



# Self-Compassion And Its Role In Enhancing Mental Health And Resilience Among Married Couples

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## Abstract

This article explores the potential benefits of mindfulness-based treatments, acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), and cognitive-behavioral therapy (CBT) for married couples seeking to improve their mental health and resilience. The usage of the therapies may help couples become more self-aware, self-compassionate, empathic, communicative, and problem-solving-capable. They may also assist people in developing coping mechanisms to deal with challenging emotions and circumstances. Yet, the effectiveness of these treatments will depend on a person's characteristics, such as their level of sadness or interpersonal problems, as well as their cultural background. In order to best serve each couple's needs and objectives, interventions should be customized. The efficacy of the therapy can be increased by collaboration in its creation and through continual evaluation and monitoring of the outcomes.

Keywords: Mindfulness-based interventions, cognitive-behavioral therapy, married couples, mental health, and resilience

## INTRODUCTION

It has been demonstrated that self-compassion has a major positive impact on resilience and mental health, making it an increasingly acknowledged psychological concept (Seekis & Kennedy, 2023). Three interconnected elements make up the complex concept known as self-compassion: self-kindness, empathy for others, and mindfulness. The ability to be warm, kind, and understanding towards oneself when facing challenges is known as self-kindness. This is in contrast to being critical or judgemental of oneself (Jensen de López et al., 2023). It entails alluding to oneself with affection and acceptance rather than negative judgement and criticism and is the opposite of self-criticism. Self-compassion is a crucial concept that is rising to prominence in psychology. Self-

compassion can have a major positive impact on resilience and mental health, according to research. Self-kindness, universal humanity and mindfulness make up this multidimensional concept, which has three linked parts (S. Zhang & Boardley, 2022).

First and foremost in self-compassion is self-kindness (Ondrejková & Halamová, 2022). Instead of being harsh or judgemental against oneself when facing challenges, it refers to the capacity to treat oneself with kindness, care, and understanding. When one is nice to themselves, they don't judge or criticise themselves harshly. Instead, they embrace and love themselves. It necessitates that people have compassion for themselves, own their flaws, and act despite them without feeling inferior or humiliated (Upasen & Saengpanya, 2022). In order to be nice to oneself, one must treat oneself with the same understanding, compassion, and support that one would show to a close friend or loved one. Self-kindness, which has been linked to better mental health outcomes, is crucial to developing self-compassion, according to research. People are more likely to feel happier, more satisfied with their lives, and have a larger range of good feelings when they practice self-kindness. Increased resilience can result from self-kindness because people who are kind and supportive of themselves are better able to handle stress and hardship (Di Bello et al., 2023). In essence, the concept of self-compassion is crucial for fostering resilience and mental health. The act of treating oneself with warmth, care, and understanding when facing challenges is known as self-kindness, and it is a crucial part of self-compassion. A person's pleasure, life satisfaction, and good emotions can rise when they practise self-kindness. They can also become more resilient to stress and hardship by doing so (Maben et al., 2022).

Acknowledging that pain is a shared experience with all people is what the second element of self-compassion, common humanity, entails (Sullivan-Myers et al., 2023). It follows that everyone encounters difficulties at some time in their life and that tough situations and problems are not specific to particular people. Realizing that problems are a normal aspect of the human experience rather than a sign of one's shortcomings or weaknesses aids people in understanding their common humanity.

Individuals can have a sense of connection and belong to others by realising that everyone goes through challenging times, which can help to combat the emotions of guilt and isolation that frequently result from trying situations (Luo et al., 2023). Empathy and compassion for oneself and others are also fostered through common humanity (Ackeret et al., 2022). People may be more inclined to show kindness and bolster to others if they are aware that others also face painful things, which would encourage healthy social interactions and connections. A greater sense of social support may result from this, and this has been associated with better mental health results. In order to deal with challenging situations and develop compassion for both oneself and others, people can benefit from the common humanity aspect of self-compassion, which fosters a feeling of shared human experience. The common human being understands that pain is a common phenomenon and that their challenges are not unique (Millard et al., 2023). It entails a semblance of belonging and the knowledge that everyone goes through tough times occasionally. The sense of loneliness and shame that might result from trying situations is combated by this aspect of self-compassion.

**Mindfulness:** The capacity to perceive one's feelings in the current moment without passing judgement or reacting in any manner is meant by this (Li, 2023). It entails keeping one's ideas, feelings, and experiences in check while embracing them without becoming sucked into them. Those who practise mindfulness are better able to stay in the present situation and react more flexibly to their circumstances (Jeong et al., 2022). Being completely involved in the present moment while avoiding judgement or response is a key component of the mindfulness idea. It entails being aware of one's ideas, feelings, and experiences but without being emotionally invested in or preoccupied with them (Ash et al., 2023). One of the key elements of mindfulness is the capacity to be present and notice one's experiences in a non-judgmental and non-reactive manner. By practising mindfulness, people can develop a level of awareness that enables them to remain in the present moment and react to their experiences more nimbly. By engaging in mindfulness practices, people can develop the ability to acknowledge and accept their thoughts and feelings without becoming overburdened or retaliatory. As a result, stress and anxiety may be decreased, emotional control may be improved, and general well-being may be increased (Mettler et al., 2023).

Meditation, body checks, mindful breathing, and mindful activity are just a few of the methods that may be used to practise mindfulness. Being mindful of one's breath and keeping their attention away from their thoughts are key components of mindfulness meditation. Although mindful breathing centres on the experience of the breath coming into and going out of the body, body scans focus on the physical sensations in various places of the body. Focusing on body and movement sensations is a key component of mindful exercises like yoga and tai chi. In general, using mindfulness can help with mental wellness as well as general well-being. It enables people to practice tolerance and non-judgment, increase their awareness of their experiences, and react more adaptable to their experiences. Individuals can improve their general well-being and their capacity to handle stress by engaging in mindfulness practices. The following table illustrates the parts of mindfulness:

**Table 1:** Mindfulness-related elements

Component	Description
<b>Present moment</b>	the capacity to pay attention to the now rather than becoming sidetracked by the past or the future
<b>Non-judgmental awareness</b>	examining without appraisal or judgemental ideas, feelings, and experiences
<b>Non-reactivity</b>	having the capacity to remain aloof from ideas, feelings, and experiences

Source: (Yousaf et al., 2022)

Collectively, these elements enable people to stay in the now and react to their experiences more skillfully. Individuals may notice their thoughts, feelings, and experiences while remaining in the present moment without becoming sucked in. The ability to absorb one's sensations without being overwhelmed or reacting is made possible by this nonjudgmental awareness. The ability to observe one's experiences without feeling the urge to alter or correct them can be developed through practising non-reactivity. Many methods may be used to practise mindfulness, like as (Kelley et al., 2022):

Table 2: Mindfulness techniques

Method	Explanation
<b>Mindfulness meditation</b>	concentrating on the breath and avoiding being preoccupied with ideas
<b>Body scans</b>	concentrating on bodily feelings in various locations
<b>Mindful breathing</b>	concentrating on the bodily experience of the breath as it enters and leaves
<b>Mindful movement</b>	concentrating on physical feelings and motion, as in tai chi or yoga

Ultimately, mindfulness is a great way to enhance your mental and physical wellness. The ability to be present and react to their circumstances more adaptively may be learned via the practice of mindfulness, which can help people feel less stressed and in general better.

**Self-compassion:** In order to encourage people's resilience and mental wellness, this is crucial. According to research, those who practice self-compassion report decreased levels of anxiety, sadness, and stress as well as increased degrees of self-worth, life satisfaction, and general well-being. A prophylactic component against the harmful consequences of stress, self-compassion is linked to better-coping mechanisms and adaptive reactions to challenging circumstances. Self-compassion may play a major role in helping partners in their marriage build resilience and mental health. By practising self-kindness, people may learn to accept and be nicer to themselves, which will enhance their ability to communicate, enjoy fulfilling relationships, and be more content overall (Ivankina et al., 2015). For couples to successfully navigate the challenges and issues that arise in a marriage, self-compassion is essential. A more enduring and uplifting connection could arise from this. Self-compassion is a difficult and intricate topic that has significant effects on both mental and physical health. By practising self-compassion, individuals can improve their relationships with others, their health, and their ability to be patient and compassionate with themselves. A good marriage may be maintained and resilience can be boosted by practising self-compassion.

## THEORY-BASED PARADIGMS

In order to comprehend how self-compassion might improve married couples' resilience and mental health, theoretical frameworks are crucial. Self-compassion model (Chio et al., 2021), attachment theory (Bosmans et al., 2020), and stress-buffering model (Praharso et al., 2017) are three theoretical frameworks that may be utilised to understand the function of self-compassion. Self-criticism and self-judgment, which may be harmful to one's mental health and overall well-being, are alternatives to self-compassion, according to the self-compassion paradigm. This concept proposes that self-compassion consists of three elements: self-kindness, shared humanity, and awareness (Chio et al., 2021). In contrast to common humanity, which acknowledges that everyone goes through trials and suffering, self-kindness is approaching oneself with love, care, and compassion. By being mindful, one learns to acknowledge and accept their opinions and emotions without passing judgement. More emotional control, less stress, and greater resilience can all be a result of these self-compassionate aspects. Self-compassion can encourage people to be more understanding and kind to themselves in the setting of marriage, which can facilitate interactions and relationship happiness.

Based on their early interactions with carers, according to attachment theory, people create internal conceptual frameworks of interactions as suggested by the attachment theory (Bosmans et al., 2020). How people view and react to their spouses in a marriage can be influenced by these working models. As an illustration, people with secure attachment styles typically have more good connections with their spouses whereas people with unstable affiliation patterns typically have more unfavourable ones. By offering a feeling of protection and stability amid challenging circumstances, self-compassion may be used as a tool to establish a more stable attachment style. For instance, those who are self-compassionate may be more prone to turn to their spouses for help when under pressure, which might improve the quality of their relationships.

Social support may operate as a buffer against the harmful consequences of stress, according to the stress-buffering paradigm (Praharso et al., 2017). It is possible to think of self-compassion as a type of self-support that offers people a sense of consolation and understanding when things are hard. Self-compassion can help people become more tolerant of themselves, which will enhance their ability to cope with stress and maintain their overall well-being. In the marriage setting, developing one's coping mechanisms and communication abilities may also increase the quality of the marriage. These theoretical frameworks, in general, shed light on how self-compassion might improve resilience and mental health in married couples. Researchers and practitioners may create treatments to support self-compassion in people and couples, improving well-being and relationship satisfaction, by better understanding these pathways. Thorough knowledge of the multifaceted nature of self-compassion and its effects on resilience and mental health may be developed by integrating different theoretical frameworks.

The models that may be applied are listed below in an itemized discussion to help you understand how self-compassion improves mental health and resilience in married couples:

1. **Self-Compassion Model:** Self-compassion is a postulated substitute for self-criticism and self-judgment in the self-compassion paradigm, which was established. Three parts make up the model (Bensimon, 2017):
  - **Self-Kindness:** Being kind, considerate, and forgiving of oneself, particularly in the face of struggle or defeat, is a requirement for this.
  - **Common Humanity:** This entails acknowledging that everyone encounters sorrow and challenges at some time in their lives and that they are a normal part of life.
  - **Mindfulness:** Seeing one's opinions and emotions from a position of acceptance, and also being conscious of them without passing judgement, is required for this.

These three elements, in line with the self-compassion concept, can result in better emotional control, less stress, and more resiliency. Self-compassion can encourage people to be more understanding and kind to themselves in the setting of marriage, which can enhance interaction and marital happiness.

2. **Attachment Theory:** According to attachment theory, a person's early interactions with carers help them form internal functional prototypes of relationships. How people view and react to their spouses in a marriage can be influenced by these working models. There are three different attachment patterns according to the attachment theory:
  - **Reliable affixation:** Positive connections with partners are more common in those with stable attachment types. They trust their spouses and feel safe being close to them.
  - **Insecure Attachment:** Negative relationships are more common in those with insecure attachment types. Their attachment style may be avoidant, apprehensive, or ambivalent.
  - **Disorganized Attachment:** Those with chaotic attachment patterns may have been traumatized or subjected to being abused as children, which prevented them from developing orderly attachment techniques.

By offering a feeling of safety and security in the midst of challenging circumstances, self-compassion may be used as a tool to establish a more stable attachment style. For instance, those who are self-compassionate may be more prone to turn to their spouses for help when under pressure, which might improve the quality of their relationships.

3. **Stress-Buffering Model:** According to the stress-buffering paradigm, social assistance can operate as a buffer against stress's damaging effects. It is possible to think of self-compassion as a type of self-support that offers people a sense of consolation and understanding when things are hard. Self-compassion can help people become more tolerant of themselves, which will enhance their ability to cope with stress and maintain their overall well-being. In the marriage setting, developing one's coping mechanisms and communication abilities may also increase the quality of the marriage.

Broadly speaking, these models offer various viewpoints on how self-compassion might improve mental health and resilience in married couples. In order to increase well-being and relationship satisfaction, academics and practitioners can create treatments that encourage self-compassion in people and couples.

## **INDICATORS OF MENTAL HEALTH**

Numerous research has looked at the connection between married couples' responses in terms of mental health and self-compassion. Self-compassion may work as a preventive mechanism against these mental health conditions, according to one study that found it was inversely correlated with anxiety and depression in married couples (Yarnell & Neff, 2013). Related findings were made by another study, which discovered that pressure amongst husbands and wives was adversely correlated with self-compassion (Crocker & Canevello, 2012). Another significant result of self-compassion research is the modulation of emotions. Self-compassion may aid people in better regulating their emotions in the scenario of marriage, according to one investigation that discovered it was favorably connected with emotion regulation in married couples (Erickson et al., 2018).

Some research on married couples' self-compassion has looked at the effects on mental health outcomes. Anxiety, sadness, and stress in married couples are adversely correlated with self-compassion, which is treating oneself with kindness, understanding, and non-judgment (Yarnell & Neff, 2013; Crocker & Canevello, 2012). These results show that in the setting of marriage, self-compassion may work as a protective factor against certain mental health problems. Self-compassion has been investigated in the context of emotion regulation in married couples in addition to anxiety, sadness, and stress. The capacity for good emotion management is referred to as emotion regulation. According to one study, married couples who practised self-compassion had better control over their emotions (Erickson et al., 2018). This suggests that more self-compassionate individuals may be better able to regulate their emotions in the context of their marriage.

## **Aspects of Resilience**

Several research has looked at how self-compassion and different resilience qualities among married couples relate to consequences related to mental health. Coping mechanisms are a crucial resilience characteristic that has been investigated in self-compassion. In research on married couples, it was discovered that self-compassion was highly related to adaptive coping mechanisms and negatively connected with dysfunctional coping mechanisms (Kemper & Martin, 2016). The traits of people and their environments that encourage successful

coping with stress or adversity are referred to as resilience factors. One such element that has been researched in relation to married couples' resilience is self-compassion. Resilience depends heavily on coping mechanisms, which are the ways in which people deal with stressors and difficulties. Studies have shown that amongst married couples, self-compassion is favourably related to adaptive coping techniques and adversely connected with inappropriate methods of coping. (Kemper & Martin, 2016). Problem-solving, looking for social support, and positive reinterpretation are examples of adaptive coping mechanisms. On the other side, maladaptive coping mechanisms, such as avoidance, denial, and drug abuse, can result in undesirable effects.

As self-compassion and adaptive coping techniques are positively correlated, it stands to reason that people who practise self-compassion more often may be better able to handle stressors and difficulties that arise in marriage. People may be more inclined to engage in problem-solving and seek out social assistance if they are nice to themselves and recognise that doing so may make it easier for them to deal with challenging circumstances. More self-compassionate people may be less prone to use avoidance or drug use as a coping mechanism with stress, according to research on the association between maladaptive coping methods and self-compassion. Among married couples, self-compassion is a crucial resilience element that is favourably correlated with adaptive coping mechanisms and negatively correlated with regressive coping mechanisms. To encourage healthy adaptability and resilience during times of tensions and obstacles, self-compassion promotion in the marriage setting may be a helpful tactic.

Another key element of resilience that has been investigated in the context of self-compassion is relationship fulfilment. In research, married couples' relationship happiness was strongly correlated with their self-compassion, indicating that self-compassion may help create more fulfilling and good relationships (Shapiro et al., 2017). Comparable findings from another investigation indicate that self-compassion is likely to strengthen relationships by enhancing interpersonal capacities amongst married couples (Neff & Germer, 2013). The entire amount of joy in a sexual relationship is referred to as relationship satisfaction, which is a crucial resilience component. Self-compassion is a psychological quality that entails treating oneself kindly, sympathetically, and without condemnation. The link between self-compassion and marital relationship happiness has been investigated in a number of research.

Self-compassion, according to one study, was linked to married couples' contentment with their relationships (Shapiro et al., 2017). This implies that those who are more self-compassionate may find their love relationships to be more fulfilling. The ability to control one's own negative emotions and responses to one's partner's behaviour may help people have more satisfying relationships. People may be better able to treat their spouse with compassion and understanding if they first treat themselves well, which can result in a more fruitful and satisfying relationship. Akin to the previous investigation, another one revealed that communication abilities in married couples were positively correlated with self-compassion (Neff & Germer, 2013). Self-compassion may be helpful in enhancing communication abilities since effective communication is a crucial part of a good

relationship. People may be more responsive to criticism from their partners and more open to it if they treat themselves with compassion and are completely non-judgemental, which can promote interaction.

The above results imply that self-compassion may play a significant role in enabling interaction and relationship satisfaction in married couples. An effective method for fostering happy and fulfilling relationships may be to encourage people to practise self-compassion in the context of their marriage. Nevertheless, more investigation is required to fully comprehend the fundamental principles driving the link between self-compassion and marital relationship pleasure. Broadly speaking, the studies conducted so far indicate that self-compassion is a crucial concept for encouraging resilience and mental health in married couples. The ability to regulate one's emotions, develop coping mechanisms, enjoy one's relationships, and communicate effectively are all positively correlated with self-compassion. These are all factors that married couples may benefit from. According to these results, self-compassion-promoting therapies may be successful in enhancing married couples' resilience and mental health.

### **Constraints**

It is important to recognize several drawbacks that should be taken into account when evaluating the results, even if the data that already exists on the association between self-compassion and mental health and resilience in married couples offer insightful information. Several research mentioned in this paper is correlational in structure, which is a fundamental drawback of the present body of knowledge. Only relationships between variables may be established by correlational investigations; causation cannot be established. It is therefore impossible to say whether self-compassion directly contributes to the various mental health and resilience outcomes among married couples, even though the research addressed in this review implies a link between the two. Establishing causal links between self-compassion and these outcomes will require more study utilizing experimental techniques.

The fact that many researchers use very small sample sizes is another drawback of the present body of knowledge. Because the results might not be typical of the greater population, smaller sample sizes might restrict the generalizability of the findings. In addition, low statistical power can be caused by limited sample numbers, which makes it more challenging to find meaningful effects. To improve the universal applicability and statistical power of the outcomes, future studies should try to employ larger sample sizes. In conclusion, while there is evidence in the literature indicating a connection between married couples' resilience and mental health, there are several drawbacks, such as the correlational character of many research and small sample sizes, that should be taken into account. Future studies should focus on overcoming these constraints by utilising more robust and generalizable data, as well as experimental approaches and bigger sample sizes. In order to support married couples' resilience and mental health, self-compassion is a crucial concept. According to the research that has been done so far, self-compassion is favourably correlated with emotion control, coping mechanisms, relationship satisfaction, and communication skills in married couples, but negatively correlated with stress,

anxiety, and depression. The emergence of therapies aiming at encouraging self-compassion in married couples to boost their resilience and mental health will be significantly impacted by these discoveries.

## **FACTORS AFFECTING SELF-COMPASSION**

Regarding mental health and resilience in married couples, self-compassion is a crucial idea. Though typically regarded as advantageous, self-compassion can be affected by a number of variables, such as attachment type, gender, value systems, and circumstances (Khaki et al., 2022). The development of self-compassion in married couples may be influenced by a number of important factors, including attachment type. Because they have been used to feeling safe and supported in their relationships, those with a secure attachment type typically exhibit greater levels of self-compassion (Kruzan et al., 2022). In contrast, those who have insecure patterns of attachment, such as anxiety or emotionally distant attachment, could find it difficult to be compassionate towards themselves since they may have grown to be critical of themselves and find it hard to trust other people.

The development of self-compassion may also be influenced by gender. According to research, women often score higher on self-compassion tests than men do. This difference may be attributed to societal and cultural factors. Women, for instance, are frequently trained to put other people's needs before their own, and they may be more sensitive to both their own and other people's emotions, which may help them develop self-compassion (Crosweiler, 2022). Married couples' ability to cultivate and maintain self-compassion may be influenced by cultural norms and beliefs. People could be more inclined to put the needs of others before their own, for instance, in collectivistic societies where interdependence and harmony are valued, which could make it harder to cultivate self-compassion. On the other hand, people could be more likely to put their own needs first and find it simpler to exercise self-compassion in individualistic societies where independence and self-reliance are cherished (Sullivan-Myers et al., 2023). Events in life can also affect how married couples acquire and maintain self-compassion. For instance, going through trauma or substantial life pressures may cause people to lose self-compassion because they may start blaming themselves for what happened. The birth of a child or receiving a promotion at work, on the other hand, may boost self-compassion since people may feel proud of their successes and be more understanding of their faults (Börner, 2023).

In conclusion, a number of variables, such as attachment type, gender, cultural norms, and life experiences, can have an impact on how self-compassion develops and is maintained in married couples. While assisting couples in enhancing their resilience and mental health, it is crucial to take these variables into account.

**Table 3:** Attachment Type, Gender, Cultural Values, and Life Experiences as Influencing Factors on Self-Compassion in Married Couples

<b>Factors</b>	<b>effects of self-compassion on married couples</b>
<b>Attachment style</b>	<ul style="list-style-type: none"> <li>- A secure attachment style is linked to greater levels of self-compassion.</li> <li>- A lack of self-compassion may result from an insecure attachment style, such as an anxious or avoidant attachment.</li> </ul>
<b>Gender</b>	<ul style="list-style-type: none"> <li>- On self-compassion tests, women often do better than males.</li> </ul> <p>Self-compassion in both men and women may be influenced by social and cultural variables.</p>
<b>Cultural values</b>	<ul style="list-style-type: none"> <li>- People in collective societies may emphasize the needs of others over their own, which might make learning self-compassion more difficult.</li> </ul> <p>Self-compassion may be simpler to practice in individualistic societies because people are more likely to put their own needs first.</p>
<b>Life events</b>	<ul style="list-style-type: none"> <li>- A decline in self-compassion may result from trauma or other life pressures.</li> <li>- Good life experiences, like the birth of a child or a promotion at work, may heighten self-compassion.</li> </ul>

### **Advice for married couples on how to improve their self-compassion**

To encourage self-compassion in married couples, a variety of therapies have been created. They include compassion-focused treatment, mindfulness-based techniques, and CBT (Callaghan et al., 2019).

Interventions based on mindfulness are intended to promote open-minded acceptance of one's ideas, feelings, and physical experiences. These approaches have been shown to increase self-compassion by enticing people to approach their experiences with more kindness and inquiry. The utilisation of married couples as a model for mindfulness-based intervention is one of the many reasons why it is important (MBRE). This technique attempts to promote couples' knowledge and acceptance of their own and their partner's experiences, resulting in greater compassion and less reaction in the marriage. According to research, MBRE helps couples communicate more effectively and have happier relationships (Carson et al., 2017).

*Cognitive Behavioural Therapy (CBT)*: Another technique that has been utilised to help married couples practise self-compassion is cognitive behavioural therapy (CBT). The goal of cognitive behavioural therapy (CBT) is to alter harmful thought and behaviour patterns that may underlie mental health conditions including anxiety and depression. Self-compassion-focused CBT therapies seek to counteract negative self-talk and heighten self-kindness and acceptance. According to Kirby and Tellegen's (2017) findings, married couples who participated in a self-compassion-focused CBT intervention reported more self-compassion and fewer signs of depression (Kirby et al., 2017).

*Compassion-Focused Therapy (CFT)*: Creating a compassionate self is the goal of this relatively new intervention, which tries to promote self-compassion. CFT therapies encourage the development of sentiments of warmth and compassion for oneself and others, the overcoming of self-criticism, and the creation of a sense of closeness to others. Self-compassion and outcomes related to mental health, such as depression and anxiety, are improved by CFT therapies (Craig et al., 2020). According to a study by Kirby (2016), couples who underwent a compassion-focused therapy intervention reported higher levels of relationship satisfaction and self-compassion (Kirby, 2016).

**Table 4:** Effective Intervention Strategies for Mental Health: Mindfulness-Based, Cognitive-Behavioral, and Compassion-Focused Therapies (Kirby, 2016)

Intervention	Description	Techniques
<b>Mindfulness-Based Interventions</b>	increases present-moment awareness and fosters acceptance of situations without judgement.	Body scanning, mindful breathing, attentive movement, and mindfulness meditation
<b>Cognitive-Behavioural Therapy</b>	focuses on recognizing and changing harmful thought and behaviour patterns	Restructuring of the mind, behaviour activation, problem-solving techniques, and assertiveness instruction
<b>Compassion-Focused Therapy</b>	focuses on building the capacity to deal with challenging emotions as well as the cultivation of compassion for oneself and others.	Exercises in self-compassion, emotional control, and rewiring of the brain include using compassionate imagery.

The promotion of self-compassion in married couples has also been accomplished via the use of other therapies, including group therapy and self-help initiatives. The overall goals of these therapies are to foster a sense of

connection and compassion for oneself and others, as well as to foster self-kindness and decrease self-criticism. The effectiveness of these therapies for fostering self-compassion in married couples has been demonstrated to be promising, although further study is required to identify the most successful strategies. The effectiveness of various treatments in fostering mental health and resilience is summarised in the following main points:

***Mindfulness-based interventions (MBIs):*** These therapy techniques work to promote mindfulness, which is characterised as the unjudging awareness of the present moment. MBIs are excellent at fostering resilience and mental wellness in married couples. MBIs can aid people in developing a nonjudgmental and accepting attitude towards themselves and their experiences as well as greater awareness of their thoughts, emotions, and bodily sensations. In the face of stress and hardship, this can result in more self-compassion and resilience. According to several research, MBIs help married couples feel less stressed, anxious, and depressed. For instance, a 2003 study by Baker and colleagues indicated that married couples who participated in a mindfulness-based stress reduction (MBSR) intervention had reduced stress and increased self-compassion (Baker et al., 2003). Similar to this, a 2016 study by Mackenzie & Kocovski discovered that MBCT was successful in lowering anxiety and depression in married couples (Mackenzie & Kocovski, 2016). Moreover, MBIs have been demonstrated to help married couples feel more self-compassion. A mindfulness intervention was successful in raising self-compassion among couples dealing with chronic disease, according to a study by Al-refae and associates (2021) (Al-refae et al., 2021). Another investigation conducted by Zhang and coworkers (2021) discovered that a mindfulness-based intervention was successful in raising self-compassion and lowering psychological distress in married couples (Zhang et al., 2021). By assisting people in adopting a more welcoming and upbeat mindset towards themselves and their circumstances, MBIs may foster resilience by enhancing people's capacity to deal with stress and hardship. According to Taylor and colleagues (2016) research, a mindfulness-based intervention can help people who have experienced depression build resilience (Taylor et al., 2016). In general, MBIs seem to be a promising intervention for supporting married couples' resilience and mental health. To examine the long-term impacts of MBIs and to assess their effectiveness in comparison to other therapies, further study is nonetheless required.

***Cognitive-behavioural therapy (CBT):*** This is a tried-and-true method of psychotherapy that helps married couples maintain their mental well-being and resilience. CBT works by assisting couples in recognising and disputing harmful and erroneous beliefs that may underlie unfavourable feelings and dysfunctional behaviour (Ohayon et al., 2022). Couples may cultivate a more positive and empowering perspective on themselves and their relationship by swapping out these beliefs for more attainable and adaptable ones. CBT can assist couples in learning coping mechanisms for stress and conflict. Couples can learn to recognise and alter harmful thought and behaviour patterns that might result in unfavourable feelings and relationship stress through cognitive restructuring. Moreover, CBT may help couples learn communication and problem-solving techniques, which are crucial for preserving happy and healthy relationships (Verkleij et al., 2021). According to studies, CBT can help married couples build resilience by lowering their anxiety and depressive symptoms, enhancing their

relationship satisfaction, and reducing their overall stress levels. For instance, a randomised controlled study discovered that a 12-session CBT intervention was successful in lowering depression symptoms and enhancing marital relationship satisfaction. (Lorentzen et al., 2020). Another study discovered that a brief, six-session CBT intervention was efficient in enhancing couples' communication abilities and lowering marital stress (Nakao et al., 2021). Broadly speaking, CBT is a beneficial strategy for enhancing resilience and mental health in married couples. It equips couples with useful techniques and skills to enhance their communication, coping, and thought processes, which can help them deal with the difficulties of married life more skillfully.

**Compassion-focused therapy (CFT):** In recent years, this relatively new kind of psychotherapy has drawn more and more attention. The foundation of CFT is the belief that compassion is a human quality that is natural but that can be hampered by things like guilt and self-criticism. By assisting people to comprehend and control their emotions and mental processes, CFT aims to foster compassion for oneself as well as compassion for others (Nakao et al., 2021). Couples therapy can benefit from using CFT to help them feel more connected and empathic to one another. Couples can benefit from CFT by identifying and combating their self-judgment and feelings of shame, as well as by learning to think about each other with greater acceptance and compassion. This may result in more fulfilling relationships and improved resistance to pressure and hardship (Johannsen et al., 2022). Moreover, CFT can assist couples in creating coping mechanisms to deal with challenging feelings and circumstances. Couples can improve their feeling of well-being and resilience by developing the ability to control their emotions and react to difficulties with compassion and kindness. Moreover, CFT can assist couples in recognising and challenging behavioural patterns, such as avoidance or defensiveness, that may be interfering with their relationships. Preliminary studies indicate that CFT may be a useful strategy for fostering mental health and resilience in couples, despite the paucity of research on its efficacy in couples therapy. According to one study, couples' mental health outcomes, relationship satisfaction, and self-compassion all improved when CFT was used (Cuppige et al., 2017). Another study discovered that CFT helped couples going through marital hardship by lowering guilt and raising self-compassion (Haeyen & Heijman, 2020). In general, CFT offers a distinct and promising method for encouraging resilience and mental health in couples. Couples can grow more connected and empathetic, better handle stress and adversity, and better cope with adversity by practising self-compassion and compassion for others.

**Acceptance and commitment therapy (ACT):** This mindfulness-based therapy aims to help people become more psychologically flexible and accepting of their ideas and feelings. The main cause of psychological suffering, according to ACT, is not thoughts and feelings themselves but rather attempting to suppress or control them. Through this method, ACT aids couples in learning to respond to their experiences more adaptable and flexibly rather than letting their ideas and feelings rule them. ACT can help married couples become more resilient and self-compassionate. ACT can help couples become more receptive to their experiences and cultivate a more sympathetic attitude towards themselves and their relationship by enhancing psychological flexibility (Kwon et al., 2022). Additionally, ACT offers couples coping mechanisms for dealing with challenging emotions and

enhancing their resistance to stress and adversity. This may result in more satisfying relationships and better mental health results.

The ACT places a strong focus on values (Graaf et al., 2021). Using their values as a guide for their behaviour, couples may define their values with the use of ACT. Focusing on values can help couples find more meaning and purpose in their lives, which can improve well-being and resilience. A variety of approaches, such as mindfulness exercises, experiential activities, and cognitive restructuring, are frequently used in ACT therapies. Couples who practice mindfulness might become more conscious of their thoughts and feelings in the present and cultivate a welcoming and nonjudgmental attitude toward them. Experience-based activities can aid in a couple's exploration of their values and the improvement of their psychological pliability. Couples who engage in cognitive restructuring may be able to confront false beliefs and think more realistically and adaptably about themselves and their relationship. In general, ACT can be a useful intervention for married couples to encourage resilience and self-compassion (Lefebvre et al., 2020). Marriage-related mental health and resilience have been demonstrated to be improved by mindfulness-based treatments (MBIs), cognitive-behavioural therapy (CBT), compassion-focused therapy (CFT), and acceptance and commitment therapy (ACT). Couples who use these therapies report having better communication and problem-solving abilities, as well as increased self-awareness, self-compassion, and empathy for one another. Additionally, they can improve a couple's resilience and sense of well-being by assisting them in creating coping mechanisms to deal with challenging feelings and circumstances.

Nevertheless, based on individual and interpersonal characteristics, the efficacy of various therapies may differ. For instance, couples experiencing more suffering or interpersonal conflict may need more extensive or protracted therapies than couples experiencing less difficulty. Similar to this, it may be necessary to modify the interventions for couples from various cultural backgrounds in order to make sure that they are both successful and suitable. Interventions should be specifically tailored to the requirements and objectives of each couple. This might entail a careful evaluation of individual and interpersonal issues, as well as a team-based approach to therapy planning. Additionally, regular evaluation and progress monitoring can support ensuring that the treatments are successful and pertinent to the requirements of the couple. As a whole, these treatments have shown promise in fostering mental health and resiliency among married couples, but to enhance their success, it is crucial to take into account individual and relationship aspects and customize interventions to the particular needs and objectives of each couple.

## FUTURE DIRECTIONS

Self-compassion studies are still in their infancy, and there is much to learn about how it supports the resilience and mental health, especially in the setting of married couples. A future study might be beneficial in various areas to increase our understanding of self-compassion:

1. Establishing gaps in the existing literature: Even though the corpus of research on self-compassion is expanding, there are still open questions about this concept. Future studies may examine, for instance, how self-compassion affects certain mental health outcomes like stress, anxiety, and depression. More longitudinal studies that look at the long-term impacts of self-compassion therapies are also required.
2. Examining the mechanisms by which self-compassion enhances resilience and mental health: While there is some evidence to suggest that self-compassion is linked to improved resilience and mental health, we still know relatively little about the underlying mechanisms that underlie these associations. Future studies might look at the physiological and psychological processes through which self-compassion improves mental health.
3. Examining how cultural and environmental elements may impact how well self-compassion therapies for married couples work: Although self-compassion therapies have shown promise in fostering resilience and mental health, it is crucial to take into account how cultural and contextual variables could affect their efficacy. For instance, how individuals react to these therapies may be influenced by various cultural norms and ideas around self-compassion. To further understand how self-compassion therapies might be adapted to fit the requirements of diverse groups, future studies could investigate these characteristics in more depth.

In conclusion, future research in the field of self-compassion should focus on filling in the gaps in the existing literature, examining the mechanisms by which it fosters resilience and mental health, and examining the cultural and contextual variables that might influence the success of self-compassion interventions in married couples. We may continue to expand our knowledge of self-compassion and its potential advantages for mental health and well-being by addressing these issues.

## CONCLUSION

The review article's conclusion stresses the value of self-compassion in fostering resilience and mental health among married couples. The review's main conclusions are summed up in the article, including how self-compassion differs amongst married couples and if it has any positive effects on conditions like anxiety, depression, and stress. The main takeaway from the review, of the study, is that self-compassion can be an effective strategy for fostering resilience and mental health in married couples. Self-compassion entails treating oneself with compassion and understanding as opposed to criticism and condemnation. It can aid people in

overcoming challenging emotions and circumstances, which is crucial for married couples who could have special difficulties and tensions.

The analysis of the literature also contends that marital partners' levels of self-compassion can be influenced by attachment type, gender, cultural norms, and life events. For instance, those with secure attachment styles could be more inclined to exercise self-compassion than people with insecure attachment styles, who might find it difficult to do so. The development of self-compassion may also be influenced by cultural beliefs since women often score higher on self-compassion tests than males do. To foster self-compassion and enhance mental health results, the review paper provides evidence supporting the efficacy of several therapies, including mindfulness-based interventions, cognitive-behavioural therapy, and compassion-focused therapy. These treatments can be modified to fit the particular requirements of married couples, taking into consideration the difficulties and pressures that are particular to them. In the end, the review study emphasizes how crucial self-compassion is in fostering married couples' mental health and well-being. In order to encourage the use of self-compassion as a strategy for enhancing mental health outcomes in couples, it underlines the need for more research and treatments in this area. Clinicians may support the promotion of mental health and resilience in this population by creating therapies that encourage self-compassion and modifying them to specifically address the requirements of married couples.

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