

Relationship between emotional control and marital satisfaction in 20 to 45 years old boy in Torbat Heydarieh

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ABSTRACT

The purpose of this study was to investigate the relationship between emotional control and marital satisfaction in couples between 20 to 45 years old in Torbat Heydarieh . The present of Analytical descriptive was from the kind of correlation that the statistical of society that all of couple 20 to 45 years old of Torbat Heydarieh were in the 1396 . In the middle of them 375 number were selected by random cluster sampling . All of them were emotional control questionnaires (Roger and Nashvour 1987) and marital satisfaction (Olson et al . 1988).Data were analyzed by multiple regression analysis with the help of SPSS software . The result showed that emotional control was able to significantly and in the positive direction marital . Satisfaction is predicted by couples also emotional control dimensions including aggression control rumination and benign control could significantly predict marital satisfaction in couples .according to this finding psychologist and counselors need to focus on the dimensions of emotional control and based on them to design and implement programs to increase the marital satisfaction of couples.

1. Introduction

The family is formed as one of the most fundamental social institutions in the aftermath of marital life, sociologists emphasize marriage and family formation, one due to the fact that marriage causes adjustment of sexual instinct, and that the family of the school of humanization And in the environment of the family, people will grow and excel. What is more important than marriage and family formation is marital satisfaction after marriage. Marriage and marital relationship are the source of support, intimacy, and human pleasure. On the other hand, marriage creates co-operation, sympathy, unity, interest, kindness, tolerance and responsibility in the family .Family has been introduced as an institution or social institution that results from marriage between men and women. One of the manifestations of human social life is the constructive and healthy interaction between humans and the establishment of love for one another and the expression of sympathy for one another. Family is the place of satisfaction of different physical, intellectual and emotional needs, and having awareness of biological and psychological needs and recognizing how to satisfy them and equipping themselves with the divisions of recognition of biological and psychological tendencies is an indispensable necessity. Satisfaction with marital life as his satisfaction It is a family and family satisfaction is a concept of life satisfaction and thus facilitates the growth and excellence of material and spiritual progress of society (Justice and Rezvan, 2010). A person's consent to marital life is his consent to the family. Satisfaction with the family is the concept of life satisfaction. Following this satisfaction, it will be possible to facilitate the growth and prosperity of the society and its material and spiritual progress. The concept of marital satisfaction is an applied concept to show the amount of happiness and stability of marital relationship. Marital satisfaction is the most important factor for the sustainability and durability of common life (Seddiqi et al., 2015). There are different definitions of marital satisfaction, including Ellis, marital satisfaction stems from emotions associated with satisfaction, pleasure and experience experienced by a woman with her husband, and believes that ignoring the interests and attitudes of the other party causes disappointment and failure in the marital relationship. Ellis, 1992) or Winch (2000) finds that this is an adaptation of the existing and desired condition of marital relationship. Marital satisfaction is present when the status quo, however, can be accepted. Marital Satisfaction, the result of the pleasure and adaptability of the husband and wife in different dimensions Life is common and the strength

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of the foundation of the family Matt provides parents (Oscar, 2001). Emily Stone (2006) considers marital satisfaction as a mental state that reflects the perceived costs and benefits of marriage with a particular person. Thus, the perception of the high cost imposed on a person in marriage reduces satisfaction and increases mutual satisfaction with satisfaction (Hesami, 2010). From the religious point of view (Sura-Rumeh, 21), it can be said marital satisfaction is a situation in which the husband and wife are married to each other and are together, have a sense of harmony and calm (Jederi, John the Great and Tabatabai, 2009).

Another factor related to marital satisfaction is emotional control. According to the theory of emotional control, events are excited for those involved in them by changing feelings. The function is a function of the individual's feelings and the difference between that feeling and belief It is related to individual identity (Aurth & Hayes, 1987). Thus, an event that produces a negative emotion creates an unpleasant excitement for the individual, and this unpleasantness will worsen when he believes he has a high value In the same way, if an accident produces a positive emotion, it produces a pleasant emotion, and this is a pleasant time. It will be more likely that a person believes in that position has an inescapable identity (Hees, 2007). From the control of excitement, various definitions are provided. Cole et al. (2004) define emotion control as changes that are related to emotions and are triggered by events or situations.

Bridges, Marjie and Zuff (2001) consider excitement control as a set of processes that a person may use to call for a positive or negative excitement, maintain that excitement, control or change it, and they The excitement and the type of expressing that emotion are different (quoted by McLeem, 2011). Emotion control is considered as the process through which they modulate their emotions to respond to the conscious and unconscious environmental expectations (Aldao et al., 2010). According to Coop (1989), emotional control involves modulating, tolerance, and excitement. Chenham (1998) believes that when excitement is felt, the presence of continuity or lack of excitement in achieving goals Imperfect. Thirst control is the result of a combination of behavioral, cognitive and emotional processes. Roger and Najarian (1989) consider emotional control to be four components: a rumor that measures the degree of anxiety about emotional disturbance events; an emotional inhibition that tends to inhibit the excitement of experience Measures the control of aggression that controls hostility inhibition and benign control that is associated with impulsivity and is thus given to distinguish anger control. People with benign control can control their impulses and impulsivity . Adaptation and psychological adjustment largely depend on the control of excitement. Most psychological disorders are characterized by emotional disturbances, and these disturbances are motivated or defective in emotional control. In the human life there is a negative emotional experience inevitably. In this connection there is no doubt in everyday life, there is a significant potential for difficulty in controlling excitement and emotional control is one of the most important tasks for physical and psychological well-being, especially in marital relationships (Bahram et al., 2014).

In general, emotional regulation involves emotional control and the ability to adjust psychosocial and psychosocial states (Eisenberg et al., 2007). Thompson (1994) considers excitement control as internal and external processes that monitor, measure, and modify the image. Emotional activities, especially extreme excitement, are considered to be personal goals. Also Cognitive emotion management can be defined as an emotionally stimulated information management with conscious cognitive strategies (Zelmuki & Han, 2010).

Hojjati (2013) has conducted a research on the relationship between personality dimensions and strategies for cognitive emotion regulation among mothers of autistic spectrum. The results showed that there is a significant correlation between personality dimensions and emotional adjustment cognitive strategies. The strongest predictor of cognitive-emotional regulation strategies among mothers of the children of the autistic spectrum was later the neurotic psyche

In a research study on the effectiveness of group-based emotional-focused therapy on improving the quality of life and marital satisfaction of breast cancer mothers, Multivariate analysis of variance analysis (MANOVA) showed that group therapy of emotion-focused therapy has been effective in improving quality of life and marital satisfaction.

Rajabi et al. (2015) investigated the structural pattern of the relationship between emotional skills, intimacy, satisfaction and marital adjustment. The results of this study showed that emotional regulation training can significantly increase emotional well-being and marital satisfaction in infertile women.

In an exploratory study titled "Relationship between Personality and Relationship Satisfaction: Conflict of Interests and Interpersonal Behaviors in Controversial Issues", conducted on 137 couples, Alan Whittler and Michelle Scroder (2015) concluded that, as expected, adjustment Emotions (including repression, perspectives, and aggressive behavior) mediate interpersonal positive behaviors and a satisfactory relationship state during conflicting discussions.

Jennifer Rick (2015) in a research entitled Configuring feelings and satisfaction with relationships in clinical couples concluded that access to emotion regulation strategies significantly affected men and women in satisfying relationships. Awareness of feelings was negatively related to men whose women tended to be important. There was also a negative relationship for women whose men tended to be important. Acceptance of women's emotions significantly correlated with their partner's satisfaction, while the ability to control female motivation significantly affects the satisfaction of her partner's relationship. No partner effect was found in adjusting the dimensions of emotions and emotions in the man. Study limitations are well investigated and clinical applications are considered. Sarah Hurley, Claudia E. Ham, Loren Choi and Lin Blaash (2014) In a study entitled Depression, Conflict of Sentiment and Pattern of Demand / Consumption in Intimate Clashes on 253 couples, it was concluded that the relationship And the correlation between the level of depression of a person and his desire to behave contrary to his partner's wishes is completely related to the difficulty of regulating emotions. This study supports the concept that there is a relationship between depression and the pattern of demand / withdrawal, and also shows that Problems in emotional settings can play an important role in understanding the elements of this relationship .Jennifer.al. Rick, Mariana. Falkuner, B. and Andrea S. Wittburn (2016) conducted a research entitled Dimensions of emotion regulation and satisfaction with the relationship. The results showed that there are significant relationships between satisfaction of the relationship, acceptance, motivation, awareness and strategies. Relationships can not always be found in the expected direction, although both male and female are involved in this, but only women showed the work of the partner. The findings point to the importance of considering the context when studying the regulation of emotion and highlighting the importance of clinical evaluation of its particular dimensions.

2. Research Method

The descriptive-analytic research is a correlation type. In the correlation method, the goal is not to discover causal relationships, but to discover the relationship between two or more variables. The main advantage of the correlation method is that we can consider many variables and measure the relationship between them. In this study, extrinsic control was the predictor variable and marital satisfaction was the criterion variable. The statistical population of this study was all couples aged 45-20 years in Torbat Heydariyeh city in 2017. In this study, 379 randomly selected cluster sampling was used to select the sample from all couples based on Morgan's table. Six of the 20-45-year-old couples were randomly selected from 6 different districts of Torbat-e-Heydariyeh city, and in the end they comprised a sample of 379 people, 189 men and 189 women. The research tool is as follows:

A) Thrill Control Questionnaire

Roger and Nashvour (1987) set the initial structure of this questionnaire, and Roger and Najjarian (1987) revised the questionnaire. The revised questionnaire was used in this research. The questionnaire has 4 components and 56 questions. Its components include: Anxiety disorder (1 to 14), aggression control (15 to 28), rumbling or subjective review (29 to 42), and benign control (43 to 56) each component has 14 questions, and one person in each component from zero to 14 and in The whole of the components will be from the range to the variable. The higher value represents the higher emotional control. The score was such that the correct option 2 and the wrong choice of score 1 were. The validity of the questionnaire was verified by several psychologists and professors and then verified. In the Yagwobi research (2014), Cronbach's alpha coefficient was used to determine the reliability. For the whole scale, the sub-scales of emotional inhibition, aggression control, rumination and benign inhibition were 68%, 70%, 76%, 77% , 58%, which indicates that the scale has a high and significant internal consistency. In the present study, the reliability of the dimensions of emotional inhibition, aggression control, rumination, benign inhibition and total emotional control were calculated to be 0.61, 0.70, 0.68, 0.77 and 0.70, using the Cronbach's alpha method, respectively.

B) Marital Satisfaction Questionnaire:

Anjray Marriage Satisfaction Questionnaire (OLS), designed by Olson et al. (1989), is used to evaluate potentially problematic areas and identify areas for strength and empowerment of marital relationships. This questionnaire is an important and valid research tool in several surveys for size Marital satisfaction has been used. This test has in essence two forms: 115 questions and 125 questions. The main form of the questionnaire questions was the subjects' fatigue. Solemania (1884) provided a short form of this questionnaire, which has 47 questions. This form is now available The most common use is in Iranian studies. Its internal identity is estimated to range from 0.73 to 0.90. The reliability of this test was obtained using Pearson correlation coefficient and, by means of re-test, for men 0.93 and for women 0.94 (Mahdavian, 1987, quoted from Sana'ani, 2000). In this study, marital satisfaction was calculated using Cronbach's alpha (0.86).

3. Findings

In this section, descriptive indicators and abundance of couples by sex are presented in the form of tables and charts. Table 1 lists the distribution of frequency and percentage of frequency, and in Figure 1, the distribution of percentage of couples by gender is presented.

Table 1. Distribution of Frequency and Percentage of Spouses by Sex

Couples	Abundance	High percentage
Men	186	50 %
Woman	189	50%
General	378	100%

According to the results of Table 1, 189 men (50%) and 189 women (50%) were couples.

Table 2. Descriptive Indicators of Emotional Ordering Strategies, Emotional Control Strategies, Marital Satisfaction

Variable	Average	The standard deviation	Minimum	Maximum	Crook	Stretching
Emotional control	86/298	3/678	72	101	/152	_/698
Emotional restraint	21/496	1/755	18	25	/150	_/587
Control aggression	21/622	1/687	17	26	0/037	_/604

Rumination	21/575	1/687	18	25	/128	_/662
Benign control	21/604	1/768	44	26	0/037	_/604
Marital satisfaction	151/477	8/08	6	284	_/325	_/565
Contractual response	12/12	3/38	15	64	1/58	1/42
Marital satisfaction	25/48	5/97	4	80	1/15	1/78
Personal topics	11/33	2/42	5	30	1/421	1/699
Marital relationship	11/31	2/125	8	15	_/290	_/531
Conflict resolution	18/582	4/184	5	71	1/093	1/196
Financial management	11/596	2/260	8	15	_/435	_/485
Leisure activities	15/387	2/853	5	20	_/403	_/586

In order to examine the three assumptions of normalization, multiple non-linear and non-correlation of wastes, spikes and stretch marks, variance analysis and camera-Watson were used respectively. The results of Table 2 show that the assumption of normality exists for all variables. Because if the inclination and elongation value is in the range of 2+ to 2, the assumption of normalization is confirmed, which according to the results of the table, this assumption is confirmed. The value of the inflation factor variance for all of the predictor variables included emotional ordering guides in the range 1 to 1/271, which has 10 distances, so the assumption of multiple linearity is rejected. Because if the value of the inflation factor is greater than 10, the multiple line assumption is confirmed. Also, the camera-Watson value for the criterion variable, namely marital satisfaction was 874/1 which is far from 0 and 4, so the assumption of the solidarity of the wastes is also rejected. Because if the camera value - Watson is close to 0 or 4 - the assumption of solidarity correlation is confirmed (Momeni and Qayumi, 2010). Given the points mentioned, there are assumptions about the use of multiple regressions.

Hypothesis 1: There is a relationship between the dimensions of emotional control (emotional disturbance, aggression control, rumination, mental review and benign control) and marital satisfaction.

Table 3. Solidarity Matrix

variables	۱	۲	۳	۴	۵	۶	۷	۸	۹	۱۰	۱۱	۱۲	۱۳	۱۴	۱۵	۱۶
Contractual response	۱															
Marital satisfaction	۰/۲۳۸ *	۱														
Personals topics	۰/۰۴۵ *	*-/۲۱۵	۱													
Sex relationship	۰/۲۵۲ *	*-/۱۹۹	*-/۲۵۴	۱												
Resolve a conflict	089۰/	۰/۲۰۸ *	۰/۰۵۷	*-/۳۵۵	۱											
Fininancial management	۰/۲۰۸ *	۰/۱۴۳	۰/۰۷۴	۰/۲۶۸ *	۰/۲۲۹ *	۱										
Activity about freetime	084/0	۰/۲۵۵ *	*-/۲۶۵	۰/۲۷۸ *	*-/۲۷۸ *	۰/۰۷۸	۱									
Sex relationship	۰/۲۳۱ *	*-/۲۴۴	۰/۰۸۷	۰/۲۰۳ *	*-/۲۶۳	/۰۶۳	۰/۲۵۱ *	۱								
Marriage and childern	/۰۷۵	۰/۱۳۷	۰/۰۷۸	۰/۲۵۵ *	۰/۲۴۱ *	۰/۱۵۴	۰/۰۷۵	*-/۲۳۹	۱							
Relatives and firends	-/۲۸۴ *	*-/۲۱۲ *	۰/۲۲۶ *	۰/۱۴۱	-۰/۰۵۲	۰/۰۲۴	۰/۱۶۱ *	۰/۱۴۶	۰/۲۰۳ *	۱						

The roles that related for men and woman	•/•114 *	•/1182 *	-•/•100 *	•/•263 *	•/•278 *	•/•066 *	•/•226 *	•/•243 *	•/•042 *	•/•025 *	1					
Ideological orientation	•/•219 *	•/•234 *	•/•041 *	•/•231 *	•/•211 *	/••4 *	•/•278 *	•/•288 *	/•03 *	•/•241 *	•/•211 *	1				
Emotional restraint	•/•102 *	•/•211 *	•/•277 *	•/•265 *	•/•067 *	•/•289 *	/•07 *	•/•041 *	•/•296 *	•/•214 *	•/•213 *	•/•268 *	1			
Control of aggressive	•/•034 *	•/•296 *	•/•074 *	•/•241 *	•/•216 *	•/•232 *	•/•274 *	•/•262 *	/•02 *	•/•275 *	•/•210 *	•/•299 *	•/•215 *	1		
rumination	•/•047 *	315 *	217 *	312 *	211 *	281 *	231 *	•/•214 *	•/•212 *	•/•271 *	•/•219 *	•/•219 *	•/•232 *	1		
Benign control	•/•018 *	•/•217 *	•/•06 *	•/•274 *	•/•189 *	•/•219 *	•/•217 *	•/•221 *	211*/ •/•2	21 *	221*/ •/•2	•/•23 1	•/•239 *	•/•312 *	1	

According to the results of Table 3, between the dimension of benign control of excitement with contractual response components, marital satisfaction, personal issues, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, There are no significant relationships between male and female equality and ideological orientation.

There is a significant positive correlation between the emotional restraint of emotional control with marital satisfaction components, personal issues, marriage and children, relatives and friends, roles that are related to male and female equality and ideological orientation. There is a significant negative relationship between emotional restraint of emotional control and emotional control. But between the dimension of emotional restraint control the excitement with the component Contractual response, marital relationship, conflict resolution, leisure activities and sexual relations, there is no meaningful relationship.

There is a significant positive correlation between aggression control dimension and emotional control with marital satisfaction, marital relationship, conflict resolution, leisure activities, sexual relations, relatives and friends, roles that are related to male and female equality and ideological orientation. There is a significant negative relationship between the aggression control dimension and emotional control with the financial management component. But There is no significant relationship between aggression control dimension of emotional control with marital and children components, personal issues and contractual responses.

Between rummy dimension, emotional control with contractual response components, marital satisfaction, personal issues, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, roles to equality Man and woman and ideological orientation have a meaningful positive relationship.

Between benign control of excitement with marital satisfaction components, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, roles to equality between men and women and There is a meaningful positive relationship between ideological orientation. But there is not a meaningful relationship between benign control of excitement with the components of the contractual response and personal issues.

Hypothesis 2: Emotional control strategies (emotional inhibition, aggression control, rumination, or mental review and benign control) can predict marital satisfaction of couples.

Table 4. Multiple correlation of emotional control strategies with marital satisfaction of couples

The correlation coefficient	Squares R	Adjusted squares R	Estimate errors
594/0	353/0	336/0	704/1

Table 5. Regression Model for Significance of Marital Satisfaction from Emotional Controls

Model	Total square	Df	Average square	Statistical F	Probability value
Regression	27639/967	4	6909/992		
Left over	996577/525	378	2590/742	2/667	0/032
Total	996577/525	378			

According to table 4, the total correlation between emotional control strategies and marital satisfaction of couples is 594/0. In other words, with regard to the adjusted squared, emotional control strategies are capable of explaining marital satisfaction 336 / couples. Also, according to Table 5, since the probability level or significance level achieved is less than 0.05, the research hypothesis is confirmed.

Table 6. Examination of standard coefficients of prediction of marital satisfaction of couples

Predictable variables	Non_standard coefficient	The standard error	Standard coefficient	Statistical t	Significance level
Emotional restraint	_1/751	1/251	_0/125	_1/400	0/162
Control aggression	0/323	0/047	0/760	7/107	0/000
Rumination	3/046	1/774	0/141	1/717	0/041
Benign control	4/291	1/694	0/240	2/533	0/012

According to Table 6, the standard coefficients of predictor variables, aggression control, rumination and benign control can predictively and positively predict marital satisfaction in couples ($P < 0.05$). But emotional inhibition is not able to predict marital satisfaction changes in couples ($P < 0.05$).

4. Discussion and conclusion

The purpose of this study was to investigate the relationship between emotional control and marital satisfaction. According to the results of the first hypothesis, the control of benign control of excitement with contractual response components, marital satisfaction, personal issues, marital relationship, conflict resolution, financial management, activities There is no meaningful relationship between leisure time, sexual relations, marriage and children, relatives and friends, roles to equality between men and women and ideological orientation. There is a significant positive correlation between the emotional restraint of emotional control with marital satisfaction components, personal issues, marriage and children, relatives and friends, roles that are related to male and female equality and ideological orientation. There is a significant negative relationship between emotional restraint of emotional control and emotional control. However, there is not a meaningful relationship between the emotional restraint of emotional control with contraceptive response, marital relationship, conflict resolution, leisure activities, and sexual relations. After the control of aggression, control of excitement with the components of marital satisfaction, marital relationship, solving Contradiction, leisure activities, sexual relations, relatives and friends, roles to equality between men and women and ideological orientation have a meaningful positive relationship. There is a significant negative relationship between the aggression control dimension and emotional control with the financial management component.

But there is no significant relationship between the aggression control dimension of emotion control with marital and child components, personal issues and contractual responses.

Between rummy dimension, emotional control with contractual response components, marital satisfaction, personal issues, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, roles to equality There is a significant positive relationship between male and female and ideological orientation. In the following, benign control of excitement with marital satisfaction, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, There is a meaningful positive relationship between relatives and friends, roles that are related to male and female equality and ideological orientation. However, there is no meaningful relationship between the benchmarking of benign control of excitement with the components of the contractual response and personal issues. The results of this study are consistent with the results of Alan Whitaker and Michella (2015), Rick (2015) and Hojjati (2013).

According to the results of the second hypothesis, the standard coefficients of predictive variables, aggression control, rumination and benign control scales can significantly and positively predict the marital satisfaction of couples ($P < 0.05$). But emotional inhibition is not able to predict marital satisfaction changes in couples ($P < 0.05$). The results of this study are consistent with the results of Berkeley et al. (2013), Sarah R. Holley et al. (2014), and Jinfer Rick et al. (2016).

Considering the above results and the results of correlation of research, emotional control dimensions play an important role in predicting marital satisfaction. That is, couples can control their excitement in order to achieve the desired marital satisfaction in life. According to the results of this study, designing and implementing workshops and emotional control programs to increase marital satisfaction is planned so that changes can be seen. In terms of life satisfaction among couples.

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