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Mediating Role of Mindfulness Between Loneliness and Relationship Quality in Married Couples Dyadic Approach

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Abstract

The predominant subject of current research is the influence of couples with maladaptive interaction patterns on one another. The research examined the relationships among the concepts of loneliness, mindfulness, and relationship quality. Specifically, it elucidates the dynamics between couples. This study investigated the impact of spousal loneliness on the quality of relationships among 401 married couples (N = 802) utilizing a dyadic approach via an actor–partner interdependence mediation model, emphasizing mindfulness. The research demonstrated substantial actor effects among loneliness, mindfulness, and relationship quality across all genders. The analysis indicated that women's loneliness had an indirect effect on relationship quality via men's mindfulness. The partner effect indicates that women's loneliness may diminish their male partners'mindfulness, consequently impairing the quality of women's relationships. The research revealed that men's loneliness has an indirect impact on the quality of women's relationships via mindfulness. The partner effect indicates that men's loneliness may diminish their female partners'mindfulness, consequently lowering men's relationship quality. All findings are examined and elucidated in alignment with the current literature.

Keywords

loneliness, mindfulness, relationship quality, actor–partner interdependence mediation model

Introduction

Loneliness has been a subject of study throughout the history of the world and the history of psychology (Barclay et al., 2023). As a result, loneliness has become an important mental health factor for society in general. Along with its importance, research suggests that loneliness has a complex emotional and cognitive structure (Mann et al., 2022). Factors such as age, gender, and employment status have been found to be significantly associated with loneliness (Bu et al., 2020). Loneliness has vital relationships with common mental health problems such as anxiety and depression (Hards et al., 2022). In addition, loneliness has been associated with lower overall quality of life (Wang et al., 2020). Loneliness is generally evaluated through the close relationships that people establish with the people around them (Russell et al., 2012). Especially in the modern age, loneliness is shaped by multiple dynamics emerging within close relationships (Cacioppo & Cacioppo, 2018). In individuals whose relationships have come to an end, the level of loneliness increases significantly (Ray & Shebib, 2022). Cooper et al. (2021) found that there is an increase in psychological symptoms due to increased loneliness in people who have problems in close relationships. One of the important close relationships in individuals'lives is marital relationships (Kealy-Bateman & Pryor, 2015). In studies conducted with couples, a decrease in relationship satisfaction (Zhan et al., 2022) and an increase in relationship problems have been observed if spouses feel lonely (Nowland et al., 2018). Moreover, loneliness has been linked to relational tension among married couples (Körner & Schütz, 2021).

The concept of "being in the moment," which emerged with humanist theories, brings the concept of mindfulness to the forefront (Kazanjian, 2022). Mindfulness, which has an ecologically important place, has intense relationships with mental health (Enkema et al., 2020). Mindfulness has important relationships with emotional awareness (Bentley et al.,

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2017) and positive affect (Blanke et al., 2018). At the same time, mindfulness-based practices are also important for mental health and individual well-being (Mansor et al., 2023; Xie et al., 2023; Zainal & Newman, 2024). It also provides a useful study area for emotional reactivity (Anderson et al., 2022) and daily stress (Mahlo & Windsor, 2021) depending on the elements of religiosity. As one of the most important determinants of physical and mental health of satisfying couple relationships, mindfulness practices have increased on the basis of couple relationships (Winter et al., 2021). When the researches are examined, it is seen that mindfulness is addressed especially in terms of emotional processes in couples (Pepping & Halford, 2016). A study examining the benefits of mindfulness programs in intrapersonal and interpersonal relationships emphasizes that mindfulness practices should be incorporated into counseling services to improve the psychosocial well-being and relationships of adults (Altınyelken, 2023). There are also important experimental findings marital quality (Price-Blackshear et al., 2020) and emotion regulation (Yekta et al., 2022) in married couples. As can be seen, it is possible to say that mindfulness-based studies are important in emotional changes in individuals.

Relationships are another emotionally meaningful element for individuals and couples (Braithwaite & Holt-Lunstad, 2017). It is known that adults in romantic relationships have a higher sense of meaning in life (Karayiğit et al., 2025). Psychosocial development (Maree, 2021) and family development theories (Scott Crapo & Bradford, 2021) emphasize the importance of close relationships for identity development. According to the family systems approach, couple relationships have a special importance. Because couples consist of the spouse subsystem, which is one of the three subsystems that make up a family system (Estlein & Theiss, 2020; Minuchin et al., 2021). Overall, as Becvar et al. (2023) mentioned that the functionality of the spousal subsystem depends on the quality of the relationship established between the spouses. In addition to its importance, the quality of romantic and marital relationships must be taken into account for the benefit of mental health (Ritter et al., 2022; Soller, 2014). Couples' relationship quality can be affected by numerous factors as daily techonological devices (McDaniel et al., 2021), cognitive and behavioral problems (Zamir, 2022). Within this perspective, various researches have been conducted on relationship quality in order to ensure healthy family and identity development. Le et al. (2016) state that relationship quality is associated with co-parenting skills in married couples. Another study found that married couples have higher relationship quality than cohabiting couples (Brown et al., 2022). Zamir et al. (2018) found a positive relationship between couple communication and relationship quality.

The Current Study

This study aims to examine the relationships between loneliness, mindfulness, and relationship quality in married couples in terms of dyadic analysis. The actor–partner interdependent model was used in the study. The predictive power of loneliness and mindfulness levels of both married couples on both individual and relational relationship quality levels will be analyzed at both actor and partner levels. Within the framework of the family life cycle, the new couple stage brings important developmental tasks (Darling et al., 2022). Therefore, couples need to complete developmental tasks such as learning to live together and adapting to new roles (Ceminsky, 2021). Research also shows that the level of loneliness, mindfulness, and relationship quality in couples can have significant effects (McGill & Adler-Baeder, 2020; Tough et al., 2018). The research aims to reveal the effects of loneliness and mindfulness on the relationship quality levels of married couples. It also aims to reveal the role of dynamic interactions between married couples on these variables. The findings may provide important suggestions for couple-based psychological counselling services and strategies to improve social skills and relationship quality.

Method

Participants and Procedure

A total of 401 Turkish married couples participated in the study. According to Kenny and Ledermann (2010), the actor–partner interdependence mediation model would be adequate with a maximum of 100 couples. The sample size in this dyadic study is significantly greater than the sample size established in the literature, as is evident. The male participants'average age was 39.047 (SD = 10.51), while the female participants'average age was 35.948 (SD = 9.684). The majority of the participants in both groups were university graduates (n = 189, 47.1% for women; n = 167, 41.6% for men). The average duration of marriage was 12.758 years (standard deviation = 10.554). Additionally, both men (n = 315, 78.6%) and women (n = 326, 81.3%) identified themselves as having a middle-class socioeconomic status. Further, the average number of children is 1.496 (standard deviation = 1.267). An online form was implemented to accumulate research data. Each participant provided informed consent prior to the commencement of the study. The same form was distributed to each partner, who were instructed to complete it independently. Couples were requested to select a common nickname (any word that was relevant to their relationship) for themselves and their partner at the outset of the form. Additionally, they were requested to select a four-digit number that was common among them in the event that they shared the same nickname. The matching of male and female partners was guaranteed by the use of pseudonyms and numbers. The participants were not compensated, and the study was declared to be voluntary. The research was conducted in accordance with the ethical standards established in the 1975 Declaration of Helsinki and its annexes.

Measures

Loneliness in Intimate Relationships Scale (LIRS). In order to determine the extent of loneliness that exists within intimate relationships, Rokach et al. (2022) developed this instrument. Ekşi and Kısrık (2023) performed the adaptation of the text into Turkish. There are five sub-dimensions and 14 items that make up the scale. From a minimum score of 14 to a maximum score of 84, it is possible to achieve a score. Scores that are high on the scale indicate that the level of loneliness experienced by individuals in close relationships is high. The reliability coefficient of the scale, as determined by Cronbach's Alpha, is .84. According to the model, $\chi^2/df = 3.03$, the RMSEA = 0.074, the CFI = 0.912, the TLI = 0.889, and the SRMR = 0.04, the fit values were satisfactory.

Mindfulness in Marriage Scale. Erus and Deniz (2018) developed it. The scale is designed to ascertain the interpersonal mindfulness levels of individuals in a marital relationship. The scale is a 5-point Likert-type rating scale, with the following categories: "1" for never, "2" for rarely, "3" for sometimes, "4" for most of the time, and "5" for always. Twelve items comprise the single-factor scale. The scale has a maximum score of 60 and a minimum score of 12. A high score on the scale indicates that the individual possesses a high level of interpersonal mindfulness in their relationship with their spouse. The Cronbach's alpha internal consistency coefficient was .87 and .85 in two distinct research groups, respectively, in two studies conducted for the scale. The reliability analysis results of the scale were also high (Erus & Deniz, 2018).

Romantic Relationship Quality Scale. It is designed to assess the perceived quality of the overall romantic relationship. Sağkal and Özdemir (2018) adapted the scale to Turkish culture, which was developed by Fletcher et al. (2000). The scale is a 7-point Likert-type scale that includes one dimension and six items (e.g., "How passionate is your relationship?"). The scale ranges from 1 (not at all) to 7 (very much). A higher score on the scale indicates that the quality of the romantic relationship has been perceived as better overall. The scale's Cronbach's alpha coefficient was .86 in the analyses conducted to ascertain its reliability in the adaptation study. Sağkal and Özdemir (2018) demonstrate that the scale possesses adequate validity values through construct and criterion-related validity studies. This study yielded a reliability coefficient of .88 for the entire scale. The responses to the scale items yield total scores that range from 6 to 42. An increase in the scores obtained from the scale suggests that the perceived overall quality of the romantic relationship has improved.

Data Analysis

The actor–partner interdependence mediation model (Ledermann et al., 2011) was employed to investigate the relationships between variables and couples in this study. Kenny et al. (2006) propose that this model is a valuable approach to comprehending the dynamics of families and couples. The actor–partner interdependence mediation model elucidates the direct and indirect effects of men and women on themselves and each other in romantic relationships. The initial step in this context was to match the pseudonyms of male and female participants and determine a common number. Subsequently, descriptive statistics of the participants, normality distributions of the variables, and reliability values were computed through preliminary analyses. Furthermore, correlation analysis was implemented to investigate the interrelationships between the variables. Subsequently, the structural model was implemented to evaluate the study's hypotheses. The parceling technique was implemented in the structural model for single-factor measurements, as per the recommendation of Little et al. (2002). Consistent with the arguments of Nasser-Abu Alhija and Wisenbaker (2006), the use of parceling in the assessment of personality trait constructs serves to reduce the number of observed variables, enhance scale reliability, and facilitate closer approximation to normal distribution assumptions. Since the scales used to measure the variables under examination are unidimensional, items were randomly assigned to parcels to create balanced indicators representing latent variables. The significance of path coefficients and fit index values, including CFI, TLI, GFI, NFI, IFI, SRMR, and RMSEA, were both considered in this model. Of these fit index values, CFI, TLI, GFI, NFI, and IFI should be greater than 0.90, while SRMR and RMSEA should be less than 0.08 (Hu & Bentler, 1999). Lastly, a bias-corrected bootstrapping procedure was employed to investigate the indirect effects of the relationships between the variables. This process was carried out to provide additional evidence for the APIMeM results and to support the findings.

Results

Preliminary Analyses

Table 1 contains the results of the correlation analysis, reliability findings, normality values, and descriptive statistics. The kurtosis values of the variables range from −0.579 to 0.675, while the skewness values range from −1.19 to 0.325. This discovery demonstrates that all variables are maintained at a consistent level for both men and women. Cronbach's alpha values for all variables for women and men range from 0.804 to 0.882, McDonald's omega values from 0.796 to 0.878, and Guttman's lambda values from 0.835 to 0.908. These values are determined through reliability analysis. This demonstrates that the variables are sufficiently dependable. Ultimately, correlation analysis demonstrated that all variables were significantly correlated. The specifics are presented in Table 1.

Table 1. Descriptive Statistics, Reliability and Correlation Coefficients for the Study Variables.

Variable	1	2	3	4	5	6
1. Loneliness male	–					
2. Loneliness female	.43**	–				
3. Mindfulness male	−.41**	−.30**	–			
4. Mindfulness female	−.27**	−.41**	.36**	–		
5. Relationship quality male	−.44**	−.26**	.61**	.31**	–	
6. Relationship quality female	−.31**	−.40**	.42**	.60**	.48**	–
Mean	35.59	39.75	51.03	51.45	38.02	36.47
SD	12.98	14.74	7.02	6.65	4.77	5.74
Skewness	.325	.249	−.927	−1.00	−1.19	−1.08
Kurtosis	−.538	−.579	.675	.580	.515	.406
McDonald ω	.852	.883	.826	.796	.876	.878
Cronbach α	.854	.882	.825	.804	.862	.868
Guttmann λ6	.886	.908	.850	.835	.857	.864

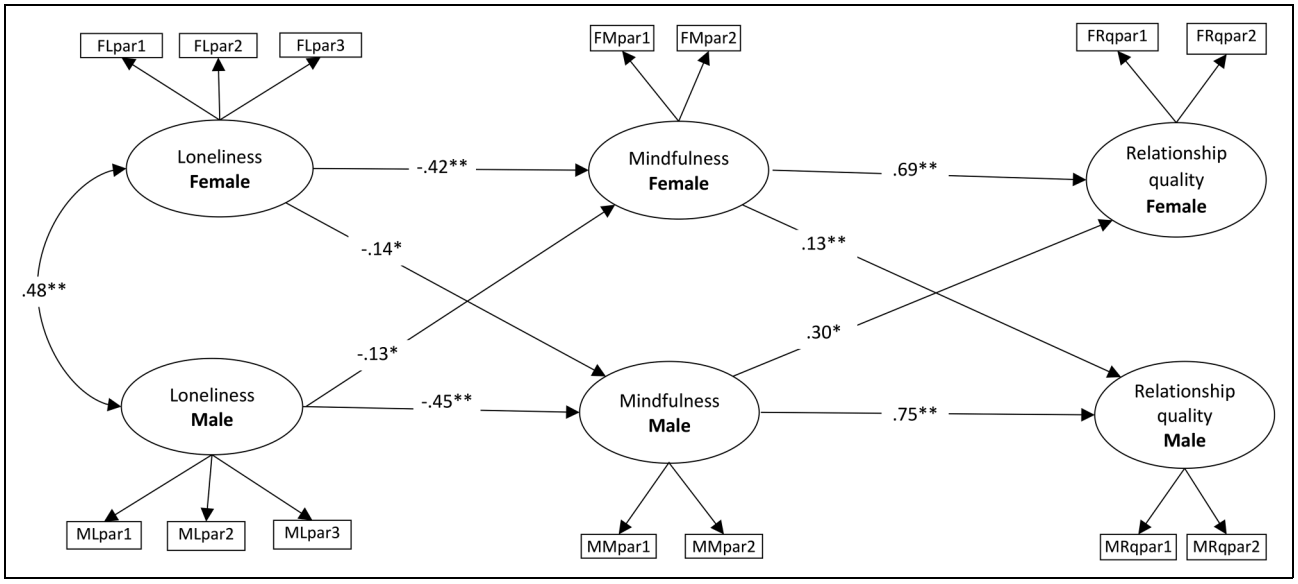


Figure 1. Actor-Partner Independence Mediator Model. *Note.* N = 802; *p < .05, **p < .01; MLpar: parcels of males' loneliness; FLpar: parcels of females' loneliness; MMpar: parcels of males' mindfulness; FMpar: parcels of females' mindfulness; MRqpar: parcels of males' relationship quality; FRqpar: parcels of females' relationship quality.

Actor–Partner Interdependence Mediation Model

After the preliminary analyses were completed, the actor–partner interdependence mediation model was employed to investigate the mediating role of mindfulness in the relationship between loneliness and romantic relationship quality in couples. The results indicated that the mediation model's fit index values were satisfactory: $\chi 2/df = 3.371$, $p < .05$; CFI = 0.938, TLI = 0.921, GFI = 0.908, NFI = 0.914, IFI = 0.938, SRMR = 0.064, RMSEA = 0.077. Additionally, the path coefficients for the actor effects between loneliness, mindfulness, and romantic relationship quality were significant for both men and women ($\beta = -0.418$, $p < .01$ and 0.688, $p < .01$ for women and $\beta = -0.453$, $p < .01$ and 0.750, $p < .01$ for men, respectively) (refer to Figure 1). In addition, the path from women's loneliness to men's mindfulness ($\beta = -0.139$, $p < .05$) and the path from men's mindfulness to women's romantic relationship quality ($\beta = 0.303$, $p < .01$) were statistically significant in terms of partner effects. Further, the pathway from men's loneliness to women's mindfulness ($\beta = -0.132$, $p < .05$) and from women's mindfulness to men's romantic relationship quality was also statistically significant ($\beta = 0.129$, $p < .01$).

Ultimately, bootstrapping analysis was implemented to investigate indirect effects associated with partner effects. The initial indirect effect discovery is that the quality of women's romantic relationships is indirectly influenced by men's mindfulness (bootstrap = −0.228, 95% CI [−0.342 - −0.120]). The second indirect effect discovery is that the quality of romantic relationships between men is indirectly

Table 2. Indirect Effects on Male–Female Relationship.

	Coefficient	95% confidence interval	
		LL	UL
Indirect effects			
Actor effects			
Loneliness → Mindfulness → Relationship quality (male actor effect)	−.357	−.486	−.221
Loneliness → Mindfulness → Relationship quality (female actor effect)	−.330	−.444	−.219
Partner effects			
Males' loneliness → Females' mindfulness → Males' relationship quality (partner effect)	−.158	−.263	−.049
Females' loneliness → Males' mindfulness → Females' relationship quality (partner effect)	−.228	−.342	−.120

influenced by their loneliness through the mindfulness of women (bootstrap = −0.158, 95% CI [−0.263 - −0.049]). These results indicate that both partner effects are statistically significant. Table 2 displays the bootstrapping table.

Discussion

Family systems constitute fundamental structures in human life. It determines that the emotional cut off, emotional enmeshed etc. The aim of this study is to investigate the actor–partner relationship between loneliness, mindfulness, and relationship quality and to determine how these three variables may influence the relationship between married couples. In addition, the present study aims to examine key relational components associated with relationship quality among spouses. The analyses performed in this direction revealed that there were statistically significant relationships between loneliness, mindfulness and relationship quality in both women and men. Another finding reveals that mindfulness played a mediating role between loneliness and relationship quality in the context of the actor effect phase. This actor effect indicates that loneliness is associated with lower levels of mindfulness in both women and men and that reduced mindfulness is, in turn, associated with lower relationship quality. When it comes to the partner effect stage, two main findings emerged from analyses. The first finding is that women's loneliness indirectly affects females' relationship quality through males' mindfuness. Another finding shows that men's loneliness was indirectly associated with men's relationship quality through women's mindfulness. These two findings demonstrate that the partner level effects tested in the study are statistically significant. These findings suggest that the loneliness of one or both partners may cause a decrease in relationship quality by reducing mindfulness and that it is necessary to provide mental support to spouses to reduce this negativity. All the findings obtained are discussed with the support of the literature in the sub-sections, respectively.

Family life cycle is a family model that analyses the development of families through developmental stages (Qinxue & Yunkang, 2025). According to model, the creation of a common living space by two people with a romantic relationship is characterized as the "new couple" stage. The main developmental tasks of this period are to adapt to living together as a couple, to get used to the role of a spouse and to learn to establish healthy marital relationships (Carone et al., 2021). Within this conceptual framework, dyadic analyses are necessary to understand the relationship between the therapy alliance and couples' level of mindfulness (Quinn-Nilas, 2020), the emotional support (Sels et al., 2020), and the quality of their current relationship (Joel et al., 2020). Such approaches provide a more comprehensive understanding of couple dynamics across contexts such as premarital counseling, couple counseling, and the family life cycle, as well as insight into how partners mutually influence one another.

To begin with, the findings collected from the study were analyzed at the actor level. Actor-level analyses show that loneliness affects mindfulness and relationship quality in each actor. Throughout this process, mindfulness plays a mediating role for both actors. For both actors, it is seen that loneliness levels indirectly affect their romantic relationship quality (For females: $\beta = -.33$, 95% CI [−.44, −.22]; For males: $\beta = -.36$, 95% CI [−.49, −.22]). Research also reveals results parallel to the relationship between mindfulness and loneliness (Rigsby et al., 2024; Zhang et al., 2022) and relationship quality (Gazder & Stanton, 2020; Kimmes et al., 2020). The feeling of loneliness can prevent individuals from feeling close to their partner or someone who is emotionally important, preventing them from focusing on what they are feeling at that moment (Roberts et al., 2021). Unable to recognize current feelings, individuals may not be able to empathize with the other person and may experience problems in their relationships (Zhan et al., 2022). Emotional loneliness may also lead to feeling less emotionally available or less connected to the partner (Bucher et al., 2019). Taken together, these findings suggest that emotional loneliness may be indirectly associated with lower relationship quality.

When the findings at the actor level are analyzed, loneliness indirectly predicts relationship quality. For both actors, mindfulness levels had a positive prediction power on their romantic relationship quality. This finding may show the

effectiveness of mindfulness-based skills such as staying in the moment and regulating emotions in improving relationship quality. Mindfulness has been linked to improved emotional regulation and healthier communication patterns within relationships (Matthaeus et al., 2024). A more balanced spousal relationship may be associated with improved problem-solving and higher perceived relationship quality (Mandal & Lip, 2022). In addition, the finding that mindfulness level positively predicts individuals' own romantic relationship quality indicates that mindfulness practices can be an important factor in increasing the individual's relationship satisfaction (Wen et al., 2022). In addition, an individual's ability to better regulate his/her own emotions and behaviors may also reduce emotional instability individually (Iani et al., 2017) and may be associated with being more sensitive and understanding toward his/her partner (Morris et al., 2024). In this way, emotional distress may decrease (Godara et al., 2024; Wang et al., 2024).

Partner level is another level of the model within the scope of dyadic analysis. The analyses conducted at the partner level revealed statistically significant relationships. According to the findings, the levels of loneliness, mindfulness, and relationship quality of spouses mutually affect each other (For females' mindfulness mediation: $\beta = -.16$, 95% CI [−.26, −.05]; For males' mindfulness mediation: $\beta = -.23$, 95% CI [−.34, −.12]). In other words, significant relationships at the partner level indicate that the loneliness, mindfulness, and relationship quality levels of spouses may depend on the characteristics of their partners (Morris et al., 2023; Wickrama et al., 2020b). Within the framework of family systems approach, this finding also confirms the related theoretical structure. Family systems theory is based on the theory that family members are parts of the whole in an interconnected way (Reiter, 2023). Within this system, the spousal subsystem provides insight into how interactional dynamics between partners relate to broader family functioning (Minuchin, 2018; Minuchin et al., 2021). Emotional and cognitive changes in the process of spouses living together can affect the health of the relationship by spreading to the whole family system (Sarno et al., 2021; Wickrama & O'Neal, 2021). With this perspective, partners' attitudes, behaviors and emotional support (Kaźmierczak et al., 2024) may shape the other partner's mindfulness (Ho et al., 2022; Park et al., 2024) and relationship quality. The mutual influence of couples on each other's emotional processes at the partner level points to the principle of "circular causality" in family systems theory (Becvar et al., 2023).

In the partner-level analyses, the loneliness levels of the spouses indirectly affect the relationship quality of the other spouses negatively. According to the finding, the feeling of loneliness in marital relationships is not only an individual emotional experience, but it can also affect the relationship quality of the other spouse. In other words, loneliness is not only an individual but also an important factor in terms of couple relationship dynamics. Because couple relationships can shape the emotional experiences of individuals (Hsu et al., 2023; Schouten et al., 2020). A partner who feels lonely may not be emotionally accessible in the relationship, may not respond to the emotional needs of the partner, or may be less supportive (Sease et al., 2024; Wickrama et al., 2020a). When the partners cannot receive emotional support from each other, emotional intimacy toward each other may decrease (Gallegos et al., 2019). Therefore, it may decrease the relationship quality of the other partner. As partners provide emotional support to each other, they may think that they can potentially be good parents and the quality of the relationship between them may increase (Gallegos et al., 2020). The fact that decreasing loneliness increases relationship quality emphasizes the importance of couples meeting their emotional needs for each other.

According to the results of the analyses conducted at the partner level, the mindfulness level of the couples positively affects the romantic relationship quality of their partners. Based on the results, it demonstrates that mindfulness practices provide a bidirectional benefit on the relationship (Quan et al., 2023). While it is very important for the third stage of the family life cycle (Mourão et al., 2023), it also has a similar importance for the relational well-being of couples (Leavitt et al., 2024). A spouse with high mindfulness skills can better empathies, act supportively, and establish a safe family environment (Featherston et al., 2024), therefore improving the relationship quality of the other partner. Similarly, mindfulness skills can create a more positive family environment by increasing coping skills in the family system (Khalifian & Barry, 2021; Krause & Brown, 2023). Couples can better handle factors such as marital conflict along with family relationships with the positive family environment (Coutts-Smith & Phillips, 2023; Yang et al., 2023). This finding also reveals that mindfulness is important for relational development at the couple level (Leavitt et al., 2021). Given that mindfulness levels reduce loneliness and improve romantic relationship quality, this supports functionality and adaptability in the family system (Aguilar-Raab et al., 2023; Wang et al., 2024). Changes in couples' emotional and cognitive processes can affect the health of the relationship by affecting the entire family system.

Limitations and Implications

The present study has several limitations. First, the research was designed with a cross-sectional model from quantitative methods. Therefore, causality-based explanation of the relationships between variables is weak. It only provides information about the relationships. In addition, the simultaneous collection of data may make it difficult to clarify the direction of the relationships between loneliness, mindfulness, and relationship quality. In future studies, longitudinal studies can be prioritized and the changes of dyadic relationships over time can be examined. In this way, the direction of interactions may be more apparent. In addition, the couples included in the study are considered to have completed at least the second

stage of the family life cycle. In future research, developmental differences can be better examined by grouping couples according to the later stages of the family life cycle. The study also considered loneliness and mindfulness as variables affecting the interactions between couples. In future studies, other concepts such as couple functioning, parental competence, fear of happiness, and family functioning can be addressed together with related theoretical approaches. Lastly, couples were analyzed as a single group. In future studies, couples can be grouped according to demographic characteristics such as number of children, trauma history and history of psychiatric illness. In addition to the limitations, the study also has some suggestions. Giving couples the skills to cope with loneliness may produce better results for the general family system. At the same time, couple counselling practices focusing on the development of mindfulness skills may protect the relationship quality. Increasing mindfulness skills at the level of the partner subsystem can help spouses to be more empathetic, sincere, and supportive to each other. This practice can provide positive results at both individual and relational levels. In the process of couple counselling, these approaches may be functional to cope with the feeling of loneliness and to provide emotional accessibility in the relationship.

Conclusion

In this dyadic study, the relationships between loneliness, mindfulness, and relationship quality were examined with the actor–partner model. According to the dyadic findings, the relationships between the variables were found to be statistically significant at both actor and partner levels. These results reveal that loneliness and mindfulness have important relationships between couples at individual and relational levels. As all pathways between loneliness, mindfulness, and relationship quality are significant at both actor and partner levels, these variables have an impact not only on individuals' "emotional awareness and relational processes but also on their partners" mindfulness and relationship quality. Within the framework of the family systems approach, a positive emotional change in one of the spouses in a family system can affect the emotional health of the whole system. In general, if one of the partners feels loneliness in their marriage and the other partner responds to this situation with mindfulness skills, the quality of the relationship can be maintained. However, if both partners experience loneliness or have low levels of mindfulness, it can be stated that the relationship may enter a negative cycle and the quality of the relationship will decrease.

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Ethical Considerations

The study was performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki and its following updates. The study protocol has been approved by the Yıldız Technical University Scientific Research and Ethical Review Board (Address: 'etik.yildiz.edu.tr/dogrula' Report No: 20250104184 Verification Code: cdbd9).

Consent to Participate

Informed consent was obtained from all the individual participants that were included in the study.

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Declaration of Conflicting Interests

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Data Availability Statement

Data will be available on request.

Pre-Registration Statement

This study was not pre-registered.

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