

## **Presenting an Actor-Partner Interdependence Model in Examining the Role of Self-Compassion on Dyadic Conflict Resolution Styles for Couples**

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### **Extended Abstract**

#### **Aim**

The aim of this study was to investigate the influence of self-compassion on couples' dyadic conflict resolution strategies. This study involved multivariate correlation and an actor-partner interdependence model.

#### **Methodology**

In order to evaluate the interpersonal effects and the variability between couples, the present study collects data from both spouses and considers couples as a unit of statistical analysis, revealing the mutual nature and dyadic effect of components on the relationships between spouses. In 2020, the statistical population consisted of all Tehran-dwelling couples. The research sample consisted of 167 couples (334 individuals) selected using the available sampling method. Rahim Organizational Conflict Inventory-II (ROCI-II) and Self-Compassion Scale (SCS) were utilized. The collected data were initially analyzed using the SPSS-23 software. Then, in order to study the dyadic effects of couples' characteristics, the actor-partner interdependence model and the R programming language were used.

#### **Findings**

The actor effect of the first model revealed that a man's self-compassion can directly and significantly predict his constructive conflict resolution style, whereas a woman's self-compassion cannot predict her constructive conflict resolution style. Regarding men, self-compassion establishes a balance between one's own needs and the needs of the other spouse, leading to more constructive responses during conflict. In contrast, low levels of self-compassion and differences in socialization may account for the lack of actor effect in women. Due to the actor effect of the second model, self-compassion was unable to predict the couple's manner of avoiding conflict resolution. Based on the social values of our country, avoiding conflict and not engaging in arguments, particularly for women, carries a moral and social burden; therefore, it can be viewed as a positive strategy for conflict resolution, and contrary to popular belief, it does not have an inverse relationship with self-compassion. Due to their avoidant approach, it is possible that people who use the avoidant conflict resolution style did not accurately report their emotions and feelings in the field of self-compassion. This bias has an effect on their responses to the conflict resolution styles questioner, and as a result, the actor effect is also affected.

#### **Conclusion**

Self-compassion can significantly and in reverse predict the dominant conflict resolution style of couples, according to the third model's actor effect. Actually, a lack of self-compassion results in a lack of affection and prejudice towards spouses. The actor effect of the third model can be used to explain these individuals' more subdued behavior, which is evident in their dominant conflict resolution style. In general, it can be said that promoting self-compassion is one of the best ways to communicate with oneself and others, and by promoting self-compassion skills in even one spouse, it is expected that couples' conflict resolution will be more effective and their relationship will improve.

**Keywords:** Actor-Partner Interdependence Model, Conflict Resolution Styles, Couple, Self-Compassion.