

Abstract

The present study investigated the psychological needs, affect regulation strategies and life satisfaction among married couples (19 years and above). Sample of study ($N= 200$) comprised of 100 married couples was taken from four cities, Faisalabad ($n= 25$), Lahore ($n=25$), Sargodha ($n= 25$) and Chiniot ($n = 25$). Basic psychological need satisfaction and frustration scale (BPNSFS; Chen et al., 2015), Preliminary measure of affect regulation strategies (Recoskie, 2009) and Satisfaction with life scale (Butt, Ghani & Khan, 2014) Urdu version were used as measures. Basic psychological need satisfaction and frustration scale and Preliminary measure of affect regulation strategies were translated into Urdu. Findings suggested significant relationship between psychological need satisfaction and frustration and affect regulation strategies. Need satisfaction significantly positively predicted cognitive and behavioral engagement strategies whereas need frustration significantly positively predicted cognitive and behavioral diversion strategies. Psychological need frustration was significantly negatively related to life satisfaction. There was non-significant correlation between affect regulation strategies and life satisfaction. Additionally differences in psychological needs, affect regulation strategies and life satisfaction was explored across gender. Psychological needs, affect regulation strategies and life satisfaction had non-significant differences across gender. Findings may be implicated for marital counseling regarding consideration of psychological needs and affect regulation of spouses to enhance satisfaction in life.

Key words: Psychological needs, Affect regulation, Life satisfaction, Marriage