



The extent to which marital adjustment is explained by the level of psychological loneliness and perceived self-efficacy among female workers in Jordanian banks



Abstract:

The extent to which marital adjustment is explained by the level of psychological loneliness and perceived self-efficacy among female workers in Jordanian banks. The study sample consisted of (193) female employees working in Jordanian banks in the southern region. To achieve the objectives of the study, the descriptive-relational approach was used. Three measures were developed: marital compatibility, loneliness, and perceived self-efficacy. Their validity and reliability were verified. The study found a number Among the results, most notably: that the level of marital adjustment and its dimensions (emotional psychological adjustment, social adjustment, economic adjustment, agreement on raising children, and cognitive cultural compatibility), and the level of each of psychological unity and perceived self-efficacy among female bank workers in the southern region was medium. The results showed the existence of a statistically significant negative correlation between marital adjustment on the total score and the domains (emotional psychological adjustment, social compatibility, economic compatibility, agreement on raising children) and psychological unity, and the presence of a statistically significant positive correlation between marital adjustment on the total score, domains and self-efficacy. perceived. As well as the existence of a statistically significant negative correlation between psychological loneliness and perceived self-efficacy.

Keywords: marital compatibility, loneliness, and perceived self-efficacy among female employees in Jordanian banks.

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