

# Effects of Life Scripts in Transactional Analysis Theory on Marriage Readiness among Female University Students: A Qualitative Study

Fahimeh Rahmati<sup>1</sup>, PhD Candidate;  Seyed Esmaeil Mosavi<sup>2\*</sup>, PhD;  Zahra Yousefi<sup>3</sup>, PhD

<sup>1</sup>Department of Counseling, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

<sup>2</sup>Department of Counseling, Khomeini Shahr Branch, Islamic Azad University, Khomeini Shahr, Iran

<sup>3</sup>Department of Educational Sciences and Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

\*Corresponding author: Seyed Esmaeil Mosavi, PhD; Department of Counseling, Khomeini Shahr Branch, Islamic Azad University, Khomeini Shahr, Iran.

Tel: +98 31 33660011; Fax: +98 31 3366088; Email: es.mosavi@iavkhsh.ac.ir

Received: August 26, 2023; Revised: October 03, 2023; Accepted: November 27, 2023

## Abstract

**Background:** Numerous young women struggle to envision a fulfilling and intimate marriage due to encountering significant challenges during their childhood and/or experiencing multiple unsuccessful relationships in adulthood. This study investigated the influence of life scripts, as defined by transactional analysis theory, on the marriage readiness of female university students of marriageable age in Isfahan, Iran.

**Methods:** This qualitative case study utilized a non-probabilistic, purposive sampling method to select its participants from among all female university students of marriageable age in Isfahan, Iran, between July and September 2022. The sample comprised 15 individuals, determined through theoretical saturation. Data collection was conducted via semi-structured interviews, encompassing demographic information and life script identification. Triangulation involving the researcher, supervisor, and peer advisors was employed to ensure rigor. Manifest and latent content analyses were applied to the data derived from the participant's responses and narratives using MAXQDA 2022.

**Results:** Analysis identified five predominant life scripts among female university students who exhibited readiness for marriage: "don't be a child," "please others," "be perfect," "don't think," and "try hard." Conversely, the leading life scripts of students lacking marriage readiness were "don't grow up," "don't get close," "don't be important," and "be perfect."

**Conclusion:** The findings suggested that life scripts significantly influence marriage readiness and partner selection among female students of marriageable age. Modifying these scripts may enhance these individuals' preparedness for marriage.

**Keywords:** Marriage, Life, Transactional analysis, Women

**How to Cite:** Rahmati F, Mosavi SE, Yousefi Z. Effects of Life Scripts in Transactional Analysis Theory on Marriage Readiness among Female University Students: A Qualitative Study. Women. Health. Bull. 2024;11(1):38-46. doi: 10.30476/WHB.2024.101175.1263.

## 1. Introduction

The family unit is the cornerstone of society, underscoring the importance of forming effective familial bonds to foster a robust and healthy social structure (1). Marriage, the inception of family life, represents the most elemental human connection, merging two individuals' distinct thinking styles, values, beliefs, perspectives, and worldviews (2, 3). Universally, marriage is the foundational social ritual for fulfilling emotional needs, leading to the establishment of the family, the paramount social institution (4). Choosing a spouse marks the ceremonial beginning of family life, a process deemed crucial by family scholars for laying the groundwork for intricate and nuanced human relationships (5).

Individuals embarking on the journey of marriage select their partners based on personal criteria (6). However, given the socioeconomic shifts

observed in modern societies, the path to marriage has become increasingly complex (7). Consequently, despite the myriad benefits of marriage cited in academic literature, a notable segment of women delay entering into matrimony due to various fears and apprehensions related to marital life (8). Concerns over marital discord, economic instability, lack of marital communication skills, pessimism, mistrust of the opposite sex, perceived conflict between marriage and academic pursuits, fear of infidelity, self-doubt, and traumatic past experiences contribute to postponing marriage readiness, leading some to opt for a single life (9, 10). Numerous individuals struggle to envision a prosperous and intimate marriage, often as a result of challenging childhood experiences or multiple failed relationships in adulthood (11). Hence, understanding life scripts and attitudes towards marriage, alongside the development of therapeutic interventions, is a critical component of premarital counseling programs.

Life scripts, formulated during childhood and influenced by parental behavior and life events, significantly impact life choices, including those related to marriage and partner selection (12, 13). Transactional analysis posits that life scripts originate from decisions made in childhood, distinct from the conscious thought processes influencing adulthood decisions (14). These early decisions, emerging from pre-verbal emotional responses and shaped by various reality-testing mechanisms, lay the groundwork for adult decision-making (15). The content of an individual's life script is uniquely personal, differing from others (16), and is believed to encompass a finite set of behavioral patterns crucial to significant life decisions, such as criteria for choosing a spouse and motivations for marriage (17-19). Consequently, these scripts can influence evaluations regarding partner selection (20).

In Iran, characterized by its youthful demographic and rising divorce rates, the psychological well-being of the society hinges on the health of its familial structures. Given the deep-seated cultural significance of marriage and the diversity of subcultures within the country, assessing the factors contributing to marriage readiness is essential. Therefore, this study aimed to explore the determinants of marriage readiness among female university students in Isfahan, Iran, through the lens of transactional analysis theory to identify strategies to enhance marital awareness and facilitate a deeper understanding of personal attributes and partner selection criteria, ultimately contributing to a decrease in divorce rates and marital discord.

## 2. Methods

This study adopted a qualitative research design, employing observations and interviews to gather primary data on the influence of life scripts, as defined by the theory of transactional analysis, on marriage readiness among female university students in Isfahan, Iran. Conducted from July to September 2022, the research focused on a statistically significant population comprising all unmarried female university students in Isfahan who had no history of marriage and consented to participate.

### 2.1. Sample Selection and Data Collection

Participants were selected using a non-

probabilistic, purposive sampling technique tailored for group interviews. The sample size was determined to be 15, and a figure reached upon achieving theoretical saturation; that is, data collection persisted until no new information or concepts emerged, a milestone attained after conducting fifteen interviews.

Semi-structured interviews served as the primary data collection method. Triangulation was employed to enhance the validity and reliability of the findings (21). Nielsen and colleagues (22) highlighted the alignment of interview questions with the study content as a critical principle of triangulation. A pilot interview was organized in two stages to assess validity: (I) gathering demographic data and (II) exploring reasons for marriage readiness among the target demographic within the transactional analysis framework. The interview structure was inspired by Eric Berne's theory of life scripts to confirm the validity of the interview questions (23).

In line with Sileyew's (24) emphasis on the importance of expert opinions in data collection triangulation, the thesis supervisor and other subject matter experts reviewed the interview format to ensure its validity. To safeguard reliability, the researcher concentrated on collecting data reflective of the participants' life experiences, thereby promoting the objectivity and reliability of the data collected.

Flick and co-workers (25) suggested that qualitative research triangulation should also include returning the collected data to interviewees for verification and potential adjustment, a practice that supports the accuracy of the researcher's interpretations. Accordingly, after transcribing and editing the recorded interviews, the participants were allowed to review the content for concept validation and to suggest any additions or deletions. Additionally, to validate the findings further, another researcher conducted several interviews for comparison purposes. The compiled interview content was then submitted to the thesis supervisor for feedback on enhancing the interview's focus and effectiveness through triangulation.

### 2.2. Data Analysis

The study employed thematic analysis, a qualitative research method designed to identify,

analyze, and report patterns (themes) within data (26). Thematic analysis is frequently utilized for analyzing textual information, such as interviews, books, notes, and other qualitative data, facilitating a focused examination of specific concepts while accommodating ambiguity and integrating diverse concepts (27). The process involves breaking down the content into semantic units, coding these units, categorizing them into themes or patterns, and interpreting the results. This method allows researchers to sift through textual data, seeking recurring patterns and themes to comprehensively understand the content and underlying concepts (28). Themes and sub-themes (with marriage readiness as the primary theme and behavioral symptoms as sub-themes) were identified and analyzed using MAXQDA 2022.

### 3. Results

The study’s participants comprised 15 female university students on the cusp of marriage, averaging 23.62±5.40 years. The analysis revealed

distinct life scripts influencing marriage readiness among these women. Figure 1 presents a circular profile of life scripts among female students of marriageable age. Notably, 58.60% of the codes were linked to the “don’t be a child” script, followed by 13.30% for the “please people” script, 9.30% for the “be perfect” script, 8.70% for the “don’t think” script, and 5.20% for the “try hard” script. Scripts with frequencies below 5.00% were deemed less significant in determining marriage readiness among the study’s female university students at marriageable age.

Conversely, Figure 2 outlines a circular profile for female students lacking marriage readiness. In this group, 28.10% of the codes were associated with the “don’t grow up” script, 23.60% with the “don’t get close” script, 19.40% with the “don’t be important” script, 14.00% with the “don’t think” script, and 10.50% with the “be perfect” script. Similar to the previous findings, scripts with frequencies under 5.00% were considered less influential on the absence of marriage readiness among female

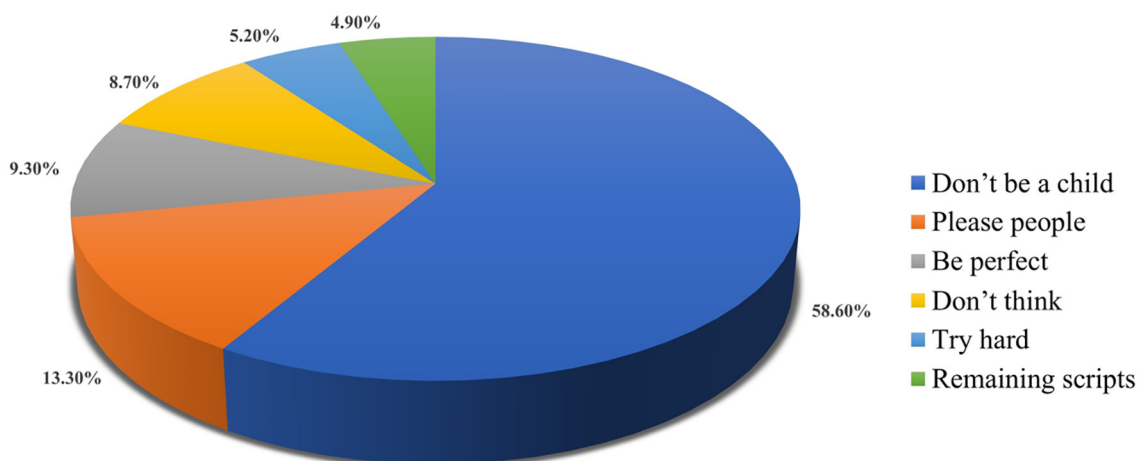


Figure 1: The figure shows the distribution of life scripts for female students at marriageable ages.

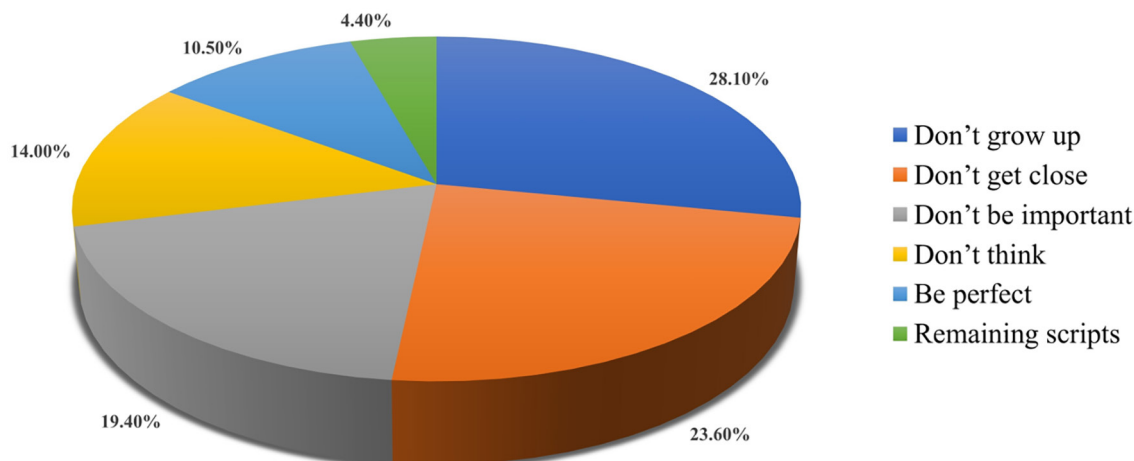


Figure 2: The figure shows the distribution of life scripts for female students who are not marriage-ready.

university students of marriageable age.

Identifying these distinct life scripts provides insight into the psychological factors that may facilitate or hinder marriage readiness among young women, offering valuable implications for counseling and intervention strategies to address these underlying issues.

#### 4. Discussion

The present study aimed to elucidate the factors contributing to the lack of marriage readiness among female university students at marriageable ages in Isfahan, Iran, through the lens of transactional analysis theory. Interview content analysis revealed the significant influence of life scripts on individuals' decision-making processes regarding marriage. The findings underscored the prominence of specific life scripts in shaping marriage readiness and the lack thereof among female students at marriageable ages. Specifically, the scripts of "don't be a child," "please people," "be perfect," "don't think," and "try hard" emerged as primary determinants of marriage readiness, while the scripts of "don't grow up," "don't get close," "don't be important," "don't think," and "be perfect" were identified as key factors contributing to the lack of marriage readiness in this demographic.

The "don't be a child" script emerged as the most prevalent life script influencing marriage readiness. Within this script, individuals assume excessive responsibility and age-inappropriate roles during childhood, often shouldering caretaking duties for others and anticipating negative emotions following moments of enjoyment (29). The underlying parental message associated with this script suggests that individuals must mature prematurely, fostering a perception that marriage represents an opportunity for assuming greater responsibilities and supporting others.

The "please people" script ranked as the second-most frequent life script among female university students at marriageable ages. Individuals governed by this script habitually seek to please others and meet their demands, motivated by a desire for positive affirmation and acceptance (30). These individuals may perceive marriage as fulfilling their parents' wishes and anticipate receiving positive support and affirmation from their partners, akin to the positive reinforcement experienced during

childhood. Consequently, partner selection may be driven by a need for validation, approval, and emotional support, reflecting the psychological and emotional needs cultivated during formative years.

Overall, the discussion highlights the pivotal role of life scripts in shaping individuals' attitudes and decisions regarding marriage. The interplay between childhood experiences, parental influences, and psychological needs underscores the complexity of marriage readiness among female students at marriageable ages. Recognizing the influence of life scripts on decision-making processes can inform targeted interventions aimed at promoting healthier relationship dynamics and enhancing marital readiness among young individuals. Additionally, fostering self-awareness and facilitating constructive communication within premarital counseling may offer valuable support in navigating the complexities of marriage and fostering fulfilling, sustainable relationships.

The "be perfect" script ranked as the third most prevalent script among participants (31). This script involves striving for perfection as a means of survival, where female students may perceive marriage as a means to alleviate the stress associated with imperfection and the resulting shame. They hold the belief that marriage transforms them into perfect individuals, aligning with the cultural context of Iranian-Islamic backgrounds, which views marriage as a stage of achieving perfection and realizing one's goals. Perfectionists may seek partners who can fulfill all their needs and expectations, providing support across all aspects of life. However, excessive expectations can lead to disappointment and dissatisfaction within the marital relationship. Husbands may struggle to constantly meet the demands of a perfectionist spouse, resulting in discontentment and unhappiness.

Additionally, efforts toward personal growth and progress may falter under unrealistic expectations. Perfectionists may seek spouses who are also on a journey of personal growth and who inspire them. Nevertheless, marital discord may arise if pursuing growth leads to failure or the spouse falls short of expectations.

The "don't think" script emerged as the fourth most frequent script among marriageable-aged female students (32). This injunction deprives

individuals of the permission to engage in comprehensive and deep thinking, disconnecting them from reality, themselves, others, and their environment. When triggered, individuals forsake rational thinking in favor of emotional responses. Marriage, a significant life event, becomes overwhelming for individuals governed by the “don’t think” script, rendering them passive and reliant on others for solutions. Consequently, they view marriage as an inevitable means of coping with stressors.

Lastly, the “try hard” script within the marriage readiness model holds potential significance. Individuals driven by this script expend substantial effort and energy in task performance, often exerting themselves beyond necessary bounds. Consequently, they may engage in marriage as a task to be completed, finding satisfaction in overcoming challenges. The stress and pressure associated with marriage and partner selection can impair rational thinking abilities, influencing individuals to adopt scripts such as “be perfect,” “don’t think,” or “try hard” in navigating marital readiness and decision-making processes.

People often make emotional and hasty decisions during times of stress. When the “don’t think” injunction is triggered, leading to emotional decision-making, individuals may select the wrong spouse, thus paving the way for marital issues (32). Moreover, rational considerations such as values, goals, lifestyle, and personality compatibility are crucial in choosing a spouse. However, these considerations may be overlooked when the “don’t think” injunction takes precedence. It is worth noting that individuals who readily succumb to the “don’t think” injunction during stressful situations may assume a victim mentality, making irrational decisions detrimental to their marital well-being.

The “don’t grow up” script emerged as the most prevalent script, indicating a lack of readiness for marriage (30). Individuals governed by this injunction seek a partner to act as a parental figure, making decisions, assuming responsibility, interacting with others, and planning on their behalf. Marriage entails significant responsibilities, which individuals with the “don’t grow up” script tend to avoid. Consequently, the reluctance to shoulder responsibilities may explain their lack of readiness for marriage. Similarly, the “don’t

get close” script ranked as the second most frequent script among female university students lacking readiness for marriage (29). Individuals influenced by this script harbor a fear of intimacy and closeness in their interpersonal interactions, resulting in fewer long-term, deep relationships. Given that marriage hinges on closeness and long-term commitment, individuals governed by the “don’t get close” script may not be adequately prepared for marital life.

The “don’t be important” script was identified as the third most significant determinant of lack of readiness for marriage (33). This script is strongly associated with low self-esteem, as individuals affected by it feel anxious and inadequate when tasked with leadership roles or when expressing reasonable demands. Fear of rejection and embarrassment prevents individuals with the “don’t be important” script from asserting themselves, hindering their readiness for marriage due to insufficient self-esteem and self-expression. Furthermore, inadequate self-expression can lead to ineffective communication with a partner, exacerbating tensions and animosity within the marital relationship. Given that effective communication and problem-solving skills are crucial in addressing marital challenges, individuals lacking self-expression may exhibit a reduced inclination to resolve marital issues.

The “don’t think” injunction ranked as the fourth most frequent script among female students lacking marriage readiness (34). This injunction prompts core emotions, causing individuals to respond emotionally rather than engage in observation and critical thinking when faced with challenges. Consequently, they may focus on only a portion of reality while disregarding other aspects due to their fragmented thinking, often resulting in irrational conclusions. As the “don’t think” injunction triggers defense mechanisms, obsession, and perfectionism, individuals affected by it may experience doubts regarding their choice of spouse, leading to apprehension about marriage among females of marriageable age. Therefore, the “don’t think” injunction is closely associated with a lack of readiness for marriage, potentially causing individuals to question their inclination toward marriage and experience emotional distress. Moreover, it may postpone the decision to marry, resulting in missed opportunities for favorable marital prospects.

Individuals driven by the “be perfect” script relentlessly pursue perfection in all aspects of life (34). They adhere to an all-or-nothing mentality, expecting perfection in everything and viewing imperfection as unacceptable. Such individuals fear and avoid making mistakes, striving for precision and reliability while anticipating and addressing all potential problems. They derive satisfaction from achieving perfection and are most content when they perceive themselves as flawless. Consequently, the prospect of an imperfect marriage diminishes their willingness to marry. The “be perfect” script fosters a stringent approach to details and various aspects of marriage, fueling anxieties about making mistakes or choosing the wrong partner.

Moreover, the decision to marry entails a significant lifelong commitment, evoking heightened anxiety among individuals driven by the “be perfect” script due to the magnitude of this decision. Consequently, they are reluctant to marry and unwilling to tolerate any potential flaws or failures within the marital union. Additionally, they may engage in comparisons with others, feeling inadequate and incapable of making decisions, further exacerbating their apprehension towards marriage.

#### 4.1. Limitations

The present study is not without its limitations, primarily centered on analyzing life scripts to elucidate reasons for marriage readiness, specifically among female students at a marriageable age. Therefore, caution must be exercised in extrapolating these findings to male students contemplating marriage. Furthermore, operational limitations include:

1. **Sample Size:** The limited sample size may restrict the generalizability of findings beyond the studied population.
2. **Participant Bias:** Social desirability bias among participants could potentially affect the reliability of the data collected.
3. **Self-Selection Bias:** The voluntary nature of participation may introduce characteristics among participants that differ from those who chose not to participate, thus impacting the sample’s representativeness.

4. **Qualitative Nature:** The study’s qualitative design may constrain the findings’ depth and breadth, potentially limiting the exploration of nuanced aspects of the research topic.

5. **Time Constraints:** Time limitations may have hindered a comprehensive exploration of the research topic, potentially overlooking crucial aspects relevant to marriage readiness.

6. **Contextual Factors:** Failure to consider contextual factors may constrain the applicability and generalizability of the study findings beyond the specific context of Isfahan, Iran.

## 5. Conclusions

Life scripts permeate individuals’ attributes, social relationships, and decision-making processes, directly influencing their compatibility with various life situations, including decisions regarding marriage. Given the pivotal role of marriage in one’s life trajectory, it becomes imperative to recognize that life scripts, rooted in childhood experiences and reinforced by parental behaviors, significantly shape individuals’ attitudes and decisions regarding marriage.

In light of these findings, it is recommended that premarital counseling interventions prioritize the identification and reconstruction of life scripts to promote healthier decision-making processes and enhance marital readiness among young individuals. By addressing underlying scripts and fostering self-awareness, individuals can embark on their marital journeys equipped with a clearer understanding of their motivations and expectations, fostering more fulfilling and sustainable marital relationships.

## Ethical Approval

The study was approved by the Ethical Committee of Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran with the code of IR.IAU.KHUISF.REC.1402.337. Also, written informed consent was obtained from all participants.

## Acknowledgment

This article was excerpted from PhD dissertation of Ms. Fahimeh Rahmati’s in the Department of

Counseling, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran. The researchers would like to express their gratitude to all the students who took part in the study.

### Authors' Contribution

Fahimeh Rahmati: Substantial contributions to the conception and design of the work; the acquisition, analysis, and interpretation of data for the work, drafting the work. Sayed Esmaeil Mosavi: Substantial contributions to the conception and design of the work; the acquisition, analysis, and interpretation of data for the work, drafting the work and reviewing it critically for important intellectual content. Zahra Yousefi: Substantial contributions to the design of the work, drafting the work and reviewing it critically for important intellectual content. All authors have read and approved the final manuscript and agree to be accountable for all aspects of the work, such that the questions related to the accuracy or integrity of any part of the work.

**Funding:** No funding.

**Conflict of Interest:** None declared.

### References

- Weiss-Laxer NS, Crandall A, Hughes ME, Riley AW. Families as a Cornerstone in 21st Century Public Health: Recommendations for Research, Education, Policy, and Practice. *Front Public Health*. 2020;8:503. doi: 10.3389/fpubh.2020.00503. PubMed PMID: 33072687; PubMed Central PMCID: PMC7530559.
- Thomas PA, Liu H, Umberson D. Family Relationships and Well-Being. *Innov Aging*. 2017;1(3):igx025. doi: 10.1093/geroni/igx025. PubMed PMID: 29795792; PubMed Central PMCID: PMC5954612.
- Hosseini Geravandi A, Asgari P, Yousefi Z. An Investigation into Components of Female Attractiveness in Couple Relationships from the Perspective of Expert Family Therapists: A Qualitative Study. *Women Health Bull*. 2023;10(4):224-233. doi: 10.30476/whb.2023.99920.1244.
- Nemati M, Behmanesh F, Kheirkhah F, Geraili Z, Pasha H. Marital Commitment and Mental Health in Different Patterns of Mate Selection: A Comparison of Modern, Mixed, and Traditional Patterns. *Iran J Psychiatry*. 2022;17(4):418-427. doi: 10.18502/ijps.v17i4.10691. PubMed PMID: 36817815; PubMed Central PMCID: PMC9922360.
- Samadi P, Alipour Z, Salehi K, Kohan S, Hashemi M. The keys to a good and lasting marriage: Exploration of Iranian couple's experiences. *J Educ Health Promot*. 2021;10:474. doi: 10.4103/jehp.jehp\_1438\_20. PubMed PMID: 35233421; PubMed Central PMCID: PMC8826870.
- Hosseini M, Asadisarvestani K. Reasons for early marriage of women in Zahedan, Iran: a qualitative study. *BMC Womens Health*. 2022;22(1):542. doi: 10.1186/s12905-022-02127-9. PubMed PMID: 36550464; PubMed Central PMCID: PMC9783434.
- Vitali A, Fraboni R. Pooling of Wealth in Marriage: The Role of Premarital Cohabitation. *Eur J Popul*. 2022;38(4):721-754. doi: 10.1007/s10680-022-09627-2. PubMed PMID: 36237296; PubMed Central PMCID: PMC9550889.
- Marphatia AA, Saville NM, Amable GS, Manandhar DS, Cortina-Borja M, Wells JC, et al. How Much Education Is Needed to Delay Women's Age at Marriage and First Pregnancy? *Front Public Health*. 2020;7:396. doi: 10.3389/fpubh.2019.00396. PubMed PMID: 31993411; PubMed Central PMCID: PMC6964653.
- Das U, Rout S. Are delay ages at marriage increasing? Pre-marital sexual relation among youth people in the place of residence in India. *BMC Womens Health*. 2023;23(1):16. doi: 10.1186/s12905-022-02149-3. PubMed PMID: 36631806; PubMed Central PMCID: PMC9835306.
- Karney BR, Wenger JB, Zaber MA, Bradbury TN. State minimum wage increases delay marriage and reduce divorce among low-wage households. *J Marriage Fam*. 2022;84(4):1196-1207. doi: 10.1111/jomf.12832. PubMed PMID: 36245674; PubMed Central PMCID: PMC9545266.
- Gündoğdu A, Bulut S. The Positive and Negative Effects of Late Marriage. *Open Journal of Depression*. 2022;11:63-71. doi: 10.4236/ojd.2022.114005.
- Dhume R, Deshpande M, Shah P, Roy S, Sinha N. "Transactional Analysis - a toolkit for the workshop of life". *Indian J Psychiatry*. 2022;64(Suppl 3):S653. doi: 10.4103/0019-5545.341914. PubMed Central PMCID:

- PMC9129569.
13. Hančević Horvat N, Fraisman Čobanov M, Milivojević Z, Jakovljević M. Psychopharmacotherapy and the Hero's Journey: Mental Health Medicines and Script Change. *Psychiatr Danub.* 2021;33(Suppl 4):1140-1143. PubMed PMID: 35354180.
  14. Erskine RG. Life Scripts and Attachment Patterns: Theoretical Integration and Therapeutic Involvement. *Transactional Analysis Journal.* 2009;39(3):207-18. doi: 10.1177/036215370903900304.
  15. Eswarappa K, Das S. Transactional Analysis. In: Leeming DA, editor. *Encyclopedia of Psychology and Religion.* Berlin, Heidelberg: Springer Berlin Heidelberg; 2019. p. 1-4. doi: 10.1007/978-3-642-27771-9\_200115-1.
  16. Grimes J. Transactional Analysis in Group Work. In: Long S, editor. *Six Group Therapies.* Boston, MA: Springer US; 1988. p. 49-113. doi: 10.1007/978-1-4899-2100-0\_2.
  17. Shi L, Brown NR. Beliefs About Transitional Events: The Effect of Experience and Life-Script Consistency. *Front Psychol.* 2021;12:727524. doi: 10.3389/fpsyg.2021.727524. PubMed PMID: 34456830; PubMed Central PMCID: PMC8385369.
  18. Hoplock LB, Stinson DA. Rules of engagement: A content analysis of accepted and rejected marriage proposals. *J Fam Psychol.* 2022;36(2):258-267. doi: 10.1037/fam0000903. PubMed PMID: 34323523.
  19. Jejeebhoy SJ, Raushan MR. Marriage Without Meaningful Consent and Compromised Agency in Married Life: Evidence from Married Girls in Jharkhand, India. *J Adolesc Health.* 2022;70(3S):S78-S85. doi: 10.1016/j.jadohealth.2021.07.005. PubMed PMID: 35184837.
  20. Kapelle N, Nutz T, Tisch D, Schechtl M, Lersch PM, Struffolino E. My Wealth, (Y)Our Life Satisfaction? Sole and Joint Wealth Ownership and Life Satisfaction in Marriage. *Eur J Popul.* 2022;38(4):811-834. doi: 10.1007/s10680-022-09630-7. PubMed PMID: 36237295; PubMed Central PMCID: PMC9550900.
  21. Flick U. *The SAGE Handbook of Qualitative Data Collection* London: SAGE Publications Ltd; 2018. doi: 10.4135/9781526416070.
  22. Nielsen BB, Welch C, Chidlow A, Miller SR, Aguzzoli R, Gardner E, et al. Fifty years of methodological trends in JIBS: Why future IB research needs more triangulation. *Journal of International Business Studies.* 2020;51(9):1478-1499. doi: 10.1057/s41267-020-00372-4.
  23. Berne E. *Transactional Analysis: A New and Effective Method of Group Therapy.* American Journal of Psychotherapy. 1958;12(4):735-43. doi: 10.1176/appi.psychotherapy.1958.12.4.735.
  24. Sileyew KJ. *Research Design and Methodology. Cyberspace.* IntechOpen; 2020. doi: 10.5772/intechopen.85731.
  25. Flick U, Kardoff, EV, Steinke I. *Triangulation in qualitative research. A companion to qualitative research.* SAGE Publications Ltd; 2004.
  26. Clarke V, Braun V. Thematic Analysis. In: Teo T, editor. *Encyclopedia of Critical Psychology.* New York, NY: Springer New York; 2014. p. 1947-52. doi: 10.1007/978-1-4614-5583-7\_311.
  27. Jason LA, Glenwick DS. *Handbook of Methodological Approaches to Community-Based Research: Qualitative, Quantitative, and Mixed Methods.* Oxford University Press; 2015. doi: 10.1093/med:psych/9780190243654.001.0001.
  28. Clarke V, Braun V. Thematic analysis, *The Journal of Positive Psychology.* 2017;12(3):297-298. doi: 10.1080/17439760.2016.1262613.
  29. Frosch CA, Schoppe-Sullivan SJ, O'Banion DD. Parenting and Child Development: A Relational Health Perspective. *Am J Lifestyle Med.* 2019;15(1):45-59. doi: 10.1177/1559827619849028. PubMed PMID: 33447170; PubMed Central PMCID: PMC7781063.
  30. Rahmati F, Mosavi SE. The study of life scripts role based on the view Transactional Analysis on the reasons of women's divorce. *Women's Studies Sociological and Psychological.* 2018;16(1):151-176. doi: 10.22051/jwsp.2018.17695.1584. Persian.
  31. Piotrowski K. Child-oriented and partner-oriented perfectionism explain different aspects of family difficulties. *PLoS One.* 2020;15(8):e0236870. doi: 10.1371/journal.pone.0236870. PubMed PMID: 32813732; PubMed Central PMCID: PMC7437722.
  32. Barrow G. Wonderful World, Beautiful People: Reframing Transactional Analysis as Positive Psychology. *Transactional Analysis Journal.* 2007;37(3):206-9. doi: 10.1177/036215370703700304.
  33. An U, Park HG, Han DE, Kim YH. Emotional



- Suppression and Psychological Well-Being in Marriage: The Role of Regulatory Focus and Spousal Behavior. *Int J Environ Res Public Health*. 2022;19(2):973. doi: 10.3390/ijerph19020973. PubMed PMID: 35055793; PubMed Central PMCID: PMC8775985.
34. Steinert C, Heim N, Leichsenring F. Procrastination, Perfectionism, and Other Work-Related Mental Problems: Prevalence, Types, Assessment, and Treatment-A Scoping Review. *Front Psychiatry*. 2021;12:736776. doi: 10.3389/fpsy.2021.736776. PubMed PMID: 34707522; PubMed Central PMCID: PMC8542725.