REGULATION OF EMOTIONS AMONG PAKISTANI MARRIED INDIVIDUALS: EXPLORING STRATEGIES OF EMOTIONAL REGULATION QUESTIONNAIRE (ERQ)

Samar Fahd, Assistant Professor, Department of Applied Psychology, The Islamia University of Bahawalpur.Corresponding Email: samar.fahd@iub.edu.pk

Rubina Hanif,Associate Professor, (TTS) National Institute of Psychology. Quid-e-Azam University, Islamabad.Email: drrubinahanif@nip.edu.pk

Fatima Khurram Bukhari, Assistant Professor, Department of Applied Psychology, The Islamia University of Bahawalpur.Email: fatima.khurram@iub.edu.pk

Muzammila Akram, Assistant Professor, Department of Educational Training, The Islamia University of Bahawalpur.Email: muzammila.akram@iub.edu.pk

Muhammad Jafar, Assistant Professor, Department of Social Work, The Islamia University of Bahawalpur. Email: jaffarwattoo@gmail.com

Farah Kanwal, Ph.D Scholar, Department of Applied Psychology, The Islamia University of Bahawalpur. Email: farahkanwal17@gmail.com

Nosheen Malik, Assistant Professor, Department of Education, The Islamia University of Bahawalpur. Email: nosheenmalik2579@gmail.com

Sarwat Sultana, Ph.D. Scholar, Department of Applied Psychology, The Islamia University of Bahawalpur. Email: sarwatsultana88@gmail.com

Hafeez Ullah, Visiting Lecturer, Ghazi University, Dera Ghazi Khan. Email: ahmadbinhafeez@gmail.com

Saba Pano, M.phil, Department of Applied Psychology, The Islamia University of Bahawalpur. Email: sabapano@gmail.com

Abstract- Objective of current study was to exploreemotion regulation strategies among Pakistani married sample using Emotion Regulation Questionnaire (ERQ; Gross & John, 2003).Research design ofstudy was aimed to establish internal consistency, validity and factor structure of ERQ on Pakistani husbands and wives.Data was collected from 1002 married individuals using ERQ, Psychological Flourishing Scale and Emotion Expressivity Questionnaire.Correlations, Cronbach Alpha and Confirmatory Factor Analysis were computed. Results of statistical analysis manifested internal consistencies of the two subscales (reappraisal .72; suppression .78) on married sample. Two factor model of ERQ across genders presented excellent fit suggesting effectiveness of scale for both genders. Reappraisal was positively related with positive expressivity and impulse strength while, suppression was negatively associated with positive expressivity. Study rendered unexpected findings in terms of reappraisal strategy as reappraisal was negatively associated with flourishing of married individuals. Findings drew distinctive conclusions regarding indigenous use of ERQ by married individuals of Pakistan.

Keywords:**Emotion regulation, Emotion expressivity, Psychological flourishing, Internal consistency, Confirmatory Factor Analysis.**

I.   INTRODUCTION

Research on emotion regulation, regarding how specific emotions are expressed and experienced (Gross, 1998) has gone through a boost since 1990s (Gross & Barrett, 2011). Literature is replete with plentiful researches examining how people use diverse strategies to regulate their responses to emotional situations (Thompson, 1999; Gross, 1999; Stanton, Kirk, Cameron,&Danoff-Burg, 2000). Studies of emotion regulation strategies are tracked in many disciplinary fields (Gross, 2007). Findings of these empirical explorations demonstrate that adequate emotioninal regulation strategies are associated to personal, social and cognitive well-being (John & Gross, 2004; Salovey, Wooley & Mayer, 2001; Ochsner & Gross, 2005).

Emotion regulation frequently occur within social situations (Gross & John, 2002). Research literature has highlighted abundant instances that shows that within the interpersonal realm, emotion regulation ability is related with adaptive attachment style (Gross & John, 2003), enhanced social support, andsubjective contentment (Salvatore, Kuo, Steele, Simpson, & Collins, 2011). Regulation of emotions is also linked with greater interpersonal sensitivity, mutual friendship and better quality of interpersonal coordination

(Lopes, Salovey, Cote, & Beers, 2005). Emotion regulation strategies, hence, is considered to be a decisive element for thriving interpersonal relationships.

II. LITERATURE REVIEW

Emotion Regulation and marriage

Amongst all social and interpersonal relations, marriage is most important repository for emotion regulation processes. Within the territory of marital relationship, appropriate emotion regulation strategy is scientifically found to be associated with positive interpersonal functioning, greater sharing of emotions, and better life satisfaction (Butler, Egloff, Wilhelm, Smith, Erickson, & Gross, 2003; Gottman & Levenson, 1988). Empirical researches in terms of emotion regulation have revealed that wives are perceived as additively accountable for and skilled at regulating the affective stability within marital relationship (Gottman & Levenson, 1988); on the other hand, there exist confirmations sustaining the contrary conclusion that husbands' emotional regulation is majorly imperative for marital happiness. Men have been anticipated to be chiefly sensitive to stress in marital relationship because of their lesser tolerance for protracted negative emotional temperaments (Gottman & Levenson, 1988; Levenson, Carstensen, & Gottman, 1994).

During the scientific study of emotion regulation strategies, numerous emotional regulation strategies are recognized, of which some have found to be supportive while others may appear to possess harmful effects on the interpersonal relationship. Measurement of two distinct emotion regulation strategies, ERQ (John & Gross; 2003) is based on theoretically sound model of emotion regulation. Gross (2001) points out two principal strategies of emotion regulation: *Cognitive Reappraisal* (CR) &*Expressive Suppression* (ES). Both strategies of ERQ have been diversely associated to wellbeing and optimal functioning of social relationships (Gross, 2001; Gross & John, 2003). CR is consideredas the attempt to reinterpret an emotion-eliciting situation in such a manner that alters its meaning and changes its emotional impact (Lazarus and Alfert, 1964; Gross and John, 2003); whereas, ES is defined as the attempt to hide, constrain or reduce ongoing emotion-expressive behavior (Gross and Levenson, 1993; Gross and John, 2003). Social and interpersonal impact of cognitive reappraisal and expressive strategies are mentioned below.

Social & Interpersonal impacts of CR and ES

Literature depicts that CR and ES are linked with different psychological outcomes. CR is positively related to psychological health, comprisingsatisfaction with life (e.g. Haga, Kraft, & Corby, 2009), positive affectivity (e.g. Balzarotti, John, & Gross, 2010; Cabello, Salguero, Fernández-Berrocal, & Gross, 2013), self-esteem, healthy social connections (John & Gross, 2004) and lesser stress (e.g. Lougheed &Hollenstein, 2012; Moore et al., 2008). Conversely, ES is associated with higher negative consequencesregarding cognitive, affective, and social consequences (John & Gross, 2004) being associated with greater negative affect (e.g. Gross & John, 2003), lower life satisfaction (e.g. Haga et al., 2009), greater negative communication with others (John & Gross, 2004; Lebowitz& Dovidio, 2015), and with a higher risk in the development of depression and anxiety (Moore et al., 2008). The prevailing literature, hence, has resolutely focused upon the harmful effects of ES and healthy effects of CR as emotion regulation strategies within social and interpersonal monarchy.

Difference between Emotion Regulation Strategies

Preceding the above discussion, researches have abundantly indicated that each of the two emotion regulation strategies (CR and ES) is uniquely related to psychological performance and happiness (English, John & Gross, 2013). Existing empirical evidences vividly support reappraisal as a positive strategy for regulation of emotions in contrast to suppression (Gross & John, 2003; Butler et al; 2003; Richards & Gross, 1999); however, it is essential to note that reappraisal may not always be preferable to expressive suppression. There may be times when it would be very hard to reappraise, and suppression is the only way to regulate negative emotions that have arisen. Additionally, studies, though scarce in number, have also depicted that no strategy is intrinsicallypositive or negative; regulation of emotional reactions is sometimes subject to situations and circumstance (eg. Brockman, Ciarrochi, Parker &Kashdan, 2017).

Regulation of Emotions and Pakistani Marriages

Within nonwestern cultures like Pakistan, a number of influencing and dominant social factors like nature of marriages, impact of family system, lack of emotional awareness and years of married life may also

impact the use of emotion regulation strategies within marital relationship and it could also be the likelihood that current study might not yield the similar findings as depicted by existing western relationship literature regarding utility of emotion regulation strategies.

The reason for these different findings possibly is attributed to the fact that marriages in a Pakistani culture are different from the other areas of the world. Pakistani society is a traditional society where marriages are generallysettled by the elders. Dating and meetings before marriage is also nottolerable. An individual getting married is totally unpredictable for his or her spouse. Therefore, it could be the possibility that they might suppress their emotional experiences instead of reappraising the context in which the emotions occurred or, sometimes, spouses may indulge in unnecessary cognitive reappraisal of emotional situations instead of relying to simply suppress the expressivity. Henceforth, the findings of the present study could be expected to see different findings from that existing in current literature regarding use of ES and CR. The ERQ was modified and translated into Urdu language (Khan & Kausar, 2014) following the forward, backward translation procedure (Beaton, Bombardier, Guillemin, &Ferraz, 2000) for its utilization in indigenous research.

Emotion Regulation andPsychological Flourishing

The construct of flourishing combines an elaborative notion of relationship happiness (Caughlin& Huston, 2010). Flourishing is characterized by intimacy, growth, and resilience (Fincham & Beach, 2010). Psychological flourishing within a marital relationship is considered as an intimate relationship comprising of relationship enduring as well as relationship flourishing elements. There are evidences that illustrate that flourishing and wellbeing within the marital relationship is closely associated with regulation and expression of emotions (Shahid & Kazmi, 2016).

Emotion Regulation and Emotion Expressivity

Emotional expressivity can be conceptualized as the extent to which individuals outwardly (facial, postural) display their emotions (Kring& Gordon, 1998). Expression module of emotions is of multiple facets (positive expression, negative expression and impulse strength) and current empirical evidences have illustrated that that all the facets of emotion expression are related with regulation of emotions. Despite the overlapping between the constructs of emotional regulation and emotional expression, the two constructs, nevertheless, measure distinct concepts; emotion regulation assess either reappraisal or suppression of emotion eliciting response, whereas, emotion expression measuring the intensity of the expression of numerous patterns of expressiveness like positive expressivity, negative expressivity or strength of impulses (Gross, 2004).

Hence, on the basis ofresearches emphasizing significance of emotional regulation strategies in affective and interpersonal functioning, (Salvatore, et al., 2011), it is not surprising, then, that wellbeing and flourishing of a marital relationship is effected by the type of emotion regulation strategies used by the partners. What remains unclear, however, is which one of the two ER strategies (*cognitive reappraisal or expressive suppression*) leads to positive outcomes and affective wellbeing (expression of positive/negative emotions/ impulsive styles) of husbands and wives of Pakistani society. However, as aforementioned, an abundant arena of existing literature firmly advocates that cognitive reappraisal as emotion regulation strategy is associated with relationship happiness and wellbeing whereas, expressive suppression related to harmful consequences (e.g. Balzarotti, John, & Gross, 2010). Further, it is also worth mentioning that despite literature's evidences elucidating the vitality of emotion regulation strategies in interpersonal and marital functioning (e.g. Wile, 2002), very few studies report the exploration of ER strategies in association with effective and interpersonal functioning of married individuals. It is, hence, a food for scientific inquiry that how ER strategies serve to modulate the experience and expression of emotions in a way that is attuned with the functioning within interpersonal relationship.

Rationale of Study

On the account of vitality of emotion regulation strategies in interpersonal relationships, the present study is determined to explore the strategies of ERQ on the married individuals. Despite the fact that there are evidences of the ERQ being explored with married individuals like parents and adults, (e.g. Enebrink, Björnsdotter, & Ata Ghaderi, 2013) distinctiveness of the present study lies in the exploration of the ERQ on married sample in relation to the relationship building ingredients like flourishing and emotional expressivity.

The present study could be illuminating as it aims to explore emotion regulation strategies in an eastern culture and hence, expects to observe differences regarding the use of ER strategies due to various socially dominating factors that could not been spotted among the married population of western cultures. The present study is also a unique investigation of the emotion regulation strategies of Pakistani married population and differs from the researches that studied ER among parents and adults with lack of

focus on the intimate elements among married population, hence, focus on ER and flourishing ingredients of intimate relationship warrant a separate investigation and it makes the present study unique of its kind.

Objectives

The current researchis based on cross-sectional design; integrating experiment with conditions that is intended to,

1) Analyzesocio demographic variables of Pakistani married sample regarding use of emotion regulation strategies.

1) Calculate internal consistency of ERQ for the indigenous married sample (Cronbach Alpha).

2) Validate of two factor structure of the ERQ on Pakistani married sample (Confirmatory factor analysis).

3) Evaluate the subscales of ERQ in terms of marital relationship and affective functioning via its association to marital flourishing scale and emotional expressivity questionnaire.

Hypothesis

- Reappraisal Strategy of Emotion Regulation is positively associated with positive expressivity and impulse strength of married individuals.
- Suppression Strategy of Emotion Regulation is negatively associated with positive expressivityof married individuals.
- Reappraisal Strategy of Emotion Regulation is positively correlated with flourishing of married individuals.

III.   METHOD

Research Design

The study was cross sectional in nature. Married individuals aged 20-80 years were recruited from Pakistani population through convenient sampling technique. Present research uses experimental designs with conditions to measure the effect of study variables.

Instruments

All research instruments were in native Urdu language for the better understanding of participants. Following psychological instruments were used in current study.

Demographic profileSheet: Information about age of the respondent, education, profession,years of marriage, family system and nature of marriage was acquired through demographic profile sheet.

The Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) is a 10 item self-report questionnaire focusing the processes of emotion regulation. The questionnaire consists of 2 subscales; cognitive reappraisal (6 items) and expressive suppression (4 items) on a 5- point Likert scale, where 1 refers to "strongly disagree", 3 is "neutral" and 5 refers to "strongly agree". Endorsement of a particular strategy is indicated by higher mean score on the subscale. No items are reversed. Scale included the items like: "When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm"; "When I want to feel more positive emotion, I change the way I'm thinking about the situation"; Empirical evidences have shown high internal consistency for both the cognitive reappraisal and expressive suppression sub scales (α= .79 and .73, correspondingly; Gross & John, 2003). Adequate convergent and discriminant validity has been testified for the ERQ (John, Donahue, &Kentle, 1991). Both the subscales have also demonstrated reliability across two months (expressive suppression, r = .71; cognitive reappraisal, .67; Balzarotti, John, & Gross, 2010). The present study utilized the Urdu translated and adapted version (Khan & Kausar, 2014) of the ERQ.

Psychological Flourishing Scale (PFS; Fahd & Hanif, 2017) is a 39 item questionnaire used to measure flourishing of maritalrelationship. The questionnaire consists of two subscales that measures psychological flourishing of husbands and wives in terms of two dimensions; *relationship dimension* (21 items) and *individual dimension* (18 items). *Relationship dimension* of PFS includes questions about mutual understanding, friendly relations, appreciation, capitalizing on positive events etc. whereas, the *individual dimension* includes items about one's personal qualities like sense of humor, self-confidence, emotional stability, optimism etc. Each item of the scale is scored on 5-point scale where 1= strongly

disagree, 2= disagree, 3= neutral, 4 = agree and 5= strongly agree. All the responses are summed up to get a total score. High score represents high level of psychological flourishing of married individuals. The two subscales of PFS have depicted good reliability (relationship dimension, α = .86 and individual dimension, α = .80), whereas, inter item correlation of all 39 items of the flourishing scale ranged from r = .58 to r =.09 on the current data set.

Berkeley Emotion Expressivity Questionnaire (BEQ, Gross & John, 1995) comprises of 16 questions. Three subscales of BEQ measured positive expressivity, (4 items), negative expressivity (6 items), and strength of Impulse reactivity (6 items). Each item of the scale is scored on 5-point scale where 1= strongly agree, 2= agree, 3= neutral, 4 = disagree and 5= strongly disagree. Instances of the items from the scale include: "I sometimes cry during sad movies;" "I've learned it is better to suppress my anger than to show it"; "My body reacts very strongly to emotional situations." The data of the present study have illustrated internal consistencies of three subscales of BEQ ranging between α = .65 to α = .80.

Despite the overlapping content measured by the scales of emotion regulation (ERQ) and emotion expressivity (BEQ), both the measures assess emotion mechanism in a slightly dissimilar fashion. ERQ measures two strategies; one on the basis of inhibition of emotional response in an emotion provoking situation and the other on the basis of implying cognitive reappraisal of emotion eliciting context. On the other hand, BEQ measures the intensity of positive emotional expressivity, negative emotional expressivity and strength of impulse reactions. The present study intends to study each of the separate dimensions of emotion mechanism i.e. emotion expressivity and emotion regulation through distinct indigenously adapted and validated measures.

Procedure
   At first phase, information letters and informed consent forms were delivered to 1455 families residing in major cities (covering Southern Punjab, Northern Punjab, Federal areas, and Azad Kashmir) of Pakistan, communicating the objectives and procedures of the study. A total of 1337 married respondents (males & females) responded to the letter of information and showed their agreement to participate in the study. Agreed subjects were required to respond to questions regarding period of married relationship, committed in marital bond (neither separated nor divorced), number of children and years of education. In the second phase, questionnaire booklet (see ERQ, PFS & BEQ) along with demographic profile sheet was posted to volunteer participants via mail. A humble reminder was sent to the respondents after 3 weeks. We comprehensively examined received questionnaires and abolished those which were untaken or considerably incomplete. Consequently, the final sample integrated 1002 married individuals (one spouse per couple) and analyses were performed on them.

Participants
Out of approached 1455 husbands and wives, 1002 (*M*= 501.50, *SD*= 289.39) responded to the research survey and were used for analyses. Twenty-two respondents reported that they once were married but no longer live with their spouses, therefore they were excluded. Since the focus of the present research is to study ER strategies in relation to romantic relationship thriving phenomena like marital flourishing and expressivity, therefore, the data included married individuals living with their spouse for at least one year. Minimum 10 years of formal education and at least one year of married relationship constituted an inclusion criterion, since questionnaire require literacy to understand and group response option was provided for the years of married life; therefore, no individual was excluded due to the inclusion criteria. The age range of respondents were between 20-80 years. Of 1002 individuals, 433 (43.2%) were husbands and 596 (56.8%) were wives. Details of the demographic characteristics are given in *Table-1*

Table 1
Demographic and Background Characteristics of Wives and Husbands(N=1002).

Characteristics	Wives			Husbands		
	Mean	*SD*	*Frequency* (%)	*Mean*	*SD*	*Frequency*(%)
Age(in yrs)	35.52	9.58		40.88	10.73	
20-30			226(39.7)			72(16.66)
31-40			209(36.7)			174(40.2)
41-50			98(17.2)			111(25.6)
51-60			26(4.6)			55()12.7

REGULATION OF EMOTIONS AMONG PAKISTANI MARRIED INDIVIDUALS: EXPLORING STRATEGIES OF EMOTIONAL REGULATION QUESTIONNAIRE (ERQ)

61-70			10(1.8)			14(3.2)
71-80						6(1.4)
Education	3.27	1.27		3.14	1.32	
Matric			86(15.1)			80(18.5)
Intermdite			60(10.5)			51(11.8)
Bachelor			105(18.5)			72(16.6)
Masters			250(43.9)			187(43.2)
M.Phill			52(9.1)			29(6.1)
Ph.D			10(1.8)			9(2.1)
Profession	1.98	1.06		3.41	0.77	
Housewife			215(37.8)			
Teacher			213(37.4)			77(17.8)
Business			17(3.0)			97(22.4)
Job			93(16.3)			250(57.7)
Familysys	1.49	0.55		1.53	0.5	
Neclear			271(47.6)			186(43.0)
Joint			247(43.4)			210(48.5)
YofMariag	12.28	9.57		14.08	10.5	
1 to 10			309(54.3)			207(47.8)
11 to 20			150(26.4)			115(26.6)
21 to 30			80(14.1)			76(17.6)
31 to 40			20(3.5)			27(6.2)
41 to 50			6(1.1)			5(1.2)
tyofMarge	1.34	0.65		1.39	0.64	
Love			423(79.4)			289(66.7)
Arrange			88(15.5)			98(22.6)

Characteristics of the respondents of the study.

Statistical Analysis

Following statistical steps were carried out to accomplish objectives of the present research.

i) Frequency, Percentages and Mode values for the responses on the ERQ (CR &ES subscales) were computed on sample of married individuals.

ii) ANOVAs and t-test were used to investigate variations in continuous and categorical demographic variables. Multiple group comparisons following *F*- test were done using Post-hoc analysis.

iii) Cronbach's Alpha was calculated for internal consistencies of the ERQ for Pakistani married sample.

iv) Confirmatory Factor Analysis (CFA) was carried out to determine the factor structure of ERQ within the married indigenous sample. Through CFA, we strived to examine the fit of the two-factor model of the ERQ with cognitive reappraisal and expressive suppression subscale, respectively (Gross & john, 2003).The model fit of the present research data was exploredby using CFA in AMOS-22. *P*< .05 was considered for the significance.

v) Correlation was computed using Bivariate correlation coefficient to analyze the pattern of association of emotion regulation strategies with other relationship (PSF) and affective (BEQ) measures.

IV.   RESULTS

Results of current study are being discussed under the following sections:

Frequencies of Responses on strategies of Emotion Regulation

Frequency, percentages and mode values of cognitive reappraisal items (1,3,5,7,8,10) are shown in *Table 2*, whereas, frequency, percentages and mode values of expressive suppression item (2,4,6,9) are shown in *Table 3*.

Table 2
Frequency, Percentages and Mode values for the responses on the ERQ (CR subscale) among married individuals (N=1002)

Item no.	e Reappraisal Subscale	1	2	3	4	5	Total	Mode
1	When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about	159 15.9%	316 31.5%	220 22.0%	239 23.9%	62 6.2%	996	2
3	When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.	148 14.8%	350 34.9%	227 22.7%	220 22.0%	52 5.2%	997	2
5	When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.	243 24.3%	505 50.4%	127 12.7%	81 8.1%	41 4.1%	997	2
7	When I want to feel more positive emotion, I change the way I'm thinking about the situation.	133 13.3%	383 38.2%	243 24.3%	171 17.1%	59 5.9%	989	2
8	I control my emotions by changing the way I think about the situation I'm in.	174 17.4%	449 44.8%	198 19.8%	124 12.4%	54 5.4%	999	2
10	When I want to feel less negative emotion, I change the way I'm thinking about the situation.	147 14.7%	428 42.7%	231 23.1%	105 10.5%	59 5.9%	970	2

Note: 1= Strongly Agree; 2= Agree; 3=Neutral; 4= Disagree; 5=Strongly Disagree.

The table above shows the frequency of responses of Pakistani husbands and wives on multiple categories of items of cognitive reappraisal strategy.

Table 3
Frequency, Percentages and Mode values for the responses on the ERQ (ES subscale) among married individuals (N=1002)

Item no.	Expressive Suppression Subscale	1	2	3	4	5	Total	Mode
2	I keep my emotions to myself.	197 19.7%	412 41.1%	142 14.2%	183 18.3%	54 5.4%	988	2
4	When I am feeling positive emotions, I am careful not to express them.	146 14.6%	384 33.3%	175 17.5%	280 27.9%	62 6.2%	997	2
6	I control my emotions by not expressing them.	165 16.5%	414 41.3%	176 17.6%	174 17.4%	55 5.5%	984	2
9	When I am feeling negative emotions, I make sure not to express them.	185 18.5%	452 45.1%	175 17.5%	129 12.9%	57 5.7%	998	2

Note: 1= Strongly Agree; 2= Agree; 3=Neutral; 4= Disagree; 5=Strongly Disagree.

The table above shows the frequency of responses of Pakistani husbands and wives on multiple categories of items of expressive suppression strategy.

Demographics and Emotion Regulation

No considerable differences were discovered between husbands and wives concerning the use of emotion regulation strategies. Similarly, no differences were observed in the use of ER strategies in terms of nuclear and joint family system. However, differences were noted with reference to the nature of marriage (either love or arranged) in the use of emotion regulation strategies with married individuals reporting slightly higher level cognitive reappraisal (love marriage: *M*=15.78, *SD*= 4.95; arrange marriage:

M=14.97, *SD*=4.15; *t* (895) -2.27=, p< .01, Cohen's *d*= 0.17) in love marriage as compared to arrange marriage.

Furthermore, diverse patterns appeared when multi group comparisons were performed to explore the differences among multiple categories of education, profession, duration of marital years, quantity of children and general health. Use of expressive suppression was significantly different between husbands and wives having multiple professions (F (3, 957) = 4.10, p< .001= partial η^2 = .01). After Bonferroni correction,married females exhibited a significant difference in the use of expressive suppression strategy (*M* =12.28, *SD* =3.22) as compared to married males (9.22, SD= 4.55).

Similarly, significant differences emerged in relation to numerous categories of education level in the practice of expressive suppression among married individuals. Husbands and wives significantly differ in the use of expressive suppression strategy ((F (5, 981) = 5.93, p< .00 = partial η^2 = .02). However, no difference was found in relation to the variation in education level and the use of cognitive reappraisal strategy. Bonferroni calculations depict that Married females having education level of M.Phil and Masters are high in expressive suppression strategy (*M*= 11.15, *SD*=3.12; *M*=10.61, *SD*= 3.17 respectively) as compared to the married females having metric (minimum level) education (*M*= 9.09, *SD*= 3.14); whereas, no significant difference was found in the use of both ER strategies among married males having multiple categories of education.

Internal consistency of the ERQ for Pakistani Married Population
Internal consistency (Cronbach's alpha) of the expressive suppression scale was .78 and .72 for the cognitive reappraisal. Item total and inter item correlation of the cognitive reappraisal subscale ranged between *r* = .73 to *r* = .11 and for expressive reappraisal, it ranges between *r* = .27 to *r* = .38. Patterns of reliability and correlations depict that the ERQ is a reliable measure of emotion regulation for Pakistani married individuals and that all the items of each sub scale shows notable models of association among one another.

Confirmation of the factor structure of ERQ for Pakistani Married Population
For the purpose of construct validity, two factor measurement model of the ERQ was evaluated. Confirmatory Factor Analysis was carried out. The model exhibited significant value of chi square due to a large sample size (X^2 (34; *N*= 591) = 289.67, p< .00). Conversely, fit indices for a big sample size depicted that the factor structure of ERQ had moderately acceptable fit: CFI= .83, TLI=.77, IFI= .83, RMSEA value, was somehow, quite large i.e.= .11. AMOS suggested that model could achieve a good fit by executing specific modifications and allowing items to correlate. After adding covariances to certain indicators, the model achieved a good fit: CFI= .95, TLI=.89, IFI= .93, & RMSEA= .06. (X^2 (28; *N*= 591) = 112.03, p< .00)

Multi-group Comparison of ERQ on Pakistani Husbands and Wives
Multi-group comparison of the dual factorial structure indicated that the structure of 10 item model (6 items for cognitive reappraisal and 4 items for expressive suppression) is fairly acceptable and functional for both the genders i.e. married males and females. The factor loadings were significant and in a good range for all groups; for females it ranges from .27 to .74 and for males the values lie between .32 to .67. Model fit indices (*Table 4*) for gender generalizability of the ERQ are: CFI= .93, TLI=.90, IFI= .94 & RMSEA= .05 (X^2 (56; *N*= 591) = 151.09, p< .00).

Table 4
Confirmatory Factor Analysis of ERQ in the sample of Husbands and Wives (N=591).

Model	Model in CFA	X^2	*Df*	CFI	IFI	TLI	RMSEA	ΔX^2(df)
Two-factor	M1	289.67	34	0.83	0.83	0.77	0.11	
	M2	112.03	28	0.95	0.93	0.89	0.06	
	M3	31.73	16	0.93	0.94	0.90	0.05	
		203.25	71	0.91	0.89	0.91	0.05	27.95(7)
	M4							

Note; M1= Default Model, M2=After adding error covariance's, M3= Gender open estimates, M4= Constrained to be equal.

Association of ERQ to Psychological Flourishing and Emotion Expressivity

As aforementioned, there is strong association between emotion regulation and flourishing of married individuals; the present research intends to establish relationship of ER strategies with the relationship thriving variables like psychological flourishing on Pakistani married sample. The study also aimed to explore the subscales (ES & ER) of ERQ in association with emotion expressivity of the married individuals.

The relationship patterns between the ERQ subscales to instruments capturing Psychological flourishing (PFS) and emotional expressivity (BEQ) depicted various patterns of significant associations. Expressive suppression was significantly negatively correlated with positive expressivity, relationship dimension of flourishing and individual dimension of flourishing, small in enormity (< .30), and non-significant to impulse strength (p> .05). Cognitive reappraisal of the ERQ showed significant positive correlation with positive emotion expressivity and impulse strength illustrating small effect size and, astonishingly, depict significant negative correlations with both the dimensions of relationship measure of psychological flourishing (*Table 5*).

Table 5
Patterns of Correlations of the ERQ Subscales with Psychological Flourishing Dimensions and Emotion Expressivity.

Variables	1	2	3	4	5	6
Postiveexpressivi((BEQ)		.58**	-.25**	-.35**	.13**	-.06*
Impulse strength(BEQ)			-.27**	-.33**	.07*	.01**
Relationship Flouri (PFS)				.64**	-.12**	-.12**
Individual Flouris (PFS)					-.17**	-.12**
Reappraisal (ERQ)						.56**
Suppression (ERQ)						

**p<.001, *p<.01

Note: PFS= Psychological Flourishing Scale, BEQ= Berkeley Expressivity Questionnaire.

The table shows patterns of relationship of emotion regulation subscales with positive expression of emotions, strength of impulse reactions and psychological flourishing among married individuals. ERQ reappraisal subscale is significantly positively correlated with positive expressivity and impulse strength. While significantly negatively correlated with both the dimensions of psychological flourishing.

On the other hand, ERQ expressive suppression subscale is negatively correlated with positive expressivity as well as with multiple dimensions of psychological flourishing. Whereas, suppression strategy shows no relationship with impulse strength subscale of emotion expressivity questionnaire.

V. DISCUSSION

The present study evaluates the data from one of the initial scientific appraisals of emotion regulation strategies on the population of Pakistani married individuals aged 20-80 years. Our findings have contributed to the body of scientific knowledge about the use of emotion regulation strategies within married relationship. Moreover, findings also provide us with the knowledge about how married individuals' use of emotion regulation strategies is connected with effective (emotion expressivity) and interpersonal (psychological flourishing) aspects within a married relationship.

The present empirical study presents a vivid picture regarding the operation of emotion regulation strategies among husbands and wives as it is assessed by the ERQ (Gross & John, 2003). The ERQ appears to be a proficient scientific tool within a large representative sample of Pakistani husbands and wives. The scale's psychometric properties in terms of internal consistency, confirmation of its two factor structure and correlation to numerous other pertinent measures (except for the cognitive reappraisal subscale), correspond soundly to earlier empirical studies (e.g. Gross & John, 2003).

We found only a small number of significant demographic differences related to the ERQ in the sample of Pakistani married individuals. Significant differences were observed in terms of the nature of marriage (arrange or love) in the use of emotion regulation strategies with married individuals recording slightly higher level of *cognitive reappraisal* in love marriage as compared to arrange marriage. The disclosure via this indigenous research has compelled us to give explanation that a married relationship that is built according to an individual's own choice that researchers term as love marriage (Coontz, 2005), a person is inclined to utilize his/her cognitive resources when confronted with emotionally charged situations; this could be further explained according to an indigenous perspective that in an eastern and interdependent society like Pakistan where legal mate selection processes mostly happen according to parent's will and love marriages are rare, an individual is prone to act rationally, using all possible cognitive justifications in face of emotion provoking situations to save his / her marriage or to

678| Samar Fahd

REGULATION OF EMOTIONS AMONG PAKISTANI MARRIED INDIVIDUALS:
EXPLORING STRATEGIES OF EMOTIONAL REGULATION QUESTIONNAIRE
(ERQ)

avoid the annoyance of the partner. Since, the existing study is among the very few studies to appraise emotion regulation strategies among the married individuals of an interdependent culture; for that reason, we are unable to relate it to any other plausible explanation for the preference of reappraisal strategy of emotion regulation among the individuals of love marriage.

Similarly, when we considered various professions and numerous categories of education as demographics, we found out that married individuals high in education are more inclined towards expressive suppression as emotion regulation strategy. Likewise, indigenous findings of the current study have also elucidated partially significant findings (*p<.00*) in the case of profession. Level of expressive suppression as ER strategy is higher among teachers as compared to house wives. Hence, it can be deduced from the findings that teachers (professional individuals) are more likely to use expressive suppression as ER strategy as compared to the females who are engaged in domestic obligation (*house wives*).

The two subscales of ERQ were associated to evaluate their relationship (r = .56, $p<$ .01) and hence, found to had significant association. Other research evidences have mentioned blended findings; a few account for absence of correlation between reappraisal and suppression scales (e.g., Gross & John, 2003), whereas, a little report for existence of correlation between CR and ES; r =.10,(Enebirk, Björnsdotter, & Ghaderi, 2013). In addition, the analysis of measurement model of ERQ principally inveterate two independent factors, analogous to those previously reported (Gross & John, 2003; John & Gross, 2004). Existing literature has exhibited various conflicting findings when strivings have been made to establish factorial structure of ERQ; while, Gross & John, (2003) has reported two independent factors by means of confirmatory factor analysis portray a good fit, Wiltink and associates (2011) were unable to reproduce the original two factor solution of the ERQ (X^2 (42)=1172.44, $p<$ .001; RMSEA =.11; SRMR =.097; CFI=.90). Later, in another study, reductions in the overall, chisquare are reported when permitting item 8 on both the factors (X^2 (41)=662.95, $p<$ .001; RMSEA =.07; SRMR =.064; CFI=.95). Since, both the subscales of ERQ are measures of entirely independent strategies, therefore, in our opinion, it is not recommended to perform such modifications just to attain a model fit. The indices of the model of the present study were almost close to acceptable fit, however, we made minor adjustments in the form of correlations, allowing several covariances among the indicators to correlate. In general, findings of the current research, hence, depict strong evidence for the validation of measurement model of the ERQ on the sample of Pakistani married population. Moreover, according to multi group comparison related to the ERQ, it is evident that ERQ is also suitable to be used with both the genders as an assessment of ES and CR strategy within their marital relationship.

Considering the relationship of ERQ with the measures of effective (BEQ) and relationship (PFS) functioning, the fact has been exposed that, positive dimensions of expressivity like positive emotional expression and impulse strength are significantly positively correlated with reappraisal subscale (r = .13) whereas, significantly negatively correlated with expressive suppression subscale (r = -.06), both representing small effect size. These scientific revelations, targeting married sample, extend earlier research that stated that individuals who are habitual of using reappraisal as emotion regulation strategy are likely to be expressive of positive emotions and exhibit strength in their impulse intensities (Frijda, 2009; Gross, 2001). Related to marital bonding, it was also revealed that suppression strategy among husbands and wives is negatively associated with adaptive aspects of emotion expressivity (positive emotional expression and impulse strength). Elaborating the findings, it could be considered that married individuals who suppress and inhibit their emotional reactions during intense emotional situations, also do not express positive emotionality in non-threatening and stress-provoking circumstances. Likewise, such individuals also do not appear to possess strength and intensity of their impulses in emotion eliciting situations.

On the account of previous related researches mentioned earlier in this article, it has been suggested that emotions and the mechanism of their regulation are central to social and interpersonal relationships (Mesquita &Boiger, 2014); and among all social relationships, marriage is considered to be the hot bed for emotional reactions and patterns of emotional regulation. (Bloch, Hasse, Levenson, 2014), however, lack of scientific knowledge is observed that studies emotion regulation strategies from the perspective of marital relationship. In terms of positivity of relationships, emotion regulation strategies have been generally associated with relationship flourishing. Irrespective of the fact that current literature is indicative of specific ER strategies to be associated with specific level of interpersonal functioning; for instance, suppression strategy has been consistently linked to adverse consequences for social functioning and appraisal has been associated with wellbeing of relationships, the present study has rendered slightly different findings in the use of ER strategies among married individuals.

The ERQ expressive suppression subscale was found to be significantly negatively correlated with both the subscales of Psychological Flourishing Scale (relationship dimension and individual dimension). We can interpret from the findings that suppression of emotional response during emotion provoking situation may possibly lead to decreased level of psychological flourishing within a married relationship. Consequently, the components of individual dimension of flourishing like sense of humor, self-confidence, self-reliance, sacrifice etc. (PFS; Fahd& Hanif, 2017) could be negatively affected by the use of expressive suppression as emotion regulation strategy. Likewise, expressive suppression also appears to impact relationship dimension of flourishing (e.g. compromise, mutual problem solving) in negative manner. Hence, this particular finding of the current study extends the existing body of literature that depicts the negative impact of expressive suppression as ER strategy in social and interpersonal functioning.

However, surprising to our expectations and incongruity with the existing studies regarding reappraisal strategy, it has been revealed through the present study that ERQ reappraisal subscale is negatively correlated with both the dimensions of PFS; which appear to be meant that interpersonal flourishing of married individuals is negatively associated with their habitual use of cognitive reappraisal as ER strategy. Explaining the findings of the present study, it might be stated that reappraising the emotions during emotion eliciting situations is negatively related with flourishing of husbands and wives. Or in other words, it might be indicated that practice of cognitive reevaluating an emotional situation might produce harmful effects within a married relationship. Hence, the patterns of association of the ERQ strategies with affective (BEQ) and relationship (PFS) measures suggest that both ES and CR appear to be negatively effecting the marital wellbeing among Pakistani married population.

The partially contradictory finding of the present research in terms of cognitive reappraisal as ER strategy among married individuals might be attributed to a number of reasons. Firstly, this contradiction may be accredited to the culturally valued ways of relating to emotion regulation. Emotion regulation strategies are, in some way, fashioned to be tailored by certain cultural values and norms. Cross-cultural evidences have also provided broad-spectrum support for the notion that in communalist cultures, such as Japan, there is preference for suppression and inhibition of emotional responses, at least for certain emotions; similarly, cognitive reappraisal strategy is more functional in western cultures as compared to the eastern cultures (De Leersnyder, Boiger,&Mesquita,2013). Moreover, in different studies, participants from independent cultural contexts have shown to express preference for reappraisal rather than suppression than the respondents from interdependent culture. The differences, undoubtly, correspond to cultural norms (Butler, 2015; Mauss& Gross, 2004).

Secondly, considering the fact that translation and adaptation of the ERQ has been performed on diverse populations around the world, (Enebirk, Bjŏrnsdotter, & Ghaderi, 2013; Witlink et al, 2011) and in diverse language, for that reason, every scientific struggle for the exploration of ERQ has provided multiple findings, that may or may not confirm to the existing literature. For instance, in a study by Spaapen&Collegues (2013), the fact has been highlighted that original ERQ (Gross & John, 2003) did not gain support for Australian as well as United Kingdom sample. The findings of their research, hence, did not render the same patterns of association regarding ES and CR as originally suggested by the authors of the ERQ. Hence, our partial contradictory results in the use of ER strategies is indicative of the evidence that sample characteristics could be a source to yield different findings that might not conform to the current empirical evidences.

Thirdly, another important thing that is needed to be mentioned here is that all the prevailing scientific evidences cited in the present article are related to broad-spectrum social functioning in relation to the ERQ. Scientific researches that document the exploration of emotion regulation strategies using ERQ are quite scarce in number; moreover, the ERQ has never been explored on the married sample of eastern societies like Pakistan. Pakistani society is a traditional society where marriages happen mostly with the will of parents or guardians (arrange marriages) and in such a society mostly married couples live in joint family (living with in laws) system. These two unique conditions possibly impact the use of cognitive reappraisal as an ER strategy. Married people, living together with extended families, might face the situation where cognitively reappraising the emotional situation may not be beneficial or rather be harmful. Similarly, married individuals of eastern society might not be habitual of modifying currently felt negative emotional state in order to feel positive emotions. In an interdependent social system like Pakistan, where processing of information is influenced by the actual of implied presence of others (impact of extended families) one might unable to calm in a stressful situation by implying cognitive reappraisal strategy (as suggested by the ERQ).

Moreover, unexpected findings of cognitive reappraisal strategies in case of Pakistani married individuals could be attributed to the peoples' lack of awareness for emotion mechanisms and lack of appropriate communication regarding emotion processes. For that reason, the unpredictable findings regarding the reappraisal strategy among husbands and wives could, somehow, be justified. In addition, as mentioned earlier, certain novelty of findings in terms of cognitive reappraisal strategy could be expected as a result of sampling characteristics too. However, irrespective of all this, the goodness of factor structure of ERQ within married individual of Pakistani culture indicates its plausibility and suitability for the married sample; both husbands and wives.

VI.   LIMITATIONS

Our study is not without limitations. Chief limitation is in terms of representativeness of the sample. Females and individuals with metric and intermediate level of education were over represented. Another limitation of the study was the inability to examine the temporal stability and sensitivity of the ERQ in our study. Moreover, irrespective of rigorous empirical hard work, the response rate was not adequate and this possibility is due to biasness in terms of education among participants as compared to those who choose not to be the part of study.

VII.   CONCLUSION & IMPLICATIONS

Empirical demonstrations of the present study investigate the use of emotion regulation strategies among Pakistani husbands and wives. The study also presents the ample internal consistency and fairly suitable factorial structure of Emotion Regulation Questionnaire among Pakistani married individuals aged 20-80 years. According to Gross theory and conceptualization regarding the impact of two emotion regulation strategies, we find that the effect of cognitive reappraisal is slightly different in terms of interpersonal functioning of husbands and wives. Converse with the current evidences, CR strategy of the ERQ is unable to gain positive ties with the wellbeing of individuals within married relationship. However, psychometrics established through this study is an obvious confirmation about ERQ's authenticity regarding its reliability can confidently be used with the married population.

Further, the study has added to the body of knowledge regarding adaptation and utilization of psychological instruments across diverse populations. As mentioned earlier, the study is first ever to evaluate the ERQ among the sample of married individuals. The current indigenous study aiming to adapt the scale has also ensured the reliability of ERQ in eastern society. Prospective researches are required to prolong the examination of the psychometric properties of the ERQ with superior samples. In addition, relevant comparative samples are required to examine the use of emotion regulation strategy within married sample. Overall, the exploration of the ERQ among married individuals of eastern society have illustrated to be a pertinent and timely needed contribution to the study of emotion processes and their relationship with relationship building ingredients.

REFERENCES

1. Balzarotti, S., John, O. P., & Gross, J.J. (2010). An Italian Adaptation of the Emotion Regulation Questionnaire. *European Journal of Psychological Assessment, 26*, 61-67. doi.org/10.1027/1015-5759/a000009
2. Beaton, D. E., Bombardier, C., Guillemin, F., &Ferraz, M. B. (2000). Guidlines for the Process of Cross-Cultural Adaption of Self-Report Measures. *SPINE, 25*, 3186-3191.doi.org/10.1097/00007632
3. Bloch, L., Haase, C. M., & Levenson, R. W. (2014). Emotion regulation predicts marital satisfaction: More than a wives' tale. *Emotion,14*(1), 130–144. doi.org/10.1037/a0034272
4. Brockman, R., Ciarrochi, J., Parker, P., &Kashdan, T. (2011). Emotion regulation strategies in daily life: mindfulness, cognitive reappraisal and emotion suppression, *Cognitive Behavior Therapy*, *46* (2), 1-23.
5. Butler, E. A. (2015). Interpersonal affect dynamics: It takes two to tango. *Emotion Review,7*, 336–341. doi: 10.1177/1754073915590622
6. Butler, E., A., Egloff, B., Wilhelm, F., H., Smith, N., C., Erickson, E., A., Gross, J., J. (2003). The social consequences of expressive suppression. *Emotion, 3*(1), 48-67.

7. Cabello, R., Salguero, J. M., Fernández-Berrocal, P., & Gross, J. J.(2013). A Spanish adaptation of the emotion regulation questionnaire. *European Journal of Psychological Assessment, 29*, 234–240.10.1027/1015-5759/a000150

8. Caughlin, J. P. & Huston, T.L., (2010). The Flourishing Literature on Flourishing Relationships. *Journal of Family Theory and Review*, *2* (1), 25-35.

9. Coontz, S. (2005). *Marriage, a history from obedience to intimacy or how love conquered marriage*. New York, Viking.

10. De Leersnyder, J., Boiger, M., & Mesquita, B. (2013). Cultural regulation of emotion:Individual, relational, and structural sources. *Frontiers in Psychology*, *4*. doi:10.3389/fpsyg.2013.00055

11. Enebirk, P., Bjǒrnsdotter, A., & Ghaderi, A. (2013). The Emotion Regulation Questionnaire: Psychometric properties and norms for Sweedish Parents of children aged 10-13 years. *Europe's Journal of Psychology, 9*(2), 289-303.

12. English, T., John, O.P., & Gross, J.J. (2013). Emotion regulation in relationships. In J. A. Simpson & L. Campbell (Eds.), *Handbook of close relationships* (pp. 500–513). Oxford, UK: Oxford University Press.

13. Finchman, F. D. & Beach, S. R. (2010). Marriage in the New Millennium: A Decade in Review.*Journal of Marriage and Family*, *72*(3),630-649.

14. Frijda, N.H. (2009). Emotion Experience and its Varieties. *Emotion Review,1*(3),264-271. doi.org/10.1177/1754073909103595

15. Gottman, J., M., & Levenson, R., W. (1988). The social psychophysiology of marriage. In Noller, P. & Fitzpatrick, M., A. (Eds.), *Perspectives on marital interactions* (pp. 182-200). Clevedon, UK: Multilingual Matters Ltd.

16. Gross, J. J. (1998). The emerging field of emotion regulation. An integrative review. *Review of General Psychology, 29*(3), 271-299. doi: 10.1111/1467-8721.00152

17. Gross, J. J. (1999). Emotion regulation: Past, present, future. *Cognition & Emotion 13* (5), 551-573.

18. Gross, J. J. (2001). Emotion Regulation in adulthood: Timing is everything. *Current Directions in Psychological Science, 10*(6),214-219.

19. Gross, J. J., & Barrett, L. F. (2011). Emotion Generation and Emotion Regulation: One or Two Depends on Your Point of View. *Emotion Review*, *3*(1), 8–16. doi.org/10.1177/1754073910380974

20. Gross, J. J., & John, O. P. (1995). Facets of emotional expressivity: Three self-report factors and their correlates. *Personality and Individual Differences,19*, 555-568.

21. Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and SocialPsychology*. 85(2),348–362.

22. Gross, J. J., & John, O. P. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences and life span development. *Journal of Personality, 72*(6), 1301-1334.

23. Gross, J. J., Levenson, R.W. (1997). Hiding feelings: the acute effects of inhibiting negative and positive emotion. *Journal of Abnormal Psychology,106* (1), 95.

24. Haga, M. H., Kraft, P., & Corby, E.(2009). Emotion regulation: Antecedents and well-being outcomes of cognitive reappraisal and expressive suppression in cross-cultural samples. *Journal of Happiness Studies, 10*, 271–291.10.1007/s10902-007-9080-3

25. John, O. P., & Gross, J. J. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences, and life span development. *Journal of Personality, 72*, 1301-1334.

26. John, O. P., Donahue, E. M., &Kentle, R. L. (1991). *The Big Five Inventory - Versions 4a and 54*. Berkeley, CA: University of California, Berkeley, Institute of Personality and Social Research.

27. Kring, A. M., & Gordon, A. H. (1998). Sex differences in emotion: Expression, experience, and physiology. *Journal of Personality and Social Psychology, 74,* 686-703. http://dx.doi.org/10.1037/0022.

28. Lebowitz, M. S., & Dovidio, J. F.(2015). Implications of emotion regulation strategies for empathic concern, social attitudes, and helping behavior. *Emotion, 15*, 187–194.10.1037/a0038820

29. Levenson, R., W., Carstensen, L., L., & Gottman, J., M. (1994). The influence of age and gender on affect, physiology, and their interrelations: A study of longterm marriages. *Journal of Personality and Social Psychology, 67*(1),51-68.

30. Lopes, P. N., Salovey, P., Cote, S., & Beers, M. (2005). Emotion regulation abilities and the quality of social interaction. *Emotion, 5*, 113–118.

31. Lougheed, J. P., & Hollenstein, T.(2012). A limited repertoire of emotion regulation strategies is associated with internalizing problems in adolescence. *Social Development, 21*, (4) 704–721.

32. Mass, I. B., & Gross, J. J. (2004). Emotion suppression and cardiovascular disease: Is hiding feelings bad for your heart? In I. Nyklicek, A. Vingerhoets, & L. Temoshok (Eds.), *The expression of emotion and health*. London: Brunner-Routledge.

33. Mesquita B., Boiger M. 2014. Emotions in context: A sociodynamic model of emotions. *Emotion Review*, *6* (4), 298-302.

34. Moore, S. A., Zoellner, L. A., & Mollenholt, N. (2008). Are expressive suppression and cognitive reappraisal associated with stress-related symptoms?*Behaviour Research and Therapy, 46*, 993–1000.10.1016/j.brat.2008.05.001

35. Ochsner, K.N., & Gross, J.J. (2005). The cognitive control of emotion. *Trends in Cognitive Sciences*, *9*, 242-249.

36. Richards, J. M., & Gross, J. J. (1999). Composure at any cost? The cognitive consequences of emotion suppression. *Personality and Social Psychology Bulletin, 25*, 1033–1044.

37. Salvatore, J. E., Kuo, S. I., Steele, R. D., Simpson, J. A., & Collins, W. A. (2011). Recovering from conflict in romantic relationships: A developmental perspective. *Psychological Science, 22*, 376–383.

38. Shahid, H.& Kazmi S.F. (2016). Role of Emotional Regulation in Marital Satisfaction

a. *International Journal for Social Studies, 2* (4), 47-60.

39. Spaapen, D.L., Waters, F., Brummer, L., Stopa, L., Bucks, R.S. (2014). The emotion regulation questionnaire: validation of the ERQ-9 in two community samples.*Psychological Assessment, 26*(1), 46-54. doi: 10.1037/a0034474.

40. Stanton, A. L., Kirk, S. B., Cameron, C. L., &Danoff-Burg, S. (2000). Coping through emotional approach: Scale construction and validation. *Journal of Personality and Social Psychology, 78*(6), 1150-1169. doi.org/10.1037/0022-3514.78.6.1150

41. Thompson, R. A. (1999). Emotional regulation and emotional development. *Educational Psychology Review, 3*, 269–307.

42. Wile D.B. (2002). Collaborative couple therapy. In A. S. Gurman& N. S. Jacobson (Eds.), *Clinical handbook of couple therapy* (3rd ed. Pp. 281-307). New York: Guilford Press.

43. Witlink, J., Glaesmer, H., Canterino, M., Wolfling, K., Knebel, A., Kessler, H., Beutler, M.E.(2011). Regulation of emotion s in the community: Suppression and Reappraisal Strategies and its psychometric properties. *GMS Psycho-Social Medicine, 8*, doi: 103205/psm000078.