

عنوان مقاله:

Investigating the Role of Emotional Self-Awareness, Cognitive Emotion Regulation and Social Adequacy in Predicting Marital Satisfaction

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خلاصه مقاله:

Objective The aim of this study was to investigate the role of emotional self-awareness, cognitive emotion regulation, and social adequacy in predicting marital satisfaction. **Methods** The method of this research was descriptive-correlational. The statistical population of this study included teachers of Kalibar city, whose number was 1000 and from this number, according to Cochran's formula, 275 statistical samples were selected by stratified random sampling method. Data collection tools was Marital Satisfaction Questionnaire, Emotional Self-Awareness Questionnaire, Cognitive Emotion Regulation Questionnaire, Social Satisfaction Questionnaire. The method used in this study was to test the main hypothesis of multiple regression. **Results** The results showed that a total of two independent variables of emotional self-awareness and social adequacy remained in the formation of regression and the net determination coefficient was $R = 0.36$ and this coefficient indicated that about 0.36 of the variance of marital satisfaction by independent variables in The figure is explained. In general, the results showed that there is a significant relationship between emotional self-awareness and cognitive emotion regulation and social adequacy with marital satisfaction ($Sig = 0.000$). **Conclusion** The results of the present study can be used in premarital education as well as in interventions related to family and couples.

کلمات کلیدی:

Emotional self-awareness, cognitive emotion regulation, Social adequacy, marital satisfaction

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