

## Marital Stress and Marital Satisfaction: Two Different Cognitive Emotion Regulation Strategies as Mediators

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### Abstract

The decline of marital satisfaction is presumably one of the main reasons behind the increasing number of divorced couples in Indonesia. Previous studies suggested that emotion regulation plays a significant role in regulating marital stress that controls marital satisfaction. However, the studies only examined the two specific emotion-regulation strategies i.e. reappraisal and suppression while ignoring other strategies, in particular, the Cognitive Emotion Regulation (CER), which might affect intimate couples. This study examined the role of CER as a mediator in the correlation between marital stress and marital satisfaction. This study used an online questionnaires survey method with a sample of 258 married individuals living in Indonesia. The data was analyzed with PROCESS HAYES model 4, which indicated that adaptive ( $b = -1.24, p < .01, CI = .0136, .1487$ ) and maladaptive ( $b = -1.24, p < .01, CI = -.2615, -.0313$ ) CER strategies partially mediated the correlation between marital stress and marital satisfaction by controlling covariate variables including sex, age, education, expenses, and number of children. The findings showed that marital stress is positively associated with adaptive CER, and is positively affecting marital satisfaction. Additionally, marital stress also is positively associated with maladaptive CER but is negatively affecting marital satisfaction. The findings support the importance of addressing cognitive coping strategies in managing marital conflicts, particularly in improving adaptive emotion-regulation strategies.

**Keywords:** Marital stress, emotion regulation, marital satisfaction, cognition

### Introduction

Marriage holds an important role in adults' lives (Otero et al., 2019), and research has shown that healthy marriages bear numerous benefits for the couple (Grover & Helliwell, 2019). However, despite the various benefits, marriages frequently end up in separations or divorces (Kreider & Ellis, 2011). In Indonesia, the number of divorced couples increases every year. According to Statistics Indonesia (2018), the number of divorce cases went up to more than 419,268 that year, a nine percent increase from the previous year, which was 374,516 cases. Hence, with a high rate of divorce cases every year, it is crucial to point out the factors contributing to marital stability in Indonesia. Research showed that marital satisfaction is a strong indicator of marriage stability which would prevent a divorce (DeLongis et al., 2017). Undoubtedly,

couples will face many challenges and problems in the marriage that might affect their marital satisfaction (Randal & Bodenmann, 2009). Marital dissatisfaction could be started with internal or external problems, which trigger stress for the couple.

According to the study, there are two types of marital stress i.e. internal and external stress. Internal stress is stress triggered by the relationship of the couple. It includes conflicts and strains that stem from different goals, attitudes, needs, and wants (Bodenmann et al., 2006). The differences between partners could cause cognitive dissonance, where an individual might feel that their beliefs are wrong or that there is something wrong with their partner. The differences could also make it hard for partners to settle an agreement and might cause one partner to behave in ways that their partner dislikes, which

consequently might result in conflicts. The situation could make couples not be able to enjoy their marital life, hence, it decreases their marital satisfaction (Clarkwest, 2007).

Furthermore, external stress could also affect couples' marital satisfaction, but it comes from factors outside of the relationship. The triggers are divided into eight domains, including work, social relationships, leisure time, children, extended family, living situation, financial situation, and daily problems (Bodenmann, 2008). According to Bodenmann's stress model, external stress could impact a relationship, which in consequence might trigger internal stress. The stress could reduce the amount of time spent between couples, weaken the bond, lessen effective communication, decrease health, or lead to an unpleasant attitude that could impact the marriage.

According to the sources mentioned above, it is evident that marital stress, whether internal or external, can influence couples' marital satisfaction. It is emphasized by empirical evidence that proclaims the correlation of the negative relationship between stress and romantic relationship satisfaction (Randal & Bodenmann, 2017). However, several researchers argue that the role of stress in a marriage needs to be reconsidered. Longitudinal research showed that stress could only cause a minor impact on marriage, which indicates that there are other factors needed to be assessed to gain better clarity on this issue.

Comstock and Sterzizweick (1990) stated that lack of stress does not indicate the good quality of a marriage but rather indicates how successful the couple is in managing the stress. The skill of managing stress is one of the most important things in maintaining a long-term relationship (Wilmot & Hocker, 2000). Moreover, emotion regulation is a required skill to be able to manage stress. Gross (2015) defined emotion regulation as a process in which an individual regulates their emotions when they feel the emotions and how they express the emotion.

Emotion regulation strategies might be adaptive (for example positive reframing, and reappraisal), or maladaptive (suppression and rumination; Aldao &

Nolen-Hoeksama, 2012). During a high-conflict situation, couples that implement emotion regulation strategies tend to achieve higher relationship satisfaction, fewer negative emotions, and more positive emotions expressed than couples that do not regulate their emotions (Gottman & Levenson, 1992). Experiencing more positive emotions than negative in an intimate relationship also correlates with commitment and marriage stability (Aron et al., 2000; Gable et al., 2006). Contrastingly, couples that could not regulate their negative emotions and focus on anger and disappointment towards the stressful experiences might end up with worse relationship quality (Herzberg, 2013). These discoveries support the statement that adaptive emotion regulation correlates with more positive and fewer negative experiences between romantic couples.

The most common emotion regulation strategies in romantic relationship studies are cognitive reappraisal and suppression of emotional expression. In general, reappraisal corresponds with positive impacts on the relationship, such as high-quality marriages (Finkel et al., 2013), while suppression corresponds with negative interpersonal attitudes (Vater & Schroder-Abe, 2015). Numerous studies placed their focus on those two emotion regulation strategies, while on the other hand, less attention was put on other emotion regulation strategies such as Cognitive Emotion Regulation (CER), particularly in the scope of intimate relationships, even though CER is an instrument that measures all types of cognitive coping strategies. It provides a more thorough and helpful result than assessments with only one coping strategy (Garnefski et al., 2001). CER is a form of emotion regulation that an individual carries out through the cognitive process (Garnefski, 2001). The author proposed nine CER strategies; some have been characterized as adaptive strategies (acceptance, planning refocusing, positive refocusing, positive reappraisal, and putting into perspective), and the others have been described as maladaptive strategies (self-blame, other-blame, rumination, and catastrophizing).

As previously mentioned, there are still limited studies involving CER. The research exploring the application of CER was dominantly associated with psychopathological conditions such as anxiety, self-injury, depression, and externalizing problems. Furthermore, research related to CER has begun to expand to its application within the context of marriage. Several studies tried to observe the role of CER in marriage. Bahaodini and Zandekarimi (2018) conducted a study to see the effectiveness of stress training on CER on married adolescent girls, who are more vulnerable to violence, aggression, infidelity, and marital dissatisfaction. The study found that stress training significantly affected the adaptive and maladaptive CER of a person in general. There was only one insignificant regulation strategy found, which was rumination. The research confirmed the existing theory but was less representative since it focused only on married adolescent girls. Rusu et al. (2019) then explored CER strategies on marital relationships by mediating dyadic coping, but he only measured the adaptive strategies, hence it is necessary to also review the impact of maladaptive CER on marriage.

In this study, the researchers considered several control variables, which are demographic data, including age, gender, number of children, education, and expenditure. It is based on studies of marital satisfaction that control the above factors because they are considered to possibly affect the results of the study (Kutner, 2020).

Accordingly, it is safe to assume that CER plays an important role in each person's life, including marriage. Adaptive CER acts as an individual's protective factor in overcoming stressful conditions within marital relations; conversely, maladaptive CER acts as a risk factor in overcoming said stressful conditions. Therefore, in this study, the suggested hypotheses are: (1) marital stress is positively related to marital satisfaction, where the effect is mediated by an adaptive CER strategy, and (2) marital stress is negatively related to marital satisfaction, where the effect is mediated by a maladaptive CER strategy.

Thus, this study aims to examine the relationship between marital stress and marital satisfaction through the mediating role of the CER strategy.

## Method

The approach used in this study is quantitative, and the data collection method is cross-sectional. This research was conducted using a survey method in the form of an online questionnaire via Google Form. The participant selection technique in this study is based on convenience sampling, in which individuals who comply with established characteristics become participants according to their availability or willingness to participate (Cozby & Bates, 2007). The required characteristics of the participants in this study were men or women who are married and for the minimum duration of marriage to be two years. Marriage is considered stable after the couple has been together for two years (Zimmerman, 2006).

**Multidimensional Stress Questionnaire (MDS-Q)** is the instrument used to measure marital stress is the Multidimensional Stress Questionnaire Subscale for Couples (MDS-Q). MDS-Q was developed by Bodenmann (2008) to measure dyadic stress. This instrument consists of 30 questions with 4-point Likert scale answer options with descriptions 1= none at all, 2= a little, 3= moderate, 4= a lot. In this study, the researcher used two subscales from the MDS-Q, namely the internal stress subscale, which consists of 10 items (e.g.: Strong restrictions through the relationship (too little liberty, too much closeness, hemming each other in, and so on) and the stress subscale external consisting of 8 items (e.g.: free time, deadline pressure, too many activities, unsatisfactory recreational activities, too little time for yourself, pressure to perform, and so on). In this study, the researcher used a single score, namely marital stress, with a range of 18-72. The greater the MDS-Q score the individual obtains, the greater their stress, and vice versa. The two subscales above have high internal consistency, namely = .840 for internal stress and = .758 for external stress.

**Cognitive Emotion Regulation Questionnaire (CERQ)** is the instrument to measure emotion regulation. CERQ was developed by Garnefski et al. (2001). This instrument consists of 17 items to measure nine cognitive emotion regulation strategies. CERQ consists of two factors, namely adaptive and maladaptive CER. Adaptive CER focuses more on positive conditions, which are theoretically assessed as adaptive strategies, which consist of positive reappraisal sub-scales, putting into perspective, positive refocusing, refocusing in planning, and acceptance. (e.g.: I think of pleasant things that have nothing to do with it). The second factor is called CER, which focuses more on negative conditions, which are theoretically assessed as maladaptive strategies, consisting of self-blame, blaming others, rumination, and catastrophizing sub-scales. (e.g.: I keep thinking about how terrible I have experienced it). The answer choices used are 5-point Likert scale with descriptions 1= very rarely, 2= rarely, 3= sometimes, 4= often, 5= very often. In this study, the researcher used scores for each dimension, namely the adaptive CER score and the maladaptive CER score. The range of adaptive CER scores is 9-45, provided that the higher the score obtained by the participants, the more adaptive their emotion regulation is. In contrast, the range of maladaptive CER scores is 9-40. The higher the score obtained by the participants, the more maladaptive their emotion regulation is. This measuring instrument has high reliability, namely  $\alpha = .821$  for adaptive CER and  $\alpha = .853$  for maladaptive CER.

**ENRICH Marital Satisfaction (EMS)** is the instrument to measure marital satisfaction. EMS was developed by Fowers and Olson (1993). This instrument consists of two dimensions, namely marital satisfaction and idealistic distortion. The EMS consists of 15 items, whereas the marriage quality domain has ten items, including personality problems, communication, conflict resolution, financial management, joint activities, sexual relations, children and family care, role equality, and religious orientation. (e.g.: I am not happy about our com-

munication). The other five items measure idealistic distortion (e.g., I have never regretted my relationship with my partner, not even for a moment). This measuring instrument has six un-favorable items, so the scores on these items must be reversed when processing data. The answer choices used are 6-point Likert scale with descriptions 1= strongly disagree, 2= disagree, 3= somewhat disagree, 4= somewhat agree, 5= agree, and 6 = strongly agree. The EMS score is determined by dividing the items into idealistic distortion and marital satisfaction groups. Then the results of each group can be calculated in the total. The raw scores are then transformed into percentile scores and adjusted according to the norm table. After getting a score for each group, it is calculated using the formula (see the formula below). The greater the EMS score obtained by the individual, the greater the marital satisfaction they have, and vice versa. EMS has high reliability with  $\alpha = .789$ .

$$\text{EMS Score} = \text{PCT} - [(.40 \times \text{PCT})(\text{ID} \times .01)]$$

*Note.*

EMS : ENRICH Marital Satisfaction  
 PCT : Marital satisfaction percentile score  
 IDE : Individual idealistic distortion percentile score

In this study, demographic data that will be asked for details are age, gender, education, average monthly expenditure, and the number of children. Analysis of research variables will begin with descriptive statistics to obtain the mean value and standard deviation, followed by the Pearson correlation test to see the relationship between variables. Then it will be continued with the mediation test of adaptive CER and maladaptive CER in the relationship of the effect of marital stress on marital satisfaction as the first and second hypothesis tests. The regression test was carried out using Process Macro model 4 test developed by Hayes (2015).

## Results

### *Socio-demographic Data*

The number of participants in the study was 258 Indonesian citizens, among which females were

slightly larger than males ( $n=149$ ; 57.8%). Most of the participants are in the age range of 20-40 years old ( $n=182$ ; 70.5%). The last education of the majority of participants was Bachelor/equivalent

( $n=183$ ; 70.9%). The total average expenditure of the majority of participants is 3.1-7 million ( $n=107$ ; 41.5%). The majority of participants had one child ( $n=86$ ; 33.3%).

**Table 1** Demographic data of research participants

| Demographic Variables | Categories                        | Quantity (N) | Percentage (%) |
|-----------------------|-----------------------------------|--------------|----------------|
| Gender                | Male                              | 109          | 42.2           |
|                       | Female                            | 149          | 57.8           |
| Age range             | 20-40 years old                   | 182          | 70.5           |
|                       | 41-60 years old                   | 76           | 29.5           |
| Last education        | Middle school/ equivalent         | 1            | .4             |
|                       | High/vocational school/equivalent | 37           | 14.3           |
|                       | Bachelor/equivalent               | 183          | 70.9           |
|                       | Magistrate                        | 36           | 14.0           |
| Expenditure           | Doctorate                         | 1            | .4             |
|                       | < 3 millions                      | 52           | 20.2           |
|                       | 3,1-7 million                     | 107          | 41.5           |
|                       | 7,1-12 million                    | 50           | 19.4           |
| Number of children    | >12 million                       | 49           | 19.0           |
|                       | 0                                 | 44           | 17.1           |
|                       | 1                                 | 86           | 33.3           |
|                       | 2                                 | 70           | 27.1           |
|                       | 3                                 | 41           | 15.9           |
|                       | 4                                 | 14           | 5.4            |
|                       | 5                                 | 2            | .8             |
|                       | 6                                 | 1            | .4             |

### Main Research Variables Results

This study has four main variables: Marital stress, adaptive CER, maladaptive CER, and marital satisfaction. The marital stress score obtained by the participants is in the range of 18-68 ( $M=35.34$ ). The adaptive CER scores obtained by participants are in the range of 9-45 ( $M=33.13$ ). The maladaptive CER scores obtained by participants are in the range of 8-39 ( $M=18.50$ ). The marital satisfaction score obtained by the participants is in the range of .39-82.05 ( $M=37.55$ ). Descriptive data can be seen in table 2.

The researcher then conducted a Pearson correlation test on the four variables to determine the relationship between variables. Marital stress is positively correlated with both CERs, namely

adaptive CER strategies ( $r(258)=.162$ ,  $p<.01$ ) and maladaptive ( $r(258)=.506$ ,  $p<.01$ ). This means the higher the marital stress, the higher the adaptive CER and the maladaptive CER. Furthermore, it can also be seen that the two CERs are correlated ( $r(258)=.148$ ,  $p<.05$ ). It means that the higher the adaptive CER, the higher the maladaptive CER. The table shows that marital stress negatively correlates with marital satisfaction ( $r(258)=-.611$ ,  $p<.01$ ). It means that the higher the marital stress, the lower the perceived marital satisfaction. Furthermore, finally, the maladaptive CER score also has a negative correlation with marital satisfaction ( $r(258)=-.375$ ,  $p<.01$ ), which means that the higher the maladaptive CER, the lower the perceived marital satisfaction.

**Table 2.** Descriptive Statistics and Correlation Between Main Variables

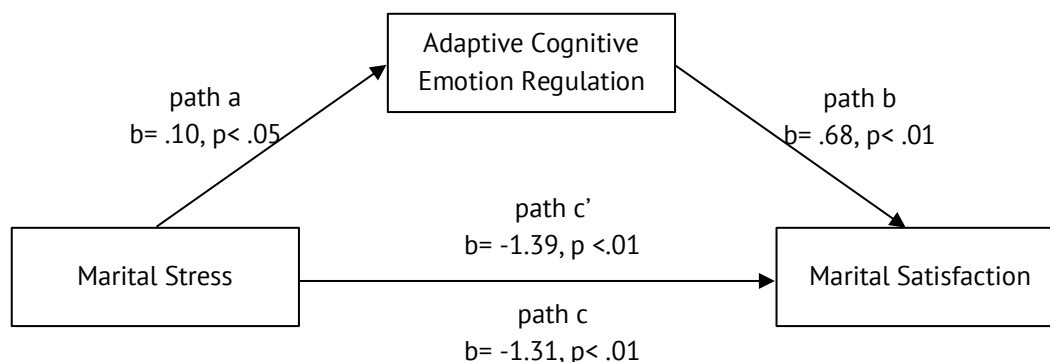
| Variable             | Mean  | SD    | Score Range | 1       | 2     | 3       | 4 |
|----------------------|-------|-------|-------------|---------|-------|---------|---|
| Marital stress       | 35.34 | 8.695 | 18-68       | -       | -     | -       | - |
| Adaptive CER         | 33.13 | 6.176 | 9-45        | .162**  | -     | -       | - |
| Maladaptive CER      | 18.50 | 6.306 | 8-39        | .506**  | .148* | -       | - |
| Marital satisfaction | 37.55 | 19.24 | .39-82.05   | -.611** | .099  | -.375** | - |

Note: N = 258. \*\*Significant correlation on level  $p < .01$  (two-tailed), \*Significant correlation on level  $p < .05$  (two-tailed)

**Adaptive CER Mediation Analysis Results**

The results of the mediation analysis of marital stress were included as a predictor variable (X), marital satisfaction was included as an outcome variable (Y), and adaptive CER was included as the first mediator variable (M1). Gender, age, education, total expenditure, and the number of children were included as covariate variables. Based on the results of the analysis in Figure 1, the relationship between marital stress and adaptive CER (path a;  $b=.10, p < .05$ ) and the relationship between adaptive CER and

marital satisfaction (path b;  $b=.71, p < .01$ ) was found to be significant. When adaptive CER was included as a mediator, the coefficient of marital stress on marital satisfaction increased from  $-1.31$  ( $p < .01$ ; path c) to  $-1.39$  ( $p < .01$ ; path c'), but the increased coefficient was still significant. The mediation analysis test also obtained a significant indirect effect through adaptive CER (IE= .0761, CI [.0136, .1487]), indicating that adaptive CER partially mediates the relationship between marital stress and marital satisfaction when the covariate variables are controlled.



Note:  $R^2 = .44, F(7,250) = 28.84, p < .01$

**Figure 1** Adaptive CER as a mediator between marital stress and marital satisfaction

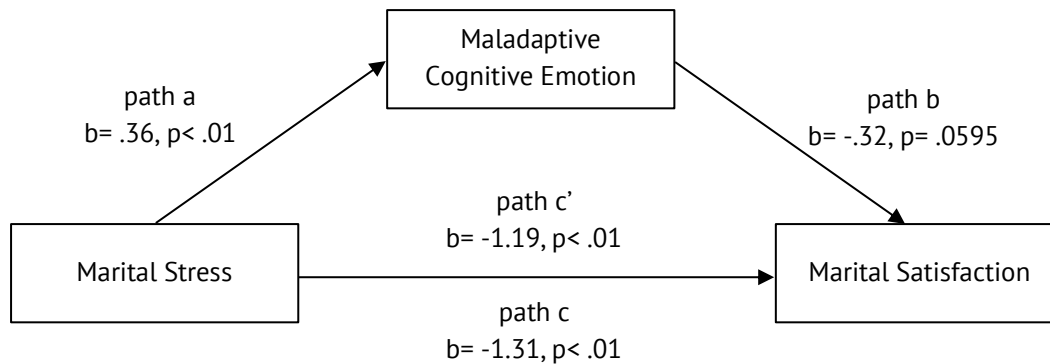
**Result of Maladaptive CER Mediation Analysis**

Marital stress was included as a predictor variable (X), marital satisfaction was included as an outcome variable (Y), and maladaptive CER was included as the second mediator variable (M2). Gender, age, education, total expenditure, and the number of children were included as covariate variables. Based on the results of the analysis in Figure 2, the relationship between marital stress and

maladaptive CER (path a;  $b = .36, p < .05$ ) was found to be significant, but the relationship between maladaptive CER and marital satisfaction (path b;  $b = 0.32, p = .05$ ) was not shown to be significant. When maladaptive CER was included as a mediator, the coefficient of marital stress on marital satisfaction decreased from  $-1.31$  ( $p < .01$ ; path c) to  $-1.19$  ( $p < .01$ ; path c'), but the reduced coefficient was still significant. The mediation analysis test also obtained a significant

indirect effect through maladaptive CER (IE=  $-.1208$ , CI  $[-.2389, -.0014]$ ), indicating that maladaptive CER partially mediates the relationship between marital stress and marital satisfaction when covariate variables were controlled. According to Hayes (2017),

the bootstrapping analysis still allowed it to have a significant indirect effect even though there is an insignificant path. Thus, even though path b is not significant, the indirect effect value is still significant.



Note.  $R^2 = .40$ ,  $F(7,250) = 24.78$ ,  $p < .01$

**Figure 2** Maladaptive CER as a mediator between marital stress and marital satisfaction

## Discussion

This study aimed to explore the relationship between marital stress, CER, and marital satisfaction. Specifically, this study aimed to examine the role of both adaptive and maladaptive CER as a mediator between the correlation of marital stress and marital satisfaction. The results supported the hypothesis that both mediate the correlation of marital stress and marital satisfaction, but each has a different dynamic: adaptive CER positively affects marital satisfaction, while maladaptive CER damages it.

The results showed that marital stress is significantly and positively correlated with both adaptive CER and maladaptive CER. This premise can be explained by the findings of Fink and Saphiro (2013) which revealed that individuals tend to use both types of emotion regulation strategies (adaptive and maladaptive) when faced with stressful situations. Those strategies are sometimes ambiguous hence it might still be difficult to control them. This study also showed that the two CERs are correlated with each other, a premise that also is in line with Fink and Saphiro's (2013) research. Additionally, Fink and Saphiro (2013) found that the two strategies of

emotion regulation have a high correlation and suspected that the two CERs can be used as composite variables since they tend to be used together.

Furthermore, this study found a significant relationship between marital stress and marital satisfaction. This finding is in line with several previous studies on the two variables (Randall & Bodenmann, 2009; Almeida, 2016; Lavner & Clark, 2017). The results from studies related to marital stress and marital satisfaction appeared to be relatively consistent. The stress experienced by a person could trigger unpleasant attitudes shown towards their partner, which consequently might give rise to conflict, thus affecting the quality of the marriage (Randall & Bodenmann, 2009).

This study also found a contrasting result from the previous studies, particularly that the maladaptive CER variable is not proven to be significant in predicting marital satisfaction even though it had been controlled for several covariate variables. It can be explained by the work of Tartaglia and Bergagna (2019), which demonstrated that alcohol consumption –which is considered one example of maladaptive coping, does not directly affect the rate of life

satisfaction, since the correlation is mediated by motivation. The researcher suggested future researches include other variables as mediators or moderators that can clarify the relationship between maladaptive CER and marital satisfaction better, such as the Dyadic Coping Variable (Fuenfhausen & Cashwell, 2013). In that study, it was established that dyadic coping mediates the relationship between maladaptive CER and marital satisfaction. Individuals with maladaptive coping strategies tend to fail to foster mutual trust and positive relational attributions that would result from dyadic coping. Consequently, they might continue to feel as though their relational needs are not being met, which contributes to lower levels of marital satisfaction.

The results of the study supported the research hypothesis established in the beginning. In this study, it was proved that adaptive and maladaptive CER mediate the correlation of marital stress and marital satisfaction with partial mediation results. As previously mentioned, the correlation between maladaptive CER and marital satisfaction was found to be insignificant. However, Hayess (2017) stated that with the analysis of the bootstrapping method, it is plausible to obtain a significant indirect correlation even if one path is proved to be insignificant.

According to Hayess (2017), "It is possible to conclude  $a,b \neq 0$  even if either  $a$  or  $b$  (both) are not statistically significant. Since  $ab$  is the proper estimate of the indirect effect, the inference should be based on  $ab$ , not on individual hypothesis tests of  $a$  and  $b$ . Statistical significance of  $a$  and  $b$  are not the requirements of mediation by current thinking." (p. 116). Although the correlation between maladaptive CER and marital satisfaction is not significant, maladaptive CER still mediates the relationship between marital stress and marital satisfaction due to a significant indirect effect.

As established before, both adaptive and maladaptive CER partially mediate the connection between marital stress and marital satisfaction. The study found that adaptive and maladaptive CER variables as mediators is not resilient enough to

mediate the relationship between marital stress and marital satisfaction. It is perhaps due to the coping styles that are adaptive to individuals in various situations yet are not adaptive in the context of marriage. For example, arguing when discussing a problem might be an adaptive stress regulation strategy for a person, but not for their partner. This is compatible with the findings of O'Brien and DeLongis (1997), who found that strategies that are beneficial for everyone may not be the same for their partner. Future research might be able to explore the application of dyadic coping variables in the context of marriage. Additionally, it might be more fruitful to measure coping strategies that couples use together in regulating occurring stress to see the adaptive and maladaptive CER within an intimate relationship (Bodenmann, 2005).

Accordant with the researcher's knowledge, this study is the first one that sought to determine the role of adaptive and maladaptive CERs, on how marital stress affects marital satisfaction, with several controlled variables. The two CERs mediate differently (partial mediation). Adaptive CER positively affects marital satisfaction, leading to a rising level of marital satisfaction. On the other hand, maladaptive CER negatively affects marital satisfaction, leading to a decreasing rate of marital satisfaction. This research is important considering the rise of divorce cases over the year. The experienced marital stress might affect the marriage positively or negatively, depending on how the couple regulates their emotions. Through this study, the researcher found that cognitive factors in the form of cognitive emotion regulation may help couples manage their stress so it does not interfere with their marital life.

There are several things considered to be the strengths and limitations of this study. The noteworthy strength of this study is that the researcher managed to control several variables that were thought to possibly affect the level of marital satisfaction. The other strength is that the sample used in this study consisted of a reasonably balanced proportion, especially in the amount



distribution of the genders. Hence, this study bore quite representative results.

Furthermore, the researcher is aware of several limitations of this study as well. First, the correlational survey method did not allow the researcher to test any causality. Longitudinal survey methods or experiments can be a solution to this matter. The following limitation is the application of a self-report questionnaire, which may cause social desirability biases (adjusting the responses to social appropriateness norms). However, in this study, the researcher tried to minimize the occurrence of biases by using measuring tools. The third limitation is that filling out the questionnaire given in this research was done only by one partner instead of both due to time constraints.

To overcome these shortcomings, the researcher provides several suggestions for future research. First, a follow-up study with a longitudinal or minimal trajectory design may be able to enrich the results obtained in this study, particularly results related to the marital satisfaction model. Second, future researchers should try to manage both partners to fill out the questionnaire of the study using the Actor-Partner Interdependence Model (APIM) as a statistical test to measure the application of dyadic variables.

Practically speaking, the results of this study can provide practical advice to parties who may be assessing individuals with marital problems, such as marriage psychologists or mental health practitioners. Professionals must understand the risk factors of marital relationships, such as high-stress conditions. In addition, it is crucial to see how couples' cognitive capacity in the form of cognitive emotion regulation manages the stress they are facing. The findings of this research can help to understand the risk and protective factors held by each person before providing suitable treatment to aid their marital problems. Furthermore, interventions given to couples with marital problems may target cognitive factors in the form of emotional regulation, which emphasizes adaptive emotion regulation strategies.

## Conclusions

Based on the results obtained from this study, the researcher concluded that the adaptive and maladaptive CER strategies could mediate the connection between marital stress and marital satisfaction with different dynamics (partial mediation). The effect of adaptive CER as a mediator can increase couples' marital satisfaction, while maladaptive CER as a mediator can decrease couples' marital satisfaction. In this case, the correlation between marital stress and marital satisfaction can be explained directly or indirectly (indirect effect) through adaptive and maladaptive CER as a mediator. Thus, adaptive and maladaptive CER factors need to be considered to aid problems related to marital satisfaction by exploring other variables as moderators or mediators to gain a better understanding of the dynamics of the line between marital stress and marital satisfaction. Additionally, intervention to overcome issues of marital satisfaction can also be done through the provision of measures that optimizes the use of adaptive cognitive emotion regulation.

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