you.
5. Talk about your emotions and your needs, not about criticisms or judgments.
6. Consider the feelings of your spouse.
7. If there is a tension between you, write your concerns in a letter to your spouse.
8. If there is a problem, talk only with your spouse, not with your best friends or your children. Only by talking openly together can you hope that your problem will be solved, which will lead to a gradual increase in intimacy and integrity.
9. Discontinue daily routine by creating diversity in daily activities(Pamuk & Durmuş, 2015).
10. Balance between roots and wings. Roots are a symbol of mutual security and trust, that is, your spouse thinks you are fully aware of all your advantages and disadvantages. And you like the way you are. Advantages of the roots are: loyalty, security, intimacy. The wings are a symbol of emotion and personal growth, the feeling that you and your colleagues benefit most from your personal life. Wing benefits include: freedom, self-actualization, excitement.

CONCLUSION

The most important thing is that the roots and wings need both to survive the common life. A relationship that has deep roots but a wing does provide a sense of security, but life becomes boring, overwhelming, and suffocating. On the other hand, a relationship that has grown wings, but not rooted, will last for a short time. Usually in such a relationship, each party pursues its own interests, goes with its friends and carries out its own leisure activities. But these interests do not relate to their relationship. As a result, the link that holds the two together is loose. Only in a relationship where both sides have the same root are the basis of loyalty, commitment and security, and the force necessary to maintain the flame of love for the survival of the relationship. The happier couple who are less frustrated will help each other achieve their goals and recognize their talents.

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