

# Understanding Happiness in Infertile Couples: The Role of Resilience and Social Support

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Infertility can significantly affect psychological and social well-being, often leading to anxiety, depression, low self-esteem, and strained relationships. Despite these challenges, many couples demonstrate resilience, mutual understanding, and hope for the future. This study aimed to explore dyadic relationships among happiness, resilience, and perceived social support (PSS) in infertile couples to understand how protective factors contribute to subjective well-being. Using a comparative correlational design, we recruited 53 infertile couples through purposive sampling. Data were collected using three standardized self-report instruments: the Oxford Happiness Questionnaire (Hills & Argyle, 2002), the Resilience Scale (Wagnild & Young, 1993), and the Multidimensional Scale of Perceived Social Support (Zimet et al., 1988). Findings showed a positive correlation between resilience and perceived social support among wives,  $r = .54, p < .001$ , whereas wives' happiness was not significantly correlated with either resilience or perceived social support. In contrast, husbands' happiness was correlated with resilience,  $r = .40, p < .01$ , and perceived social support,  $r = .27, p < .05$ . Additionally, husbands' happiness was positively correlated with wives' resilience,  $r = .41, p < .01$ , indicating a dyadic crossover effect. These findings suggest that resilience and social support may operate differently across genders. Strengthening resilience and enhancing perceived support (e.g., through dyadic coping interventions) may help mitigate the psychosocial burden of infertility.

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