

The Structural Association between Perceived Stress, Dyadic Coping, Relationship Commitment, and Marital Resilience

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ABSTRACT

The present study aimed to examine the structural association between perceived stress, dyadic coping, relationship commitment, and marital resilience among married individuals in Baku, with particular emphasis on the direct and indirect pathways through which perceived stress influences marital resilience. This cross-sectional correlational study was conducted using structural equation modeling (SEM). The study population consisted of married individuals residing in Baku, Azerbaijan, during the 2025–2026 period. A total of 624 participants were selected through community-based and convenience sampling methods. Data were collected using the Perceived Stress Scale (PSS-10), Dyadic Coping Inventory (DCI), Commitment Inventory, and Marital Resilience Scale. Descriptive statistics, Pearson correlation analyses, confirmatory factor analysis, and structural equation modeling were performed using SPSS version 29 and AMOS version 29. Model fit was evaluated using multiple fit indices, including χ^2/df , CFI, TLI, GFI, SRMR, and RMSEA. Indirect effects were tested using bootstrap procedures with 5,000 resamples and 95% confidence intervals. The proposed structural model demonstrated excellent fit to the data ($\chi^2/df = 2.31$, CFI = .958, TLI = .952, GFI = .941, SRMR = .041, RMSEA = .046). Perceived stress had significant negative direct effects on dyadic coping ($\beta = -0.58$, $p < .001$), relationship commitment ($\beta = -0.21$, $p < .001$), and marital resilience ($\beta = -0.29$, $p < .001$). Dyadic coping exerted significant positive effects on relationship commitment ($\beta = 0.56$, $p < .001$) and marital resilience ($\beta = 0.41$, $p < .001$). Relationship commitment also positively predicted marital resilience ($\beta = 0.37$, $p < .001$). Bootstrap analyses revealed significant indirect effects of perceived stress on marital resilience through dyadic coping ($\beta = -0.24$, $p < .001$), relationship commitment ($\beta = -0.08$, $p < .001$), and the sequential pathway involving dyadic coping and relationship commitment ($\beta = -0.12$, $p < .001$). The model explained 34% of the variance in dyadic coping, 46% of the variance in relationship commitment, and 71% of the variance in marital resilience. The findings indicate that perceived stress undermines marital resilience both directly and indirectly by weakening dyadic coping and relationship commitment. Dyadic coping emerged as a central protective factor that strengthens commitment and enhances resilience within marriage. These results highlight the importance of collaborative coping processes and relational dedication in fostering adaptive functioning among couples and suggest that interventions targeting stress management, dyadic coping, and commitment may contribute substantially to the promotion of marital resilience.

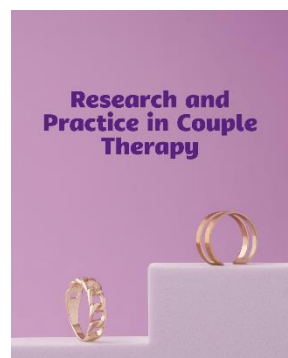
Keywords: Perceived Stress, Dyadic Coping, Relationship Commitment, Marital Resilience

How to cite this article:

Aliyev, A., Huseinov, O., & Çetinkaya, H. (2026). The Structural Association between Perceived Stress, Dyadic Coping, Relationship Commitment, and Marital Resilience. *Research and Practice in Couple Therapy*, 4(2), 1-14. <https://doi.org/10.61838/rpct.4.2.8>

Introduction

Marital relationships represent one of the most influential social contexts affecting individual well-being, psychological adjustment, and family functioning. Healthy marriages provide emotional security, companionship, social support, and a stable foundation for navigating life challenges. However, contemporary couples are increasingly confronted with a wide range of stressors, including economic pressures, occupational demands, parenting responsibilities, health-related concerns, and



sociocultural changes. The ability of couples to maintain relationship quality and adapt effectively to adversity has therefore become a major focus of family and relationship research. Within this context, the concepts of perceived stress, dyadic coping, relationship commitment, and marital resilience have emerged as central constructs for understanding how couples respond to challenges and preserve relationship stability over time (Candel & Jitaru, 2021; Estlein et al., 2022; Pietromonaco & Overall, 2022).

Perceived stress refers to the extent to which individuals evaluate life circumstances as overwhelming, unpredictable, and beyond their coping resources. Unlike objective stressors, perceived stress reflects subjective interpretations of demanding situations and therefore plays a critical role in shaping emotional, cognitive, and behavioral responses. Research has consistently shown that elevated levels of perceived stress are associated with declines in relationship satisfaction, increased interpersonal conflict, emotional withdrawal, and relationship instability. Stress can disrupt communication patterns, reduce emotional availability between partners, and diminish the capacity to respond constructively during relational difficulties (Budiartini, 2021; Ogan & Monk, 2025; Ogan et al., 2021). Furthermore, stress experienced by one partner often extends beyond the individual and influences the entire relational system, creating challenges that require coordinated coping efforts. This systemic perspective has led researchers to emphasize the importance of examining stress within a dyadic framework rather than focusing solely on individual experiences (Ji et al., 2025; Pietromonaco & Overall, 2022).

The systemic-transactional model of stress and coping proposes that stress occurring within close relationships is inherently interpersonal because partners influence one another's emotional experiences, coping behaviors, and adjustment outcomes. According to this perspective, successful adaptation depends not only on individual coping resources but also on the couple's ability to jointly manage stressors and support one another. Consequently, dyadic coping has become one of the most extensively investigated mechanisms through which couples maintain relationship functioning under stressful conditions (Bertschi et al., 2021; Russell et al., 2021). Dyadic coping encompasses the cognitive, emotional, and behavioral strategies that partners use together when facing stress. These strategies include supportive behaviors, shared problem solving, emotional responsiveness, delegated responsibilities, and collaborative efforts aimed at managing stressors affecting one or both partners.

Accumulating evidence demonstrates that effective dyadic coping serves as a significant protective factor in romantic relationships. Couples who engage in supportive and collaborative coping strategies tend to report greater relationship satisfaction, higher emotional intimacy, stronger psychological well-being, and lower levels of conflict. During periods of heightened uncertainty and stress, dyadic coping appears particularly important for preserving relationship quality and fostering adaptive functioning (Carrese-Chacra et al., 2023; Seok et al., 2022; Wang & Umberson, 2022). Research conducted during the COVID-19 pandemic further highlighted the protective role of dyadic coping, showing that couples who managed stress together were more likely to maintain relational stability despite unprecedented social and environmental challenges (Estlein et al., 2022; Lillie et al., 2021; Ogan et al., 2021).

The benefits of dyadic coping extend beyond general relationship functioning and have been documented across a wide range of stressful contexts. For example, dyadic coping has been linked to positive outcomes among couples dealing with chronic illness, disability, infertility, cancer, military-related stress, and parenting challenges. In each of these contexts, collaborative coping strategies have been associated with improved psychological adjustment, stronger relationship quality, and greater resilience (Bertschi et al., 2021; Campbell et al., 2022; Santamaría-Gutiez et al., 2025; Valente et al., 2021). Studies involving couples coping with breast cancer, endometriosis, and other chronic health conditions have similarly demonstrated that supportive partner interactions facilitate adaptation and reduce emotional distress, thereby strengthening relationship functioning during adversity (Fergus et al., 2021; Shinan-Altman et al., 2024; Zhang & Cao, 2024).

Another crucial construct associated with long-term relationship functioning is relationship commitment. Commitment generally refers to an individual's intention and motivation to maintain a relationship over time despite challenges and obstacles. Highly committed partners are more likely to invest resources in the relationship, prioritize relational goals, engage in constructive problem solving, and persist during difficult circumstances. Commitment contributes to relationship stability by promoting behaviors that strengthen emotional bonds and protect against dissolution (Fan et al., 2022; Mohamad et al., 2022). Relationship scholars have long regarded commitment as one of the strongest predictors of relationship longevity because it influences how partners interpret difficulties, respond to conflict, and remain invested in shared future goals.

Stress can exert substantial effects on relationship commitment. Persistent stress may reduce emotional resources, increase dissatisfaction, and weaken motivation to invest in the relationship. However, effective coping processes can mitigate these negative consequences by enhancing perceptions of support, mutual understanding, and partnership. Research indicates that dyadic coping is positively associated with commitment because collaborative coping reinforces trust, emotional closeness, and confidence in the relationship's future (Kurt & Yaman, 2025; Pavon et al., 2024). Couples who successfully navigate stressful experiences together often develop stronger relational bonds and a greater sense of dedication, suggesting that dyadic coping may function as an important pathway linking stress experiences to commitment outcomes.

In recent years, increasing attention has been directed toward resilience as a central process underlying healthy relationship functioning. Resilience generally refers to the capacity to adapt positively in the face of adversity, recover from challenges, and maintain functioning despite stressful circumstances. While resilience was initially conceptualized as an individual characteristic, contemporary perspectives increasingly emphasize relational and systemic forms of resilience. Marital resilience specifically reflects a couple's ability to withstand challenges, preserve emotional connection, and emerge stronger following adversity (Grané-Morcillo, 2026; Suriyah et al., 2025). Rather than representing the absence of difficulties, marital resilience involves adaptive processes that enable couples to manage stress effectively and sustain relationship functioning over time.

The study of marital resilience has gained prominence because modern couples face numerous stressors that threaten relational stability. Economic uncertainty, chronic illness, caregiving responsibilities, parenting transitions, and societal disruptions all require couples to mobilize adaptive resources. Research consistently identifies communication quality, emotional support, flexibility, optimism, shared meaning-making, and collaborative coping as key contributors to resilience processes (Cihan & Var, 2022; Cui et al., 2023; Qiu et al., 2024). These protective factors enable couples to transform adversity into opportunities for growth and relational strengthening.

Empirical evidence increasingly supports the association between dyadic coping and resilience. Studies suggest that couples who engage in supportive and collaborative coping demonstrate greater adaptability, emotional security, and resilience during stressful periods. Dyadic coping facilitates resilience by promoting mutual understanding, reducing emotional burden, and enhancing confidence in the couple's capacity to overcome challenges together (Hasanzadeh et al., 2024; Wang et al., 2025). Positive coping interactions create relational environments characterized by trust and support, which are essential components of resilient functioning. Moreover, resilience itself may strengthen future coping capacities, suggesting a reciprocal relationship between these constructs.

Research examining resilience in couple relationships has expanded considerably across diverse populations and contexts. Investigations involving individuals facing chronic illness, disability, infertility, bereavement, military deployment, and pandemic-related disruptions consistently demonstrate that resilient couples exhibit stronger coping abilities, greater relationship satisfaction, and more effective adaptation to adversity (Buchanan, 2022; Campbell et al., 2022; Valente et al., 2021; Xiang et al., 2022). Furthermore, resilience processes appear to operate through interpersonal mechanisms rather than

solely individual resources, highlighting the importance of examining relationship-level constructs when investigating marital adaptation.

Although substantial research has independently examined perceived stress, dyadic coping, commitment, and resilience, fewer studies have investigated the structural relationships among these variables within an integrated theoretical framework. Existing evidence suggests that stress may undermine resilience both directly and indirectly by disrupting adaptive relational processes. Similarly, dyadic coping may enhance resilience not only through its immediate effects on stress management but also through its influence on relationship commitment and relational investment. However, the pathways linking these constructs remain insufficiently understood, particularly within non-Western cultural contexts where relational norms and coping processes may differ. Recent studies have called for more comprehensive models that simultaneously examine stress, coping, commitment, and resilience as interconnected dimensions of relationship functioning (Grané-Morcillo, 2026; Ogan & Monk, 2025; Surijah et al., 2025).

Structural equation modeling offers an appropriate methodological framework for examining these complex relationships because it allows researchers to evaluate direct and indirect effects simultaneously while accounting for measurement error. Such an approach can provide a more nuanced understanding of the mechanisms through which perceived stress influences marital resilience and identify the mediating roles of dyadic coping and relationship commitment. Understanding these pathways has important implications for relationship education, family counseling, and intervention programs aimed at strengthening couples' adaptive capacities and promoting long-term relational well-being.

Therefore, the present study aimed to examine the structural association between perceived stress, dyadic coping, relationship commitment, and marital resilience among married individuals in Baku, investigating both the direct effects of perceived stress on marital resilience and the indirect effects operating through dyadic coping and relationship commitment.

Methods and Materials

Study Design and Participants

This study employed a cross-sectional correlational design using structural equation modeling (SEM) to examine the structural relationships among perceived stress, dyadic coping, relationship commitment, and marital resilience among married individuals residing in Baku, Azerbaijan. The research aimed to investigate both the direct and indirect pathways linking psychological and relational variables within the context of marital functioning and adaptation. A quantitative approach was selected because it allows for the simultaneous examination of multiple latent constructs and the estimation of complex relationships among variables.

The study population consisted of married men and women living in different districts of Baku during the 2025–2026 period. Participants were recruited through community centers, family counseling clinics, municipal cultural centers, social media advertisements, and local organizations serving married couples. Inclusion criteria required participants to be legally married, at least 20 years of age, have been living with their spouse for a minimum of one year, possess sufficient literacy to complete self-report questionnaires, and provide informed consent for participation. Individuals with severe psychiatric disorders, cognitive impairments, or ongoing marital separation proceedings were excluded from the study. Using recommendations for structural equation modeling and considering the complexity of the proposed model, a final sample of 624 married individuals was recruited. This sample size exceeded the minimum requirements for SEM and provided adequate statistical power for model estimation and validation. Participants represented a broad range of educational, occupational, and socioeconomic backgrounds, thereby enhancing the generalizability of the findings to the married population of Baku.

Measures

Data were collected using a demographic questionnaire and four standardized psychological instruments. The demographic questionnaire gathered information regarding age, gender, educational attainment, occupation, duration of marriage, number of children, and household income. These variables were used to describe the sample and identify potential confounding factors.

Perceived stress was assessed using the Perceived Stress Scale (PSS-10), a widely used instrument developed to measure the degree to which individuals perceive situations in their lives as stressful and uncontrollable. The scale consists of ten items rated on a five-point Likert scale ranging from never to very often. Higher scores indicate greater levels of perceived stress. Previous studies have demonstrated satisfactory internal consistency, construct validity, and cross-cultural applicability of the instrument among diverse populations.

Dyadic coping was measured using the Dyadic Coping Inventory (DCI), which evaluates how couples cope with stress together and support one another during stressful experiences. The inventory assesses several dimensions of dyadic coping, including supportive dyadic coping, delegated dyadic coping, common dyadic coping, and negative dyadic coping. Participants responded to items using a five-point Likert scale, with higher scores reflecting more effective dyadic coping processes within the relationship. The instrument has demonstrated strong psychometric properties across various cultural contexts and has been extensively utilized in couple and family research.

Relationship commitment was assessed using the Commitment Inventory, a comprehensive measure designed to evaluate the psychological intention and dedication individuals maintain toward preserving and investing in their romantic relationships. The scale examines personal commitment, relationship maintenance efforts, long-term orientation, and dedication to the marital bond. Responses were recorded on a Likert-type scale, with higher scores indicating stronger commitment to the relationship. Previous validation studies have reported acceptable reliability coefficients and evidence of convergent and discriminant validity.

Marital resilience was measured using the Marital Resilience Scale, which evaluates the capacity of couples to adapt positively to challenges, recover from adversity, maintain emotional connection during difficult circumstances, and preserve relationship functioning despite stressors. The scale consists of multiple items reflecting adaptability, mutual support, optimism, problem-solving capacity, and relational strength. Participants rated each item on a five-point Likert scale, with higher scores representing greater marital resilience. Previous investigations have supported the reliability and validity of the instrument in assessing adaptive functioning among married couples.

Prior to data collection, all instruments were translated and back-translated where necessary to ensure linguistic equivalence and cultural appropriateness for Azerbaijani participants. A pilot study involving 30 married individuals was conducted to assess item clarity and preliminary reliability. The results demonstrated satisfactory internal consistency for all measures, supporting their use in the main study.

Data Analysis

Data analysis was conducted using IBM SPSS Statistics version 29 and AMOS version 29. Initially, descriptive statistics including means, standard deviations, skewness, and kurtosis values were calculated to summarize participant characteristics and study variables. Missing data patterns were examined, and cases with substantial missing responses were excluded from the analysis. Assumptions of normality, linearity, homoscedasticity, and multicollinearity were assessed before proceeding with inferential analyses.

Pearson correlation coefficients were calculated to examine the bivariate relationships among perceived stress, dyadic coping, relationship commitment, and marital resilience. Subsequently, confirmatory factor analysis (CFA) was performed to evaluate the measurement model and verify the adequacy of the latent constructs. The reliability of each construct was assessed through Cronbach's alpha coefficients, composite reliability values, and average variance extracted indices.

Structural equation modeling was then employed to test the hypothesized relationships among the study variables. Direct effects of perceived stress on dyadic coping, relationship commitment, and marital resilience were estimated, alongside the effects of dyadic coping and relationship commitment on marital resilience. Indirect effects were examined using bootstrap resampling procedures with 5,000 bootstrap samples and 95% bias-corrected confidence intervals. Model fit was evaluated using multiple goodness-of-fit indices, including the chi-square to degrees-of-freedom ratio (χ^2/df), Comparative Fit Index (CFI), Tucker–Lewis Index (TLI), Goodness-of-Fit Index (GFI), Standardized Root Mean Square Residual (SRMR), and Root Mean Square Error of Approximation (RMSEA). Values consistent with established SEM guidelines were considered indicative of acceptable and good model fit. Statistical significance was determined at the 0.05 level for all analyses.

Findings and Results

A total of 624 married individuals from Baku participated in the study. The mean age of participants was 38.74 years (SD = 8.92), with ages ranging from 21 to 67 years. Among the participants, 327 (52.4%) were women and 297 (47.6%) were men. The average duration of marriage was 11.83 years (SD = 7.16). Regarding educational attainment, 21.5% had completed secondary education, 32.9% held an associate or bachelor's degree, 36.7% possessed a master's degree, and 8.9% had doctoral-level education. Most participants were employed full-time (68.4%), while 17.8% were self-employed, 8.3% were homemakers, and 5.5% were retired or unemployed. Approximately 74.5% of participants reported having at least one child. Preliminary screening indicated no substantial missing data, and all variables demonstrated acceptable distributions. Skewness values ranged from -0.91 to 0.74, while kurtosis values ranged from -0.83 to 0.88, indicating that the assumption of multivariate normality was adequately satisfied.

Table 1. Descriptive Statistics and Reliability Indices of the Study Variables

Variable	Mean	SD	Skewness	Kurtosis	Cronbach's α
Perceived Stress	24.68	6.43	0.58	-0.41	0.89
Dyadic Coping	118.37	18.25	-0.47	0.36	0.92
Relationship Commitment	97.54	14.82	-0.63	0.44	0.90
Marital Resilience	89.26	13.91	-0.51	0.28	0.93

Table 1 presents the descriptive statistics and reliability coefficients for the study variables. Participants reported moderate levels of perceived stress and relatively high levels of dyadic coping, relationship commitment, and marital resilience. The highest mean score was observed for dyadic coping ($M = 118.37$, $SD = 18.25$), indicating that the couples generally perceived themselves as engaging in adaptive and collaborative coping strategies when facing stressors. Relationship commitment also demonstrated a high mean score ($M = 97.54$, $SD = 14.82$), suggesting a strong dedication to maintaining the marital relationship. Marital resilience exhibited a favorable average level ($M = 89.26$, $SD = 13.91$), reflecting considerable adaptive capacity among participants. Reliability analyses showed excellent internal consistency for all instruments, with Cronbach's alpha coefficients ranging from 0.89 to 0.93. Furthermore, skewness and kurtosis values fell within acceptable ranges, supporting the appropriateness of subsequent parametric analyses and structural equation modeling procedures.

Table 2. Pearson Correlations among Perceived Stress, Dyadic Coping, Relationship Commitment, and Marital Resilience

Variable	1	2	3	4
1. Perceived Stress	1			
2. Dyadic Coping	-0.58**	1		
3. Relationship Commitment	-0.49**	0.67**	1	
4. Marital Resilience	-0.62**	0.74**	0.71**	1

The correlation analysis revealed significant associations among all study variables. Perceived stress demonstrated a strong negative relationship with dyadic coping ($r = -0.58, p < .001$), relationship commitment ($r = -0.49, p < .001$), and marital resilience ($r = -0.62, p < .001$). These findings suggest that higher levels of perceived stress were associated with poorer coping processes between partners, lower commitment to the relationship, and diminished resilience within the marriage. Conversely, dyadic coping showed strong positive correlations with relationship commitment ($r = 0.67, p < .001$) and marital resilience ($r = 0.74, p < .001$). Relationship commitment was also strongly associated with marital resilience ($r = 0.71, p < .001$). The magnitude and direction of these correlations provided preliminary support for the proposed theoretical model and justified proceeding with structural equation modeling.

Table 3. Confirmatory Factor Analysis and Measurement Model Results

Construct	Factor Loading Range	Composite Reliability (CR)	Average Variance Extracted (AVE)
Perceived Stress	0.67–0.84	0.90	0.59
Dyadic Coping	0.70–0.88	0.93	0.63
Relationship Commitment	0.68–0.87	0.91	0.60
Marital Resilience	0.72–0.89	0.94	0.65

Model Fit Indices: $\chi^2/df = 2.31$; CFI = 0.958; TLI = 0.952; GFI = 0.941; SRMR = 0.041; RMSEA = 0.046.

The measurement model demonstrated excellent psychometric performance. Standardized factor loadings for all observed indicators exceeded the recommended threshold of 0.60, ranging from 0.67 to 0.89. Composite reliability values ranged from 0.90 to 0.94, indicating strong internal consistency across latent constructs. Likewise, average variance extracted values exceeded the recommended criterion of 0.50, supporting convergent validity. Examination of global fit indices further confirmed the adequacy of the measurement model. The chi-square to degrees-of-freedom ratio was below the recommended cutoff of 3.00, while the comparative fit index, Tucker–Lewis index, and goodness-of-fit index all exceeded 0.90. Additionally, SRMR and RMSEA values were below 0.08 and 0.06, respectively. Collectively, these findings indicated that the latent constructs were measured reliably and validly, providing a robust foundation for testing the structural relationships among the variables.

The structural model was estimated following confirmation of the measurement model. The resulting model demonstrated excellent overall fit to the observed data, indicating that the hypothesized pathways adequately represented the relationships among the constructs. The figure illustrates the standardized path coefficients linking perceived stress to dyadic coping, relationship commitment, and marital resilience, as well as the subsequent pathways from dyadic coping and relationship commitment to marital resilience. The pattern of relationships suggests that marital resilience is influenced both directly by perceived stress and indirectly through adaptive relational mechanisms, particularly dyadic coping and commitment processes. The structural configuration supports the conceptualization of marital resilience as a multidimensional relational outcome that emerges from both individual stress perceptions and interpersonal coping resources.

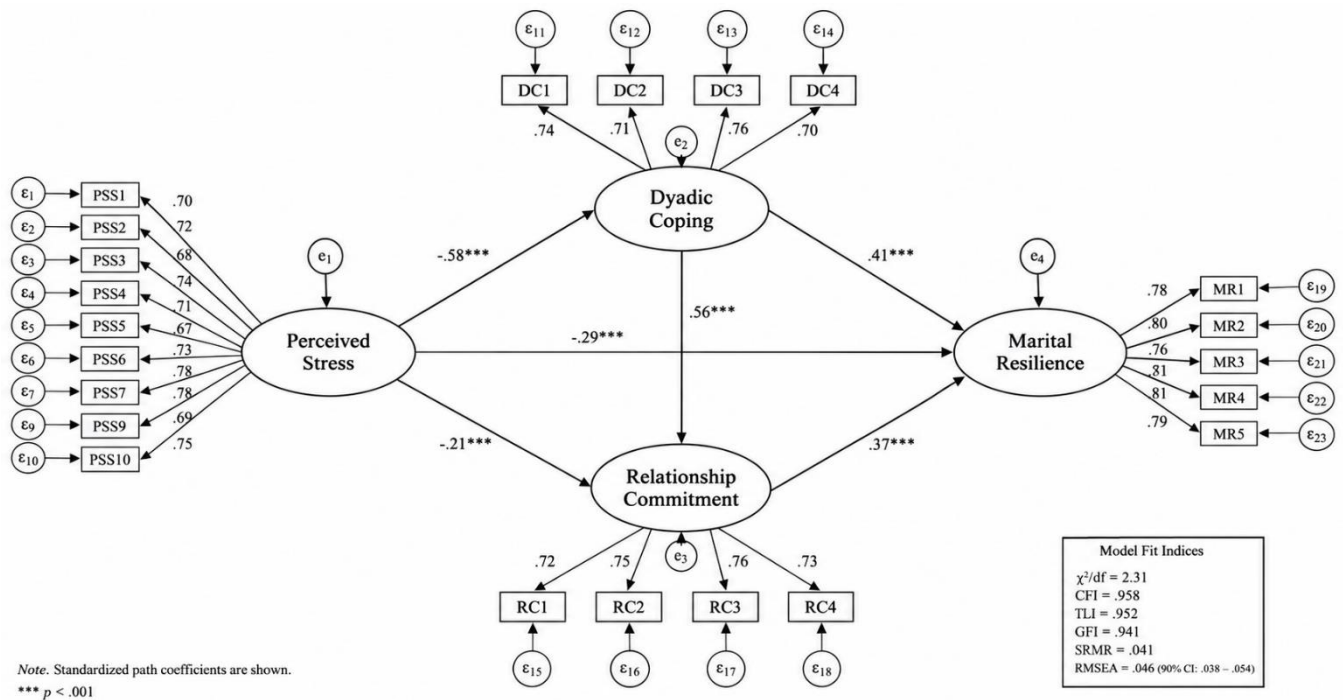


Figure 1. Structural Model of the Relationships among Perceived Stress, Dyadic Coping, Relationship Commitment, and Marital Resilience

Table 4. Structural Equation Modeling Results for Direct and Indirect Effects

Structural Path	Standardized β	SE	CR	p
Perceived Stress $\rightarrow$ Dyadic Coping	-0.58	0.04	-14.72	< .001
Perceived Stress $\rightarrow$ Relationship Commitment	-0.21	0.05	-4.81	< .001
Perceived Stress $\rightarrow$ Marital Resilience	-0.29	0.05	-6.32	< .001
Dyadic Coping $\rightarrow$ Relationship Commitment	0.56	0.04	13.59	< .001
Dyadic Coping $\rightarrow$ Marital Resilience	0.41	0.05	8.74	< .001
Relationship Commitment $\rightarrow$ Marital Resilience	0.37	0.04	8.12	< .001

Table 5. Indirect Effects (Bootstrap, 5,000 Samples)

Indirect Path	Standardized β	95% CI	p
Perceived Stress $\rightarrow$ Dyadic Coping $\rightarrow$ Marital Resilience	-0.24	[-0.31, -0.18]	< .001
Perceived Stress $\rightarrow$ Relationship Commitment $\rightarrow$ Marital Resilience	-0.08	[-0.13, -0.04]	< .001
Perceived Stress $\rightarrow$ Dyadic Coping $\rightarrow$ Relationship Commitment $\rightarrow$ Marital Resilience	-0.12	[-0.17, -0.08]	< .001

R^2 for Dyadic Coping = 0.34

R^2 for Relationship Commitment = 0.46

R^2 for Marital Resilience = 0.71

The structural equation model revealed that perceived stress exerted significant negative direct effects on dyadic coping ($\beta = -0.58$, $p < .001$), relationship commitment ($\beta = -0.21$, $p < .001$), and marital resilience ($\beta = -0.29$, $p < .001$). These findings indicate that increased perceptions of stress were associated with poorer collaborative coping processes, weaker commitment to the relationship, and reduced resilience within marriage. Dyadic coping emerged as a particularly influential variable, exerting strong positive effects on both relationship commitment ($\beta = 0.56$, $p < .001$) and marital resilience ($\beta = 0.41$, $p < .001$). Relationship commitment also demonstrated a substantial positive effect on marital resilience ($\beta = 0.37$, $p < .001$), suggesting that couples who maintain stronger dedication to their relationship are better able to adapt to challenges and recover from adversity.

Bootstrap analyses further revealed several significant indirect pathways. Perceived stress influenced marital resilience indirectly through dyadic coping ($\beta = -0.24, p < .001$), through relationship commitment ($\beta = -0.08, p < .001$), and through the sequential pathway involving dyadic coping and relationship commitment ($\beta = -0.12, p < .001$). Because none of the confidence intervals included zero, all mediation effects were statistically significant. The explained variance statistics demonstrated considerable predictive power for the model. Perceived stress accounted for 34% of the variance in dyadic coping, while perceived stress and dyadic coping jointly explained 46% of the variance in relationship commitment. Most notably, the complete model explained 71% of the variance in marital resilience, indicating substantial explanatory capacity. These findings provide strong empirical support for the hypothesized structural model and highlight the critical role of dyadic coping and relationship commitment as relational mechanisms through which perceived stress influences marital resilience.

Discussion and Conclusion

The findings of the present study provide substantial evidence regarding the complex relationships among perceived stress, dyadic coping, relationship commitment, and marital resilience among married individuals in Baku. The proposed structural model demonstrated excellent fit to the data and explained a considerable proportion of the variance in marital resilience. Specifically, perceived stress was negatively associated with dyadic coping, relationship commitment, and marital resilience, whereas dyadic coping positively predicted both relationship commitment and marital resilience. Furthermore, relationship commitment emerged as a significant positive predictor of marital resilience. The mediation analyses indicated that dyadic coping and relationship commitment functioned as important mechanisms through which perceived stress influenced marital resilience. Collectively, these findings suggest that couples' ability to cope together and maintain commitment to the relationship may buffer the detrimental effects of stress and facilitate adaptive functioning within marriage.

One of the primary findings of the study was the significant negative association between perceived stress and marital resilience. Individuals who reported higher levels of stress demonstrated lower levels of resilience within their marital relationships. This finding is consistent with theoretical perspectives suggesting that chronic stress depletes psychological resources, impairs emotional regulation, reduces constructive communication, and weakens adaptive responses to relational challenges. When stress becomes persistent, partners may become more vulnerable to conflict, emotional withdrawal, and relational dissatisfaction, thereby undermining the resilience of the relationship. This result aligns with previous studies demonstrating that stress constitutes a major risk factor for relationship functioning and marital stability (Budiartini, 2021; Ogan & Monk, 2025; Ogan et al., 2021). During periods of societal disruption such as the COVID-19 pandemic, elevated stress was shown to predict deterioration in relationship quality and increased relational instability, supporting the present findings (Candel & Jitaru, 2021; Estlein et al., 2022; Pietromonaco & Overall, 2022). Similarly, research on couples facing health-related adversities, caregiving responsibilities, and major life transitions has consistently documented the harmful effects of unmanaged stress on relationship functioning and adaptive capacity (Campbell et al., 2022; Lucier-Greer et al., 2022; Valente et al., 2021). The current findings therefore reinforce the view that perceived stress represents a significant obstacle to the development and maintenance of marital resilience.

The study also revealed a strong negative relationship between perceived stress and dyadic coping. Couples experiencing higher levels of stress reported lower levels of collaborative coping and supportive interaction. This finding supports the notion that stress may interfere with partners' ability to communicate effectively, recognize each other's emotional needs, and engage in cooperative problem-solving behaviors. High stress often narrows attention toward individual concerns, reducing the capacity to provide support and participate in shared coping efforts. The result is highly consistent with previous empirical investigations demonstrating that stress undermines positive dyadic coping processes (Lillie et al., 2021; Ogan et al., 2021).

Moreover, a recent systematic review concluded that elevated stress frequently disrupts partner support and decreases the likelihood of constructive coping interactions, although contextual factors may influence the magnitude of these effects (Ogan & Monk, 2025). Similar patterns have been observed among couples facing chronic illness, infertility, military deployment, and pandemic-related uncertainty, where increased stress was associated with diminished supportive coping and poorer relational outcomes (Campbell et al., 2022; Santamaría-Gutierrez et al., 2025; Valente et al., 2021). The present findings suggest that stress not only affects individual well-being but also disrupts the interpersonal processes that are essential for maintaining healthy relationships.

Another important finding was the negative direct effect of perceived stress on relationship commitment. Participants who experienced higher levels of stress reported lower commitment toward their marital relationship. This finding may be explained by the fact that prolonged stress often generates emotional exhaustion, reduces relationship satisfaction, and weakens motivation to invest in relational maintenance. Under stressful circumstances, partners may perceive the relationship as less rewarding or become preoccupied with coping independently, resulting in decreased dedication to long-term relational goals. This interpretation is supported by research indicating that stress contributes to relational dissatisfaction and instability when adaptive coping resources are insufficient (Ogan et al., 2021; Pietromonaco & Overall, 2022). Studies examining relational functioning during crises have similarly shown that persistent stress can erode commitment and increase vulnerability to relational deterioration (Budiartini, 2021; Estlein et al., 2022). The current findings therefore highlight the importance of addressing stress not only as an individual psychological issue but also as a relational factor with implications for long-term commitment.

The results further demonstrated that dyadic coping exerted a strong positive effect on relationship commitment. Couples who reported greater collaborative coping also reported stronger commitment to their relationships. This finding is theoretically meaningful because dyadic coping promotes perceptions of partnership, trust, emotional support, and mutual investment. When partners successfully face challenges together, they develop confidence in the relationship's capacity to withstand adversity, thereby strengthening commitment. This finding corresponds closely with previous studies showing that dyadic coping contributes to relationship quality, satisfaction, and stability across diverse populations (Seok et al., 2022; Wang & Umberson, 2022). Research involving couples coping with infertility, disability, chronic illness, and parenting challenges has consistently shown that supportive coping interactions enhance relationship functioning and reinforce relational bonds (Bertschi et al., 2021; Pavon et al., 2024; Santamaría-Gutierrez et al., 2025). Furthermore, Kurt and Yaman reported that dyadic coping remains an important predictor of positive relational outcomes even after accounting for other psychological resources (Kurt & Yaman, 2025). The current findings therefore support the proposition that dyadic coping serves as a critical mechanism for preserving and strengthening commitment within intimate relationships.

The study additionally found that dyadic coping positively predicted marital resilience. This was one of the strongest relationships observed in the structural model and highlights the central role of collaborative coping in fostering adaptive marital functioning. Couples who engage in supportive communication, shared problem-solving, and coordinated responses to stress appear better equipped to withstand adversity and recover from challenges. Dyadic coping may strengthen resilience by reducing emotional burden, increasing perceptions of support, facilitating constructive adaptation, and enhancing confidence in the couple's ability to manage future stressors. This interpretation is highly consistent with previous research identifying dyadic coping as a key protective factor in resilient relationships (Hasanzadeh et al., 2024; Wang et al., 2025). Studies involving couples facing medical challenges, family transitions, and social adversity have similarly shown that collaborative coping contributes significantly to resilience and positive adjustment (Fergus et al., 2021; Shinan-Altman et al., 2024; Zhang & Cao,

2024). The findings also align with theoretical models suggesting that resilience emerges not solely from individual strengths but from relational processes that enable couples to manage adversity together (Grané-Morcillo, 2026; Surijah et al., 2025).

Relationship commitment was also found to be a significant positive predictor of marital resilience. Couples characterized by stronger commitment demonstrated greater resilience in the face of challenges. This finding suggests that commitment functions as a motivational resource that encourages persistence, adaptability, and investment during difficult periods. Highly committed partners may be more willing to engage in problem-solving efforts, maintain emotional connection, and prioritize relationship preservation despite adversity. These behaviors contribute directly to resilient functioning and facilitate recovery following stressful experiences. Previous studies have similarly emphasized the importance of commitment-related processes in promoting relationship stability and positive adaptation (Fan et al., 2022; Mohamad et al., 2022). Research on resilient couples consistently indicates that dedication to the relationship serves as a protective factor against relational deterioration and supports long-term adjustment (Surijah et al., 2025; Xiang et al., 2022). The present findings extend this literature by demonstrating the direct contribution of commitment to marital resilience within a comprehensive structural framework.

One of the most important contributions of the study concerns the significant indirect pathways identified through structural equation modeling. Dyadic coping and relationship commitment mediated the association between perceived stress and marital resilience. In other words, stress affected resilience not only directly but also indirectly through its impact on adaptive relational processes. This finding provides support for systemic and transactional models of stress, which emphasize that the consequences of stress are shaped by interpersonal coping mechanisms and relationship dynamics. Couples who experience high levels of stress may nevertheless maintain resilience if they possess strong dyadic coping skills and remain committed to the relationship. Conversely, when stress disrupts these relational resources, resilience becomes substantially weakened. Similar mediation patterns have been suggested in previous studies examining coping, support processes, and relational adaptation (Carrese-Chacra et al., 2023; Ji et al., 2025; Pavon et al., 2024). The current findings therefore contribute to the literature by clarifying the mechanisms through which stress influences marital outcomes and by highlighting the interconnected roles of coping and commitment.

The substantial proportion of variance explained in marital resilience further underscores the practical significance of the proposed model. The findings indicate that perceived stress, dyadic coping, and relationship commitment collectively represent powerful determinants of resilience within marriage. This observation is consistent with contemporary conceptualizations of resilience as a dynamic process emerging from interactions among risk factors, protective resources, and relational strengths (Cihan & Var, 2022; Cui et al., 2023; Qiu et al., 2024). Rather than being a fixed trait, resilience appears to develop through ongoing interpersonal processes that enable couples to navigate adversity effectively. The present study therefore supports growing evidence that resilience should be understood as a relational phenomenon influenced by both individual perceptions and dyadic interactions.

Taken together, the findings advance current understanding of marital resilience by demonstrating that perceived stress, dyadic coping, and relationship commitment operate as interconnected components within a broader relational system. The results support systemic perspectives emphasizing the interdependence of partners' experiences and underscore the importance of examining relationship functioning through a multidimensional lens. By identifying dyadic coping and commitment as mediating mechanisms, the study provides a more comprehensive explanation of how stress affects marital resilience and offers valuable insights for relationship theory, counseling practice, and preventive interventions.

Several limitations should be considered when interpreting the findings. First, the cross-sectional design prevents causal conclusions regarding the relationships among the study variables. Second, all measures relied on self-report instruments, which may be influenced by social desirability, response biases, and subjective perceptions. Third, the sample was limited to married

individuals residing in Baku, which may restrict the generalizability of the findings to other cultural, geographical, or demographic populations. Fourth, potentially influential variables such as personality traits, attachment styles, mental health status, socioeconomic conditions, and relationship duration were not incorporated into the structural model. Finally, the study assessed individual perceptions rather than collecting data from both partners simultaneously, limiting the ability to fully examine dyadic interdependence.

Future studies should employ longitudinal designs to examine causal pathways and changes in resilience processes over time. Researchers may also utilize dyadic data collection methods involving both partners to better capture mutual influences and interdependence within relationships. Additional studies should investigate potential moderators and mediators, including attachment security, emotional regulation, psychological flexibility, communication quality, and cultural values. Comparative research across different countries and cultural contexts would help clarify the universality and cultural specificity of the observed relationships. Furthermore, intervention-based research could evaluate whether programs designed to enhance dyadic coping and commitment lead to measurable improvements in marital resilience.

The findings suggest that relationship education and counseling programs should place greater emphasis on strengthening dyadic coping skills and reinforcing relationship commitment. Practitioners working with couples may benefit from incorporating interventions that teach collaborative problem-solving, stress communication, emotional support, and shared coping strategies. Premarital and marital enrichment programs should include components focused on resilience-building and adaptive responses to life stressors. Healthcare providers, family counselors, and community organizations can also develop preventive initiatives aimed at helping couples recognize the impact of stress on their relationships and cultivate protective relational resources. By enhancing couples' ability to cope together and maintain commitment during adversity, such interventions may contribute substantially to stronger, healthier, and more resilient marriages.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

All ethical principles were adhered in conducting and writing this article.

Acknowledgments

We would like to express our gratitude to all those who helped us carrying out this study.

Authors' Contributions

All authors equally contributed to this study.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

Funding

This research was carried out independently with personal funding and without the financial support of any governmental or private institution or organization.

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