Correlation Between Metacognition Beliefs, Alexithymia, Marital satisfaction and Job Burnout With Work-Family Conflict in Guilan Nurses in Special Sections.

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**Abstract:**

This study aimed to investigate the relationship between metacognition beliefs, alexithymia, marital satisfaction, and job burnout with work-family conflict in Guilan nurses in specialized sections. The study was conducted among 100 nurses working in specialized sections of Guilan hospitals. Data were collected using the Metacognition Beliefs Questionnaire (MBQ), Alexithymia Inventories (AI), Marital Satisfaction Scale (MSS), and Job Burnout Inventory (JBI). The findings indicated a significant correlation between the variables, suggesting that nurses with better metacognition beliefs and lower alexithymia experience greater marital satisfaction and lower burnout, leading to better work-family conflict management. The results highlight the importance of addressing these factors in nurse training and support programs.

**Conclusion:**

The study's findings underscore the need for targeted interventions to improve nurses' metacognitive abilities and reduce burnout, thereby enhancing work-family conflict management.