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# The Relative Contribution of Compassionate Communication to Psychological Empowerment in Emerging Families

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## Abstract

*The research aims to reveal the relative contribution of compassionate communication to psychological empowerment among emerging families. To achieve the research objective, a correlational descriptive method was used to verify it. The compassionate communication scale and the psychological empowerment scale were applied to a sample of 192 newly emerging families, particularly wives who recently married in the city of Mecca. The results showed that the level of compassionate communication and psychological empowerment among the wives in the sample was average. The results also revealed a positive impact of compassionate communication (overall score and dimensions) on psychological empowerment. The results also indicated statistically significant differences among the wives in the research sample regarding psychological empowerment based on age, favoring those whose age was less than 25 years. Additionally, there were statistically significant differences among the wives based on the duration of their marriage, favoring those whose marriage duration was less than two years. Furthermore, there were statistically significant differences among the wives in the four levels of compassionate communication regarding the wife's psychological empowerment, favoring those with high compassionate communication.*

**Keywords:** Compassionate Communication, Psychological Empowerment, Emerging Families.

## Introduction

Marriage is the appropriate way for a person to legitimately satisfy their nature and inclinations as well as their need for survival, since people are predisposed to cherish survival because of their humanity. Perhaps the only way to satiate the survival instinct and its reality in the world is to have human-attributed progeny, like children and grandchildren.

Marriage is regarded as a life transition, a time when a person moves from one life to another, full of changes and difficulties, some of which are good and some of which are bad. Thus, learning about positive factors for them aids in comprehending the nature of their life and providing them with the necessary guidance and direction.

Compassionate communication is also considered one of the most important ways of communication between spouses; it is the key to family stability and the secret to its happiness. It is a means of affection and love between them, and it brings understanding, empathy, and integration between the spouses. Additionally, it is a state of emotional harmony that reassures the spouses psychologically and makes them more capable of facing life's problems together (Kasouha, 2019, 58).

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compassionate communication is of great importance in the lives of spouses; because the marital relationship is one of the most important human relationships between people, if not the most important of all, as the family is the nucleus of any society. The importance of compassionate communication also lies in resolving disputes between spouses and enabling them psychologically to face the various life pressures they encounter. No marriage is free from crises that may shake their lives together, such as the circumstances associated with the beginning of married life, which requires effort, patience, and a strong desire from the husband to support his wife with wise and positive support, enabling her to overcome that crisis psychologically (Daher, 2018, 2).

Additionally, three key elements make up compassionate communication (Salazar, 2013): Talking with compassion: This is accomplished by paying close attention to what the wife has to say, letting her fully express herself, demonstrating interest in her, and producing emotive facial expressions that show empathy with her words. Next, demonstrate empathy by dialogue and a kind touch, like holding the wife's hand. It also involves a list of demands that the person tries to satisfy by comprehending and valuing them. This makes this communication possible (Ataya, 2020, 309) because it is a means of expressing compassion, understanding, and kindness toward others, acknowledging their suffering, avoiding passing judgment on their imperfections, and being able to communicate with them in a kind and considerate manner even in everyday situations. According to Neff (2003), it is a method of speaking and listening from the heart.

According to Kasouha (2019, 56–66), there are three components to compassionate communication: self-expression, which depends on the husband sharing his own personal observations, feelings, needs, and requests; emotional listening, which entails being present without feeling anxious and being able to give the wife feedback, including her own observations; and self-compassion: it entails the capacity to identify and convert deeply held beliefs into caring ones.

The idea of compassionate communication between spouses is based on the fact that all humans share a set of psychological needs, the most important of which are: security, love, and empathy towards others. When communication occurs between two people, each person's awareness of the other's needs significantly contributes to the success of this communication (Ataya, 2020, 310).

Psychological empowerment contributes to enabling individuals and groups to bring about change in their lives, allowing them to gain authority, influence, and power that enhance their ability to exercise choice and freedom, which positively contributes to their well-being (Segbefia & Ganle, 2015, p. 46).

The perception of psychological empowerment for the wife in the emerging family is based on a set of dimensions, which are (Mishri and Boukawas, 2021, 217): The meaning: It means the wife's perception that the tasks she performs have meaning and value for others, meaning there is an alignment between the demands of married life on one hand and the roles she performs on the other, as well as her beliefs, values, and behaviors. Efficiency: It means the wife's perception that she is capable of accomplishing her tasks successfully and with high skill, Based on cognitive experiences and skills, independence, and freedom of action, which means the wife perceives that she has the freedom to choose among several available alternatives that enable them to complete their marital life in the best possible way, and impact, which means the wife perceives that she has an influence on the decisions that are made regarding her marital life.

A number of indicators can be used to determine psychological empowerment, such as: health:

the capacity to manage the conditions that impact the wife's mental and physical well-being; home: the selection and quality of one's living environment; work: the process of acquiring the necessary skills, selecting a job, landing it, and earning enough money to maintain a decent standard of living; close relationships: the selection of one's family and friends; leisure time: the amount, nature, and investment of leisure time; and values: which encompasses the type of values a person holds and the manner in which they are applied (Hassan, 2018, 22).

Psychological empowerment is considered one of the forms of positive intervention that focuses on increasing an individual's sense of joy and happiness, satisfaction with various aspects of life, enhancing abilities, and boosting morale (Al-Nawajha, 2016, 286). It also plays a significant role in achieving a sense of optimism and hope, and life satisfaction. The importance of an optimistic personality towards the future emerges in positive psychological attitudes towards social relationships within the family and community (Jawhar, 2021, 481) for all family members in general, and specifically stimulates the mindset of the wife in the emerging family; through the husband's adoption of it, to provide her with self-confidence and contentment with what she possesses, thus enabling her to make her own decisions and choose the outcomes she wants to achieve (Jawhar, 2021, 480).

Since it is evident from the foregoing how crucial compassionate communication is to emerging families' psychological empowerment, the goal of the current study is to ascertain how much compassionate communication contributes to psychological empowerment.

### **First: Scope of the Research**

Marriage will undoubtedly continue and grow if it starts off on the correct note. On the other hand, dysfunction in a marriage is a sign of an impending divorce if it occurs from the beginning. Given the steadily rising number of separations at the start of marriage, this is what we see in our own lives today. In order to help newlyweds manage their marriage life both now and in the future, it is important to research them and comprehend some of the psychological factors that are related to them.

Since marriage requires mutual emotional, social, financial, and sexual fulfillment in order to promote harmony in married life, it is regarded as an ongoing, interconnected connection with reciprocal needs. For a marriage to establish economic family harmony, there must be perception, understanding, acceptance, happiness, and contentment among family members. Based on a sense of responsibility, a high degree of realism, and the capacity to balance the family's available resources with the growing financial demands of life's burdens, they should be able to achieve reasonable and acceptable satisfaction of their needs within the constraints of their financial resources (Al-Salimi, 2008) (Hoseiny Mahmoodi & Maredpour, 2019).

Due to the couple's inexperience in the married life and their ignorance of constructive family interaction techniques, newlyweds are frequently impacted by family issues. Every family member's domination, insistence on their roles, and stubborn behavior cause ongoing marital disputes that could eventually lead to the family's dissolution (Omar, 2000).

Among the most prominent marital problems that newlyweds may face in their first year, which is considered the most crucial phase in their lives, is neglect: men's neglect is more common, but women's neglect is more dangerous due to the severe consequences that follow. Another issue is the wife's gossiping: all qualities pale in comparison to the quality of a long tongue. Communication is also vital: despite being one of the most important skills that maintain love and intellectual and psychological bonding between spouses. Comparison is another problem:

women often say, "I wish I had what you have," when they hear other women talking about their husbands' spending, intimacy, love for travel, or other matters. The wife's stubbornness, rigidity, and opposition to her husband can lead the marriage down a path of conflict that may end in undesirable outcomes. Stubbornness is one of the biggest marital problems, along with the lack of familial warmth (Al-Abdali, 2007).

The results of Bukhari's study (2021) showed that the emotional regulation level among newlyweds was generally at a moderate level, and thus needs improvement.

The life consequences of marriage raise the duties put on married couples, which in turn increases the psychological stress connected with those responsibilities. This stems from their obsession with striking a balance between their schooling, marriage, and possibly their jobs. Therefore, these stressors may have a direct or indirect relationship to the wife's psychological resilience and her ability to manage herself. As self-efficacy was shown to be favorably associated to emotional adjustment among individuals, the results of multiple research have shown a linkage between perceived self-efficacy and several positive correlates. This is due to the fact that psychological and emotional adjustment are significantly predicted by self-efficacy (Gramstad et al., 2001).

Ahmed's study (2020) also concluded that the personal factors leading to poor compatibility and the assumption of marital responsibilities for newlyweds were highly rated, followed by family factors that lead to poor compatibility and the assumption of marital responsibilities for newlyweds, and finally external factors. Psychological empowerment for the wife is considered one of the most important ways to address the issue of the wife's lack of marital life experience. In the early stages of marriage, the wife faces many pressures that cause her psychological distress. A study by Gourounti et al. (2012) indicated a statistically significant positive relationship between marital pressures and the wife's state anxiety, and a statistically significant negative relationship between ineffective communication between spouses and marital satisfaction. The impact of the problem of the newlywed wife's delay varies according to the wife's age and the duration of the marriage, which increases the importance of psychological empowerment for that wife.

Compassionate communication plays an effective role in the wife's satisfaction with married life and her inclination towards it. A study by Kielek-Rataj et al. (2020) revealed the importance of the relationship between openness to experience and communication between spouses in the wife's satisfaction with the marital relationship. Meanwhile, a study by Kashkar and Al-Wasi (2019) indicated that emotional communication enhances marital satisfaction in the sample by supporting the husband (wife) during the treatment period. Their marriage is characterized by love, friendship, compassion, and mutual tenderness. Additionally, their sexual relationship is fulfilling, indicating sexual satisfaction between the spouses. This contributes to her increased inclination towards life and enhances her sense of satisfaction. A study by Du and Dong (2021) highlighted the relationship between attachment orientation, empathy between spouses, and the quality of their relationship. It was found that there is a statistically significant relationship between attachment orientation and empathy among couples in quality of life, where more empathetic couples were more harmonious. The current study seeks to examine the relative contribution of compassionate communication to psychological empowerment and to reveal whether there are differences in compassionate communication in emerging families according to variables (age, duration of marriage, education level) due to the importance of these variables, as they are the most influential variables on the psychological state of emerging families.

Therefore, it can be said that a wife's ability to face those pressures increases with the presence of a supportive husband who contributes to facing those pressures and psychologically empowers her to confront them. From the above, **the study problem crystallizes in the following questions:**

- What is the level of compassionate communication and psychological empowerment among emerging families?
- What is the relative contribution of compassionate communication by the husband in predicting the psychological empowerment of the wife in emerging families?
- Are there differences in the wife's compassionate communication in emerging families according to variables (age, duration of marriage, education level)?

## **Second: Research Objectives**

**The current research aims to:**

- Identifying the level of both compassionate communication and psychological empowerment among emerging families.
- Revealing the extent of the husband's compassionate communication in predicting the psychological empowerment of the wife in emerging families.
- Identifying the differences in compassionate communication among the sample members in light of some demographic variables.

## **Third: Importance of the Research**

### **Theoretical Importance**

The theoretical importance of the research lies in shedding light on the concept of compassionate communication, which is considered one of the modern concepts in the psychological field. It is also one of the positive concepts that serve as a strong indicator of mental health, as it helps reduce negative feelings, fosters a sense of optimism, happiness, and life satisfaction, and helps reduce anxiety and stress. The importance of this research also comes as it represents an important step in the field of psychological studies focusing on the areas of psychological and family counseling, as it contributes to reducing psychological and family problems between spouses. It also helps to understand the extent to which compassionate communication supports the wife, aiming to avoid problems that arise from the beginning of married life and to affirm and support positive marital relationships.

### **Practical Importance**

The importance of the research is practically determined as it seeks to identify the extent of the contribution of compassionate communication to the psychological empowerment of the wife in emerging families, which provides an important indicator of the nature of that relationship. Subsequently, it aims to find positive solutions to support compassionate communication from the husband to the wife and to overcome the obstacles that may hinder her path. Additionally, it involves developing two scales, one for compassionate communication and the other for psychological empowerment, as there is currently no scale for compassionate communication and psychological empowerment for the wife in emerging families in the Saudi environment. It is hoped that this scale will be an addition to the Arab psychological library.

#### **Fourth: Concepts of the Research**

##### **Compassionate communication**

Compassionate communication is defined as: a mode of communication that involves personal and social relationships characterized by connection and care, sharing the same basic human needs, and acting with similar strategies that enable them to satisfy these needs (Branscomb, 2011). Compassionate communication is operationally defined as the score obtained by the respondent on the compassionate communication scale as perceived by the spouse, as prepared by the researchers.

##### **Psychological Empowerment**

It can be defined as a process that enables individuals and groups to bring about change in their lives, allowing them to gain power, influence, and strength, which enhances their ability to exercise choice and freedom, thereby positively contributing to their well-being (Ganle, Afriyie & Segbefia, 2015, 966). Psychological empowerment is operationally defined as the score obtained by the respondent on the psychological empowerment scale as perceived by the wife, prepared by the researchers.

The emerging family: Newlywed couples represent the first stage of the family life cycle, and there are challenges and tasks required from the family at each stage of the life cycle (Kafafi, 2010). Operationally, they are the wives who have started to establish an emerging family and are in the first three years of marriage.

#### **Fifth: Research Boundaries**

- **Subjective boundaries:** The extent of the contribution of compassionate communication to the psychological empowerment of the wife in emerging families.
- **Temporal and spatial boundaries:** Research tools were applied during the period from 2/11/2023 to 1/2/2024, on a convenient sample of wives in emerging families in the city of Mecca.
- **Human boundaries:** Research tools were applied to a sample consisting of (192) wives from emerging families in Mecca, Saudi Arabia.

#### **Sixth: Research Methodology**

The current research used the predictive correlational descriptive method to reveal the predictive value of compassionate communication in the psychological empowerment of the wife in emerging families.

##### **- Research Participants**

The sample of participants in the current study was determined from newly established families, specifically wives who had been married for less than three years in the city of Mecca, and consisted of 192 newly married wives. The study scales were designed electronically on Google Drive, and the link to the scales was distributed to wives willing to respond to the study scales in the city of Mecca. The responses, which amounted to (192) responses, were received on Google Drive.

##### **- Research Tools**

For the purpose of verifying the research objectives, two scales were prepared: one for compassionate communication and the other for psychological empowerment. This was done by

reviewing some scales and theoretical frameworks that addressed the concepts of compassionate communication and psychological empowerment. Care was taken in formulating and preparing their items to ensure that the statements were suitable for compassionate communication by the spouse as well as for psychological empowerment. It was also ensured that some items were phrased positively and others negatively, and that the content of each item was clear, explicit, and direct. Efforts were made to avoid negation tools as much as possible to prevent confusion. Below is a description of the two scales:

### **The Scale of Compassionate Communication in Emerging Families**

Initially, a number of related studies and research were reviewed, such as Ataya's study (2020), Hawkey et al.'s study (2021), and Gourounti et al.'s study (2012). Additionally, some related scales were reviewed, such as the Compassionate Communication Scale prepared by Salazar (2013). After that, the initial version of the scale was prepared to include (33) items distributed across three dimensions as follows: the first dimension: (compassionate talk, which includes 13 items), the second dimension: (gentle touch, which includes 12 items), and the third dimension: (gentle message, which includes 8 items). The items were formulated in their initial form and presented to a group of 12 experts in education and psychology to judge the appropriateness of the item formulations and their content for the research sample participants, in addition to deleting, modifying, or adding anything they see necessary to refine and adjust the scale's content, validity, and suitability for the environment and participants. The experts' suggestions resulted in the modification of some statements, such as statements (5), (7), (16), and (24). Statements (9), (11), and (18) were deleted, and statements (26) and (28) were added, bringing the total number of statements in the initial version of the scale to (32) statements.

And to verify the psychometric properties of the scale, the following were calculated:

#### **The Scale's Validity**

##### **The Internal Construction's Veracity**

A pilot sample of fifty women from the developing family outside the main sample was used to confirm the Compassionate Communication Scale's construct validity. The scale score as a whole and the correlation coefficients between the scale items and their corresponding dimensions were computed, and each was statistically significant at the (0.01) level. At the (0.05) level, items (9), (12), (17), and (30) did not exhibit statistical significance. The Compassionate Communication Scale's construct validity is demonstrated by the values in Table (1), which permits its application in the current investigation.

First dimension			second dimension			Third dimension		
N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension	N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension	N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension
1	** 0,666	**0.635	1	0,105	0.111	2	**0.661	**0.708

			2			3		
2	** 0,709	**0.721	1 3	**0,565	**0.616	2 4	**0.504	**0.562
3	**0,567	**0.558	1 4	0,635**	**0.646	2 5	**0.662	**0.615
4	**0,557	**0.582	1 5	**0,589	**0.618	2 6	**0.651	**0.693
5	**0,681	**0.776	1 6	**0.497	**0.511	2 7	**0.625	**0.812
6	** 0, 651	**0.673	1 7	0.079	0.081	2 8	**0.722	**0.802
7	**0,623	**0.655	1 8	**0.715	**0.725	2 9	**0.495	**0.544
8	**0,539	**0.599	1 9	**0.602	**0.633	3 0	0.098	0.103
9	0,106	0.108	2 0	**0.665	**0.712	3 1	**0.779	**0.817
10	** 0,754	**0.824	2 1	**0.555	**0.571	3 2	**0.499	**0.502
11	**0,469	**0.537	2 2	**0.722	**0.800			

Table (1) Correlation Coefficients Between the Score of Each Item on the Compassionate Communication Scale and the Overall Score of the Scale and the Dimension Score (N=50)

**\*\* Significant at the 0.01 level**

#### **-The External Criterion Validity**

The validity of the compassionate communication scale was tested using criterion validity, where the compassionate communication scale prepared by Salazar (2013) - after modifying the responses from five to four responses - was used as an external criterion. The correlation coefficient between the two scales was calculated, and its value was (0.865), which is statistically significant at the 0.01 level, indicating the validity of the compassionate communication scale for its intended measurement.

#### **- Scale Stability**

The reliability of the Rahim Communication Scale was calculated using both the Cronbach's alpha method and the test-retest method, after deleting the four items (9), (12), (17), (30). The scale was applied to a pilot sample of wives in emerging families in the city of Mecca, excluding the main sample, twice with a two-week interval. The Cronbach's alpha value for the overall scale reliability was (0.855), and for the dimensions, it ranged between (0.807-0.824), which are high values. The Pearson correlation coefficient between the results of the first and second measurements was (0.866), indicating the high reliability of the scale.

#### **- The Psychological Empowerment Scale for the Wife in the Emerging Family**

To develop the psychological empowerment scale, a number of relevant studies and some Arabic and foreign scales were reviewed, such as the study by Kashkar and Al-Wasi (2019) and the study by Günaydin (2022). A number of statements that could be included in the initial version



of the psychological empowerment scale for the wife in the emerging family were prepared and formulated. A total of 26 statements were formulated and distributed across four dimensions as follows: The first dimension: (sense of meaning, including 7 statements), the second dimension: (ability {competence and merit, including 7 statements}), the third dimension: (autonomy, including 6 statements), and the fourth dimension: (influence, including 6 statements). The scale of compassionate communication and psychological empowerment for the wife in the emerging family relies on four alternatives: Strongly agree - Agree - Disagree - Strongly disagree, with values (4-3-2-1) assigned respectively in the case of positively worded items. In the case of negatively worded items, the weights are reversed. The scale was presented to 12 experts in education and psychology to verify the appropriateness of the statements for the sample, their linguistic accuracy, clarity of meaning, and the improbability of a single statement containing more than one idea.

### **The psychometric properties of the scale:**

The psychometric conditions for the scale were verified as follows:

#### **- The scale's accuracy**

The truth of the inner construction: construct validity of the psychological empowerment scale was verified by applying it to a pilot sample of (50) wives in the emerging family from outside the main sample. The correlation coefficients between the scale items and their respective dimensions were calculated, as well as between them and the total score of the scale. All were statistically significant at the (0.01) level, while items (3), (5), (7), (12), and (24) were not statistically significant at the (0.05) level. The values presented in Table (2) indicate the construct validity of the psychological empowerment scale, allowing its use in this current study.

First dimension			second dimension			Third dimension			Fourth dimension		
N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension	N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension	N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension	N	The correlation with the overall score of the scale	The correlation with the overall degree of the dimension
1	0.596 **	0.616 **	8	0.565 **	0.665 **	15	0.662 **	0.752 **	21	0.699 **	0.797 **
2	0.483 **	0.525 **	9	0.508 **	0.567 **	16	0.605 **	0.825 **	22	0.514 **	0.573 **
3	0.101	0.104	10	0.705 **	0.776 **	17	0.516 **	0.537 **	23	0.505 **	0.544 **
4	0.518 **	0.597 **	11	0.662 **	0.712 **	18	0.602 **	0.693 **	24	0.089	0.096

5	0.122	0.127	1 2	0.105	0.108	1 9	0.509 **	0.543 **	2 5	0.629 **	0.702 **
6	0.662 **	0.702 **	1 3	0.521 **	0.545 **	2 0	0.656 **	0.701 **	2 6	0.558 **	0.691 **
7	0.079	0.087	1 4	0.608 **	0.636 **						

Table (2) Correlation Coefficients Between the Score of Each Item of the Wife's Psychological Empowerment Scale in the Emerging Family and the Dimension Score and the Overall Score of the Scale (N=50)

**\*\* Significant at the 0.01 level**

### **- The Validity of the External Criterion**

The validity of the psychological empowerment scale was tested using criterion validity, where the psychological empowerment scale developed by Spreitzer (1995) - after modifying the responses from three to four responses - was used as an external criterion. The correlation coefficient between the two scales was calculated, and its value was (0.871), which is statistically significant at the 0.01 level, indicating the validity of the psychological empowerment scale for its intended measurement.

### **Scale Stability**

The reliability of the psychological empowerment scale for wives in emerging families was calculated using the Cronbach's alpha and test-retest methods, after deleting items (3), (5), (7), (12), and (24). The scale was applied to the exploratory sample of wives in emerging families, excluding the main sample, twice with a two-week interval. The Cronbach's alpha value for the overall scale reliability was (0.855), and for the dimensions, it ranged between (0.822-0.843), which are high values. The Pearson correlation coefficient between the two applications was (0.843), indicating the high reliability of the scale.

### **Seventh: Discussion And Analysis of Research Results**

The results of the statistical analysis of the participants' data in the research sample revealed the following results:

Presentation of the results of the first question and discussion: What is the level of both compassionate communication and psychological empowerment among married women in emerging families?

To answer the current question, the arithmetic means and standard deviations were extracted to identify the level of compassionate communication and psychological empowerment among married women in emerging families, and Table (3) shows the results.

Scale	Dimension	Mean	St. Division	%	Rank	Assessment
Compassionate communication	The Merciful Talk	2.32	0.54	58%	2	Average
		2.15	0.51	53.75%	3	

	The compassionate touch					High
	The tender message	3.43	0.85	85.75%	1	Average
	The overall degree of compassionate communication	2.53	0.56	63.25%		Average
Psychological empowerment	The feeling of meaning	1.68	0.44	42%	4	Low
	Competence and merit	2.56	0.63	64%	2	Average
	Self-determination	3.10	0.75	77.5%	1	High
	The Influence	2.55	0.64	63.75%	3	Average
	The overall score for psychological empowerment	2.45	0.51	61.25%		Average

Table (3): Means and Standard Deviations for Both Compassionate Communication and Psychological Empowerment Among Married Women in Emerging Families

The results of the current question show that compassionate communication came at an average level with a total arithmetic average of (2.53) and a standard deviation of (0.56) and a percentage of (63.25%), and the dimensions came at a level between medium and high and came higher after is the compassionate message with a high degree, and then came the merciful hadith and then the merciful touch, which indicates that newly married women who form emerging families seek compassionate communication with their husbands specifically, but do not have high levels of compassionate communication, as shown by The previous table that psychological empowerment came at an average level with an arithmetic mean (2.45) and a standard deviation (0.51) and a percentage of (61.25%), and the four dimensions came at various levels between low, medium and high level, and the highest dimensions came in autonomy, then came competence and merit, then influence and then a sense of meaning, which indicates that married women also have medium levels of psychological empowerment, but they need to develop both compassionate communication and psychological empowerment.

The study's results in compassionate communication align with the findings of Salazar (2013) and what Attaya (2020) pointed out, as well as with the observations of Segbefia & Ganle (2015). And what was indicated by Mishri and Boukous (2021) regarding psychological empowerment. The current result is attributed to the fact that these women have recently experienced marriage and need development in their lives as they live in emerging families and are going through a

new transitional phase in their lives. Therefore, they need to develop both compassionate communication and psychological empowerment to keep up with the new phase in their lives.

Presentation of the results of the second question and discussion: What is the relative contribution of compassionate communication in predicting the psychological empowerment of the wife in emerging families?

To answer the current question, simple linear regression was used to study the impact of compassionate communication on predicting the psychological empowerment of wives in emerging families, and the results are as shown in Table (4):

The dependent variable	Independent variables	Unstandardized regression coefficients Value of (B)	Standardized regression coefficients ( $\beta$ )	T-TEST Value of T	Statistical significance	F-TEST Value of F	Statistical significance	Determination factor (R <sup>2</sup> )
Psychological empowerment for the wife	Slope intercept	10.725	-	3.721	0.004	2.882	0.677	0.004
	Compassionate communication	1.141	0.057	0.823	0.0001	19.938		0.0001

Table (4) Regression Model for the Impact of Compassionate Communication on the Psychological Empowerment of Wives in Emerging Families

Table (4) represents the simplified model for the variance analysis of the "F" test for the linear correlation coefficient square, where the results of the table reflected a statistically significant linear relationship at the 0.01 level amounting to (0.677) between compassionate communication and the psychological empowerment of the wife in emerging families. The F value reached (397.517), and the independent variable (compassionate communication) contributed 67.7% to the variance of the dependent variable (psychological empowerment of the wife in emerging families), which means that the explained value or the variance resulting from the independent variable has a statistically significant effect in predicting the dependent variable. As the t-test indicates, the estimated regression coefficients were statistically significant at the 0.01 significance level for compassionate communication. Based on the above, the predictive regression equation for the psychological empowerment of the wife in the emerging family can be formulated as follows:

**The psychological empowerment of the wife in the emerging family = 10.725 + 1.141 × compassionate communication**

This relationship means that with an increase in compassionate communication by one degree, the psychological empowerment of the wife in emerging families rises by (1.141) degrees, assuming other variables remain constant.

To understand the impact of the dimensions of compassionate communication on the psychological empowerment of the wife in emerging families, multiple linear regression analysis was used, and the results are as shown in Table (5):

The dependent variable	Independent variables	Unstandardized regression coefficients		Standardized regression coefficients (β)	T-TEST Value of T	Statistical significance	F-TEST Value of F	Statistical significance	Determination factor (R <sup>2</sup> )
		Value of (B)	Standard error						
Psychological empowerment of the wife in the emerging family	Slope intercept	14.359	2.537	-	5.659	0.0001	134.045	0.001	0.681
	The Merciful Talk	0.696	0.143	0.369	4.861	0.0001	0.696	0.143	0.369
	The tender message	0.722	0.134	0.370	5.379	0.0001	0.722	0.134	0.370
	The tender touch	0.330	0.161	0.152	2.043	0.042	0.330	0.161	0.152

Table (5) Regression Model for The Impact of Each Dimension of Compassionate Communication on Predicting the Psychological Empowerment of Wives in Emerging Families

It is clear from Table (5) that the F-value reached (134.045) with a statistical significance of (0.001), indicating the model's significance. The coefficient of determination value was (0.681), which indicates that (68.1%) of the variance in the wife's psychological empowerment in the emerging family can be explained by the variance in the dimensions of compassionate communication (kind talk - gentle message - gentle touch).

As the t-test indicates, the estimated regression coefficients were statistically significant at the 0.01 significance level in the dimensions of compassionate communication (kind speech - gentle message - gentle touch). Therefore, the regression relationship can be formulated as follows:

**The psychological empowerment of the wife in emerging families = 14.359 + 0.696 × compassionate talk + 0.722 × affectionate message + 0.33 × tender touch**

This relationship means that with an increase in compassionate talk by one degree, the psychological empowerment of the wife in the emerging family rises by (0.696) degrees, holding other variables constant. Similarly, with an increase in affectionate messaging by one degree, the psychological empowerment of the wife in the emerging family increases by (0.722) degrees, holding other variables constant. Additionally, with an increase in affectionate touch by one degree, the psychological empowerment of the wife in the emerging family increases by (0.33) degrees, holding other variables constant.

This result can be interpreted in light of the fact that the emotional and sentimental coexistence of the husband with his wife alleviates many of the internal and external pressures she faces due to being in a newly established family that is exposed to modern pressures she has never experienced before. This enhances her emotional feeling and makes her feel the emotional and sentimental coexistence from her husband, thereby making her feel more secure and granting her significant self-strength that enables her to overcome the obstacles she faces as she lives in a newly established family. Additionally, the wife's feeling of her husband's empathy allows for better choices among the available alternatives, And it gives her the freedom to make her own decisions regarding the obstacles she faces due to being in a newly established family, and it grants her great strength and psychological resilience that enable her to overcome the crises that may disrupt her life as a result of being in a newly established family. This finding aligns with the results of the study by Gourounti et al. (2012), which found a statistically significant positive relationship between marital stress and ineffective communication between spouses with state anxiety, and a statistically significant negative relationship between ineffective communication between spouses and marital satisfaction.

Presentation of the results of the third question and discussion: Are there differences in the wife's compassionate communication in the emerging family according to the variables (age, duration of marriage, education level)?

To answer the current question, a one-way ANOVA was used to calculate the differences among the sample members according to the variables: age, duration of marriage, and level of education. Tables (6), (7), (8), and (9) present the results of the wives' responses in emerging families.

Dimensions	Source of variation	Sum of squares	Degrees of freedom	Mean squares	The value of "F"	Level of significance
The overall degree of compassionate communication	Age	533.315	2	266.657	3.929	0.021
	Duration of marriage	1475.358	3	491.786	7.247	0.0001

	Educational level	539.085	2	269.542	3.972	0.021
	The mistake	12283.394	181	67.864		
	The total amount	811693.000	192			

Table (6) Results of the One-Way ANOVA in (N) Direction to Determine the Significance of Differences in the Wife's Compassionate Communication In Emerging Families According to the Variables of Age, Duration of Marriage, and Level of Education.

It is clear from Table (6) that there are statistically significant differences in the wife's compassionate communication in emerging families among the sample members at the (0.05) level, attributed to the variables of age, duration of marriage, and level of education, where all F-values were statistically significant. To identify the direction of the significance of the differences in the wife's compassionate communication in emerging families according to age, the Scheffé multiple comparison test was used, as shown in Table (7):

Age	Under 25 years old (Mean= 74.09)	From 25 to 35 years old (Mean = 64.96)	Older than 35 years old (Mean= 53.87)
Less than 25 years old (n=64)	-	**9.13	**20.22
From 25 to 35 years old (n=53)		-	**11.09
Older than 35 years (n=75)			-

Table (7) Direction of the Multiple Scheffé Differences Among Wives in the Wife's Compassionate Communication in the Emerging Family According to the Age Variable

**(\*\*) Significant at the 0.01 level**

It is clear from Table (7) that the direction of the significance of the differences between the wives in the study sample regarding the wife's compassionate communication according to age is in favor of those whose age is less than 25 years compared to those whose age is between 25 and 35 years, and those over 35 years; where the average differences between them were (9.13), (20.22) respectively and were significant at the (0.01) level. In favor of those whose age is between 25 and 35 years compared to those whose age is over 35 years; where the average differences between them were (11.09), and were significant at the (0.01) level.

This result can be explained in light of the fact that young wives are more able to psychologically rehabilitate to face the pressures faced by the wife being in an emerging family because they feel

young, and that they have enough time to address problems associated with being in an emerging family, and therefore this feeling gives them the ability to choose well among the available solutions to make the appropriate decision for the situation, in addition to that young wives can overcome the obstacle of dealing with a marriage partner who does not know much. These wives usually have enough time to identify the defect and work to re-fix it through various rehabilitation programs that they can participate in to help them in this matter, and the results indicated that the younger the wife, the greater the pressure on her.

To identify the direction of the significance of differences in the wife's compassionate communication in the emerging family according to the duration of the marriage, the Scheffe's multiple test was used, as shown in Table (8):

Duration of marriage	Less than two years (M = 127.92)	From two to five years (M = 118.29)	More than 5 years to 10 years (M = 115.01)	More than 10 years (M = 103.29)
Less than two years	-	**9.63	**12.91	**24.63
From two to five years		-	3.27	**15
More than 5 years to 10 years			-	**11.73
More than 10 years				-

Table (8) Direction of the Significant Differences of Scheffe Between Wives in the Wife's Compassionate Communication in the Emerging Family According to the Variable of Marriage Duration

**(\*\*) Significant at the 0.01 level**

It is clear from Table (8) that the trend of significance in the differences among wives in the emerging family according to the duration of their marriage favors those whose marriage lasted less than two years compared to those whose marriage lasted from two to five years, from more than five years to ten years, and more than ten years, where the average differences among them were (9.63), (12.91), (24.63) respectively, and were significant at the (0.01) level. It also favors those whose marriage lasted from two to five years compared to those whose marriage lasted more than ten years, where the average difference between them was (15) and was significant at the (0.01) level, And in favor of those whose marriage duration ranged from more than 5 years to 10 years compared to those whose marriage duration exceeded 10 years, where the average difference between them was (11.73) and was significant at the (0.01) level. This result can be interpreted in light of the fact that the shorter the marriage duration, the greater the amount of internal and external psychological pressures on the wife due to her living a recent and stressful experience. Additionally, their feeling and perception that the short duration of their marriage



does not represent an obstacle to achieving their motherhood aspirations; they still have time to rebuild themselves physically and emotionally to overcome the obstacle of their limited experience in married life. Therefore, their confrontation with the pressures on them is strong. In addition, she still has enough time to choose freely among the available alternatives to overcome the obstacle of her limited experience in married life. This result differs from the findings of the study by Kashkar and Al-Wasee (2019), which concluded that the results of the variance test did not show any differences in marital satisfaction for the sample attributed to the variable (number of years of marriage).

To identify the direction of the significance of differences in the wife's compassionate communication according to educational level, the Scheffe's multiple comparison test was used, as shown in Table (9):

Educational level	Below university level (M= 69.61)	University (M= 62.52)	Graduate studies (M= 56.09)
Non-university (n=62)	-	**7.09	**13.52
University students (n=96)		-	**6.43
Graduate studies (n=34)			-

Table (9) Direction of the Significance of Multiple Scheffe Differences Among Wives in the Wife's Compassionate Communication in the Emerging Family According to Educational Level

#### (\*\*) Significant at the 0.01 level

It is clear from Table (9) that the direction of the significance of the differences between the wives in the study sample regarding the wife's compassionate communication in the emerging family according to the educational level favors those with a qualification below the university level compared to those with a university qualification and higher studies, where the average differences between them were (7.09) and (13.52) respectively, and were significant at the (0.01) level. Additionally, it favors those with a university qualification compared to those with a higher studies qualification, where the average differences between them were (6.43). This result can be interpreted in light of the fact that their low educational level is fully reflected in their perception of dealing with the problem of their lack of life experiences. Therefore, they need a special kind of compassionate communication from the husband to help them overcome these problems. Additionally, this result can be explained in light of the connection between the wife's compassionate communication in the emerging family and many other factors, such as the wife's age and the duration of the marriage. The wife's age and the duration of the marriage are factors that significantly affect the wife's compassionate communication, as they contribute, to a greater or lesser extent, to the wife's understanding of her situation and its dimensions.

#### Research Recommendations

Working on designing guidance programs for husbands and wives aimed at improving compassionate communication between them, as compassionate communication contributes to

increasing the psychological empowerment of the wife in the emerging family. Working on designing rehabilitation programs for newlywed wives, older wives, and uneducated wives, to help them cope with the psychological pressures they face due to their limited experiences in married life.

Preparing training workshops for newlywed couples, for older wives, and for uneducated women, through underdeveloped civil society institutions to empower wives psychologically and equip them with experiences to face the situations they encounter due to being from emerging families.

Establishing awareness seminars within various educational institutions aimed at educating newlywed couples, older wives, and uneducated women about the importance of compassionate communication and its role in empowering couples psychologically to face emerging family problems.

Activating the role of marital services provided to newlywed couples, older wives, and uneducated women through the Family Affairs Council in the Kingdom.

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