

Bright Triad of Personality as an Indicator of Emotional Tolerance between Married Couples

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Abstract

Objectives: The current study aimed to reveal the predictability of emotional tolerance through the bright triad of personalities between married couples and to identify differences in emotional tolerance and the bright triad of personalities according to several demographic variables.

Methods: Data from 333 couples in Riyadh City, aged 23-35 years, from the target study group. Participants completed the Bright Personality Triad Scale (Johnson, 2018) and the Emotional Tolerance Scale (Johnson, 2018) (Brown et al., 2022) (Brown et al., 2022)

Results: Kindness (29.7) was the highest dimension of the bright personality triad among couples, followed by emotional empathy (26.6), altruism (24.1), and emotional tolerance (81.4). The bright personality triad among married couples differed by gender, preferring females over males, level of education in the kindness dimension, higher degree holders preferred to those with lower grades, the number of children in the kindness and empathy dimension, and the overall score of the tool. Three children compared to others, the nature of work and altruism in favor of those who work, the level of income prefers those who earn more than ten thousand riyals, and the number of years of marriage does not affect empathy or altruism. There were also gender differences in emotional tolerance among married couples in the tolerance and assimilation dimension and the overall score of the tool, male preference over female, and differences in education in the assimilation dimension in favor of those with lower academic degrees (secondary and below). The overall score of the tool, recommendation, and organization variable is in favor of people with less than three children. Income varies depending on tolerance, recommendation, and instrument grade. Differences in favor of people with an income of more than 10,000 riyals do not vary according to year—marriage and work flexibility. Finally, a characteristic of the bright personality triad may predict emotional tolerance using two interpreted lines (20%).

Conclusion: The findings highlight the bright triad of personality as an indicator of emotional tolerance among married couples and differences in certain demographic variables.

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Introduction

Tolerance in itself does not come from love or kindness. It does not stop the behavior of the other person. It comes from external motives – whether it's to avoid entering trouble or to receive judgments. Tolerance for another person often leads to resentment. It does not come from the heart. It does not come from genuine attention or care for the other person. It comes from personal fear or gain. If you "tolerate" your partner or their behavior, you don't really care about the backbone of a relationship, which is acceptance (Craft & Craft, 2023). Forgiveness involves seeing a partner do something you don't really like without trying to stop it; forgiveness doesn't mean agreeing or enjoying – happy thoughts or agreeing to what to do (Hoseinzade et al., 2020)(Hoseinzade et al., 2020) factor of personality stability, which manifests itself at the level of interpersonal relationships and at the level of the internal personal system to resist stressors. Systemic associations exist between patterns of external and internal tolerance on the basis of positive associations (between interaction partner acceptance and emotional stability; between feminine traits and the level of general and ethnic tolerance); between masculine traits and emotional stability), as well as negative links (between tolerance toward others and the ability to make independent decisions in emotionally stressed situations; between personality traits determined by organic lesions of the nervous system and communicative tolerance; between deviation and the prevalence of masculine traits and the level of general tolerance or tolerance as a personality trait, between Extroverted personal orientation and tolerance as a personality trait) (Belasheva & Petrova, 2016)

1.1 Emotional Tolerance

Most couples have marital issues. No matter how significant or minor the marriage issues, you can usually fix them together. Couples therapy helps 70% of couples, according to a study (Abbas et al.,2023). Believing in humanity means accepting others' mistakes. Humanity is about appreciating the dignity and worth of each person. Hence, someone who continuously praises others' successes has great humanity. Kantian, named after philosopher Immanuel Kant, is treating everyone well, not just those with whom one has an interest (Kaufman et al., 2019). A commitment to the above values is an indicator of a high quality of life, which includes life satisfaction, empathy and competence, independence, self-esteem, and many personality traits like kindness, tolerance, curiosity, and gratitude (Gerymski & Krok, 2019). To achieve well-being, positive psychology recommends cultivating tolerance. Abuse survivors need tolerance for emotional health. It encourages decision-based tolerance, cognitive tolerance, emotional tolerance, the psychology of tolerance, and forgiveness (Pettigrove & Enright, 2023) rather than keeping people emotionally engaged in injustice or trauma. & explanation Benefits of tolerance, tolerance treatment, the four steps to tolerance (a great way to improve lives), and customer assistance techniques (Enright intervention model, REACH model, and tolerance message (Anithalakshmi,2023) Wellness and emotional tolerance prevent intolerance and encourage happiness. The research contrasts decisional and emotional tolerance, while critical tolerance resists intolerance and responds differently to atrocities. Emotional tolerance transforms intolerant sentiments into positive ones that improve health and well-being through psychophysiological changes. Others lessen intolerance, but tolerance has specialized consequences (Worthington Jr et al., 2007). Forgiveness is a voluntary decision to let go of negative feelings toward a wrongdoer and replace them with unconditional love and compassion (McCullough et al., 2000). The Enright process and hierarchical forgiveness models aid forgiveness. The forgiver gains peace of mind and "liberation from emotional prison" to heal holistically through either pathway (Asgari et al., 2023). Thus, tolerant people have decreased depression, anxiety, and violence,

improving their quality of life. Reduced stress, blood pressure, and heart rate are also noted. (Mullen et al, 2023).

(Záhorcová et al.,2023) Tolerate variables and unforgivable crimes and examine relational and gender variations in 649 Slovaks (532 dating, 117 married, 517 women, 132 men). Daters saw forgiveness as a way to better the relationship, whereas married people saw it as an emotional process. More married people said sharing commitments helped them forgive. Men were more likely to say tolerance was vital to the relationship. Women require apologies and affection, whereas males focus on internal issues while forgiving. Therapists may benefit from a deeper understanding of tolerance in dating and married people, as infidelity is one of the most common unforgivable sins. Romantic relationships require tolerance. There is no single definition of forgiveness. However, it is agreed that forgiveness means replacing negative sentiments, attitudes, and behaviors toward the offender with positive ones. (Enright 2019) Individuals' commitment to the above principles does not mean they do not have wrong values or qualities, as personality makeup is fluid. Therefore, no individual totally carries good or negative behaviors or values (Kaufman et al., 2019). Emotional forgiveness restores stability in the relationship, deals with uncertainty in relationships, and reconciles with the partner in cases where partners can rebuild mutual trust (Antony & Sheldon, 2019). The most common approach in philosophical treatments of forgiveness is to condition forgiveness by eliminating particular negative or vindictive feelings on the part of the forgiver. This work develops the view of Bishop Butler, who emphasized the need to overcome or abandon feelings of resentment in order to forgive the wrongdoer.

Butler (2017) Butler sees the tolerance landscape as a relationship between a guilty and an oppressed person. Resentment and contempt are relevant since they are directed at another party for their actions. Thus, the scene of tolerance is a bilateral, intimate connection. Although many of these narratives emphasize the wrongdoer's contribution (e.g., repentance or apology), the tendency to forgive leans toward (or even requires or is formed) reconciliation between the parties and the tolerant's emotional state, and its impact on the personal relationship remains of interest. Alternatives to Butler's perspective that downplay emotional states expand this implicit feature of forgiveness. According to Seibert, forgiveness is a mental condition in which the forgiver actively refuses to punish the wrongdoer and communicates this attitude to him. (Highlen,2023)

From this perspective, tolerance and resentment can coexist without the other party's help. This makes forgiveness unique: it is a state of mind that signals a personal choice to pardon the wrongdoer, even if the speech resulting from this state of mind is also called forgiveness. (La Caze, 2018) and incompatible marriages have emotional, cognitive, and social issues. After examining inclusion criteria, the purposeful sampling approach selected 24 pairings for the study. Educational level and age group did not differ between experimental and control groups ($P > 0.05$). (Zaimi et al., 2023) A study (Shamsi & Asad, 2021)(Shamsi & Asad, 2021) on the effect of emotional maturity and tolerance on dual-income marital satisfaction. The study ($N = 100$) indicates a correlation between emotional maturity, tolerance, and marital satisfaction ($P < 0.05$). Tolerance of others ($\beta = .20$; $p < 0.05$) and attitudes ($\beta = .22$; $p < 0.05$) strongly predict marital satisfaction in couples with double income The association between forgiveness and marital stability and the mediating effect of marital quality in the first three years of marriage were explored using three annual waves of data from 268 Chinese couples. The study found that decision-making tolerance and emotional tolerance directly affect couples' simultaneous marital stability and that wives' emotional tolerance indirectly affects husbands' simultaneous and prolonged marital stability through their wives' marital quality. (He et al., 2018). With the aim of revealing(He et al., 2018) such qualities as tolerance and gratitude. A study of 110 males and 293 females found that extroversion, accord, and conscience positively affect tolerance, while neuroticism and openness negatively affect it. Gratitude and

tolerance are positively correlated. Thus, extroverted, friendly, and helpful people show more tolerance and thankfulness. (Ajmal et al., 2016)

In a multidimensional model, we examine the experiential links between time since divorce, influence (positive and negative), tolerance, and life satisfaction in society to determine how tolerance affects personal well-being after divorce. Fathers from Spain divorced. Data were collected from 223 divorced Spanish fathers (58.3% moms) aged 21–64 with 1–3 children. After forgiving and time since divorce, those with high positive influence were more tolerant of their ex-spouses, which increased their life satisfaction. The current study adds to the literature on tolerance in post-divorce parenting care by addressing its impact on divorced fathers' subjective well-being. (Yárnoz-Yaben et al., 2016)

1.2 Bright Triad of Personality

The "light trinity"—belief in humanity, humanism, and Kantianism—has been studied as the opposite of the dark trinity, which holds that humans are fundamentally kind and should not be treated accordingly. (MacBean) of empathy, compassion, and altruism, and the idea was first proposed by Laura Johnson in her 2018 master's thesis; altogether, these are considered Bright Trinity. (Johnson, 2018) The therapeutic triad is a model and approach to counseling consisting of three specific components: tolerance, self-compassion, and resilience (Johnson, 2018)(Wong, 2020). A personal word is rooted in a personal word. This word means the mask or veil that theater actors wear on their faces in traditional Greece. Therefore, the basic concept of personality can be considered as the external and social image that a person carries on his face based on the role that society plays accordingly. Society gives the individual a role to play accordingly ((Wong, 2020). The personality triad—empathy, kindness, altruism—is essential to building, forming, and maintaining family relationships and forming their main forces. In contrast, romantic relationships involve more altruism than selfishness, though both are moderate. Thus, romantic selfishness and the desire to help the partner motivate modest romantic altruism. Lovers seek their good, driving moderation.(Fletcher & Doebeli, 2006). Literature has focused on the dark triangle of character but seldom the sunny side. The study compares Tinder users' light triad of personality traits (belief in humanism, humanism, and Kantianism) with their short- and long-term mating reasons. (Bijari et al., 2022). Any substantial relationship did not drive Tinder's Tinder's short-term mating. Light Triad may motivate Tinder users to find long-term partners because it improves teamwork.(Fletcher & Doebeli, 2006) True altruism can be described as positive social behavior that is done only for the benefit of the other person, with little regard for one's interests (Ruini & Ruini, 2017). Recent studies in the psychological and social fields have tried to shed light on positive values, interpret them, analyze them, and build different theories and models considering this. One of the most prominent of these models was the luminous personality triad model, which identifies three human values: belief in humanity, humanism, and Kantian (Overton, 2022). The Luminous Triad of Personality: Knowing Him (Sevi & Doğruyol, 2020) Positive feelings like satisfaction and self-esteem are predicted. Hope in humanity, forgiveness for others' mistakes, and compassion are its three components. Humanity: Respecting and helping others improve. The person should treat others well regardless of their reasons.(Ruini & Ruini, 2017) The 600-person study found a positive correlation between high scores on the luminous personality triad scale and motivation to follow the pandemic precautions. (Overton, 2022)a study (Musek & Grum, 2021) by (Kaufman et al., 2019)study sample consisted of 495 participants of both sexes; the results (Grežo & Adamus, 2022) showed an individual obtaining high scores on the scale of the luminous personality triad and the emergence of positive values, such as justice, responsibility, trustworthiness, and conscience. In addition to positive emotions such as happiness, life satisfaction, and emotional stability. The study also recommended research to reveal the relationship between the luminous triad of personality and the rest of the positive values. Fahimdanesh et al. (2020) examined

(Musek & Grum, 2021) Data from the Couple's Enrichment, Self-Compassion, and Family Tolerance Scale. Pearson and women's multiple decreases demonstrated that self-compassion and marital satisfaction were linked. For men, tolerance predicts marital pleasure. Self-compassion and tolerance can predict marital satisfaction in the sample. These factors boosted young couples' marriage pleasure. Family counselors should help couples enhance these traits to strengthen marriages. The study (Erus & Topçu, 2023) also aimed to (Fahimdanesh et al., 2020). Self-compassion and interpersonal awareness predicted tolerance and explained 39% of adult tolerance variation. Higher Light Trinity scores were associated with higher relationship satisfaction, competence, independence, and secure attachment styles (Cesinger et al., 2023)(Erus & Topçu, 2023). Interact with others; they include seeing the best in people (believing in humanity), believing in people's dignity and worth (humanity), as well as the unease of manipulating people to do what you want or for your gains. (Cesinger et al., 2023) (Kholidiah et al., 2023)

Kaufman's bright personal triad and its essential elements (kindness, altruism, empathy) are justifications for building and strengthening the family relationship and ensuring its continuity as primary factors that help achieve security and psychological stability. Its effects are reflected in the strength of bonding and relationship between couples to achieve emotional tolerance and acceptance.

Methods

After receiving the necessary authorizations, 333 married males from Riyadh were picked at random using a Google form link designed for the project. The following were the prerequisites for completing the research instruments: 1. In order to take part in the present research, tool respondents had to give their consent.2. To be in a legally binding marriage at the time of survey completion.3. We defined and explained all of the study's aims. Data from the research's demographic characteristics are displayed in Figure (1), which shows the distribution of study subjects. Figure (1)

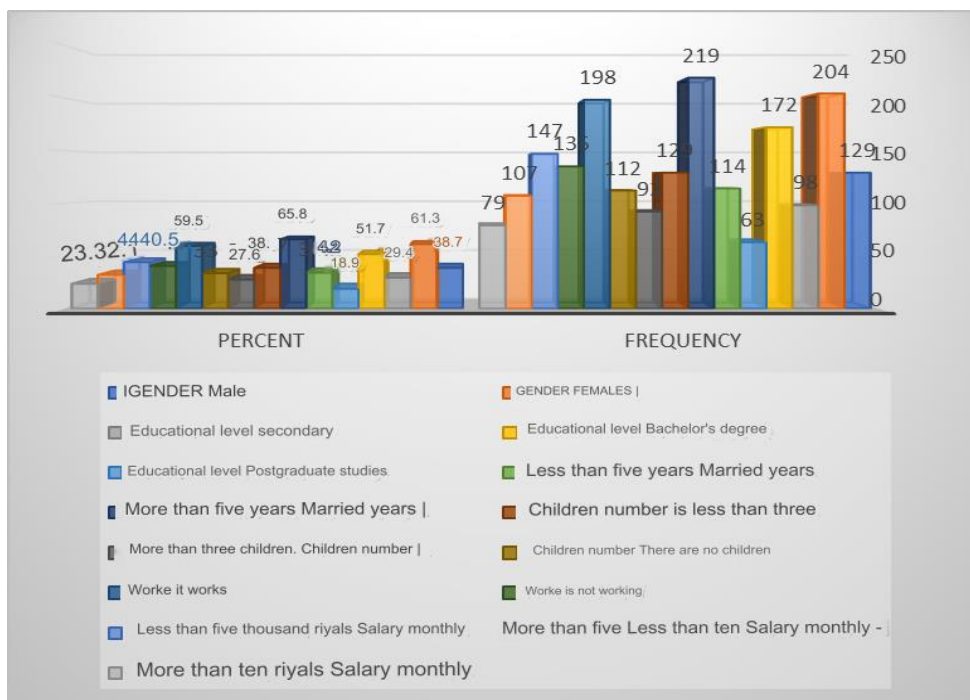


Figure 1 shows the study subjects according to demographic variables

INSTRUMENTS

1. The prepared Bright Personality Triad Scale ((Johnson, 2018) is divided into three dimensions: 1. Empathy, represented by elements (1-8). 2. Paragraphs (9-16) are represented in conjunction. 3- Altruism is represented in paragraphs (17-24). All items are positive except paragraphs (8,7,1,4,12,15,17,20,21,23), which are reflected in the correction, and the rest of the statements are measured using the 5-point Likert scale (1 = strongly disagree, 5 = strongly agree).In the current study, the alpha coefficient (0.67; 0.71; 0.64) was verified, and the reliability coefficient of the instrument was (0.75), which are appropriate values for the current study.

2. E Kinetic tolerance scale A is pre-prepared ((Brown et al., 2022) and consists of 15 elements distributed in four dimensions: 1. Tolerance, consisting of (1, 3, 5). 2. The recommendation consists of phrases (6,7,9,10,11,12).3. Understanding consists of (2,4,15).4. The organization consists of phrases (8,13,14). For scale correction purposes, the five-point Likert (1-5) strongly agrees; disapproval is used hard. Internal consistency was checked using Cronbach's alpha, which reached (0.73, 0.79, 0.72, 0.71) respectively, and the reliability of the tool as a whole reached (0.73). The correlation between elements and dimensions is calculated in Figure 2

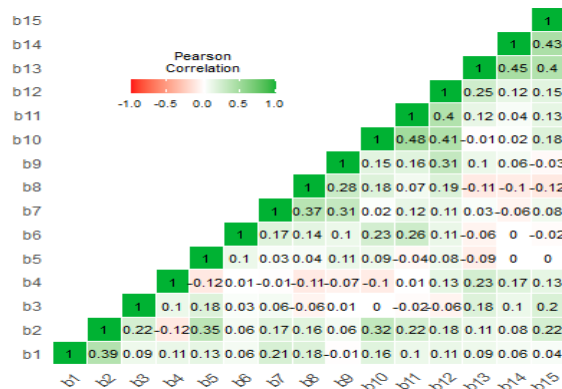


Figure 2 shows the coefficients of consistency between the paragraphs of the Emotional Tolerance Scale for married couples.

Results

1. Arithmetic averages and standard deviations of the levels of the bright personality triad in married couples.

Table 1 shows the arithmetic averages and descriptive statistics of emotional tolerance in married couples'

descriptive					
	mean	medium	SD	Contrast	range
empathy	27.6	28.0	2.93	8.56	17.0
pity	29.7	30.0	3.12	9.74	15.0
Altruism	24.1	24.0	2.37	5.62	13.0
Mass Light Triad Scale	81.4	82.0	5.46	29.86	36.0

It is clear from Table 1 that the highest levels of the bright personality triad among couples are kindness (29.7), empathy (26.6), altruism with an arithmetic mean (24.1), and emotional tolerance (81.4).

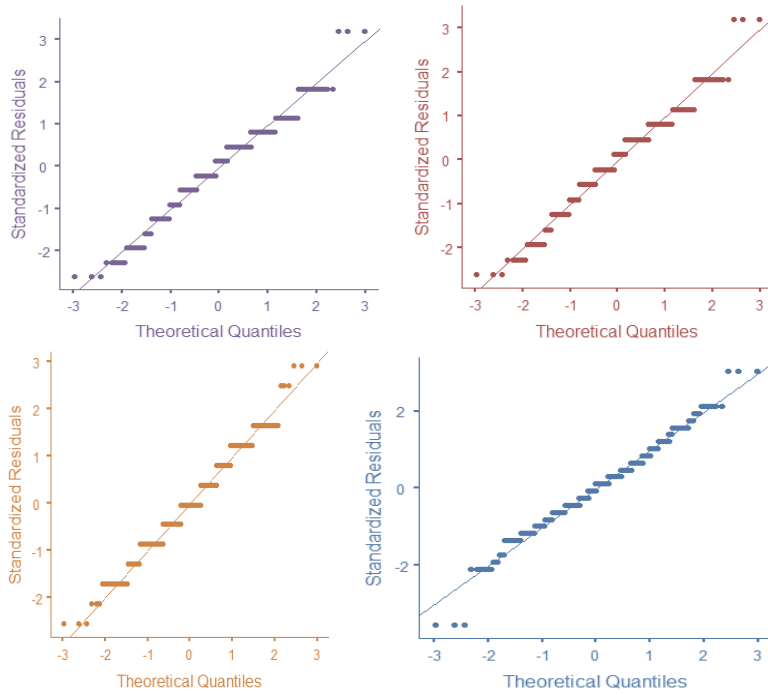


Figure 3 shows the arithmetic mean and standard deviation of the dimensions of emotional tolerance in married couples.

2. Arithmetic averages and standard deviations of emotional tolerance levels in married couples.

descriptive	mean	Same	medium	SD	Contrast	range
bear	8.46	0.127	8.00	2.32	5.38	12.0
assessment	16.99	0.220	17.00	4.02	16.18	24.0
absorption	9.14	0.120	10.00	2.19	4.78	10.0
regulation	8.51	0.136	9.00	2.49	6.18	10.0
On every scale of tolerance	43.10	0.403	44.00	7.36	54.22	44.0

It is clear from Table 2 that the highest levels of emotional tolerance between couples are Recommendation (16.9), followed by assimilation (9.14), followed by systems with an arithmetic average (8.5). The last place came after tolerance (8.46) and the overall score of emotional tolerance (43.1).

3. Differences in the bright personality triad of married couples based on several demographic variables

source	Dependent variable	The third type is the sum of the squares	Df	Average square	F	Say.
Sex	The first dimension is empathy	3.717	1	3.717	.486	.486

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		Second dimension: conjunctions	107.727	1	107.727	11.861	.001
		The third dimension of altruism	.121	1	.121	.023	.880
		Overall score of the Bright Triad Personality Scale	160.135	1	160.135	5.733	.017
Level of education		The first dimension of empathy	35.099	2	17.549	2.295	.102
		Second dimension: conjunctions	97.580	2	48.790	5.372	.005
		The third dimension is altruism.	1.142	2	.571	.108	.897
		Overall score of the Bright Triad Personality Scale	73.090	2	36.545	1.308	.272
Number of years of marriage		The first dimension is empathy	.286	1	.286	.037	.847
		Second dimension: conjunctions	28.035	1	28.035	3.087	.080
		The third dimension is altruism	11.558	1	11.558	2.193	.140
		Overall score of the Bright Triad Personality Scale	1.852	1	1.852	.066	.797
Number of children		The first dimension is empathy	169.084	2	84.542	11.054	.000
		Second dimension: conjunctions	87.044	2	43.522	4.792	.009
		The third dimension is altruism	5.694	2	2.847	.540	.583
		Overall score of the Bright Triad Personality Scale	322.421	2	161.211	5.771	.003
Nature of the work		The first dimension is empathy	63.410	1	63.410	8.291	.004
		Second dimension: conjunctions	15.642	1	15.642	1.722	.190
		The third dimension is altruism	52.068	1	52.068	9.878	.002
		Overall score of the Bright Triad Personality Scale	10.290	1	10.290	.368	.544
Income level		The first dimension is empathy	9.623	2	4.812	.629	.534

	Second dimension: conjunctions	29.271	2	14.635	1.611	.201
	The third dimension is altruism	45.413	2	22.706	4.307	.014
	Overall score of the scale of the bright personality triad	156.597	2	78.299	2.803	.062
Wrong	The first dimension is empathy	2470.237	323	7.648		
	Second dimension: conjunctions	2933.633	323	9.082		
	The third dimension is altruism	1702.652	323	5.271		
	Overall score of the scale of the bright personality triad	9022.154	323	27.932		
sum	The first dimension is empathy	257403.000	333			
	Second dimension: conjunctions	296667.000	333			
	The third dimension is altruism	194826.000	333			
	Overall score of the scale of the bright personality triad	2216652.000	333			

It is noted from Table 2 that the analysis of the multiple variances of the differences in the bright personality triad between married couples shows that gender differences in kindness and the total degree of the tool favor females over males. That level of education differences in kindness favor those with graduate studies over those without. In the dimension of empathy and altruism in favor of workers compared to non-workers, there are differences in income (altruistic) for those earning more than 10,000 riyals. Still, there are no differences by marriage years.

4. Differences in the emotional tolerance triad among married couples based on several demographic variables

source	Dependent variable	The third type is the sum of the squares	Df	Average square	F	Say.
Sex	The first dimension: tolerance	35.934	1	35.934	7.018	.008
	Second dimension: recommendations	46.402	1	46.402	3.154	.077
	The third dimension is assimilation	20.647	1	20.647	4.577	.033

		Fourth Dimension: Organization	7.875	1	7.875	1.320	.251
		Overall score on the emotional tolerance scale	406.286	1	406.286	8.048	.005
Level of education		The first dimension: tolerance	3.259	2	1.629	.318	.728
		Second dimension: recommendations	37.677	2	18.838	1.280	.279
		The third dimension is assimilation	54.143	2	27.071	6.001	.003
		Fourth Dimension: Organization	12.069	2	6.034	1.012	.365
		Overall score on the emotional tolerance scale	87.466	2	43.733	.866	.421
Number of years of marriage		The first dimension: tolerance	11.195	1	11.195	2.186	.140
		Second dimension: recommendations	1.759	1	1.759	.120	.730
		The third dimension: assimilation	4.129	1	4.129	.915	.339
		Fourth Dimension: Organization	10.793	1	10.793	1.809	.180
		Overall score on the emotional tolerance scale	99.787	1	99.787	1.977	.161
Number of children		The first dimension: tolerance	8.991	2	4.496	.878	.417
		Second dimension: recommendations	325.759	2	162.879	11.070	.000
		The third dimension is assimilation	2.355	2	1.178	.261	.770
		Fourth Dimension: Organization	89.815	2	44.907	7.527	.001
		Overall score on the emotional tolerance scale	625.136	2	312.568	6.191	.002
Nature of the work		The first dimension:	3.042	1	3.042	.594	.441

	tolerance					
	Second dimension: recommendations	1.226	1	1.226	.083	.773
	The third dimension is assimilation	5.305	1	5.305	1.176	.279
	Fourth Dimension: Organization	.517	1	.517	.087	.769
	Overall score on the emotional tolerance scale	19.673	1	19.673	.390	.533
Income level	The first dimension: tolerance	39.712	2	19.856	3.878	.022
	Second dimension: recommendations	159.942	2	79.971	5.435	.005
	The third dimension is assimilation	24.169	2	12.085	2.679	.070
	Fourth Dimension: Organization	12.103	2	6.051	1.014	.364
	Overall score on the emotional tolerance scale	471.744	2	235.872	4.672	.010
Wrong	The first dimension: tolerance	1653.829	323	5.120		
	Second dimension: recommendations	4752.550	323	14.714		
	The third dimension is assimilation	1457.145	323	4.511		
	Fourth Dimension: Organization	1926.947	323	5.966		
	Overall score on the emotional tolerance scale	16306.585	323	50.485		
sum	The first dimension: tolerance	25617.000	333			
	Second dimension: recommendations	101508.000	333			
	The third dimension is assimilation	29376.000	333			
	Fourth Dimension: Organization	26187.000	333			

Organization

Overall score on 636558.000 333
the emotional
tolerance scale

Table 3 shows the analysis of the multiple variations of differences in emotional tolerance between married couples according to a number of variables found that gender affects tolerance and assimilation and the total degree of the tool, favoring males over females, and education affects assimilation in fa. There were differences in income according to tolerance, recommendation, and total tool degree, favoring those with more than ten thousand riyals. There were no differences according to marriage years or work type.

5. Bright personality triad as a predictor of emotional tolerance in married couples

Model relevance metrics

model	R	r ²	R ² adjustment	IEC	Your father	RMSE	General model test			
							F	DV 1	DF2	p
1	0.208	0.0433	0.0346	2269	2288	7.19	4.96	3	329	0.002

It is clear from Table 4 that The correlation coefficient (R) was 0.20, R2 was 0.043, and F was statistically significant (022), indicating that the bright personality triad with an explained contrast ratio (20%) can predict emotional tolerance. Table 5 and Figure (4,5) show that none of the dimensions were statistically significant except empathy, which was statistically significant for predicting the triad of bright personality and its dimensions of emotional tolerance among married couples.

Model coefficients: total tolerance scale

Prophet	estimate	Same	t	p
objection	62.0928	6.258	9.922	< .001
empathy	0.0557	0.150	0.372	0.710
pity	-0.4763	0.140	-3.398	< .001
Altruism	-0.2657	0.168	-1.582	0.115

Note. The linear form has borrowed coefficients (single fit)

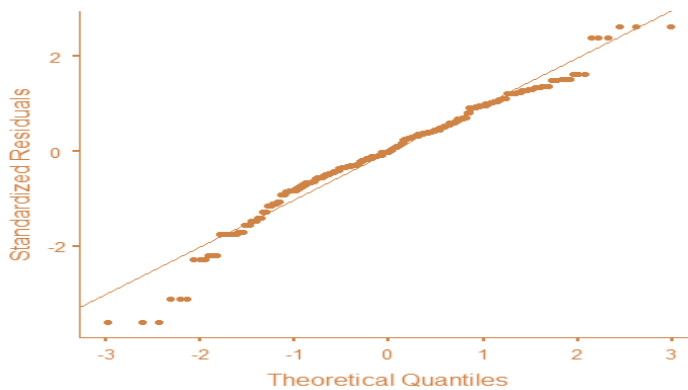


Figure 4 shows the nature of the relationship between the study variables (bright personality triad and emotional tolerance) in married couples.

Empathy * Altruism * Compassion

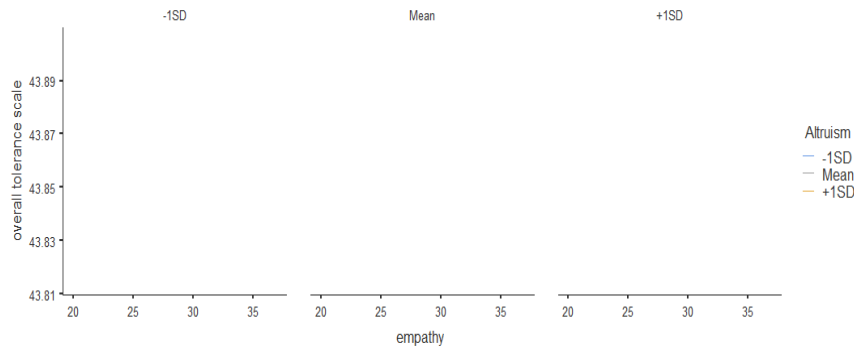


Figure 5 shows the nature of the relationship. The dimensions of the bright triad of personality as it adopts emotional tolerance among married couples

Discussion

The bright personality triad's highest scores among couples were kindness (29.7), empathy (26.6), altruism with an arithmetic mean (24.1), and emotional tolerance (81.4). Emotional tolerance between spouses is highest for recommendation (16.9), followed by assimilation (9.14), systems with an arithmetic average (8.5), tolerance (8.46), and overall emotional tolerance (43.1). This finding is described. The current relationship between couples is based on affection, love, mercy, and social interaction between spouses and a quiet romantic relationship with a degree of compassion and emotional sympathy to help them self-build and form positive emotions. (Corneo & Jeanne, 2009) To encourage tolerance, couples should invest their internal lifestyles and exterior aspects with symbolic value since they affect Reasons for efficiency and justice. Determine how much empathy can help couples regulate emotions and tolerate chilly stress pain. According to empathy and intimacy theories, observers who were told to accept their partner's perspective were anticipated to show more empathy and have less pain than the control group. However, successful models indicate that empathy worsens pain and painful behaviors. (Faghih & Kazemi, 2018; Health & Services, 2014; Helms, 2021; Hoseinzade et al., 2020; Iakovlieva & Bahlai, 2020; Johnson, 2018; Kalra et al., 2012; Khair & Abd Aladheem, 2022; Kholidiah et al., 2023; Kirk-Brown & Wallace, 2004; Kondrat, 1999; Leong & Cano, 2013) It is clear from the analysis of the multiple variation of the differences in the bright personality triad between married couples that there are differences according to the gender variable in the bright personality triad in the dimension of kindness and the total degree of the tool and in favor of females compared to males, and there are differences in the level of education in the dimension of kindness in favor of those with higher studies compared to those who are inferior, and there are differences according to the variable of the number of children in the dimension of sympathy and empathy and the total degree of the tool in favor of less than three children compared to others, and there are differences in the nature of Working in the dimension of empathy and altruism for the benefit of those who work compared to non-working people, the existence of differences in the level of income according to the dimension of altruism in favor of those whose income is higher than ten thousand riyals, and there are no differences according to the variable of the number of years of marriage. Females are more generous, sympathetic, and compassionate in their marriages, and their emotional

aspect focuses on the strength of their emotional and romantic relationships. They are also more expressive. They are also good at building and maintaining emotional relationships and are more romantic than men in general and in the academic setting. The number of children, the short duration of marriage, and the desire of spouses to maintain and build positive relationships are all factors that limit emotional interaction between spouses, which is reflected in the marital competence and cultural, scientific, and cognitive levels of study participants. Those with higher degrees are better able to handle this. With its ongoing beneficial formation to achieve emotional equilibrium, family stability, and essential family necessities (Abbas et al., 2023; Arango et al., 2018; Bandura, 2013; Bazyk & Association, 2011; Belasheva & Petrova, 2016; Bijari et al., 2022; Cesinger et al., 2023; Champagne & Gray, 2016; Corneo & Jeanne, 2009; Craft & Craft, 2023; Erus & Topçu, 2023; Faghieh & Kazemi, 2018; Fahimdanesh et al., 2020; Fletcher & Doebeli, 2006; Ghani et al., 2022; Griffith et al., 2021; Hammond, 2004; Haugan & Eriksson, 2021) The correlation coefficient (R) is 0.20, R^2 is 0.043, and F is statistically significant (0.22), suggesting the bright personality triad can predict emotional tolerance with a 20% variation rate. And that all dimensions were not statistically significant except for conjunction, which was significant for possibility. The above result is logical and practical because the study members' appropriate degree of the bright trinity is a decisive factor and indicates the importance of the family relationship and the possibility of tolerance, forgiveness, and emotional equality between married couples. (Leong & Cano, 2013; MacBean; Muhd Maslan, 2011; Organization, 2004; Overton, 2022; Raingruber, 2014; Ruini & Ruini, 2017; Saifulina et al., 2023; Saxena, 2019; Sevi & Doğruyol, 2020; Shafie et al., 2021; Sun et al., 2013; Swarbrick & Noyes, 2018; Tang et al., 2021; Tudor, 2013; Vázquez-Colunga et al., 2017; Wong, 2020; Wu et al., 2021)

Conclusion

Finally, this study clarifies the triple personality and its impact on marital emotional tolerance. The study found a high predictive association between the variables, which benefits couples that value trust and believe in human personalities, according to the results. This study has also influenced family bond creation and building practically and methodologically. This study is limited by its few variables and quantitative nature. However, future research is advised.

Recommendations

1. Training couples who suffer from family disputes such as violence and divorce on emotional tolerance skills.
2. They are holding educational programs for those who turn to marriage on the skills of dealing with family disputes.
3. Draw the attention of specialists in family therapy to the importance of the bright triad in building and forming successful family relationships.

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Conflict of interest

The authors declare that the research was conducted without any business or financial relationships that could be understood as a potential conflict of interest.

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