

Abstract

The present study aimed to find out the relationship between attachment styles, cognitive emotion regulation and marital adjustment among depressed individuals. It also explored attachment styles, cognitive emotion regulation strategies and different demographics, i.e. age, gender, education, type and duration of marriage as predictors of marital adjustment. Furthermore, gender differences in study variables were also investigated. Purposive sampling technique was used to collect the data. Sample consisted of 100 married depressed individuals (50 males, 50 females) with age ranged of 19-60 years, recruited from different government teaching hospitals of Lahore. Different research instruments i.e. Revised Adult Attachment Style (RAAS), Cognitive Emotion Regulation Questionnaire (CERQ) and Revised Dyadic Adjustment Scale (RDAS) along with demographic questionnaire were used to collect data from the participants. Pearson product moment correlation was used to assess relationship between the study variables. Results revealed that avoidant attachment style, catastrophizing and other-blame were significantly negatively correlated with marital adjustment. On the other hand, focus on planning and positive reappraisal was significantly positively correlated with marital adjustment. Multiple linear regression was used to predict the different factors of marital adjustment. Analysis revealed that attachment styles and cognitive emotion regulation were non-significant predictors of marital adjustment, except self-blame (subscale of CERQ). Further, findings indicated that different socio-demographics, i.e. age, gender, duration of marriage, education, age difference between spouses, and types of marriage were also non-significant predictors of marital adjustment except income less than 10,000. Independent sample T-test was used to find out gender differences between the study variables. There were highly significant gender differences were found in avoidance, anxious attachment

styles, self-blame, other-blame and consensus. Individuals living in nuclear and joint family system were equally adjusted in their married life. Individual in rural and urban areas were significantly different in relation to consensus: one dimension of marital adjustment. Implications of the findings are identified in relation to marital counseling.

Keywords: Attachment styles, Cognitive emotion regulation, Dyadic adjustment.