

## Abstract

This research project was designed to test process model of Gross and Thompson (Gross & Thompson, 2007) and study the determinants and consequences of research based, some selected emotional regulation strategies (viz., avoidant coping, problem solving, mindfulness, reappraisal, and suppression) among married individuals in Pakistan. Two studies were carried out to achieve the objectives of this research project. Psychometric properties of the research instruments to be used in Study 2 were tested as a pre-requisite in Study 1. Study 1 was completed in two phases; in phase I, English versions of Mindfulness Attention Awareness Scale and Problem-Solving Styles Questionnaire were translated into Urdu language by following a standard procedure of forward and backward translation method, and cross language validation was established afterwards. In phase II, psychometric properties of Mindfulness Attention Awareness Scale, Problem-Solving Styles Questionnaire and existing Urdu translated versions of Big Five Personality Inventory-10, Coping Strategies Questionnaire, Positive and Negative Affect Schedule, Emotional Regulation Questionnaire, and Kansas Marital Satisfaction Scale were established on a sample of 400 married individuals (women=291, men=109) of age ranged between 25 years to 48 years ( $M = 32.77$ ,  $SD = 10.56$ ). Results of confirmatory factor analysis via AMOS 20.0 supported the original factor structures of all the scales to be used in the subsequent analysis. The reliability analyses showed promising values of Cronbach alpha for all the scales. Study II was conducted on a sample of 850 married individuals (men 396= and women = 454) of age ranged between 21 and 35 years (young adults = 414) and 36 and 55 years (middle adults = 436), collected through a conveniently approached purposive sampling strategy. Findings of Pearson's product moment correlational analysis indicated significant intercorrelations among the demographic and study variables. To assess the

role of demographic variables (viz., age, gender, education, conjugal term, and family system), and personality traits (viz., extrovert, agreeableness, neuroticism, openness, and consciousness) as determinants of emotional regulation strategies on one hand and affect and marital satisfaction as consequences of emotional regulation strategies on the other hand, separate linear regression analyses were run. Adjusted  $R^2$  values for emotional regulation strategies (viz., avoidance coping, mindfulness, problem solving, reappraisal, and suppression) respectively indicated that significant amount of variances (77%, 80%, 43%, 83% and 38%) were accounted for by the demographic variables and personality traits. Adjusted  $R^2$  values for positive and negative affect respectively indicated that significant number of variances (72%, 73%) in affect were accounted for by the demographic variables, personality traits, and emotional regulation strategies. Adjusted  $R^2$  value for marital satisfaction indicated that a significant amount of variance (i.e., 80%) was accounted for by the demographic variables (viz., age, gender, education, and family system), emotional regulation strategies (viz., avoidance coping and mindfulness), and affect (viz., positive and negative). The mediating role of affect in the relationship of emotional regulation and marital satisfaction was assessed via mediational path analysis. The results indicated that relationship of emotional regulation strategies and marital satisfaction was partially mediated by using demographic variables and personality traits as covariates. Results of t-test and ANOVA showed significant group differences on personality traits, emotion regulation strategies, affect and marital satisfaction in terms of gender, age groups, levels of education, and family system. The study has implication in the fields of social psychology, counseling psychology, and couple therapy.

*Key words:* personality traits, emotional regulation, affect, marital satisfaction, mediational analysis