



RESEARCH ARTICLE

Dark Triad Traits and Marital Burnout among Couples

Abdelrahim Fathy Ismail¹, Rawan Abdul Mahdi Neyef Al-Saliti², Anwar Faisal Ahmed Hawari³, Nizar Mohammad yousef alzubi⁴, Omar Abdallah khawaldeh⁵, Tamasy Sameer Hussien Sharadqah⁶

¹Curriculum and Instruction Department, Faculty of Education, King Faisal University, Al Ahsa, Saudi Arabia

^{2,4}Department of Psychological and Educational Counseling, College of Educational Sciences, Jadara University, Irbid, Jordan

³Psychological Counselor, School Doors Science of Excellence, Irbid, Jordan

⁵Part-time Lecturer, Department of psychology, School of Arts, University of Jordan, Amman, Jordan

⁶Psychologist at King Abdullah University Hospital, Irbid, Jordan

ARTICLE INFO	ABSTRACT
Received: May 22, 2024 Accepted: Sep 27, 2024	The current study seeks to define the level of Dark Triad traits and Marital Burnout, as well as the correlation between them, among couples residing in the Jordanian city of Irbid by using the comparative correlation approach. The study sample consists of (200) couples from Irbid Governorate selected using convenience sampling method. The study's findings show that couples have a moderate level of Dark Triad, with Narcissism ranking first, followed by Machiavellianism, and Psychopathy, respectively. It also shows that there is a low level of marital burnout among couples in Irbid city. The study's results have shown that, with the exception of narcissism, there are statistically significant differences in the level of Dark Triad traits in the light of gender, in favor of males. In addition, there is no statistically significant differences in the level of Dark Triad traits in the light of age, with the exception of Narcissism, where the differences are in favor of the age group (20–35), and there are no statistically significant differences are found in the level of Dark Triad traits in the light of employment status and educational level in all domains. Furthermore, statistically significant differences in the level of marital burnout are found, in favor of males, while no differences are found in the light of age, employment status, and educational level. Finally, a statistically significant positive correlation is found between the level of marital burnout, Psychopathy, and Machiavellianism, while no statistically significant correlation is found between the level of marital burnout and Narcissism.
Keywords Couples Dark triad Marital burnout	
*Corresponding Author afismail@kfu.edu.sa	

1. INTRODUCTION

The concept of Dark Triad personality, which was introduced by Paulhus and Williams (2002) in 2002, has gained popularity recently. It highlights the idea that some personality traits might truly reveal a bad aspect of our personalities (Hadhazi et al., 2023). Three personality qualities are included in this concept: Narcissism (characterized by greatness, entitlement, dominance, and superiority), Machiavellianism (characterized by manipulation, elf-service, immorality, and deception), Psychopathy (characterized by poor empathy and anxiety along with impulsive and thrill seeking). These traits indicate a tendency for socially unacceptable behavior, and individuals who exhibit high levels of these traits put their own interests and success over the interests of the general public. They are, to some extent, evident in every individual in different degrees and are important in the workplace (Jonason et al., 2021; Hadhazi et al., 2023). Due to shared domains like aggressiveness, dishonesty, lack of empathy, hypocrisy, and undesirable social behavior, Dark Triad traits are grouped together into a conceptual grouping (Van Groningen et al., 2021).

Early childhood is when Dark Triad traits begin to develop and increase (Barlett, 2016). There are several common traits between Dark Triad and negative psychosocial behavioral styles (Muris et al., 2017). Dark Triad, as defined by Furnham and his colleagues (2013), is a group of three conceptually

distinct but empirically overlapping personality traits. The three traits—Narcissism, Machiavellianism, and Psychopathy— frequently exhibit varying correlations, but at the same time they share a common fundamental quality that is cruelty, as well as greed, hatred, perfectionism, dependencies, and lack of compassion and trust. While Narcissism and Psychopathy are correlated by focusing on short-term goals, and Machiavellianism focuses on long-term goal planning (Marcus & Zeigler-Hill, 2015). In addition to that, couples experiencing high levels of Dark Triad experience diminished intimacy and contentment, which eventually leads to marital burnout (Haghnasab & Pourfarokh, 2021).

In this regard, Kardum and colleagues (2018) add that Psychopathy is connected to deceptive, exploitative, and aggressive behaviors, particularly in the context of marital relationships. Ali and Chamorro (2010) believe that individuals who have a high level of Machiavellianism tend to be hesitant to commit and prefer emotionally detached relationships. In comparison to individuals who exhibit low levels of this trait, they report less faith in their relationships and are less inclined to stay in a relationship (Brewer & Abell, 2017). On top of that, Machiavellianism is related to many negative romantic relationship practices, including disclosure of intimate sexual secrets (McHoskey, 2001), the use of deceptive mating techniques, engaging in a romantic relationship for status, controlling other parties behavior, and emotional abuse (Brewer & Abell, 2017). Although individuals with high levels of Machiavellianism may not look at their relationship in a satisfactory look, they engage in long-term relationships to conform to social norms or to get the opportunity to control and take advantage of their partners (Brewer & Abell, 2017). Even though narcissism was primarily associated with poor outcomes in long-term relationships, narcissists still enter them and, in certain situations, can make good partners—particularly when their partners meet their needs—even though they did not demonstrate that they are adept at starting and sustaining long-term relationships (Foster & Brunell, 2018).

One issue that couples deal with in their marriages is marital burnout, forcing them to take the necessary measures to prevent it and reduce the excessive stress resulting (Sirin & Deniz, 2016). Marital burnout is one of the mental disorders that weaken love and marital bonds and cause psychological issues, which leads to emotional divorce and, in the end, official divorce (Aubeeluck & Luximon-Ramma, 2020). It is a result of the long-term conflicts between the couples, which eventually lowers the quality of their marital life and causes dissatisfaction between them by increasing aggressive behavior and weakening their love feelings (Huston, 2009). Besides, marital burnout results from the mismatch between reality and couple's expectations. Its seriousness depends on the couples' compatibility and beliefs (Pines, 2013).

The first study on marital burnout is published in a scientific journal in the mid-1970s by Pines, who has expanded the scope of psychological burnout to other aspects of life than work (Pines, 2013). According to Pines, a couple's life will lose the meaning they had anticipated from the other party when their love and romance fade over time (Malakh-Pines & Uluengin, 2010).

There are three stages of marital burnout: Physical burnout is characterized by several symptoms, including exhaustion, lethargy, chronic headaches, abdominal pain, sleep disorders, loss of appetite, and overeating; emotional burnout, which includes a variety of resentment feelings, unwillingness to solve problems, frustration, sadness, vacuum feelings, lack of motivation, falling into the trap, silliness, emotional turmoil, and even suicidal thoughts; and psychological burnout which includes low self-esteem, a negative attitude towards life partner, feelings of despair and frustration, failure, and discomfort (Alsawalqa, 2019).

This concept is used to describe the painful state of emotional, physical, and psychological exhaustion that couples go through when they realize that despite the effort they make; their relationship will never be able to fulfill its purpose. This leads to a number of issues for their children and other family members, which ultimately results in emotional divorce. It also weakens the bond of love and connection between couples and contributes to a number of mental disorders, and this pave the way for divorce. The level of marital burnout between couples is determined by the extent to which the couple's beliefs correspond to reality, and it arises from the differences between the high expectations the couples have and the reality they face. Marital burnout is more common among females than males, and it typically develops gradually rather than suddenly (Jafari et al., 2021).

The variables in the current study are the subject of several studies. For instance, Kardum and colleagues' (2018) study has used a sample of (100) couples to investigate how the quality of relationships between couples is affected by shared Dark Triad traits. The results of the study showed that the differences in Psychopathy were associated with lower relationship quality among females, and that the similarity in the high levels of Machiavellianism is associated with lower levels of relationship quality between females and males. Additionally, the results found that when couples shared a high level of Machiavellianism, the quality of the relationship dropped more among females, while the same levels of Narcissism were associated with high levels of relationship quality between females and males.

In order to define the relationship between Dark Triad, sexual assertiveness, and cognitive flexibility with marital burnout in female nurses, Khorshidi and DashtBozorgi (2019) employed a sample of (200) nurses working at Ahvaz State Hospital. The results revealed that among female nurses, there was a significant positive correlation between marital burnout and the Dark Triad: Narcissism, Machiavellianism, and Psychopathy. It also revealed that Dark Triad, sexual assertiveness, and cognitive flexibility were able to predict 35.7% of the variance in marital burnout among female nurses.

In Iran, Zareh Zardini, Jafari, and Ghamari (2021) conducted a study on a sample consisting of (175) female patients who were between the ages of 25 and 45 when they visited the Ibn Sina Infertility Clinic in Tehran in order to predict marital burnout based on emotions of loneliness and emotional divorce in infertile women. The results of the data analysis revealed a significant and positive relationship between loneliness and its subscales (lack of intimacy and lack of social network) and a positive and significant relationship between emotional divorce and its subscales (feeling of separation from each other, feeling of loneliness, the need for a companion, boredom, and restlessness) and marital burnout.

In another study, Haghnasab and Pourfarokh (2021) sought to examine the relationship between Dark Triad traits of personality and attachment styles with couple burnout in Iran. A sample of (206) was selected. The results showed a significant positive correlation between Dark Triad traits of personality with couple burnout, a significant negative correlation between secure attachment style with couple burnout, and a significant positive correlation between avoidant and anxious attachment style with couple burnout. The results also showed that the total score of the Dark Triad of Personality and Machiavellism and psychopathy domains independently and all three attachment styles can predict couple burnout.

Pourmohseni Kolouri and his colleagues (2021) employed a sample of (126) males and (84) females in an attempt to define the role of Dark Trait personality, self-differentiation, and gender roles in predicting marital burnout. The results of the study found a negative and significant correlation between male's differentiation and marital burnout, while there was a positive and significant relationship between Machiavellianism and psychopathy with marital burnout. Also, femininity and androgyny were negatively and significantly correlated with marital burnout among females. The results of multiple regression analysis indicated that Machiavellianism and psychopathy had a significant role in predicting females' marital burnout.

The results of Nejatian and colleagues' (2021) study, which attempted to define the status of marital burnout and related factors in married women referred to health centers ($n = 936$), showed that the mean of marital burnout was 55.46 out of 147. The results also revealed a significant correlation between females' educational level, total score of marital burnout, and physical and emotional burnout. A significant correlation was observed between the involvement of females in communication skills training programs and overall marital burnout, encompassing the psychological burnout subscales. Furthermore, the study's findings indicated a statistically significant correlation between females' marital burnout and compulsory marriage, marital satisfaction, marriage duration, and husband's level.

In a different study, Khaledian, Shahmoradi, and Madani (2023) aimed to define marital burnout in women with addicted couples (both industrial and traditional drug addicts) in Qorveh City. A semi-structured interview conducted on a sample included (17) women with an age range of 25-45 years whose husbands were addicts visit the Niko-Salamt clinic. A high level of marital burnout was found women with addicted couples after factors influencing the formation of marital burnout among them

were analyzed. These factors included individual, psychological and personal factors; revealing factors including family, personal, and communication factors; sustainable factors including social, cultural, and environmental factors; and aggravating factors which included emotional, lifestyle and sexual factors.

To investigate the effects of actor, partner, and similarity (or dissimilarity) in the Dark Triad traits on self-reported relationship satisfaction in romantic couples, Kardum and others (2024) administrated questionnaires to (205) heterosexual romantic couples. According to the data analysis, the Dark Triad attributes primarily had a negative actor and partner impact on both partners' relationship satisfaction. Additionally, it demonstrated that the lower males's relationship satisfaction was associated with dissimilarity in psychopathy. Dissimilarity in narcissism was related to lower relationship satisfaction for both couples, whereas similarity in this trait was related to higher relationship satisfaction for both couples.

Statement of the Problem

The problem of the study is associated with Dark Triad traits and marital burnout in couples and the attention marriage counselors give the couples in light of Adler's contributions in this field.

Anyone who follows topics related to Dark Triad traits and Marital Burnout will notice that the studies have primarily focused on samples of rebellious couples or cases where psychological or physical abuse by a partner occurred and on creating plans to address conflicts between couples. This can be seen in Pampliega and colleagues' (2019) study, which revealed that couples are unaware of the best strategies for resolving conflicts and minimizing psychological burnout. Despite the earlier research studies on this subject, there is still a knowledge gap, as evidenced by the lack of a study that linked the two variables (Dark Triad traits and Marital Burnout), which justifies conducting this study. More specifically, the problem of the study might be summed up by providing answers to the following queries:

First Question: "What is the level of Dark Triad among couples?"

Second Question: "What is the level of Marital Burnout among couples?"

Third Question: "Are there statistically significant differences at ($\alpha = 0.05$) in the level of Dark Triad and Marital Burnout in light of gender, age, employment status, educational level?"

Fourth Question: "Are there a statistically significant correlation at ($\alpha = 0.05$) between Dark Triad and Marital Burnout among couples?"

Significance of the Study

The theoretical significance of the study stems from the fact that it enriches the theoretical aspect of the study, which aims to fill the gap in the literature concerning the study's variables (Dark Triad traits and Marital Burnout) that directly affect couples. This study is considered among the first to examine these variables collectively. In addition, it is anticipated that the study will provide a scientific addition to expanding the methods by which couples problems can be resolved and serve as a starting point for several scholars to conduct more research of a similar nature considering the scarcity of previous studies in this area. In terms of the study's practical significance, it is anticipated that it will provide couples with some coping mechanisms that enable them to deal with stress and mental disorders they go through and achieve a better level of psychological adaptation. On top of that, it may offer some mechanisms that could serve as a theoretical framework reference, an introduction to earlier studies on couples' problems in various environments and samples, and other benefits to academics and experts in this field.

Purposes of the Study

The current study aims to achieve the following objectives:

- To define the level of Dark Triad traits and Marital Burnout among couples in Irbid City.
- To define the differences in the level of Dark Triad traits and Marital Burnout among couples in the light of the study's variables.

- To reveal the relationship between Dark Triad traits and Marital Burnout among couples in Irbid City.

Definitions of Key Terms

- **Marital Burnout:** The excruciating state of physical, psychological, and emotional exhaustion that a couple experiences when they realize that, in spite of all of their efforts, their relationship isn't able to accomplish their life purpose (Jafari et al., 2021). It is defined in this study as the total score that couples get on the Marital Burnout scale used in this study.
- **Dark Triad traits:** A group of three conceptually distinct but empirically overlapping personality traits (Furnham et al., 2013). It is defined in this study as the total score that couples get on the Dark Triad traits scale used in this study.

METHODS AND PROCEDURES

The Study's Methodology

For this study, a comparative correlation approach is used. In terms of the design employed, the correlational design that predicts the nature of relationships and reveals the relationship between Dark Triad traits and Marital Burnout in couples in Irbid City is adopted.

Study Sample

The sample of the study consists of (200) couples that have been selected using convenience sampling method.

Instruments of the Study

The following two instruments are employed:

First: Dark Triad Scale

For the purposes of the current study, the Dark Triad Scale, developed by Jones and Paulhus (2014), is employed. The scale has (41) items in total, divided into three domains: Narcissism (13 items), Machiavellianism (13 items), Psychopathy (15 items). All the items have been drafted positively except for the items (2, 5, 6, 13, 15, 16, 20, 23, 32, 28, 36, 38, and 40), which have been drafted negatively.

Validity and Reliability of the scale in its original form

Correlation coefficients are ranged between (0.72-0.77), and the Cronbach Alpha Coefficient is (0.89).

Validity and Reliability of the Scale in the Current Study

The Scale Reliability

In order to verify the instrument reliability, the test-retest method and the Cronbach Alpha Coefficient for internal consistency reliability is calculated. It is found that the re-test reliability of Machiavellianism is (0.83) and the internal consistency is (0.71). For Narcissism, it is found that re-test reliability is (0.80), and the internal consistency is (0.80). As for Psychopathy, it is found that re-test reliability is (0.86), and the internal consistency is (0.84).

Construct Validity

To obtain construct validity, correlation coefficients between the items and the total score of the scale are calculated through a pilot sample consisting of (30) couples selected from the same population and out of the original sample. The correlation coefficient of the items and the total score range between (0.42-0.65).

Secondly: Marital Burnout Scale

For the purposes of the current study, a marital burnout scale is developed by reviewing a set of previous studies related to the study subject (e.g., Ragyan et al., 2018; Meijatiam, 2021; and Ahmad et al., 2023). The scale, in its initial format, includes (27) items that have been divided into three domains (emotional attrition, hyper-depersonalization, and low sense of accomplishment).

The Scale Reliability

In order to verify the instrument's reliability, the test-retest method is employed by administering the scale and re-administrating it after two weeks on a sample consisting of (30) couples. Next, Pearson's correlation factor is calculated according to their responses in both times, reaching (0.86). Also, the Cronbach Alpha Coefficient for internal consistency reliabilities is calculated, reaching (0.81). These values are considered appropriate for the purposes of this study.

Construct Validity

To obtain construct validity, correlation coefficients between the items and the total score of the scale are calculated through a pilot sample consisting of (30) couples which have been selected from the same population and out of the original sample. The correlation coefficient of the items and the total score range between (0.51-0.91).

Variables of the Study

- **Independent Variables:** Age (20-35, 36-50, more than 50), educational level (secondary stage and below, bachelors, postgraduate studies), gender (male, female), and employment status (employed, unemployed).
- **Dependent Variables:** Dark Triad traits and marital burnout among couples.

Results and Discussion:

First Question: "What is the level of Dark Triad among couples?"

To answer this question, the means and standard deviations are calculated for the level of Dark Triad among couples, as seen in table (1).

Table (1): Means and Standard Deviations for the Level of Dark Triad among Couples in Descending Order According to Means

Rank	No.	Domain	Mean	Standard Devi.	Level
1	2	Narcissism	3.33	0.430	Moderate
2	1	Machiavellianism	3.29	0.357	Moderate
3	3	Psychopathy	2.64	0.392	Moderate

According to Table (1), the means are ranging between 2.64 and 3.33, with Narcissism ranking first ($M = 3.33$) and Psychopathy ranking last ($M = 2.64$). The first reason for the high levels of Narcissism and Machiavellianism can be attributed to the fact that individuals with these types of personalities prefer emotionally segregated relationships and openly expressing their lack of commitment to their partner. Because their relationships are based on personal interests and the need to adhere to social norms, they are less willing to move forward in their relationships with their partners and keep feeling dissatisfied even after a considerable period of time. Additionally, these personality traits are associated with many problematic behaviors in romantic relationships, such as exposing marital secrets among others. Therefore, these personality traits lead to high levels of this type of personality. The result is consistent with the result that has been provided by Kardum and his colleagues (2018), while it differs from the one that has been provided by Kardum and his colleagues (2024).

Second Question: "What is the level of Marital Burnout among couples?"

To answer this question, means and standard deviations are calculated for the level of Marital Burnout among couples, as seen in table (2).

Table (2): Means and Standard Deviations for the Level of Marital Burnout among Couples in Descending Order According to Means

Rank	No.	Mean	Standard Devi.	Level	Rank	No.	Mean	Standard Devi.	Level
1	14	3.44	1.073	Moderate	15	8	2.19	1.103	Low
2	16	2.83	1.266	Moderate	15	27	2.19	1.162	Low
3	13	2.67	1.277	Moderate	17	2	2.18	1.079	Low
4	3	2.53	1.147	Moderate	18	7	2.17	1.108	Low

5	24	2.40	1.198	Moderate	18	15	2.17	1.079	Low
6	5	2.36	1.147	Moderate	20	12	2.11	1.021	Low
7	26	2.30	1.168	Low	21	9	2.07	0.951	Low
8	18	2.28	1.147	Low	22	23	2.04	1.002	Low
9	4	2.26	1.116	Low	23	11	2.01	0.984	Low
10	17	2.23	1.045	Low	24	25	2.01	0.954	Low
11	1	2.22	1.094	Low	25	10	1.99	0.992	Low
12	6	2.21	1.082	Low	26	20	1.96	0.929	Low
12	19	2.21	1.045	Low	27	21	1.90	0.969	Low
14	22	2.20	1.115	Low		Total	2.26	0.788	Low

Table (2) shows that the means are ranging between (1.90-3.44) with a total score for Marital Burnout of (2.26). Item (14) stating "I feel obedience to my spouse" is ranked first ($M = 1.66$), while item (21) stating "My marriage seems like it's going to fall apart" is ranked last ($M = 1.90$). This result can be attributed to several reasons, one of which is that marital relationships and related problems often occur in the first few months and years of a marriage, not in the middle or at the last months of the relationship. The other is related to the religious aspect and the convergence of the couples' educational, social, and economic backgrounds, which contribute to the low levels of Marital Burnout among the study sample. This result lines with the findings of Khaledian, Shahmoradi, and Madani (2023), as well as Zareh Zardini, Jafari, and Ghamari (2021).

Third Question: "Are there statistically significant differences at ($\alpha = 0.05$) in the level of Dark Triad and Marital Burnout in light of gender, age, employment status, educational level?"

To answer this question, means and standard deviations are calculated for the level of Dark Triad and Marital Burnout in light of gender, age, employment status, and educational level, as table (3) shows.

First: Level of Dark Triad among Couples

Table (3): Means and Standard Deviations for the Level of Dark Triad among Couples in Light of Gender, Age, Employment Status, and Educational Level

			Machiavellianism	Narcissism	Psychopathy
Gender	Male	Mean	3.41	3.27	2.97
		Std. Devi.	0.315	0.369	0.356
	Female	Mean	3.27	3.34	2.61
		Std. Devi.	0.359	0.436	0.380
Age	20-35	Mean	3.29	3.38	2.67
		Std. Devi.	0.376	0.417	0.387
	36-50	Mean	3.31	3.34	2.66
		Std. Devi.	0.309	0.427	0.412
	More than 50	Mean	3.22	3.10	2.51
		Std. Devi.	0.416	0.429	0.335
employment Status	Employed	Mean	3.25	3.30	2.68
		Std. Devi.	0.349	0.442	0.394
	Unemployed	Mean	3.32	3.35	2.62

		Std. Devi.	0.361	0.420	0.390
Educational Level	Secondary Stage and below	Mean	3.34	3.40	2.68
		Std. Devi.	0.326	0.356	0.437
	Bachelors	Mean	3.29	3.31	2.64
		Std. Devi.	0.359	0.427	0.376
	Postgraduate Studies	Mean	3.25	3.34	2.64
		Std. Devi.	0.365	0.467	0.410

As shown in table (3), there is an apparent variation in the means and standard deviations of the level of Dark Triad among couples due to the different categories of gender, age, employment status, and educational level. MANOVA is employed, as shown in Table (4), in order to define the significance of statistical differences between means.

Table (4): MANOVA for the Effect of Gender, Age, Employment Status, and Educational Level on the Domains of Dark Triad among Couples.

Source of Variance	Domains	Sum of Squares	df	Mean Squares	F	Sig.
Gender	Machiavellianism	0.530	1	0.530	4.216	0.041
	Narcissism	0.059	1	0.059	0.325	0.569
	Psychopathy	2.141	1	2.141	15.023	0.000
Age	Machiavellianism	0.145	2	0.073	0.578	0.562
	Narcissism	1.515	2	0.757	4.192	0.017
	Psychopathy	0.685	2	0.343	2.405	0.093
Employment Status	Machiavellianism	0.420	1	0.420	3.342	0.069
	Narcissism	0.0008	1	0.0008	0.000	0.983
	Psychopathy	0.069	1	0.069	0.483	0.488
Educational Level	Machiavellianism	0.049	2	0.024	0.194	0.824
	Narcissism	0.229	2	0.114	0.633	0.532
	Psychopathy	0.009	2	0.004	0.030	0.970
Error	Machiavellianism	24.260	193	0.126		
	Narcissism	34.874	193	0.181		
	Psychopathy	27.500	193	0.142		
Total	Machiavellianism	25.292	199			
	Narcissism	36.717	199			
	Psychopathy	30.605	199			

Table (4) shows that there are statistically significant differences ($\alpha = 0.05$) in light of gender in all domains except Narcissism, in favor of males. The results are attributed to the correlation between the psychopathic personality and the reckless, aggressive style, which is more prevalent in males than in females. Machiavellianism personality is characterized by cunning and deceit in order to achieve their personal goals. This is because they prioritize their own needs over morals, something that females tend to prioritize more. This personality type is also marked by disloyalty and a lack of commitment to relationships, unlike females. Consequently, unhealthy family relations may result from all the aforementioned points. Moreover, no statistically significant differences ($\alpha = 0.05$) are found in any domain considering employment status and educational level and age in all domains except for Narcissism. The Scheffe test for Post-Hoc comparisons is employed to show the statistically significant differences between the means, as seen in Table (5).

Table (5): Post-Hoc Comparisons Using Scheffe for the Effect of Age on Narcissism

	Mean	20-35	36-50	More than 50
20-35	3.38			
36-50	3.34	0.047		
More than 50	3.10	*0.280	0.233	

Significance at ($\alpha = 0.05$)

Table (5) shows that there are statistically significant differences ($\alpha = 0.05$) between the age group (20-35) and the age group (more than 50), in favor of the earlier one.

Second: Level of Marital Burnout among Couples**Table (6): Means and Standard Deviations for the Level of Marital Burnout among Couples in Light of Gender, Age, Employment Status, and Educational Level**

		Mean	Standard Deviation	Number
Gender	Male	2.83	0.962	20
	Female	2.20	0.743	180
Age	20-35	2.15	0.747	99
	36-50	2.36	0.849	76
	More than 50	2.40	0.718	25
Employment Status	Employed	2.39	0.831	91
	Unemployed	2.15	0.736	109
Educational Level	Secondary Stage and below	2.42	0.950	25
	Bachelors	2.19	0.734	117
	Postgraduate Studies	2.33	0.817	58

It can be noted from table (6) that there is an apparent variation in the means and standard deviations of the level of marital burnout among couples due to the different categories of gender, age, employment status, and educational level. MANOVA is employed, as shown in Table (7), in order to determine the statistical differences between means.

Table (7): MANOVA for the Effect of Gender, Age, Employment Status, and Educational Level on the Level of Marital Burnout among Couples

Source of Variance	Sum of Squares	df	Mean Squares	F	Sig.
Gender	4.579	1	4.579	7.784	0.006
Age	0.786	2	0.393	0.668	0.514
Employment Status	0.543	1	0.543	0.923	0.338
Educational Level	0.986	2	0.493	0.838	0.434
Error	113.537	193	0.588		
Total	123.644	199			

Table (7) shows that there are statistically significant differences at ($\alpha = 0.05$) regarding gender ($F = 7.784$, Sig. = 0.006) in favor of males. The findings are explained by the fact that females are more likely than males to be patient and tolerate marital problems. Additionally, unlike males, females who are mothers typically do not work in professions that put them under pressure or could negatively impact their family life; this shows differences in this regard in favor of males. No statistically significant differences at ($\alpha = 0.05$) are found concerning age ($F = 0.668$, Sig. = 0.514), employment status ($F = 0.923$, Sig. = 0.338), and educational level ($F = 0.838$, Sig. = 0.434). The result is consistent with the results of Nejatian and his colleagues (2021).

Fourth Question: "Are there a statistically significant correlation at ($\alpha = 0.05$) between Dark Triad and Marital Burnout among couples?"

To answer this question, Pearson's Correlation Coefficient is calculated between Dark Triad and Marital Burnout among couples, as seen in Table (8).

Table (8): Pearson's Correlation Coefficient for the Relationship between Dark Triad and Marital Burnout among Couples

		Marital Burnout Scale
Machiavellianism	Correlation Coefficient R	0.209*
	Sig.	0.003
	Number	200
Narcissism	Correlation Coefficient R	-0.082
	Sig.	0.251
	Number	200
Psychopathy	Correlation Coefficient R	0.332**
	Sig.	0.000
	Number	200

* Significant at (0.05) ** Significant at (0.01)

Table (8) indicates a statistically significant positive correlation between the level of marital burnout and psychopathy and Machiavellianism. Several studies have confirmed the idea that those with Dark Triad traits are more likely to experience marital burnout. Such personality traits include lack of interest in other people's feelings, manipulating them, and bearing negative feelings towards others, which explains the material burnout which the individuals who deal with these personalities experience. The results are consistent with the results of Khorshidi and DashtBozorgi (2019) and Haghnasab and Pourfarokh (2021); however, they differ from Pourmohseni Kolouri and his colleagues (2021) results. Furthermore, there is no statistically significant correlation between the level of marital burnout and Narcissism.

Recommendations:

In the light of the results, the study recommends the following:

- Offer couples counseling services that help lower marital burnout and dark triads among them.
- Early diagnosis of dark triads' traits in couples to prevent marital burnout.
- Couples awareness and training on effective coping methods to avoid stressful situations and to help in dealing effectively with the problems that happen between them.

Acknowledgments

This work was supported by the Deanship of Scientific Research, Vice Presidency for Graduate Studies and Scientific Research, King Faisal University, Saudi Arabia (GRANT:KFU241958). (Proposal Number: KFU241958)

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