

**PSYCHOLOGICAL FLOURISHING OF MARRIED INDIVIDUALS:
ROLE OF COMMUNAL ORIENTATION, EMOTIONAL
EXPRESSIVITY AND EMOTIONAL REGULATION**



By

SAMAR FAHD

Dr. Muhammad Ajmal

NATIONAL INSTITUTE OF PSYCHOLOGY

Center of Excellence

Quaid-i-Azam University Islamabad

2020

**PSYCHOLOGICAL FLOURISHING OF MARRIED INDIVIDUALS:
ROLE OF COMMUNAL ORIENTATION, EMOTIONAL
EXPRESSIVITY AND EMOTIONAL REGULATION**

By

SAMAR FAHD

A dissertation submitted to

Dr. Muhammad Ajmal

NATIONAL INSTITUTE OF PSYCHOLOGY

Center of Excellence

QUAID-I- AZAM UNIVERSITY ISLAMABAD

In Partial Fulfillment of the Requirements for the

DEGREE OF DOCTOR OF PHILOSOPHY

IN

PSYCHOLOGY

2020

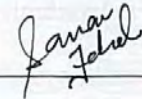
Author's Declaration

I (Samar Fahd) hereby state that my Ph.D. thesis entitled "Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity and Emotional Regulation" is my own work and has not been submitted previously by me for taking any degree from this University (Quaid-i-Azam University, Islamabad) or anywhere else in the country.

At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw my Ph.D degree.

Samar Fahd

Signature: _____



Dated: 20-07-2020

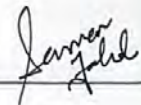
Plagiarism Undertaking

I solemnly declare that research work presented in the thesis titled “Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity and Emotional Regulation” is solely my research work with no significant contribution from any other person. Small contribution/help wherever taken has been duly acknowledged and that complete thesis has been written by me.

I understand the zero tolerance policy of the HEC and University (Quaid-i-Azam University, Islamabad) towards plagiarism. Therefore, I as an author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred/cited.

I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after the award of the Ph.D degree, the University reserves the rights to withdraw/revoke my Ph.D degree and that HEC and the University has the right to publish my name on the HEC/University Website on which names of students are placed who submitted plagiarized thesis.

Student/Author's Signature: _____



Name: Samar Fahd

psychological Flourishing of married individuals: Role of communal orientation, emotional expressivity and emotional regulation by Samar Fahd

From Thesis (Ph.D 2019-20)

Similarity Index 18%	Similarity by Source	
	Internet Sources:	8%
	Publications:	10%
	Student Papers:	12%

Processed on 27-Jul-2020 15:14 PKT

ID: 1362778186

Word Count: 42638

sources:

- 1 3% match (publications)
Samar Fahd, Rubina Hanif. "Communal Orientation Predicting Flourishing of Married Individuals: Mediation of Emotion Expressivity", Journal of Relationships Research, 2018
- 2 2% match (student papers from 07-Apr-2019)
Submitted to Higher Education Commission Pakistan on 2019-04-07
- 3 1% match (publications)
Samar Fahd, Rubina Hanif. "Emotion expressivity and psychological flourishing of married individuals: Gender and type of marriage as moderators", Journal of Human Behavior in the Social Environment, 2019
- 4 1% match (Internet from 17-Oct-2019)
<https://digitalcommons.liberty.edu/cgi/viewcontent.cgi?=&=&article=1496&context=doctoral>
- 5 1% match (Internet from 08-Mar-2016)
<http://pr.hec.gov.pk/Thesis/2726S.pdf>
- 6 1% match (Internet from 16-Apr-2016)
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0073265>
- 7 1% match (Internet from 13-Apr-2019)
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.819.8437&rep=rep1&type=pdf>
- 8 1% match (student papers from 19-Dec-2013)
Class: Ph.D 2013-14
Assignment: Ph.D 2013
Paper ID: 385231785
- 9 1% match ()
<http://www.publishing.globalcsrc.org/ojs/index.php/reads/article/view/513>

< 1% match (student papers from 16-Jul-2014)

Certificate of Approval

This is to certify that the research work presented in this thesis, entitled "Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity & Emotional Regulation" was conducted by Ms. Samar Fahd under the supervision of Dr. Rubina Hanif.

No part of this thesis has been submitted anywhere else for any other degree. This thesis is submitted to the Examination Branch (Name of Department of the University) in partial fulfillment of the requirements for the degree of Doctor of Philosophy in Field of Psychology (Subject Name) Department of National Institute of Psychology University of Quaid-i-Azam University, Islamabad.

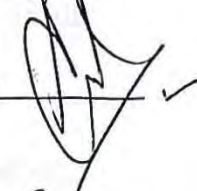
Student Name: SAMAR FAHD

Signature: 

Examination Committee:


a) External Examiner 1: Name
(Designation & Office Address)

Dr. Anila Maqsood, Assit. Prof.
Fatima Jinnah Women University, Rawalpindi

Signature: 


b) External Examiner 2: Name
(Designation & Office Address)

Dr. Sadaf Ahsan,
Foundation University, Rawalpindi.


Signature: 

c) Internal Examiner: Name
(Designation & Office Address)

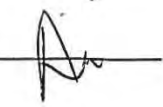
Dr. Rubina Hanif, Assoc. Prof.
National Institute of Psychology, QAU.

Signature: 

Supervisor Name: Dr. Rubina Hanif

Signature: 

Name of Dean/HOD: Prof. Dr. Anila Kamal

Signature: 

FOREIGN EVALUATORS

Stuart J. McKelvie,

Department of Psychology,

Bishop's University,

Sherbrooke, Canada.

Steven R. Shaw,

Department of Educational

& Counseling Psychology,

McGill University,

Montreal, Canada.

**PSYCHOLOGICAL FLOURISHING OF MARRIED
INDIVIDUALS: ROLE OF COMMUNAL ORIENTATION
EMOTIONAL EXPRESSIVITY AND EMOTIONAL
REGULATION**

By

SAMAR FAHD

Approved by

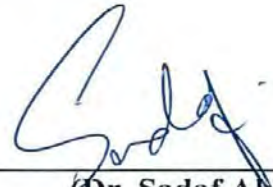


**(Dr. Rubina Hanif)
Supervisor**

External Examiners



**(Dr. Anceela Maqsood)
External Examiner**



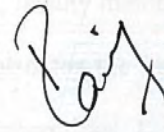
**(Dr. Sadaf Ahsan)
External Examiner**



**(Prof. Dr. Anila Kamal)
Director, NIP**

CERTIFICATE

Certified that PhD Dissertation titled **“Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity and Emotional Regulation”** prepared by **Ms. SAMAR FAHD** has been approved for submission to the National Institute of Psychology, Quaid-i-Azam University, Islamabad.



Dr. Rubina Hanif

(Supervisor)

ACKNOWLEDGEMENT

First of all, I would like to express my heartiest gratitude to Allah Almighty who bestowed his countless blessings and enable me to accomplish this mighty endeavor. Secondly, I would like to express my sincere appreciation and acknowledgment to my supervisor Dr. Rubina Hanif for her continuous support, patience and motivation in the completion of my PhD research. Her guidance and profound support helped me to pursue this immense project. I could not have imagined having a better advisor and mentor for my Ph.D. study.

Besides my advisor, I would like to thank NIP administrative staff, faculty members, and my friends for their insightful comments and encouragement, but also for the hard question which incited me to widen my research from various perspectives I am equally appreciative of the cooperation of participants of the study for their patience in answering personal questions about their marital relationship. I also admire the participant's willingness to cooperate despite their busy and hectic work schedule.

Last but not the least; I would like to thank my family: my mother, my siblings and my husband for supporting me spiritually and mentally throughout writing this thesis and accomplishing this challenging project.

Samar Fahd

TABLE OF CONTENTS

List of Tables.....	i
List of Figures	iv
List of Appendices	vi
Abstract	vii
CHAPTER I: INTRODUCTION	1
Psychological Flourishing	5
Psychological Flourishing and Marriages	6
Broaden and Built Theory	8
Psychological Flourishing and Marriages	11
Psychological Flourishing and Demographic Variables	17
Psychological Flourishing: Significance of Communal and Emotional Processes	18
Communal Orientation as Predictor of Flourishing	20
Emotional Expressivity: Relationship with Communality and Flourishing.....	25
Emotional Regulation: Relationship with Communality, Expressivity and Flourishing	31
Psychological Flourishing of Married Individuals: A Pakistani Perspective.....	36
Rationale of the Study	40
CHAPTER II: METHOD.....	48
Objectives.....	48
Operational and Conceptual Definition of Variables	48
Research Design	50
CHAPTER III: PHASE I: DEVELOPMENT OF THE MEASURE OF PSYCHOLOGICAL FLOURISHING	52
Objectives.....	52
Step I: Review of Literature	52
Step II: Development of Focus Group Discussion and Interview Guideline	53
Step III: Focus Group Discussions	54
Step IV: Semi-Structured Interviews	56
Thematic Analysis.....	57
Step V: Committee Approach	60
Step VI: Item Pool Generation	61
Step VII: Factor Structure of Psychological Flourishing Scale	64
Discussion	72

CHAPTER IV: PHASE II: TRANSLATION, ADAPTATION AND PSYCHOMETRIC PROPERTIES OF STUDY INSTRUMENTS	77
Objectives	77
Step I: Translation of Research Instruments	78
Step II: Confirmation of Factor Structure of Research Scales	80
Step III: Establishing Psychometrics.....	93
Discussion	100
CHAPTER V: PHASE III: MAIN STUDY	106
Objectives	106
Hypotheses	107
Measures.....	108
Sample	110
Procedure.....	112
Results	113
Discussion	149
CHAPTER VI: GENERAL DISCUSSION	176
Conclusion of the Study	180
Implications of the Study	181
Recommendations for Future Research	183
REFERENCES	186
APPENDICES	228

LIST OF TABLES

Table 1	Psychological Flourishing indicators (Themes) among research sample groups	59
Table 2	Kaiser-Meyer-Olkin Measures of Sampling Adequacy and Bartlett Test of Sphericity for Psychological Flourishing Scale (n=303)	65
Table 3	Variance explained by the Subscales of Psychological Flourishing Scale	67
Table 4	Principal Component Factor Analysis of 39 items of Psychological Flourishing Scale (n=303)	68
Table 5	Model –fit Indices for Communal Orientation Scale among Married Individuals (n=303)	82
Table 6	Model–fit Indices for Emotion Expressivity Scale among Married Individuals (n=303)	84
Table 7	Model –fit Indices for Emotion Regulation Questionnaire among Married Individuals (n=303)	86
Table 8	Standardized Solutions by Confirmatory Factor Analysis of Communal Orientation Scale (n=303)	88
Table 9	Standardized Solutions by Confirmatory Factor Analysis of Berkeley Expressivity Questionnaire (n=303)	89
Table 10	Standardized Solutions by Confirmatory Factor Analysis of Emotion Regulation Questionnaire (n=303)	90
Table 11	Model –fit Indices for Psychological Flourishing Scale among Married Individuals (n=200)	91
Table 12	Factor Loadings of Confirmatory Factor Analysis for Psychological Flourishing Scale (n=200)	92
Table 13	Descriptive statistics and reliabilities of Sample for study variables (n= 303)	94
Table 14	Item Total Correlation of Communal Orientation Scale (n=303)	95
Table 15	Item Total Correlation of Psychological Flourishing Scale (n=303)	96
Table 16	Item Total Correlation of Emotion Expressivity Questionnaire (n=303)	97
Table 17	Item Total Correlation of Emotion Regulation Questionnaire (n=303)	97
Table 18	Correlation Coefficient among all the Variables of the Study (n= 303)	98

Table 19	Frequencies and Percentage of Sample of the main study (n= 1002)	111
Table 20	Descriptive statistics and reliabilities of Sample for main study variables (n=1002)	114
Table 21	Correlation Coefficient among all the Variables of the Study (n= 1002)	115
Table 22	Correlation Coefficient among the study variables in terms of Males (n= 433) and Females (n=569)	116
Table 23	Linear Regression Analysis of Communal Orientation (Positive and Negative Orientation) as Predictor of Psychological Flourishing (Relationship and Individual)	118
Table 24	Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Relationship Dimension and Communal Positive Orientation (n=1002)	120
Table 25	Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Relationship Dimension and Communal Orientation (n=1002)	121
Table 26	Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Individual Dimension and Communal Positive Orientation (n= 1002)	122
Table 27	Mediation by Emotion Expressivity (IS) in relation with Psychological Flourishing Individual Dimension and Communal Orientation (n=1002)	123
Table 28	Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Individual Dimension and Communal Orientation (n=1002)	124
Table 29	Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Total and Communal Positive Orientation (n=1002)	125
Table 30	Mediation by Emotion Expressivity (IS) in relation with Psychological Flourishing Total and Communal Orientation Total (n=1002)	126
Table 31	Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Total and Communal Orientation Total (1002)	127

Table 32	Moderation of Emotion Regulation (reappraisal) between Flourishing (relationship) and Communal Positive Orientation (n=1002)	129
Table 33	Mean, Standard Deviations and t-values of married males and females on study variables (n=1002)	131
Table 34	Mean, Standard Deviations and t-values of love and arrange marriage on study variables (n=1002)	132
Table 35	Differences in Psychological Flourishing, Communal Orientation, Emotional Expressivity with respect to gender (n=1002)	133
Table 36	Differences in Psychological Flourishing, Communal Orientation, Emotional Expressivity and Emotional Regulation with respect to love and arrange marriage (n=1002)	134
Table 37	ANOVA Comparisons of categories of Education in terms of Psychological Flourishing (n=1002)	135
Table 38	ANOVA Comparisons of categories of Profession in terms of Psychological Flourishing (n=1002)	135
Table 39	Model –fit Indices for Mediation Model predicting psychological flourishing among Married Individuals (n= 1002)	143
Table 40	Mediated-Moderation among psychological flourishing (relationship), emotion regulation (reappraisal) and emotion expressivity (impulse strength)	145
Table 41	Mediated Moderation among psychological flourishing (individual), emotion regulation (suppression) and emotion expressivity (positive)	146
Table 42	Moderated-mediation among psychological flourishing (individual), emotion regulation (suppression) and emotion expressivity (positive)	147

LIST OF FIGURES

Figure 1	Hypothetical Model of the study	46
Figure 2	Scree plot showing factorial analysis of Psychological Flourishing Scale	67
Figure 3	Themes of psychological flourishing categorized into two dimensions	71
Figure 4	Standardized factor loadings in confirmatory factor analysis of Communal Orientation Scale	83
Figure 5	Standardized factor loadings in confirmatory factor analysis of Berkeley Expressivity Questionnaire	85
Figure 6	Standardized factor loadings in confirmatory factor analysis of Emotion Regulation Questionnaire	87
Figure 7	Mediation of negative emotion expressivity between the relation of positive communal orientation and psychological flourishing relationship dimension	121
Figure 8	Mediation of emotion expressivity (T) between the relation of communal orientation (T) and psychological flourishing relationship dimension	122
Figure 9	Mediation of emotion expressivity impulse strength between the relation of communal orientation total and psychological flourishing individual dimension	123
Figure 10	Mediating role of emotion expressivity impulse strength between the relation of communal orientation total and psychological flourishing individual dimension	124
Figure 11	Mediating role of emotional expressivity total between the relationship of communal orientation total and psychological flourishing individual dimension	125
Figure 12	Mediating role of emotional expression total between the relationship of communal positive orientation and psychological flourishing total	126
Figure 13	Mediating role of emotion expressivity total between the association of communal orientation total and flourishing individual dimension	127
Figure 14	Mediating role of emotional expressivity total between the relationship of communal orientation total and psychological flourishing total	128

Figure 15	Moderation of reappraisal in the association between psychological flourishing and communal orientation	130
Figure 16	Multiple levels of flourishing among married males and females	137
Figure 17	Multiple levels of psychological flourishing among married men and women in terms of categories of education	138
Figure 18	Multiple levels of psychological flourishing among married men and women in terms of categories of profession	139
Figure 19	Multiple levels of psychological flourishing between nuclear and joint family system	140
Figure 20	Multiple levels of psychological flourishing between love marriages and arrange marriages	141
Figure 21	Mediation Model of variables	142
Figure 22	Proposed moderated-mediating model of study variables	144
Figure 23	Moderated-mediated interactions among study variables	146
Figure 24	Moderated-mediation interactions of study variables	147
Figure 25	Moderated-mediation interaction of study variables	148

LIST OF APPENDICES

Appendix A	Question Guide for Focus Group Discussions and Interviews (To Explore Psychological Flourishing of Married Individuals)	228
Appendix B	Participant Information Sheet for Respondents of Focus Group Discussions and Interviews	229
Appendix C	Participant Consent Sheet for respondents of Focus Group Discussions and Interviews	231
Appendix D	Psychological Flourishing Scale	233
Appendix E	Communal Orientation Scale-Urdu	236
Appendix F	Berkeley Emotional Expressivity Questionnaire-Urdu	237
Appendix G	Emotional Regulation Questionnaire-Urdu	238
Appendix H	Personal and Demographic Data Sheet	239
Appendix I	Informed Consent Form	240
Appendix J	Communal Orientation Scale	241
Appendix K	Berkeley Emotional Expressivity Scale	242
Appendix L	Emotional Regulation Questionnaire	243

ABSTRACT

The present research sheds light on understanding the psychological flourishing among married individuals. Further, the role of communal orientation, emotional expressivity and emotional regulation was explained within the theoretical framework of Broaden and Built Theory. It was assumed that communal orientation (positive and negative) is a predictor of psychological flourishing (relationship dimension and individual dimension) of married individuals. Emotional expressivity (positive, negative and impulse strength) may play role of mediator and emotional regulation (cognitive reappraisal and expressive suppression) as moderator may play significant role in relationship between communal orientation and psychological flourishing. Detailed review of literature during the present study had shown that there is scarcity of established studies that high lights the variables that determine psychological flourishing of marital relationship within collectivistic culture, hence the present study concentrated on the relationship thriving variables that might enhance psychological flourishing of marital relationship within a collectivist and eastern culture. Present empirical study was divided into three phases. Specific objectives were outlined for every phase; and objectives were fulfilled through numerous steps and stages in each phase. Detailed review of existing literature done in the present study depicted that there is scarcity of measuring tool to operationalize psychological flourishing from the perspective of married individuals. Therefore, Phase I was planned for the development of indigenous instrument to measure psychological flourishing of Pakistani married individuals. This phase was divided into numerous steps and stages. Initially, qualitative exploration of psychological flourishing construct was performed through Focus Group Discussions (FGDs) and semi-structured interviews using questions guideline prepared for present

study. Married individuals belonging to various cities of Pakistan participated in FGDs and semi-structured interviews and provided rich information about indicators of flourishing related to marital relationship in collectivistic culture. Qualitative data gained through was subjected to Thematic Analysis that generated diverse culture specific and universal themes indicative of psychological flourishing within marital relationship. Emerged themes were then utilized to develop item pool for psychological flourishing scale. Items were finalized through a panel of experts who finalized the items according to content relevance and language comprehension. Phase I also dealt with exploratory factor analysis (n= 303) of the developed scale which resulted in two-factor model of psychological flourishing scale for the married sample; labeled as Relationship Dimension and Individual Dimension. Phase II of present research focused on translation, adaptation and confirmation of factor structure (using AMOS-21) of already developed scales i.e. Communal Orientation Scale, Berkeley Expressivity Questionnaire and Emotional Regulation Questionnaire used to asses' relationship of study variables. Confirmation of factor structure aimed to establish construct validity of study measures. Descriptive properties (mean, standard deviations, reliability coefficients, Skewness, and kurtosis) and preliminary relationship trends (correlations) of the study variables were also explored in Phase II (n=300) using SPSS-22. Findings of Phase II concluded that all study instruments are reliable and valid and are ready to be used in the main study. Phase III was aimed to test numerous theory based hypotheses that aimed to explore the relationship of communal orientation, emotional expressivity and emotional regulation in understanding psychological flourishing of married individuals (n= 1002). Role of demographics such as of age, gender, education, profession, duration of marriage, family system, and type of marriage were also explored in terms of study scales

and their subscales. Linear regression, mediation, moderation, moderated-mediation models, independent sample t-test, and model testing were performed. Results indicated significant relationship among predictors, mediators and moderators of the study. It was found out that communal positive orientation positively predicted relationship and individual subscale of psychological flourishing. Communal negative orientation positively predicted relationship subscale of psychological flourishing among married sample. Emotional expressivity and its subscales significantly mediated the relationship by producing indirect conditional effect on relation between predictor and outcome. Emotional regulation as moderator implies interaction effect between the relationship of predictor and outcome through its cognitive reappraisal subscale. Communal negative orientation negatively predicted individual subscale of psychological flourishing and expressive suppression subscale of emotional regulation was not found to be as moderator between predictor and outcome. Mediated-Moderated analysis and model testing through Hayes' analysis in Process macro yielded multiple significant interactions that contributed towards theoretical understanding of flourishing of marital relationship. The mediated-moderated effect indicated the presence, in a single model, of one or more mediating variables and one or more moderating variables. This method made it possible rigorously and simultaneously to test both mediating (emotional expressivity) and moderating (emotional regulation) effects. In terms of demographic variables, findings also depicted that husbands are higher as compared to wives in terms of communal negative orientation and emotional expressivity. Whereas, wives manifested higher levels of psychological flourishing and its subscales as compared to husbands. However, no differences were observed in terms of emotion regulation strategies among married individuals. It was also found that individuals of love

marriages are high on communal negative orientation, cognitive reappraisal and expressive suppression subscales as compared to individuals of arrange marriages. The study is important as it contributes to the literature of positive psychology with reference to marital relationships belonging to eastern culture. The study has particular implications in development and validation of psychological instruments vital to assess optimal functioning of married population. The study is also fundamental in exploring theoretically significant variables in extending indigenous understanding of psychological flourishing with reference to married population.

INTRODUCTION

The positive psychology movement has encouraged multiple lines of studies dedicated to comprehend how interpersonal relationships could be beneficial to people's lives. These relationships appear to provide psychological sustenance, providing people inspiration and confidence to branch out, take risks, and spend an optimal life. More specifically, it concentrates on satisfying and desirable emotions, social attachment, progression and optimal functioning (Keyes & Haidt, 2003; Seligman & Csikszentmihalyi, 2000). Precisely, positive psychology offers major influence to the empirical study of close relationships. Relationships are an abundant basis of contentment and well-being, and provide an emotional boost which helps persons live better-quality and happy lives. A positive relationship can be shared between any two people who love, support, appreciate and comfort each other tangibly as well as emotionally. Extensive evidences from literature attest to the prominence of relationships for individuals' well-being (Milkie, Bierman, & Schieman, 2008; Pearlin, 1999). Contemporary theories have also progressively recognized the adaptive vitality of relationships (Collins & Feeney, 2000). The current empirical evidences are, hence, persuasive that relationships are substantial in every realm of activity and are vital to our mental and emotional wellbeing, and even for our survival.

Among close and intimate relations, marital relationships are predominantly significant. With the increasing complications of marriage dynamics, there exists plentiful scientific evidences on marital relationships and marital satisfaction (e.g., Amato, Johnson, Booth, & Rogers, 2003; Wilcox & Nock, 2006). Existing literature has also identified

multiple social, personal and psychological factors that may lead to quality of marital relationship (e.g. Pugliesi, & Shook, 1998; Waite, 1995; Waldron, Hughes, & Brooks, 1996). With the emergence of positive psychology paradigm, researchers become more interested to focus upon positive variables; like emotional expressivity and regulation of emotions, which may enhance relationship happiness and subjective wellbeing.

Psychological Flourishing is a newly appearing term that connotes prosperity and thriving of personal and social wellbeing. Psychological Flourishing is defined as state where people experience positive emotions, positive psychological functioning and positive social functioning, most of the time, living within an optimal range of human functioning. It is a descriptor and measure of positive mental health and overall life well-being (Fredrickson & Losada, 2005).

An extensive notion of psychological flourishing encompasses manifold dimensions, such as supportive family and social relationships, efficient self-image, emotional stability, a thriving career or societal function, commitment in life, a sense of purpose, and physical strength (Forgeard, Jayawickreme, Kern, & Seligman, 2011). Besides subjective well-being, elevated positive effect, low negative effect, and high life satisfaction are several other domains of a flourishing life. The term *flourishing* is generally related to positive psychology proposed by Martin Seligman (Seligman & Csikszentmihalyi, 2000). Later, the concept was used to describe constructing human power and the virtue of citizens and to cultivate positive, developing and honest society.

Psychological flourishing is also referred to explain wellness, happiness, strength and positivity. Psychological flourishing, like, psychological well-being is comprised of developing positive relationship with others, personal development, life purpose,

environmental mastery and autonomy concepts (Ryff & Singer, 2008). As described by Fincham and Beach (2010), flourishing is defined as affection, progression, resiliency and vigorous stability in terms of other familial subsystems, and an engrossment in extended social affairs as well. As explained by Fredrickson and Losada (2005), flourishing is living with an optimum range of human functioning and consists of generativity, resilience, growth and goodness. Flourishing comprises of five components: positive emotionality (life satisfaction and happiness), commitment (entirely captivated in the task so that self-consciousness is lost), purpose (what has been performed is of great significance; belonging to and serving somewhat that you believe is bigger than yourself), and positive affiliations with other beings.

Moreover, flourishing broadens attention, expands behavioral reactions that interpret to expand one's expertise or regularly accomplished actions, raise awareness, and enhance creative skills. Flourishing is also related to longevity (Fredrickson & Losada, 2005). As mentioned earlier, the logical and theoretical relationship of psychological flourishing and positive emotions may also be best described within the framework of Broaden-and-build theoretical implications (Fredrickson & Branigan, 2005).

Review of empirical studies on psychological flourishing has revealed that the construct has only been studied as the evaluation of one's overall wellbeing and positive functioning. There is need of scientific evidences that could clarify the construct from the prospect of personal and intimate relationship; specifically marriages.

Regarding psychological flourishing of married individuals, though a few researches have shed light on the significance of positive and thriving variables explaining relationship wellbeing (Driver & Gottman, 2004; Watkins, Woodward, Stone, & Kolts, 2003); however,

still there are gaps to explore the dynamics of psychological flourishing of married relationship.

When existing psychological instruments, designed to assess interpersonal flourishing are taken into account, a few conceptual and methodological limitations hinder their utility. Firstly, existing measures of relationship flourishing are often confounded with the constructs of satisfaction or adjustment rather than to focus upon optimal level of functioning within relationship. Moreover, entire of these current measures are general scales designed to measure overall wellbeing rather than to focus on psychological flourishing of marital relationship.

While marriages are universal, the mechanism by which partners are chosen and relationships are sustained is often determined by cultural and social factors. Interestingly, social scientists have studied marriage across time and many cultures (Bejanyan, Marshall, & Ferenczi, 2015; Markus & Kitayama, 1991). Sociologists and relationship psychologists understand marriage as a fundamental *Social Institution*. In *The Future of Marriage*, Carpenter (2007) explicates social institution as a configuration of rules and structures envisioned to fulfill social needs. Moreover, marriage is also foundational, as it supports the children and the family, which in return support all the other institutions. Nevertheless marital traditions and responsibilities diverge by culture, according to Carpenter (2007), marriage at its fundamental is a female and a male whose sexual union constitutes the basis of a vital cooperative relationship.

When flourishing marriages are taken into account, the Broaden-and Built Theory (Fredrickson, 2001) provides an imperative framework that captures the function of positive emotions that solidify and nourish interpersonal relationships utilizing communal tendencies

among intimate partners, thus generating intimate connections that could be termed as flourished or even to flourishing. As aforementioned, positive psychology is a discipline about positive proficiencies, mannerisms and institutions (Seligman & Csikszentmihalyi, 2000) the current research is designed to understand the concept of psychological flourishing according to positive psychology paradigm focusing on the marital relationship. It also aims to explore the prominence of healthy ingredients like; expressing love (emotional expressivity), monitoring emotional reactions (emotional regulation) and responsiveness towards the partner's needs (communal orientation) for prosperous and flourishing relationships among married population.

In short, the goal of present investigation is to examine the role of above mentioned study variables (communal orientation, emotional expressivity, and emotional regulation) as predictor of psychological flourishing among married individuals.

Psychological Flourishing

As a positive psychology notion, flourishing is an assessment of whole life wellbeing and is considered as significant to the notion of happiness (Dunn & Doughery, 2008; Fredrickson & Losada, 2005). Modern scientists believe that people labeled as flourishing have a blend of high levels of emotional well-being, subjective well-being and societal well-being (Keyes, 2003). Positive emotional feelings such as happiness convey interpersonal and subjective advantages, much more than just personal subjective experience. Thus, the construct psychological flourishing is suggested to designate the needed state whereby both hedonist and eudaemonist modules of well-being are concurrently present inside an individual (Huppert & So, 2013).

Psychological Flourishing and Marriages

During the course of life, an individual flourishes by close and purposeful social relationships. These relationships enable an individual to grow, prosper and thus lead to subjective well-being and positivity. Researchers have known for decades that there is a solid association between positive relationships and personal contentment (Argyle, 1987; Campbell, Converse, & Rodgers, 1976). Extensive assessment of the relationship literature has illustrated that committed and deep relationships lead to psychological flourishing (Cohen, 2004; Seeman, 2000; Uchino, 2009). The empirical study of flourishing and constructive dimensions of mental health had been always critical in perceiving the close, intimate relationships. Although, speculative models depict variations in their understanding of how they conceptualize and describe personal and subjective wellbeing (e.g. Cummins & Nistico, 2003; Diener, Emmons, Larsen, & Griffin, 1985; Shek & Liang, 2018), they all are of the same opinion that profound and significant close relations play a fundamental role in psychological flourishing of human beings.

Various personal and psychological factors play important role in maintenance of strength of relations. These factors of personality include personal skills/talents, discovery of purpose and engagement of life, positive view of self, resilience, self-esteem, perceived self-efficacy, better self-regulatory capacities, pro social orientation towards others, relationship growth/prosperity, happiness, life satisfaction/contentment, personal and interpersonal resources to flourish in adversity.

A huge array of evidence highlights that individuals who are more communally supportive and who practice more rewarding relationships with others have improved mental health, greater levels of subjective wellbeing, and lesser rates of mortality (Cohen, 2004).

Psychological Flourishing as stated in *eudaimonic* model about the quality of marriage was suggested by Fowers and Owenz (2010). *Eudaimonia* condition is presumably creates human flourishing, which is indicated by external compassion, such as good family, good friends, good offspring, good appearance and being happy to held good activities. Flourishing within marital relationship is optimal development of emotional, cognitive, behavior, and social aspects (Fowers, 2012). They used the expression flourishing to refer to highest quality of marriage. According to Fowers and Owenz (2010), a flourishing marriage is categorized by husbands' and wife's coordinated and meaningful actions meant to accomplish noble human aims. This concept of flourishing marriage is dissimilar from other theories of marriage quality formerly stated by many specialists, such as satisfying marriage, marriage and contentment, successful marriage, marriage stability and marriage adjustment (Knapp & Lott, 2010). The significant variances lie in the goodness, virtue and meaningful activities within the marriage. Distinctly, the notion of psychological flourishing from a married individuals perspective is not simply contentment and adjustment but a lot more than that. A flourishing marital life is sustained through subjective and psychological traits like, positive self-image, positivity, well-being, optimism, and high self-esteem (Fredrickson & Losada, 2005). Briefly, the term flourishing within marital relationship is attached with philosophical and psychological notions which are related to happiness and well-being.

In psychology realm, hedonistic theories see pleasure and well-being as personal experiences as they are connected to one's appraisal toward self. Happiness and well-being usually inferred as high positive feeling, low negative emotionality (Deci & Ryan, 2008) and high satisfaction with life (Ruyter, 2007), and the conviction to get an important thing wanted (Kraut, 1979). *Eudaimonic* paradigm about well-being and happiness is perhaps

recommended by Aristoteles' philosophy of happiness. As stated by Aristoteles, humans' happiness lies in the meaning of life, living the good life and representing humans' excellence (Ryan, 1993).

Flourishing initiates to show when the goodness are assimilated, and the meaningful goals are accomplished in accordance to talents, choices and situations. Unfortunately, there is no distinct form of flourishing that individuals can follow as flourishing is an open theory that people can relate by combining numerous kind of goodness (Fowers & Owenz, 2010). Hence, flourishing is an account of a complete life for achieving useful goodness through meaningful activities in a high quality and close connections (Fowers & Owenz, 2010), in a social harmony, organized, and successful (Conly, 1988). Psychological flourishing within married relation is hence, as a quality conception of marriage designates that qualified marriage is mirrored in the lives of the individuals in it.

When optimal functioning and wellbeing of social relationships is being considered, a remarkable number of theories try to explain flourishing and happiness of interpersonal relations (e.g. Berscheid, 1995; Hazan & Shaver, 1994; Rook, 1995). Broaden and Built Theory below provides an embedded network for study variables.

Broaden and Built Theory

Logical connections of the study variables (Psychological Flourishing, Communal Orientation, Emotion Expressivity, and Emotion Regulation) would be well-illuminated within in theoretical framework of Broaden-and-build theory (Fredrickson, 2005). Main principles of the theory state that positive emotions establish individual's personal resources, enhance psychological flourishing and wellbeing, promote and strengthen social bonds through reciprocal help sharing and cooperation (communal orientation) and transmit the

capacity to convert individuals for the better, making them healthier, cooperative and more socially composed. Emotions; in their expression and regulation form, fuel psychological flourishing within interpersonal relations. Thus, the reward of communal and emotional mechanisms extend far outside than just feeling good; in fact they prevail various several life domains, bringing individuals lot of benefits both personally and interpersonally.

Under the umbrella of basic principles of Broaden and Build theory (Fredrickson, 2005) of positive emotionality, the present research is designed to study the integrated role of emotional mechanisms; expressivity and regulation; and impact of reciprocal cooperative and helping behavior in response to emotions as the appetitive elements for the flourishing of personal relations. The broaden-and-build theory transmit that emotions lift people to an optimal level of well-being (Fredrickson, 2004). Additionally, people high in communal orientation, experience reinforcements through positive emotions associated with their disposition to express concern and care for others across interpersonal relationships. Based on these notions, it is anticipated in the current research that adaptive emotionality offers one process through which people having communal strength practice a mass of rewards. Moreover, the benefits of interpersonal qualities like sharing, cooperation and supportive attributions arising as result of healthy emotion regulation and expression of positive emotions are also intended to be explored through the present study.

Concept of psychological flourishing that is among main constructs of the current study is also derived from broaden- and- build theory of positive emotionality. A study by Siang-Yang (2006) scientifically links the variables under discussion. Findings of Siang-Yang research indicated that due to vigor and zeal, flourishing individuals experience high levels of social, emotional and psychological wellbeing. Furthermore, meaningful relations,

purposeful life patterns and strong interpersonal connections are also the characteristics exhibited by psychologically flourished people. To advance understanding in this area of relationships, present research studies an interrelated connection among these variables for a flourishing marital relationship.

Empirical researches documenting flourishing marriages focus upon diverse components that might play significant role in flourishing of married individuals. For instance according to one study, patterns of communication and interactional styles, care for the spouse and quality of time spent together has been regarded as core components to impact couple's flourishing (Beach et al., 1996). Similarly, Gottman (1999) has found that the mannerism a couple copes with conflicting situation is central for satisfaction and happiness of marital relationship. Early studies on flourishing consider affection, attachment and intimacy as necessary components of flourishing relationships (Fowers & Owenz, 2010). Love that is frequently considered as indicator of quality relationships and the focused positive relationship behaviors that uphold interpersonal associations ultimately add to flourishing relationships (Maniaci & Reis, 2010). Numerous factors leading to psychological flourishing within marital relationship also include gratitude (Gordon, Arnette, & Smith, 2011; Emmons & McCullough, 2003), focusing on positive dimensions of life (Watkins et al., 2003), receiving encouragement and facilitation from spouse (Barry, Bunde, Brocke, & Lawrence, 2009), emotional responsiveness for the partner (Driver & Gottman, 2004), appreciation (Mirgain & Cordova, 2007), forgiveness, communication patterns, and sexual relationship (Hana Yoo, Bartle-Haring, Day, & Gangamma, 2014).

A detailed review literature documenting factors imperative for psychological flourishing within marital relationship is being provided in the following section.

Psychological Flourishing and Marriages

Forming a thriving, flourishing and positive partnership takes concentrated effort and time. And unfortunately, it doesn't just happen overnight. For any relationship to flourish and grow, both the partners need to put in some work. Marriages require subjective, social and interpersonal elements to flourish and grow. Within a marital relationship that makes both partners to flourish, each spouse is a dynamic participant in serving to create the other partner's positive future. The literary evidences below will reveal researches that have been conducted previously to elucidate the role of multiple factors towards satisfying and happy marriages. The examination will cover broader psychological constructs that might impact relationship success, and also tries to highlight other specific and indigenous variables of psychological flourishing within marital relationship.

Existing literature have reported multiple social, psychological and personal factors that are likely to influence marital happiness and satisfaction. One such study was carried out by Billingsley, Mee-Gaik, Caron, Harris, and Canada (2005), Billingsley et al. (2005) done a literature examination on more than 20 researches which explored marital relationships during the period 1953 and 2004. They found significant factors which were considered to be important for marital relationship. The themes included relationship permanence, sex, and intimacy, love, same personality characteristics, religion, communication patterns, decision-making, and mutual interests (Billingsley et al., 2005).

Sexuality has been documented as a core element of marital relationship and it has impact on marital success and satisfaction. Dzara (2010) suggested that sex helps keep marriages healthy by bringing couples closer emotionally. Likewise, Lu (2006) found that self-esteem personal income, education, health problems, and observed costs of separation

are considerably linked with satisfaction within marital relationship. Gottman (1999) has revealed that, besides explicit styles to interact with partner, the manner in which a married couple cope conflict is vital for marital satisfaction. Driver and Gottman (2004) evaluated the effect of humor during conflict on marital relationship. They concluded that skill to practice humor might be able to lead to higher marital satisfaction scores than if there was no humor during conflict. They also found that a husband's lightheartedness seemed to be meaningfully associated to the couple's humor and found indication proving the hypothesis that positive routine moment could facilitate the couple's ability to utilize humor and affection in conflicting dialogues.

Lawrence, Rothman, Cobb, Rothman, and Bradbury (2008) found that married individuals did not show variations in their moods towards support quantity, but that men were more contented with the encouragement sufficiency as compared to the wives. For men, sufficiency of the support expected was considered to be leading towards marital happiness. For women, both the quantity and competence of support received was manifested to predict their marital happiness. The results suggest that the adequacy of support was vital for both, but the women were influenced more by the quantity of support than men were. The men's delivering the encouragement and facilitation to their wives within marital relationship was related to couple's marital satisfaction.

Numerous studies were performed in order to explore what kind of effect an individual attachment orientation would have on marital happiness. Feeney (2002) interviewed 193 married couples to determine association between marital satisfaction and attachment patterns. Feeney found that the association between attachment security and relationship contentment might be buffered by the individual's reports of their partner's

behaviors. A partner's behaviors could minimize or improve the association between relationship contentment and attachment security but not eradicate it completely.

Other important factors like forgiveness, empathy, respect, and compromise (Vanover, 2016) could also significantly increase marital happiness among married couples. Careful listening and reacting in supportive and encouraging ways (Active-Constructive Responding) is an effective way to nurture positive emotions and improve interpersonal relationships (Niederkrötenhaler, Gould, Sonneck, Stack, & Till, 2016). The major predictor of marital happiness for the men was their affectionate bonding with their children, but the major predictor for women was communication with the spouse. However, numerous other evidences documented that communication pattern was a critical variable for both husbands and wives (e.g. Kaslow & Robison, 1996). Daneshpour, Asoodeh, Khalili, Lavasani, and Dadras (2011) shed light on forgiveness as a core element in marital relationship permanence. Likewise, married individuals reporting deep love for their partners were more enthusiastic to tolerate each other's faults and tend to forgive each other's mistakes (Fatima & Ajmal, 2012).

Review of relationship literature also reveals that commitment for the relationship has also been found to be an essential element in happiness of lasting marital relationships irrespective of sexual closeness (Fenell, 1993; Weigel & Ballard-Reisch, 2000). Gottman (2006) revealed two remarkably modest realities about happily married individuals. They act as good friends, that is, their marital bonding is described as respectful, affectionate, and empathetic, and they practice tender styles during conflicting situations. Acting like friends involves ignoring partner's flaws, concentrating on lovable qualities of the partner, sprouting an acceptance of each other, and recognizing them with compliments (Appleton & Bohm,

2001). Satisfied long-term couples find ways to manage and resolve conflict rather than becoming gridlocked in their disagreement (Gottman, 1994; Lauer & Lauer, 1987).

Factors effecting flourishing also include degree of intimacy, the ability of self-disclosure with the partners and perception of partners as receptive or responsive (Laurenceau, Barret, & Rovine, 2005). On the contrary, factors related with marital satisfaction from the husbands' view point include satisfying sexual relationship, division of household chores or perception of gender roles and the amount of input partners perceive they get in the relationship. Finances and financial condition may also play important role in happiness of long-term marriage (Schmitt, Allik, McCrae, & Benet-Martínez, 2007). Related to finances, unhappily married wives are more likely to shift into fulltime employment, which is also related with enhanced marital stability (Schoen, Rogers, & Amato, 2006). Furthermore, also related with marital satisfaction are heightened moral values, spiritual commitment and faith in God (Fenell, 1993; Kaslow & Robison, 1996; Sporkowski & Hughston, 1978), alike religious opinions (Myers, 2006), identifying marriage as a revered institution (Lauer et al., 1990), and elevated religiousness (Mahoney, Pargament, Tarakeshwar, & Swank, 2001). The number of children can negatively impact marital satisfaction (Twenge, Campbell, & Foster, 2003).

Several studies postulated that togetherness in shape of companionship and shared leisureliness contributes to marital satisfaction in early marriage. Gottman and Silver (2000), stress the significance of respect and acceptance in the development of a satisfying long-term marital relationship. Likewise, health conditions also seem to influence marital satisfaction between the couple. Levenson, Carstensen, and Gottman (1994) found that in

satisfied marriages, wives and husband's health was alike whereas in dissatisfied marriages, wives narrated more mental and physical health problems as compared to their husbands.

Moreover, small-scale researches discovering the nature of marriage within African society have also concluded similar findings. For example, a study looking at correlates of marital satisfaction among Ghanaian married males found that less conventional decision-making and free communication between couples were strong predictors of marriage stability (Miller & Kanae, 1999).

Similarly, Kamo (1983) explored factors of marital satisfaction in the US and Japan and revealed that companionship with the partner was correlated to marital satisfaction in both cultures. On other hand, husband's income was linked with marital satisfaction among Japanese. This could be attributed to the solid Japanese emphasis on the instrumental facet of marriage, illustrating a cultural construction of marriage as an institution for financial support. Hence, it is concluded that stable or sufficient family finances was an important factor for marital satisfaction across various cultures. It further suggested that couples experiencing economic difficulties may become emotionally distressed, which may lead to marital conflicts and lower marital satisfaction.

Likewise, romantic and passionate love and emotional affection are more prospective to be important foundation for marriages in individualistic, as compared with collectivistic cultures. However, according to Levine, Sato, Hashimoto, and Verma (1995), that despite the cultural dissimilarities in the construction of love and intimacy in individualistic and collectivistic cultures, young adults in some traditionally collectivistic Asian and East Asian cultures (e.g., Hong Kong) also consider love and intimacy for the spouse as an important basis for marriage. Hence, emotional affection and psychological intimacy may play a more

meaningful role in marital satisfaction in individualistic cultures also. In individualistic societies, intimate relationships, including marriages, are considered as possibilities for subjective fulfillment and self-expression.

Within collectivistic societies, relationships with other family members (e.g., parents, siblings, and in-laws) are regarded as more important than bonding with the spouse (Dion & Dion, 1993) and marriage is usually viewed as existing to carry on the family line (Riley, 2001). The findings also advocated that having steady or adequate family finances was an important factor for marital contentment across the varied cultures. These findings are significant in signifying that the awareness of the marital relationship can go beyond the relationship between the two partners, and include the family as a whole, be it a nuclear or extended family. Cultural value models propose that familial relationships are more imperative in marriages in cultures of interdependence (Schwartz, 2002). Amongst interdependent societies like Hong Kong and China, relationship harmony with the spouse is regarded as significant factor for marital stability (Kwan, Bond, & Singelis, 1997; Kagitibasi, 2005). Similarly, numerous factors like communication patterns, forgiveness, respect and similarities of religious sects contribute towards happy marriages among collectivistic cultures like Pakistan (Fatima & Ajmal, 2012).

The above findings, hence, allows us to comprehend the factors that have been found in past studies and have been considered to influence psychological flourishing of married individuals. However, some limitations of these existing studies should be taken into account as most of the studies tend to ignore the combination of emotional and communal factors in explaining marital flourishing. Moreover, limited information is available that whether these dynamics are still presently impacting marriages or if any new factors have

emerged recently. Furthermore, the fact cannot be overlooked that along with psychological variables, there are also numerous demographic variables related to partner's age, education, occupation, family system etc. that might impact relationship flourishing of married individuals. Below is the review of some of the important variables demographic variables explaining psychological flourishing for husbands and wives.

Psychological Flourishing and Demographic Variables

Relationship researches have manifested link between demographic variables and psychological flourishing of marital relationship. Several studies (e.g. Hicks & Platt, 1970; Otto, 1979) concluded that marital contentment fluctuates with the phase of the family life cycle, professionalism of spouses and family system. Other evidences (Carlson & Stinson, 1982) demonstrate that duration of marital relationship has an amassed positive effect on marital happiness, which is the more the age of marriage, the improved the consequence in terms of marital happiness.

Demographic characteristics discovered in terms of marital success also include having children or having no children, level of education and ages of spouses. In viewing at the level of education, numerous studies (Cherlin, 1977; Kalmijn, 1999) found highly educated women experience unstable marriages which lead to marital dissatisfaction. Several researches have also proposed that demographic features as well as socioeconomic factors, such as education and income, could also affect marital satisfaction (Pimentel, 2004; Trudel, 2002). Research by Guo and Huang (2005) found demographic variables such as age, gender, educational achievement, number of children, having of male children, and health conditions are considerable contributors to marital satisfaction. The findings support research by Pimentel (2004) and Trudel (2002) on income as one of the demographic factors

that affect marital satisfaction. In terms of the effect of income on marital satisfaction, high income people were more contented than those of the low income. Findings of numerous studies have indicated that factors such as social, economic (income) and employment situation as well as personality, cognitive, religious factors besides, age of spouse, number of children, couples' age gap, education, involved in marital stability (Bakhshi, Asadpour, & Khodadadzadeh, 2009; Guo & Huang, 2005; Rubell, 2004).

Among the characteristics related to demographics, the effect of length of marriage was strongly significant with marital contentment. It is also found that the effect of age and number of children had a statistically significant effect on the sexual adjustment of the partners. Numerous studies also illustrated that number of children and length of marriage were significantly positively correlated with well-adjusted marriages (Orathinkal & Vansteenwegen, 2006).

Hence, the above detailed review of existing literature depicts that demographic variable such as age, gender of spouse, number of children, family system etc. also play a vital role in determining psychological flourishing of marital relationship.

Psychological Flourishing: Significance of Communal and Emotional Processes

Although much empirical work has focused upon the study of psychological flourishing among married individuals, a notable number of ideas still bear on that how marital relationships grow and flourish. There is still a lack of understanding about communal and emotional factors that could enhance or decline psychological flourishing of marital relationships. There is still a need of empirical research that could comprehensively study the factors that contribute towards the flourishing of long term marriages within collectivistic cultures.

In the effort to explore the construct of psychological flourishing within marriages of collectivistic societies, the present research is designed to examine the role of communal orientation, emotional expressivity and emotional regulation in explaining psychological flourishing among married men and women. As depicted by above literary review, these variables, though of fundamental importance, have been overlooked in existing researches. Studies shows that communal tendencies tend to effect interpersonal relationships (Clark & Finkel, 2005). Likewise, expression and regulation of emotions is also proven to impact a variety of interpersonal connections (King, 1993; Miller, Caughlin & Huston, 2004; Muner & Hanif, 2012). A growing interest has been observed in studies which highlight the importance of emotions for understanding subjective wellbeing and happiness (Diener, 2000; Ekkekakis, 2013). Expression and regulation of emotions serve interpersonal, intrapersonal and social functions. They act as the affective basis of various values, ideals and attitudes. In the absence of emotions, those attitudes and beliefs (e.g. communal tendencies) would be mere statements lacking meaning and interpretation.

Study of communal behaviors and its consequent expressed positive emotions along regulation of emotional strategies within married relations might serve to understand psychological flourishing of personal relationships. In marital relationships, satisfaction and happiness is dependent on the extent to which each partner is inclined to behave in the way in which he or she has to give something in order to gain something. Flourishing relations depend on the positive aspects of personality that abundantly include being sensitive, responsive and sharing towards the partners and contribute towards the flourishing and maintenance of healthy, long term relationships. As stated by Clark and Mills (1979), the way marital connections should function is that each person should pay devotion to the other

person's needs. Each partner should give a benefit to the other in response to the other's needs when the other has a real need that he or she is unable fulfill by him- or herself.

An elaborative review of the significance of communal orientation, emotion expressivity and emotion regulation in understanding psychological flourishing is given in the sections below.

Communal Orientation as Predictor of Flourishing

Role of Communal Orientation has been well documented as an important factor affecting pro social behaviors and attitudes in a diversity of contexts and relationships. Communal Orientation refers to the general inclination to be sensitive and responsive to the problems of others and to comfort others chiefly in response to their needs and out of concern of their comfort (Clark, Oullete, Powell, & Milberg, 1987). Individuals with communal orientation are inclined to give care to individuals ranging from those within their close relationships to strangers (Bryan, Hammer, & Fisher, 2000). Communally Oriented people experience enhanced self-esteem and life satisfaction and greater relationship satisfaction (Williamson & Schulz, 1990).

Clark and Mills' (1979) theory of communal and exchange relationships assumes that all relationships engage the giving and receiving of benefits. Exchange relationships work under the assumption that as one gives a benefit there is a balance due in the relationship with an expectation of re-payment. In essence, exchange relationships center on the importance of reciprocity and the harmonizing of a hypothetical-benefits ledger. Alternatively, communal relationships operate under the supposition that benefits are given out of a true care for the others welfare. Communal friendships anticipate that relationships will be lasting; they don't differ on the base of giving benefits, but rather the intentions

behind the providing. It gives birth to a condition alike to unconditional positive regard for the partner, which sequentially produces a feeling of protection, stability and contentment within married relationship, permitting the partners involved to center and invests on the relationship. Being in a relationship highly communally orientation often implies that the partner is ready to provide help and support when one needs them. These findings and empirical facts provide a strong basis for communal orientation to be studied as a predicting variable of psychological flourishing among married individuals.

According to current literature, communally oriented people show numerous relational traits that enable better social connections, including being emotionally expressive within intimate relationships (Clark & Finkel, 2005), acting understandingly and sharing with friends (Thompson & DeHarpport, 1998) and creating empathetic acknowledgments for a partner's actions both when their partner succeeds or fails (McCall, 1995). In accumulation to the above relationship-building processes, further evidences have shown that that individuals observe greater precious bonds with others, and greater contentment within their friendships when they are strongly communally oriented (Jones & Vaughan, 1990). Besides the subjective qualities communally oriented people show, they also stimulate healthy relationships with others. Research has also manifested that granting care to others can promote high-quality associations through greater interpersonal closeness, responsiveness, and social support for the care-giver within their friendships (Canevello & Crocker, 2010; Crocker & Canevello, 2008; Crocker, Olivier, & Nuer, 2009). Communality is hence, a strong predictor of relationship satisfaction.

Considering communality tendencies within milieu of close and personal relationships, it has been found that a high level of communal orientation appears beneficial

for close, intimate relationships and low level of communal orientation may be disastrous for these relations. Individuals who are compelled to behave communally towards their close companions feel more inherent satisfaction when making sacrifices in the path of everyday life (Kogan et al., 2010). Acting communally within interpersonal relationships is correlated with increased levels of affection and enhanced relationship contentment (Clark & Grote, 1998). Thus, communally oriented people demonstrate a variety of potentials that encourage good interpersonal relationships and their inclinations to give care also promote better relationships. Communal relationships function under norms of giving out of actual care for the other's well-being, one would assume to see greater marital satisfaction, positive effect, and positive interaction in communal relationship (Mills, Clark, Ford, & Johnsons, 2004).

While considering psychological flourishing in interpersonal relationships, the value of responsive awareness and understanding cannot be overlooked. Possessing responsiveness involve giving the type and quantity of support that is needed for the partner (Cutrona, 1990). It involves increasing support efforts (help, understanding, material power etc.) in response to increase in partner's need. Moreover, being sensitive encompasses responding to needs in a way that expresses kind intentions, protects the partner's self-esteem and acknowledge partner's feelings and necessities. It, hence, depicts that besides others factors contributing to the healthy and flourishing relationships, the notions of responsiveness and sensitivity are equally significance in fostering happiness and prosperity among married couples.

Since, communality in friendship and romantic relationships is associated with improved relationship contentment (Clark & Grote, 1998), it was further found that the higher individuals were in communal orientation towards their romantic partner, the more

they experienced positive emotionality during daily sacrifices (Kogan et al., 2010). According to Fardis (2007), expression of positive and negative emotions, communal orientation, explanation of negative emotions, and general emotional expressivity were all correlated with higher relationship satisfaction and psychological flourishing.

However, while prevalent research in the relationship literature has acknowledged possible guarding qualities of providing communal care, the potential personal rewards of having a communal orientation within a married relationship are yet to be inspected. Since, majority of evidences (e.g., Boonie, Impett, Kogan, Webster, & Cheng, 2013; Mills & Clark, 1982) on role pertaining to communal orientation within interpersonal relationships have emerged from western cultures; the construct is needed to be explored within collectivistic and interdependent societies where giving and getting care from the partner could be critical for the married relationship. The exploration is needed to be implied to understand the mechanism of husband and wives communal behaviors to attain flourishing marriages. Analysis of existing researches also exhibit that insufficient evidences exist regarding the role of gender to understand the construct of communal orientation. To understand the factors that are important for relationships, there is need of further indigenous investigations that clarifies the understanding that how gender of married partners influences or is influenced by the level of communal orientation. Whether husbands show high level of communal orientation or communal disposition is more possessed by wives; and consequently how this level affects the magnitude of psychological flourishing of married males and females.

Hence, concentrating on existing literature pertaining to subjective and relationship rewards of communal orientation in enhancing flourishing of married individuals; the

current investigation is concentrated to explore nature of communal orientation manifested by wives and husbands and the level of psychological flourishing led by communal orientation. In present exploration, communal orientation has been referred to those responsive and sensitive factors that emerge as protective and supportive components by individual at the time of his or her spousal need and requirements.

Thus, it seems theoretically and empirically logical that communal orientation is one important predictor of a flourishing relationship and an important trait of a psychologically flourished individual. Therefore, design of the study will be specifically exploring this deficit in the current literature with reference to communal orientation and psychological flourishing among married men and women of collectivistic cultures.

As a major construct to explore psychological flourishing of married individuals in the current study, the impact of communal orientation for expressional expressivity follow uncomplicatedly. If individuals undergo more obligations for one another's well-being in high-strength communal relationships as compared to low-strength communal relationships; and if emotions communicate information about needs, then more emotion should be expressed in high-strength communal relationships. This should occur because the partner is more expected to react with care and less likely to react with manipulation. Moreover, in relationships high in communality, positive emotional expression is likely to create affectionate bonding and intimacy and is be associated with enhanced relationship flourishing (Fardis, 2007). An elaborate view and relationship of communal orientation with emotion expressivity is described further in this chapter.

Emotional Expressivity: Relationship with Communality and Flourishing

Emotions play an important role in meaningful interactions within the social world, particularly in close and intimate relations. Empirical evidences encompassing expression and suppression of emotion are popular in the field of relationship psychology. Existing researches recommend that emotional expressivity act as vital variable in interactive dealings (Gottman & Levenson, 1992; King, 1993). Studies have exposed much about the way emotion is displayed on the face, in bodily gestures, in vocal nature, and in verbal actions (Keltner, Ekman, Gonzaga, & Beer, 2003; Riskind, 1984). Emotions are not only felt; instead they are continuously transferred to others. Undeniably, expression is an essential feature of emotions and one that functions as a communicative purpose (Guerrero, Anderson, & Trost, 1998). Expression of emotions can be advantageous not merely by communicating one's desires and requirements to others, but also by giving composition as well as precision to individual's inner experience. Extensive academic concentration has been aimed at to observe the influence of emotional expressivity on people's subjective health and psychological well-being (Chida & Steptoe, 2008; Pressman & Cohen, 2005).

Expression of positive emotions serves to be predictor of flourishing, optimum well-being and healthy relations (Ong, Mroczek, & Riffin, 2011). Several moments in individual's lives are considered by experiences of positive emotions such as pleasure, satisfaction, intimacy, and likewise, there are moments in which they are overwhelmed by negative emotions such as disappointment, fear, anger, and worry. The complete stability balance of people's positive and negative emotionality has been exposed to lead towards relationship flourishing (Diener, Sandvik, & Pavot, 1991). Earlier research indicates that for an intimate relationship to be supposed as gratifying, the expression of positive emotions is

required to be numerous times more than the expression of negative emotions (Gottman & Levenson, 1992).

Considering the significance emotional expression within intimate relations, married relations are of unique importance. Expression of a variety of emotions is a requirement for married relationships because it serves as communicative function (Guerrero & Andersen, 2000). In married relationship, expression of emotions is essential because of the informational value of emotions. Psychologists have proved that husband and wife's emotional expressivity is highly associated to their statements of marital satisfaction (Feeney, 2002). Within marital relationship; the inclination to be emotionally expressive may impose on the degree of both spouses' contentment and displeasure with the relationship. The sharing of emotions such as affection, warmth, and susceptibility serves to produce a sense of closeness and trust in the relationship. Contrarily, the expression of emotions such as anger, unpleasantness, and irritation may lead to a perception of the relationship as distressed and unproductive (Folk & Moskowitz, 2000; Gill, Christensen, & Fincham, 1999).

Communal relationships prosper on emotional expressivity and hence predict psychological flourishing within romantic relations. For communally oriented relationships, the expression of positive and negative emotions may act together to affect relationship flourishing. It is assumed in the present context that expressing emotions is less risky and more beneficial in communal relationships as compared to other formal relationships. There is empirical evidence for the fact that emotions are more often expressed when people perceive their partner to have communal relationship with them (Gross, Sheppes, & Urry, 2011). Moreover, it is also evident that expressing emotions in communal context will

produce a range of social and cognitive benefits that are unlikely to happen in non-communal relationships. Expression of positive emotions such as moods, like happiness, carries more subjective and emotional profits than simply pleasing and gratifying experiences. This may result in enhancement of helping, cooperative behavior for the partner.

According to Clark and Finkel (2005), firstly, people are ready to express a variety of emotions in relationships expected to be high in communal strength as compared to in relationships likely to be declined in communal strength. Secondly, individuals high in communal orientation are prepared to express more emotion than those who are low in communal orientation. Thirdly, high relative to low communal orientation is connected with willingness to express more negativity among personal relationships. These differences in one's degree of communal orientation within personal relationships may be linked with essential dissimilarities in expression of emotions to and receipt of emotions from the partner (Fardis, 2007).

In relationships high in communal strength, positive emotionality can generate attachment and affection and is correlated with improved relationship contentment in more or less any circumstance. Clark and Taraban (1991) pointed out that significance of emotional expression is dependent upon the type of the relationship between the expresser and the receiver of emotional expression. Simple behavioral philosophy would predict that if the partner on the accepting end of emotions manifests concentration and openness, the expresser becomes more expected to reveal additive emotions in future. On the other hand, if the recipient of emotional expression does not encourage, notice or appreciate the

emotions, the expresser may be unenthusiastic and might relinquish emotional expression to the companion (Butler et al., 2003).

Expression of positive emotions is individually better for the close interpersonal associations, whether they are strong or weak in communal orientation (Clark & Mills, 2005). High communality in relationships tends to create positive emotional expression, thus enhancing psychological flourishing among married couples. Emotional expression may be advantageous to the individual in the betterment of interpersonal relationships. However, it is yet to be explored that how level of communality enhances the expression within a collectivistic culture? People high in communality express or not? Is expression of emotions always beneficial in communality or it deteriorates the relation? How communality in marital life flourishes married relationship through the mechanism of emotions?

If the expresser conveys sorrow to the individual who does not care (low in communality), the expression may be received with unresponsiveness, escaping, rejection, or criticism. In this situation, the quality of personal relationship is likely to decline. Likewise, if person who do care (high in communality), the expression may be taken with compassion, acceptance, concern, or love. In this case, the interpersonal relationship will be enhanced and likely to flourish. If clarification of negative emotions is provided along with their expression, in a communal relationship, then the relationship happiness will be higher as compared to when such justifications are not provided. Thus, in communally oriented relationships, expression of negative emotions and explanations for that negativity may be beneficial to impact relationship happiness. However, communication of negative emotions is desired for expressing intentions and will not effect relationship quality if it accompanied by a great deal of positivity. Low level of communal orientation within the relationship is

linked with inhibition in emotional expressivity as well as lack of acceptance from the partner (Gottman & Levenson, 1992).

The strength of communal orientation between partners might predict psychological flourishing of marital relationship through expression of positive or negative emotions. In other words, higher the responsiveness towards partner's emotional needs (high CO), higher will be the relationship flourishing through expression of emotions. Thus, for communal relationships, positive emotional expressivity and negative emotional expressivity should interrelate to influence the relationship happiness. Hence, sharing, helping other, sensitivity towards partner's needs and expecting reciprocal care and empathy (CO) can predict relationship flourishing.

Role of gender in expression of positive or negative emotions is also important to be considered when talking of psychological flourishing of married individuals. Literature provides mix findings in terms of expression of emotion related to gender. It has been documented in diverse researches (e.g. Barton & Cattell, 1972) that gender is imperative in emotional expressivity and in predicting marital happiness and satisfaction. Individuals having high level of emotional expressivity tend to be happy with their spouses who have similar level of emotional expressivity whereas, spouses having different levels of emotional expressivity experience disturbances and frustrations. These findings are equally true for both positive as well as negative emotional expressivity. Furthermore, it has also been found that women are specialists of expressiveness of emotions within their married relationship and thus predict happiness through their expressivity. Wives tend to express a variety of affective responses as compared to husbands (Hess, Blairy, & Kleck, 2000). Researches of marital interaction during the conversation of relationship problems tend to feature sex

differences, with wives being more expected to express their negative emotions straightly and to be more emotional. In general, wives appear to exhibit a strong range of affection whereas; husbands demonstrate a scarcity of behavioral responses and expressivity within married relationship (Noller & Fitzpatrick, 1990). The present research intends to explore the difference of gender in expressivity of emotions and its relationship with psychological flourishing of married relationship.

Focusing the above mentioned significance of emotional expressivity for interpersonal relations that are also communal in nature, the present study explores the construct from perspective of married individuals belonging to collectivistic culture. As depicted by above literature, inconsistent findings are found in terms of positivity and negativity of emotional expression; which of the two is adaptive for psychological flourishing among wives and husbands. Current investigation also aims to find out patterns of expressivity leading to high degree of psychological flourishing within married relationship. The present study is; thus, grounded in scientific convictions related to interpersonal functions of emotional expression that recommends that when emotions are expressed within communal relationships, they can indicate need and wish for care, care for the partner and appreciation for the care shown (Clark & Finkel, 2005). Communal relationship can, therefore, serve as the predictor that might or might not predict psychological flourishing of married individuals; and expression of emotions could possibly impact the association indirectly.

Besides their expressive functions, emotions must be monitored and regulated in order to attain the individual,s goals and intentions (Gross, 2002; Gross, Sheppes, & Urry, 2011). Appropriate regulation of emotions keeps the individual not only internally satisfied

but also serve to be accepting and beneficial for the others, especially in close relationships. Thus, it would be safe to state that emotions and all its dimensions and processes are needed to be investigated to study a collective influence of diverse factors upon psychological flourishing of married relationships. Therefore, a detailed study of all mechanisms of emotion (including both expressivity and regulation) processes can provide a comprehensive understanding of optimal functioning of married relations.

Emotional Regulation: Relationship with Community, Expressivity and Flourishing

Emotion regulation in general is contemplated to be a serious element for stable interpersonal relationships. It happens most commonly in the most intimate social relationships, helps essential social purposes and, likewise, is correlated to consequences such as interpersonal contentment. The empirical field of emotion regulation has gone through a huge enhancement in studies directly or indirectly related to the theme of intimate relationship (Koole, 2009).

Gross (1998) described regulation of emotions as a vibrant mechanism through which individuals impact what emotions they possess, when they have them, and how they experience and convey those emotional reactions. People vary in their quality to recognize operative regulation strategies, approach these strategies, and use them supply (Cole, Michel, & Teti, 1994). Abundance of research on emotion regulation traces the process within the individual (Gross, 1998). Nonetheless, there is an increasing agreement that emotion regulation only rarely takes places in a simply intrapersonal situation (Rimé, 2007). Interpersonal relationships specifically romantic associations are home place for emotion regulation processes. In fact, some authors have encompassed the interpersonal feature of emotion regulation in their definition of it.

Within social realm, emotion regulation is vital to vigorous adjustment. Friendship and close relationships involve a reciprocated emotional give-and-take. Successful relationships are frequently characterized by reasonably constant ways of interaction in which positive affect is experienced to a meaningfully enhanced level than negative affectivity (Gottman, 1999). Scarcities in skills required for regulation of emotions may obstruct social functioning and prevent desired closeness (Riggio, 1986). In interpersonal settings, people often tend to invest good deal of energy into regulating the emotions of their close other (Diamond & Aspinwall, 2003), and the skill to alter positive and negative emotional experiences and expressions in harmony with another person tends to forecast stable and happy relationships and positive psychological functioning (Diamond, Fagundes, & Butterworth, 2010; Gable, Reis, Impett, & Asher, 2004; Lopes, Salovey, & Straus, 2003).

The scientific study of emotion regulation has recognized numerous emotion regulation strategies of which some may be supportive while others have found to have harmful influence on the interpersonal relationship. Measurement of two distinct emotion regulation strategies, ERQ (John & Gross, 2003) is based on theoretically sound and moderately validated process model of emotion regulation. Gross (2001) featured two principal strategies of emotion regulation: *Cognitive Reappraisal* (CR) and *Expressive Suppression* (ES). Both the strategies of ERQ have been diversely associated to wellbeing and optimal functioning of social relationships (Gross, 2001). CR is defined as an antecedent- focused regulation strategy which endeavors for reinterpreting an emotional-eliciting condition in manner which changes its implication and alters its affective influence (Gross & John, 2003; Lazarus & Alfert, 1964). CR is mostly tends to be associated with positive effects (Gross, 1998), including better task performance and passion, decreased

personal distress and physiological reactivity and higher adjustment in social interactions (Gross & John, 2002). While, ES is described as effort to hide, prevent or lessen emotionally-expressive behavior (Gross & John, 2003; Gross & Levenson, 1993).

In simple words, ES is the strategy of regulating one's emotional reactions by trying not to exhibit it. It is a response-focused regulation strategy that can give birth to a number of negative outcomes, including shortfalls in memory and amplified physiological reactivity (Gross & Levenson, 1993), as well as declined quality of social interactions and relationship contentment (Butler et al., 2003; Srivastava, Tamir, McGonigal, John, & Gross, 2009). Instances of emotion regulation in relationships include accommodation and adjustment of negative emotions during conflicting situations instead of seeking revenge. Not only is functional emotion regulation linked with enhanced wellbeing, but dysfunctional emotion regulation is related with of poor quality of mental health (Gross & Munoz, 1995).

As mentioned above, relationships produce huge range of emotionality, creating emotional regulation a vital requirement of intimate relationships (Ryan, Gottman, Murray, Carrère, & Swanson, 2000). The literature with reference to emotion regulation and its relationship with close and intimate relationships include studies that examine consequences of emotion regulation in couples related to marital satisfaction (Smith, et al., 2011). Well-adjusted couples control their negative emotionality and react with positive emotions. People with poor regulation, emotional shakiness and impulsivity are regarded as adverse couples, while emotionally open and expressive partners are popular and have healthier relationships (Fitness, 2001).

Preceding the discussion related to significance of emotion regulation within marital relationship, it has been proved that marital relationship is crucial both for emotion and for

emotion regulation (Levenson, Haase, Bloch, Holley, & Seider, 2013). When spouses come across strongly negative emotional events (e.g., annoyance arising from disagreements, disappointments, and perceived betrayals) they often fell prey to primeval, endurance-focused style of dealings. In such connections, partners frequently try to rationalize their own actions; condemn the other partner ruthlessly using scornful manners generate extensive negative attributions and involve in non-productive circles of demand-withdraw behaviors (Gottman, 1994). Emotion regulation ease couples to come out of these negative situations. Each spouse's regulatory actions can facilitate reduce their own emotional arousal as well as that of their spouse i.e., co-regulation (Coan, 2008; McNulty & Hellmuth, 2008). If emotional regulation attempts are successful, couples are faced with condition of decreased emotional arousal that is favorable to effective communication behaviors, to rectifying loses, and, possibly eventually, to solving the original conflict (Levenson, Hasse, Bloch, Holley, & Seider, 2013). For the reason that marriage may be the most intimate relationship for many individuals, a vital situation in which to regulate one's emotional reactions. It is therefore clear that emotion regulation is an important variable impacting relationship quality (Ryan, et al., 2000). However, very little studies have tested the connection between healthy emotion regulation strategy and adjustment of married relationship.

Speaking of importance of gender within married relationship regarding emotion regulation, literature suggests that women are the "capable regulators" in marriage. For instance, Ginsberg and Gottman (1986) suggested that, in dealings with intimate others, females are able to efficiently follow negative affect with behaviors that function to protect relationship satisfaction, whereas men cannot. Researches also document that married

females are more liable for regulating marital suffering. For example, Nolen-Hoeksema and Jackson (2001) concluded that couples tend to recognize wives as more central (i.e., nurturing issues of disagreements, preparing how to solve them, and being active in the conflict) than husbands during relationship distress.

Despite the significance that emotional regulation is supposed to endure for social relationships broadly (Gross, Richards, & John, 2006), and close relationships precisely (Butler & Gross, 2009), the connection between couples' emotional regulation and their relationship flourishing has been remarkably understudied. Therefore, specific need is felt to study this regulation as it affects the relationship between married individual's responsive and caring behavior (Communality) and psychological flourishing within married relationship. Moreover, researches also lack when analyzing literature with reference to communal tendencies among married individuals.

Nevertheless, hypothesis of the study has been derived by carefully analyzing the literature and keeping in view the positive and negative impacts of the two emotional regulation strategies. After reviewing the literature, it has also come to the knowledge that not sufficient and satisfactory data has been found that explains the role of emotional regulation strategies within married relationship with reference to gender within collectivistic society. It has been ignored that how gender is important in determining a particular strategy of emotional regulation. One of the major causes why emotion regulation has become such a considerable topic is that it is characteristically linked to several aspects of well-being (Gross & John, 2003). This seems at first to be apparent: when one can regulate one's emotions well, one feels better. However, the inquiry gets more complicated when it comes to know what differentiates people that regulate their emotions well from

individuals that do not do so. This debate is specifically important when it is studied in the context of interpersonal relationships like marriage. In this perspective, gender as well as other family variables impacts the mechanisms of emotion regulation. That, eventually, influences the happiness and flourishing of married individuals.

Emotional factors also correlating with intellectual elements like proactively motivated to help, respond and attend. This correlation explains the relation between communal orientation (willingness to help others) and emotion processes in predicting psychological flourishing of married individuals. How this whole process goes on? How care for others is flavored by the taste of emotions? How helping others can be rewarding for the one who offers care? How expression of emotions further flourishes the romantic relations? How regulations of emotions influence the level of communal orientation? Which strategy of emotion regulation is facilitative for sharing and responsive tendencies among husbands and wives?

To sum up, considering all the above mentioned empirical evidences relating to emotion processes, communal orientation, and their role in close relations, it is justified to state that all the variables play significant role in explaining psychological flourishing of marital relationship. Hence, level of communal orientation within marital relationship can be hypothesized to be strong predictor of psychological flourishing through indirect effect of emotional expression and conditional impact of emotion regulation strategies.

Psychological Flourishing of Married Individuals: A Pakistani Perspective

The benchmarks of a contended marital relationship may diverge disparagingly on the basis of one's larger cultural perspective, explicitly on if the culture predominantly classifies as a collectivistic or an individualistic one (Dillon et al., 2015). Within

collectivistic culture, marriage is the acceptable site for intimate interaction and sexual relations with a romantic partner. Instead of exerting importance on the romantic association between spouses, parents inspire children to allocate more weight to pragmatic characteristics in a prospective partner such as economic assets, social and religious position and, often most importantly, positive collaborations between the two families (Sandhaya, 2009). Relationship scientists have also suggested that psychological understanding in marriage is more imperative for marital satisfaction and subjective well-being in individualistic than in collectivistic civilizations (Dion & Dion, 1993). For instance, satisfying familial duties may be advantageous for marital contentment in a traditional Chinese marital relationship whereas pleasing hedonistic goals of married couples seems to determine marital happiness in Western cultures (Hofstede, 2001).

Within collectivistic cultures, marriage may be contended to the degree that it fulfills familial responsibilities. Those embrace the creation of a male heir for the maintenance of a family line, the procurement of a daughter-in-law who will offer support for the husband's parents, and the begetting of sons, who tend to provide for the security of the couple in their old age. However, comparatively not as much attention is given to marital satisfaction in collectivistic cultures (Hofstede, Hofstede, & Minkov, 2010). Hence, individualism and collectivism help elucidate culture-related contrasts in marital relationships and the significance of emotional affection in marriage.

In the Pakistani context, there are only few studies concerning satisfaction and quality of marital relationship. A study has revealed that assertiveness, relationship skills, empathy, hopefulness, and control of impulsivity seemed as noticeable factors quality of marital relationship (Batool & Khalid, 2012). In Pakistan, families are embedded, members

are nearer to one other and not only share their own emotional experiences, but also regard the emotions of others. Love and affectionate behavior is highly encouraged by parents. When a person encounters the marital relationship, this skill facilitate him/her to adjust in family of proliferation, decide shared conflict in a constructive way, and bring closeness in the family. As explained by Batool and Khalid (2012), a married person in Pakistan not only has to deal with his/her spouse, but the in-laws also, that's the reason why interpersonal skillfulness and assertiveness acted as critical factors of marital happiness in their research.

Pakistani women tend to perceive marriage as a social and familial obligation necessitating them to be prepared to adjust as the man occasionally does (Hussain, 1999). In contrast to Western practices, a great majority of marriages in Pakistani culture are family arranged. These subsequently continue to heavily rely on more objective criteria, such as match of partner's age, social standing, family context, education, financial eminence and likely growth potential (Sastry, 1999).

Pakistani society is also a traditional patriarchal culture where males are dominant. The Pakistani context may be characterized by traditional attitudes towards women, sex-role stereotypes, sexual dogmatism, non-egalitarian hopes of marriage, patriarchal beliefs about marital relations (Haj-Yahia, 2000). The husband assumes the role of financial provider and inculcates cultural, religious, and social beliefs within the family unit (Jaghab, 2005). The wife acts as the caregiver, taking on the duties of child bearing and homemaking (Nobles & Sciarra, 2000). Similarly, several studies have also highlighted the role of conflict management styles and role of love among married individuals (Hoesni, Subhi, Alavi, & Wan Azreena, 2013; Iqbal, Gillani, & Kamal, 2013). The factors impacting psychological flourishing within marital relationship is, hence, a worthwhile concept for study and

research in Pakistan, and there is need for further research in this area. Henceforth, the present study is designed to study role of communal orientation, emotional expressivity and emotional regulation as these variables are affecting the level of psychological flourishing of married individuals.

Rationale of the Study

Relationship science within eastern societies is an emerging discipline, and yet has not contended adequately with the scientific evidences that could prominently understand the link among variables significant for psychological flourishing of married relationship. Being newly emerging construct, psychological flourishing has certainly not been explored from the perception of married individuals belonging to collectivistic and interdependent culture. Elaborative review of the literature manifesting elements of flourishing has come up with following theoretical and methodological gaps that would be considered by the current study.

With the growing complexity of marriage and family, there is abundant literature on marital relationships and marital quality and an emerging understanding of how marriage might influence health and well-being of its constituents in the western world. In Pakistan, on the other hand, despite the universality of marriage, literature on psychological flourishing among married individuals is almost non-existent.

A vast array of previous scientific researches has concentrated upon dreadful influences and vulnerabilities like neuroticism, depression, and other mental illnesses as having negative effects on marriages (Karney & Bradbury, 1995). Those negative factors have undermined the significance of positive factors as predictors and moderators marital satisfaction (Johnson & Greenberg, 1994). Furthermore, rigorous researches have merely focused upon interventions that can decrease the mental discomfort and their consequent problems within a married life. However, need is being felt for the understanding of optimal positive factors that can make a couple beyond just feeling satisfied and can be labeled as flourished or even flourishing. Moreover, existing studies on relationship happiness and flourishing have ignored to understand emotional processes and other relationship-building

ingredients within marriage that might be associated to flourishing. By disregarding this area of research, we are missing an important link in building health and well-being of individuals and communities in this context.

Foundation of the present study is to highlight the significance and integration of communal and emotion related mechanisms that are theoretically and logically related to psychological flourishing among married individuals. Present study is rationalized to elaborate the role of emotional processes (expression and regulation) to understand psychological flourishing of romantic relations. Significance of communality as predictor of psychological flourishing within married relationship is emphasized by the empirical studies of Boonie et al. (2013), who stated that phenomena of communal orientation along with emotion mechanisms (emotion regulation strategies and expressiveness) needs to be explored in romantic intimate relationships. Within a collectivistic culture like Pakistan, there is dearth of empirical studies that have explored the mutual effect of communal and emotional variables determining psychological flourishing within married relationship.

Focus of the present work is, hence, to explore mediating role of emotion expressivity; both positive as well negative, that might influence the association concerning communal orientation and psychological flourishing among married individuals. Moreover, the exploration related to appropriate and desirable emotion regulation strategy is also vital to understand that can moderate and influence the passageway between communal orientation and psychological flourishing in a marital relationship. As mentioned by Haase (2014), rigorous research is required on various aspects of emotions with special reference to social context in general and among married couples in particular. Furthermore, based on the limitations of research work conducted by Pope (2007), in which homogeneous married

sample was used and norms were restricted to a single group to study the quality of married relationship, the present study will collect data using eastern married sample from heterogeneous sample belonging from diverse social, economic and educational backgrounds.

The current study lays its foundation on the research work of Clark and Finkel (2005) whose study's findings underlined the significance of communal orientation (as moderator) in flourishing of interpersonal relations, thus ignoring the fact that it could be a major predictor that might predict psychological flourishing of individuals especially within a marital relationship where partners are dutifully fulfilling each other's needs without consciously being aware of accompanied emotions and feelings. Therefore, present study would study communal orientation as major phenomena that could possibly predict psychological flourishing of husbands and wives. Hence, current empirical exploration is rationalized to broaden scientific understanding of communally oriented individual's experiences across their married relationships by considering their emotional expression and regulation with their intimate partners.

Planalp (2006) stated that expressivity of emotions to be the considerable area needed to be studied with regard to married relationships, and states that more researches need to be conducted on this subject. Likewise, Ingoldsby, Horlacher, Schvaneveldt, and Matthews (2005) stated that numerous studies have been planned on emotions in western culture and that it is indispensable to conduct research in dissimilar cultures from different, developing countries. Within this framework, this study would be a very significant contribution to current research, since it inspects emotional expression and psychological flourishing based on a sample selected from eastern society.

The existing relationship literature also points out that the complete balance of individual's positive and negative emotions have been demonstrated to predict personal and relationship well-being (Diener, Sandvik, & Pavot, 1991). However, analysis of existing literature has also revealed that most of studies on emotions have overlooked negative emotional expressivity as important variable to understand quality of married relationship. Hence, the current study will take into account multiple facets of emotional expressivity i.e. positive expression, negative expression and impulse strength variables causing indirect effect on the relationship between communal orientation and psychological flourishing among married individuals belonging to collectivistic society.

Addressing the limitations of study conducted by Clark and Finkel (2005) which documented that almost all research on the expression and suppression of emotion ignores social context (Clark & Finkel, 2005), the current research is rationalized to investigate multiple strategies of emotion regulation moderating the pathway between communal orientation and psychological flourishing. Therefore, the present study will take into account social context to fully understand suppression and expression and would focus upon the interpersonal benefits of emotions specifically related to married relationship. The current study will also predict the role of emotion regulation as interacting the relationship between communal orientation and psychological flourishing to explore buffering influence of emotions on married relationships.

It is vital to be considered here that there is dearth of such empirical investigation that has qualitatively explored the construct of psychological flourishing from the perspective of married population belonging to eastern culture. Considering this, another all-encompassing rationale is to investigate the subjective marital experiences of married

individuals identifying psychological flourishing of their relationship from 10 to 50 years of marriage. Majority of present literature on marriage focuses on early marriage, its causes and consequences (Tilson & Larson, 2000). Carstensen, Gottman, and Levenson (1995) documented that most marriage research has been planned on relatively young couples and has been more concerned with marriages that dissolve than with marriages that stay together. Similarly, not much is known about the nature of marriage in middle and late life. The sole qualitative study from a phenomenological perspective that examined what long-term marriage means for persons in long-term marriages was from Appleton and Bohm (2001), who described the experience of enduring and satisfied marriages in mid-life however, their study was limited in scope to satisfied marriage in just in and it did not address flourishing factors. Thus the current investigation aims towards detailed investigation of psychological flourishing capturing variables leading to flourishing within marital relationship.

The current study is also rationalized to further the understanding provided by Broaden and Build Theory (Fredrickson, 2004); that has proved the significance of positive emotions for personal and interpersonal benefits. However, the theory has been validated on western population and did not essentially focus upon married population. Within the current study, where a lot of indigenous, cultural and family related elements are impinging impact on the quality of married relationships, the findings of current study might render variations in terms of emotions within married relationship. Thus, effort would be implied to give a more realistic understanding of the emotion processes beyond just feeling good and happy. Moreover, the theory has studied emotions influencing the level of general well-being hence ignoring intimate and close relations. The current study is designed to

implement the theory from perspective of married relationship as an interpersonal framework is the birthplace of emotions and their expressions.

As mentioned above in this chapter that numerous evidences have documented the factors that are essential for quality of married relationships by relating the terms like happy marriages, stable marriages, successful marriages, satisfied marriages etc. however, the construct of flourishing for the optimal quality of marriage has been used first time in this study. Because the term flourishing has not been used ever in relationship research for marriages, thus, the present research was rationalized to explore the construct of flourishing qualitatively to understand psychological flourishing of married individuals belonging to eastern society. Moreover, despite abundance of empirical researches focusing on successful marriages, the existing data overlooks one factor or the other. While the current study aim to incorporate all possible positive dimensions that could play role in flourishing of married individuals.

Review of contemporary literature also exposed that several of quantitative researches have been conducted relating to longevity and satisfaction of marriages, as well as factors contributing to those phenomena (e.g., Huyck & Gutmann, 1992; Kaslow & Robison, 1996; Kaufman & Taniguchi, 2006; Lauer & Lauer, 1987; Shiota & Levenson, 2007). Glen (1990) speculates that more qualitative study is required understanding psychological flourishing construct within married relationship. Moreover, most scientific notions of building satisfying marriages initiate from the clinical context (e.g., Lauer & Lauer, 1987). The present study, hence, focus on qualitative exploration of positive variables to study psychological flourishing from perspective of well-functioning, normal married individuals.

Thus, the practical significance of the present study is grounded not only in extending the knowledge about the role of communal orientation in predicting behaviors in interpersonal context, but also in contributing towards understanding the role of emotions. With the current research, the researcher anticipates to start constructing the evidence based understanding about psychological flourishing of married relationships in Pakistan by dwelling on available literature and scales from the western world. Also, as mentioned previously, given that some of the structural forces shaping marital relationship across the globe are alike, comparing and contrasting how they shape marriage and relationship flourishing in different settings becomes all the more relevant (Sandhya, 2009).

If this research can disclose just one important new idea concerning factors that lead to greater marriage satisfaction, marriage longevity, or confirm previous findings, it will have been valuable. Hence, to the best of our knowledge, this is one of the first efforts to explore psychological flourishing among Pakistani married population by extending communal and emotional factors.

Considering the above studies and researches elucidating the role of various factors in determining psychological flourishing of married individuals, the following hypothetical model has been proposed by the researcher.

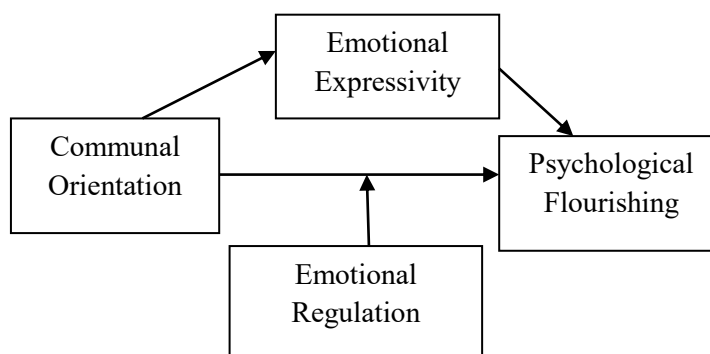


Figure 1. Hypothetical Model of the study

Concluding the discussion, it is confidently stated that the present research will break new ground in the study of emotion regulation and expressivity with special reference to marriages of Pakistan. The results will be beneficial in clarifying the functional consequences of emotion regulation strategies in the psychological flourishing of married individuals. The research will provide new insights into the existing nature of emotions, its consequences and implications in marital life. Besides, the notion of communal orientation, its operation with reference to emotions, will provide a novel dimension towards the exploration of emotional and communal influences simultaneously within married relationship. There will be more formal statements about Objectives and Hypotheses later in the thesis.

METHOD

Objectives

The study is designed to achieve following objectives:

1. To investigate psychological flourishing among married individuals.
2. To find out role of communal orientation, emotion expressiveness and emotion regulation in the psychological flourishing of married individuals.
3. To investigate personal and demographic variables related to psychological flourishing like, gender, education, profession, and duration of marriage, family system, and type of marriage.

Operational and Conceptual Definition of Variables

Psychological flourishing. According to the existing literature, flourishing is a condition where individuals experience positive emotionality, positive psychological functioning and positive social functioning. Flourishing describes and measures positive mental health and relationship well-being (Dunn & Dougherty, 2008). Concept of flourishing also includes multiple components like enlightening strengths, psychological well-being, generativity, development, and resilience (Fredrickson & Losada, 2005). Present study came up with an indigenous operationalization of psychological flourishing with reference to married individuals: “Psychological flourishing represents optimal level of flourishing on two dimensions i.e. *Individual (psychological /subjective) Dimensions* and *Relationship Dimension*. Individual dimension comprises of those entire variable that are related to one’s personality like sense of humor, optimism, patience, emotional stability etc. Whereas, Relationship Dimension comprises of those entire variables that are specific to the

marital relationship (me & my better half) and effects levels of psychological flourishing. Current study utilize newly constructed measure of psychological flourishing indigenously developed to operationalize flourishing of married individuals. The measure was constructed in phase I of the present study. As measured by the psychological flourishing scale, three level of flourishing were identified. *Low* (63 and less score), *moderate* (up to 126 score) and *high* (126 & above).

Communal orientation. Communal Orientation refers to the predisposition to be sensitive to the problems of others and to help them predominantly in response to their needs and out of care of their well-being (Clark et al., 1987). In the study, communal orientation was assessed by Communal Orientation Scale (COS, Mills, Clark, Ford, & Johnson, 2004). Total score on COS Urdu version predicts communal orientation towards the partner. High Scores on two subscales depict positive communal orientation and negative communal orientation.

Emotional expressivity. Emotional expressivity can be explained the way by which an individual vigorously expresses emotional experience by means of verbal or nonverbal activities (Kring, Smith, & Neale, 1994). Emotion expressivity was be measured by the score yielded by Berkeley Expressivity Questionnaire (BEQ, Gross & John, 1995). BEQ is widely utilized to appraise multiple aspects of emotional expression. In addition to total score on BEQ Urdu version, three subscales of BEQ assess positive emotional expression, negative emotional expression and impulse strength. High score on all the subscales depicts the respective emotional expressivity.

Emotional regulation. Emotional regulation denotes to the practices through which we impact which emotions we possess, and how we understand and exhibit those emotions

(Gross, 1998). Emotional regulation strategies were assessed using Emotion Regulation Questionnaire (ERQ, Gross & John, 2003). Two subscales of ERQ Urdu version measures reappraisal (cognitive) and suppression (expressive) strategies related emotional regulation. Items 1,3,5,7,8, 10 make up the cognitive reappraisal facet and item number 2,4,6,9 make up expressive suppression facet. Each facet is scored separately.

Research Design

The present study was carried out in the following phases and stages.

Phase I: Development of Indigenous Measure of Psychological Flourishing.

Construct of psychological flourishing was indigenously explored during phase I. The phase was further divided into various steps and stage. Phase I dealt with literature review, conducting focus group discussions, and in depth interviews. Subject matter experts were also approached for identifying psychological flourishing among married population. Determination of factor structure (Exploratory Factor Analysis) of newly developed scale of Psychological Flourishing was also carried out in this phase.

Phase II: Translation, Adaptation and Psychometric Properties of Study

Instruments. Three steps were conducted in Phase II. First step focused on translating and adapting the research instruments. Instruments (Communal Orientation Scale and Berkeley Expressivity Questionnaire) were translated into Urdu language after gaining permissions from respective authors by using backward forward translation procedure. In the second step of this phase, a confirmatory factor analysis was planned out on all the research instruments including indigenously devised measure of psychological flourishing; Psychological Flourishing Scale, PFS. Step III was carried out to determine preliminary psychometric characteristics of research measures and also to examine trends of relationships among study

variables. Descriptive analysis, Reliability coefficients and Correlation Coefficients were computed to assess construct validity, internal consistency, and preliminary relationships among study variables.

Phase III: Main Study: This phase was designed to test proposed hypotheses of the study exploring communal orientation, emotional expressivity and emotional regulation on psychological flourishing of married individuals. Correlation, Linear Regression, Moderation, Mediation, Independent sample t-test and Moderated-mediation model was tested. This phase also focused upon exploration of demographic variables in determining psychological flourishing of husbands and wives. Model testing for the proposed study model was also tested to examine impact of variables effecting flourishing of married individuals. Process Macro in SPSS and AMOS-21 were utilized to impute proposed statistics for study variables.

Chapter III

PHASE I: DEVELOPMENT OF THE MEASURE OF PSYCHOLOGICAL FLOURISHING

Objectives

Phase I was designed to accomplish following objectives:

1. To investigate the conceptual understanding of psychological flourishing of married men and women.
2. To develop indigenous measure for assessing Psychological Flourishing of married individuals.
3. To explore the factor structure (Exploratory Factor Analysis) of the Psychological Flourishing Scale.

Phase I comprised of further following steps.

Step I: Review of Literature

Efforts were done to understand the construct of psychological flourishing with reference to Pakistani culture and society. Extensive literature review (e.g. Clark & Mills, 1979; Fatima & Ajmal, 2012; Harvey, Pauwel, & Zickmund, 2005; Rubin, 1970; Reis & Gable, 2003) was done to understand how psychological flourishing is being defined and what are the indicators that comprehensively explain this phenomena. Theoretical paradigms (Fredrickson & Losada, 2005) covering the construct, researches and available assessment tools (Diener et al., 2010; Huppert & So, 2013; Keyes, 2005) were explored in detail.

After thorough review of literature, it was concluded that existing measures of flourishing have been designed either to measure conflicts and maladjustments within relationships or have been constructed to measure limited and specific traits of personality

with reference to interpersonal functioning. Current relationship science is lacking the measure that comprehensively captures positive indicators of psychological flourishing within marital relationship. Moreover, the literature available is mostly dealing with perception of the western society regarding psychological flourishing of married men and women. To understand how this construct is operating in an eastern society, focus group discussions (FGDs), and semi structured interviews were planned to gain in depth information related to psychological flourishing construct among married men and women by asking them to narrate optimal positive experiences of their married life. Main research question was therefore: *Kindly relate the factors that explain a flourishing marital relationship*. Related to this main research question, a guideline was designed to explore the phenomena in detail and five questions were identified.

Step II: Development of Focus Group Discussion and Interview Guideline

In this step, a question guideline was prepared to conduct focus group discussions and interviews (Appendix A). The researcher conceptualized the factors (based on literature review) that are significant in forming a flourishing marital relationship. Following steps were considered while preparing a guideline for FGD sessions and interviews.

1. Considering the current concepts defining psychological flourishing (Diener et al., 2010; Huppert & So, 2013; Keyes, 2005), a broad (major) question and related (minor) questions were developed.
2. The goal of each question was to tap personal experiences and observations related to the phenomena under study.

3. Special care was taken while adjusting the language of the questions that it should be according to respondent's mental abilities and education level. Simple and understandable Urdu language was selected to formulate the questions.
4. Open ended and flexible questions were designed to encourage free discussions (Turner, 2010).
5. Probing words like *how, why, what u think, according to you* were selected to encourage verbalization of experiences.
6. Leading questions were avoided in order to allow people to answer in their own terms, values and experiences (Herman & Bentley, 1993).
7. Despite the interpersonal nature of the study, direct and embarrassing questions were avoided.
8. Logical Sequence of the questions was taken care of to encourage productive discussions.

Step III: Focus Group Discussions

Five focus group discussions were carried out to gain indigenous understanding of Psychological Flourishing from the perspective of married individuals. For conducting FGDs, the method recommended by Powell and Single (1996) was followed.

Objectives. Key objective of step III was to analyze the understanding of psychological flourishing of married men and women belonging to eastern sample. FGDs also aimed to probe psychological flourishing according to married individual's experiences and how this understanding leads to flourishing among married individuals.

Sample. *Focus group 1* comprised of 8 individuals (four couples) with age range 30 to 50 years ($M= 38.58$); *Focus group 2* consisted of 7 married women with age range 25 to 40 years ($M= 28.67$); *Focus group 3* included 9 married women with age range 30 to 45 years ($M= 32.26$); *Focus group 4* included 7 married men with age range 28-45 years ($M= 33.56$); *Focus group 5* consisted of 8 married men with age range 30-50 years ($M= 36.78$). Only those respondents were included who volunteer to take part in study. Inclusion criteria were minimum education up to matric, marital duration 2 years and had at least one child. All the focus group participants were residents of Islamabad and Rawalpindi. Participants belonged to diverse professional and social back grounds.

Procedure. *Participation Information Sheet* (Appendix B) was given to the respondents that patently stated understanding of research, including the aims of the research, what else would be involved, who would have access to the data and how it would be utilized. After acquiring complete knowledge about research objectives, willing respondents were also provided with *Participant Consent Sheet* (Appendix C) which clearly manifested participant's readiness to participate in research.

Participants were approached individually. Each focus group discussion lasted from 40 to 70 minutes. The focus group was recorded in audio form. Researcher herself conducted all the discussions. At times, the discussion lost its focus therefore; researcher had to intervene in order to keep the discussion purposeful and focused.

Results. After conducting the series of five focus group discussions, numerous culture specific and universal themes were emerged. The themes are mentioned in *Table 1* later in this chapter.

Step IV: Semi-Structured Interviews

Following the same questions guideline, developed for the FGDs, semi-structured interviews were planned to advance elaborative and comprehensive understanding of phenomena of Psychological Flourishing from an indigenous perspective.

Objectives. Objective of this step was to expand the understanding of psychological flourishing of married men and women living in to eastern culture. Semi structured interviews also aimed to probe the definition of psychological flourishing specific to married relationship and how this understanding leads to flourishing among married individuals.

Sample. Sample of thirteen semi-structured interviews constituted 6 wives and 7 husbands. Participants lie between the ages of 25 to 55 years ($M= 40$, $SD= 30$). All the participants were residents of Islamabad and Rawalpindi. Inclusion criteria of interviews was similar to that of focus group discussions; minimum education matric, married minimum for two years and having at least one child. The respondents were volunteers and belonged to diverse professional and social backgrounds.

Procedure. Respondents were interviewed individually using the guideline previously used to conduct FGDs. Individuals were approached personally by the researcher and were interviewed after giving them knowledge about purpose of study and attaining their informed consent through Participant Consent Sheet. Respondents were made assured of confidentiality. Each interview session lasted from 50-60 minutes. Individuals did not show consent to get their interviews be audio or video taped therefore, their verbatim was wrote down as they communicated.

Similar procedure was followed for the conduction of both FGDs and semi-structured interviews. Both the methods involved verbal instructions by the researcher, provision of Question Guideline comprising of five questions, Participation Information Sheet, and Participant Consent sheet.

Results. Numerous face to face interviews with married individuals concluded with indigenous themes of psychological flourishing indicating flourishing marital relationship. Themes were identified through subject matter experts. Thematic Analysis was used to identify themes emerged from FGDs and interviews.

Thematic Analysis

Data of focus group discussions and interviews were utilized as sample for thematic analysis. Five FGDs and thirteen semi-structured interviews generated numerous sets of discussion related to psychological flourishing of married individuals belonging to a collectivistic society.

The synthesis took form of three distinct phases: the free line-by-line coding of the primary data gained through FGDs and interviews; the organization of these „independent codes“ into connected areas to construct „descriptive“ themes; and the development of „analytical“ themes.

Coding text. To ensure objectivity and transparency, temporarily research questions were put to one side and began from the data set to conduct an inductive analysis.

Method. A committee of four M.Phil scholars was constituted; each of the reviewers then independently coded each line of text in accordance to its meaning and content. It was depicted as line by line coding.

Procedure. The text which was obtained from the primary data was placed on the left and codes were generated inductively to capture the meaning and content of each sentence.

Results. Codes were structured, a „free“ codes not comprising of hierarchical structure.

Generation of descriptive themes. In order to give meaning to the coded data, a second stage was planned for development of descriptive themes.

Method. An independent committee of four M.Phil scholars reviewed the data for similarities and differences between the codes in order to start grouping them into a hierarchical tree structure.

Procedure. New codes were developed to capture the meaning of groups of initial codes. This procedure resulted in a tree structure with numerous layers to organize descriptive themes.

Results. Consequently, three layers of themes was emerged; domains, categories/sub domains and themes. Entire groups of research sample were analyzed as per their respective free codes generated at previous stage.

Generating analytical themes. This stage of qualitative synthesis is the most crucial one to describe and is, potentially, the most controversial, as it depends on the true insight, opinion, subjectivity and judgment of the researcher.

Method. A separate third committee was constituted, one two M.Phil. and one PhD scholar.

Procedure. The committee inferred indicators of psychological flourishing from the themes tree captured by the descriptive themes. The main job of the committee was to explore indicators/determinants of psychological flourishing as perceived by the married individuals of FGDs and interviews. Then final themes for scale domains, types and categories were developed.

Results. Table 1 represents themes of psychological flourishing for married individuals as per recommendation of committee experts among research group sample.

Table 1

Psychological Flourishing indicators (Themes) among research sample groups

Sr. No.	Flourishing Theme	Sr. No.	Flourishing Theme
1	Compromise	20	Mutual Understanding
2	Sacrifice	21	Level of Trust
3	Respect	22	Least Social Comparison
4	Patience & Tolerance	23	Self-engagement
5	Care	24	Autonomy
6	Friendly Relations	25	Maturity of Attitude
7	Appreciation	26	Optimism
8	Communication	27	Self Esteem/ Self Confidence
9	Relation with In laws	28	Least Perfectionist
10	Emotional Sensitivity	29	Emotional Stability
11	Sexual Satisfaction	30	Humor
12	Self-Reliance	31	Financial Stability
13	Leisure time	32	Having Children
14	Special Day Celebrations	33	Respect for Ind. Differences
15	Family Structure	34	Conflict Resolution skills
16	Forgiveness	35	Coordination in decision
17	Support & Encouragement	36	Time and Resources Management
18	Vacations	37	Capitalizing on Positive events
19	Submission to Spouse	38	Unrealistic Expectation

Themes of flourishing among research sample groups.

As illustrated in Table 1, numerous themes arose that precisely depict a Pakistani society for instance, obedience and passivity to husband's will, good relations with in laws, problems related to family system; nuclear and joint, commencing marriages according to parent's will rather than individual's own like and dislike, personal space within marital

bonding. Indigenous themes also included level of education, financial solidity of married individuals, and guarded emotional expression (chiefly negative ones) predominantly by women within a married relationship.

Step V: Committee Approach

Step V of Phase I was designed to accomplish following objectives.

Objective. Purpose of Committee Approach was to gain expert opinion for the themes emerged through Thematic Analysis. Subject Matter Experts (SME) were approached. Each group of SME was given detailed presentation regarding purpose of the study. Each SME individually rated the emerged theme. Later on, the rating of each group was analyzed through Average Deviation Method to assess rater's reliability within the group. The average deviation is computed by taking the difference between each score and the mean (or median), summing the absolute values of these deviations, and then dividing the sum by the number of deviations.

Procedure. Two stages defined the whole procedure.

Stage I: Rating of themes for relevance. Four experts were approached after seeking appointments well before time. Experts were bilingual having PhD degree in Psychology. They were briefed about research objectives. They were also communicated that their information will be beneficial for acquiring valid and authentic knowledge about psychological flourishing of married population. All the experts were provided with guidelines to fill the rating sheet. They had to rate each of the theme on the basis of its relevance, suitability and comprehensiveness. Ratings for each theme ranged from 0 to 6 (0 = totally disagreed to 6= totally agreed). All experts rated the themes. Results show the

rating on themes by subject matter experts. Majority of the themes were considered appropriate by the SMEs except a few. However, those themes did not get exceptionally low rating to be excluded from the initial list of themes; therefore, these were retained for further consideration.

Stage II: Clustering of themes into broad categories. After rating of the themes according to relevance and appropriateness, the second stage of this phase involved the clustering of themes into broader categories. At the first stage, a few of SME suggested that the themes of marital flourishing could be categorized into two broad groups according to their content and substance. In order to consider this recommendation, SME were again contacted with prior permission. They were asked to give their expert recommendations regarding clustering of themes. All the SME agreed after detailed consideration and discussions. They divided the themes into two broad categories named Relationship Dimension and Individual Dimension.

Step VI: Item Pool Generation

This step dealt with the generation of item pool covering each distinct theme of psychological flourishing among married population.

Objectives. Step VI was aimed to generate items adopting deductive method approach. Along with local conceptualization of psychological flourishing through semi structured interviews and FGD, the current study also considers the currently available theories (e.g. Diener et al., 2010; Fowers et al., 2016; Huppert & So, 2013; Keyes, 2005; Seligman, 2012) prevalent about flourishing, that's why the deductive methodology was considered to be highly suitable. Likewise, scale development through deductive process

also make use of a hypothetical description of the phenomena that is later on consumed as a guideline aimed for generation of items (Schwab, 1980).

Procedure. Item generation was accomplished with the help of a Panel of five (3 females and 2 males) bilingual experts holding PhD degree in Psychology. This panel of experts was different from the one used in stage I. All the experts were married for more than three years and they had rich experience of married life. Along with language expertise and psychology training, expert's marital status contributed a lot towards relevant and valid construction of items.

Procedure was accomplished in two further phases.

Development of Item Pool. Initially 108 items were developed (3-4 items for each theme). Item pool was constructed in Urdu language. A committee of five bilingual experts improved the items focusing four standards: (a) If the item is considerably linked to the couple's relationship or to being a relationship companion? (b) Does item define flourishing in marital bonding? (c) Does item refer to an activity or a subjective experience in married relationship? (d) Could a respondent practically show disagreement with any item? Utilizing such criteria for revision and culling, the pool of items was shortened to 62 items, having items concentrated on indigenously explored categories of psychological flourishing. The researcher incorporated all recommendations from the expert reviewers for modifying each and every item. One to two items analogous to each theme was survived in this improvement stage. Items got finalized on the basis of i) relevance to the concept ii) clarity and iv) parsimony.

Scoring Format of Flourishing Scale: At this stage, expert reviewers (panel of experts used in Step VI) were asked to assess every item with five response choices

encompassing from 1 as *strongly disagree* to 5 as *strongly agree*. The response format of the Psychological Flourishing Scale was comprised of rating scales.

The newly created flourishing questionnaire is comprised of 5- point option, where 5 is agree (strongly), 4 is agree, 3 is neutral, 2 is disagree and 1 is disagree (strongly). Instruments with five-or seven-point scales have been proved to produce variance that is indispensable for exploring the associations among items and scales and also cause adequate coefficient alpha (internal consistency) reliability computation (Lissitz & Green, 1975). No reverse scoring exists in measure. Scale was divided into three levels based on scoring on each level; *high flourishing, moderate flourishing and low flourishing*. Descriptions regarding levels of flourishing are mentioned later in the thesis.

Establishing Content Validity. After the item generation stage, content validation of the recently constructed items was evaluated. *Content validation* is regarded as lowest psychometric prerequisite for measurement sufficiency and is the initial step towards construct validity of a newly developed measure (Schriesheim, Powers, Scandura, Gardiner, & Lankau, 1993). As suggested by Schriesheim et al. (1993), content suitability will be evaluated closely after items have been constructed as it will provide the chance to improve and / or substitute items before finalizing and administering a questionnaire. For assurance of content validation in a newly developed measure, complete pool of items was presented to a panel of five bilingual expert psychologists (panel of experts used in Step VI). The appraisal concentrated on whether the items are indicators of psychological flourishing within married relationship. Researcher rewrote 9 retained items that emerged as the result of reviewers' commendations. The panel of study experts finalized forty items after elaborative conceptual discussion and arguments. Items were retained on the basis of

relevance to the construct, content adequacy, comprehensibility, simplicity. Based on the theoretical foundation as well as cultural understanding of the construct, the items were designed to signify two foremost dimensions of Psychological Flourishing: *Relationship Dimension* and *Personal Dimension*.

Step VII: Factor Structure of Psychological Flourishing Scale

Exploratory factor analysis was imputed to explore factorial validation of newly devised measure. Factorial analysis relies on conception that computable and discernible variables can be condensed to lesser latent variables that share a common variance and are unobservable, which called as reduction in dimensionality (Bartholomew, Knott, & Moustaki, 2011). Such un-observable factors are not directly assessed but are profoundly hypothetical constructs that are utilized to illustrate variables (Cattell, 1973).

Objectives. Establishing factorial structure of indigenously developed Psychological Flourishing Scale.

Method. Exploratory Factor Analysis was performed by considering Principal Component Analysis on numerous items measuring psychological flourishing of married individuals.

Sample. A sample comprising 303 married individuals (Males= 138, 45.5%; Females= 165, 54.5%) was taken from major cities of Pakistan to carry exploratory factor analysis of PFS. Respondents provided responses on various categories of newly constructed measure of Psychological Flourishing. All the respondents were married for minimum of 2 years and all of them had minimum one child. Subject's age range was about 20 -76 years

with the average age of 39.7 years. 54.1% of the participants resided in joint familial system and 45.9% lived in nuclear familial system. Both family systems were part of urban areas of the country. With respect to profession, the respondents were house wives (29.7%), educationists (23.4%), entrepreneurs (9.2%) and job holders in private or government divisions (37.6%). Amongst the participants, 11.2 % were committed in marital relationship that they identified as “love marriages” and 79.2% labeled their marriages as” arranged” (marriages happened according to their parent’s consent rather than own like or dislike).

Procedure. In present research, exploration of factor structure was done to decrease the items and determine common variance of selected items. Before administering factor analysis, Kaiser-Meyer-Olkin (KMO) measures of sample appropriateness and Barlett Test of Sphericity were administered to test if the data is suitable and feasible enough to run this complicated analysis. The KMO value lies between 0 and 1 and value closer to 1 are better (Hutcheson & Sofronion, 1999). The value of KMO reached to .86 which shows that data is appropriate for factor analysis. A factor score can be measured to be a variable describing how much an individual would score on a factor. Bartlett method was implied to attain factor scores. Barlett Method generates unbiased scores that are correlated only with their own fact. Barlett’s Test of Sphericity was also found out to be significant (Table 2), which indicate greatly acceptable factorability of data and correlation matrix (Pallant, 2007).

Table 2

Kaiser-Meyer-Olkin Measures of Sampling Adequacy and Bartlett Test of Sphericity for Psychological Flourishing Scale (n=303)

Measures	KMO Measures	Barlett Sphericity	Df	P
PFS	0.85	3953.79	780	.00

*Note. PFS= Psychological Flourishing Scale. Df= Degrees of Freedom ***p <.001.*

Table 2 indicates the KMO numeric value is .85 manifesting that sample is appropriate for the factorial analysis. From the readings above it seems evident that the Barlett's test of Sphericity is significant at $p < .001$. The entire sample ($n= 303$) was analyzed via principal components analysis (PCA) and, followed by orthogonal (Varimax) rotations. Since the goal of rotation is to simplify and clarify the data structure, Varimax Rotation was used to shorten the column of the factor matrix so that the factor extracts are obviously related and there should be some parting among the variables. Moreover, logic behind the use of orthogonal rotation was the research's theoretical conceptualization that factors to be explored are uncorrelated and thus depict separate themes. The researcher intended to investigate the statistical power and significance level.

In the current research, the analysis through principal components analysis (PCA) was aimed to produce linear grouping of variables in components that account for all of the variance in the original data. Principal components analysis imputes a correlation matrix as the matrix of relationship. When conducting a principal axis factorial analysis, researcher focused on a reduced correlation matrix as the matrix of relationship. This reduced correlation matrix comprises of communality estimations and in PCA factors are based on total variance of all items.

Criteria for Determining Factors. For current research, researcher has selected the value of greater than 3 as cut off. An determination of the factor matrix showed that there were factor loadings that were large, and thus the matrix was appropriate for factoring. Second Criterion, Kaiser's (1970) rules that Eigen value greater than one and scree test were used to determine the number of factors to retain from the initial exploratory analysis. The

two factor solution was acquired using Varimax rotation on 40 items of Psychological Flourishing Scale.

Results. Following are the results of this step of phase I. Exploratory factor loadings with scree plots had been reported to judge the factor structure and possible number of components.

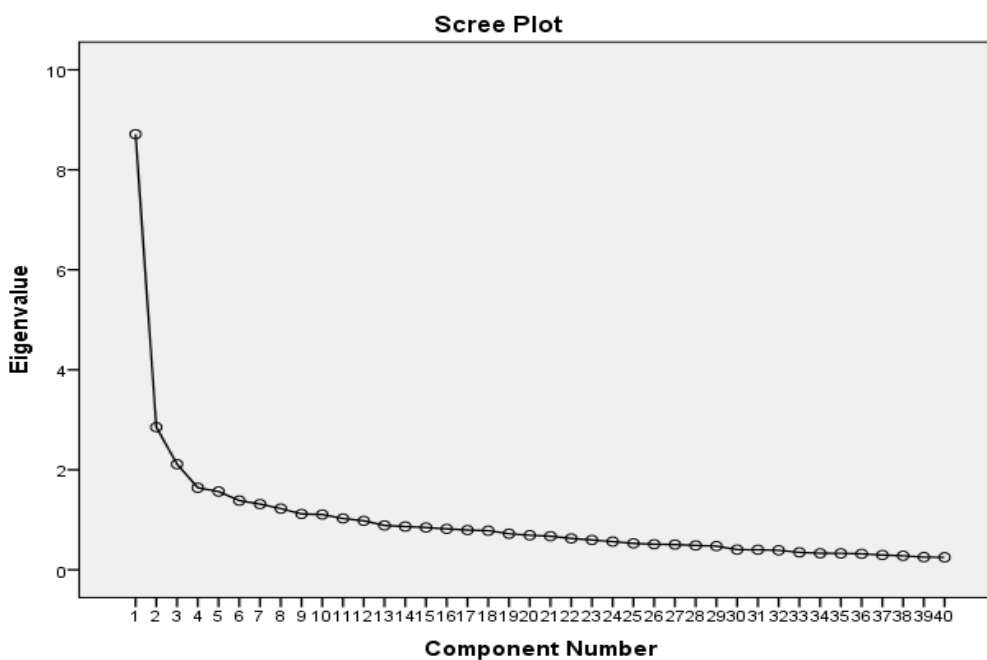


Figure 2. Scree plot showing factorial analysis of Psychological Flourishing Scale

Table 3

Variance explained by the Subscales of Psychological Flourishing Scale

Dimension	% of Variance	Cumulative Variance
Relationship	16.78	16.78
Individual	16.78	16.78

Table 3 shows the figures of cumulative variance and percentage of variance explained by two dimensions of Psychological Flourishing Scale.

Table 4
Principal Component Factor Analysis of 39 items of Psychological Flourishing Scale (n=303)

Item No.	Statement	Factor 1	Factor 2
1	Compromise with the partner is necessary for a flourishing married life	.65	--.03
2	Often sacrificing own happiness for the sake of partner essentially lead towards a flourishing marital relationship.	.46	.02
3	Mutual understanding with the partner before taking important decisions is important for a flourishing marital relationship.	.58	.02
4	Having trust on the partner is the key to a flourishing marital relationship.	.70	.05
5	Respect and regard for the partner is vital for a flourishing marital relationship.	.69	-.03
6	Tolerating unpleasant things with regard to the marital relation leads towards a flourishing relationship.	.53	.05
7	Taking care of partner's needs and desires and making efforts to fulfill them builds leads a flourishing marital relationship.	.75	.00
8	Friendly relations with the spouse are essential for marital flourishing.	.67	.02
9	Constant unrealistic demands from the partner that he or she is unable to fulfill, ruins the marital flourishing.	.35	.14
10	Often praising the partner is essential for a flourishing married relationship.	.38	.34
11	During arguments with the partner, use of harsh words and abusive language deteriorates flourishing of married relationship.	.31	.07
12	Responding to partner's feelings and emotions in a positive way is essential for a flourishing marital relationship.	.03	.30
13	Often praising and expressing love verbally for the partner makes a relationship flourishing.	.55	.27
14.	Often exchanging gifts (as token of love and appreciation) between spouses essentially lead towards a flourishing marital relationship.	.04	.44
15.	Remembering and celebrating special events like; birthdays and anniversaries build a flourishing married relationship.	.06	.42
16.	Often spending leisure time enjoying and relaxing together leads to flourishing within married relationship.	.24	.42
17.	Soft and humble way of communication with the partner essentially leads towards a married relationship.	.17	.58
18.	Sexual satisfaction is vital for the flourishing of married relationship.	.59	.29
19.	Relying on my own potentials (e.g. strengths and capacities) in dealing with and solving every day affairs could lead to relationship flourishing.	.22	.44

Continued

Item No.	Statement	Factor 1	Factor 2
20.	It is important to give personal space to the partner, regarding his or her personal interests and activities for a flourished married relationship.	-.06	.51
21.	Marital relationship flourishes if both the partners make appropriate use of their time and resources in dealing with various matters of life.	.00	.42
22.	Lack of self-esteem negatively impacts the flourishing of marital relationship.	.43	.37
23.	Having an optimistic (hopeful) attitude towards life make a relationship flourishing.	.06	.55
24.	Lack of emotional stability negatively effects the flourishing of married relationship	.39	.34
25.	Both the partner's maturity of behavior and attitude regarding matters of life leads to the flourishing of their married relationship.	.18	.46
26.	My humorous temperament flourishes my married relation with my partner.	.40	.30
27.	Sometimes, compromising on less than perfect in matters of life (eg. monetary benefits, social status) possibly make my relationship flourishing.	.11	.63
28.	Comparison with others in relation to monetary benefits & socio economic negatively affect the flourishing of marital life.	.35	.43
29.	Habit of encouraging partner could make the relationship flourishing.	.18	.39
30.	Capitalizing on positive events is one of the key elements for a flourishing married relationship.	.22	.58
31.	Humbleness and submission to the will of the spouse is essential for a flourishing married relationship.	.41	.35
32.	Lack of education of either the partner negatively impacts the flourishing of married relationship.	.19	.36
33.	Peaceful resolution of personal conflicts makes married relationship flourishing.	.00	.46
34.	Respect for the partner's individual differences is essential for a flourishing married relationship.	.29	.54
35.	Having children is essential for a flourishing married relationship.	.29	.46
36.	Financial stability is one of the key elements of a flourishing married relationship.	.35	.21
37.	Earning of both the partners is essential for a flourishing married relationship.	.33	.34
38.	Forgiveness for each other's mistakes is necessary for a flourishing married relationship.	-.01	.41

Table 4 shows the factor loadings of all items of Psychological Flourishing Scale on the basis of greater than .30 criteria. The factor loadings ranges from Highest=.70 to lowest=.30. Item no.10, 22, 24, 28, 31, and 37 were loaded on both the factors. These items were analyzed and their content validity was examined by Subject Matter Experts to place them in one factor. These items were not excluded as they depict important elements of a collectivistic society. Factors emerged in EFA were categorized as *relationship dimension* and *individual dimension* (as per suggestions given by subject matter experts).

Results. Exploratory factor analysis finalized the following categorization of items generated for flourishing themes.

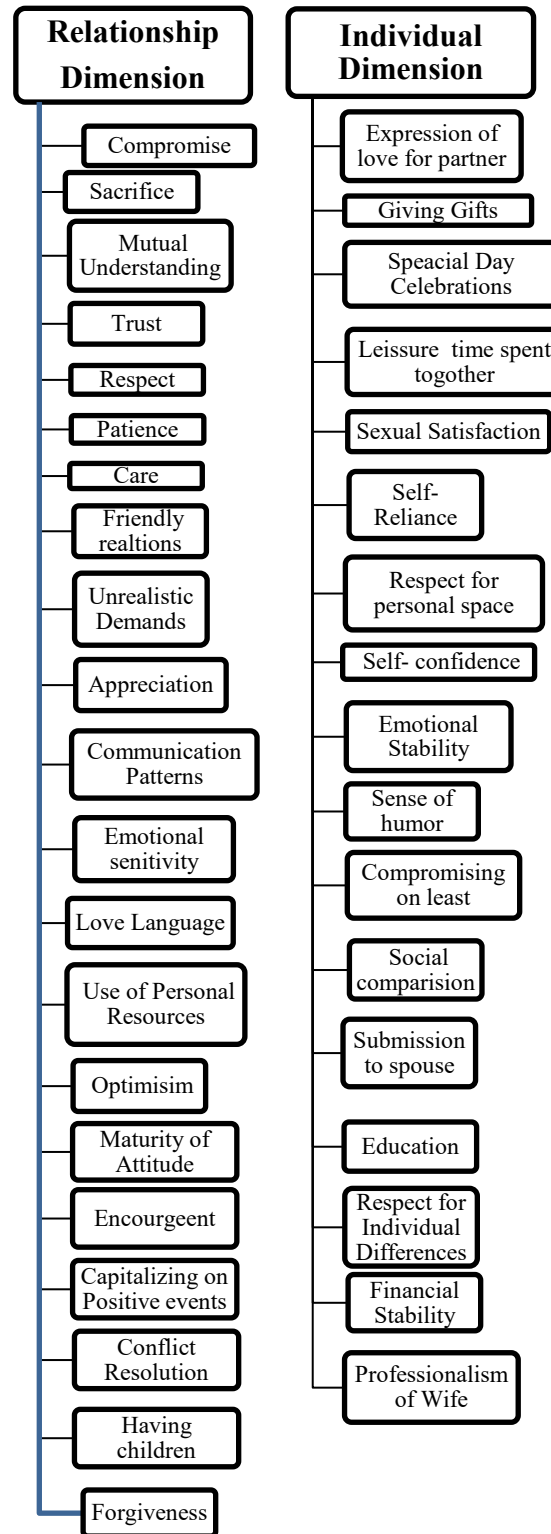


Figure 3. Themes of psychological flourishing categorized into two dimensions

Discussion

Abundance of literature has emerged bearing the concepts such as stable marriages, gratified marriages, marital happiness, marital adjustment, and successful marriage; psychological flourishing of married relationships is one comparatively new construct to explain the optimum quality of functioning within married relationship. Due to scarcity of literature on psychological flourishing with reference to married relationship, the current chapter aimed at focusing on conceptual understanding and operationalization of psychological flourishing from the perspective of married individuals belonging to eastern society. To accomplish this objective, chapter was divided into multiple steps and stages. FGDs and semi-structured interviews involving married individuals were conducted to gain in depth information related to psychological flourishing. A number of observations were made while conducting qualitative exploration of the phenomena under study.

As qualitative exploration (FGDs and semi-structured interviews) of psychological flourishing within marital relationship required very personal information about intimate relationship; therefore, despite the informed consent shown by the volunteer respondents, the respondents showed defensiveness in disclosing information about their married relationship. Consequently, they were ensured by the researcher that their provided information would be confidential and nothing that could reveal their identities would be disclosed. Candid and guard less expression of the subjects exposed personal opinions regarding flourishing of marital relationship. FGDs that were arranged having both married males and females, the participants avoided to share intimate aspects of marriage like sex, romanticism, and emotionality. It was also observed that husbands were resistant to express their inward feelings in front of their respective spouses; whereas, in sessions that comprised of only women or only men, the respondents were open, non-defensive, and sharing.

Participants highlighted the factors of psychological flourishing with reference to their own married relationships. It was also observed that women were more responsive and communicative as compared to men. Certain issues of sensitive nature like relationship with in-laws and sexual relations were revealed in detail through interviews as compared to FGDs.

Exploration of psychological flourishing for marital relationship resulted in numerous themes that included, appreciation for spouse, friendly relations, patterns of communication, self-reliance, special day celebrations, mutual understanding, autonomy, having children, respect for individual differences, conflict resolution and decision making styles, humor, optimism, special day celebrations, relationship with in-laws, family structure, care for the spouse, forgiveness, and maturity of attitudes.

In a Pakistani Society, married men and women practice variety of interpersonal connections as they usually tend to dwell in nuclear and joint families. Opposing to previous evidences demonstrating that familial characteristics like separate or extended family structure do not appear to impact psychological functioning of married males and females (Khurshid, Parveen, & Yousuf, 2014), the qualitative investigation of the construct carried in Phase I have derived our focus towards the point that individuals within married relationship, specifically married females, are more influenced by the family systems they reside in. Extended familial system, in some cases, does also offer support, care and affection (Lopata, 1973) but, simultaneously, due to differences within personalities and opinions, the extended system may become a source of disparities and conflicts. The current indigenous study has highlighted the fact that psychological flourishing of men and women is significantly affected by family system they are affiliated with. In a Pakistani society, it

would not be an overemphasis that flourishing of married relationship is remarkably dependent on the quality of relationships with the members of extended families.

It was also found out that level of education, professional status and financial position of both spouses are imperative for psychological flourishing of marital relationship. Indigenous findings via in depth interviews and FGDs exposed that education and financial strengths enhance the flourishing of a couple while, wives as working women, do not appear to influence the flourishing of married relationship.

Within Pakistan, the concept of emotional expression has arisen only fairly lately in contrast to western world. In western context, multiple researches have offered different incongruous findings in terms of emotional expressivity and happiness within marital bonding. Several researches have shed light on close association between the type of emotions (positive and negative) expressed and quality of marital relationship (e.g., Geist & Gilbert, 1996). Contrarily, some scientific researcher has illustrated contrasting results (Rauer & Volling, 2005). Indigenous qualitative exploration of the present study have exposed that Pakistani married females are more inclined towards the constraint of negative emotions within a married relationship, chiefly to achieve social desirability and positive self- impression (as narrated by one of women during personal interviews that, *most of the time, I hide my negative emotions with a fear of conflict with the better half*). However, consistent with present findings of western culture (Lavee & Ben Ari, 2004), most Pakistani married men rarely care about the emotions as significant marker of marital flourishing.

Likewise, *compromise* and *sacrifice* expansively prevail in the eastern cultures like Pakistan. Spouses, especially women, tend to endure what is disagreeable within a married relationship in order to please families or just in struggle to conform to the society

expectations. The distress of hurting or annoying their parents prevent a lot of married females from candid expression of their opinions while selecting husband or reporting dissatisfaction with their marriages (Qadir, de Silva, Prince, & Khan, 2005). Pakistani wives incline to see marital relationship marked as family commitment demanding them to be geared up to adjust and adapt as the men seldom do. Rehman and Holtzworth-Munroe (2007) reported videotaped conversations of couples from Pakistan and America. For American married sample, marital satisfaction was found to be considerably associated with communication patterns during conflicting interactions, while for marriages from Pakistan communication patterns were unrelated or slightly related to marital satisfaction of men and women.

Other culture specific themes emerged as consequent of qualitative analysis of flourishing construct included *Pressure from In-Laws* and its role in determining happiness and conflicts among married couples; expertise in domestic chores to please spouse and in-laws; expectation of obedience and *submissiveness* from the spouse; and level of *education* of the partner. It was observed through open discussions that husbands of Pakistani society like *least interference* from their wives in their professional matters but women tend to share all their household experiences with their husbands. The wives also expect that their husbands should *share the responsibilities related to child rearing* for a flourishing marital relationship. Likewise, eastern wives love *verbal expression of emotions* and expect their husbands to express their love and feelings but men consider it *dialogues* and rarely tend to express their inward feelings with their wives. Talking of *sex life*, husbands shared that as the years of married life pass by, wives become less interested in sex and intimacy. While,

wives reported to be interested in moments of intimacy and verbalization of love prior to actual sexual activity.

Several themes of psychological flourishing with reference to married relationship were identified that are consistent with the existing literature (e.g. Driver & Gottman 2004; Kaslow & Robison, 1996) like *compromise for the partner, commitment and loyalty, respect, patterns of communication, degree of closeness and intimacy with the partner, spousal support and encouragement, interactional Styles during conflict, ability to regulate emotional reactions, capitalizing on positive Events, humor, expressing love for the partner.* Qualitative information related to flourishing psychological in the present research is also consonant with the existing qualitative data pertaining to marital relationship (e.g., Bachand & Caron, 2001; Fenell, 1993) however, the current exploration has provided a more detailed picture in terms of husbands' and wives flourishing within their married relationship. All the emerged themes were further used to generate items to operationalize psychological flourishing of married individuals. The consequent scientific measure; PFS, would be used to quantify levels of psychological flourishing of wives and husbands.

It is concluded that the construct of psychological flourishing within married relationship is a viable concept to study optimal functioning of marriages in Pakistan; and Phase I of the present research, hence, gave a conceptual and operational insight into the construct from the married perspective of married individuals belonging to collectivistic and eastern societies. These explorations would be further utilized to gain understanding of psychological flourishing among married individuals in relation with other theoretically important variables.

Chapter IV

PHASE II: TRANSLATION, ADAPTATION AND PSYCHOMETRIC PROPERTIES OF STUDY INSTRUMENTS

In first phase of present study, an indigenous scale was developed to assess psychological flourishing of married individuals. To measure other variables of the study, Communal Orientation Scale and Berkeley Emotional Expressivity Scale was translated into Urdu. Another scale, Emotion Regulation Questionnaire was available in Urdu language.

Phase II was designed to translate, adapt and establish psychometric properties i.e. confirmation of factor structure, statistics for exploring descriptive properties, Cronbach alpha coefficients and item-total correlations.

Objectives

1. To translate study instruments (Communal Orientation Scale, COS; and Berkeley Expressivity Questionnaire, BEQ; into Urdu language for the better understanding of the sample of the research.
2. To confirm the factor structure of all study instruments i.e. Psychological Flourishing Scale (developed in Phase-I of present study) and Urdu translated versions of COS, BEQ & ERQ for Pakistani sample through confirmatory factor analysis (CFA).
3. To compute alpha coefficients, and descriptive statistics of study variables.
4. To find out correlations for study variables to see preliminary trends of data.

Step I: Translation of Research Instruments

Three instruments of the study COS, BEQ, and ERQ are developed in English language and have been validated on the samples that are very different from Pakistani married sample. Therefore, necessity was felt to translate these instruments into Urdu language so that Pakistani sample could easily understand the content and could response accurately. Step I of Phase II was divided into numerous stages which aimed to translate research instruments following methods recommended by Brislin (1976).

Following stages were conducted to accomplish the first step.

Stage 1: Permission to translate in Urdu. At stage I, formal permissions were gained from authors through emails. The process was started as authors provided with permissions to translate and customize their scales according to research needs.

Stage 2: Translation of Study Measures. Considering limitation of the general people in difficulty to understand English, measures were translated to local language (Urdu). Steps for translation and adaptation of the scales are described as under.

Stage 3: Forward Translation. Translation from English to Urdu scales was done by five bilingual experts. All experts were either PhD scholars or lecturers in higher education institutes. They were expert in Urdu and source of their coaching and formal (office) language was English. Thus, it was expected that being highly educated and having Urdu as native and mother language, they might be able to comprehend the linguistics, semantic and grammar of English version that is to be translated in Urdu. It was also assumed that they might be able to comprehend the wording of the items and would translate in a meaningful manner. All experts tracked the uniform procedures and standards for translation purposes.

Experts were requested to translate every item without any revision or replacement of item or word in the original text.

Stage 4: Committee Approach. Purpose of the committee approach during the translation process was to brainstorm and to select the finest translated items. Purpose of committee approach was to scrutinize the questionnaires on the basis of frequency and content of statements. The committee included 4 experts. All the experts hold minimum of M.Phil. degree and had extensive work experience in English language. They also possessed good comprehension of Urdu language as it was their native and mother language. All the members of committee were basically affiliated with educational background. The committee nominated the finest translated items and made them corresponding to original items in harmony to context, idiomatic phrases, linguistic and semantics. Committee approach was followed by systematic review for language and contextual similarity of each translated item. The finest translated items were nominated for English to Urdu (backward translation) translation.

Stage 5: Backward Translation. Process of backward translation aimed to translate the Urdu translated items back to English language to assess the accuracy and authenticity of the forward translated product. The phase was accomplished by 3 bilingual specialists who were proficient in English and hold M.Phil degree in English. Semantics, phrases and grammar of Urdu language was also known to them as Urdu being their first and native language. Backward translated items were once again reviewed elaborately. Entire items were transmitting the same meaning as that was depicted by in English form. Main purpose of this technique was to reduce mistakes in translated version and to yield an equivalent product.

Step II: Confirmation of Factor Structure of Research Scales

Determination of factor structure of research instruments was realized to be important to explore the constructs operating within eastern married culture. Therefore, confirmatory factor analysis was computed for COS, BEQ, ERQ & PFS.

Step II is further divided into following stages.

Stage I: CFA for Urdu Translated scales. As mentioned earlier, three of the total four research instruments (COS, BEQ, ERQ) have been developed and validated on western cultures. In order to understand the indigenous operation of respective variables i.e. communality, emotion expressivity and emotion regulation, its fundamental to confirm the factor structure of these scales on Pakistani married sample.

Sample. Same sample was used for step II that was previously utilized in step VII of phase I. Sample responded to the Urdu translated versions of COS, BEQ & ERQ.

Procedure. Confirmatory factor analysis technique has been used to evaluate the dimensionality of scales' items using AMOS- 21. CFA also aimed to examine the nature of and relations among latent constructs and to check if scales of study variables are in consonance with a researcher's appreciativeness of the nature of that construct. Another purpose of CFA was to refine and adapt the research tools according to indigenous perspective and to examine if the data fit the theorized measurement model.

To meet the object of determination that whether the factor structure is same for Pakistani culture as had been explored in other cultures or there are several novel dimensions or factors are existing within our indigenous scenario. CFA depends on numerous statistical tests to examine the suitability of Model fit to the data. Broadly used model fit indices (CMIN/df, NFI, IFI, TLI, CFI and RMSEA) with factor loadings .40 and

above are considered for determination of model fit. Constraints were predicted for the CFA model based on maximum likelihood technique labeled as path analysis connecting to fit the variances and covariance between observed scores. AMOS, hence, formulated a covariance matrix, containing the variance and covariance among observed scores. Moreover, unobserved variables were employed as error terms of observed variables. Utilizing the imputed data for the model (*only for PFS*), estimates were calculated. Standardized regression weights were recognized considering greater than .30 as acceptable factor loading (Field, 2009). Using suggestive modification indices, only error covariance were added to achieve a model fit.

Entire of four path diagrams were established with AMOS graphics and the analysis was imputed to estimate the chi-square values. The current research designated various criterion indices: chi square test (χ^2), Joreskog and Sorborn's (1989) goodness of fit index (GFI), Bentler's (1990) Comparative Fit Index (CFI), Bentler and Bonett's, normed fit index (NFI), and root mean square error of approximation (RMSEA). The criteria used for assessing model fit are with multiple indicators. Hu and Bentler (1999) suggested the Comparative Fit Index (CFI) and Tucker–Lewis Index (TLI) values above .94 and RMSEA values less than .07 represents an acceptable fit. RMSEA creates a hypothesis of close fit between the model and population. RMSEA values of .05 or less demonstrate a very close fit between the sample and the theoretical model, accounting for degrees of freedom. Values less than .08 reflect reasonably good fitting models (Browne & Cudeck, 1993).

Results: Following are findings of CFA for each scale

Table 5

Model –fit Indices for Communal Orientation Scale among Married Individuals (n=303)

	$\chi^2(df)$	NFI	IFI	TLI	CFI	RMSEA	$\Delta\chi^2(\Delta df)$
Model 1	248.27(76)	.66	.74	.68	.73	.08	158.43(9)
Model 2	89.84(67)	.87	.96	.95	.96	.03	

Model 1 = Default model of CFA for Communal Orientation Scale; Model 2 = M1 after adding Error Covariance

Table 5 presents model fit indices for Communal Orientation Scale. The model consisted of 14 items. It shows that Model 1 with $\chi^2(df) = 248.27 (76)$ having values of CFI = .73, IFI = .74, NFI = .66 and RMSEA = .08, though the value of CFI, TLI, IFI, and NFI was low and RMSEA was high. All the parameters of fit demonstrate a poor fit. The model was re-imputed with the same 14 indicators (item). In order to enhance the values, error covariance was included as per suggestion of modification indices. In Model 2, this addition increases the value of CFI, TLI, IFI, NFI and reduced the value of RMSEA to .03 which is marked as good fit.

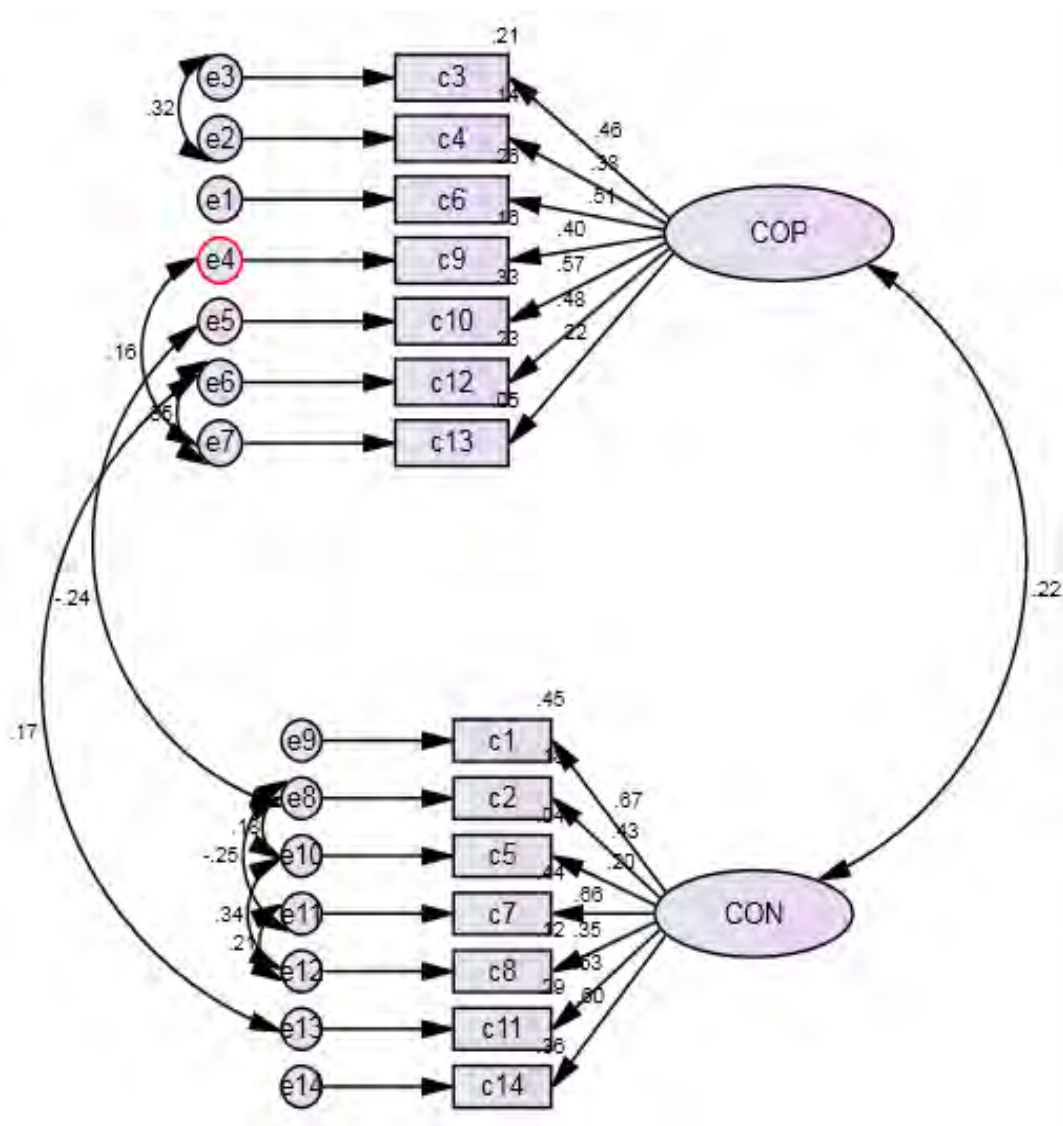


Figure 4. Standardized factor loadings in confirmatory factor analysis of Communal Orientation Scale

Figure 4 shows the item loading on each factor. To attain model fit and loadings greater than 4, a committee comprising of three PhD scholars suggested that reversed scored items to be constructed as negative dimension of the communal orientation scale. Seven items of the scale measures positive dimension of the communal orientation and remaining seven items measure the negative communal orientation. Other model fit indices of the CFA model for communal orientation scale depicts good model fit after applying several co

variances. Factor structures of communal orientation scale confirm its utility for Pakistani married sample.

Table 6

Model-fit Indices for Emotion Expressivity Scale among Married Individuals (n=303)

	$\chi^2(df)$	NFI	IFI	TLI	CFI	RMSEA	$\Delta\chi^2(\Delta df)$
Model1	519.54(104)	.57	.62	.55	.61	.11	400.39(17)
Model2	119.15 (87)	.90	.97	.95	.97	.03	

Model 1 = Default model of CFA for Emotion Expressivity Scale.

Model 2 = M1 after adding Error Covariance.

Table 6 presents model fit index for Emotional Expressivity Scale. The model consisted of 16 items. It shows that Model 1 with $\chi^2(df) = 519.54 (104)$ is having values of CFI = .61, IFI = .62, NFI = .57 and RMSEA = .11. The value of CFI, TLI, IFI and NFI was low and RMSEA was high. Model of expressivity scale demonstrate an unacceptable fit. The model was re run with the same 16 indicators (item). In order to improve the values, error covariance was included as per recommendation of modification indices. In Model 2, this imputation increases the value of CFI, TLI, IFI, & NFI and lowered the value of RMSEA to .03 which was regarded as good fit.

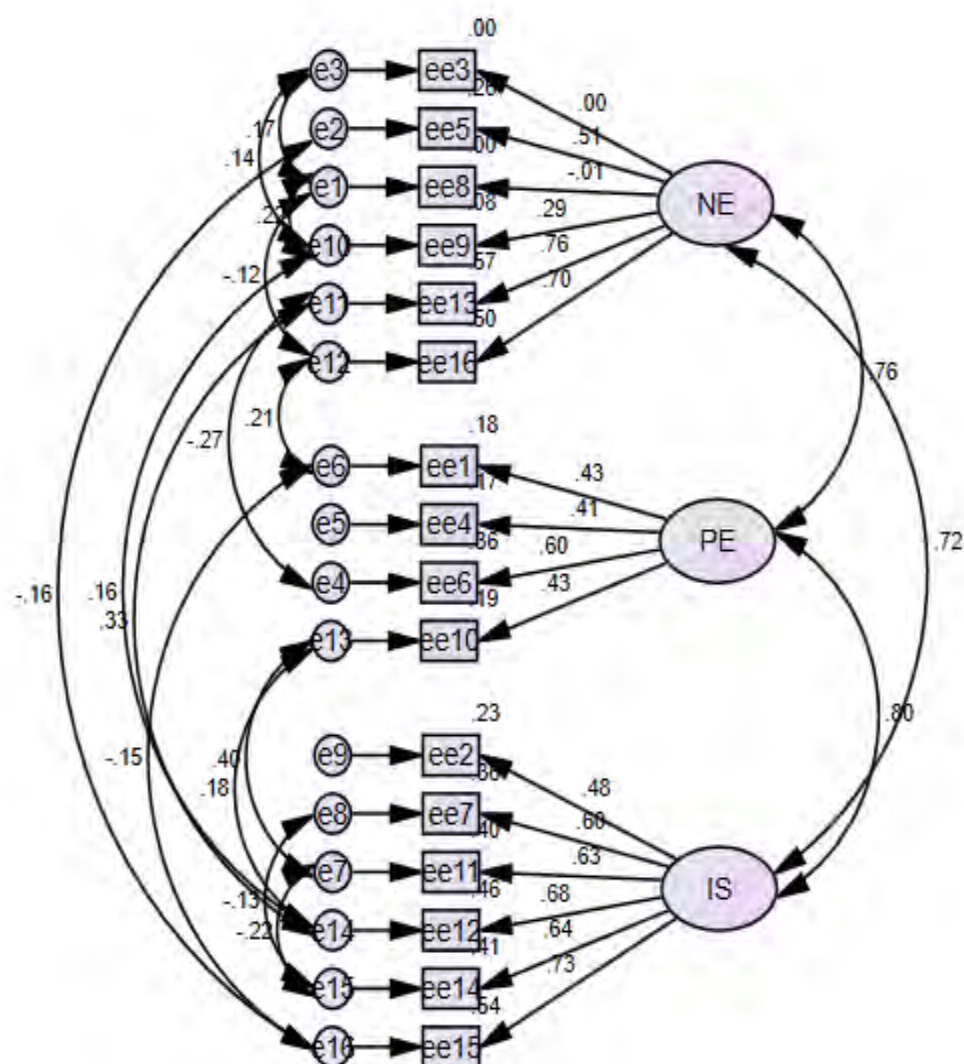


Figure 5. Standardized factor loadings in confirmatory factor analysis of Berkeley Expressivity Questionnaire

Figure 5 shows the item loading on positive, negative and impulse strength factors of Berkeley Expressivity Questionnaire. It is evident from the figure that nearly all items are desirably loaded, whereas, item no. 3 and 8 of negative emotion expressivity shows loadings less than 1. This factor of expressivity scale is reversely scored. Keeping in view the below average loading of these aforementioned items, a committee comprising of three PhD

scholars suggested that these two items should be discarded for the main study. Factor structures of Expressivity Scale confirm its utility for Pakistani sample.

Table 7

Model –fit Indices for Emotion Regulation Questionnaire among Married Individuals (n=303)

	<i>x (df)</i>	NFI	IFI	TLI	CFI	RMSEA	<i>Δx2(Δdf)</i>
Model 1	230.17(35)	.68	.72	.63	.71	.13	169.72(6)
Model 2	60.450(29)	.91	.95	.93	.95	.06	

Model 1 = Default model of CFA for Emotion Regulation Questionnaire.

Model 2 = M1 after adding Error Covariance.

Table 7 presents model fit criteria for Emotion Regulation Questionnaire. The model consisted of 10 items. It shows that Model 1 with $x(df) = 230.17(35)$ is with the values of CFI = .71, IFI = .72, NFI = .68 and RMSEA = .13. The value of CFI, TLI, IFI and NFI was less and RMSEA was quite high. The model of ERQ demonstrates poor fit. The model was re classified with the same 10 indicators (item). In order to enhance the values, error covariance was added according to recommendation of modification indices. In Model 2, this adjustment enhances the value of CFI, IFI, NFI and lowered the value of RMSEA to .06 which is regarded as good fit.

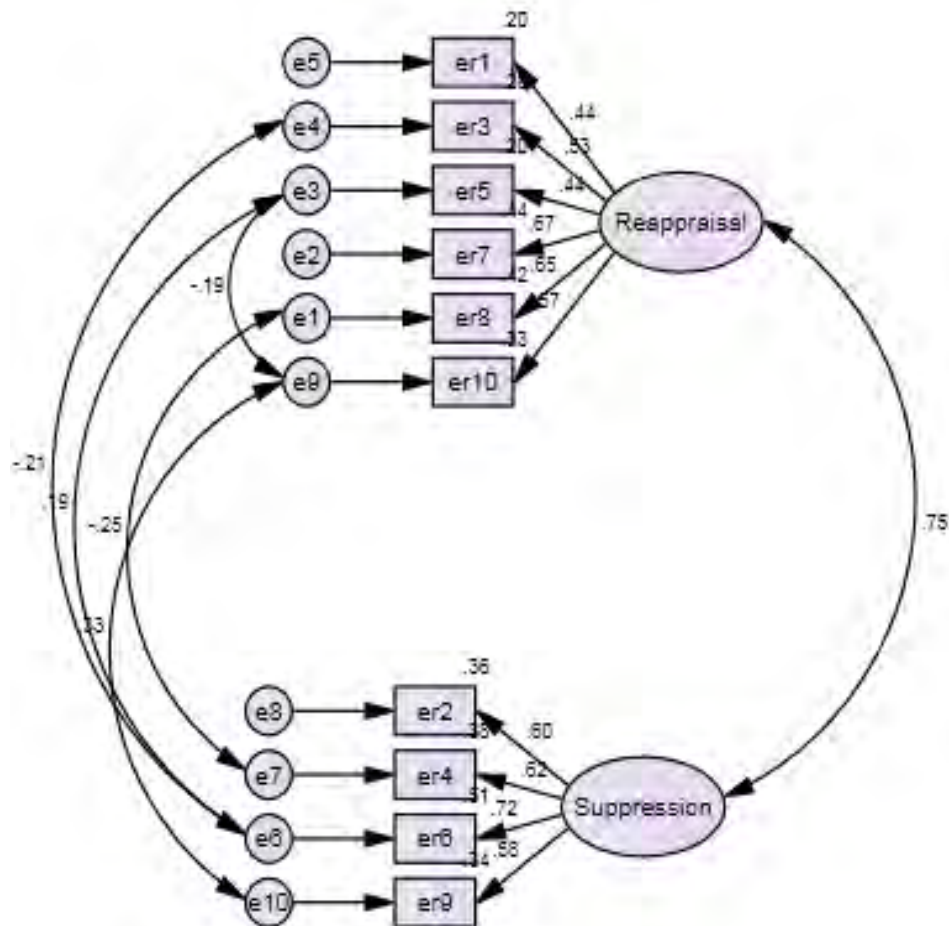


Figure 6. Standardized factor loadings in confirmatory factor analysis of Emotion Regulation Questionnaire

Figure 6 presents the item loading of Emotion Regulation Questionnaire on two sub scales i.e. reappraisal and suppression. It is evident from the figure that nearly all items are desirably loaded (greater than .3). Statistical model fit indices of the CFA model for emotion regulation scale depicts good model fit after applying several co variances. Factor structures of ERQ confirm its utility for Pakistani sample.

Table 8
Standardized Solutions by Confirmatory Factor Analysis of Communal Orientation Scale
(n=303)

Items	Factor 1	Factor 2
	Positive Communal Orientation	Negative Communal Orientation
CO3	.46	
CO4	.38	
CO6	.51	
CO9	.40	
CO10	.57	
CO12	.48	
CO13	.22	
CO1		.67
CO2		.43
CO5		.20
CO7		.66
CO8		.63
CO11		.60
CO14		.36

Note. CO= communal orientation.

Table 8 manifests the standardized solutions by confirmatory factor analysis of Communal Orientation Scale. The scale had been comprised of seven negatively scored items, but due to problems in loadings of that negatively scored items; the scale had been divided into two main factors i.e. positive communal orientation and negative communal orientation. Table above indicates that all the item (except item 5 & 13) exhibit loadings greater than .30. The items with less than .30 loading were not discarded and were reserved for the main study data. High loadings on other items are indicative of the fact that all items significantly add to the assessment of construct of communal orientation.

Table 9
Standardized Solutions by Confirmatory Factor Analysis of Berkeley Expressivity Questionnaire (n=303)

Items	Factors		
	Positive Express	Negative Express	Impulse Strength
EE1	.43		
EE4	.41		
EE6	.60		
EE10	.43		
EE3		.00	
EE5		.51	
EE8		-.01	
EE9		.29	
EE13		.76	
EE16		.70	
EE2			.48
EE7			.60
EE11			.63
EE12			.68
EE14			.64
EE15			.73

Note. EE= emotion expressivity scale. Express= Expressivity.

Table 9 displays standardized factor loadings of Emotion Expressivity Questionnaire. Whole retained indicators had standardized factor loadings above .40, which recommended that these items are considerably adding towards the assessment of construct i.e. emotion expressivity as constituting of three factors namely positive expression, negative expression and impulse strength. On other hand, bolded item number 3 & 8 shows loading of .00 & -.01 respectively that were discarded as they do not constitute the core component of emotion expressivity. These items do not contribute to conceptualize and measure the negative dimension of emotionality. Moreover, loading of item 09 (< .30) was also inadequate to allow this item to be the indicator of negative emotion expressivity; however, item number 09 was retained for the main study.

Table 10
Standardized Solutions by Confirmatory Factor Analysis of Emotion Regulation Questionnaire (n=303)

Items	Factors	
	Cognitive Reappraisal	Expressive Suppression
ER1	.44	
ER3	.53	
ER5	.44	
ER7	.67	
ER8	.65	
ER10	.67	
ER2		.60
ER4		.62
ER6		.72
ER9		.58

Note. ER = emotion regulation

Table 10 presents standardized factor loadings of Emotion Regulation Questionnaire. All items bear standardized loadings of above .40 on their respective components (factors) and no illustration of cross loadings was noticed in the modification indices. This provides empirical support for the factor structure of Emotion Regulation Questionnaire as consisting of two underlying factors namely reappraisal and suppression. Results indicate that two factor model of ERQ is suitable to use with married sample of eastern society.

Stage II: CFA for newly constructed scale of Psychological Flourishing. To compute CFA of Psychological Flourishing Scale, an independent sample (n= 200) was used because previously utilized sample (n= 303) was used to compute EFA on the same measure. EFA had depicted two factors solution for indigenously designed measure of PFS.

Sample. A sample of 200 married individuals (males= 87, 43%; females= 113, 56%) was obtained from major cities of Pakistan to calculate confirmatory factor analysis of

translated instruments. All the respondents were married for minimum of 2 year and all of them had minimum one child. Respondent's age range was about 21 -70 years. 43% of the subjects dwelled in joint family system and 54.9% resided in nuclear familial system. With respect to profession, the respondents were house wives (39%), educationists (56%), entrepreneurs (32%) and employees in private or government sectors (72%). In the midst of all respondents, 65% reported to have love marriages and 25% reported their married relationship as arranged. Separated or divorced individuals were excluded from the sample.

Table 11

Model –fit Indices for Psychological Flourishing Scale among Married Individuals (n=200)

	$\chi^2(df)$	NFI	IFI	TLI	CFI	RMSEA	$\Delta\chi^2(\Delta df)$
Model 1	1420.08(73)	.57	.73	.71	.73	.06	649.7(7)
Model 2	770.30(66)	.76	.95	.94	.95	.02	

Model 1 = Default model of CFA for Psychological Flourishing Scale.

Model 2 = M1 after adding Error Covariance.

Table 11 presents model fit indices for Psychological Flourishing Scale. The model consisted of 38 items. It shows that Model 1 with $\chi^2(df) = 1420.08(73)$ is with the values of CFI = .73, IFI = .73, NFI = .57 and RMSEA = .06; though value of CFI, TLI, IFI & NFI was low and RMSEA was high. All criteria of fit demonstrate a poor fit. The model was re run with the similar 38 indicators (item) because standardized factor loadings of entire items were above .3. In order to enhance the values, error covariance was included as per suggestion of modification indices. The modification increases the value of CFI, TLI, IFI, & NFI and lowered the value of RMSEA to .02 which is marked as good fit.

Table 12
Factor Loadings of Confirmatory Factor Analysis for Psychological Flourishing Scale
(n=200)

Factor 1		Factor 2	
Item	Relationship Dimension	Item	Individual Dimension
1	.49	14	.66
2	.45	15	.60
3	.52	16	.51
4	.48	18	.35
5	.59	19	.34
6	.66	20	.33
7	.60	21	.45
8	.62	22	.43
9	.41	24	.52
10	.60	26	.48
11	.37	27	.56
12	.53	28	.33
13	.49	31	.49
17	.69	32	.31
23	.58	34	.57
25	.51	36	.36
29	.45	37	.34
30	.51		
33	.49		
35	.59		
38	.57		

Factor Loadings of Psychological Flourishing Scale

Table 12 shows factor loadings of confirmatory factor analysis for Psychological Flourishing Scale. All the indicators show loadings greater than .30 which indicates that all the latent items are good contributors of construct of Psychological Flourishing. The two factors i.e. relationship dimension and individual dimension evidently contributes to measure and understand the construct of Flourishing on indigenous data.

Step III: Establishing Psychometrics

Step III of Phase II was conducted to evaluate descriptive and psychometrics of validated study instruments and to find out the preliminary patterns of relationship among study variables.

Following stages were carried out to accomplish Step III of Phase II.

Stage I: Psychometric properties of study variables. Stage I of Step II aimed to find descriptive statistics; mean, standard deviation, kurtosis, Skewness and range of study measures. This stage also aimed to compute correlations to find relationships among study variables.

Sample. A sample of (n=303) of married individuals was selected from Rawalpindi, Islamabad, Lahore and Bahawalpur. Convenient sampling technique had been implied to recruit the research participants. Participants were educationists, employers, and entrepreneurs and had been married for minimum for five years. Sample included both males and females. A minimum criterion of education was decided to be matriculation.

Procedure. Respondents of the study were approached personally. Researcher herself collected the data. All the data were collected through questionnaires. A booklet of questionnaires consisted of Performa for demographic details and all the four research instruments in Urdu language. Process of collecting data took nearly four months before starting the process of analysis. Data was analyzed by using IBM SPSS-22 version by applying a variety of statistical tests.

Results. The data received from various respondents of the study was analyzed. Descriptive statistic was conducted to gain adequate description and understanding of the data characteristics. Moreover, consistency (internal) of the study measures was also

calculated by imputing Cronbach's Alpha Coefficient for reliability. Correlations among scales and respective sub scales were also calculated to identify the initial relationship patterns of research variables.

Psychometric Properties of Study Variables are presented in the tables below.

Table 13

Descriptive statistics and reliabilities of Sample for study variables (n= 303)

Scales	Items	<i>M</i>	<i>SD</i>	α	Skew	Ku	Potential	Actual
PFS (T)	38	164.10	15.32	.88	-.41	1.03	38- 190	91-190
PFS(R)	21	67.81	8.65	.74	-1.33	5.23	21-105	39-105
PFS(I)	17	92.19	8.42	.72	-.04	.03	17- 85	36- 85
COS (T)	14	47.2	7.44	.70	.38	.30	14-70	20-64
CO (P)	7	21.31	4.64	.75	.11	-.10	7-35	9-34
CO (N)	7	17.66	4.59	.73	.35	.06	7-35	7-32
EE (T)	14	15.7	3.25	.81	.19	.24	14-70	15-65
EE (P)	4	8.8	2.60	.74	.29	-.01	4-20	4-17
EE (N)	4	18.5	3.66	.71	.07	-.02	4-20	6-20
EE (IS)	6	14.3	4.48	.77	.49	.31	6-30	6-30
ER	10							
ER (CR)	6	15.2	3.66	.75	.14	.37	6-30	6-30
ER (ES)	4	10.2	3.05	.79	.39	.13	4-20	4-20

Note. PFS= psychological flourishing scale. R = relationship. I= individual. COS= communal orientation scale. CO= communal orientation. P= positive. N=negative. EE=emotional expressivity.IS= impulse strength. ER = emotion regulation. CR = cognitive reappraisal. ES= expressive suppression. Max= maximum. Min=minimum. α = reliability coefficient. SD= standard Deviation. M=Mean. Ku= kurtosis.

As depicted from the values shown in the table 13, alpha coefficients of entire four scales and the subscales are adequate and fairly satisfactory (Petty, Briñol, Loersch, & McCaslin, 2009), thus presenting their internal consistency. The alpha coefficients range from .70 to .88. Standard Deviation (variability) shows that how much the sample data differ from each other. The means give summary of the sample data that observations are around this value. Further Skewness and kurtosis give information about more characteristics of the data. The negative values of kurtosis indicate flatness of the data distribution which shows more variables in data and vice versa. The potential and actual values are the basic measure

of variability that indicates maximum and minimum value which is also useful to assess data range.

It can be concluded with all these findings that all translated and developed measures are reliable scales to measure psychological flourishing, communal orientation, emotional expressivity, and emotion regulation of married population.

Stage II: Relationship among Study Variables. Bivariate correlations were calculated with the purpose to recognize configuration of relationship among study variables. Item total correlations of the measures were also imputed with the purpose to evaluate each item's contribution in assessing a particular construct and to evaluate if the items were appropriately measuring their corresponding construct.

Table 14
Item Total Correlation of Communal Orientation Scale (n=303)

Item No.	R	Item No.	R
1	.39**	8	.44**
2	.40**	9	.33**
3	.48**	10	.40**
4	.39**	11	.41**
5	.33**	12	.34**
6	.37**	13	.28**
7	.40**	14	.42**

** $p < .01$

Item total Correlation illustrated in the table 14 shows that all items of communal orientation scale are significantly correlated with the total score of the scale in positive direction. The numerical values in the table above indicate that the scale is internally consistent and all the items have prominent contribution in the evaluation of communal orientation of married individuals. Furthermore, highly significant correlations were also

illustrative of construct validity of the instrument as all the items are measuring only one construct i.e., communal orientation.

Table 15

Item Total Correlation of Psychological Flourishing Scale (n=303)

Item no.	R	Item no.	R
1	.42**	21	.34**
2	.37**	22	.34**
3	.43**	23	.52**
4	.52**	24	.45**
5	.43**	25	.51**
6	.43**	26	.45**
7	.51**	27	.45**
8	.48**	28	.50**
9	.38**	29	.53**
10	.51**	30	.42**
11	.30**	31	.53**
13	.29**	33	.41**
14	.55**	34	.36**
15	.38**	35	.55**
16	.39**	36	.49**
17	.46**	37	.40**
18	.51**	38	.46**
19	.58**		
20	.47**		

** $p < .01$

Item total correlation depicted in Table 15 indicates that all items of Psychological Flourishing Scale are significantly positively correlated with the total score of the scale. This shows that the scale is internally consistent and all the items had their share in the evaluation of Psychological Flourishing of married individuals. Furthermore, high significant associations are also indicative of construct validity of the scale.

Table 16*Item Total Correlation of Emotion Expressivity Questionnaire (n=303)*

Item no.	R	Item no.	R
1	.45**	10	.52**
2	.51**	11	.60**
4	.42**	12	.71**
5	.51**	13	.67**
6	.54**	14	.53**
7	.58**	15	.63**
9	.38**	16	.63**

** $p < .01$

Item total correlation shown in Table 16 indicates that all of the items of Emotion Expressivity Questionnaire are significantly correlated with the total score of the scale in positive line. This shows that the scale is internally consistent and all the items had their contribution in the evaluation of Psychological Flourishing of married individuals. Furthermore, notably significant correlations were also illustrative of construct validity of the scale as all the items are measuring only one construct i.e., Emotion Expressivity (positive, negative and impulse strength).

Table 17*Item Total Correlation of Emotion Regulation Questionnaire (n=303)*

Item no.	R	Item no.	R
1	.61**	2	.75**
3	.66**	4	.73**
5	.52**	6	.77**
7	.74**	9	.67**
8	.68**		
10	.62**		

** $p < .01$

Item total correlation depicted in Table 17 indicates that whole range of items of the sub scales of Emotion Regulation Questionnaire are significantly positively correlated with the total score of the scale. It shows that the instrument of emotion regulation used in study

is internally consistent and all the items truly contribute in the evaluation of Emotion Regulation strategies of married individuals. Furthermore, highly significant correlations were also indicative of construct validity of the scale as all the items are measuring only one construct.

Table 18

Correlation Coefficient among all the Variables of the Study (n= 303)

Variables	1	2	3	4	5	6	7	8	9	10	11	12
CO (T)	1	.81**	.83**	-.13*	-.08	-.07	-.15**	-.00	-.00	.20**	.03	.30**
CO (P)		1	.39**	-.25**	-.17**	-.14**	-.26**	-.02	.03	.24**	.07	.34**
CO (N)			1	.00	.04	-.00	-.00	.00	-.05	.07	-.04	.16**
EE (T)				1	.76**	.76**	.86**	.10	-.20**	-.20**	-.06	-.27**
EE (P)					1	.40**	.55**	.16**	-.16**	-.20**	-.05	-.29**
EE (N)						1	.42**	-.11*	-.36**	-.01	.08	-.10
EE(IS)							1	.19**	-.00	-.25**	-.16**	-.27**
ER (CR)								1	.54**	-.16**	-.11	-.17**
ER (ES)									1	-.11	-.15**	-.04
PF (T)										1	.86**	.87**
PF (R)											1	.52**
PF (I)												1

Note. CO (T) = communal orientation total. CO (P) = communal orientation positive. CO (N) = communal orientation negative. EE (T) = emotions expressivity total. EE (P) = emotion expressivity positive. EE (N) = emotion expressivity negative. EE (IS) = emotion expressivity impulse strength. ER (CR) = emotion regulation cognitive reappraisal. ER (ES) = emotion regulation expressive suppression. PF (T) = psychological flourishing total. PF (R) = psychological flourishing relationship. PF (I) = psychological flourishing individual

** $p < 0.01$, * $p < .05$.

The table 18 shows the patterns of associations among all the study variables. Initial findings on a data of 303 married individuals (used in Step III, Stage I) depicts that the variables are strongly associated with one another in either positive or negative direction. Positive Communality is significantly positively associated with psychological flourishing individual dimension ($r = .34^{**}$) and psychological flourishing total ($r = .24^{**}$); whereas, significantly negatively correlated with all the dimensions of emotional expression (positive emotional expression, $r = -.17^{**}$, negative emotional expression, $r = -.17^{**}$, impulse strength emotionality, $r = -.26^{**}$, emotional expressivity total, $r = -.25^{**}$). Negative

communality is significantly positively correlated with individual dimension of psychological flourishing ($r = .16^{**}$).

Relationship dimension of psychological flourishing is significantly negatively associated with expressive suppression strategy of emotion regulation ($r = -.15^{**}$). Flourishing is also positively correlated ($r = .17^{**}$) with communal orientations. Relationship dimension of flourishing is significantly negatively correlated ($r = -.17^{**}$) with emotion regulation reappraisal strategy. Individual dimension of psychological flourishing is significantly positively correlated with communal orientation total ($r = .30^{**}$), communal positive orientation ($r = .34^{**}$), and communal negative orientation ($r = .16^{**}$). On the other hand, individual dimension of psychological flourishing is negatively correlated with positive emotion expressivity ($r = -.29^{**}$), impulse strength emotionality ($r = -.27^{**}$) and cognitive reappraisal of emotion regulation ($r = -.17^{**}$). Cognitive reappraisal strategy of emotion regulation is positively correlated with positive emotion expressivity ($r = .16^{**}$) and impulse strength emotionality ($r = .19^{**}$). Contrarily, expressive suppression strategy is correlated with positive emotion expressivity in negative line ($r = -.16^{**}$) and negative emotion expressivity ($r = -.36^{**}$).

Discussion

Phase II and its numerous steps aimed at validating and examining factor structure of PFS (which was developed in Phase I of the current study), COS, BEQ and ERQ and examining the psychometric properties (i.e.) reliability coefficients and item-total correlations of the measures. This section of research also aimed to investigate the path of relationship among all research variables.

One important objective of pilot study was to explore psychometric characteristics of all the scales used in the study. In order to meet the objective, reliability estimates and item-total correlations were computed for PFS, COS, BEQ and ERQ. Cronbach's Alpha coefficient of PFS and its two dimensions (i.e. relationship dimension and individual dimension) was highly reliable and appropriate for use with married individuals to evaluate psychological flourishing of their marital relationship. Results (Table 15) have also shown that all items of PFS were significantly correlated with one another in positive direction demonstrating that each item of the scale is contributing in the overall measure. Since PFS has been exclusively developed in the current study for assessment of psychological flourishing of married individuals, hence, no evidence in existing literature could be related with the psychometric evaluation of PFS.

Reliability coefficient of COS-U and its subscale (positive communal orientation and negative communal orientation) ranged from .70 to .75 (Table 13) which illustrates that the scale possesses internal consistency and could be confidently used to measure communal tendencies of married population of Pakistan. Further, significant positive item-total correlations extending from .28 to .48 (Table 14) further revealed the internal consistency of COS-U and its respective subscales. These results are consistent with the conclusions drawn

in the original version of COS (Mills, et al., 2004) and subsequent studies validating COS (Gravelin, 2010) reporting high internal consistency for COS and its subscales.

The Communal Orientation Scale is an individual difference scale used to measure communal tendencies of the personality. In present scale, the COS is used to measure communal orientation tendencies of married individuals and how it impacts the psychological flourishing of marital relationship. Irrespective of the fact, the COS is a measure of individual differences, yet it effectively measured the communal tendencies within marital relationship. Because a particular relationship exists does not mean that any individual difference measure does not influence behavior in a particular relationship. Relationship literature data bases have depicted that there are studies that have used individual differences and general personality scales to assess marital quality and satisfaction (Ben-Ari, & Lavee, 2005; Banerjee & Basu, 2014; Nilforooshan, Ahmadi, Fatehizadeh, Abedi, & Ghasemi, 2013). For instance, Nilforooshan, et al. (2014) has reported the use General Factor of Personality (GFP) and adult attachment dimensions in marital quality through relationship attributions and emotional reactions. Similarly, a study conducted by Luo et al., 2008, examined individual differences approach towards understanding of marital relationship satisfaction. Likewise, there are numerous studies documenting the use of general personality inventories like Big Five Model to explore association between personality differences and interpersonal relationships (Gattis, Berns, Simpson, & Christensen, 2004; Watson et al., 2004). Hence, it is evident from the above mentioned relationship researches that COS served towards reliable measurement of communal orientation with reference to marital relationship.

Findings also indicate adequate reliability estimates of BEQ-U and its subscales on the sample of married individuals. Value of alpha reliabilities of BEQ-U and its subscales extended from .74 to .77 for present research. Likewise, significant item total correlation of the adapted scale and its subscales lie between the range of .42 to .71, thus indicating reliability and authenticity of the measure on the married sample eastern society. Other studies (e.g., Lin, Soi-Kawasi, Narita-Ohtaki, Itoh, & Kim, 2015) have concluded the same findings when validated on sample of Japanese adults reporting Cronbach's alpha coefficients 0.83 for the expressivity entire scale, and 0.61-0.77 for its subscales. Test-retest correlations were 0.61 for the whole scale, and 0.57-0.61 for its subscales.

Alpha coefficients and item total correlations of ERQ-U were also calculated and the results indicate internal consistency of the measure on married data of present study. Alphas for ERQ-U and its subscales ranged between .75 to .79 and significant item total correlations ranged between .52 to .77. Calculated values manifest reliability of the adapted version of ERQ on married individuals. Numerous empirical studies (Ali & Alea, 2018; Liu, Chen, & Tu, 2017) have validated ERQ have found this measure to be consistent and reliable to be used on diverse populations.

Another major objective of Phase II of present study was aimed in order to determine factorial structure and construct validation of all instruments in order to confirm either the measure which have been originally developed and validated in western cultures and on diverse samples (except PFS) are suitable to use on married sample of eastern culture or not. The studies exploring quality of married relationships have relied on numerous variables that could contribute towards happiness of marital relation. The present indigenous exploration, relying on communal and emotional factors explaining psychological

flourishing of husbands and wives, is focusing to use appropriate measures that could reliably assess communal orientation and emotional processes impacting flourishing of married individuals. However, the cross cultural application of COS, BEQ and ERQ depends upon the psychometric strength particularly factorial structure and construct validation of the measure. Thus, the present study also aimed to confirm factor structure of research instruments on married population of eastern culture.

Previous researches examining the factor structure of COS have manifested inconsistent conclusions supporting a one-factor of COS (Clark & Mills, 1987). Factor structure of COS has been validated on married couples yielding a single factor (Mills, et al., 2004). However, Data of the current study generated two factor structures of COS-U by producing reverse items as a separate scale labeled as negative communal orientation. Another CFA was computed. The standardized factor loadings greater than .3 (Table 8) of each item against the respective subscales (communal positive orientation and communal negative orientation) proved its construct validation on eastern married sample. Only two items, 13 & 5 showed loading less than .3. However, after consulting the actual author and SMEs, it was concluded that these items are very important with respect to their content and wordings, hence, these items were not removed and were retained for the main study.

Confirmation of factor structure of BEQ-U yielded three-factor structures on the sample of married individuals. Standardized factor loadings gave adequate numeric $> .3$ except item number 3 and 8 that showed loading .00 and -.01 respectively. Hence, these items were removed for its use on data of main study. Finding was hence, in line with several existing empirical studies validating three factor structures of BEQ (Mohiyeddini, John, & Gross, 2008). There are also studies that have found three-factor model of BEQ as

the result of its validation on Izmir sample explaining 48% of total variance (Akan & Bariskin, 2016).

Similarly, in terms of ERQ-U, confirmatory factor analysis confirmed two-factor model of emotion regulation strategies on sample of married individuals. Standardized factor loadings provided loading > 3 on all factors, thus illustrating contribution of all item to measure emotion regulation strategies. Construct validation of ERQ-U in present study is in line with the studies that have confirm two factor model of ERQ on samples (Ali & Alea, 2018; Gross and John, 2003).

Phase II of the present empirical investigation also provided information about the preliminary pattern of relationship among study variables. It was also highlighted that how study variables are related with one another. The relationship pattern that emerged as the result of pilot study showed that psychological flourishing (i.e. outcome) of the showed significant positive correlations with communal orientation (i.e., predictor variable). Whereas, psychological flourishing shows significant negative correlations with multiple dimensions of emotional expressivity (i.e., mediator) and reappraisal dimension of emotion regulation (moderator). No significant relationship was found when psychological flourishing was correlated with negative expressivity of emotions and expressive suppression dimension of emotion regulation. Psychological flourishing also depicts positive significant correlations with its sub scales (i.e. relationship and individual). Existing researches on role of emotions in personal relations suggest that emotional expressivity performs a significant role in personal interaction (Carstensen, Graff, Levenson, & Gottman, 1996; Gottman & Levenson, 1992; Geist & Gilbert, 1996; King, 1993; Long & Andrews, 1990; Sullins, 1991).

On contrary, studies on communal orientation are in line with results of pilot study by documenting multiple personal and interpersonal benefits of communality (Canevello & Crocker, 2010; Williamson & Clark, 1992). Similarly, relationship of emotion regulation strategies with psychological flourishing of married individuals yielded significant negative correlation. Reappraisal strategy was found to be negatively correlated with flourishing. However, existing literature has illustrated positive influence of reappraisal strategy social relations (Butler et al., 2003). Findings in terms of expressive suppression in relation to flourishing of married individuals is in line with the existing researches that has depicted impact of suppression strategy found to be detrimental for social and personal relations (Gross, 1998).

In general, the results of this phase were fairly promising while considering factor structure; construct validity, psychometric properties and relationship patterns of research instruments and their subscales. All research scales along with the respective subscales were proved to be dependable, consistent and reliable. Preliminary relationship patterns among research variables through correlations provided a scientific understanding of the constructs operating in interpersonal domain with special reference to marital relationship within a collectivistic culture.

PHASE III: MAIN STUDY**Objectives**

Phase III of the study is designed to explore patterns of relationship among numerous study variables. The explicit purposes of this phase are:

1. To investigate the role of descriptive statistics on the data of main study.
2. To explore multiple levels of psychological flourishing among married individuals.
3. To find out predicting role of communal orientation in psychological flourishing among married individuals.
4. To test the mediating role of Emotion Expressivity in relation between Communal Orientation and Psychological Flourishing.
5. To analyze Moderation of Emotion Regulation Strategies in relationship between Communal Orientation and Psychological Flourishing.
6. To test the proposed model of Psychological flourishing and its predictors among married sample.
7. To analyze role of demographic variables i.e. gender, level of education, profession, type of marriage, family system, and years of marriage in terms of marital flourishing, communal orientation, emotion expressivity, and emotion regulation.
8. To analyze moderated-mediation role of emotion regulation and emotion expressivity between the relationship of psychological flourishing and communal orientation among married individuals.

Hypotheses

Following hypotheses were formulated for present research:

1. Positive Communal Orientation is positively related with relationship and individual subscales of psychological flourishing, whereas, negative communal orientation is negatively related with relationship and individual subscales of psychological flourishing.
2. Positive emotional expressivity and impulse strength are positively related with relationship and individual subscales of psychological flourishing.
3. Cognitive reappraisal strategy of emotional regulation is positively associated with relationship and individual subscales of psychological flourishing.
4. Expressive suppression strategy of emotional regulation is negatively associated with relationship and individual subscales of psychological flourishing.
5. Positive Communal Orientation positively predicts psychological flourishing and its dimensions i.e., relationship dimension and individual dimension among married individuals.
6. Negative Communal Orientation negatively predicts psychological flourishing and its dimensions i.e., relationship dimension and individual dimension among married individuals.
7. Facets of emotional expressivity (i.e., positive, negative and impulse strength) are mediating the relationship between communal orientation and psychological flourishing among married individuals.

8. Strategies of emotional regulation (i.e., cognitive reappraisal and expressive suppression) will strengthen the relationship between communal orientation and psychological flourishing among married individuals.
9. Husbands are high in psychological flourishing, positive and negative communal orientation and cognitive reappraisal strategy as compared to wives.
10. Wives are high in positive and negative expression of emotions, and expressive reappraisal strategy as compared to husbands.
11. Moderate levels of psychological flourishing will be high with respect to demographic variables (gender, family system, type of marriage, level of education and profession).
12. Expression and regulation of emotions are playing the role of moderated-mediation or mediated-moderation between the association of communal orientation and psychological flourishing among married individuals.

Measures

Psychological Flourishing Scale. To examine level of psychological flourishing of marital relationship, 39 item scale (PFS) was used. The scale was indigenously developed in present study (Appendix D). PFS comprised of two subscales named as *relationship* dimension (21 items) and *individual* dimension (17 items). Each item of the scale is scored on 5 point scale where 1 is disagree (strongly), 2 is disagree, 3 is neutral, 4 is agree and 5 is agree (strongly). High score manifests high level of psychological flourishing of married individuals. Relationship Dimension was measured by item number 1-13, 17,23,25,29,30,33, 35, & 38. Whereas, Individual Dimension was measured using responses from items, 14,15, 16, 18, 19, 20,21,22,24, 26, 27, 28, 31, 32, 34, 36 & 37. Responses are summed up to get a

total score. To identify levels of psychological flourishing, scoring was divided as low, moderate and high.

Communal Orientation Scale. Communality of husbands and wives was assessed through Communal Orientation Scale (COS; Clark et al., 1987). The 14-item scale appraises individual's disposition to be responsive and sharing with partner and expects same from partner. COS- U is used in the present scale to measure communal orientation among married sample. As the result of confirmatory factor analysis, two distinctive factors (subscales) were formulated named as communal orientation positive (COP) and communal orientation negative (CON). Each item of the measure is rated on 5 point scale where 1 is disagree (strongly), 2 is disagree, 3 is neutral, 4 is agree and 5 is agree (strongly). Items no, 3,4,6,9,10,12,13 measured the negative communality whereas, items no, 1,2,5,7,8,11,14 measured positive communality (Appendix E).

Berkeley Emotion Expressivity Questionnaire. BEQ (BEQ; Gross & John, 1995) was utilized to evaluate dimensions of emotional expressivity i.e. positive emotional expression, negative emotional expression, and impulse strength. BEQ- U was finalized in Phase II of the present study. Each item of the scale is scored on 5 point scale where 1 is agree (strongly), 2 is agree, 3 is neutral, 4 is disagree and 5 is disagree (strongly). BEQ yields total score and 3 subscales for Positive expressivity, negative expressivity and Impulse Strength. Urdu Version of the scale BEQ-U (Appendix F) was used in the present study to collect the data.

Emotion Regulation Questionnaire. Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) is a 10 item questionnaire focusing the processes of emotional regulation and management. The questionnaire comprises of two subscales; cognitive

reappraisal (6 items) and expressive suppression (4 items) on a 5- point scale, where 1 is disagree (strongly), 2 is disagree, 3 is neutral, 4 is agree and 5 is agree (strongly). Endorsement of a particular strategy is indicated by higher mean score on the subscale. No items are reversed. The present study utilized ERQ-U to collect data related to regulation of emotions among married individuals (Appendix G).

Personal and Demographic Data Sheet. A list of socio demographic variables was prepared on the bases of extensive literature review. The list included gender of the respondent, age, education, profession, number of children, family structure (joint or nuclear) kind of marriage (love or arrange), and general health (Appendix H).

Sample

A sample of 1002 married individuals (Males= 433, 43.2%; Females= 596, 56.8%) was taken from major cities of Pakistan (Islamabad, Rawalpindi, Lahore, Gujranwala, Bahawalpur, Bahawalnagar and Rahim Yar Khan) to elucidate the results for the main study. Purposive Convenient sampling was used to collect the data. In this non- probability sampling technique, married subjects were selected because of their convenient accessibility and proximity to the researcher. All the respondents were married for minimum of 1 year and all of them had minimum one child. Age range of respondents was between 20-80 years. 45.6% of respondents lived in joint family system and 54.4% lived in nuclear family system. Both the family systems were part of urban areas of the country. In terms of profession, the participants were house wives (22.1%), job holders in private or government sectors (34.1%), educationists (28.6%), and entrepreneurs (11.2%). Among the participants, 18.6 % were committed in marital relationship that they identified as “love marriages” and 81.4%

reported their marriages as "arranged" (marriages happened conferring to one's parent's will instead of their own). All the respondents were independent participants and neither of them was married to each other. Sample characteristics along with their percentage and frequency are given below.

Table 19
Frequencies and Percentage of Sample of the main study (n= 1002)

Characteristics	<i>f</i>	%
Gender		
Male	433	43.2
Female	596	56.8
Education		
Matric	166	16.6
Intermediate	111	11.1
Bachelors	177	17.7
Masters	437	43.6
M.Phil	81	8.1
PhD	19	1.9
Profession		
House wife	221	22.1
Teacher	287	28.6
Business	112	11.2
Job (Pvt or Govt)	342	34.1
Family System		
Nuclear	457	45.6
Joint	457	45.6
Duration of Marriage		
1-10	516	51.5
11-20	265	26.4
21-30	156	15.6
31-40	47	4.7
41-50	11	1.1
No. of Children		
1	262	26.1
2	240	24.0
3	206	20.6
4	135	13.5
5	51	5.1
Above 5 Children	115	8.7
Sons	734	73.3
Daughters	730	72.9
Type of Marriage		
Arrange	712	71.1
Love	186	18.6

Note. f= frequency of the characteristics.

Procedure

Data collection was accomplished in five months and twelve days with the help of the team comprising of research assistants. Researcher approached the participants personally as well as with the team. Informed consent was obtained through *Informed Consent Form* (Appendix I) that provided briefing regarding rationale, objectives and purpose of the study. Respondents were assured that the collected information would be kept confidential and would be utilized for the study purpose only. Besides written instructions printed at the opening of each booklet, the respondents were also taught verbally as how to answer various items in the booklet. Researcher hired a team of research assistants who supported her in the process of data collection. Researcher approached the respondents personally as well as through the team of research assistants. Each participant was provided 24 hours to complete the questionnaire. Response rate of the respondents was quite good (approximately greater than 70%) as respondents took interest in the topic and showed motivation to attempt the questionnaire. Counter balancing was performed by dividing the sample with one half completing the two conditions in one order and the other half completing the conditions in the reverse order. Questionnaires were counterbalanced to avoid sequence effects. Respondents voluntarily participated in the study and they were not provided with any financial incentive to be the part of present research.

Data Cleaning and Dealing with Missing Values: A data set of 1023 cases was screened out for identification of multivariate and univariate outliers and to ensure the accuracy of the data set. First of all, cases were assessed at the entry level, it was found that there were 2.8% cells that were containing wrong data. These were typing mistakes and out of scale range entries. Data was corrected with the help of hard copies of forms. After

assuring the accuracy of the data entry, box plots were examined for verification purpose of univariate outliers. Some of the univariate outliers were found on Emotional expressivity Scale where several respondents replied only on *neutral response options* therefore; those cases were exempted from the data set.

Next step was handling missing of the screened data, 108 cases were found that had at least one missing response on a variable. Because of results such as ($\chi^2 (40988) = 3357.31, p=1.00$), the little MCAR test was non-significant. This stated that there was some data which was missing at random. For instance in demographic number of children, 39 cases was missing from the data. By utilizing *Expectation Maximization (EM)* missing values were assigned. EM technique is considered to be better than traditional missing handling techniques (Rubin, Witkiewitz, St Andre, & Reilly, 2007), that is due to the reason that traditional techniques are repetitive processes which do not address the missing values directly; instead the procedure continues iteratively through E step to M step until convergence, when the alteration from iteration to iteration becomes negligible (Little & Rubin, 1989). Finally, data set was comprised of 1002 cases which were screened from all aspects and were ready for final analysis.

Results

Result section below includes numerous statistical analyses to accomplish objectives of the main study. Descriptive statistics were computed to summarize features of sample and measures used in the study. Alpha reliabilities were imputed to estimate internal consistencies of the constructed and adapted measures. Correlations were implied to examine relationship among study variable. Regression Analysis was used to study prediction of communality in predicting psychological flourishing of married individuals.

All above mentioned statistics was calculated using SPSS-22 version. Indirect conditional effect (mediation) of emotion expressivity and interaction effect (moderation) of emotion regulation was explored between the relationship of communal orientation and psychological flourishing using Process Macro by Andrew Hayes in SPSS -22. Mean differences on study variables and variations at multiple level of flourishing on demographics was also explored. Moderated-mediation was also used to see buffering effects of mediators and moderators. Lastly, conceptual model was tested on married sample of present research using AMOS-21.

Table 20

Descriptive statistics and reliabilities of Sample for main study variables (n=1002)

Scales	Items	<i>M (SD)</i>	α	Skew	Ku	Potential	Actual
Psychological Flourishing	38	164.12(16.40)	.90	-.59	.19	38-190	38-185
Relationship Dimension	21	93.10(9.05)	.88	1.13	1.98	21-105	21-105
Individual Dimension	17	71.01(9.01)	.81	-.29	-.19	17-85	17-84
Communal Orientation	14	44.09(8.10)	.74	.43	.38	14-70	14-65
Positive CO	7	23.75(4.53)	.71	-.04	-.18	7- 35	7-33
Negative CO	7	19.33(5.08)	.72	.49	.20	7-35	7-35
Emotional Expressivity	14	14.34(14.34)	.78	.10	.23	14- 70	14-65
Positive Expressivity	4	8.81(8.81)	.56	.38	.20	4- 20	4-20
Negative Expressivity	4	15.20(15.20)	.54	-.06	.12	4- 20	4-15
Impulse Strength	6	14.24(14.24)	.74	.31	-.18	6- 30	6-30
Emotional Regulation	10						
Cognitive Reappraisal	6	15.12(4.27)	.72	.34	.37	6- 30	6-30
Expressive Suppression	4	10.21(3.25)	.67	.43	.30	4- 20	4-15

Note. CO= communal orientation. *M (SD)*= mean (standard deviation). α = reliability coefficient. Skew= Skewness. Ku= kurtosis.

Table 20 presents mean, standard deviations, coefficient of Skewness, coefficient of kurtosis and Cronbach's alpha reliability for various research instruments and their respective sub scales used in the current research. It is indicated from the above table that reliability of some of the scales has improved when it was computed in Step III, Stage I (Table 13). Although the reliability is low (below .60) but there are evidences in the literature that shows reliability 0.57–0.61 for subscales of emotion expressivity scale on Japanese samples (Lin, Soi-Kawase, Naritha-Othakil, Itoh, & Kim, 2015).

Relationship among study variables. For the purpose of determining the patterns of relationship among the study variables, zero order bivariate correlations were computed for the current research. Table 21 presents the patterns of association among study variables. Majority of the variables are significantly correlated with one another thus showing relationships.

Table 21

Correlation Coefficient among all the Variables of the Study (n= 1002)

Variables	1	2	3	4	5	6	7	8	9
CO (P)	1	.22**	.23**	.41**	-.30**	-.27**	-.36**	-.12**	-.04
CO (N)		1	-.08**	.17**	-.02	-.11**	-.06	-.09**	-.20**
PF (R)			1	.64**	-.25**	-.17**	-.27**	-.12**	-.12**
PF (I)				1	-.35**	-.25**	-.33**	-.17**	-.12**
EE(P)					1	.50**	.58**	.13**	-.06*
EE(N)						1	.58**	.05	-.08**
EE(IS)							1	.07*	.01
ER(CR)								1	.56**
ER(ES)									1

Note. CO(P)= communal orientation positive. CO(N)= communal orientation negative. PF(R)= psychological flourishing relationship. PF(I)= psychological flourishing individual. EE(P)= emotion expressivity positive. EE(N)= emotion expressivity negative. EE(IS)= emotion expressivity impulse strength. ER(CR)= emotion regulation cognitive reappraisal. ER(ES)= emotion regulation expressive suppression.

* $p < .05$, ** $p < .01$.

The Table 21 indicates patterns of associations amongst all the study variables. Initial findings on a data of 1002 married individuals depicts that the variables are associated with

one another in either positive or negative direction. Communal positive orientation is positively correlated with flourishing relationship subscale ($r = .23$) and positively correlated with flourishing individual subscale ($r = .41$). Expression of positive emotion is negatively correlated with flourishing relationship subscale ($r = -.25$) and also negatively correlated with flourishing individual subscale ($r = -.35$). Expression of negative emotion is negatively correlated with communal positive orientation ($r = -.27$) and negatively correlated with communal negative orientation ($r = -.11$). Cognitive reappraisal is negatively correlated with flourishing relationship subscale ($r = -.12$) and negatively correlated with flourishing individual subscale ($r = -.17$). Expressive suppression is negatively correlated with flourishing relationship subscale ($r = -.12$) and negatively correlated with flourishing individual subscale ($r = -.12$). However, no correlations were observed between negative expression of emotions and cognitive reappraisal strategy of emotion regulation. Similarly, no relationship was found between communal negative orientation and impulse strength emotionality.

Gender Wise Correlation of the Study Variables

Table 22

Correlation Coefficient among the study variables in terms of Males (n= 433) and Females (n=569)

Variables	1	2	3	4	5	6	7	8	9
CO (P)	1	.30**	-.36**	-.33**	-.40**	-.17**	-.12**	-.28	-.48**
CO (N)	-.16**	1	-.16**	-.25**	-.21**	-.09*	-.16**	-.05	.24**
PF (R)	-.24**	.08**	1	.53**	.60**	.06	-.05	-.30**	-.43**
PF (I)	-.22**	-.01	.47**	1	.61**	.10*	-.04	-.18**	-.31**
EE(P)	-.32**	.04	.56**	.55**	1	.08	.06	-.32**	-.39**
EE(N)	-.08	-.09	.17**	.01	.07	1	.55**	-.07	-.16**
EE(I)	-.02	-.23**	.07	-.12**	-.03	.56**	1	-.10*	-.14**
ER(CR)	.18	-.08	-.19**	-.15**	-.22**	-.17**	-.13**	1	.68**
ER(ES)	.35	.14**	-.27**	-.19**	-.26**	-.18**	-.10**	.60**	1

Note. CO(P)= communal orientation positive. CO(N)= communal orientation negative. PF(R)= psychological flourishing relationship. PF(I)= psychological flourishing individual. EE(P)= emotion expressivity positive. EE(N)= emotion expressivity negative. EE(I)= emotion expressivity impulse strength. ER(CR)= emotion regulation cognitive reappraisal. ER(ES)= emotion regulation expressive suppression.

Table 22 shows patterns of relationship among study variables according to gender. Upper right diagonal shows patterns of variable relationship among husbands and lower left diagonal shows patterns of variable relationship among wives. The direction of some relationships is different for married men and women. As exhibited by the present study that variations in terms of communal tendencies, expressivity and regulation of emotions has been noticed, therefore, difference could be attributed to cultural influences.

Step 3: Linear Relationship between Predictors and Outcomes

The fundamental aim of the current study was to recognize the major contributors of a flourishing relationship among married individuals. Based on the empirical evidences, the present study has identified potential variable that could predict flourishing marital relationship. Predictive significance and forecasting effects of those variables is tested through Linear Regression in the present research. The objective of computing linear regression was to examine that does communal orientation predicts flourishing of married individuals and to identify magnitude and strength of relationship between predictor (communal Orientation) and outcome (psychological flourishing). These regression estimates (*F-test*, R^2 and *Beta values*) were used to explain the relationship between one dependent variable and one or more independent variables.

Table 23

Linear Regression Analysis of Communal Orientation (Positive and Negative Orientation) as Predictor of Psychological Flourishing (Relationship and Individual)

Predictors	R	R ²	ΔR ²	β	SE	β	95%	
							LL	UL
Psychological Flourishing (R)								
CO (P)	.23	.05	.05	.42	.05	.23	.31	.54
Psychological Flourishing (I)								
CO (P)	.41	.17	.17	.75	.05	.41	.65	.85
Psychological Flourishing (R)								
CO (N)	.08	.00	.00	-.14	.05	-.08	-.24	-.04
Psychological Flourishing (I)								
CO (N)	.17	.03	.03	.29	.05	.17	.18	.39

Note. CO (P)= communal orientation positive. CO(N)= communal orientation negative. R = relationship dimension. I= individual dimension. SE=Standard Error. LL=Lower Limit. UL=Upper Limit. β=Standardized Coefficients.

****p* <.001

Table 23 shows that model reached significance, meaning that it successfully predicted psychological flourishing predicted by communal orientation among married individuals. Findings indicate that communal positive orientation positively significantly predicts relationship dimension of psychological flourishing (ΔR²= .05, β = .23, *t*= 7.59, F= 57.68, *p* <.001) by contributing 5% of variability in the model. Similarly, communal positive orientation also significantly predicted individual dimension of flourishing (ΔR²= .17, β = .41, *t*= 14.35, F= 206.35, *p* <.001) by contributing 17% of variability in the model. Likewise, the table above also depicts significant negative correlation between negative communality and relationship subscale of flourishing (ΔR²= .00, β = -.08, *t*= -2.73, F= 7.47, *p* <.001). Similarly, negative communality positively predicted individual subscale of psychological flourishing (ΔR²= .03, β = .17, *t*= 5.603, F= 31.39, *p* <.001) by contributing 3% of variability in the model. Table above helps in further understanding of the association of study variables shown in table 21.

Role of Emotion Expressivity as Mediators. In present study, Expressivity of Emotions was taken as mediators that could possibly mediate the association between communal orientation and psychological flourishing of married individuals. Mediation was computed through PROCESS MACRO by Hayes. Baron and Kenny (1986) suggested numerous criteria for the analysis of a mediating impact: a significant correlation between predicting variable and outcome variable, the predicting variable must be significantly related with the mediator, the mediator predicts outcome variable even when the predicting variable is controlled for, and the correlation between the predicting and the outcome variable must be eradicated or condensed when the mediator is controlled for. All the criteria are then examined using the Sobel test which indicates whether indirect effects are considerable or not (Preacher & Hayes, 2004). A complete mediating effect happens when the correlation between the predicting variable and the outcome variable are excluded when the mediator is controlled for (Tabachnick & Fidel, 2007).

Mediation was carried out to find out indirect effects of emotion expressivity i.e. positive expression, negative expression and impulse strength on dimensions of psychological flourishing i.e. relationship subscale and relationship subscale. Results are shown in the following tables (24-31). Model 1 indicates direct relationship of predictor and outcome while, Model 2 indicates the coefficients after adding the mediator. Mediation analysis was computed for total scores as well as separate subscales of PFS, COS, BEQ and ERQ because each subscale was considered as a separate variable.

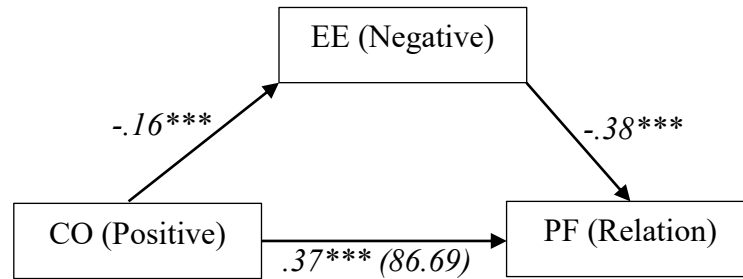
Table 24

Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Relationship Dimension and Communal Positive Orientation (n=1002)

Predictors	Psychological Flourishing (Relation)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	86.47***	86.69***	90.33	83.04
CO(P)	.43***	.37***	.48	.26
EE (N)		-.38***	-.16	-.59
R ²	.05	.07		
ΔR^2		.02		
F	59.13***	34.91***		
ΔF		24.22		

Note. CO (P) = communal positive orientation. EE (N)= emotion expressivity negative. B= unstandardized regression, R²= explained variance, < .001, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 24 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant (B= -.38, 95% CI with LL -.16 and UL= -.59) and explained .02% variance in the mediated relationship between communal positive orientation and relationship dimension of psychological flourishing among married individuals. The figure 6 below explains the direction of variables. Negative emotional expressivity significantly mediates the relationship between communal positive orientation and relationship subscale of psychological flourishing.



Note. EE= emotional expressivity, CO= communal orientation, PF= psychological Flourishing
 $***p < .001$

Figure 7. Mediation of negative emotion expressivity between the relation of positive communal orientation and psychological flourishing relationship dimension

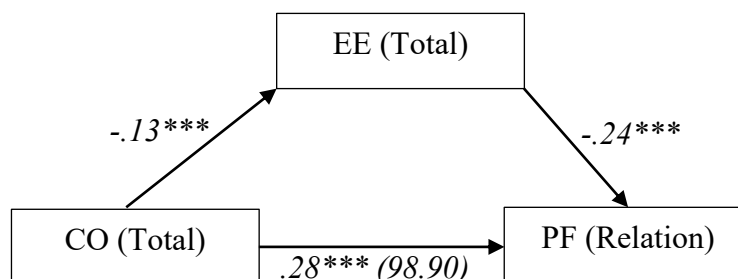
Table 25

Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Relationship Dimension and Communal Orientation (n=1002)

Predictors	Psychological Flourishing (Relation)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	90.84 ***	98.90 ***	101.02	101.95
CO(T)	.36 ***	.28 ***	-.37	-.19
EE (T)		-.24 ***	-.18	-.13
R ²	.06	.12		
ΔR^2		11.94		
F	61.67 ***	50.90 ***		
ΔF		10.77		

Note. CO (T) = communal orientation total. EE (T) = emotion expressivity total. B= unstandardized regression, R²= explained variance, $< .001$, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, $*p < .05$, $**p < .01$, $***p < .001$.

Table 25 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant (B= $-.24$, 95% CI with LL $-.13$ and UL= $-.18$) and explained 11% variance in the mediated relationship between communal orientation total and relationship dimension of psychological flourishing among married individuals.



Note. EE= emotional expressivity, CO=communal orientation, PF= psychological flourishing
 $***p < .001$

Figure 8. Mediation of emotion expressivity (T) between the relation of communal orientation (T) and psychological flourishing relationship dimension

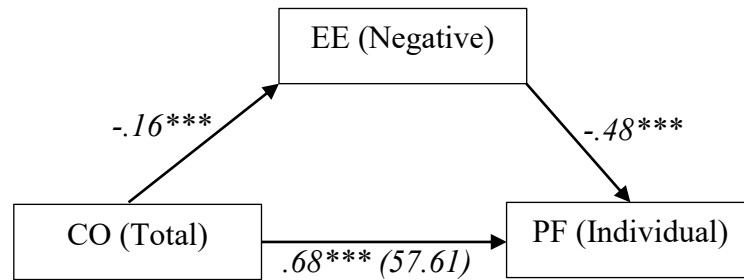
Table 26

Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Individual Dimension and Communal Positive Orientation ($n = 1002$)

Predictors	Psychological Flourishing (Individual)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	51.93***	57.61***	61.23	53.98
CO(P)	.76***	.68***	.79	.57
EE (N)		-.48***	-.68	-.28
R^2	.17	.19		
ΔR^2		0.02		
F	203.49***	119.56***		
ΔF		83.93		

Note. CO(P) = communal positive orientation. EE (N) = emotion expressivity negativity. B= unstandardized regression, R^2 = explained variance, $< .001$, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, $*p < .05$, $**p < .01$, $***p < .001$.

Table 26 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant ($B = -.48$, 95% CI with LL $-.28$ and UL $-.68$) and explained 2% variance in the mediated relationship between communal negative orientation and individual dimension of psychological flourishing among married individual.



Note. EE=emotional expressivity, CO=communal orientation, PF=psychological flourishing
 *** $p < .001$

Figure 9. Mediation of emotion expressivity impulse strength between the relation of communal orientation total and psychological flourishing individual dimension

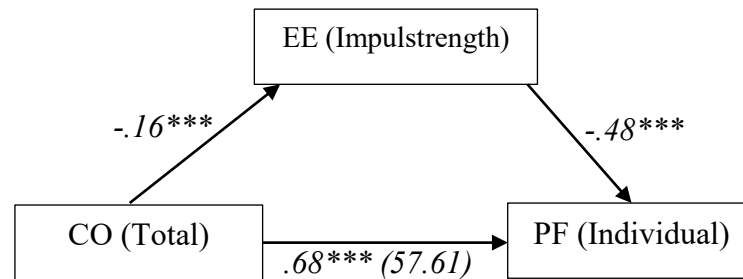
Table 27

Mediation by Emotion Expressivity (IS) in relation with Psychological Flourishing Individual Dimension and Communal Orientation ($n=1002$)

Predictors	Psychological Flourishing (Individual)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	69.51***	78.55***	80.57	76.52
CO(T)	.24***	.14***	.23	.06
EE (IS)		-.59***	-.46	-.72
R^2	.03	.12		
ΔR^2		.09		
F	29.68***	55.62***		
ΔF		25.94		

Note. CO(T) = communal orientation total. EE (IS) = emotion expressivity impulse strength. B= unstandardized regression, R^2 = explained variance, $< .001$, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 27 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant ($B = -.59$, 95% CI with LL $-.72$ and UL $-.46$) and explained 9% variance in the mediated relationship between communal orientation total and individual dimension of psychological flourishing among married individuals.



Note. EE= emotional expressivity, CO=communal orientation, PF=psychological flourishing
 *** $p < .001$

Figure 10. Mediating role of emotion expressivity impulse strength between the relation of communal orientation total and psychological flourishing individual dimension

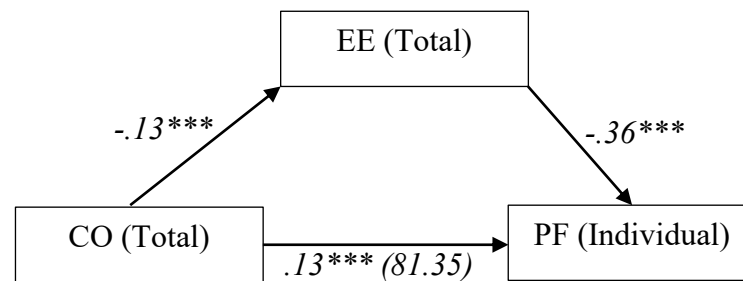
Table 28

Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Individual Dimension and Communal Orientation (n=1002)

Predictors	Psychological Flourishing (Individual)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	69.50***	81.35***	83.68	79.01
CO(T)	.24***	.13***	.22	.05
EE (T)		-.36***	-.43	-.29
R ²	.03	.15		
ΔR^2		0.12		
F	30.15***	65.15***		
ΔF		35		

Note. CO(T) = communal orientation total. EE (T) = emotion expressivity total. B= unstandardized regression, R²= explained variance, < .001, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 28 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant (B= -.36, 95% CI with LL -.29 and UL= -.43) and explained 12% variance in the mediated relationship between communal orientation total and individual dimension of psychological flourishing among married individuals.



Note. EE=emotional expressivity, CO=communal orientation, PF= psychological flourishing.
 *** $p < .001$

Figure 11. Mediating role of emotional expressivity total between the relationship of communal orientation total and psychological flourishing individual dimension

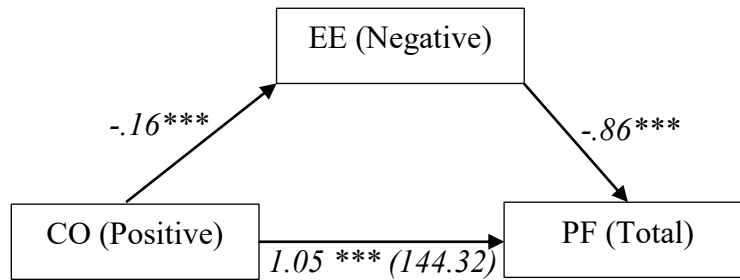
Table 29

Mediation by Negative Emotion Expressivity in relation with Psychological Flourishing Total and Communal Positive Orientation ($n=1002$)

Predictors	Psychological Flourishing (Total)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	134.19***	144.32***	150.76	137.87
CO(P)	1.19***	1.05***	1.25	.86
EE (N)		-.86***	-.49	-1.22
R^2	.13	.15		
ΔR^2		0.02		
F	150.73***	88.55***		
ΔF		62.18		

Note. CO(P) = communal positive orientation. EE (N) = emotion expressivity negative. B= unstandardized regression, R^2 = explained variance, $< .001$, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 29 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant ($B = -.86$, 95% CI with LL -1.22 and UL $-.49$) and explained 2% variance in the mediated relationship between communal positive orientation total and psychological flourishing total of married individuals.



Note. EE=emotional expressivity, CO=communal orientation, PF= psychological flourishing.

*** $p < .001$

Figure 12. Mediating role of emotional expression total between the relationship of communal positive orientation and psychological flourishing total

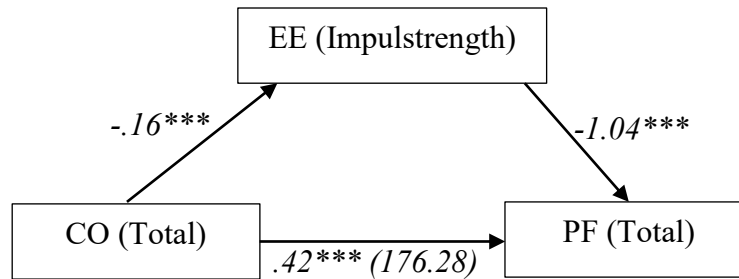
Table 30

Mediation by Emotion Expressivity (IS) in relation with Psychological Flourishing Total and Communal Orientation Total (n=1002)

Predictors	Psychological Flourishing (Total)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	160.36***	176.28***	179.79	172.77
CO(T)	.59***	.42***	.58	.27
EE (IS)		-1.04***	-.81	-1.27
R ²	.05	.14		
ΔR^2		0.09		
F	54.99***	65.24***		
ΔF		10.25		

Note. CO(T) = communal orientation total. EE (IS) = emotion expressivity impulse strength. B= unstandardized regression, R²= explained variance, < .001, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 30 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing of married individuals. Indirect effect appeared to be significant (B= -1.04, 95% CI with LL -1.27 and UL= -.81) and explained 9% variance in the mediated relationship between communal orientation total and psychological flourishing total among married individuals.



Note. EE=emotional expressivity, CO=communal orientation, PF= psychological flourishing
 *** $p < .001$

Figure 13. Meditational role of emotion expressivity total between the association of communal orientation total and flourishing individual dimension

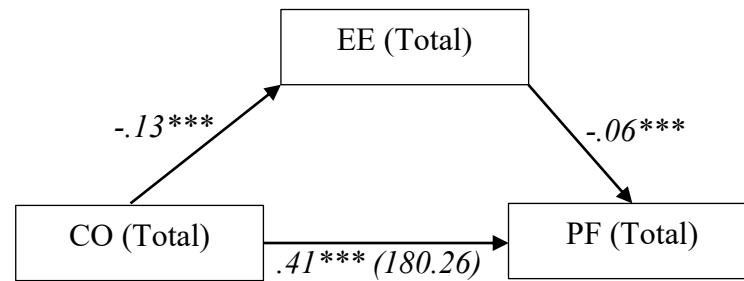
Table 31

Mediation by Emotion Expressivity (T) in relation with Psychological Flourishing Total and Communal Orientation Total (1002)

Predictors	Psychological Flourishing (Total)			
	Model 2			
	Model 1(β)	β	95% CL	
			UL	LL
Constant	160.34***	180.26***	184.24	176.28
CO(T)	.60***	.41***	.56	.26
EE (T)		-.06***	-.73	-.48
R ²	.06	.16		
ΔR^2		0.1		
F	55.53***	70.56***		
ΔF		15.03		

Note. CO(T) = communal orientation total. EE (T) = emotion expressivity total. B= unstandardized regression, R²= explained variance, < .001, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 31 shows that emotion expressivity mediates the relationship between communal orientation and psychological flourishing among married individuals. Indirect effect appeared to be significant (B= -.06, 95% CI with LL -.48 and UL= -.73) and explained 1% variance in the mediated relationship between communal orientation total and psychological flourishing total among married individuals.



Note. EE=emotional expressivity, CO=communal orientation, PF= psychological flourishing.
 $***p < .001$

Figure 14. Mediating role of emotional expressivity total between the relationship of communal orientation total and psychological flourishing total

Role of Emotional Regulation Strategies as Moderator. In the present study, Emotion Regulation Strategies (cognitive reappraisal and expressive suppression were taken as moderators that could possibly moderate the relationship between communal orientation and psychological flourishing among married individuals. Moderation was computed by using PROCESS MACRO by Hayes in SPSS 21. Moderation analysis explores the unique conditions under which two variables are related. The third variable here, the moderator, is not an intermediate variable in the causal sequence from the independent to the dependent variable. For the moderation analysis effects, the relationship between the predicting and outcome variable must be unlike at different levels of the moderator (Mackinon & Luecken, 2008). Following are the results of moderating effect of emotion regulation strategies in relation between psychological flourishing and communal orientation.

Table 32

Moderation of Emotion Regulation (reappraisal) between Flourishing (relationship) and Communal Positive Orientation (n=1002)

Predictors	β	Flourishing (Relationship)	
		95% CI	
		UL	LL
Constant	93.17***	93.72	92.62
ER (reapp)	-.25***	-.39	-.11
CO (P)	.41***	.52	.30
CO (P)x ER(CR)	.03***	.01	.06
R ²		.07	
F		26.22***	
ΔR^2		.01	
ΔF		5.84	

Note. CO (P) = communal orientation positive. ER (CR) = emotion regulation reappraisal. B= unstandardized regression, R²= explained variance, < .001, CI= Class Interval, LL=Lower Limit, UP= Upper Limit, * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 32 displays the results for moderating role of reappraisal strategy in relationship between communal positive orientation and relationship dimension of psychological flourishing among married individuals. Data of the present research resulted in significant moderation only among few of the variables like, Emotion Regulation Reappraisal subscale, Psychological Flourishing relationship subscale and Communal Orientation Positive subscale. Showing the moderating role of cognitive reappraisal strategy, the above Model depicts significant interaction effect of communal positive orientation and cognitive reappraisal strategy of emotional regulation ($B=.03$, $R^2 = .07$, $F= 26.22$ $p < .001$) in explaining relationship dimension of flourishing. Serving as protective factor, cognitive reappraisal buffered the impact of positive communal orientation on relationship dimension of psychological flourishing. Expressive suppression strategy of emotional regulation was not found to be the significant moderator between the relationship of communal orientation and psychological flourishing of married individuals.

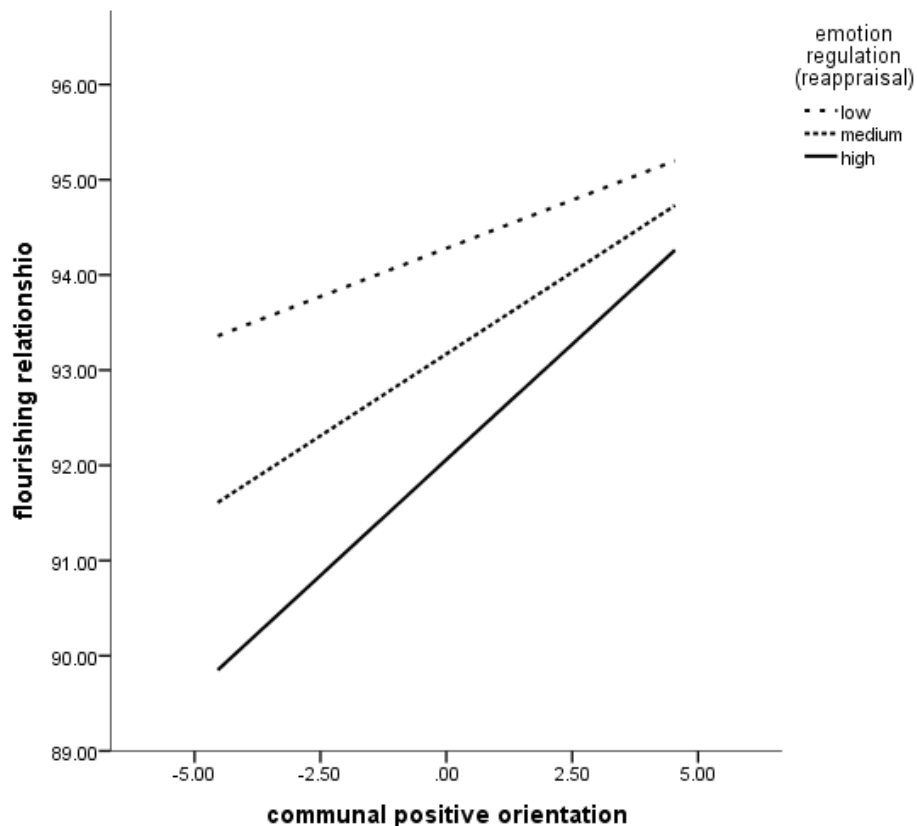


Figure 15. Moderation of reappraisal in the association between psychological flourishing and communal orientation

Figure 15 represents moderation by reappraisal strategy of emotional regulation for association between psychological flourishing and communal orientation among married individuals. The graph depicts that positive relationship is depicted among three levels of reappraisal strategy of emotional regulation. Direction shows that high moderation is being shown by high level of reappraisal strategy as compared to low and moderate levels. This moderation is in positive direction, which means the moderator is contributing significantly in the relationship between psychological flourishing relationship dimension and communal positive orientation.

Role of Demographic Variables. Keeping in view the literature (e.g. Kalmijin, 1999; Otto, 1979; Pimentel, 2004), depicting importance of demographic variables for marital flourishing and well-being, numerous analyses were computed. Following tables manifest the importance of demographic factors.

Table 33

Mean, Standard Deviations and t-values of married males and females on study variables (n=1002)

Variables	Male (n=433)		Female (n=596)		t	p	95%		Cohen
	M	SD	M	SD			UL	LL	
PF (Rel)	91.73	9.76	94.10	8.34	4.02	.00	-1.18	-3.43	0.26
PF (Ind)	69.81	9.69	71.93	8.35	3.70	.00	-.99	-3.23	0.23
PF(Total)	161.61	17.83	166.04	14.96	4.26	.00	-2.39	-6.46	0.26
CO (P)	25.17	5.12	25.28	4.77	.35	.72	.50	-.47	
CO (N)	19.77	5.68	18.16	5.07	4.72	.00	.94	2.28	0.29
EE (P)	8.94	2.87	8.71	2.81	1.29	.19	.59	-.12	
EE (N)	8.13	2.76	7.75	2.83	2.10	.03	.72	.02	0.13
EE(IS)	14.76	4.81	13.85	4.54	3.04	.00	1.49	.32	0.18
EE(Total)	31.83	8.96	30.30	8.55	2.75	.00	2.63	.44	0.17
ER (CR)	15.19	4.23	15.07	4.31	.46	.64	.66	-.40	
ER (ES)	10.21	3.31	10.22	3.20	.03	.97	.40	-.41	

Note. PF (Rel) = psychological flourishing relationship, PF (Ind)= psychological flourishing individual. CO (P)= communal orientation positive. CO(N)= communal orientation negative. EE (P) = emotion expressivity positive. EE (N)= emotion expressivity negative. EE (IS) = emotion expressivity impulse strength. ER (CR)= emotion regulation cognitive reappraisal. ER (ES)= emotion regulation expressive suppression.

Table 33 shows mean differences and standard deviations between married males and females. It is depicted from the numerical value above that married females show high levels of psychological flourishing and its relationship and individual dimensions as compared to married males. In contrast, married males are high in communal negative orientation, negative emotional expressivity, and impulse strength emotionality as compared to married females. While no differences were observed in terms of communal positive orientation, negative emotional expressivity, cognitive reappraisal strategy of emotion regulation and

expressive suppression strategy of emotion regulation. Furthermore, number of children was also found to be non-significant when considering flourishing of married individuals.

Table 34

Mean, Standard Deviations and t-values of love and arrange marriage on study variables (n=1002)

Variables	Arrange (n= 746)		Love (n=234)		<i>t</i>	<i>p</i>	95%		Cohen
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
PF (Rel)	93.24	8.64	92.94	10.08	.44	.65	1.62	-1.02	
PF (Ind)	70.76	8.86	71.88	9.36	1.65	.09	.20	-2.43	
PF(Total)	164.04	15.81	164.81	17.89	.64	.52	1.61	-3.18	
CO (P)	25.03	4.92	25.85	4.90	2.22	.02	-1.54	-.09	0.16
CO (N)	18.54	5.27	19.57	5.64	2.58	.01	-1.82	-.24	0.18
EE (P)	8.82	2.85	8.78	2.84	.17	.85	-.38	.45	
EE (N)	7.90	2.77	7.96	2.90	.28	.77	-.47	.35	
EE(IS)	14.17	4.65	14.45	4.80	.80	.42	-.96	.40	
EE(Total)	30.90	8.73	31.18	8.88	.43	.66	-1.57	.10	
ER (CR)	14.97	4.10	15.59	4.74	1.93	.05	-1.24	.00	0.13
ER (ES)	10.07	3.13	10.65	3.54	2.39	.01	-1.05	-1.10	0.17

Note. PF (Rel) = psychological flourishing relationship. PF (Ind)= psychological flourishing individual. CO (P)= communal orientation positive. CO (N)= communal orientation negative. EE (P) = emotion expressivity positive. EE (N)= emotion expressivity negative. EE(IS) = emotion expressivity impulse strength. ER (CR)= emotion regulation cognitive reappraisal. ER(ES)= emotion regulation expressive suppression.

Table 34 shows mean differences and standard deviations between arrange marriages and love marriages related to all study variables. Differences are observed terms of communal positive orientation, communal negative orientation, reappraisal strategy of emotional regulation and expressive suppression strategy of emotion regulation. It is depicted from the numerical value above that married individuals of arranged marriages are high in communal positive orientation and communal negative orientation as compared to married individuals of love marriages. In contrast, married individuals of love marriage are high in both the strategies of emotion regulation i.e. cognitive reappraisal and expressive suppression as compared to married individuals of love marriages. No differences were

observed in terms of psychological flourishing, and expressivity of emotions between arranged and love marriages.

Multivariate Analysis of Variance

In order to explore the group differences between husbands and wives; and love and arranged marriages, with respect to psychological flourishing, communal orientation, emotional expressivity and emotional regulation a one-way multivariate analysis of variance (MANOVA) was conducted. Mean differences along with F statistics, degree of freedom and effect size is given in the tables below.

Table 35

Differences in Psychological Flourishing, Communal Orientation, Emotional Expressivity with respect to gender (n=1002)

Variables	Gender		$F(df)$	p	Λ	η^2
	Husbands (n=426)	Wives (n= 561)				
	Mean (SD)	Mean (SD)				
PF (Rel)	91.80(9.68)	94.12(8.36)	9.15(2, 998)	.000	.98	.01
PF (Ind)	69.77(9.68)	71.96(8.32)	9.15 (2, 998)	.000	.98	.02
CO (P)	25.16(5.14)	25.28(4.79)	12.04(2,996)	.000	.97	.02
CO (N)	19.73(5.70)	18.16(5.07)	12.04(2,996)	.000	.97	.05
EE (P)	8.94(2.88)	8.71(2.82)	3.37(3, 991)	.000	.99	.01
EE (N)	8.13(2.75)	7.37(2.82)	3.37(3, 991)	.000	.99	.01
EE(IS)	14.81(4.80)	13.87(4.55)	3.37(3, 991)	.000	.99	.01

Note. PF (Rel) = psychological flourishing relationship. PF (Ind)= psychological flourishing individual. CO (P)= communal orientation positive. CO (N)= communal orientation negative. EE (P) = emotion expressivity positive. EE (N)= emotion expressivity negative. EE(IS) = emotion expressivity impulse strength. ER (CR)= emotion regulation cognitive reappraisal. ER(ES)= emotion regulation expressive suppression. *** $p < .001$, λ = Wilk's Lambda, η^2 = partial eta square.

Table 36

Differences in Psychological Flourishing, Communal Orientation, Emotional Expressivity and Emotional Regulation with respect to love and arrange marriage (n=1002)

Variables	Type of Marriage		<i>F(df)</i>	<i>p</i>	Λ	η^2
	Arrange (<i>n</i> =749)	Love (<i>n</i> = 234)				
	Mean (SD)	Mean (SD)				
PF (Rel)	93.24(8.64)	92.94(10.08)	9.15(2, 998)	.000	.99	.00
PF (Ind)	70.76(8.86)	71.88(9.36)	9.15 (2, 998)	.000	.99	.00
CO (P)	25.03(4.93)	25.85(4.90)	4.74(2,978)	.000	.99	.10
CO (N)	18.53(5.27)	19.57(5.64)	4.74(2,978)	.000	.99	.05
EE (P)	8.82(2.85)	8.78(2.84)	0.41(3, 974)	.000	.99	.00
EE (N)	7.90(2.77)	7.95(2.91)	0.41(3, 974)	.000	.99	.00
EE(IS)	14.19(4.65)	14.47(4.79)	0.41(3, 974)	.000	.99	.00
ER (CR)	14.98(4.10)	15.59(4.75)	3.10(2, 976)	.000	.99	.00
ER (ES)	10.07(3.13)	10.65(3.54)	3.10(2, 976)	.000	.99	.00

Note. PF (Rel) = psychological flourishing relationship. PF (Ind)= psychological flourishing individual. CO (P)= communal orientation positive. CO (N)= communal orientation negative. EE (P) = emotion expressivity positive. EE (N)= emotion expressivity negative. EE(IS) = emotion expressivity impulse strength. ER (CR)= emotion regulation cognitive reappraisal. ER(ES)= emotion regulation expressive suppression. ****p* <.001, λ = Wilk's Lambda, η^2 = partial eta square.

Tables 35 and 36 demonstrate comparison of gender and type of marriage in terms of psychological flourishing among married individuals. According to *F* test, significant differences exist between gender as well as type of marriage. Bonferroni test was used as post Hoc analysis to further understanding regarding differences of groups. Relationship and individual flourishing is higher among wives as compared to husband. Similarly, relationship subscale of psychological flourishing is higher among individuals of arrange marriage, whereas, individual subscale of psychological flourishing higher among individuals of love marriage.

Table 37
ANOVA Comparisons of categories of Education in terms of Psychological Flourishing
($n=1002$)

Variable	Matric $n=165$	Inter/graduation Master $n=288$	M.Phil/ PhD $n=537$	F	$i>j$	$i-j$	95% CI			η^2
	$M(SD)$	$M(SD)$	$M(SD)$				LL	UL		
PsyFlou	168.56(16.48)	165.52(15.30)	162.11(16.55)	11.41	1>3	6.45	2.99	9.90	.02	
					2>3	3.40	.57	6.24		
					1>3	-6.4	-9.9	-2.9		
					2>3	-3.4	-6.2	-.57		
PsyFlou (Rel)	95.10(8.57)	94.07(7.96)	92.05(9.52)	9.52	1>3	3.36	1.14	4.96	.01	
					2>3	2.02	.45	3.5		
					1>3	-3.0	-4.9	-1.1		
					2>3	-2.0	-3.5	-.45		

Note. PsyFlou= psychological Flourishing. Rel= relationship subscale. Inter = intermediate. CI= class interval. LL= lower limit. UL= upper limit. η^2 = eta square (effect size for F statistic) *** $p < .001$.

Table 38
ANOVA Comparisons of categories of Profession in terms of Psychological Flourishing ($n=1002$)

Variable	Housewife $n= 215$	Teacher $n= 290$	Business $n= 114$	Job $n= 343$	F	$i>j$	$i-j$	95% CI			η^2
	$M(SD)$	$M(SD)$	$M(SD)$	$M(SD)$				LL	UL		
PsyFlou	167.3(12.9)	165.2(15.7)	164.3(17.9)	164.1(16.34)	7.06	1>3	6.1	2.44	9.86	.02	
						1>3	4.9	.66	7.49		
						2>1	-4.0	-7.4	-.66		
PsyFlou (Rel)	95.4(6.47)	93.66(8.6)	92.8(9.4)	91.31(9.9)	10.15	1>4	4.14	2.11	6.18	.03	
						1>4	2.35	.48	4.2		
						2>1	-4.1	-6.1	-2.1		
						3>1	-2.3	-4.2	-.48		

Note. PsyFlou= psychological Flourishing. Rel= relationship subscale. CI= class interval. LL= lower limit. UL= upper limit. η^2 = eta square (effect size for F statistic)*** $p < .001$.

Tables 37 and 38 demonstrate comparison of various categories of education and profession in terms of psychological flourishing among married individuals. According to F test, significant differences exist among various categories of education as well as

profession. Bonferroni test was used as post Hoc analysis to further understanding regarding differences of groups. Level of flourishing is highest in individuals with education up to matric level as compared to advanced levels. Similarly, in terms of profession, house wives indicate highest level of psychological flourishing as compared to other professions.

Role of Demographic Variables at Multiple Levels of psychological Flourishing.

Demographics of married sample were assessed on multiple levels of psychological flourishing. Levels of marital flourishing were categorized into three distinct categories. Level 1 characterizes *low level* of flourishing, 2 signifies *moderate level* of flourishing and 3 represents *high level* of flourishing. Levels of flourishing were defined according to the scoring of PFS. Score 39 to 100 was minimum which was considered as low level of flourishing. Above 100 to 130 was rated moderate level of flourishing whereas, above 130 till 195 depicts high level of flourishing. This categorization of flourishing helped to define progressive levels of flourishing and also helped to understand the phenomena from perspective of married individuals. Figures 16-20 manifest differences at levels of flourishing regarding various demographic variables.

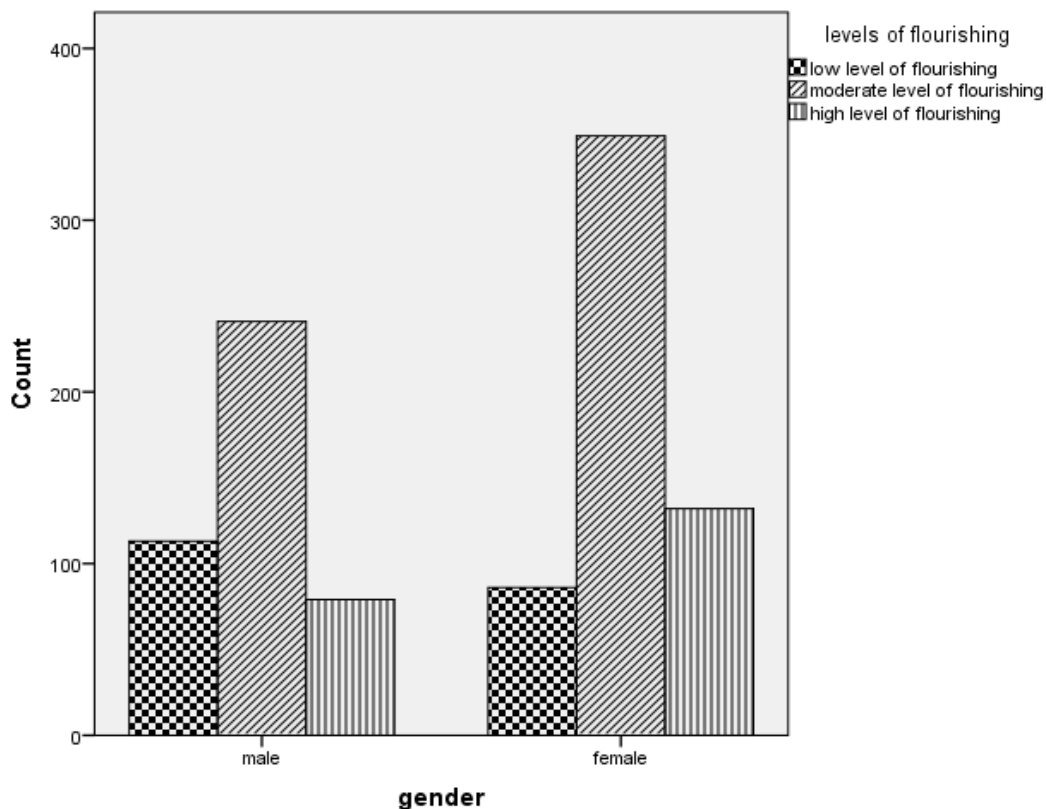


Figure 16. Multiple levels of flourishing among married males and females

The graph above shows that with respect to gender, both males and females are high at moderate level of psychological flourishing as compared to low and high levels of psychological flourishing within their marital relationship.

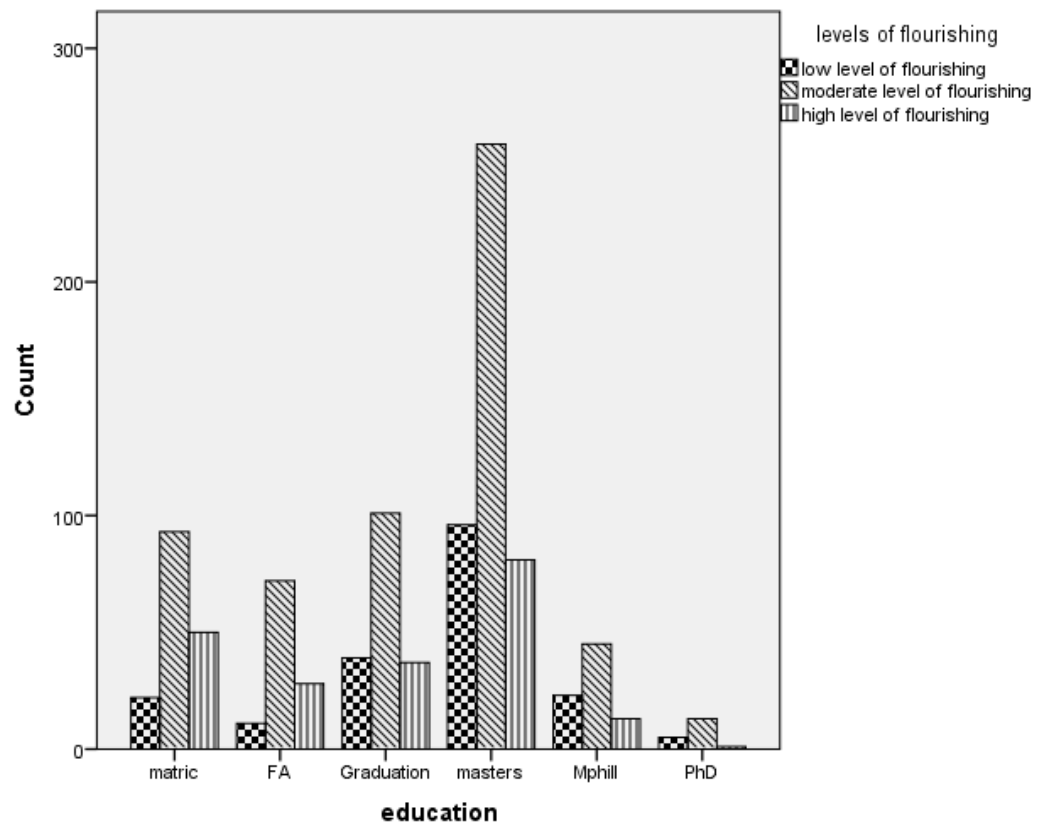


Figure 17. Multiple levels of psychological flourishing among married men and women in terms of categories of education

The Figure 17 shows that with respect to education, moderate level of psychological flourishing is high among all categories of education i.e. matric, intermediate, graduation, M.Phil and Ph.D. It is indicative that no differences are found with respect to education when considering psychological flourishing of individuals within collectivistic cultures.

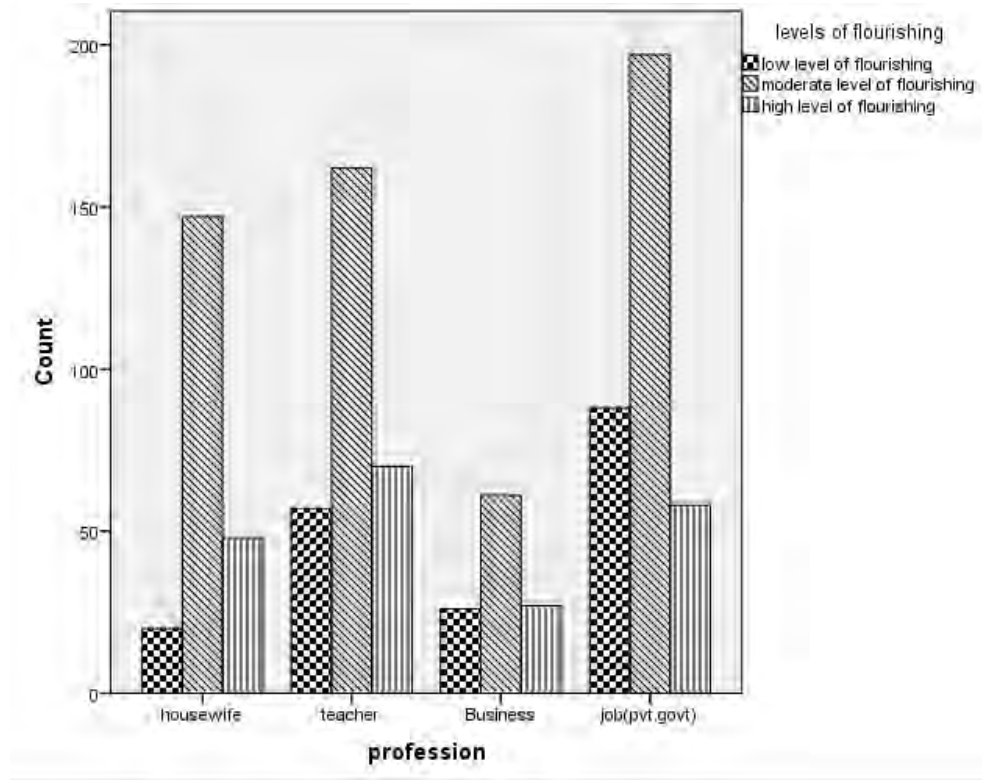


Figure 18. Multiple levels of psychological flourishing among married men and women in terms of categories of profession

Figure 18 depicts that when considering profession as a demographic variable, moderate level of flourishing prevails among all the four categories i.e. house wives, teachers, entrepreneurs and government/private job holders.

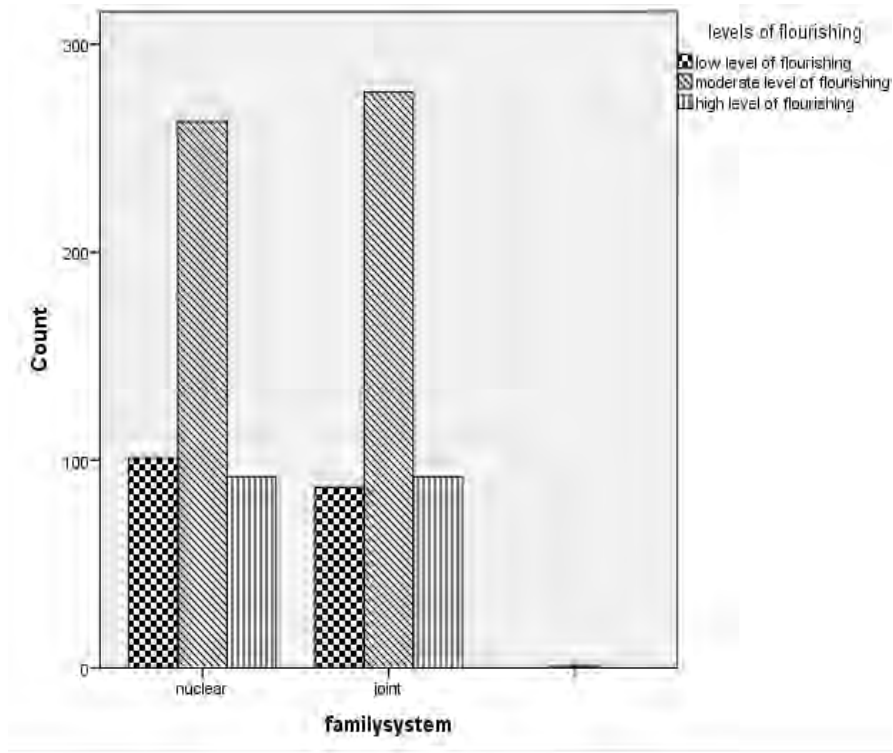


Figure 19. Multiple levels of psychological flourishing between nuclear and joint family system

The Figure 19 indicates that in case of family system, moderate level of psychological flourishing is high in both nuclear and joint family system.

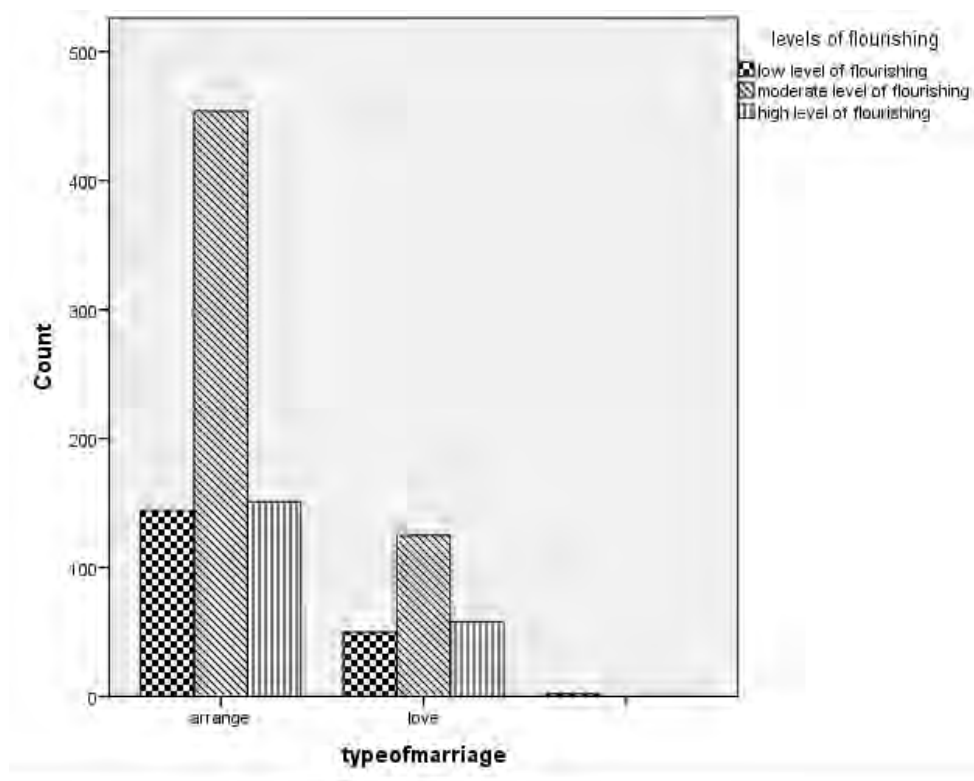


Figure 20. Multiple levels of psychological flourishing between love marriages and arrange marriages

The Figure 20 indicates that individuals of both arrange and love marriage experience moderate level of flourishing. High and low levels of flourishing are low among them.

Model Testing: Testing Mediation Model

The present study focused to explore the combined and interactive impact of all variables significant for the flourishing of married population of Pakistani population. AMOS 21 version was used to calculate the indirect and conditional effect among study variables and to check the model recognizing the contributors of marital flourishing.

Following tables and pictorial diagram shows the effect of variables effecting psychological flourishing.

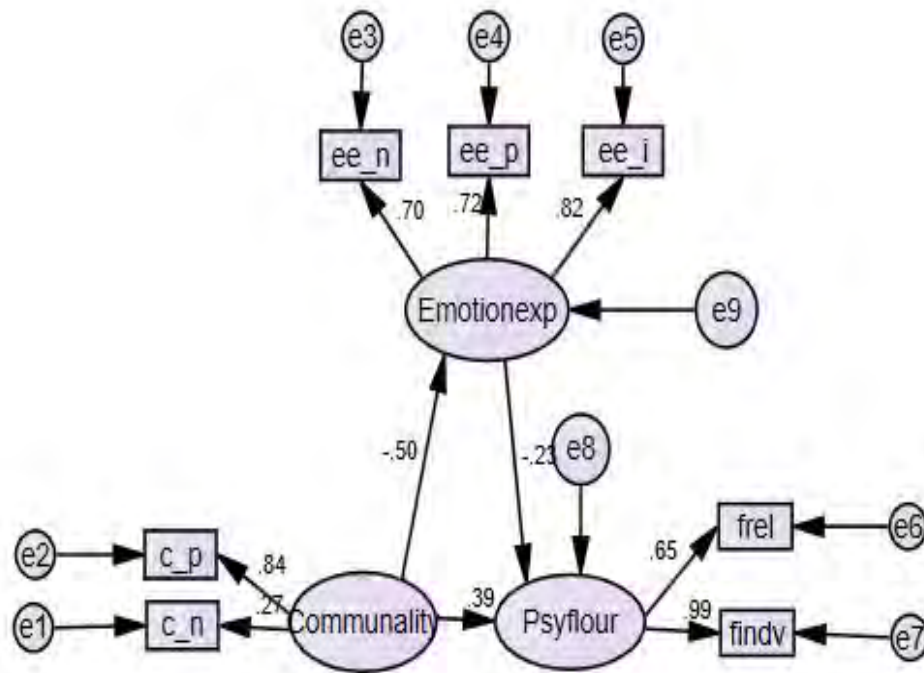


Figure 21. Mediation Model of variables

The above figure shows model of mediating variables interacting to effect flourishing of married individuals. Communal orientation is predictor of psychological flourishing while; emotional expressivity is mediating the relationship between predictor and outcome. Both positive and negative communal orientation is predicting relationship

and individual subscales of psychological flourishing. Emotion expressivity and its facets (positive expressivity, negative expressivity and impulse strength) are significantly mediating the relationship. The above figure also depicts that emotion expressivity is showing negative loadings when it is associated with predictor and outcome. It is interpreted that expression of negative emotions is inversely linked with communal orientation and flourishing. Factor loadings of scales and their subscales show significant contribution of all variables towards predicting psychological flourishing. The table below shows Model-fit indices for mediation model.

Table 39

Model –fit Indices for Mediation Model predicting psychological flourishing among Married Individuals (n= 1002)

	$\chi^2(df)$	NFI	RFI	IFI	TLI	CFI	RMSEA
<i>Model</i>	360.69(12)	.94	.89	.94	.89	.94	.09

To test the model of proposed variables explaining psychological flourishing among married individuals, we used structural equation modeling using AMOS 21. Overall, the measurement model achieved generally accepted values for the goodness of fit indices, with significant $\chi^2 = 360.69, p < .00$. The values of Tucker-Lewis index (TLI) and RFI peaked at .89 and .89, respectively, which is near to range of desired threshold of .90 (Lei & Lomax, 2005). The comparative fit index (CFI), NFI and IFI reached .94, .94, .94 respectively, indicating acceptable fit (Kline, 2011) The root mean square error of approximation (RMSEA) was .09, which is also within the desired threshold. As according to Browne and Cudeck (1993) 0.08 or less for the RMSEA would illustrate a reasonable error of approximation and would not want to work a model with a RMSEA greater than 0.1. Hence, values and figure described above gives a model for role of proposed predictors and mediators on psychological flourishing of present study.

Moderated- Mediation Models. Moderation and mediation can take place at once in the similar model. Moderated mediation, also termed as conditional indirect effects, occurs with the intervening effect of predicting variable (Preacher, Rucker, & Hayes, 2007). The present study imply moderated-mediation statistic to explore indirect conditional effects of emotional expressivity and emotional regulation in explaining psychological flourishing of married individuals.

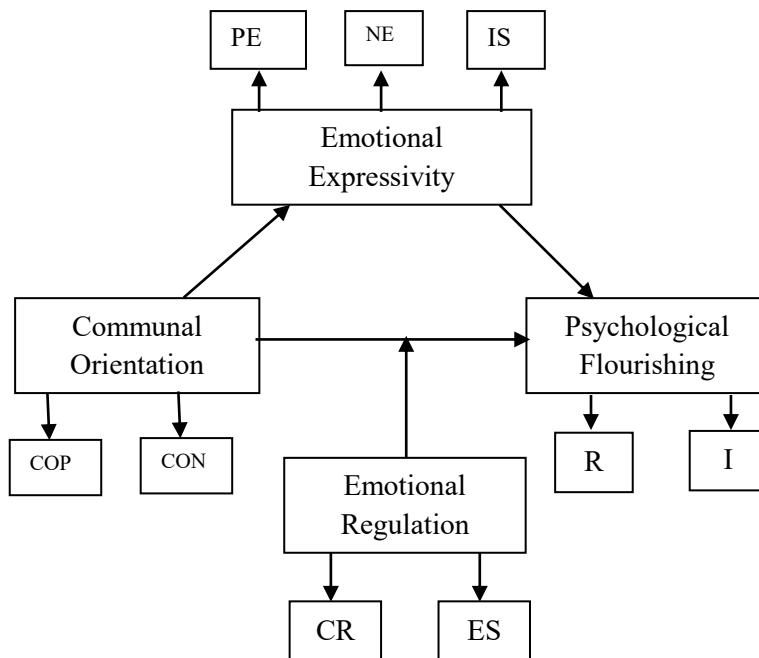


Figure 22. Proposed moderated-mediating model of study variables. PE= positive expressivity, NE= negative expressivity, IS= impulse strength. COP= communal orientation positive, CON= communal orientation negative, R = relationship subscale of psychological flourishing, I= individual subscale of psychological flourishing, CR = cognitive reappraisal, ES= expressive suppression

Figure 22 shows proposed moderated-mediated model of study variables. In this model, communal orientation positive and communal orientation negative is predicting relationship and individual dimension of flourishing. Positive expressivity, negative expressivity and impulse strength is hypothesized to mediate the relationship between

communal orientation and psychological flourishing. Cognitive reappraisal and expressive suppression as moderators are proposed to moderate the relationship between predictor and outcome. Moderated-mediation method made it possible rigorously and simultaneously to test both mediating and moderating effects. The model was tested through Hayes Process Macro in SPSS. Relationship of study variables shows that significant mediation occurred by emotional expressivity and its subscales in the relationship between communal orientation and psychological flourishing (Table 24-31). On the other hand, emotional regulation as a moderator affects the relationship between communal orientation and psychological flourishing through its subscale of cognitive reappraisal (Table 32). Hence, multiple significant interactions of this analysis appear to contribute towards theoretical understanding of psychological flourishing within married relationship.

Table 40

Mediated-Moderation among psychological flourishing (relationship), emotion regulation (reappraisal) and emotion expressivity (impulse strength)

	Impulse strength	Psychological Flourishing(Relationship)
Constant	14.25***	99.51***
CO(Total)	-.16***	.28***
ER(Reappraisal)	.08***	
ee- i		-.45***
Co(t) x er-r	-.02***	
R ²	.07	.12
F	20.84***	51.24***
ΔR ²		0.05
ΔF		30.4

Note. ee-i= emotion expressivity impulse strength. co (t) = communal orientation total. er-er = emotion regulation reappraisal strategy. *** $p < .001$

Table 40 shows the moderated mediation analysis where impulse strength of emotion expressivity exerts its impact on relationship dimension of psychological flourishing through direct and indirect paths as mediator and reappraisal strategy emotion regulation as a moderator. Figures above show significant interaction between predictor (communal

orientation) and moderator (reappraisal strategy of emotion regulation ($B = -.02, p < .001, F = 20.84$) and contributing variance at 5%.

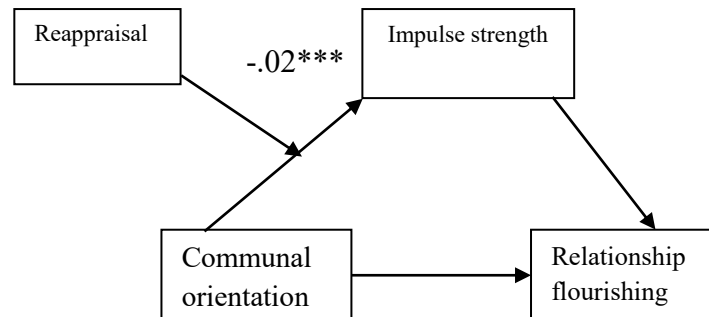


Figure 23. Moderated-mediated interactions among study variables

Table 41

Mediated Moderation among psychological flourishing (individual), emotion regulation (suppression) and emotion expressivity (positive)

	Positive Expressivity	PF(Individual Dimension)
Constant	8.92***	80.85***
CON	-.02***	.28***
ER(suppression)	-.08***	
Positive express		-1.11***
c-n x er-s	.03***	
R ²	.05	.16
F	13.90***	83.18***
ΔR ²		0.11
ΔF		69.29

Note. CON= communal negative orientation. ER = emotion regulation. C-n= communal negative orientation, er-s= expressive suppression subscale of emotion regulation.

** $p < .001$

Table 41 shows the moderated mediation analysis where positive emotion expressivity exerts its impact on individual dimension of psychological flourishing through direct and indirect paths as mediator and expressive suppression subscale of emotion regulation as a moderator. Model 07 explains one significant interaction affecting the outcome variable. Significant interaction were found between communal negative orientation and expressive suppression subscale of emotion regulation [$\beta = .03, p < .001, F =$

13.90] in prediction of individual dimension of psychological flourishing. Total variance of 11% contributed the entire model.

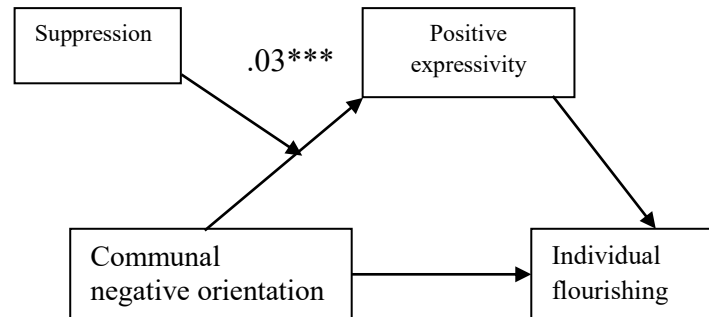


Figure 24. Moderated-mediation interactions of study variables

Table 42

Moderated-mediation among psychological flourishing (individual), emotion regulation (suppression) and emotion expressivity (positive)

	Positive Expressivity	PF(individual dimension)
Constant	.03***	71.07***
CO(Total)	-.08***	.18***
ER (suppression)	-.02***	-.35***
Positive express		-1.08
Ct x er-s	-.01***	
e-p x er-s	.09***	
R ²	.06	.17
F	20.28***	50.52***
ΔR ²		.11
ΔF		30.24

Note. e-p= expressivity positive. *** $p < .001$

Table 42 shows the moderated mediation analysis where positive emotional expressivity exerts its impact on individual dimension of psychological flourishing through direct and indirect paths as mediator and expressive strategy of emotion regulation as a moderator. Model 58 explains two significant interactions affecting the outcome variable. Significant interactions were found between communal orientation total subscale and expressive suppression strategy of emotion regulation [$\beta = -.01$, $p < .001$, $F = 20.28$] in

prediction of individual dimension of psychological flourishing. Moreover the second significant moderated-mediated interaction was found between positive expressivity and expressive suppression subscale of emotion regulation [$B = .09, p < .001, 50.52$] in predicting psychological flourishing of married individuals. Total variance of 11% contributed the entire model.

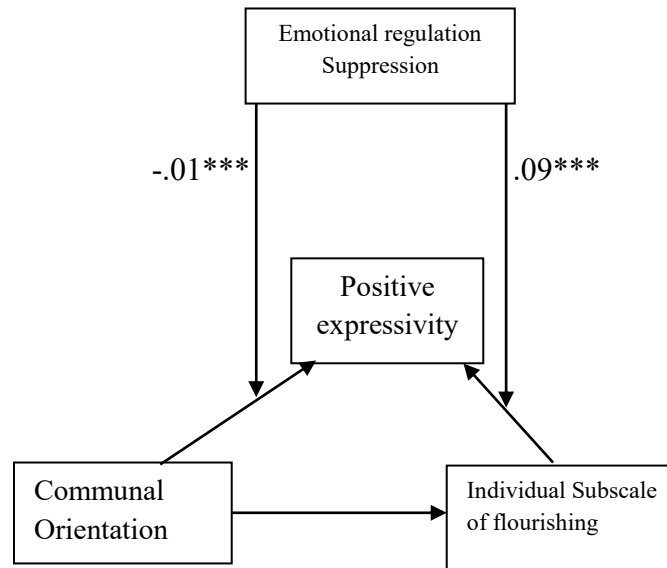


Figure 25. Moderated-mediation interaction of study variables

Discussion

Objectives of the main study were accomplished by formulating hypotheses and computing a number of statistical techniques.

Descriptive statistics was imputed on huge data of 1002 married individuals (males = 43.2% & females = 56.8%) to find out mean, standard deviations, Skewness, kurtosis and alpha reliabilities. Values depicted that score of mean, standard deviations, Skewness and kurtosis within the normal range. No unique findings were observed at this stage. Ranges of alpha reliabilities ($> .60$) also indicated adequate numeric thus exhibiting that all scales and their subscales are internally consistent. Relationship patterns among the study variables were analyzed using Bivariate Correlations. Values of correlations depicted significant association among all study variables (Table 21). Gender wise variations on study variables were also computed (Table 22). Initial patterns of correlation directed the researcher towards further exploration of role of predictors, mediators and moderators in understanding outcome variable.

Phase III of the present study also explored multiple levels of psychological flourishing of married individuals. Three levels identified by scoring of PFS were termed as low, high and moderate. The data revealed that moderate level of flourishing is highest among married individuals belonging to various demographics (Figures 16-20).

In order to find out role of communal orientation as predictor of psychological flourishing of married individuals, linear regression analysis was computed. Findings revealed that communal positive orientation positively predicted relationship subscale of flourishing and individual subscale of flourishing. While, communal negative orientation negatively predicted relationship subscale of flourishing but positively predicted individual

subscale of flourishing (Table 23). Mediation analysis was carried out to explore mediation of emotional expressivity in the association between communal orientation and psychological flourishing. Findings depicted that all the three facets of emotional expressivity significantly mediated the path between communal orientation and psychological flourishing, thus manifesting indirect effects. However, results of moderation analysis revealed only one significant interaction effect by cognitive reappraisal subscale between the relationship of communal positive orientation and flourishing relationship subscale (Table 32).

Role of demographics were also explored on data of main study. Independent sample *t*-test statistics revealed significant differences ($p < .05$) between husbands and wives in terms of relationship and individual subscales of psychological flourishing, communal negative orientation, negative emotional expressivity, and impulse strength emotional expressivity. No differences were observed in terms of emotion regulation strategies among married individuals (Table 33).

Conceptual mediated model of the present study was also tested using AMOS 21. Numerous indices were used to test model fit using CFI, NFI, RFI, IFI, TLI and RMSEA. Model depicted various significant indirect paths buffering the relationship between predictor and outcome variables and their subscale (Figure 21). Lastly, moderated-mediated relationship was also explored using PROCESS by Andrew Hayes in SPSS-21. Significant indirect conditional path was found out among psychological flourishing relationship subscale, emotion regulation reappraisal strategy and impulse strength of emotional expressivity. Similarly, Table 39 depicts significant indirect path between emotion regulation (suppression) and emotion expressivity (positive) in explaining individual

dimension of psychological flourishing in moderated-mediation model. Significant indirect paths were also observed in Mediated Moderating role of emotion regulation (suppression) and emotion expressivity (positive) in explaining individual dimension of psychological flourishing among married individuals. The present study established relationship among numerous theoretically connected variables and determined psychological flourishing of married individuals within a collectivistic culture. Keeping in consideration the variations in sociocultural factors between collectivist and individualistic culture, the present study also supported in clarifying the role of communal tendencies and emotional mechanisms as they operate differently within a collectivistic culture as compared to individualistic culture.

Below is the discussion according to hypotheses of the study along with support from relevant literature.

Relationship of Study Variables (*Hypotheses 1-4*). Findings of this section indicated unique patterns of association among communal tendencies, emotion expressivity, emotion regulation and psychological flourishing of married sample of a collectivistic culture. Correlations on data of main study revealed differences between married individuals of western culture and married individuals of eastern culture. The findings thus exhibited that communal and emotional processes operate differently among Pakistani married population when psychological flourishing of their married relationship is taken into consideration.

Association between communal positive orientation and two dimensions of psychological flourishing among married sample was examined and findings revealed significant positive correlation between relationship subscale of psychological flourishing and positive communal orientation ($r = .23, p < .001$) It can be interpreted from this finding

that married individuals who display the tendency of intimacy, affection, social bonding and facilitating behavior for the partner are expected to experience flourishing i.e. relationship subscale within their marital relationship. Within current study, relationship subscale of flourishing is indicative of compromise, sacrifice, friendly relations, and communication patterns, taking care of partner's needs, and emotional sensitivity for the partner. These findings are in line with the existing empirical researches on relationship between positive communal orientation and interpersonal benefits of relationships (Jones & Vaughan, 1990).

Similarly, significant positive correlation was also found in the relationship between psychological flourishing i.e. individual subscale and positive communal orientation which showed that married individuals indicating positive communal orientation also possess high level of individual dimension of psychological flourishing ($r = .41$). Individual subscale of flourishing is indicative of such traits like humorous nature, reliance on own strengths, capability to sexually satisfy one's spouse, self-confidence, emotional maturity, submission to the will of spouse, financial independence, forgiveness, and respect for personal dissimilarities within the married relationship. Findings of the current data hence, confirms the existing researches that have documented personal benefits of communal orientation within interpersonal relations (Buunk & VanYperen 1991; Crocker, 2008; Lawler & Piferi, 2006; Thompson & DeHarpport, 1998).

Relationship patterns between negative communality and two subscales of psychological flourishing among married sample were also investigated and it revealed negative association between communal negative orientation and relationship subscale of psychological flourishing. Existing relationship researches on communal orientation have indicated similar fact by showing that lack of facilitation and responsiveness for the partner

(negative communality) is associated with decreased level of psychological flourishing within personal relations (e.g. Maisel & Gable, 2009).

However, findings in terms of relationship between communal negative orientation and individual subscale of psychological flourishing yielded positive relationship ($r = .17$) between negative communal orientation and individual dimension of flourishing. It could be interpreted from this finding that within married relationship, lack of warmth and facilitation for the partner do not necessarily decrease personal factors of psychological flourishing. Instead, in the collectivistic culture, married individuals tend to show signs of individual flourishing (e.g. humor, confidence, and emotional stability) even if the partner is non-responsible and show lack of warmth within the relationship. However, these findings are not consonant with the existing literature on communal orientation within interpersonal relationship (Canevello & Crocker, 2010; Clark & Finkel, 2005; McCall, 1995). The justification hence could be traced to the scarcity of researches studying the role of communal orientation from the perspective of married relationship. Moreover, all existing empirical studies are based on data from western societies; therefore, contradictory findings could be expected in terms of role of communal orientation within romantic relationships.

Relationship patterns among emotional expressiveness flourishing within married relationship were also examined. It was assumed that positive emotional expressivity is positively related with relationship subscale and individual subscale of psychological flourishing among married individuals. Although, this conceptualization has been formulated on the basis of preceding literature reflecting the potential impact of expression of emotions on the flourishing of intimate relationship, the data of present research demonstrates that expression of positive emotions is negatively related with psychological

flourishing of married relationship. Data of present study, however, gave opposite findings as both the subscales of psychological flourishing negatively correlated with positive emotions ($r = -.25$ & $r = -.35$). Majority lines of empirical inquiry on the impact of positive emotions and their expression in interpersonal relations have recognized the beneficial influence that positive emotional expressivity may impinge in determining spouses' marital happiness (Geist & Gilbert, 1996; Mongrain, & Vettese, 2003; Shapiro, Gottman, & Carrere, 2000). Thus, with regard to expression of positive emotions, the data is not parallel to the previous studies. However, a number of studies on interpersonal relations indicate the exact opposite and have identified negative impact of positive emotions in married relationship (Lavee & Ben-Ari, 2004). A few empirical evidences have also demonstrated that expression of positive emotions has either limited or no impact on functioning of married relationship (Rauver & Volling, 2005; Yediri & Hamrta, 2015). Subsequently, contemporary relationship literature is inadequate regarding emotional expressivity within eastern societies, hence, it could be defensible that within collectivistic cultures, where arrange marriages are prevailing, expression of love or disagreement within personal context might not be beneficial for psychological flourishing of husbands and wives.

These mixed findings related to positive emotional expressivity within married bonding have compelled us to consider cultural context where the emotions are happening. Since there is lack of studies elucidating the role of emotion in intimate relation from perspective of eastern societies, therefore, we contradictory findings can be expected.

Likewise, negative correlation was found negative emotional expression and; relationship and individual subscales of psychological flourishing within married sample.

The assumption gained support on data of present study and proved that both subscales of psychological are negatively correlated with negative expression of emotions ($r = -.17$, $r = -.25$). Findings of present study in terms of negative expression of emotions is in harmony with majority of empirical evidences identifying detrimental effect of negative emotions in married relationship (Murray, Holmes, & Griffin, 2000; Mattson, Frame, & Johnson, 2011; Murray, Holmes, MacDonald, & Ellsworth, 1998). Comprehending indigenous justification of these empirical results, it can be affirmed that expression of negative emotions when dealing with frustrating and stressful situations can probably leads to reduced level of psychological flourishing within a marital relationship. Nevertheless, there too exist evidences in relationship research which clearly proves motivation and beneficial effect of negative emotions within interpersonal relations (Davila, Karney, Hall, & Bradbury, 2003; Fisher & McNulty, 2008; Kennedy-Moore & Watson, 2001).

Families from diverse cultures emphasize changing sets of values; and this indigenous work is, evidently, an empirical depiction of a collectivist culture where emotions are difficult to comprehend and interpret. Moreover, all the empirical work so far is not plentiful in unfolding diverse patterns of emotions specific to married individuals. Being related to an emotionally interdependent and collectivist culture, the expression of emotions may not always follow a conventional pattern where positive emotion and impulse strength is always leading towards the prosperity and well-being of relationship. In the current work, different and contradictory patterns of emotional expression could be related to various patterns of culturally related, cohesive and interdependent domestic and social setting. This finding of the current study can be drawn towards Cherlin (2012), Wilcox and Nock (2006) where individual's expression of emotions is elicited not merely as

consequences of intimate interactions but it also rely upon several other factors that are lying beneath their social values and brought up patterns as an adult.

These atypical patterns of negative association between flourishing and positive expression and impulse strength can be traced back to family systems and generation where fathers and mothers support the psychological interdependency between children and the family through and controlling parenting style, and socialize their kids to implement essential morals of family fidelity and compliance. Therefore, as a married person, the individual exhibits those deeply embedded childhood patterns of emotion expressivity. Since, each family values and parenting style differ. Hence, individuals learn diverse patterns of expressing their impulses and reactions.

Along with the expression of emotions, regulation of emotions has also been proven to be vital for psychological flourishing of married individuals. Based on existing empirical literature indicating appropriate emotion regulation strategy, the present study also explored association between cognitive reappraisal strategy and psychological flourishing subscales among husband and wives. Data of present study found negative correlation between cognitive reappraisal with relationship ($r = -.12$) and individual subscales ($r = -.17$) of psychological flourishing. The conclusion is not consistent with existing body of research which strongly advocates the role of cognitive reappraisal strategy as valuable interpersonal relationships (Balzarotti, John, & Gross, 2010; John & Gross, 2004).

The contradictory finding of the present research in terms of cognitive reappraisal as ER strategy related to psychological flourishing of married individuals might be attributed to a number of reasons. This contradiction may be accredited to the culturally valued ways of relating to emotion regulation. Emotion regulation strategies are, in some way, fashioned to

be tailored by certain cultural values and norms. Cross-cultural evidences have also provided broad-spectrum support for the notion that in communalist cultures, such as Japan, there is preference for suppression and inhibition of emotional responses, at least for certain emotions; similarly, cognitive reappraisal strategy is more functional in western cultures as compared to the eastern cultures (De Leersnyder, Boiger, & Mesquita, 2013). Moreover, in different studies, participants from independent cultural contexts have shown to express preference for reappraisal rather than suppression than the respondents from interdependent culture. The differences, undoubtedly, correspond to cultural norms (Butler, 2015; Mauss, Wilhem, & Gross, 2004).

Moreover, a number of influencing and dominant social factors prevailing in a non-western culture like nature of marriages, impact of family system, lack of emotional awareness and years of married life may impact in applying emotion regulation strategies within marital life and it could also be the likelihood that current study might not yield the similar findings regarding application of cognitive reappraisal as strategy of emotion regulation within a non-western culture as depicted by existing western relationship literature. Hence, it could be justified from the present data that giving cognitive interpretations for emotion provoking situations within marital context do not appear to lead towards relationship and individual flourishing.

Further, the present study also explored relationship of expressive suppression strategy with psychological flourishing i.e. relationship and individual subscales among married individuals. The proposition gained support on the data of present study and showed significant negative correlation of expressive suppression strategy with relationship subscale ($r = -.12$) individual subscale ($r = -.12$). It could be interpreted from the findings of

indigenous data of married individuals that expressive suppression of emotional response during emotion provoking situation may possibly lead to decreased magnitude of psychological flourishing within a married bonding. Components of subscales of psychological flourishing like sense of humor, self-confidence, self-reliance, sacrifice, compromise, forgiveness, mutual problem solving etc. could be negatively affected by the use of expressive suppression strategy. The findings are in harmony existing empirical evidences on emotion regulation strategies that have found harmful impact of ES strategy on relationship satisfaction.

Current studies have suggested that though masking apparent signs of emotion may serve short-term interpersonal goals (e.g., escaping conflict and not hurting other's feelings), but it has also been discovered that regularly using suppression to effect emotional expression in daily life leads to various hostile social consequences like decreased social support, lower social satisfaction, and less intimacy with others (English, John, Srivastava, & Gross, 2012; English & John, 2013; Gross & John, 2003; Srivastava, Tamir, McGonigal, John, & Gross, 2009). Hence, this particular finding of current study extends contemporary relationship literature that depicts the negative impact of expressive suppression strategy in personal relationships (Gross & John, 2003; Haga, Craft, & Corby, 2009).

Prediction Hypotheses of Main Study (*Hypotheses 5 & 6*). The current study empirically investigated the role of communal orientation as influencing factor predicting dimensions of psychological flourishing among married individuals. As aforementioned, communal orientation has been assumed to play the role of predictor that might predict relationship and individual subscales of psychological flourishing. Review of existing relationship literature has shown that communal orientation influences a variety of

interpersonal relationships (e.g. Kogan et al., 2010). Relying on the foundation of present literature on subjective and relationship rewards of communality in personal relations, our investigation concentrated on prediction of communal orientation manifested by husbands and wives in predicting relationship and individual subscales of psychological flourishing (Table 23).

Positive Communal Orientation Predicting Psychological Flourishing

Hypothesis 5 stated that communal orientation positive subscale predicts relationship and individual subscales of psychological flourishing of husbands and wives within married relationship. Data of the current study supported the hypothesis. Findings are consistent with numerous empirical evidences elucidating the impact of positive communal orientation in predicting psychological flourishing of personal relations (Bryan, et al., 2000; Clark, Lemay, Graham, Pataki, & Finkel, 2010; Lawler & Piferi, 2006). These researches proved that individuals with positive communality are liable to give care to people, ranging from those within their close relationships to strangers that consequently improve their relationship quality. Relationship subscale of psychological flourishing includes compromising quality within married relationship, mutual understanding with the partner, respect, care and friendly relations, appreciation for the spouse and communication patterns, maturity of attitude, capitalizing on positive events and conflict resolution in peaceful manner. Findings of *hypothesis 5* could be interpreted that individuals who show warmth, affection, supportive behavior for the partner (positive communality) are also anticipated to experience relationship flourishing within their married bonding. Mills et al. (2004) proposed that by theoretical background of the person's communality toward his or her partner should be favorably associated with the partner's marital happiness because the inspiration to be

receptive to the needs of the spouse should lead to sensitivity to the spouse's needs, which, consequently, should increase the partner's contentment with the relation. This increased contentment is in turn expected to enhance the spouse's communality toward the individual and, henceforward, the spouse's responsiveness to the person's needs, which will increase the person's contentment with the relation. Such a virtuous circle could be among the factors liable for the positive association of the marital happiness of married individuals.

Likewise, *hypothesis 5* also proved that positive communal orientation also positively predicts individual subscale of psychological flourishing among men and women. Individual subscale of psychological flourishing within the married relationship comprises of humorous style, ability to sexually satisfy spouse, giving personal space, self-esteem, stability of emotional reactions, financial stability, forgiving partner's mistakes, and respect for partner's individual differences. Therefore, it could be interpreted that married individuals who show positive communal orientation for their partners are also manifesting above mentioned individual subscale of psychological flourishing. This particular finding of present study showed steadiness with existing evidences (e.g., Thompson & DeHarpport, 1998), which documented that people who are strong in positive communality are more expected to assign resources alike among each other, and that giving care for close ones is related with enhanced self-efficacy and self-esteem (Crocker & Canvello, 2008; Lawler & Piferi, 2006). Dwelling on findings of present study, it is anticipated that communal people who are disposed to support their partners, experience greater positive emotionality such as feeling happy and satisfied, and enjoying high self-esteem in their everyday lives. Finding of present study, hence, was encouraged by existing empirical evidences and proved that men

and women's positive communality confidently predicts the individual dimension of psychological flourishing within a married relationship.

Negative Communal Orientation Predicting Psychological Flourishing

Hypothesis 6 of the study was formulated to examine the prediction of negative communality in predicting psychological flourishing of married males and females. Hypothesis achieved support on the data of present research and demonstrates that negative communality negatively predicts relationship subscale of psychological flourishing. Findings of present research reveal that negative communality among wives and husbands leads to decline in factors that demonstrate relationship dimension of flourishing within marital association. In other words, findings of present study shows that married men and women who depict high level of negative communality can probably depict decreased magnitude of psychological flourishing i.e. relationship subscale. Such married males and females do not likely to compromise within their married relationship; they show lack of mutual understanding within their married relationship, less friendly relations with the spouse, low appreciation, and lack of care and acknowledgement for their spouses. It can, hereafter, be concluded that general negative communal tendencies can perhaps decline a married individual's level of relationship flourishing. This specific finding is constant with the existing researches (e.g. Bonnie et al., 2013; Jones & Vaughan, 1990) which found that lack of communal orientation leads to low level of relationship contentment among interpersonal relations.

Considering role of negative communality in predicting individual subscale of flourishing, it was found that negative communal orientation positively predicts individual subscale of psychological flourishing. Thus, dwelling on the hypothesis related to predicting

influence of negative communal orientation in predicting individual subscale of psychological flourishing, the findings, somehow, failed to achieve support on data of the current study. These findings, thus, demonstrate that negative communal orientation do not all the time links with decreased level of psychological flourishing within a married relationship. Moreover, it also appeared that married men and women, who show non-sociability, non-facilitating behaviors and less support for the partners, are not inevitably exhibiting decrease in flourishing of their relationship. Expanding the contextual comprehension of this unusual finding, it can be stated that, within marital scenario of eastern cultures, partners tend to show content of relationship even if there is absence of support for one another.

Moreover, phenomena of communal orientation (both positive as well as negative) has never been inspected from the perspective of marital relationship; so, no empirical evidence has been found that documents role of communal orientation related with relationship happiness within married relationship. Furthermore, literature merely provides the evidences that highlight communal tendencies of general population (Chen, Lee-Chai, & Bargh, 2001); conversely, the focus of the current work is to evaluate the impact of communal tendencies specifically from the perspective of married individuals. Thus, due to the fact that construct of communal orientation has never been examined exclusively from the perception of married individuals belonging to eastern society; therefore, these unexpected findings could be attributed to cultural and contextual differences and variations. The finding, hence, is showing lack of consonance with the existing literature on communal orientation that suggest that negative tendencies in communal orientation leads to relationship problems and lack of psychological flourishing.

Mediation of Emotional Expressivity in Relation to Communality and Psychological Flourishing (*Hypothesis 7*). In the empirical attempt towards scientific exploration of psychological flourishing, indirect effect of emotion expressivity and its multiple facets i.e. positive emotional expression, negative emotional reaction and strength of impulse reactions were also taken into account. Numerous hypothesis of the main study were formulated to explore indirect conditional impact of emotion expressivity between the relationship of psychological flourishing and communal orientation among married individuals.

Mediation method examines if a variable (i.e., mediator; emotion expressivity) alters related to predictive variable (communal orientation), in turn, influencing the outcome variable (psychological flourishing). Mediation exploration examines if the mediating variable accounts for a considerable magnitude of shared variance between the predictive and the outcome variables—the mediator changes in regard to the predictive variable, in turn, impacting the outcome one (Baron & Kenny, 1986). With mediation analysis researchers of the current study were able to answer *how* communal orientation is related to psychological flourishing of married individuals. It was hypothesized that multiple facets of emotional expression (positive expressivity, negative expressivity and impulse strength) would mediate the association between communal orientation and psychological flourishing of married individuals. Keeping in view the significance of emotional processes for psychological flourishing among married population, it was assumed that expression of emotions serve to be significant mediator in all its three dimensions i.e. positive expression, negative expression and impulse strength.

In Table 24, using relationship subscale of psychological flourishing as the outcome and communal positive orientation as the predictor, and negative emotion expressivity (i.e. mediator) was present. In Model 1 of mediational analysis, communal positive orientation ($B = .43, p < .001, 95\% \text{ CI } [UL = .48, LL = .26]$) significantly explained relationship subscale of psychological flourishing. When negative emotion expressivity (i.e. mediator) was controlled for, predictability was changed somewhat but was still significant for communal positive orientation ($\beta = -.38, p < .001, 95\% \text{ CI } [UL = -.16, LL = -.59]$). Thus negative emotional expressivity improved prediction of outcome variable along with independent variable.

Likewise, Table 25, using relationship subscale of psychological flourishing as the outcome and communal orientation (total) as the predictor, and emotion expressivity, total (i.e. mediator) was present. In Model 1 of mediational analysis, communal orientation ($\beta = .36, p < .001, 95\% \text{ CI } [UL = -.37, LL = -.19]$) significantly explained relationship subscale of psychological flourishing. When emotion expressivity (i.e. mediator) was controlled for, predictability was changed somewhat but was still significant for communal orientation ($B = -.24, p < .001, 95\% \text{ CI } [UL = -.18, LL = -.13]$). Thus emotional expressivity (total) improved prediction of outcome variable along with independent variable. Similarly, *table 26*, using individual subscale of psychological flourishing as the outcome and communal positive orientation as the predictor, and negative emotion expressivity (i.e. mediator) was present. In Model 1 of mediational analysis, communal positive orientation ($\beta = .76, p < .001, 95\% \text{ CI } [UL = .79, LL = .57]$) significantly explained individual subscale of psychological flourishing. When negative emotion expressivity (i.e. mediator) was controlled for, predictability was changed somewhat but was still substantial for communal positive orientation ($\beta = -.48, p$

<.001, 95% CI [UL= -.68, LL= -.28]. Thus negative emotional expressivity improved prediction of outcome variable along with independent variable.

In Table 27, using individual subscale of psychological flourishing as the outcome and communal orientation (total) as the predictor, and impulse strength expressivity (i.e. mediator) was present. In Model 1 of mediational analysis, communal orientation ($\beta = .24$, $p < .001$, 95% CI [UL= .23, LL= .06] significantly explained individual subscale of psychological flourishing. When impulse strength expressivity (i.e. mediator) was controlled for, predictability was changed somewhat but was still significant for communal orientation ($\beta = -.59$, $p < .001$, 95% CI [UL= -.46, LL= -.72]). Thus emotional expressivity impulse strength improved prediction of outcome variable along with independent variable. In table 28, using individual subscale of psychological flourishing as the outcome and communal orientation (total) as the predictor, and emotional expressivity, total (i.e. mediator) was existent. In Model 1 of mediational analysis, communal orientation ($\beta = .24$, $p < .001$, 95% CI [UL= .22, LL= .05] significantly explained individual subscale of psychological flourishing. When emotion expressivity (i.e. mediator) was controlled for, predictability was changed slightly however, was still considerable for communal positive orientation ($\beta = -.36$, $p < .001$, 95% CI [UL= -.43, LL= -.29]). Thus emotional expressivity total improved prediction of outcome variable along with independent variable.

In Table 29, using total subscale of psychological flourishing as the outcome and communal positive orientation as the predictor, and negative emotional expressivity (that is, mediator) was present. In Model 1 of mediational analysis, communal positive orientation ($\beta = 1.19$, $p < .001$, 95% CI [UL= 1.25, LL= .86] significantly explained total subscale of psychological flourishing. When negative emotional expressivity (i.e. mediator) was

controlled for, predictability was changed somewhat but was yet considerable for communal positive orientation ($\beta = -.86, p < .001, 95\% \text{ CI } [\text{UL} = -.49, \text{LL} = -1.22]$). Thus negative emotional expressivity improved prediction of outcome variable along with independent variable.

In Table 30, using total subscale of psychological flourishing as the outcome and communal orientation (total) as the predictor, and impulse strength emotional expressivity (i.e. mediator) was existent. In Model 1 of mediational analysis, communal orientation ($\beta = .59, p < .001, 95\% \text{ CI } [\text{UL} = .58, \text{LL} = .27]$) significantly explained total subscale of psychological flourishing. When emotion expressivity (i.e. mediator) was controlled for, predictability was changed somewhat nevertheless was still significant for communal positive orientation ($\beta = -1.04, p < .001, 95\% \text{ CI } [\text{UL} = -.81, \text{LL} = -1.27]$). Thus emotional expressivity impulse strength improved prediction of outcome variable along with independent variable.

In Table 31, using total subscale of psychological flourishing as the outcome and communal orientation (total) as the predictor, and emotional expressivity, total (i.e. mediator) was present. In Model 1 of mediational analysis, communal orientation ($\beta = .60, p < .001, 95\% \text{ CI } [\text{UL} = .56, \text{LL} = .26]$) significantly explained total subscale of psychological flourishing. When emotion expressivity (i.e. mediator) was controlled for, predictability was changed slightly but was yet significant for communal positive orientation ($\beta = -.06, p < .001, 95\% \text{ CI } [\text{UL} = -.73, \text{LL} = -.48]$). Thus emotional expressivity total improved prediction of outcome variable along with independent variable.

Findings of mediational analysis suggest that expression of emotions and its subscales; positive expression, negative expression and impulse strength contribute

indirectly in explaining variance in psychological flourishing and its relationship and individual subscales. Existing literature supports the assumption that emotional expressivity, in its multiple dimensions, buffers the level of psychological flourishing when communality acts as an outcome (Baker & McNulty, 2010; Gur-Aryeh, 2010; McNulty, 2008).

Moderation of Emotional Regulation in Relation to Communality and Psychological Flourishing (*Hypothesis 8*). Moderation analysis in current study investigated the role of regulation of emotions between relationship of dependent variable (psychological flourishing) and independent variable (communal orientation). Analysis of moderation helps researcher in the present study to answer *when* or *under which conditions* communal tendencies of married individuals is related to their marital flourishing. Two strategies of emotion regulation i.e. CR and ES were taken into account in present empirical study.

Hypothesis formulated to explore the moderation role of emotion regulation depicted that cognitive reappraisal strategy significantly moderate the relationship between relationship subscale of flourishing and communal positive orientation (*Table 32*). The analysis illustrated that around 7% of the variation in the outcome variable (i.e., relationship subscale of flourishing) might be explicated by the main effects and the interaction effects ($R^2=.07$, adjusted $R^2=.01$, $F= 26.22$, $p <.001$). Interaction effect between reappraisal strategy and communal positive orientation proved to be significant in predicting outcome variable. Moderating role of reappraisal strategy of emotion regulation in buffering flourishing of married relationship is in line with the contemporary array of researches which have proved beneficial role of ER strategy for interpersonal relationships (Brans, Koval, Verduyn, Lim, & Kuppens, 2013; Hayes, et al., 2010). On the other hand, expressive

suppression strategy of emotion regulation did not significantly moderate the association between communality and psychological flourishing of married individuals.

Role of Demographic Variables. Hypotheses were formulated to explore the impact of demographic variables in terms of research variables. *t-test* was computed to check whether husbands and wives manifest any difference related to communal orientation, psychological flourishing, emotional expressivity and emotional regulation. Mean values depicted that wives are high on both subscales of psychological flourishing (relationship subscale; $M= 94.10$, $SD= 8.34$ and individual subscale; $M= 71.93$, $SD= 8.35$). While, husbands show enhanced level of negative communality as compared to wives ($M= 19.77$, $SD= 5.68$). Findings showed that husbands are high in negative communality, negative emotional expressivity and impulse strength emotionality than wives. Contrarily, married females show high levels of relationship dimension of flourishing and individual dimension of flourishing as compared to husbands. Gender differences were also observed in terms of expression of emotions where husbands were higher on three subscales of emotional expressivity (negative emotional expressivity ($M= 8.13$, $SD= 2.76$), impulse strength emotionality ($M= 14.76$, $SD= 4.81$) and emotional expressivity total subscale ($M= 31.83$, $SD= 8.96$) as compared to wives. No gender differences were observed in terms of reappraisal and suppression strategy of emotional regulation.

Gender differences related to study variables could be traced to existing empirical literature. Studies on gender and married relationship have shown that married males show more relationship satisfaction and contentment as compared to married females (Fowers, 1991). Previous researches also proposed that males report being more contented with their marriages than females in both Western (e.g., Schumm, Webb, & Bollman, 1998) and

Eastern (e.g., Fanni-Asl, Narimani, Rajabi, & Siahpoosh, 2009; Ng, Teik-Cheok, Clinton, & Cheong, 2008; Rostami, Ghazinour, Nygren, & Richter, 2014) societies. However, several other studies have reported the opposite by depicting married females to be higher on marital happiness dimensions as compared to married males (Ayub & Iqbal, 2012).

Regarding role of gender in terms of communal orientation, findings of present study contribute to our scientific understanding about the construct of communal orientation by stating that married males of collectivistic culture are less disposed to behave in a socially cooperative manner and are less responsive within their intimate relations in contrast to married females. Married females, contrarily, are inclined to feel obligated to benefit their partners and show a general concern for welfare of the other. However, gender related findings of present study in terms of communal orientation is inconsistent with the existing literature which evidently states that communal strength seemed to be unrelated to gender in intimate relationship (Kogan et al, 2010).

Taking account of gender differences in terms of expression of emotions, existing empirical studies have demonstrated mixed findings. A few researches have recommended that there are no gender dissimilarities in expression of emotions among married males and females (e.g. Carvalho, Galdo-Alvarez, & Gonclaves, 2012). In contrast, a growing number of researches have revealed that men exhibit more strong emotional reactivity (negative emotional expressivity) mainly to stimuli that are supposed to be intimidating (Kret & De Gelder, 2012). Furthermore, universal stereotype in both Western and Eastern societies advocate that females are more emotional as compared to males, particularly when reacting to negative emotions (Gard & Kring, 2007). A body of experiential data has also illustrated that, compared with males, females typically experience more frequent and stronger

negative emotionality (Bradley, Codispoti Cuthbert, & Lang 2001), this may justify the reason that why more females are more susceptible to mood disorders (Tobin, Graziano, Vanman, & Taissinary, 2000).

However, finding of the present investigation on expression of emotions of married individuals, gives the impression of breaking prevailing stereotype about gender and emotional expressions. The current study reveals that husbands are more negatively expressive as compared to wives. The findings could be interpreted within collectivistic culture that husbands are more apt to express the negative emotions. They appear to be freely expressing their negative feelings and sentiments in their intimate relationship as compared to wives. Moreover, husbands are usually appearing as less capable of controlling their impulse reactions. Husbands, uniquely of eastern cultures, are more outward and freely express their emotions in almost all the situations (Fischer & Manstead, 2000). In examining the expression of emotions, researches have shown that culture and context-specific gender roles and other family factors like family system, years of marriage etc. have a stronger influence on emotional expression than do biological factors.

In term of emotional regulation strategies depicting gender differences, the present study found no differences in reappraisal and suppression strategies between husbands and wives. However, these findings are not in line with existing relationship literature that documents wives to be high in reappraisal strategy by acting as capable co-regulators within married relationship (Ball, Cowan, & Cowan, 1995), and as more liable for and capable at regulating the affective stability in marriage (Gottman & Levenson, 1988). Whereas, several studies have proved opposite by attributing husband's emotional regulation more vital for marital happiness as husbands have been suggested to be mostly sensitive to stress in

marital relationship because of their lesser forbearance for prolonged negative emotions (Gottman & Levenson, 1988; Levenson, Carstensen, & Gottman, 1994). Likewise, men's expressive suppression seems to affect women's more than women's inappropriate regulation influences husband (Ferrer & Nesselroade, 2003; Noller & Fitzpatrick, 1988).

Due to the importance of type of marriage within collectivistic culture, present study's variables have been investigated as they operate with arrange or love marriage. Result shows that significant variances were observed in terms of positive communality and negative communality between arrange and love marriage where individuals of love marriages are slightly higher in communal positive orientation ($M = 25.85$, $SD = 4.90$) as compared to married individuals having arrange marriages. Likewise, individuals of love marriages are higher in communal negative orientation ($M = 19.57$, $SD = 5.64$) as compared to the individuals of arrange marriages. Similarly, differences were also observed in terms of emotion regulation strategies between individuals of love and arrange marriages where cognitive reappraisal is high in individuals of love marriages ($M = 15.59$, $SD = 7.47$) and expressive suppression strategy was high in individuals of love marriages ($M = 10.65$, $SD = 3.54$) as compared to individuals of arrange marriages. Moreover, despite exiting evidences illustrating length of marriage (above ten years) and marital satisfaction (e.g. Zainah, Nasir, Hashim, & Yusof, 2012) no differences were found in the present study.

Existing literature has revealed potential differences in terms of arrange and love marriages on various psychological variables. Within individualistic culture where individuals are free to choose their mates (love marriages), flourishing within married relationship depends on communication patterns, love and intimacy for the partner. On the other hand, within collectivistic cultures, mate selection usually occur as the consequence of

parent's will and consent (love marriages), quality of married relationship depends on fulfilling familial duties (Sorokowski, 2017). The benchmarks for a happy marriage may vary and may be dependent on a unique set of culturally imposed models, ethics, and commitments (Inglehart & Baker, 2000; Myers, Madathil, & Tingle, 2005). Love and emotional intimacy between husband and wife are assumed to be influenced by culture (Simmons, Kolke, & Shimizu, 1986). The findings of present study are also related to arrange and love marriage within a collectivistic culture. Communality, as described by present study as emotional sensitivity and care for the partner is high in love marriage as compared to arrange marriage. Since love marriage is unique to individualistic culture, therefore, results are in line with evidences from researches of Dion and Dion (2003) who stated that love and emotional intimacy for the partner is common in individualistic culture where love marriages happen. Moreover, collectivism nurtures receptiveness to affection, but affection is expected to be diffused across a network of familial relationships.

Similarly, focusing on emotional regulation strategies operating in love and arranged marriages, it was found that both strategies are high in love marriages as compared to arrange marriages. It could be interpreted from this finding that married individuals show tendency to cognitively reinterpret emotion provoking situations as well suppress their emotions in love marriages. Within a collectivistic culture, when marriages happen as the result of preference and liking, married individuals tend to handle emotional situations both by thinking about them in a constructive way (reappraisal of situation) as well as suppress them (expressive suppression) in emotional situation. However, habitual use of suppression as reappraisal strategy has proven to be damaging for the growth and maintenance

of intimate relationships (English, John, & Gross, 2013); thus the effect of this strategy might be detrimental for love marriages as well as arrange marriages.

Demographics of present researches were also explored according to the *Levels of Psychological Flourishing (Hypothesis 11)*. Three levels were identified as levels of flourishing signifying low, moderate and high. Result showed that all tested demographic variables; gender, type of marriage (love and Arrange), family system (nuclear and joint), education, and profession are high on moderate level of psychological flourishing measured by indigenously developed Psychological Flourishing Scale.

Model Testing. The model of the study depicts various significant interactions illustrating importance of study variables in predicting psychological flourishing of wives and husbands belonging to collectivistic culture. Mediation Model imputed in AMOS 21 illustrated subscales (positive and negative) of communal orientation considerably predicts psychological flourishing of Pakistani married individuals. Emotional expressivity as mediator significantly mediates the relationship between communal orientation and psychological flourishing. All the paths of the conceptual model are significant. As illustrated by Path one, Communal orientation negatively predicts emotional expression and its dimensions. Second path depicted that Expression of emotions also negatively predicts psychological flourishing and its subscales. The third path (direct path) shows prediction of independent variable in predicting outcome variable i.e., psychological flourishing. The model of the study was fit by default and no covariances were added to achieve model fit. Thus, conceptual model of study demonstrating direct and indirect paths to explain flourishing fits the indigenous data of Pakistani married sample.

Models of Moderated-Mediation. *Hypothesis 12* was formulated to evaluate a model of mediated moderation vs. moderated mediation (conditional indirect effects) that could explain the relationship between emotional expressivity and its subscales, emotional regulation and its subscales, communal orientation and its subscales and psychological flourishing and its subscales. Significance of the present study is also embedded into how mediating and moderating variables could be combined to develop testable assumptions on the roles of multiple influences on psychological flourishing. The study has contributed to existing relationship literature through advancement in understanding of how mediation and moderation can be integrated (Hayes, 2013). Results indicated that impulse strength subscale of emotional expressivity acted in the role of mediator in the association between communal orientation (total) and relationship subscale of psychological flourishing. Cognitive reappraisal strategy of emotion regulation acted as protective moderating factor. Significant interaction in this model was illustrated between communal orientation total subscale and reappraisal strategy of emotion regulation in explaining psychological flourishing of married individuals (Table 40).

Similarly, in Table 41, the findings indicated that positive subscale of emotional expressivity operated as a mediator that indirectly influenced the association between negative communality and individual subscale of flourishing. Expressive suppression strategy of emotion regulation acted as protective factor moderating the relationship between predicting and outcome variable. Significant interaction of this model was illustrated between communal negative orientation and suppression strategy of emotion regulation in explaining psychological flourishing of married individuals.

Results also indicated that positive subscale of emotional expressivity acted in the role of mediator in the association between communal strength (total) and individual subscale of flourishing. Expressive suppression strategy of emotional regulation acted as shielding moderating factor. Two significant interactions in this model were illustrated between communal orientation total subscale and suppression subscale of emotional regulation; and positive emotional expressivity and suppression strategy of emotional regulation in explains psychological flourishing of married individuals (Table 42). Hence, the conditional processing model of mediated moderation analysis method makes it possible rigorously and simultaneously to test both mediation and moderation effects of variables on outcome variables.

Hence, main study of present research followed various steps systematically that helped the researcher to investigate the role of predictors, mediators and moderators in explaining psychological flourishing of married individuals.

GENERAL DISCUSSION

Positive psychologists, scientists of newly emerging psychology field, specializing in intimate relationships are trying to understand the factors that enhance psychological flourishing of married relationships. Marriage has been marked as the most significant and central human relationship as it offers the main configuration for creating families and nurturing the upcoming generation (Larson & Holman, 1994). Theories and empirical evidences on happy married relationships throw extensive light on efforts that should be implied by both the partners for a flourishing and thriving marital association. Researchers have tried to shed light on the factors that lead to stable and prosperous marriages (Acevedo & Aron, 2009; Dainton, Zelle, & Langan, 2003; Erickson, 2005; Fatima & Ajmal, 2012; Gottman, 1994; Hatfield & Rapson, 1993; Muner & Hanif, 2012; Rostami, et al., 2014; Sorokowski, et al., 2017). Most consistent factors have been outlined as commitment, attachment, conflict resolution mechanisms, friendship, forgiveness, communication patterns, and romance. Irrespective of the literature focusing on healthy and happy marriages, there is dearth of empirical study that captures all the positive variables in one study and attributes the optimal level of functioning as psychological flourishing. Thus, the current investigation was carried out with the aim to include all positive relationship variables in one study and inspect the role of each factor in enhancing psychological flourishing of men and women belonging to collectivistic culture.

Present research is extension of family and positive psychology by focusing on positive ingredients of relationship well-being and flourishing. The present research was intended to capture the affect of communal and emotion variables in understanding

psychological flourishing of romantic relationships. The current study focused on indigenous examination of the construct of psychological flourishing with reference to marital functioning of Pakistani husbands and wives. The study also scientifically investigates the function of communal tendencies as an essential and major factor that could determine the psychological flourishing of married population. Furthermore, the current empirical investigation also captures the influence of emotion processes as contributing factors towards the enhancement of flourishing. Communal tendencies for the spouse, expression of emotions and appropriate emotion regulation strategies were thus, considered as important predictor of psychological flourishing among Pakistani married men and women. Present study, thus, encompasses mutual functioning of communal as well emotion related factors for an ample scientific understanding of the notion of psychological flourishing among married individuals.

Participants of present empirical investigation were married individuals residing in various cities of Pakistan and belonging to diverse educational, social, professional backgrounds. The current study was completed in three phases. The first phase focused on detailed qualitative exploration of psychological flourishing construct from the perspective of married individuals belonging to collectivistic culture. Results of this phase came up with numerous themes that facilitated to understand the phenomena of psychological flourishing of married individual within a collectivistic culture. It was found out that compromising, sacrificing and having trust, friendly relations and respect for the partner might increase relationship flourishing. Similarly, capitalizing on positive events of life, expressing love language, appreciation and emotional sensitivity for the partner might also enhance relationship flourishing. Moreover, submission to the will of spouse, conflict resolution

styles, self-confidence, self-esteem, optimism, sense of humor, financial stability, celebrating each other's special days, sexually satisfying the spouse, and respect for each other's personal space might also result in psychological flourishing of marital relationship within collectivistic culture. Qualitative information extracted in phase I was utilized to construct an indigenous measure (PFS) that was used to measure psychological flourishing of men and women in relation with other psychological scales. Exploration of factor structure of PFS was also carried out in the first phase. The exploration yielded two-factor model of PFS that was labeled as Relationship Subscale and Individual Subscale.

Second phase of study focused on translation, adaptation and establishing psychometric properties of study measures. Communal Orientation Scale measured strength of communal orientation; Berkeley Expressivity Questionnaire measured multiple facets of expressivity and Emotion Regulation Questionnaire measured strategies of emotion regulation among married participants of study. All three scales were developed and validated on western samples, therefore, researcher considered it essential to translate and establish psychometric properties of these scales for use with Pakistani married population. Scales were translated into Urdu language and translation was followed by establishing psychometric parameters. Alpha Coefficients, item-total correlations, and confirmatory factor analysis were carried out for all study measures. It was significant to see how well the existing structures of western developed scales was confirmed and validated for the present study. The data was analyzed using CFA using AMOS 21 version. Researcher considered widely used model fit indices (CMIN/df, CFI, NFI, TLI and RMSEA) and factor loadings (.40 and above) as criterion to test the validity of test items. Results of CFA on all four measures (PFS, COS, BEQ, ERQ) indicate a good fit on married data of present study.

Alpha coefficients revealed adequate values $> .60$ of all scales and their subscales. Item-total correlation depicted significant associations of items with one another that manifested that entire items had remarkable contribution in the assessment of relevant constructs. The results of second phase indicated that all instruments are valid as well as reliable and thus, researcher proceeded with the scales for hypotheses testing for the main study.

More than one thousand participants ($n = 1002$) males and females participated in the main study. Based on existing scientific evidences, numerous hypotheses were formulated to understand prediction, indirect and interaction effects, and role of demographics in terms of study variables. Multiple analyses were computed to test those hypotheses. Correlations, regression, moderation, mediation, Moderation and Mediated-Moderation/Moderated-Mediation were performed to test the relationship of study variables. Results indicated that communal positive orientation leads to relationship and individual subscale of psychological flourishing. Communal negative orientation predicted relationship subscale of psychological flourishing among married individuals. Emotional expressivity along with its subscales significantly mediated the relationship between predictor and outcome. Emotional regulation as moderator implies interaction effect between the relationship of predictor and outcome through its cognitive reappraisal subscale. Communal negative orientation negatively predicted individual subscale of psychological flourishing and expressive suppression subscale of emotional regulation was not found to be as moderator between predictor and outcome. Moderated-mediation analysis and model testing through Hayes' analysis in Process macro yielded multiple significant interactions that contributed towards theoretical understanding of flourishing of marital relationship.

Conclusion of the Study

The present research was conceptualized with the battle of empirical researches advocating the role of theoretically and practically significant variables in explaining optimal quality of married relationship. Elaborative review of existing empirical evidences came up with gaps in literature that leads the researcher towards exploration of constructs that were understudied. Due to versatility and complexity of emotion processes in their ability to influence wellbeing of intimate relations, the results of the present study have attempted to understand this intricacy from a different perspective. Communal and emotional processes were hypothesized to effect psychological flourishing of married individuals. Qualitative and quantitative research designs were implied to explore the variables of study. The study ended up with concrete conclusions about conditional effects of communal and emotional constructs in exploring psychological flourishing of married individuals within collectivistic culture. In romantic and intimate relations like marriages, communal orientation has proven to predict psychological flourishing as an outcome for a healthy marital relationship. During the process, the expression and regulation of emotions directly or indirectly has influenced the whole story. Hence, emotions and their expression and regulation is facilitated or inhibited by the level of communality that consequently influences the psychological flourishing of married couples. However, need is still being felt for further exploration of research variables from every angle.

Implications of the Study

Conclusions and findings of present research are contribution in Positive Psychology literature in Pakistan. Overall the present research adds to enhance understanding of positive variables that determine optimal functioning within married relationship. The study has several fundamental implications:

Qualitative exploration and indigenous operationalization of psychological flourishing construct from the perspective of married individuals have added to existing relationship literature. All the researchers aiming to explore factors underlying successful and happy marriages might benefit from the scientific instruments (PFS) developed to assess psychological flourishing of married relations. The present research sheds light on the utility of adapting contemporary validated measures in a novel background after evaluating its psychometric characteristics. These implications offer prospects for widening comprehension of psychological instruments that might commonly be shared across cultures.

Moreover, scales (COS, BEQ, ERQ) that have been translated, adapted and validated in the current study contribute to the literature of psychological testing by establishing normative data for married sample. Thus, the study also serves the purpose to validate the adapted scales that could be used with the eastern married population in exploring their relationship flourishing.

The study provides empirical evidences for establishing relationship between psychological well-being and various relationship-building and personality factors vital for flourishing. The study contributes to existing literature by confirming past literature as well as giving new insight in terms of emotional processes enhancing flourishing of married

individuals. Emotions are indispensable for interpersonal happiness; and exploration of multiple facets of emotions has supported to understand optimum level of married functioning. Moreover, significance of communal relationships within interpersonal marital perspective has been explored for the first time through this study. Moreover, mediating role of emotional expression and moderation of emotional regulation strategies have provided with a detailed investigation of possible variables impacting psychological flourishing of husbands and wives of Pakistan. Study has implications for Family Relationship Experts and counselors working with married individuals and positive psychologists can also benefit from present research.

Recommendations for Future Research

Apart from the potential implications, the study embraces several limitations also that also serve as potential suggestions for future researchers exploring dynamics of interpersonal relationships like marriages. The current study mainly focused a cross-sectional and quantitative designs based on self-report measures. Cross sectional data has been used in the present research that also limits generalizability of findings. In present cross-sectional design of the study, where all measures are collected at a single time, there is always the possibility that any relations between them can be as much the result of common method variance; construct similarity and item overlap, as any relations of substantive interest. Further, cross-sectional data is not sufficient when examining mediation processes.

The phenomena of psychological flourishing was explored qualitatively at indigenous level, however, need is being felt for longitudinal exploration that could enhance the understanding of the construct in terms of length of marriage. Study that is planned longitudinally would sanction a more beneficial testing of causal effects and advancement of flourishing across diverse groups and length of marital years. The data was correlational and, hence, cannot be utilized to test casual hypothesis.

Longitudinal proposal would be helpful to understand the magnitude and causality of variables leading to flourishing as well as to identify potential mediators and moderators influencing flourishing of married individuals. A more diverse and comparable sample like divorced and separated sample should be incorporated for comparison of level of flourishing. Certain demographics should be incorporated like birth order, information about family of origin, number of siblings, age of marriage, comparison in terms of modernization (urban or rural), numerous sects of religion etc. Moreover, data from western

societies could have added comparative understanding about existence of psychological flourishing construct between diverse cultures. Hence, role of culture should have studied among married Pakistani born and brought up individuals who have been married in western cultures.

Moderating and mediating role of different variables might become center of attention for future researchers as current study focused on finding out several ways to predict psychological flourishing of married individuals. Future researches can also use other theoretically important variables as moderates or mediators. The study should have incorporated several other emotional regulation strategies in addition to reappraisal and expressive suppression.

Systematic examination of each factor leading towards flourishing has been performed but this information has not been used to design a practical program for enhancement of relationship building factors within married relationship. Also, the study highlighted the positive factors as predictors of psychological flourishing, but it did not give suggestion for those who scored low on flourishing.

Self-report measures in the present research is faced with response biases and social desirability factor that may influence the findings. In upcoming research, observational data, peer reports and multi-informant can be utilized to validate the findings. Self-report measures have been used in the present study and self-report measures can reveal overstatement of relationships among variables. Hence, it might be suggested that other ways of getting information could be incorporated to get a clear picture among study variables to understand psychological flourishing within married relationship.

Instruments of the current findings could be validated on larger and more diverse samples. Moreover future studies can also establish discriminant and convergent validity of the translated and adapted measures for further research within eastern sample. Future research could also make use of developed instrument of flourishing on diverse samples of various cultures to examine validity and reliability of the measure exclusively designed for married individuals.

There is need for constructing educational and interventional program that might serve to improve psychological flourishing of married relationships within collectivistic culture. Forthcoming studies should carry on examining processes which document the simultaneous effects of communal and emotional processes in exploring psychological flourishing of married individuals. Data should be collected from various regions of South Asia to get a clearer picture about predictors of psychological flourishing among eastern married sample. Several other countries having eastern cultures should be used in the study to ensure generalizability of predicting factors.

REFERENCES

- Acevedo, B. P., & Aron, A. (2009). Does a long-term relationship kill romantic love? *Review of General Psychology, 13*, 59–65.
- Akan, Ş. T., & Bariskin, E. (2016). *Reliability and validity indicators of Berkeley Expressivity Questionnaire in the context of culture and gender 2*. Retrieved from [https:// www. semantic scholar. org/ paper/Reliability-and-Validity-Indi cators -of-Berkeley-In-AKAN](https://www.semantic scholar. org/ paper/Reliability-and-Validity-Indi cators -of-Berkeley-In-AKAN).
- Ali S., & Alea, N. (2008). Validating the Emotion Regulation Questionnaire (ERQ) in Trinidad. *Journal of Psychiatry and Behavioral Science, 1*, 1003.
- Amato, P. R., Johnson, D. R., Booth, A., & Rogers, S. J. (2003). Continuity and change in marital quality between 1980 and 2000. *Journal of Marriage and the Family, 65*, 1-22.
- Anderson, C., John, O. P., & Keltner, D. (2011). The sense of power. *Journal of Personality, 80*(2), 313-344. <http://doi:10.1111/j.1545-5300.2012.01417.x>.
- Appleton, C., & Bohm, E. (2001). The experience of marriage in mid-life. *The Journal of Phenomenological Psychology, 32*(1), 41.
- Argyle, M. (1987). *The psychology of happiness*. New York, NY, US: Methuen.
- Ayub, N., & Iqbal, S.H. (2012). The factors predicting marital satisfaction: A gender difference in Pakistan. *The International Journal of Interdisciplinary Social Sciences, 6*(7), 63–73. <http:// doi: 10.18848/1833-1882/CGP/v06i07/ 52112>.

- Bachand, L. L., & Caron, S. L. (2001). Ties that bind: A qualitative study of happy long-term marriages. *Contemporary Family Therapy: An International Journal*, 23(1), 105-121. <http://dx.doi.org/10.1023/A:1007828317271>.
- Baker, L., & McNulty, J. K. (2010). Shyness and marriage: does shyness shape even established relationships? *Personality and Social Psychology Bulletin*, 36(5), 665–676. <http://doi:10.1177/0146167210367489>.
- Bakhshi, H., Asadpour, M., & Khodadadizadeh, A. (2007) Sexual satisfaction in couples with depression. *Journal of Qazvin University of Medical Sciences*, 11(2), 37-43.
- Ball, F. L., Cowan, P., & Cowan, C.P. (1995). Who's got the power? Gender differences in partners' perceptions of influence during marital problem-solving discussions. *Family Process*, 34(3), 303-21.
- Balzarotti, S., John, O. P., & Gross, J. J. (2010). An Italian adaptation of the Emotion Regulation Questionnaire. *European Journal of Psychological Assessment*, 26(1), 61-67. <http://dx.doi.org/10.1027/1015-5759/a000009>.
- Banerjee, S., Basu, J. (2014). Personality factors, attachment styles and coping strategies in couples with good and poor marital quality. *Psychological Studies*, 59, 59–67. <https://doi.org/10.1007/s12646-013-0233-7>.
- Baron, R. M., & Kenny, D. A. (1986). The moderator-mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology*, 51, 1173-1182.

- Barry, R. A., Bunde, M., Brock, R. L., & Lawrence, E. (2009). Validity and utility of a multidimensional model of received support in intimate relationships. *Journal of Family Psychology, 23*(1), 48-57. <http://dx.doi.org/10.1037/a0014174>.
- Bartholomew, D. J., Knott, M., & Moustaki, I. (2011). *Latent variable models and factor analysis: a unified approach*. London, UK: John Wiley & Sons.
- Barton, K., & Cattell, R. B. (1972). Personality factors related to job promotion and turnover. *Journal of Counseling Psychology, 19*(5), 430-435. <http://dx.doi.org/10.1037/h0033250>.
- Batool, S. S., & Khalid, R. (2012). Emotional intelligence: A predictor of marital quality in Pakistani couples. *Pakistan Journal of Psychological Research, 27*(1), 65-88.
- Beach, M. C., Price, E. G., Gary, T. L., Robinson, K. A., Gozu, A., Palacio, A.,... Cooper, L. A. (2005). Cultural competence: a systematic review of health care provider educational interventions. *Medical Care, 43*(4), 356-73.
- Bejanyan, K., Marshall, T. C., & Ferenczi, N. (2015) Associations of collectivism with relationship commitment, passion, and mate preferences: Opposing roles of parental influence and family allocentrism. *PLoS ONE, 10*(2), e0117374. <https://doi.org/10.1371/journal.pone.0117374>.
- Ben-Ari, A., & Lavee, Y. (2005). Dyadic characteristics of individual attributes: Attachment, neuroticism, and their relation to marital quality and closeness. *American Journal of Orthopsychiatry, 75*(4), 621–631. <https://doi.org/10.1037/0002-9432.75.4.621>.

- Bentler, P. M. (1990). Comparative fit indexes in structural models. *Psychological Bulletin*, *107*(2), 238-246. <http://dx.doi.org/10.1037/0033-2909.107.2.238>.
- Bentler, P. M., & Bonnet, D. C. (1980). Significance tests and goodness of fit in the analysis of covariance structures. *Psychological Bulletin*, *88*(3), 588-606.
- Berscheid, E. (1995). Help wanted: A grand theorist of interpersonal relationships, sociologists or anthropologist preferred. *Journal of Social and Personal Relationships*, *12*, 529-533.
- Billingsley, S., Mee-Gaik, L., Caron, J., Harris, A., & Canada, R. (2005). Historical overview of criteria for marital and family success. *Family Therapy: The Journal of the California Graduate School of Family Psychology*, *32*(1), 1-14.
- Boonie, L. M., Impet, A. E., Kogan, A, Webster, D. G., & Cheng, C. (2013). The personal and interpersonal reward of communal orientation. *Journal of Social and Personal Relationships*, *30*(6) 694-710.
- Bradley, M. M., Codispoti, M., Cuthbert, B. N., & Lang, P. J. (2001) Emotion and motivation I: defensive and appetitive reactions in picture processing. *Emotion*, *1*(3), 276-98.
- Brans, K., Koval, P., Verduyn, P., Lim, Y. L., & Kuppens, P. (2013). The regulation of negative and positive affect in daily life. *Emotion*, *13*, 926–939. doi: 10.1037/a0032400.
- Browne, M. W., & Cudeck, R. (1993). Alternative ways of assessing model fit. In K. A. Bollen & J. S. Long (Eds.), *Testing structural equation models* (pp. 136-162). Newbury Park, CA: Sage Publications.

- Bryan, A. D., Hammer, J. C., & Fisher, J. D. (2000). Whose hands reach out to the homeless? Patterns of helping among high and low communally oriented individuals. *Journal of Applied Social Psychology, 30*, 887-905.
- Butler, E. A. (2015). Interpersonal affect dynamics: It takes two (and time) to tango. *Emotion Review, 7*(4), 336-341. <https://doi.org/10.1177/1754073915590622>.
- Butler, E. A., & Gross, J. J. (2009). Emotion and emotion regulation: Integrating individual and social levels of analysis. *Emotion Review, 1*(1), 86–87. <https://doi.org/10.1177/1754073908099131>.
- Butler, E. A., Egloff, B., Wilhem, F. H., Smith, N. C., Erickson, E. A., & Gross, J. J. (2003). The social consequences of expressive suppression. *Emotion, 3*(1), 48-67. <http://doi:10.1037/1528-3542.3.1.48>.
- Buunk, B. P., & Van Yperen, N. W. (1991). Referential comparisons, relational comparisons, and exchange orientation: Their relation to marital satisfaction. *Personality and Social Psychology Bulletin, 17*(6), 709-717. <http://dx.doi.org/10.1177/0146167291176015>.
- Campbell, A., Converse, P. E., & Rodgers, W. (1976). *The quality of American life: Perceptions, evaluations, and satisfactions*. New York: Russell Sage Foundation.
- Canevello, A., & Crocker, J. (2010). Creating good relationships: Responsiveness, relationship quality, and interpersonal goals. *Journal of Personality and Social Psychology, 99*, 78-106.
- Carlson, E., & Stinson, K. (1982). Motherhood, marriage timing, and marital stability: A research note. *Social Forces, 61*, 258–267.

- Carpenter, D. (2007). Review of David Blankenhorn, *The future of marriage*. *Engage*, 8, 154.
- Carstensen, L. L., Graff, J., Levenson, R. W., & Gottman, J. M. (1996). Affect in intimate relationships: The developmental course of marriage. In C. Magai & S. H. McFadden (Eds.), *Handbook of emotion, adult development, and aging* (pp. 227-247). San Diego, CA, US: Academic Press. <http://dx.doi.org/10.1016/B978-012464995-8/50014-5>.
- Carvalho, S., Leite, J., Galdo-Álvarez, S., & Gonçalves, Ó. F. (2012). The emotional movie database (EMDB): A self-report and psychophysiological study. *Applied Psychophysiology and Biofeedback*, 37(4), 279-294. <http://dx.doi.org/10.1007/s10484-012-9201-6>.
- Cattell, R. B. (1973). *Personality and mood by questionnaire*. San Francisco, CA: Jossey-Bass.
- Chen, S., Lee-Chai, A. Y., & Bargh, J. A. (2001). Relationship orientation as a moderator of the effects of social power. *Journal of Personality and Social Psychology*, 80(2), 173-187.
- Cherlin, A. (1977). The effect of children on marriage dissolution. *Demography*, 14(3), 265-272.
- Cherlin, A. J. (2012). The growing diversity of two-parent families: Challenges for family law. In G. Marsha & S. Elizabeth (Eds.), *Marriage at the crossroads: Law, policy, and the brave new world of twenty-first century families*. New York, NY: Cambridge University Press.

- Chida, Y., & Steptoe, A. (2008). Positive psychological well-being and mortality: A quantitative review of prospective observational studies. *Psychosomatic Medicine*, *70*, 741-756. <http://dx.doi.org/10.1097/PSY.0b013e31818105ba>
- Clark, M. S., & Finkel, E. J. (2005). Willingness to express emotion: The impact of relationship type, communal orientation, and their interaction. *Personal Relationships*, *12*, 169–180.
- Clark, M. S., & Grote, N. K. (1998). Why aren't indices of relationship costs always negatively related to indices of relationship quality? *Personality and Social Psychology Review*, *2*(1), 2–17. https://doi.org/10.1207/s15327957pspr0201_1.
- Clark, M. S., & Mills, J. (1979). Interpersonal attraction in exchange and communal relationships. *Journal of Personality and Social Psychology*, *37*(1), 12-24. <http://dx.doi.org/10.1037/0022-3514.37.1.12>
- Clark, M. S., Oullette, R., Powell, M. C., & Milberg, S. (1987). Recipient's mood, relationship type, and helping. *Journal of Personality and Social Psychology*, *53*, 94–103.
- Clark, M., S., & Taraban, C. (1991). Reactions to and willingness to express emotion in communal and exchange relationships. *Journal of Experimental Social Psychology*, *27*, 324-336.
- Clark, M.S., & Finkel, E. J. (2005). Willingness to express emotion: The impact of relationship type, communal orientation, and their interaction. *Personal Relationships*, *12*(2), 169 – 180. <http://org.10.1111/j.1350-4126.2005.00109.x>

- Clark, M.S., Lemay, E.P., Graham, S.M., Pataki, S.P., & Finkel, E.J. (2010). Ways of giving benefits in marriage: norm use, relationship satisfaction, and attachment-related Variability, *Psychological Science*, *21*(7). [https://doi.org/ 10. 1177/0956797 61037 3882](https://doi.org/10.1177/0956797610373882)
- Coan, J. A. (2008). Toward a neuroscience of attachment. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 241-265). New York, NY, US: The Guilford Press.
- Cohen, J. (2006). Social, emotional, ethical and academic education: Creating a climate for learning, participation in democracy and well-being. *Harvard Educational Review*, *76*(2), 201-237.
- Cohen, S. (2004). Social relationships and health. *American Psychologist*, *59*, 676-684. <http://dx.doi.org/10.1037/0003-066X.59.8.676>.
- Cole, P, Michel, M., & O'Donnell-Teti, L. (1994). The development of emotion and regulation and dysregulation: A clinical perspective. *Monographs of the Society for Research in Child Development*, *59*(2-3), 79-100.
- Collins, N. L., & Feeney, B. C. (2000). A safe haven: An attachment theory perspective on support seeking and caregiving in intimate relationships. *Journal of Personality and Social Psychology*, *78*, 1053-1073.[http://dx.doi.org/ 10. 1037/ 0022-3514.78.6.1053](http://dx.doi.org/10.1037/0022-3514.78.6.1053).
- Conly, S. (1988). Flourishing and the failure of the ethics of virtue. *Midwest Studies in Philosophy*, *13*(1) 83-96.
- Crocker, J. (2008). *From ego system to echo system. Implications for learning, relationships and wellbeing*. Washington, DC: American Psychological Association.

- Crocker, J., & Canevello, A. (2008). Creating and undermining social support in communal relationships: The role of compassionate and self-image goals. *Journal of Personality and Social Psychology, 95*, 555-575.
- Crocker, J., Olivier, M.A., & Nuer, N. (2009). Self-image goals and compassionate goals: Costs and benefits. *Self and Identity, 8*, 251–269.
- Cummins R. A., & Nistico, H. (2003). Maintaining life satisfaction: The role of positive cognitive bias. *Journal of Happiness Studies, 3*(1), 37-69.
- Cutrona, C. E. (1990). Stress and social support: In search of optimal matching. *Journal of Social and Clinical Psychology, 9*(1), 3-14. <http://dx.doi.org/10.1521/jscp.1990.9.1.3>.
- Dainton, M., Zelle, E., & Langan, E. (2003). Maintaining friendships throughout the lifespan. In D. J. Canary & M. Dainton (Eds.), *Maintaining relationships through communication: Relational, contextual, and cultural variations* (pp. 79–102). Mahwah, NJ: Lawrence Erlbaum.
- Daneshpour, M., Asoodeh, M.H., Khalili, S., Lavasani, M. G., & Dadras, I. (2011). Self-described happy couples and factors of successful marriage in Iran. *Journal of Systemic Therapies, 30*(2), 43–64.
- Davila, J., Karney, B. R., Hall, T. W., & Bradbury, T. N. (2003). Depressive symptoms and marital satisfaction: Within-subject associations and the moderating effects of gender and neuroticism. *Journal of Family Psychology, 17*, 557- 570. <http://dx.doi.org/10.1037/0893-3200.17.4.557>.

- De Leersnyder, J., Boiger, M., & Mesquita, B. (2013). Cultural regulation of emotion: Individual, relational, and structural sources. *Frontiers in Psychology, 4*(55). doi: 10.3389/fpsyg.2013.00055.
- Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macro-theory of human motivation, development, and health. *Canadian Psychology/Psychologie Canadienne, 49*(3), 182-185. <http://dx.doi.org/10.1037/a0012801>.
- Diamond, L. M., & Aspinwall, L. G. (2003). Integrating diverse developmental perspectives on emotion regulation. *Motivation and Emotion, 27*(1), 1-6.
- Diamond, L. M., Fagundes, C. P., & Butterworth, M. R. (2010). Intimate relationships across the lifespan. In M.E. Lamb, L. White, & A. Freund (Eds.), *Handbook of lifespan development* (Vol.2). New York, NY: Wiley.
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist, 55*(1), 34-43. <http://dx.doi.org/10.1037/0003-066X.55.1.34>.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment, 49*, 71-75. doi:10.1207/s1532775 2jpa4901_13.
- Diener, E., Sandvik, E., Pavot, W. (1991). Happiness is the frequency, not the intensity, of positive versus negative affect. In F. Strack (Ed.), *Subjective well-being: An interdisciplinary perspective* (pp. 119–139). Oxford, England: Pergamon Press.

- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, *97*(2), 143-156.
- Dillon, L. M., Nowak, N., Weisfeld, G. E., Weisfeld, C. C., Shattuck, K. S., Imamoğlu, O. E.,... Shen, J. (2015). Sources of marital conflict in five cultures. *Evolutionary Psychology*, *13*(1), 1-15. <https://doi.org/10.1177/147470491501300101>.
- Dion, K. K. (1993). Individualistic and collectivistic perspectives on gender and the cultural context of love and intimacy. *Journal of Social Issues*, *49*(3), 53-69.
- Dion, K. K., & Dion, K. L. (1993). Individualistic and collectivistic perspectives on gender and the cultural context of love and intimacy. *Journal of Social Issues*, *49*(3), 53-69. <http://dx.doi.org/10.1111/j.1540-4560.1993.tb01168.x>.
- Driver, J. L., & Gottman, J. M. (2004). Daily Marital interactions and positive affect during marital conflict among newlywed couples. *Family Process*, *43*(3), 301-14. doi: <http://10.1111/j.1545-5300.2004.00024.x>.
- Dunn, D.S., & Dougherty, S. B. (2008). Flourishing: Mental health as living life well. *Journal of Social and Clinical Psychology*, *27*, 314-316.
- Dzara, K. (2010). Assessing the effect of marital sexuality on marital disruption. *Social Science Research*, *39*(5), 715-724. doi: <http://dx.doi.org.ezproxy.stthomas.edu/10.1016/j.ssresearch.2010.06.003>.
- Ekkekakis, P. (2013). *The measurement of affect, mood, and emotion: A guide for health-behavioral research*. New York, NY: Cambridge University Press. <http://dx.doi.org/10.1017/CBO9780511820724>.

- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84*(2), 377-389.
- English, T., John, O. P., & Gross, J. J. (2013). Emotion regulation in relationships. In J. A. Simpson & L. Campbell (Eds.), *Handbook of close relationships* (pp. 500–513). Oxford University Press.
- English, T., & John, O. P. (2013). Understanding the social effects of emotion regulation: The mediating role of authenticity for individual differences in suppression. *Emotion, 13*(2), 314-329. <http://doi: 10.1037/a0029847>.
- English, T., John, O. P., Srivastava, S., & Gross, J. J. (2012). Emotion regulation and peer-rated social functioning: A four-year longitudinal study. *Journal of Research in Personality, 46*(6), 780-784.
- Erickson, M. (2005). Sociology on culture. *European Journal of Communication, 20*(1), 134–135. <https://doi.org/10.1177/026732310502000111>.
- Fanni-Asl, A., Narimani, M., Rajabi, S., & Siahpoosh, H. (2009). The study of religious behavior and faith in relation with student's marital satisfaction. *Research Journal of Biological Science, 4*(1), 42-47.
- Fardis, M. (2007). Expression and regulation of emotions in romantic relationships. *Graduate Student Theses, Dissertations, & Professional Papers, 423*. <https://scholarworks.umt.edu/etd/423>.
- Fatima, M., & Ajmal, M. A. (2012). Happy marriage: A qualitative study. *Pakistan Journal of Social and Clinical Psychology, 10*(1), 37-42.

- Feeney, J. A. (2002). Attachment, marital interaction, and relationship satisfaction: A diary study. *Personal Relationships, 9*(1), 39-55. <http://dx.doi.org/10.1111/1475-6811.00003>.
- Fenell, D. L. (1993). Characteristics of long-term first marriages. *Journal of Mental Health Counseling, 15*(4), 446-460.
- Ferrer, E., & Nesselroade, J. R. (2003). Modeling affective processes in dyadic relations via dynamic factor analysis. *Emotion, 3*(4), 344-360. <http://dx.doi.org/10.1037/1528-3542.3.4.344>.
- Field, A. (2009). *Discovering statistics using SPSS*. London: Sage Publications Ltd.
- Fincham, F. D., & Beach, S. R. H. (2010). Of memes and marriage: Toward a positive relationship science. *Journal of Family Theory & Review, 2*(1), 4-24.
- Fischer, A. H., & Manstead, A. S. R. (2000). The relation between gender and emotion in different cultures. In A. H. Fischer (Ed.), *Gender and emotion: Social psychological perspectives* (pp. 71–96). Cambridge, UK: Cambridge University Press.
- Fisher, T. D., & McNulty, J. K. (2008). Neuroticism and marital satisfaction: The mediating role played by the sexual relationship. *Journal of Family Psychology, 22*(1), 112-122. <http://dx.doi.org/10.1037/0893-3200.22.1.112>.
- Fitness, J. (2001). Emotional intelligence and intimate relationships. In J. Ciarrochi, J. P. Forgas, & J. D. Mayer (Eds.), *Emotional intelligence in everyday life* (pp. 98-112). Philadelphia, PA: Psychology Press.

- Folkman, S., & Moskowitz, J.T. (2000). Positive affect and the other side of coping. *American Psychologist*, 55(6), 647-654. <http://dx.doi.org/10.1037/0003-066X.55.6.647>.
- Forgeard, M. J. C., Jayawickreme, E., Kern, M. L., & Seligman, M. E. P. (2011). Doing the right thing: Measuring wellbeing for public policy. *International Journal of Wellbeing*, 1, 79-106. <http://dx.doi.org/10.5502/ijw.v1i1.15>.
- Fowers, B. J. (1991). His and her marriage: A multivariate study of gender and marital satisfaction. *Sex Roles: A Journal of Research*, 24(3-4), 209-221. <http://dx.doi.org/10.1007/BF00288892>.
- Fowers, B. J. (2012). An Aristotelian framework for the human good. *Journal of Theoretical and Philosophical Psychology*, 32(1), 10-23.
- Fowers, B. J., & Owenz, M. B. (2010). A eudaimonic theory of marital quality. *Journal of Family Theory and Review*, 2, 334-352.
- Fowers, B. J., Laurenceau, J. P., Penfield, R. D., Cohen, L. M., Lang, S. F., Owenz, M. B.,... Pasipanodya, E. (2016). Enhancing relationship quality measurement: The development of the Relationship Flourishing Scale. *Journal of Family Psychology*, 30(8), 997-1007. <http://dx.doi.org/10.1037/fam0000263>
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist: Special Issue*, 56, 218-226. <http://dx.doi.org/10.1037/0003-066X.56.3.218>.

- Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society*, *359*, 1367-1377. <https://doi.org/10.1098/rstb.2004.1512>.
- Fredrickson, B. L., & Branigan C. A. (2005). Positive emotions broaden the scope of attention and thought–action repertoires. *Cognition and Emotion*, *19*, 313–332.
- Fredrickson, B. L., & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist*, *60*(7), 678-686. <http://dx.doi.org/10.1037/0003-066X.60.7.678>.
- Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology*, *87*, 228-245. <http://dx.doi.org/10.1037/0022-3514.87.2.228>.
- Gard, M. G., & Kring, A. M. (2007). Sex differences in the time course of emotion. *Emotion*, *7*(2), 429-437. <http://dx.doi.org/10.1037/1528-3542.7.2.429>.
- Gattis, K. S., Berns, S., Simpson, L. E., & Christensen, A. (2004). Birds of a feather or strange birds? Ties among personality dimensions, similarity, and marital quality. *Journal of Family Psychology*, *18*, 564–574.
- Geist, R. L., & Gilbert, D. G. (1996). Correlates of expressed and felt emotion during marital conflict: Satisfaction, personality, process, and outcome. *Personality and Individual Differences*, *21*, 49-60.

- Gill, D. S., Christensen, A., & Fincham, F. D. (1999). Predicting marital satisfaction from behavior: Do all roads really lead to Rome? *Personal Relationships*, 6(3), 369-387. <http://dx.doi.org/10.1111/j.1475-6811.1999.tb00198.x>.
- Ginsberg, D., & Gottman, J. M. (1986). Conversations of college roommates: Similarities and differences in male and female friendship. In J. M. Gottman & J. G. Parker (Eds.), *Studies in emotion and social interaction. Conversations of friends: Speculations on affective development* (pp. 241-291). New York, NY, US: Cambridge University Press.
- Glenn, N. D. (1990). Quantitative research on marital quality in the 1980s: A critical review. *Journal of Marriage and the Family*, 52, 818-831.
- Gordon, C. L., Arnette, R. A. M., & Smith, R. E. (2011). Have you thanked your spouse today?: Felt and expressed gratitude among married couples. *Personality and Individual Differences*, 50(3), 339-343.
- Gottman, J. (2006). *Ten lessons to transform your marriage*. New York: Crown Publishers.
- Gottman, J. M. (1994). *What predicts divorce?: The relationship between marital processes and marital outcomes*. Hillsdale, New Jersey: Erlbaum Publications.
- Gottman, J. M. (1994). *Why marriages succeed or fail*. New York: Simon & Schuster.
- Gottman, J. M. (1999). *The marriage clinic: A scientifically based marital therapy*. New York: W. W. Norton.
- Gottman, J. M., & Levenson, R.W. (2004). How Stable Is Marital Interaction Over Time? *Family Process*, 38(2), 159-165. <https://doi.org/10.1111/j.1545-5300.1999.00159.x>.

- Gottman, J., & Levenson, R. (1988). *Social psychophysiology of marriage*. In P. Noller & M. A. Fitzpatrick (Eds.), *Perspectives on marital interaction* (pp. 182-200). Clevedon, UK: Multilingual Matters.
- Gottman, J., & Silver, N. (2000). *The seven principles for making marriage work*. London, Great Britain: Orion Books Ltd.
- Gottman, J., M., & Levenson, R., W. (1992). Marital processes predictive of later dissolution: Behavior, physiology, and health. *Journal of Personality and Social Psychology*, 63(2), 221-233.
- Gravelin, C. R. (2010). The impact of power and communal relationship orientation on the perception of outgroups. *Senior Honors Theses*, 49. <http://digitalcommons.brockport.edu/honors/49>.
- Gross, J. J. (1998). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74, 224–237.
- Gross, J. J. (1998). Sharpening the focus: emotion regulation, arousal, and social competence. *Psychological Inquiry*, 9(4), 287-290.
- Gross, J. J. (2001). Emotion regulation in adulthood: Timing is everything. *Current Directions in Psychological Science*, 10(6), 214-219. <http://dx.doi.org/10.1111/1467-8721.00152>.
- Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39, 281-291. <http://dx.doi.org/10.1017/S0048577201393198>.

- Gross, J. J., & John, O. P. (2002). Wise emotion regulation. In L. Feldman Barrett & P. Salovey (Eds.), *The wisdom of feelings: Psychological processes in emotional intelligence* (pp. 297–318). New York: Guilford.
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, *85*(2), 348-362. <http://dx.doi.org/10.1037/0022-3514.85.2.348>
- Gross, J. J., & Levenson, R. W. (1993). Emotional suppression: Physiology, self-report, and expressive behavior. *Journal of Personality & Social Psychology*, *64*(6), 970–986.
- Gross, J. J., & Muñoz, R. F. (1995). Emotion regulation and mental health. *Clinical Psychology: Science and Practice*, *2*(2), 151-164. <http://dx.doi.org/10.1111/j.1468-2850.1995.tb00036.x>.
- Gross, J. J., Richards, J.M., & John, O.P. (2006). Emotion regulation in everyday life. In D. K. Snyder, S. Jeffrey, & J. N. Hughes (Eds.), *Emotion regulation in couples and families: Pathways to dysfunction and health*. Washington, DC, US: American Psychological Association.
- Gross, J. J., Sheppes, G., & Urry, H. L. (2011). Taking one's lumps while doing the splits: A big tent perspective on emotion generation and emotion regulation. *Cognition and Emotion*, *25*(5), 789-793.
- Gross, J. J., & John, O. P. (1995). Facets of emotional expressivity: Three self-report factors and their correlates. *Personal and Individual Differences*, *19*(4), 555-568.

- Gross, J. J., Sheppes, G., & Urry, H. L. (2011). Emotion generation and emotion regulation: A distinction we should make (carefully). *Cognition and Emotion*, *25*(5), 765-781.
- Guerrero, L. K., & Andersen, P. A. (2000). Emotions in close relationships. In C. Hendrick & S. S. Hendrick (Eds.), *Close relationships: A sourcebook* (pp. 171-183). Thousand Oakes, CA: Sage Publications, Inc.
- Guerrero, L., K., Andersen, P. A., & Trost, P., R. (1998). Communication and emotion: Basic concepts and approaches. In L. K. Guerrero & P. A. Andersen (Eds.), *Handbook of communication and emotion* (pp. 3-27). San Diego: Academic Press.
- Guo, B., & Huang, J. (2005). Marital and sexual satisfaction in Chinese families: Exploring the Moderating Effects. *Journal of Sex and Marital Therapy*, *31*(1), 21-29.
- Gur-Aryeh, S.M. (2010). *Emotional expression, gender, and match in personality as predictors of marital satisfaction* (Doctoral dissertation), New York, Forham University). Available from ProQuest Dissertations and Thesis database.
- Haase, C. M. (2014). Emotion regulation in intimate relationship. *Bulletin*, *1*(65), 17-21.
- Haga, S. M., Craft, P., & Corby, E. (2009). Emotion regulation: Antecedents and well-being outcomes of cognitive reappraisal and expressive suppression in cross-cultural samples. *Journal of Happiness Studies*, *10*, 271–291. <http://doi.org/10.1007/s10902-007-9080-3>.
- Haj-Yahia, M. M. (2000). Implications of wife abuse and battering for self-esteem, depression, and anxiety as revealed by the second Palestinian national survey on violence against women. *Journal of Family Issues*, *21*(4), 435–463. <https://doi.org/10.1177/019251300021004002>.

- Harvey, J., Pauwels, B., & Zickmund, S. (2005). Relationship connections: The role of minding in the enhancement of closeness. In C. R. Snyder & S. Lopez (Eds.), *Handbook of Positive Psychology* (pp. 423-434). Oxford: University Press.
- Hatfield, E., & Rapson, R. L. (1993). *Love, sex, and intimacy: Their psychology, biology, and history*. New York, NY, US: HarperCollins College Publishers.
- Hayes, A. F. (2013). *Methodology in the social sciences. Introduction to mediation, moderation, and conditional process analysis: A regression-based approach*. New York, NY, US: Guilford Press.
- Hayes, J. P., Morey, R. A., Petty, C. M., Seth, S., Smoski, M. J., McCarthy, G.,... LaBar, K. S. (2010). Staying cool when things get hot: emotion regulation modulates neural mechanisms of memory encoding. *Frontier in Human Neuroscience*. 4, 230. doi: 10.3389/fnhum.2010.00230.
- Hazan, C., & Shaver, P. R. (1994). Attachment as an organization framework for research on close relationships. *Psychological Inquiry*, 5, 1-22.
- Herman, E., & Bentley, M. (1993). *Rapid assessment procedures (RAP) to improve the household management of diarrhea*. Boston: International Nutrition Foundation for Developing Countries (INFDC).
- Hess, U., Blairy, S., Kleck, R. (2000). The Influence of Facial Emotion Displays, Gender, and Ethnicity on Judgments of Dominance and Affiliation. *Journal of Nonverbal Behavior*, 24(4), 265-283. <http://dx.doi.org.10.1023/A: 100662321 3355>.

- Hicks, M. W., & Platt, M. (1970). Marital happiness and stability: A review of the research in the sixties. *Journal of Marriage and Family*, 32(4), 553. [http://dx.doi: 10.2307/350251](http://dx.doi.org/10.2307/350251).
- Hofstede, G. (2001), *Culture's consequences: Comparing values, behaviors, institutions, and organizations across nations*. Thousand Oaks, CA: Sage Publications.
- Hofstede, G., Hofstede, G. J., & Minkov, M. (2010). *Cultures and organizations: software of the mind* (Rev. 3rd ed.). New York: McGraw-Hill.
- Hu, L. T., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling*, 6(1), 1-55. <http://dx.doi.org/10.1080/10705519909540118>.
- Huppert, F., & So, T. C. (2013). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social Indicators Research*, 110, 837-861. <https://doi.org/10.1007/s11205-011-9966-7>.
- Hussain, R. (1999). Community perceptions of reasons for preference for consanguineous marriages in Pakistan. *Journal of Biosocial Science*, 31, 449-461.
- Hutcheson, G., & Sofroniou, N. (1999) *The multivariate social scientist: Introductory statistics using generalized linear models*. Thousand Oaks, CA: Sage Publication. <https://doi.org/10.4135/9780857028075>.
- Huyck, M. H., & Guttman, D. L. (1992). Thirty something years of marriage: Understanding husbands and wives in enduring relationship. *Family Perspective*, 26(2), 249-265.

- Inglehart, R., & Baker, W. (2000). Modernization, Cultural Change, and the Persistence of Traditional Values. *American Sociological Review*, 65(1), 19-51. Retrieved from <http://www.jstor.org/stable/2657288>.
- Ingoldsby, B. B., Horlacher, G. T., Schvaneveldt, P. L., & Matthews, M. (2005). Emotional expressiveness and marital adjustment in Ecuador. *Marriage and Family Review*, 38(1), 25-44.
- Jaghab, P. K. (2005). *Attitudes of Arab-American women towards domestic violence*. (Unpublished doctoral dissertation). Alliant International University, San Francisco Bay.
- John, O. P., & Gross, J. J. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences, and life span development. *Journal of Personality*, 72, 1301-1334. <http://dx.doi.org/10.1111/j.1467-6494.2004.00298.x>.
- Johnson, S., & Greenberg, L. (Eds.). (1994). *The heart of the matter. Emotion in marriage and marital therapy*. New York, Bruner Mazel.
- Jones, D. C., & Vaughan, K. (1990). Close friendships among senior adults. *Psychology and Aging*, 5, 451-457.
- Jöreskog, K. G., & Sörbom, D. (1989). *LISREL 7: A Guide to the program and applications*. Chicago, IL: SPSS.
- Kagiticbasi, C. (2005). Autonomy and relatedness in cultural context: Implications for self and family. *Journal of Cross-Cultural Psychology*, 36(4), 403-422. <http://dx.doi.org/10.1177/0022022105275959>.
- Kaiser, H. F. (1970). An index of factorial simplicity. *Psychometrika*, 39, 31-36.

- Kalmijn, M. (1999). Father involvement in child rearing and the perceived stability of marriage. *Journal of Marriage and Family*, *61*(2), <https://doi.org/10.2307/353758>.
- Kamo, Y. (1993). Determinants of marital satisfaction: A comparison of the United States and Japan. *Journal of Social and Personal Relationships*, *10*(4), 551-568. <https://doi.org/10.1177/0265407593104005>.
- Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, *118*(1), 3-34.
- Kaslow, F., & Robison, J. A. (1996). Long-term satisfying marriages: Perceptions of contributing factors. *American Journal of Family Therapy*, *24*(2), 153-170.
- Kaufman, G., & Taniguchi, H. (2006). Marital happiness in later life. *Journal of Family Issues*, *27*, 735-757.
- Keltner, D., Ekman, P., Gonzaga, G. C., & Beer, J. (2003). Facial expression of emotion. In R. J. Davidson, K. R. Scherer, & H. H. Goldsmith (Eds.), *Series in affective science. Handbook of affective sciences* (pp. 415-432). New York, NY, US: Oxford University Press.
- Kennedy-Moore, E., & Watson, J. C. (2001). How and when does emotional expression help? *Review of General Psychology*, *5*(3), 187-212.
- Keyes C. L. M. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of Consulting and Clinical Psychology*, *73*, 539-548. <http://doi:10.1037/0022-006X.73.3.539>.

- Keyes, C. L. M. (2003). Complete mental health: An agenda for the 21st century. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. 293-312). Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/10594-013>.
- Keyes, C. L. M., & Haidt, J. (Eds.). (2003). *Flourishing: Positive psychology and the life well lived*. Washington, DC: American Psychological Association.
- Khurshid, S., Parveen, Q., & Yousuf, M. I. (2014). A comparative study of psychological adjustment of the children belonging to working and non-working women in nuclear and joint family system, *The Anthropologist*, *14*(3), 193-197.
- King, A. L. (1993). Emotional expression, ambivalence over expression, and marital satisfaction. *Journal of Social and Personal Relationships*, *10*, 601-607.
- Kline, R. B. (2011). *Principles and practice of structural equation modeling*. New York: Guilford Press.
- Knapp, S. J., & Lott, B. (2010). Forming the central framework for a science of marital quality: An interpretive alternative to marital satisfaction as a proxy for marital quality. *Journal of family theory & Review*, *2*(4), 316 – 333. doi: 10.1111/j.1756-2589.2010.00064.x.
- Kogan, A., Impett, E. A., Oveis, C., Hui, B., Gordon, A. M., Keltner, D. (2010). When giving feels good: The intrinsic benefits of sacrifice in romantic relationships for the communally motivated. *Psychological Science*, *21*, 1918–1924.
- Koole, S. L. (2009). The psychology of emotion regulation: An integrative review. *Cognition and Emotion*, *23*, 4-41.

- Kret, M. E., & De Gelder, B. (2012). A review on sex differences in processing emotional signals. *Neuropsychological*, *50*, 1211–1221.
- Kring, A. M., Smith, D. A., & Neale, J. M. (1994). Individual differences in dispositional expressiveness: Development and validation of the emotional expressivity scale. *Journal of Personality and Social Psychology*, *66*(5), 934–949.
- Kwan, V. S. Y., Bond, M. H., & Singelis, T. M. (1997). Pancultural explanations for life satisfaction: Adding relationship harmony to self-esteem. *Journal of Personality and Social Psychology*, *73*(5), 1038-1051. <http://dx.doi.org/10.1037/0022-3514.73.5.1038>.
- Larson, J. H., & Holman, T. B. (1994). Premarital predictors of marital quality and stability. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, *43*(2), 228-237. <http://dx.doi.org/10.2307/585327>.
- Lauer, R. H., & Lauer, J. C. (1987). Factors in long-term marriages. *Journal of Family Issues*, *7*(4), 382-390. <http://doi.org/10.1177/019251386007004003>.
- Laurenceau, J. P., Barrett, L. F., & Rovine, M. J. (2005). The interpersonal process model of intimacy in marriage: a daily-diary and multilevel modeling approach. *Journal of Family Psychology*, *19*(2), 314-23.
- Lavee, Y., & Ben-Ari, A. (2004). Emotional expression and neuroticism: Do they predict marital quality? *Journal of Family Psychology*, *18*, 620-627.
- Lawler-Row, K. A., & Piferi, R. L. (2006). The forgiving personality: Describing a life well lived? *Personality and Individual Differences*, *41*(6), 1009-1020.

- Lawrence, E., Rothman, A. D., Cobb, R. J., Rothman, M. T., & Bradbury, T. N. (2008). *Journal of Family Psychology*, 22(1), 41-50. [http://doi: 10.1037/0893-3200.22.1.41](http://doi:10.1037/0893-3200.22.1.41).
- Lazarus, R. S., & Alfert, E. (1964). Short-circuiting of threat by experimentally altering cognitive appraisal. *The Journal of Abnormal and Social Psychology*, 69(2), 195-205. <http://dx.doi.org/10.1037/h0044635>.
- Lei, M., & Lomax, R. G. (2005). The effect of varying degrees of non-normality in structural equation modeling. *A Multidisciplinary Journal*, 12(1), 1-27. doi: 10.1207/s15328007sem1201_1.
- Levenson, R. W., Carstensen, L. L., & Gottman, J. M. (1994). The influence of age and gender on affect, physiology, and their interrelations: A study of long-term marriage. *Journal of Personality and Social Psychology*, 67, 56-68.
- Levenson, R. W., Haase, C. M., Bloch, L., Holley, S., & Seider, B. J. (2013). Emotion regulation in couples. In: J. J. Gross (Ed.), *Handbook of emotion regulation*. New York, NY: The Guilford Press.
- Levine, R., Sato, S., Hashimoto, T., & Verma, J. (1995). Love and marriage in eleven cultures. *Journal of Cross-Cultural Psychology*, 26(5), 554-571.
- Lin, M., Soi-Kawase, S., Naritha-Othakil, R., Itoh, M., & Kim, Y. (2015). Reliability and validity of a self-report emotional expressivity measure: The Japanese version of the Berkeley Expressivity Questionnaire. *Japan Journal of Nursing Science*, 13(1). [http://doi: 10.1111/jjns.12094](http://doi:10.1111/jjns.12094).

- Lissitz, R. W., & Green, S. B. (1975). Effect of the number of scale points on reliability: A Monte Carlo approach. *Journal of Applied Psychology, 60*(1), 10-<http://dx.doi.org/10.1037/h0076268>.
- Little, R. J. A., & Rubin, D. B. (1989). The analysis of social science data with missing values. *Sociological Methods and Research, 18*, 292–326.
- Liu, W., Chen, L., & Tu, X. (2017). Chinese adaptation of Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CCA): A psychometric evaluation in Chinese children. *International Journal of Psychology, 52*(5), 398-405. doi: 10.1002/ijop.12233.
- Long, E. C., & Andrews, D. W. (1990). Perspective taking as a predictor of marital adjustment. *Journal of Personality and Social Psychology, 59*(1), 126-131.<http://dx.doi.org/10.1037/0022-3514.59.1.126>.
- Lopata, H. Z. (1973). Self-identity in marriage and widowhood. *Sociological Quarterly, 14*, 407-418. <http://dx.doi.org/10.1111/j.1533-8525.1973.tb00869.x>.
- Lopes, P. N., Salovey, P., & Straus, R. (2003). Emotional intelligence, personality and the perceived quality of social relationships. *Personality and Individual Differences, 35*(3), 641-658.
- Lu, C. (2006) *Risk factors for marital distress and divorce among stable happy married couples*. American Sociological Association. Retrieved from <http://ezproxy.stthomas.edu/login?url=http://search.ebscohost.com/ezproxy.stthomas.edu/login.aspx?direct=true&db=sih&AN=26643214&site=ehost-live>.

- Luo, S., Chen, H., Yue, G., Zhang, G., Zhaoyang, R., & Xu, D. (2008). Predicting marital satisfaction from self, partner, and couple characteristics: Is it me, you, or us? *Journal of Personality, 76*(5), 1231-1266. doi: 10.1111/j.1467-6494.2008.00520.x.
- MacKinnon, D. P., & Luecken, L. J. (2008). How and for whom? Mediation and moderation in health psychology. *Health Psychology, 27*(2), 99-100. [http://dx.doi.org/10.1037/0278-6133.27.2\(Suppl.\).S99](http://dx.doi.org/10.1037/0278-6133.27.2(Suppl.).S99).
- Mahoney, A., Pargament, K. I., Tarakeshwar, N., & Swank, A. B. (2001). Religion in the home in the 1980s and 1990s: A meta-analytic review and conceptual analysis of links between religion, marriage, and parenting. *Journal of Family Psychology, 15*(4), 559-596. <http://dx.doi.org/10.1037/0893-3200.15.4.559>.
- Maisel, N. C., & Gable, S. L. (2009). The paradox of received social support: The importance of responsiveness. *Psychological Science, 20*, 928-932.
- Maniaci, M. R., & Reis, H. (2010). The marriage of positive psychology and relationship science: A reply to Fincham and Beach. *Journal of Family Theory & Review, 2*(1), 47-53. [http://doi: 10.1111/j.1756-2589.2010.00037](http://doi:10.1111/j.1756-2589.2010.00037).
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review, 98*(2), 224-253. <http://dx.doi.org/10.1037/0033-295X.98.2.224>.
- Mattson, R. E., Frame, L. E., & Johnson, M. D. (2011). Premarital affect as a predictor of postnuptial satisfaction. *Personal Relationships, 18*, 532-546. [http://dx.doi: 10.1111/j.1475-6811.2010.01315.x](http://dx.doi:10.1111/j.1475-6811.2010.01315.x).

- Mauss, I. B., Wilhelm, F. H., & Gross, J. J. (2004). Is there less to social anxiety than meets the eye? Emotion experience, expression, and bodily responding. *Cognition and Emotion, 18*(5), 631–662.
- McCall, M. (1995). Orientation, outcome, and other-serving attributions. *Basic and Applied Social Social Psychology, 17*, 49-64.
- McNulty, J. K. (2008). Forgiveness in marriage: putting the benefits into context. *Journal of Family Psychology, 22*(1), 171-175. [http:// doi: 10.1037/0893-3200.22.1.171](http://doi:10.1037/0893-3200.22.1.171).
- McNulty, J. K., & Hellmuth, J. C. (2008). Emotion regulation and intimate partner violence in newlyweds. *Journal of Family Psychology, 22*, 794–797.
- Milkie, M. A., Bierman, A., & Schieman, S. (2008). How adult children influence older parents' mental health: Integrating stress-process and life-course perspectives. *Social Psychology Quarterly, 71*(1), 86-105. <https://doi.org/10.1177/019027250807100109>.
- Miller, N. B., & Kanna, L. A. (1999). Predicting marital quality in Ghana. *Journal of Comparative Family Studies, 30*(4), 599-615.
- Miller, P. J., Caughlin, J. P., & Huston, T. L. (2004). Trait Expressiveness and marital satisfaction. *Journal of Marriage and Family, 65*(4), 978-995.
- Mills, J., & Clark, M. S. (1982). Communal and exchange relationships. In L. Wheeler (Ed.), *Annual review of personality and social psychology* (pp. 121-144). Beverly Hills, CA: Sage Publications.
- Mills, J., Clark, M. S., Ford, T. E., & Johnson, M. (2004). Measurement of communal strength. *Personal Relationships, 11*, 213-230.

- Mills, J., Clark, M. S., Ford, T. E., & Johnson, M. (2004). Measurement of communal strength. *Personal Relationships, 11*(2), 213-230.
- Mirgain, S. A., & Cordova, J. V. (2007). Emotion skills and marital health: The association between observed and self-reported emotion skills, intimacy, and marital satisfaction. *Journal of Social and Clinical Psychology, 26*(9), 983-1009. <http://dx.doi.org/10.1521/jscp.2007.26.9.983>.
- Mohiyeddini, C., Gross, J. J., & John, O. (2008). Berkeley Expressivity Questionnaire: Deutsche. Adaptation und Validierungsbefunde. *Diagnostica, 54*, 117-128.
- Mongrain, M., & Vettese, L. C. (2003). Conflict over emotional expression: Implications for interpersonal communication. *Personality and Social Psychology Bulletin, 29*(4), 545-55. <http://org.10.1177/0146167202250924>.
- Muner, S., & Hanif, R. (2012). Role of marital emotional work in marital quality of pakistani married couples. *European Journal of Scientific Research, 93*(4), 585-593.
- Murray, S. L., Holmes, J. G., & Griffin, D. W. (2000). Self-esteem and the quest for felt security: How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology, 78*, 478-498. <http://dx.doi.org/10.1037/0022-3514.78.3.478>.
- Murray, S. L., Holmes, J. G., MacDonald, G., & Ellsworth P. C. (1998). Through the looking glass darkly? When self-doubts turn into relationship insecurities. *Journal of Social and Personality Psychology, 75*(6), 1459-1480.
- Myers, G. (2006). Where are you from? Identifying place. *Journal of Sociolinguistics, 10*(3), 320-343. <https://doi.org/10.1111/j.1360-6441.2006.00330.x>.

- Myers, J. E., Madathil, J., & Tingle, L. R. (2005). Marriage satisfaction and wellness in India and the United States: A preliminary comparison of arranged marriages and marriages of choice. *Journal of Counseling and Development, 83*(2), 183-190. [http://dx. doi.org/10.1002/j.1556-6678.2005.tb00595.x](http://dx.doi.org/10.1002/j.1556-6678.2005.tb00595.x).
- Ng, K., Teik-Cheok, L. J., Clinton, G., & Cheong, W. (2008). Gender differences in marital and life satisfaction among Chinese Malaysians. *Sex Roles, 60*, 33-43
- Niederkrotenthaler, T., Gould, M., Sonneck, G., Stack, S., & Till, B. (2016). Predictors of psychological improvement on non-professional suicide message boards: Content analysis. *Psychological Medicine, 46*(16), 3429-3442.
- Nilforooshan, P., Ahmadi, A., Fatehizadeh, M., Abedi, M. R., & Ghasemi, V. (2013). How adult attachment and personality traits are related to marital quality: The role of relationship attributions and emotional reactions. *Europe's Journal of Psychology, 9*(4), 783–797. <https://doi.org/10.5964/ejop.v9i4.549>.
- Nobles, A. Y., & Sciarra, D. T. (2000). Cultural determinants in the treatment of Arab Americans: A primer for mainstream therapists. *American Journal of Orthopsychiatry, 70*(2), 182-191. <http://dx.doi.org/10.1037/h0087734>.
- Nolen-Hoeksema, S., & Jackson, B. (2001). Mediators of the gender difference in rumination. *Psychology of Women Quarterly, 25*, 37–47.
- Noller, P., & Fitzpartick, M. A. (1990). Marital communication in the eighties. *Journal of Marriage and Family, 52*(4), 832-843. [http://dx. doi .org.10.2307/353305](http://dx.doi.org/10.2307/353305).

- Ong, A. D., Mroczek, D. K., & Riffin, C. (2011) The health significance of positive emotions in adulthood and later life. *Social and Personality Psychology Compass*, 5, 538-551. <http://dx.doi.org/10.1111/j.1751-9004.2011.00370.x>.
- Orathinkal, J., & Vansteenwegen, A. (2006). The effect of forgiveness on marital satisfaction in relation to marital stability. *Contemporary Family Therapy*, 28(2), 251-260.
- Otto, L. (1979). *Contemporary theories about the family*. New York: The Free Press.
- Pallant, J. (2007). *SPSS survival manual: A step by step guide to data analysis using SPSS for Windows* (3rd ed.). New York: Open University Press.
- Pearlin, L. I. (1999). The stress process revisited: Reflections on concepts and their interrelationships. In C. S. Aneshensel & J. C. Phelan (Eds.), *Handbook of sociology and social research* (pp. 395-415). Dordrecht, Netherlands: Kluwer Academic Publishers.
- Petty, R. E, Briñol, P., Loersch, C., & McCaslin, M. J. (2009). The need for cognition. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of individual differences in social behaviour* (pp. 318–329). New York, NY: Guilford Press.
- Pimentel, E. E. (2004). Just how do i love thee?: Marital relations in urban China. *Journal of Marriage and Family*, 62(1), <https://doi.org/10.1111/j.1741-3737.2000.00032.x>.
- Planalp S. (2006). The unacknowledged role of emotion in theories of close relationships: How do theories feel. *Communication Theory*, 13(1), 78-99. <https://doi.org/10.1111/j.1468-2885.2003.tb00283.x>.

- Pope, C. (2007). *Family of origin correlates with alexithymia* (Unpublished Ph.D Dissertation). Athens, Georgia.
- Powell, R. A., & Single, H. M. (1996). Focus Groups. *International Journal for Quality in Health Care*, 8, 499-504.
- Preacher, K. J., & Hayes, A. F. (2004). SPSS and SAS procedures for estimating indirect effects in simple mediation models. *Behavior Research Methods, Instruments, and Computers*, 36, 717-731.
- Preacher, K. J., Rucker, D. D., & Hayes, A. F. (2007). Addressing moderated mediation hypotheses: Theory, methods, and prescriptions. *Multivariate Behavioral Research*, 42, 185-227. doi:10.1080/002731707013413.
- Pressman, S. D., & Cohen, S. (2005). Does positive affect influence health? *Psychological Bulletin*, 131, 925-971. <http://dx.doi.org/10.1037/0033-2909.131.6.925>.
- Pugliesi, K., & Shook, S.L. (1998). Gender, ethnicity, and network characteristics: Variation in social support resources. *Sex Roles*, 38, 215–238.
- Qadir, F., Silva, P. D., Prince, M., & Khan, M. (2005). Marital satisfaction in Pakistan: A pilot investigation. *Sexual and Relationship Therapy*, 20(2), 195-209. doi:10.1080/14681990500113260.
- Rauer, A. J., & Volling, B. L. (2005). The role of husbands' and wives' emotional expressivity in the marital relationship. *Sex Roles*, 52(9-10), 577-587. <http://hdl.handle.net/2027.42/45641>.

- Rehman, U. S., & Holtzworth-Munroe, A. (2007). A cross-cultural examination of the relation of marital communication behavior to marital satisfaction. *Journal of Family Psychology, 21*(4), 759-763. <http://dx.doi.org/10.1037/0893-3200.21.4.759>.
- Reis, H. T., & Gable, S. L. (2003). Toward a positive psychology of relationships. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. 129-159). Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/10594-006>.
- Riggio, R. E. (1986). Assessment of basic social skills. *Journal of Personality and Social Psychology, 51*, 649-660. <http://doi.10.1037/0022-3514.51.3.649>.
- Riley, S. (2001). Maintaining power: Male constructions of „feminists“ and „feminist values.“ *Feminism & Psychology, 11*(1), 55–78. <https://doi.org/10.1177/0959353501011001004>.
- Rimé, B. (2007). The social sharing of emotion as an interface between individual and collective processes in the construction of emotional climates. *Journal of Social Issues, 63*(2), 307-322. <https://doi.org/10.1111/j.1540-4560.2007.00510.x>.
- Riskind, J. H. (1984). They stoop to conquer: Guiding and self-regulatory functions of physical posture after success and failure. *Journal of Personality and Social Psychology, 47*(3), 479-493. <http://dx.doi.org/10.1037/0022-3514.47.3.479>.
- Rook, K. S. (1995). Relationship research at the crossroads: Commentary on the special section. *Journal of Social and Personal Relationships, 12*, 601-606.

- Rostami, A., Ghazinour, M., Nygren, L., & Richter, J. (2014). Marital satisfaction with a special focus on gender differences in medical staff in Tehran, Iran. *Journal of Family Issues*, 35(14), 1940–1958. [http://doi: 10.1177/0192513X13483292](http://doi:10.1177/0192513X13483292).
- Rubell, S. (2004). Exploring contributions of relational self to Man's Identity self. *Journal of Comparative Family Studies*, 30(4), 182-196. Retrieved from: <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubMed>.
- Rubin, L. H., Witkiewitz, K., St. Andre, J., & Reilly, S. (2007). Methods for handling missing data in the behavioral neurosciences. *Journal of Undergraduate Neuroscience Education*, 5(2), A71–A77.
- Rubin, L. H., Witkiewitz, K, Andre, J. S., & Reilly, S. (2007). Methods for handling missing data in the behavioral neurosciences: Don't throw the baby rat out with the bath water. *Journal of Undergraduate Neuroscience Education*, 5(2), 71-77.
- Rubin, Z. (1970). Measurement of romantic love. *Journal of Personality and Social Psychology*, 16(2), 265-273. <http://dx.doi.org/10.1037/h0029841>.
- Ruyter, D. D. (2007). Ideals, education, and happy flourishing. *Educational Theory*, 57(1), 23-35.
- Ryan, K. D., Gottman, J. M., Murray, J. D., Carrère, S., & Swanson, C. (2000). Theoretical and mathematical modeling of marriage. In Lewis, M., D., & Granic, I. (Eds.), *Emotion, development, and self-organization* (pp. 349-371). Cambridge, UK: Cambridge University Press.

- Ryan, R. M. (1993). Agency and organization: Intrinsic motivation, autonomy and the self in psychological development. In J. Jacobs (Ed.), *Nebraska symposium on motivation: Developmental perspectives on motivation* (Vol. 40, pp. 1–56). Lincoln: University of Nebraska Press.
- Ryff, C. D., & Singer, B. H. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, *9*, 13-39.
- Sandhya, S. (2009). The social context of marital happiness in urban Indian couples: Interplay of intimacy and conflict. *Journal of Marital and Family Therapy*, *35*(1), 74-96.
- Sastry, J. (1999). Household structure, satisfaction and distress in India and the U.S.: A comparative cultural examination. *Journal of Comparative Family Studies*, *30*, 135–152.
- Schmitt, D. P., Allik, J., McCrae, R. R., & Benet-Martínez, V. (2007). The geographic distribution of big five personality Traits: Patterns and profiles of human self-description across 56 nations. *Journal of Cross-Cultural Psychology*, *38*(2), 173–212. <https://doi.org/10.1177/0022022106297299>.
- Schoen, R., Rogers, S. J., & Amato, P. R. (2006). Wives' employment and spouses' marital happiness: Assessing the direction of influence using longitudinal couple data. *Journal of Family Issues*, *25*, 506-528.

- Schriesheim, C., Powers, K. J., Scandura, T., Gardiner, C. C., & Lankau, M. J. (1993). Improving construct measurement in management research: Comments and a quantitative approach for assessing the theoretical content adequacy of paper-and-pencil survey-type instruments. *Journal of Management, 19*(2), 385-417. [https://doi.org/10.1016/0149-2063\(93\)90058-U](https://doi.org/10.1016/0149-2063(93)90058-U).
- Schumm, W. R., Webb, F., & Bollam, S. R. (1998). Gender and marital satisfaction: Data from the national survey of families and households. *Psychological Reports, 83*(1), 319-27. <http://doi.10.2466/PR0.83.5.319-32>.
- Schwab, D. (1980) Construct validity in organizational behavior. *Research in Organizational Behavior, 2*, 3-43.
- Schwartz, N. (2002). Feelings as information: Moods influence judgments and processing strategies. In T. Gilovich, D. Griffin, & D. Kahneman (Eds.), *Heuristics and biases: The psychology of intuitive judgment* (pp. 534–547). New York: Cambridge University Press.
- Seeman, T. E. (2000). Health promoting effects of friends and family on health outcomes in older adults. *American Journal of Health Promotion, 14*(6), 362–370. <https://doi.org/10.4278/0890-1171-14.6.362>.
- Seligman, M. E. (2012). *Flourish: A visionary new understanding of happiness and well-being*. New York, NY: Free Press.

- Shapiro, A. F., Gottman, J. M., & Carrère, S. (2000). The baby and the marriage: Identifying factors that buffer against decline in marital satisfaction after the first baby arrives. *Journal of Family Psychology, 14*(1), 59-70. <http://dx.doi.org/10.1037/0893-3200.14.1.59>.
- Shek, D. T., & Liang, L.Y. (2018). Psychosocial factors influencing individual well-being in Chinese adolescents in Hong Kong: a six-year longitudinal study. *Applied Research in Quality of Life, 13*(3), 561-584. doi: 10.1007/s11482-017-9545-4.
- Shiota, M. N., & Levenson, R. W. (2007). Birds of a feather don't always fly farthest: Similarity in Big Five personality predicts more negative marital satisfaction trajectories in long-term marriages. *Psychology and Aging, 22*(4), 666-675. <http://dx.doi.org/10.1037/0882-7974.22.4.666>.
- Siang-Yang, T. (2006). Applied positive psychology: Putting positive psychology into practice. *Journal of Psychology & Christianity, 25*(1), 68–73.
- Simmons, C. H., Vom Kolke, A., & Shimizu, H. (1986). Attitudes toward romantic love among American, German, and Japanese students. *The Journal of Social Psychology, 126*(3), 327-336.
- Smith, T. W., Cribbet, M. R., Nealey-Moore, J. B., Uchino, B. N., Williams, P. G., MacKenzie, J.,...Thayer, J. F. (2011). Matters of the variable heart: Respiratory sinus arrhythmia response to marital interaction and associations with marital quality. *Journal of Personality and Social Psychology, 100*(1), 103–119.

Sorokowski, P., Randall, A. K., Groyecka, A., Frackowiak, T., Cantarero, K., Hilpert, P.,...

Sorokowska, A. (2017). Marital satisfaction, sex, age, marriage duration, religion, number of children, economic status, education, and collectivistic values: Data from 33 countries. *Frontiers in Psychology*, 8, 1199. <http://doi:10.3389/fpsyg.2017.01199>.

Spaapen, D. L., Waters, F., Brummer, L., Stopa, L., & Bucks, R. S. (2013). The Emotion Regulation Questionnaire: Validation of the ERQ-9 in Two Community Samples. *Psychological Assessment*. Advance online publication. doi: 10.1037/a0034474.

Sporakowski, M. J., & Hughston, G. A. (1978). Prescriptions for happy marriage: Adjustments and satisfactions of couples married for 50 or more years. *The Family Coordinator*, 27(4), 321-327. <http://dx.doi.org/10.2307/583434>.

Srivastava, S., Tamir, M., McGonigal, K. M., John, O. P., & Gross, J. J. (2009). The social costs of emotional suppression: A prospective study of the transition to college. *Journal of Personality and Social Psychology*, 96, 883-897.

Srivastava, S., Tamir, M., McGonigal, K. M., John, O. P., & Gross, J. J. (2009). The social costs of emotional suppression: A prospective study of the transition to college. *Journal of Personality and Social Psychology*, 96, 883–897. <http://doi:10.1037/a0014755>.

Sullins, E. S. (1991). Emotional contagion revisited: Effects of social comparison and expressive style on mood convergence. *Personality and Social Psychology Bulletin*, 17(2), 166-174. <http://dx.doi.org/10.1177/014616729101700208>.

Tabachnick, B. G., & Fidell, L. S. (2007). *Using multivariate statistics* (5th ed.). Boston, MA: Allyn and Bacon/Pearson Education.

- Thompson, L., & De Harpport, T. (1998). Relationships, goal incompatibility, and communal orientation in negotiations. *Basic and Applied Social Psychology, 20*, 33-44.
- Tilson, D., & Larsen, U. (2000). Divorce in Ethiopia: The impact of early marriage and childlessness. *Journal of Biosocial Science, 32*(3), 355-72. <http://dx.doi.org/10.1017/S0021932000003552>.
- Tobin, R. M., Graziano, W. G., Vanman, E. J., & Tassinari, L. G. (2000). Personality, emotional experience, and efforts to control emotions. *Journal of Personality and Social Psychology, 79*(4), 656-69.
- Trudel, G. (2002). Sexuality and marital Life: Results of a survey. *Journal of Sex and Marital Therapy, 28*(3), 229-49. <https://doi.10.1080/009262302760328271>.
- Turner, D. W., III (2010). Qualitative interview design: A practical guide for novice investigators. *The Qualitative Report, 15*(3), 754-760.
- Twenge, J. M., Campbell, W. K., & Foster, C. A. (2003). Parenthood and marital satisfaction: A meta-analytic review. *Journal of Marriage and Family, 65*(3), 574-583. <https://doi.org/10.1111/j.1741-3737.2003.00574.x>.
- Uchino, B. N. (2009). Understanding the links between social support and physical health: A life-span perspective with emphasis on the separability of perceived and received support. *Perspectives on Psychological Science, 4*(3), 236–255. <https://doi.org/10.1111/j.1745-6924.2009.01122.x>.

- Vanover, B. (2016). *Important factors in marital success and satisfaction: Marriage counselors' perspectives*. Retrieved from Sophia, the St. Catherine University repository website: https://sophia.stkate.edu/msw_papers/685.
- Waite, L. J. (1995). Does marriage matter? *Demography*, 32, 483-507. <http://dx.doi.org/10.2307/2061670>.
- Waldron, I., Hughes, M. E., & Brooks, T. L. (1996). Marriage protection and marriage selection: Prospective evidence for reciprocal effects of marital status and health. *Social Science & Medicine*, 43, 113-123. [http://dx.doi.org/10.1016/0277-9536\(95\)00347-9](http://dx.doi.org/10.1016/0277-9536(95)00347-9).
- Watkins, P., Woodward, K., Stone, T., & Kolts, R. (2003). Gratitude and happiness: Development of a measure of gratitude and relationships with subjective well-being. *Social Behavior and Personality: An International Journal*, 31, 431-452.
- Watson, D., Klohnen, E. C., Casillas, A., Simms, E. N., Haig, J., & Berry, D. S. (2004). Match makers and deal breakers: Analyses of assortative mating in newlywed couples. *Journal of Personality*, 72, 1029–1068.
- Weigel, D. J., & Ballard-Reisch, D. S. (2008). Relational maintenance, satisfaction, and commitment in marriages: An actor-partner analysis. *Journal of Family Communication*, 8(3), 212-229.
- Wilcox, W. B., & Nock, S. L. (2006). What's love got to do with it? Equality, equity, commitment and women's marital quality. *Social Forces*, 84(3), 1321-1345, <https://doi.org/10.1353/sof.2006.0076>.

- Williamson, G. M., & Clark, M. S. (1992). Impact of desired relationship type on affective reactions to choosing and being required to help. *Personality and Social Psychology Bulletin, 18*, 10-18.
- Williamson, G. M., & Schulz, R. (1990). Relationship orientation, quality of prior relationship, and distress among caregivers of Alzheimer's patients. *Psychology and Aging, 5*, 502-509.
- Yedirir, S., & Hamarta, E. (2015). Emotional expression and spousal support as predictors of marital satisfaction: The case of Turkey. *Educational Science: Theory and Practice, 15*(6), 1549-1559.
- Yoo, H., Bartle-Haring, S., Day, R. D., & Gangamma, R. (2014). Couple communication, emotional and sexual intimacy, and relationship satisfaction. *Journal of Sex and Marital Therapy, 40*(4), 275-293. <https://doi.org/10.1080/0092623X.2012.751072>.
- Zainah, A. Z., Nasir, R., Hashim, R. S., & Yusof, N. M. (2012). Effects of demographic variables on marital satisfaction. *Asian Social Sciences, 8*(9), 46-49.

Question Gide for Focus Group Discussions and Interviews

(To Explore Psychological Flourishing of Married Individuals)

1. In your opinion, what are the factors that contribute towards a flourishing marital relationship?

آپکے خیال میں ویکوی عے گواہل میں جو ہندی نڈیکلی قکی خوشوقیت ایوس ئو ووب میں امنکشلس الکشت عے میں؟۔

2. Mention traits within your personality that are contributing towards flourishing of your marital relationship?

آپکی نخ تھت میں ویکوی عی خوشیں میں جو آپکے خیال میں آپکے ہندی نڈیکلی قکو خٹ قوس تشبہت میں؟

3. Kindly discuss your personal experiences related to psychological flourishing with reference to marital relationship?

تشا مشبہی ایگواہلپشس وئی ٹلھے جو آپکے خیال میں ہندی نڈیکلی قکی ئو ووب اوس خٹ قویت میں لن کشلسکت عے میں؟

4. Kindly mention factors that could enhance happiness and satisfaction of your marital relationship?

ایگواہلکی مزب دنگشہں جو ٹک خوشقوست ئب دی ئیکل قکے لھضشوس میں؟

5. If your marital relationship is not a pleasant experience for you, what efforts you can exert as an individual to make your married relationship flourishing.

آپکے خیال میں گش آپکب ہندی نڈیکلی ق خوئی ووب یرتو آپ اط یخ عے یرکھکوی ئھرکش عت عے یرکہ آپ کدیکل ق خٹ قوستمو بیئے؟

Participant Information Sheet for Respondents of Focus Group Discussions and Interviews

General Instructions: I would like to invite you to take part in a research study. Before you decide you need to understand why the research is being done and what it would involve for you. Please take time to read the following information carefully. Ask questions if anything you read is not clear or if you would like more information. Take time to decide whether or not to take part.

Information about Researcher: I am PhD research scholar at National Institute of Psychology, Quaid-i-Azam University, Islamabad. Purpose of present research is the exploration of psychological flourishing from perspective of married individuals.

Information about what is involved in research: Your participation is required in order to generate an indigenous understanding of psychological flourishing phenomena. Approximately 20-40 married individuals belonging to diverse social, educational and professional backgrounds are taking part in this research. Study would be conducted at researcher's residence. Your responses would be audio and video taped for accurate understanding and interpretation of acquired information. Your involvement would be to participate in focus group discussions with other married individuals, facilitated by a member of the research team. The focus group will take place at a convenient time for you. The discussion will last for around an hour. Data collected from the focus group will be analyzed independently by the research team.

Voluntary Nature of Participation: You have been invited for participation in this research because you are married and can relate experiences of married relationship in better way. Your participation is voluntary and you can withdraw at any time and stage.

Possible Risks and Benefits of Taking Part: Your participation in study would require defenseless and barrier free discussion about your personal married experiences. Because the information would be personal in nature and involves other participants also, so, you might be faced with situation that might be embarrassing or uncomfortable. There is a very small chance you may become upset if you voluntarily disclose an experience that was particularly stressful or unhappy. You are free at any stage to withdraw from the focus group or take time out if you wish. However, no risk of physical harm is involved during participation. The focus group is designed to be a supportive environment and the facilitator is an experienced researcher in this methodological approach.

Confidentiality of Information: The information that you will provide would be kept anonymous and confidential and would be used only for research purpose.

Use of information: All the information that you will provide would be consumed towards the completion of PhD dissertation and in case of publications, none of information would be disclosing identity of the participants.

Thank you.

I agree to participate

Signature

I do not agree to participate

Signature

Participant Consent Sheet for respondents of Focus Group Discussions and Interviews

I..... voluntarily agree to participate in this research study.

- I understand that even if I agree to participate now, I can withdraw at any time or refuse to answer any question without any consequences of any kind.
- I understand that I can withdraw permission to use data from my interview within two weeks after the interview, in which case the material will be deleted.
- I have had the purpose and nature of the study explained to me in writing and I have had the opportunity to ask questions about the study.
- I understand that participation involves other participants and disclosure of information that is personal in nature.
- I understand that I will not benefit directly from participating in this research.
- I agree to my interview being audio-recorded.
- I understand that all information I provide for this study will be treated confidentially.
- I understand that in any report on the results of this research my identity will remain anonymous. This will be done by changing my name and disguising any details of my interview which may reveal my identity or the identity of people I speak about.
- I understand that if I inform the researcher that myself or someone else is at risk of harm they may have to report this to the relevant authorities - they will discuss this with me first but may be required to report with or without my permission.
- I understand that signed consent forms and original audio recordings will be kept safe and only researcher has access to this record.

- I understand that under freedom of information legalization, I am entitled to access the information I have provided at any time while it is in storage as specified above.
- I understand that I am free to contact any of the people involved in the research to seek further clarification and information.

Signature of research participant

Date -----

Signature of researcher

I believe the participant is giving informed consent to participate in this study

Date-----

-

Psychological Flourishing Scale

ذاتی بت: تشریکش ہنری بی کڑے گے فز گھڑ پبج جواتی ہلس دیں عیک غی لی گے عبہ فنیخ (کلب
ئی بی گئی جظ عبطهش گربک آپٹاوی عکظ دتنگفق / غیش دتقی یں۔

شمار	بیانات	مکمل طور پر مہفق	مہفق	غیر مہفق	غیر مہفق	مکمل طور پر مہفق
1.	خوٹ قوس تئ بدی ئ پیکل قک کے لہے طک وعش کے عبته خوچوت (Sompromise) تئ بٹہ تضش وس ی ہے۔	5	4	3	2	1
2.	خوئگواسئ بدی ئ پیکل قک کے لہے تضش وس ی ہے عکئ شری کدی بت کی خوئکی کے لی پکئی خوئی کویق گشش دی ب جئی ہے۔	5	4	3	2	1
3.	ئ بدی ئ پکئی کی خوٹوقس تیک کے لہے تضش وس ی ہے عکئ شری تھی فی قش ء ع پہل ئ شری کدی بت کے عتھت بوی اوس ببوی خوچھوچھ (mutual understanding) عکلی یچ بی ہے۔	5	4	3	2	1
4.	ئ بدی ئ پیکل قک کی خوٹوقس تیک کے لہے شری کدی بتش گتھود اوس وقی (Trust/Confidence) تہ تضش وس ی ہے۔	5	4	3	2	1
5.	طک وعش کے قوضت ودکش امئب خوئگواسئ بدی ئ پیکل قک کے لے تضش وس ی ہے۔	5	4	3	2	1
6.	ئ شری کھت کی ب خوئگولٹ بیتوں پش فمخ اوسش داؤت طک خوٹوقوسئ بدی ئ پیکل قک کے لہے تضش وس ی ہے۔	5	4	3	2	1
7.	ئ شری کھت کی پش و اوسخی بل (Care) بدی ئ پکئی کو خوٹوقوس تئ بت ہے۔	5	4	3	2	1
8.	ئ شری کھت کے عبته دو بگمئل قبت (relations friendly) ئ بدی ئ پیکل قک کو خوٹوقوس تئ بت ہے۔	5	4	3	2	1
9.	ئ بدی ئ پکلی قی تئ شری کھت کے عھش قوی ای فوں) جی کو پوسکلبش وعش کے تظ یں مو (صردگی کو ب خوئگواسئ بت ی تئ یں۔	5	4	3	2	1
10.	ئ شری کدی بت کی کاش پکشی فکش ء ع ئ بدی ئ پکلی ق خوئگولٹ بت ہے۔	5	4	3	2	1
11.	گھنگو کے دیں ای تھی فللہظ لئض، غ و گمئل وچ (کبا عیبیل ئ بدی ئ پیکل قک کو ب خوئگولٹ بت ہے۔	5	4	3	2	1
12.	ئ شری کھت کے جرتبت و ادغعبت (Feelings and Emotions) کو لہوت فی ء ع ئ بدی ئ پیکل ق خوٹوقوس تئ بت ہے۔	5	4	3	2	1
13.	کچھ کھب س تھیلئی اوفیل یں اص یں تئ شری کدی بت کی پکشی ف اوس مہنگ بلظہ بسکش ء ع ئ بدی ئ پیکل ق خوٹوقوس تئ بت ہے۔	5	4	3	2	1
14.	ئ بدی کھت کچھ کھب س طک وعش کے کو تفت تئ ذئی ف فی ء عئ پیکل ق خوئگولٹ بت ہے۔	5	4	3	2	1
15.	ئ بدی کھت کچھ کھب س طک وعش کے خب تئ ہی عی ع بے بگش ئ بدی کی بے بگش و غش مء ء ع لے طک کھت قبت خوٹوقوس تئ بت ہے۔	5	4	3	2	1
16.	ئ بدی کھت کچھ کھب س طک وعش کے لہے تضش وس ی ہے کھش فت	5	4	3	2	1

					ہیں اور گ و غی شکھلے چھیجی جی ہے۔
1	2	3	4	5	17. بس اوس ہٹھے اضر گھنگو ع ئی بدی ئی پیکل ق خٹ قوس ت سرب ہے۔
1	2	3	4	5	18. لپظکے خویگی بس پیکل ق کے لہے ئی شری کی بت کو ج غی طوس بش طوی کپش بش ترضش وی ہے۔
1	2	3	4	5	19. خرنڈگی کے بکھہ بت ہیں تھی خود ا ق ب سی (Self-reliance) خویگی ئی بدی ئی پیکل ق کے لہے رضش وی ہے۔
1	2	3	4	5	20. خویگی بس ئی بدی ئی پیکل ق کے لہے رضش وی ہے۔ ایک ئی شری کنی بت کھراتی قوش و قبت (دوعویں ع کے پ ئی پ، ل، چول، اور گ غی ش پیدائش الہ کش ہے۔
1	2	3	4	5	21. ئی بدی ئی پیکل ق ہر گلس دو ورن شری کپلے ع وقت اوس فلاحیوں کو دس عت طریقے عے اع کبل ہیں لھرت و پیکل ق خٹ قوس ت سرب ہے۔
1	2	3	4	5	22. لپی رات پیش خود گھنبدی کی کو ی (low self confidence) کی وجہ سے ئی بدی ئی پیکل ق ب شرفی احش ات مشرت موتے ہیں۔
1	2	3	4	5	23. خرنڈگی کے غیئل و کھ ملات ہی پیش ہی ذس بئ بدی ئی پیکل ق کو و خق و س ت سکت ہے۔
1	2	3	4	5	24. گلس ہی شے اذس بختی ا بک ب م (Emotional Stability) کی کو ی ہے تو ا ط کے بئی جے ہیں تھی ئی بدی ئی پیکل ق ہی فئی طریقے عے تب ع ش گویب۔
1	2	3	4	5	25. تھی ئی خ قہت ہر ہی شے بخت س ہے (Mature attitude) کے بگ ہی ش ئی بدی و پیکل ق خویگیوں عکت ہے۔
1	2	3	4	5	26. تھی ضاحکی دظ (Sense of humor) کی وجہ عے ہی ش ئی بدی ئی پیکل ق خویگیوں کو ب ہے۔
1	2	3	4	5	27. کھ ہی کھب سرت شری ع کنپش عوجھت کھش کی وجہ عے تھی ئی ش ئی بدی ئی پیکل ق خویگیوں کو ب ہے۔
1	2	3	4	5	28. خرنڈگی کے کھ ملات ہی غ ہی ئی پ ئی و غی ش ہیں و عش ور کے عبت ہی بٹل کھش عے ئی بدی ئی پیکل ق خویگیوں کو ب ہے۔
1	2	3	4	5	29. ئی بدی ئی پیکل ق ہیں شری کی بت کی و دجیت اوس دو فلی ضل ای پیکل ق کو خٹ قوس بختی ہے۔
1	2	3	4	5	30. خرنڈگی کے خویگیوں اوس بخت و قبت کو لھت قے ع ئی بدی ئی پیکل ق ہی بت ہے۔
1	2	3	4	5	31. ئی شری کی بت کے عبت کھب ضی و کک غب سی ع ہی پک اے عے ئی بدی ئی پیکل ق و خق و س ت سرب ہے۔
1	2	3	4	5	32. بخیں ئی بدی ئی پیکل ق پیش بخت ش ات مشرت تھی ہے۔
1	2	3	4	5	33. لپظکے بگڑوں اوس اختلافات کو پش اھی طیقے عے عے ٹوبے عے ئی بدی ئی خرنڈگی و خی گوا سرتی ہے۔
1	2	3	4	5	34. ئی بدی ئی خرنڈگی ہیں گلس تھی کھبت کی رات کی قلس ای بت کو لھت ہی جی بت و اط ع پیکل ق و خق و س ت سرب ہے۔
1	2	3	4	5	35. او لکب و بئ بدی ئی خرنڈگی کو خویگیوں اوس تھشپوس کھی بت ہے۔
1	2	3	4	5	36. ہلی خوی ذیلی اوس بخت کھب ئی بدی ئی خرنڈگی کو خویگیوں بت ہے۔
1	2	3	4	5	37. ئی شکے عتھ عتھ ہی ویٹھ ہی کتی موت و اط ع ئی بدی ئی خرنڈگی کو خویگیوں سرب ہے۔

1	2	3	4	5	۳۸. ۲شہک ہتکی غلٹوں کہ پبفکش ہ عے ۲بدی ۲ذ لق خوئ گلوں ستب ہے۔
---	---	---	---	---	--

Communal Orientation Scale

غذابت بخش کیش مشری بی کے گے ہیں گھڑ پیچ جواشی ہنس دیں عک غی ٹی گے عبہ ے فنیخ) کلب
ئی بی گھاریں جظ ع بظہ شگوب کہ آپ یری ۛ خق و فیبت کظ دفت ک ہو جودیوں۔

نمبر شمار	بیانات	مکمل طور پر مہق	غیر مہق	جانبدار غیر	غیر مہق	مکمل طور پر مہق
1.	جت لوگ ہشخص شویہبتکو طش اذکشت یرتو ہج ہنیک ای فوبتی ۛے۔	5	4	3	2	1
2.	کھوئی فی واکشت ۛے ۛے یرودعش ے لگوں کی شویہبت اوسادغ ببتکو مٹش سہت بسکت ۛے۔	5	4	3	2	1
3.	ہیں وعشورک ے ادغ ببتکتش ے ۛے صہدی دغ بظ ہیں ۛوں۔	5	4	3	2	1
4.	ہیں خونکو وعشورک ے لہی ے خق و فی طوسپ شندگ بس ہیں عویض ب/ عوج ہدی	5	4	3	2	1
5.	ہیں سکت بسکت ۛے ۛوں کہ لگوں کو لپی وغت/ او عبیل عرتکش دو عشوں کی ہنکشری چہی ۛے۔	5	4	3	2	1
6.	وعشوں کی ہنکشرک ے ہجہ کے کھوئی خبئی خوئی ۛے وتی۔	5	4	3	2	1
7.	ہیں پلے ے بی ے والوں عرتقوغ سکت ب/ سکت ۛے ۛوں کہ و ہشخصوشی بت وادغ ببتک بچہی بل سکت ۛوں۔	5	4	3	2	1
8.	ہیں کھش لپی وغت/ او عبیل عرتکش دو عش ے ۛے کی ہنکشرکت ۛے ۛوں۔	5	4	3	2	1
9.	ہیں لوقہی ے کسودعش ے لگوں کی اتخص شویہبتک ب ہی بل سکت ۛے یرتت رہدی لوت ۛے ۛوں ہنکشری ۛے۔	5	4	3	2	1
10.	ہیں لگوں ۛے ۛے ۛے ۛے ۛے ۛے ۛے ۛے لہی کپخش دوڑے ۛے ۛے۔	5	4	3	2	1
11.	جتکوی بعض شوس توتی ۛے ۛے ۛے ۛے ۛے ۛے ہی طش ف ہنک ے لہی ے س جوع شکتش ت ۛوں۔	5	4	3	2	1
12.	جتوگ جرتبت ہی بط پشپ شری بھو جہتوتوی ای ع اچ ببتش توتی ۛوں۔	5	4	3	2	1
13.	لگوں کو پلے ے ۛے ۛے ۛے ۛے ۛے ۛے چہی ۛوں۔	5	4	3	2	1
14.	جت ہجہ بعض شوس ت، ج غے وعش ے طش اذکشری تو ہجہ کے کھنک ۛے۔	5	4	3	2	1

Emotional Expressivity Scale

عزت بش کیش مشرقی بی کے گے ئی گئے پیچ جواشی ہنس دیں ع کے غی ٹی گے عہ ے فنیخ) کھ (بی بی گلیوں جظ عظیمہ ش گوب ک ہ آپٹھی بی عے کظ دنتگفقی / غی ش نعتی یں۔

شمار	بیانات	مکمل طو پر مفق	مفق	غیر چندار	غیر مفق	مکمل طو پر مفق
1.	جنت ہی میں نعت بخیزت ہذغ وکشتیا لگتی ہوں، گوٹ باع بی ج بی لہتے ہیں کہہ یر کی غب ہذغ وط سہب/سہی ہوں۔	5	4	3	2	1
2.	یر کج ہی کجیس اداظل یں ٹکھے ہونے سو پٹی پٹی تی ہوں۔	5	4	3	2	1
3.	ل کج گش ج ہی رہ پبے کہ کیوی ب ہذغ وکشتیا ب/سہی ہوں۔	5	4	3	2	1
4.	جت ہج ہ کیوی لطفہ ع بی ے، جوی ش خبی بل یں ضادی ہوتو یر صویس عے ہ غیا/غتی ہوں۔	5	4	3	2	1
5.	یش ے لہے پل ے خوف کو چھیب ہیکل ہے۔	5	4	3	2	1
6.	جت یں خوگ ہوتی ہوں، یش ل غب عبت بظلمش ہو جبت ے یں۔	5	4	3	2	1
7.	شجرتی و فوس تذبیل یر ہ ش ا ج غی ذی نس گوگی بظلمش ت بے۔	5	4	3	2	1
8.	یں ے عکھ ب ہ کہ پل ے غق یکوش ب غق ے بظلمش سکش ے عبت ش ہے۔	5	4	3	2	1
9.	ی چبے ے بٹ/ جٹی ہ ہی پٹی ی ہج گئی ای ب موکشت ای وی ای ہوں، یر خو ک ظلمش ش ع کی سکت ب سکت ہوں۔	5	4	3	2	1
10.	یں بظلمش سکش ے والا شخص ہوں۔	5	4	3	2	1
11.	ی ئی ذی شجرت سکت ب سکت ہوں۔	5	4	3	2	1
12.	یں کج ہی کجیس پل ے جنت کو، چبے یک بظلمش جود، ہچب ے یر کج بظلمش/جبت ی ہوں۔	5	4	3	2	1
13.	جت کج ہی یر فی بظلمش ہذغ وکشتیا لگتی ہوں، لوگبتا ع بی ج بی لہتے ہیں کہہ یر کی غب ہذغ وکشتیا ب/سہی ہوں۔	5	4	3	2	1
14.	طایع دوسٹ ہگی ضرس لہ یک کوئی کیک بظلمش جود یں خو کو سو ے عے سوک وی ب بپی بی۔	5	4	3	2	1
15.	یں پل ے جنت کت ذت ع ے ہذغ وکشتیا لگتی ہوں۔	5	4	3	2	1
16.	ہیں جوت ہی ہذغ وکشتیا لگتی ہوں، یش ے چمش عے گی ب بظلمش ہے۔	5	4	3	2	1

Emotional Regulation Scale

عزت بٹش ایکشن مشورہ بی کے گے فئے گئے یہاں پچھو اسی ملس د میں عے عے غی ٹی ککے عے ہ ے / (کے بے بی گی بیوں جظ عظ بہ ش گوب کہ آپ ہی ہ خق و فیبت کظ دفت ک موجود ہیں۔

نمبر شمار	بیانات	مکمل طور پر مبفق	مبفق	غیر مبفق	غیر مبفق	مکمل طور پر مبفق
1.	جتنی میں ہی بدیہت بیخبت بیخبت ہ ذغ کو طس ب چہ مویں غب انگھوئی یب لطف تو میں چٹھب سے میں عوچ ب/س میں ہوں غے ٹی ٹی ب/لہتی ہوں۔	1	2	3	4	5
2.	میں پلے جنتیبت پلے تیک سکتا ہوں سکتا ہوں۔	1	2	3	4	5
3.	جہیں کن فہی بیخبت ہ ذغ کو طس ب چہ مویں بیخبت کندہی یب غ قہ تو میں بیخبت سے میں عوچ سریس میں ہوں، اعے بیخبت لکش لہتی ہوں۔	1	2	3	4	5
4.	جہ میں بیخبت جنتیبت ہ ذغ کو طس ب/س میں ہوں، میں تفبط موبیوت میں ہوں ایک کب اظہب س گمشوں۔	1	2	3	4	5
5.	جہ ہر ایک غیٹ ب وادی ہذبت کب عے ب ہو، میں بیخبت سے میں اط طس ب/س میں ہوں جظ عے ہر بیخبت سے میں ہوں ہذبت سے۔	1	2	3	4	5
6.	میں پلے بیخبت اظہب س کشرکے ایک کو بیٹو میں سکتا ہوں/سکتا ہوں۔	1	2	3	4	5
7.	جتنی میں ہی بدیہت بیخبت ہ ذغ کو طس ب چہ مویں تو میں ہوں ذبت کٹھب سے میں جظ طس ح عوچ ب/س میں ہوں، اعے بیخبت لکش لہتی ہوں۔	1	2	3	4	5
8.	میں جظ ہوں ذبت میں ہوں، اظہب سے میں پلے عوچے کب اظہب جنتیبت لکشکے پلے بیخبت کو بیٹو کی کشرک لہتی ہوں۔	1	2	3	4	5
9.	جہ میں فہی بیخبت ہ ذغ کو طس ب/س میں ہوں تو میں اظہب سے میں بیخبت میں ہوں ایک کب اظہب س گمشوں۔	1	2	3	4	5
10.	جہیں کن فہی غب عبت ہ ذغ کو طس ب چہ مویں تو میں اظہب ذبت کٹھب سے میں عوچ کب طس بیخبت لہتی ہوں۔	1	2	3	4	5

Personal and Demographic Data Sheet

Following personal and demographic information was obtained:

Gender of Respondent-----

Age of Respondent -----

Education -----

Profession/Occupation-----

Family System: Nuclear / Joint

Duration of Marriage (in years) -----

Number of Children-----

Type of Marriage: Arrange / Love

Informed Consent Form
(For Data Collection through Scales)

I am PhD research scholar at National Institute of Psychology, Quaid-i-Azam University, Islamabad. The research work entitled, “Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity and Emotional Regulation,” aims to understand the factors that contribute to a flourishing married life. The variables under study would be measured using four questionnaires.

I do not foresee any risk or discomfort from your participation in the research. Your opinion would be a contribution to gain understanding regarding psychological flourishing of married sample. You are requested to fill each questionnaire carefully and honestly. It would take 15-20 minutes to complete the questionnaire. There is no right or wrong response. All the information gathered by you will be used for research purpose only.

Your participation in the study is completely voluntary and you may refuse to answer any question or choose to stop giving responses at any stage. All information that you provide would be kept confidential and anonymous. Your data would be safely stored and only the researcher will have access to this information.

In case of any further questions related to study and your potential participation, please feel free to contact Samar Fahd at email; samarphd14@nip.edu.pk. The present research has been reviewed and approved for compliance with research ethics protocols.

Thank you

Consent

I am willing to participate in the study and I have no objection to above mentioned process of and publication of information obtained from me.

(Signature)

Name (Optional)

Communal Orientation Scale

Instructions:

For each statement below, please indicate your agreement or disagreement. Do it filling in the blank in front of each item with the appropriate number from the following rating scale. For each item, please answer using the following scale:

1	2	3	4	5
Extremely Uncharacteristic of me		Neutral		Extremely characteristic of me

1. It bothers me when other people neglect my needs.
2. When making a decision, I take other people's needs and feelings into account.
3. I'm not especially sensitive to other people's feelings.*
4. I don't consider myself to be a particularly helpful person.*
5. I believe people should go out of their way to be helpful.
6. I don't especially enjoy giving others aid.*
7. I expect people I know to be responsive to my needs and feelings.
8. I often go out of my way to help another person.
9. I believe it's best not to get involved taking care of other people's personal needs.*
10. I'm not the sort of person who often comes to the aid of others.*
11. When I have a need, I turn to others I know for help.
12. When people get emotionally upset, I tend to avoid them.*
13. People should keep their troubles to themselves.*
14. When I have a need that others ignore, I'm hurt.

Scoring

Subjects rate each item on a 5-point scale from extremely uncharacteristic of them (1) to extremely characteristic of them (5). Items with an * are reversed prior to summing the ratings for an overall score.

Berkeley Emotional Expressivity Questionnaire

Instructions:

For each statement below, please indicate your agreement or disagreement. Do it filling in the blank in front of each item with the appropriate number from the following rating scale. For each item, please answer using the following scale:

1	2	3	4	5	6	7
Strongly disagree			Neutral			Strongly Agree

1. Whenever I feel positive emotions, people can easily see exactly what I am feeling.
2. I sometimes cry during sad movies.
3. People often do not know what I am feeling.
4. I laugh out loud when someone tells me a joke that I think is funny.
5. It is difficult for me to hide my fear.
6. When I'm happy, my feelings show.
7. My body reacts very strongly to emotional situations.
8. I've learned it is better to suppress my anger than to show it.
9. No matter how nervous or upset I am, I tend to keep a calm exterior.
10. I am an emotionally expressive person.
11. I have strong emotions.
12. I am sometimes unable to hide my feelings, even though I would like to.
13. Whenever I feel negative emotions, people can easily see exactly what I am feeling.
14. There have been times when I have not been able to stop crying even though I tried to stop.
15. I experience my emotions very strongly.
16. What I'm feeling is written all over my face.

Scoring:

compute $beq03r = (8 - beq03)$.

compute $beq08r = (8 - beq08)$.

compute $beq09r = (8 - beq09)$.

compute $beq.nex = \text{mean}(beq09r, beq13, beq16, beq03r, beq05, beq08r)$.

compute $beq.pex = \text{mean}(beq06, beq01, beq04, beq10)$.

compute $beq.str = \text{mean}(beq15, beq11, beq14, beq07, beq02, beq12)$.

compute $beq = \text{mean}(beq.nex, beq.pex, beq.str)$.

Emotional Regulation Questionnaire

Instructions:

We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your emotional experience, or what you feel like inside. The other is your emotional expression, or how you show your emotions in the way you talk, gesture, or behave. For each item, please answer using the following scale:

1	2	3	4	5	6	7
Strongly disagree			Neutral			Strongly Agree

1. When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about.
2. I keep my emotions to myself.
3. When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.
4. When I am feeling positive emotions, I am careful not to express them.
5. When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.
6. I control my emotions by not expressing them.
7. When I want to feel more positive emotion, I change the way I'm thinking about the situation.
8. I control my emotions by changing the way I think about the situation I'm in.
9. When I am feeling negative emotions, I make sure not to express them.
10. When I want to feel less negative emotion, I change the way I'm thinking about the situation.

Scoring:

Items 1, 3, 5, 7, 8, 10 make up the Cognitive Reappraisal facet.

Items 2, 4, 6, 9 make up the Expressive Suppression facet.

Scoring is kept continuous.

Each facet's scoring is kept separate.