

Emotional Maturity, Family Support, and Marital Quality Among Married Individuals



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**Emotional Maturity and Family Support
on Marital Quality of Married
Individuals**

***Dedicated to
my Beloved Parents***

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Abstract

The present study examined the relationship between emotional maturity, family support and marital quality among married couples. Moreover, demographic variables including age, monthly family income, gender, profession, partner profession, family system, and marriage type were also compared along study variables. The sample comprised of 249 married couples including female (n = 127) and male (n = 122) individuals. The sample of married individuals was collected physically and online by using a Google Form. Measures included in the study are Emotional Maturity Scale (Singh & Bhargava, 1991) translated in Urdu version by Ishfaq (2014). Then, family support subscale of Social Support Scale (Pierce, Sarason, & Sarason, 1991) that was translated in Urdu language by Rafai (2007) and Marital Quality Scale (Shah, 1995) and was translated in Urdu version by Imran (2018). Emotional maturity was positively linked with family support and marital quality of married individuals. Moreover, family support was also found to have positive association with marital quality. Social maladjustment, personality disintegration, and lack of independence significantly predicted marital quality. Gender differences exposed that female participants were higher on emotional maturity as compared to males. Arrange marriage participants were higher on emotional maturity in comparison to love marriage individuals. Working participants were higher on lack of independence and marital quality as compared to non-working participants. Individuals from nuclear families were higher on emotional maturity and social maladjustment than individuals from joint families.

INTRODUCTION

Chapter 1

Introduction

Marriage is one of the most important events for individuals around the globe, especially in family structure areas. Individuals regard a successful marriage as the pinnacle of their lives. Many studies have been conducted to determine the important factors influencing long-term marriages between husband and wife (Hawkins et al., 2008; Stutzer & Frey, 2006; Waller & Peters, 2008).

Emotional maturity develops during the adolescent years, so if adolescents lack emotional maturity, it will have an influence on the development of behavioral deviations in marital life (Marlina, 2013). Married individuals who can control their emotions will find pleasure in their marital relationship and have good affect in their family interactions (Anissa & Handayani, 2012; Khalatbari et al., 2013; Morr & Canary, 2008). Failure of newly married couples who are unable to adjust to their partners will face issues at every stage of their family's development and face a higher risk of divorce (Sumbulah & Jannah, 2012). Compliance with a partner is founded on the establishment of many fundamentals, such as open communication, fair treatment, and healthy interactions.

The importance of family support in one's life cannot be neglected, and it is regarded as the most important factor. The importance of family in achieving stability and progress cannot be neglected. Many factors influence on individual's marital quality According to Sunarti (2013), interactions among family members are one of the most important aspects of family life and something that is done on a regular basis. These connections include how to interact, interaction patterns, and intensity of interactions, which are the part the regular interaction in the family and can have influence on other aspects of the family. Intimate relationships that involve giving and receiving affection, supporting and demanding each other, like companionship does reflect the interaction of a good husband and wife (Lestari, 2012; Megawangi, 2014). The interaction between the husband and wife was revealed to be a factor in the early and middle years of a marriage's marital quality (Dewi, Puspitawati, & Krisnatuti, 2018). There are numerous aspects which are directly related to marital quality, but many of them have an inverse relation with marital happiness and

satisfaction. Among all the weak and strong indicators of marital quality, emotional maturity and family support seems to have a direct and profound relationship with marital quality of an individual.

As emotional maturity is one of the key factors that influences and nurtures an individual's overall personality, and emotionally matured people live a sustainable life, which is a significant predictor of marital quality. As a result, emotional maturity is a variable of utmost importance that has to be explored in order to determine its predictive function in marital life and outcomes. The role of another variable, family support, in influencing the marital quality of individuals is also significant. As a consequence, family support is one of the most basic and instant responses that an individual can have during their marriage, and family support promotes successful outcome. In this study, we'll look at the role of emotional maturity and family support in predicting the marital quality of married individuals.

Emotional Maturity

Emotional maturity has a strong influence on an individual's goals, attitudes, and beliefs throughout their lives. Individuals' emotions have the ability to guide them and serve as a fragile being. Emotions drive the mind to behave; they supply the spark for a person's survival. A challenging physiological circumstance, according to Hockenberry (2007), is made up of three parts: a subjective experience, a physiological response, and a behavioural or expressive response. Emotions, whether physical or mental, are necessary for life and assist individuals in behaving more orderly. Accepting responsibility and controlling one's emotions rather than complaining and blaming others, is an example of emotional maturity as a personality trait (Wagde & Ganaie, 2013).

Emotional maturity not only helps determine but also shapes personality and emotions are sometimes used to represent some personality trait (Santrock, 2013). Emotional development and maturity are important considerations in an individual's success in life and education. Even more now, emotional maturity processes include an individual's personality striving and making continuous efforts to achieve the best emotional health individually and psychologically (Safarpour, 2007). Emotional maturity is a cognitive ongoing continuous process in which the personality strives

incessantly for better health within the emotional domain of psychic and personality formation and development. An individual with mature and well-regulated emotions is capable of adapting to any situation efficiently and effectively. Not only adjusts, but also enjoys and lives through the changes (Sabatier et al., 2017).

Maturity is an essential part of every individual's life. To be mature, an individual must go through the stages of learning, practicing, conditioning, and having a strong grasp on reality. On the other hand, while such maturity is highly desirable for being flexible and adaptable in social and domestic life, it can be interpreted as emotional maturity when expressed in terms of emotions (Singh & Bhargava, 2012). The strength of emotional maturity is that it provokes an individual to think about and understand the situation rather than reacting impulsively (Pandey, 2011; Pастey & Aminbhavi, 2006). When emotional or affective maturity (in terms of competence) is not attained completely or is interrupted, it may result in emotional irritation which is expressed as hostile aggressiveness, which includes all types of anger, harshness, and hatred characterized by emotional threat (Booker & Dunsmore, 2017).

Emotional maturity is defined as the ability or capability based on emotional intelligence, to successfully deal with emotions (Thingujam, 2002). Individuals with high emotional maturity perceive more support services from others, and those who perceive more support networks have a higher level of life satisfaction (Gallagher & Brodrick, 2008). Individuals with greater emotional maturity are better able to make wise decisions, make good choices, have more pleasure, and face less stress, resulting in a more satisfying life. By imparting sentiments of being loved, cared for, admired, and cherished, familial interaction and maturity impact health and well-being maintenance. Individuals are not controlled by their emotions; instead, they are responsible of their responses (Bhargava & Singh, 2012).

Emotional maturity is regarded as a prerequisite for living a happy and contented life. If one does not have this, he or she may live a miserable and sorrowful life. Maturity is concerned with an individual's relative independence from any parasitic dependence, such as those of impulses, egoism, competitiveness, or even relationships such as parents. Maturity promotes an individual's flexibility and

adaptability in all aspects of life, making it highly desirable (Singh & Bhargava, 2012).

Individuals with emotional maturity have a sense of balance and evenness. It is the way of gaining proper control over someone's emotions, both negative and positive emotions, in a respectable manner, which leads to good emotional health. Emotional maturity is defined as the ability to control one's emotions rather than being controlled by them (Kaur, 2018). Most studies have found that an individual's emotional maturity varies depending on the individual and the situations to which they are exposed. As a result, it has been stated that it can be increased, decreased, or be fairly unstable (Sangtam & Talwar, 2013).

Emotional maturity is a process in which the personality strives for a greater sense of emotional health on both an intra-psychic and intrapersonal level (Rawat & Singhs, 2017). The ability to bear tension and deal with one's surroundings is the most distinguishing feature of emotional maturity (Rawat, 2017). Emotions can be defined as an affective component that reflects an individual's internal state and is frequently characterized by behavior that depicts the nature of a transactional experience (Santrock, 2013).

Components of emotional maturity. Ramsden (2000) describes emotional maturity as having seven components: assertiveness, intimacy, mental stability, mental balance, empathy, independence, and the ability to identify and express emotions. These components are described further below. These seven components, according to Ramsden (2000), completely define emotional maturity.

Assertiveness. It is the ability of an individual to stand up for oneself. An emotionally mature person not only knows how to control his or her own emotions, but also know how to avoid allowing other people's emotions to affect his or her mental health.

Intimacy. In general, intimacy refers to the feeling of being in a close personal relationship and belonging together. It is a very intimate and familiar affective connection with one's close relationships. A mature person will be able to form emotionally healthy close relationships.

Mental stability. The ability of a person to remain stable for extended periods of time is referred to as mental stability. Not being subjected to rapidly changing moods, emotions, or other psychological conditions, for example. Emotional stability is a sign of someone who is emotionally mature.

Mental balance. Mental balance refers to the state of an individual whose psychological conditions are balanced; for example, such a person does not experience excessive anger, sadness, happiness, or any other emotional state. Emotionally mature people have well-balanced emotions.

Empathy. Empathy is a person's ability to understand the feelings and emotions of others. An emotionally mature person comprehends not only his or her own emotions and feelings, but also those of others.

Independence. Individual's independence is defined as the ability to manage one's own affairs. A mature person will be able to handle situations on his or her own and will not rely on others.

Ability to identify and express emotions. An individual who is emotionally mature will also be able to recognize and express his or her own feelings and emotions.

Dimensions of emotional maturity. Emotional maturity is determined by the combined effect of five factors, including proper stability, progress emotions, social adjustment, personality unity, and a sense of independence (Singh & Bhargava, 2012).

Emotional stability. It refers to a person's characteristics that prevent him from responding to or paying attention to excessive mood swings or noticeable changes in an emotional situation. If a person is emotionally stable, he can deal with any situation.

Emotional instability, on the other hand, is responsible for the sudden change and variability of responses and is a factor representing irritability syndrome, being stubborn and temper the explosion lack of ability to manage the problems and seek help from your day to day problem (Singh & Bhargava, 2005). Person emotionally

instable is likely expose to possess short temper and have decreased potential to dispose of problems. Emotional instability is highly related to social maladjustment (Nuzhat, 2013).

Emotional progression. According to Singh and Bhargava (2005), emotional progression is defined as a person who has satisfactory feelings of emotion in relation to their environment, which ensures positive thinking, emotions, and life satisfaction. Whereas emotional regression is also characterized by a large group of factors such as feelings of inferiority, agitation, lack of sympathy, violence, and egocentrism. Emotional regression, on the other hand, is characterized by feelings of inferiority, impatience, and aggression (Jogsan, 2013). Emotional regression causes personality disintegration and the development of dependency in an individual (Singh & Bhargava, 2012).

Social adjustment. Social adaptation is a process in which individual needs interact with the requirements of the social environment in particular circumstances, allowing them to shape themselves accordingly. Thus, it can be described as a cohesive relationship between man and his social world, whereas socially maladjusted people are fake and quitters, exhibiting a lack of social flexibility of hate and tempting (Singh & Bhargava, 2005). A socially maladjusted person gives the impression of living alone, despises, and engages in maladaptive behavior (Richars, Encel, & Shute, 2003).

Personality integration. The integration of personality, according to English and English (1958), is a process of integrating various elements of individual ties and instability trends as a result, in harmonious cooperation and de-escalation of internal conflicts firmly in the indomitable manifestation of action. Included in the fragmented personality symptoms Such people, like reactions, rationalization, denial, evil, and so on, suffer from inferiority complexes, so they react to the environment with a terrible sense of deformation, reality, and so on (Singh & Bhargava, 2005).

Independence. Self-reliant for controlling by oneself, a person uses his/her intelligent and creative potentiality to a place where he/she can make his/her decision by his/her own judgement and creation. Based on facts, it is the tendency of a person's attitude, or the capacity for resistance. He will not do what he/she wants to do and

will not make the decisions or perform any difficult action in accordance with the customs of another person; this demonstrates a trustworthy trust. Others are erotic, and those who rely on the absence of objective profits demonstrate parasitic dependence. Such people have a reputation for being untrustworthy (Singh & Bhargava, 2005).

Characteristics of an emotionally matured individual. According to Sangtam and Talwar (2013) one dimension of personal experience is emotion. They displayed eight basic, innate emotions. Joy, anger, sadness, fear, anticipation, disgust, surprise, and acceptance as examples of these emotions. When a person is emotionally mature, he or she is able to express all of these emotions appropriately and with appropriate control. That individual's method of expressing emotions will be socially acceptable and guided by cognitive processes such as learning and thinking rather than emotion. Sangtam and Talwar were the ones who described the characteristics of an emotionally mature person. According to them, an emotionally mature person exhibits the following characteristics and behaviors in his or her personality. Almost all types of emotions manifest and are noticeable in an emotionally mature person. In such a person, the pattern of emotional expression is easily recognized. The capacity to deal with and react to situations in an appropriate and emotionally stable manner is known as core quality of emotionally mature people (Kapri & Rani, 2014).

The expression of emotions is very refined and sophisticated. The majority of the time, that individual's emotional expression is in a socially acceptable and desirable manner. These people are more successful at controlling their emotions. They rarely exhibit unsuitable and inappropriate emotional outbursts. In short, temper tantrums will be uncommon in such a person. When confronted with the need to identify his or her emotions, an emotionally mature person will be able to conceal his or her feelings. People perceive things from their true perspective; they are not daydreamers, nor do they avoid realities; rather, they accept them as they are.

An emotionally mature individual engages and exercises cognitive processes such as reasoning and thinking when making a decision. That person will be guided more by his or her intellect rather than by his or her emotions. He/she would not be prone to rationalization; for example, he/she would never argue in favor of

inappropriate and undesirable behavior. Furthermore, he/she will be able to accept responsibility for his/her mistakes and will never shift the blame to others. Such a person will always be truthful in his or her actions.

An emotionally mature person has appropriate and acceptable self-respect and self- concept. That person will do everything in his or her power to avoid things and behaviors that are harmful to his or her self-esteem and violate his or her rules and principles. Such an individual is able of thinking about others and of successfully maintaining social relationships. He or she avoids antisocial behaviors that can lead to social conflicts or stressful social relationships. A person who is emotionally mature is better able to express appropriate emotions in the appropriate way, at the appropriate time, and in the appropriate place. He or she is better able to express all emotions; for example, if one is in a situation where it is necessary to express anger, one is more easily able to express anger.

But if one got into a situation when one makes a mistake and is reprimanded, he or she can also check and control his or her anger. Stability is the most important characteristic of an emotionally mature person. That person will never abruptly switch from one emotion to another. Emotional maturity is not only an operational determinant of personality form, but it also aids in the control of an individual's development. The concept of emotionally mature behavior at any level is that it perfectly reflects the individual's normal emotional development. An individual who is capable of keeping his/her emotions under his/her control and is able to suffer difficulties without self-pity can also be emotionally speechless, stunned, or immature. According to Morgan (Sangtam & Talwar, 2013), an acceptable theory of emotional maturity states that emotional maturity must explain the person's individuality, powers, and ability to appreciate the use of powers. Emotional maturity has always been important in many aspects of an individual's life; if one wants to succeed in one's career and work environment, one must be emotionally mature and surround himself with emotionally mature people; however, one must keep in mind that emotional maturity alone does not define success.

Theoretical Background

Theoretical account of emotion maturity has been explained below.

Immaturity and maturity theory. This theory was developed and presented by Chris Argyris (1971). It is one of the many theories that seek to explain the relationship between human nature and behavior. According to this theory, a person's development is processed along a continuous break of an immaturity situation to a maturity situation. A mature person is characterized for being active, independent, self-confident and self-controlled. On the contrary, an immature person is passive, dependent, has lack of confidence and feels need of control by others.

According to Argyris, an individual should go through seven changes if one is becoming developed as an emotionally matured person over the years.

1. Individual develops from an inactive and unreceptive condition as an infant to a condition of increased actions as adults.
2. Individual develops from a condition of being dependent on others as an infant to a condition of relative independency as an adult.
3. Individuals have only a few ways of getting involved in the world as an infant but develop stronger and deeper interests and relations as an adult.
4. Individuals has no control over his/her behavior and behaves in few ways as an infant but is capable of controlling one's behavior and behaving in many ways as an adult.
5. The perspective of time of children is very short means they have very short point of view for past or present even focused more on present but as they get mature, the perspective of time increases including the past and the future also.
6. When an infant is subordinate to their elders, they tend to follow the instruction given to them by their elders, they equally move or be on a superior position with others and do not need instructions from others.
7. As children, individuals lack the awareness of 'self but as adults they are not only becomes aware of it but they are also capable of controlling 'self. Argyris assumes that these changes exist on a continuum and that the 'healthy personality matures along with the continuum from immaturity to maturity (Argyris cited in Sangtam & Talwar, 2013).

The behavioral patterns of the individual and also their habits are to some level determined by the level of maturity of the individual on which the pattern of

their personality system is organized. The maturity makes available cognitive setting of situations for an individual to perceive the reasons, causes relations, achievements and a sense of worthiness, which results in an organized and intelligent way of behavior of an individual. The way children go through the process of learning and the way they gain cognitive habits just like that their emotions also get developed and modified by the maturity. In this sense the features of scholastic study and social maturity involvements gets interrelated with the emotional maturity (Sangtam & Talwar, 2013).

Family Support

Family support refers to the functions performed for the individual by significant others such as parents, siblings, and relatives. This support can be of any type, such as informational, instrumental, appraisal, or emotional support. These supportive functions are highly related, and they frequently form a fundamental factor summed up as social support (House, 1981).

Families, parents, and caregivers play an essential role in the development and wellbeing of individuals. They provide individuals with identity, love, care, provision, and protection, as well as economic security and stability. Families can be the most valuable source of help for individuals.

Through psychosocial, behavioral, and physiological processes, the quality of family connections, including support (like providing love, guidance, and care) and strain (like disputes, being critical, and making too many demands), can influence well-being. "family support" helps families in gaining access to a wide range of support and services, such as formal supports (such as paid childcare) and informal supports (such as parent- toparent connections) as well as a community system of services that promote the well- being of families and their needs.

In accordance with the requirements of the convention, family and parenting support is increasingly being recognized as an important component of national social policies and social investment packages aimed at reducing poverty, reducing inequality, and promoting positive parental and child well-being.

Family relationships, for better or worse, play a key role in shaping an individual's well-being throughout their lives (Merz, Consedine, Schulze & Schuengel, 2009). As individuals grow older, their demands for caregiving increase, and social ties in other domains, such as the workplace, become less vital in their life, family bonds may become even more essential to their well-being. Families rely on grandparents for support emphasizing the importance of exploring grand parenting (Settersten, 2007). Relationships between grandparents and their grandchildren are generally correlated with greater quality of life for both grandparents and grandchildren, with some important exceptions, such as when they involve more extensive family responsibilities (Kim, Kang, & Johnson, 2017; Lee, Clarkson-Hendrix, & Lee, 2016).

Most grandparents engage in meaningful activities with their grandchildren, feel close to their grandchildren, value the grandparent role (Swartz, 2009), and experience lower well-being if they lose contact with their grandchildren (Drew & Silverstein, 2007). However, an increasing proportion of children live in households maintained by grandparents (Settersten, 2007), and grandparents who care for their grandchildren without the support of the children's parents usually experience more stress (Lee et al., 2016) and depressive symptoms (Blustein, Chan & Guanais, 2004). Family members are an important source of services and support for people with special needs throughout their lives, allowing them to live at home and in the community. This issue includes four literature reviews on the current state of research, each specific to a life course stage, as part of an effort to generate a strategic plan for research on family caregiver experiences and support.

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Parents play major roles as caregivers, advocates, and system navigators. As individual grow through adolescence into adulthood, family continue to advocate, and also share that activity with individual who grow into the self-advocate role. In adulthood, families also provide a broad range of assistance, helping individuals to lead meaningful lives in the community, including educational attainment and employment, and to avoid unnecessary and undesired institutionalization.

Family systems move as spouses and partners renegotiate relationship boundaries within the caregiver role, ageing parents assign authority to sibling caregivers, and adult children begin to care for parents with age-related difficulties.

Having a good understanding of family support and determine the influence provides an appreciation of family relationships and characteristics. Siblings, for example, play important roles in the lives of many people with difficulties throughout their lives and frequently take on greater family caregiving roles when ageing parents die or are no longer able to provide supports (Arnold, Heller & Kramer, 2012; Heller & Arnold, 2010; Heller & Kramer, 2009).

Components of family support. Support received from family has been explained through following components.

Emotional support. This is the expression of sympathy, concern, love, belief, closeness, consolation, or caring) (Schwarzer & Leppin, 1989). It is the glow and nourishment provided by sources of support. Giving emotional support can demonstrate to the individual that he or she is valued. It is usually referred to as “regard support” or “examination support” (Taylor, Klein, Lewis, & Gruenewald, 2000).

Tangible support. This is the scheme of financial support, basic needs, or services. This sort of social support is also known as instrumental support, and it refers to the constant, systematic ways in which people help others (Langford, Bowsher, Maloney & Lillis, 1997).

Informational support. This type of service includes providing someone with advice, direction, proposals, or important information (Krause, 1986). This type of information could potentially support others in addressing a variety of issues (Tilden & Weinert, 1987).

Companionship support. It is the type of support that offers individual a sense of social belonging (also known as having a place) (Taylor, Klein, Lewis & Gruenewald, 2000). This can be interpreted as partners being close enough to participate in joint social activities (Uchino, 2004).

Another framework view support as a general preface that encompasses at least three distinct types of support. There are distinctive measures for each of these sorts of support and the sorts are just delicately identified with each other. Moreover, each kind of social support shows its own extraordinary example of relationships with different developments and factors, demonstrating that each sort is an unmistakable build.

Perceived support. Perceived support, also known as helpful support, relates to an individual's subjective opinion that providers will (or have) provide valuable help when they are in need. Individuals who have a high perceived level of support believe that they can rely on their family and friends to provide quality assistance in times of need.

Received support. Received support mirrors similar sorts of help but now the focus is simply on its record, however it emphasizes stable activities, while perceived support emphasizes the focused-on individual's judgment that such activities would be given if necessary (Lakey & Drew, 1997).

Structural support. Level to which an individual is connected within a social network, such as the number of social relationships or how integrated an individual is within his or her social network, is referred to as structural support (also known as social integration) (Barrera, 1986). Social integration is aided by family relationships, friends, and involvement in groups and organizations (Uchino, 2004).

Theoretical Background

Family support has been explained here through following theoretical grounds.

Family system theory. Murray Bowen's family systems theory (shortened to 'Bowen theory' from 1974) was one of the first comprehensive theories of family systems functioning (Kerr & Bowen, 1988). While it has received sporadic attention in Australia and New Zealand, it continues to be a central influence in practice of family therapy in North America. It is possible that some local family therapists have been influenced by many of Bowen's ideas without the connection being articulated.

For example, the writing of Guerin (1987), Carter and McGoldrick (1980, 1988), Lerner (1993) and Schnarch (1991, 1997) all have Bowenian Theory at the heart of their conceptualizations. There is a pervasive view amongst many proponents of Bowen's work that his theory needs to be experienced rather than taught (Kerr, 1991). While this may be applicable if one can be immersed in the milieu of a Bowenian training institute, such an option, to my knowledge, is not available in this country. Bowen's own writings have also been charged with being tedious and difficult to read (Carter, 1991). Hence it seems pertinent to present this influential theory.

Marital Quality

Getting married is the most memorable and meaningful event in one's life. Society is changing at a rapid rate in today's modern world. Marital happiness, satisfaction, adjustment, and quality are some of the adjectives used in the literature to describe happy marriages (Campbell, Converse, & Rodgers, 1976). Social scientists have been debating and agreeing on definitions of these terms, including which unit of analysis is most appropriate for which term, until recently it is critical to be informed of changing wedding trends and to keep an eye on the involvement with such trends (Rehman, 2002).

Marriage is one of the most important events of adult's life in many countries especially those who live in traditional family oriented places and many young people consider a successful marriage as an essential point of their lives. There are many studies to determine the important factors influencing long-term relationship between husband and wife (Stutzer & Frey, 2006; Hawkins et al., 2008; Waller & Peters, 2008).

Being in a happy marriage is related to better psychological and physical health. All around the world, marital relationships are fundamental and basic intimate bonds between two people. Beginning with the second half of the twentieth century, studies on marriage focused on understanding the dynamics of marital functioning that included satisfaction, violence and health hazards in relationships (Carvalho-Barreto et al. 2009).

Family is fundamental component of society and the key element for human growth and development. The formation of this sacred institution is based on marriage between men and women. Marriage in reality is a way of living. It is not always full of roses; but its success depends upon adjustment on the part of both the partners involved. the adjustment and marital relationship are major challenges in most of the families.

The process of marriage begins with the choosing a marital partner, which is one of the most authentic decisions a person can make in their lives. Every society and culture has its own system, regulations, and criteria for picking a marriage partner. Family members (parents) occasionally choose the spouse, while other times the spouse chooses oneself (Fisman, Iyengar, Kamenica & Simonson, 2006). This relationship is sometimes effected by more attractive replacements, but it may be strengthened by external pressures to stay married. As a result, for a marriage to be of high quality, it must also be of high adjustment, satisfaction, and stability. Marital quality does not exist in the absence of these components. Few marriages have been observed to have satisfied couples (Spanier & Lewis, 1979). A stable marriage is dependent on a variety of factors. These include abstract feelings of fulfilment from life partners, the personality of partners' composition, and their own specific activity (Plopa, 2008) Characteristics, communication within marriage, and sexual behavior action (Plopa, 2008; Niebrzydowski, 1994; Rys, 2008; Wojciszke, 2005).

Various researchers highlight the critical link between financial and socioeconomic conditions and the nature of the marriage (Rys, 2008; Wojciszke, 2005). Great material conditions are categorically linked to the nature of the marriage (Amato, Johnson, Booth, & Rogers, 2003; Jankowiak, 2007; Plopa, 2008). According to the findings of Smith, Heaven, and Ciarrochi (2008), the most satisfied couples are those who discuss their relationship problems. Research has examined marital satisfaction in relation to interaction and relational improvement (Bradbury, Fincham, & Beach, 2000). These types of relationships after marriage are suggested: (1) equality based (2) those with men's dominance (3) those with women dominance. Research findings indicate that the relationship based on equality had a low number of conflicting battles the dominance of men and dominance of women in marital relationships, on the other hand, was shockingly associated with the risk of violence.

Dominance is a broad term that refers to a wide range of practices or motivations aimed at achieving or maintaining a high social status. According to research, more assertiveness is associated with fewer depressive symptoms in husbands and wives (Torres, 2014). A subset of dominance behaviors reflecting spousal evaluations of having had more power, influence and control in respect to their partners amid the conflict interaction only anticipated more depressive symptoms for wives (Eisenegger, Haushofer, & Fehr, 2011). A significant part of the exploration on dominance and aggression in relationships frequently expect negative connection amongst these and marital satisfaction (Bradbury et al., 2000).

Theoretical Background

Marital quality has been explained through compassionate theory.

Companionate theory. This theory is based on three assumptions concerning enhanced marital quality. Firstly, spouses should share similar work and family responsibilities. Such role sharing is expected to improve the quality of marriage by providing husbands and wives with common experiences and interests around which they can create conversations, empathic concerns, mutual comprehension and such other matters. The companionate marriage stands in distinct opposition to an older specimen of marriage where women specialize in expressive, private functions and men specialize in instrumental, public functions. Supporters of companionate marriage suggest that the diminishing or extermination of such gender roles will be a sequel to a richer emotional life and high quality marriages (Amato, Johnson, Booth, & Rogers, 2003).

It also assumes that the denial and eviction of patriarchal authority and power is an important function in promoting marital intimacy. Classical social theory has long observed tensions between authority or power and intimacy (Weber, 1978). The exercise of authority and power is typically associated with social divergence, and marital theorists have argued that one of the reasons men are less expressive in marriage is that they hedge their expression of affect to defend their orthodox dominance. Identically, women's financial reliance on marriage has led them to cater to their partners' emotional needs and the emotional dynamics of the marital

relationship in an effort to preserve the sanctity and security of their marriages and to elevate their status within marriage.

Women also have been programmed socially to minimize the expression of their own thoughts, desires and feelings--especially negative ones--for fear of jeopardizing their marriages (Blumberg & Coleman 1989; Thompson & Walker 1989). Marriages characterized by an ethic of dispassionate regard, as well as equitable access to the labor force, will initiate higher levels of interpersonal honesty, according to the companionate theory of marriage (Gottman, 1994). In such marriages, women should feel empowered to express their feelings, while men should feel a greater obligation to bear their fair share of the burden. Masculinity has traditionally been defined in opposition to all things feminine, including the ready and frequent expression of emotion, affection, and vulnerability, as well as attentiveness to relationship dynamics (Gilmore, 1990). The theory's final assumption is that men who believe in the equal society value system According to the companionate model of marriage, wives in egalitarian marriages are more satisfied with their marriages, and husbands in such marriages participate more positively. As a result, more equal marriages are likely to be happier. Nonetheless, recent research on the relationship between egalitarianism and marital quality has yielded mixed results, with a number of studies indicating that more traditional women have happier marriages (Wilson & Nock, 2003). Of course, the lack of a clear link between marital equality and marital happiness could be due to other institutional and cultural factors that have distorted the relationship between egalitarianism and marital happiness.

Role of Demographic Variables

Age. Studies have shown that age has a strong and consistent relationship with marital quality (Umberson et al., 2005). According to Umberson et al. the couple may become emotionally resilient as they get older, and may thereby face fewer marital difficulties and conflicts leading to better marital outcomes. The age at marriage has been shown to be the single most consistent factor in predicting marital stability in the West (Heaton, 2002). This was indicated that the age of the respondent has a positive and statistically significant association with marital quality. Age at marriage could be related also with the level of education and the income of the individual. Thus, the

influence of age at marriage could be mediated by the presence of other variables that also have a positive impact on the quality of marriage.

Gender. Gender has long been identified in the literature as a predictor of marital satisfaction (Bernard, 1972). Specifically, early works suggested that men report being more satisfied with their marriages compared to women in both Western (Schumm et al., 1998) and non-Western (Rostami et al., 2014) cultures. However, sex differences in marital satisfaction may differ across cultures due to traditional sex roles (Pardo et al., 2012) and larger-scale cultural variables, such as sex egalitarianism (Taniguchi & Kaufman, 2013).

Duration of marriage. Marital quality and duration of marriage studies have found that marital disagreements and conflicts decline with an increase in length of marriage (Levenson et al, 1993). Long-term marriages may make the couple more tolerant of each other or give them a greater understanding of what each one wants, thus leading to fewer disagreements and greater satisfaction (Robinson & Blanton, 1993). It is also possible that the longer the duration of marriage, the greater the chances for the couple to be accustomed to one another and thus reducing the cause for arguments (Johnson et al, 1992). The length of a marriage can also mirror how old the couple is. Older couples may argue less with each other simply because they have fewer issues to fight about (Zietlow & Sillars, 1988). Younger couples may have more conflicts because of the pressure of ensuring financial stability for their future as a family (Mirowski & Ross, 1999). Long-married couples are likely to be less expressive about their points of view, or less prone to be upset about being disagreed with, thus reducing the scope of arguments (Folkman, Lazarus, Pimley, & Novacek 1987).

Family system. An individual's family is the basic unit in which he or she lives, being emotionally connected to and is dependent on. According to a Gilani Research Foundation survey conducted by Gallup Pakistan, more than two-thirds of Pakistanis (67%) declare and desire to live in a joint family after marriage. On the other hand, 31 percent of Pakistanis prefer to live in a nuclear family system in which the husband and wife, as well as their children, live separately, while 2 percent did not respond. According to the survey results, thirty-nine percent of the urban

population (city dwellers) prefers nuclear families over their rural areas (twenty-six percent).

Relationship Among Study Variables

Previous research has indicated a positive association between emotional maturity and social support (Naseem, 2018). The family provides care and support to the individual. Though it is the total environment of a family that influences the individual's development, but one cannot deny that parents constitute a major part of family support. The family environment consists of family members and their attributes, their personality, their behavior, and their inter relationships. Another research pointed out that individual and collective emotional well-being of spouses in a marriage has a significant impact upon the ability of the family to cope with the demands of the external environment (Jiswal, 2017). According to Sunarti (2013) interactions between family members are the fundamental things in the family life and something that is routinely done which includes, interaction pattern, and the intensity of interactions.

Numerous researchers have found the tremendous influence of emotional maturity on marital quality. Emotions play key role in families functioning and marital life. Thus, emotional maturity may be considered a basis in marital quality and a happy marital life (Rani, 2017). Several studies (Nindyasari & Herawati, 2018; Rani, Singh & Jaiswal, 2017) have sought a positive link between emotional maturity and marital satisfaction. Researchers (Rajeshwari & Raj, 2015; Rani, Singh & Jaiswal, 2017) have surmised that emotional maturity is positively related to self-esteem, mental well-being, stress management, and marital satisfaction. Emotional maturity is linked with contentment and commitment in one's relationships. There is meaningful relationship between marital satisfaction and emotional maturity (Mosavi & iravani, 2011). It has also been shown that couples with high emotional maturity inclines to reflect high marital satisfaction and happiness (Jaisri & Joseph, 2013). With reference to self and partner rated measurement it has been shown that self-rated emotional maturity had positive association with marital adjustment for both husbands and wives and that spouse rated emotional maturity was even more strongly associated with marital quality (Irawani, 2012).

It is because of the excellent interaction between family members that tends to influence the couple satisfaction in marriage (Bryant, Conger & Meehan, 2001; Srisusanti & Zulkaida, 2013). Married couples who can well control emotions will form satisfaction in marriage and will have positive impact on the interactions amongst the family members (Khalatbari et al., 2013; Morr & Canary, 2008; Nindyasari & Herawati, 2018; Nissa & Handayani, 2012).

Rationale of Study

Emotional maturity may be perceived as a base for marital adjustment and a happy marital life. During the past several decades, family sociologists have shown an increasing interest in how experiences and conditions encountered in the workplace can influence the marital relationship of the worker and the worker's spouse. Several studies have identified conflict between the competing demands of work and family as an important link between work experiences and family functioning (Bedeian, Burke, & Moffett, 1988; Hughes, Galinsky, & Morris, 1992). In the development of a better marital quality and looking at the cultural dynamics, being member of a collectivistic society, it seems intuitive to look at personal tendencies like being able to exercise control on one's emotions (emotional maturity) as an antecedent factor for marital quality of married individuals. Previous researches primarily have focused on antecedent factors for emotional maturity. However, current study takes it an antecedent factor for marital quality (Nindyasari, 2018). Study claimed that job stress can disrupt marital relationships by increasing hostile or withdrawn behavior in either spouse (Barling & Rosenbaum 1986; Crouter et al. 1989; Repetti, 1989).

Married couples who can well-controlled emotions will form satisfaction in marriage and will affect the interactions amongst the family (Anissa & Handayani, 2012; Khalatbari et al., 2013; Morr & Canary, 2008). Failure of newly married couples who are unable to adjust to their partners will face issues in each stage of their family's development and confront a bigger chance of having divorce (Sumbulah & Jannah, 2012). Compliance with a partner is based on the establishment of many fundamental things, for instance, honest communication, fair treatment, and healthy interactions.

Marital quality is an important aspect of family life that shapes well-being. Greater marital quality is associated with less depression (Williams, 2003), better self-rated health (Umberson et al., 2006), less physical illness (Wickrama et al., 1997), and other positive outcomes (Ross et al., 1990). Marital quality is also an important determinant of marital dissolution (Amato & Rogers, 1997). In turn, marital dissolution and the resulting changes in family structure shape economic inequality among households (Schwartz & Mare, 2012, Smock et al., 1999) and the well-being of children (Bronte-Tinkew & DeJong, 2004; Thomson et al., 1994). Given the importance of marital quality, there is also a large literature that explores the determinants of marital quality, including differences in the experience of marital quality by ethnicity and gender (Amato et al., 2003; Bulanda & Brown, 2007; Rogers & Amato, 2000). Much of research has seen family support in connection to mental health variables like depression, life satisfaction, and healthy mental abilities (Wang et al., 2015). In a Pakistani culture it is necessary to carry out research to examine how emotional maturity and family support are tied to marital quality of married individuals.

METHOD

Method

This chapter explains the current study's objectives and assumptions. The operational definitions of variables, sample, research design, study instruments, and study procedure are then mentioned.

Objectives

Following are the study's broad objectives:

1. To examine the relationship between emotional maturity, family support, and marital quality of married individuals.
2. To explore the role of various demographic variables (gender, family system, age, marriage type, Profession) in relation to study variables.

Hypotheses

In order to attain the above cited objectives following hypotheses were formulated.

1. Emotional maturity has a positive relationship with family support and marital quality among married individuals.
2. Family support has a positive relationship with marital quality among married individuals.
3. Marital quality will be higher among married individuals living in nuclear family than those living in joint family.

Operational Definitions

Following are the operational definitions of study variables.

Emotional maturity. Emotional maturity has been conceptualized as an opposite terminology to the notion of emotional immaturity. Emotional immaturity is determined by combined effect of five factors which includes emotional instability,

emotional regression, social maladjustment, personality disintegration, and dependence.

Emotional Maturity has been operationalized through scores obtained on Emotional Maturity Scale where low scores mean more emotional maturity and high score mean less maturity.

Emotional instability. Emotional Instability is expressed as rapidly changing and unreliable responses characterized by short temper (Singh & Bhargava, 2012).

Emotional regression. Emotional Regression is characterized by the impression of inferiority complex, impulsiveness and aggressive behavior (Singh & Bhargava, 2012).

Social maladjustment. Social Maladjustment is depicted through the impression of being a loner, hatred, self-centered and maladaptive behavior of an individual (Singh & Bhargava, 2012)

Personality disintegration. Disintegration of personality is depicted in the impression of emotionally charged responses, developing phobias, distorted picture of reality (Singh & Bhargava, 2012)

Lack of independence. Dependence. Dependence is characterized by parasitic reliance on other people and deficient in objective interests. It is measured through high scores in independence subscale of EMS (Singh & Bhargava, 2012).

Domains of emotional maturity operationalized through score on respective subscales of emotional maturity scale. Low score on these subscales indicate for high incidence of particular domain and vice versa.

Family Support

Family support refers to the functions performed for the individual by significant others, such as parents, siblings, who can provide all kind of support for example, informational, instrumental, appraisal, or emotional support. These

supportive functions are highly correlated and often form a basic factor summarized as family support (Naseem, 2017).

Family support was measured by the family support subscale of social support scale (Naseem, 2017). High score on this Scale indicates high family support.

Marital Quality

Marital quality examines global assessment of love, agreement, and happiness, within the relationship as well as personal satisfaction towards the marriage (Amato et al., 2003).

In this study marital quality was measured through Marital Quality Scale. For this study, in order to achieve directional coherence for study variables score on this scale were reserved. High score on this scale indicated high marital happiness and vice versa (Amato et al., 2003).

Instruments

Following instruments were utilized to measure study variables.

Emotional Maturity Scale. Emotional Maturity Scale was developed by Singh and Bhargava (1991) and translated in Urdu version by Ishfaq (2004). The scale has total 48 items which measures five broad factors of emotional maturity including emotional instability, emotional regression, social maladjustment, personality disintegration, and lack of independence. It is a self-reported scale on which responses are given using five response categories. Always, mostly, uncertain, usually, and never that are scored as 5, 4, 3, 2, and 1 respectively. Therefore, the higher the score on the scale leads greater the degree of emotional immaturity and vice versa. For this study, in order to achieve directional coherence for study variables score on this scale were reserved. Most of the items are in question form. There are 10 items per factor except the fifth factor which has 8 items. First 10 items are measuring emotion instability, next 10 items are measuring emotional regression, then next 10 items are measuring social maladjustment, next 10 items measure personality disintegration, and next last 8 items are measuring lack of independence.

Reliability of the scale was determined by test retest reliability which was .75 (Nimra, 2018).

Family Support Scale. Family Support Scale is a subscale of social support scale which was developed by Pierce, Sarason, and Sarason (1991) and translated in Urdu language by Rafai (2007). This scale consists of 26 items including four subscales; family support (8 items), peers support 5 items), close-one's support (3 items), and colleagues support (10 items). Only Eight items measuring family support were used in the present study. Items were rated on a 5-point Likert scale having five response categories ranging from 1 = Never to 5 = Always. Among the used items item number 3, 6, and 15 were negatively scored. Rest of the items were positively worded. Since item no. 3 was responsible declining scale reliability. This item was removed from analysis for current study. Family support subscale of social support scale has shown good internal consistency with *Cronbach's* alpha coefficient of .81 (Pierce, Sarason, & Sarason 1991).

Marital Quality Scale. Marital Quality Scale is an 11 items scale measuring the marital happiness and marital satisfaction. This scale was developed by (Shah 1995) and was translated by Imran (2018). Translated version used in current study. It is a uni-dimensional scale. Within the marital quality scale seven items are measuring happiness with different aspects of the relationship and four were global assessments of the relationship happiness. Items were rated on a 3 point Likert scale having 3 responses categories ranging from 1 = very happy to 3 = not too happy. Therefore, the higher the score on the scale leads low marital quality and vice versa. For this study, in order to achieve directional coherence for study variables score on this scale were reserved. The scale had an alpha coefficient reliability of .86 (Amato et al., 2003).

Sample

Sample comprised of 249 married individuals from different cities of Pakistan including males ($n = 122$) and females ($n = 127$) were selected. Sample was approached using convenient sampling procedure. Only those individuals were selected who had been married for at least 1 year (Imran, 2018). Duration of marriage for study participants was from 1 year to 35 years. Age range of the sample was from 21 to 65 years ($M = 1.51$, $SD = .50$). Sample characteristics are described in the Table

1. Table indicates the demographical distribution of married individuals according to gender, age, education, family system, occupation.

Table 1
Demographic Characteristics of the Study Sample (N=249)

Demographics	<i>f</i>	%
Gender		
Men	122	49
Women	127	51
No. of Children		
0 - 2	153	61.1
3 – 5	90	36.1
6 – 8	6	2.4
No. of Sons		
0 and 1	178	71.4
2 to 4	71	28.5
No. of Daughters		
0 - 2	227	91.1
3 - 5	22	8.8
Personal Profession		
Working	164	63.1
Non-working	85	37
Partner's profession		
Working	164	66
Non-working	85	34.1
Family system		
Joint	167	67.1
Nuclear	82	32.9
Family Income		
Upto 50,000	115	46.2
51,000 – 100000	81	32.5
More than 100000	53	21.3

Marriage type		
Love	89	35.7
T		
Arrange	160	64.3

Research Design

The current study followed a correlational cross sectional research design and utilized survey method for data collection.

Procedure

Participants were approached at their homes or places of employment and from different cities of Pakistan. They were informed about the current study. Initially, information was obtained verbally to determine whether they met the research inclusion criteria. They were briefed on the research and assured that the information they provided will be kept confidential and will be used only for research purpose. Also they informed about their right to quite from the study anytime. The booklet was given to the respondents after they gave their consent. They were instructed to carefully read each statement and respond honestly to all scale items. The written instructions were verbally repeated. The participants were told that there were no correct or incorrect answers to the statements and that they should choose the option that was most accurate for them. There was no time limit for completing the questionnaires, but they were encouraged to write down the first answer that came to mind. They were instructed to respond to each item and to provide only one answer per item. Finally, respondents were thanked for their time and cooperation. Other than physical data online data collection was also done. for online data collection inclusion criteria was mentioned along with study variables which was followed by informed consent and other ethical protocols.

RESULTS

Chapter 3**Results**

This section covers the outcomes of study on role of emotional maturity, family support and marital quality. This study is based on empirical data so the results have been presented in the form of tables given below. The statistical analysis consists of descriptive and inferential statistics. Descriptive statistics included mean, standard deviation, skewness, range and *Cronbach's* alpha. Inferential statistics included *Pearson* product moment correlation, regression, and *t* test. Correlation and regression analysis were targeted to study relationship between variables and to study the predictive role of emotional maturity and family support for marital quality respectively. *t* test was utilized to explore for group differences on study variables based on demographic variables.

Table 2

Descriptive Statistics and Alpha Coefficients of Scales (N = 249)

Scale	No. of items	<i>a</i>	<i>M</i>	<i>SD</i>	Skewness	Kurtosis	Range	
							Potential	Actual
EM	48	.95	199.61	29.91	-.93	.16	48-240	99-240
EI	10	.86	39.25	8.19	-.85	.30	10-50	10-50
ER	10	.89	40.95	8.56	-1.40	1.85	10-50	12-50
SM	10	.79	42.08	6.31	-1.09	.62	10-50	21-50
PD	10	.85	44.23	6.31	-1.39	1.52	10-50	19-50
LI	08	.77	33.08	4.99	-.76	.09	8-40	17-40
FS	07	.71	29.57	4.03	-.23	.92	8-40	15-40
MQ	11	.92	29.15	4.60	-1.38	1.30	11-35	13-33

Note: EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI= Lack of Independence Subscale; FS= Family Support Scale; MQ=Marital Quality scale

Table 2 shows descriptive statistics of the scale used in the current study. Results display the co-efficient of alpha that measures internal consistency for all scales. It is evident that all values are within acceptable range of reliability that is .71 to .95. It is important to mention that in order to improve reliability index for family support scale one of the item which was item no. 3 was removed from the analysis. Hence measurement of family support was done through seven items rather than eight items as devised by scale author. Mean and standard deviation were used to specify about average scores and variability of scores on each scale and subscale respectively. In order to normality of data skewness and kurtosis were computed which indicate for normal distribution of scores from each scale and subscale.

Table 3
Correlation Matrix for all Study Variables (N = 249)

Variables	1	2	3	4	5	6	7	8	9
1 Emotional	-	.88**	.92**	.86**	.87**	.75**	.18**	.41**	.18**
2 Maturity		-	.85**	.66**	.66**	.55**	.17**	.37**	.18**
3 EI			-	.75**	.72**	.57**	.06	.35**	.18**
4 ER				-	.73	.62**	.11	.26**	.20**
5 SM					-	.68**	.25**	.42**	.12
6 PD						-	.27**	.41**	.09
LI									
7 Family Support							-	.23**	.03
8 Marital Quality								-	.00
9 Age									-

EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI = Lack of Independence Subscale.

Table 3 shows results of *Pearson* product moment correlation among study variables that show direction and strength of relationship. It is indicated that emotional maturity and its dimensions shows significant and positive correlation with family support and marital quality. Family support has a significant and positive correlation on marital quality. It indicates that all the scales along their subscales are positively correlated. It is also indicated that all of the subscales had positive correlation with overall emotional maturity scale. Moreover, positive inter-scale correlations are also significant.

Table 4

Multiple Linear Regression Analysis of Predictors of Marital Quality Among Married Individuals (N = 249)

Variables	<i>B</i>	<i>S.E</i>	β	<i>p</i>	95% CI	
					<i>LL</i>	<i>UL</i>
Constant	12.86	2.50		.00	7.93	17.78
EI	.06	.06	-.02	.29	-.05	.18
ER	.06	.07	-.15	.37	-.07	.19
SM	-.17	.07	.26	.01	-.31	-.39
PD	.18	.07	-.17	.01	.45	.32
LI	.212	.07	-.20	.00	.06	.35
FS	.12	.07	-.33	.08	.02	.25
	<i>R</i> ²	.24				
	<i>F</i>	12.87		.00		

Note: EI = Emotional Instability; ER = Emotional Regression; SM = Social Maladjustment; PD = Personality Disintegration; LI = Lack of Independence; FS = Family Support

Based on significant correlations among study variables, further explanation was done to unfold predicting role of emotional maturity and family support for marital quality. Table 4 indicates results for multiple linear regression analysis which describe the effects of emotional maturity's dimensions and family support for marital quality. Beta values indicates the regression coefficients. Findings show that social maladjustment, personality disintegration, and lack of independence significantly predicts marital quality that is dependent variable. All of them contributes for 24% variance in marital quality score.

Table 5
Gender Differences Across Study Variables (N = 249)

Variables	Men (n = 122)		Women (n = 127)		<i>t</i>	<i>p</i>	95% <i>CI</i>		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
EM	196.8 2	34.15	202.2 9	25.02	1.43	.15	- 12.97	2.03	-
EI	39.27	9.04	39.23	7.31	.03	.97	-2.02	2.08	-
ER	40.68	9.78	41.22	7.24	.49	.62	-2.69	1.61	-
SM	40.94	7.27	43.18	5.01	2.8	.00	-3.81	-.67	.32
PD	43.54	7.00	44.90	5.51	1.7	.09	-2.94	.21	-
LI	32.39	5.45	33.74	4.43	2.1	.03	-2.59	-.11	.26
FS	29.79	4.36	29.36	3.71	.82	.49	-5.8	1.43	-
MQ	29.06	4.71	29.23	4.52	.29	.77	-1.32	.98	-

Note. EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI = Lack of Independence Subscale; FS = Family Support Scale; MQ = Marital Quality Scale.

Table 5 illustrates mean differences based on gender upon study variables. Results showed that female participants score significantly higher than male participants on social maladjustment, and lack of independence. Results were non-significant on emotional maturity, emotional regression, personality disintegration, emotional instability, family support and marital quality. These differences are observed to show a small sized effect as indicated by the value of Cohen's *d*.

Table 6

Differences on Marriage Type Across Study Variables (N = 249)

Variables	Arrange marriage		Love marriage		<i>t</i>	<i>p</i>	95% <i>CI</i>		Cohen's <i>d</i>
	(<i>n</i> = 160) <i>M</i>	<i>SD</i>	(<i>n</i> = 89) <i>M</i>	<i>S</i> <i>D</i>			<i>LL</i>	<i>UL</i>	
EM	203.59	25.10	192.47	36.08	2.58	.01	2.60	19.64	.35
EI	39.92	7.20	38.04	9.64	1.60	.11	-.43	4.23	-
ER	42.02	6.94	39.03	10.67	2.37	.01	.50	5.47	.33
SM	43.29	5.26	39.92	7.40	3.79	.00	1.61	5.12	.51
PD	44.92	5.48	43.00	7.45	2.13	.03	.14	3.70	.27
LI	33.42	4.58	32.47	5.63	1.36	.17	-.42	2.33	-
FS	29.46	3.88	29.76	4.31	.56	.57	-1.3	.75	-
MQ	28.90	4.58	29.60	4.63	1.16	.24	-1.90	.49	-

Note. EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI= Lack of Independence Subscale; FS= Family Support Scale; MQ=Marital Quality scale

Table 6 illustrates mean differences on the basis of marital status. Results show that arrange marriage individuals are scoring significantly higher on emotional maturity total scale, emotional regression, social maladjustment and personality disintegration than love marriage individuals. There are non-significant differences on emotional instability, lack of independence subscale, family support and marital quality scale. Cohen's *d* value indicates medium size on emotional maturity scale, while emotional regression and personality disintegration shows small effect size, and social maladjustment shows medium effect size of Cohen's *d* value.

Table 7
Differences of Profession on Study Variables (N=249)

Variables	Working (n = 164)		Non-working (n = 85)		<i>t</i>	<i>p</i>	95% CI		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
EM	200.44	29.74	198.20	30.31	.57	.57	-5.50	9.98	-
EI	39.39	8.42	39.01	7.82	.35	.72	-1.73	2.50	-
ER	41.29	8.67	40.36	8.39	.82	.41	-1.28	3.14	-
SM	42.27	6.08	41.77	6.71	.60	.54	-1.13	2.13	-
PD	44.40	5.95	43.95	6.91	.53	.59	-1.18	2.07	-
LI	33.07	4.82	33.09	5.30	.03	.97	-1.31	1.27	-
FS	29.52	4.23	29.65	3.70	.24	.80	-1.17	.91	-
MQ	29.62	4.17	28.34	5.18	2.00	.04	.02	2.53	.21

Note. EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI= Lack of Independence Subscale; FS= Family Support Scale; MQ=Marital Quality Scale

Table 7 shows differences on the basis of work status of individuals across study variables. But working individuals scored higher and statistically significant on marital quality as compared to non-working individuals. The Cohen's *d* value suggests that the effect size of difference for marital quality is small. It is apparent from the results that there are no significant results of emotional maturity total scale and its subscales and family support on the basis of working and non-working individuals.

Table 8

Differences on Partner Profession Along Study Variables (N = 249)

Variables	Working (n = 164)		Non-working (n = 85)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
	EM	200.09	29.84	198.70			30.19	.34	
EI	39.00	8.38	39.74	7.84	.67	.50	2.90	1.41	-
ER	40.65	8.91	41.54	7.87	.77	.43	-3.14	1.36	-
SM	42.55	6.22	41.18	6.43	1.62	.10	-.29	3.02	-
PD	44.33	6.03	44.04	6.84	.34	.73	-1.37	1.95	-
LI	33.54	4.41	32.18	5.89	2.05	.61	.07	2.79	-
FS	29.66	4.12	29.40	3.89	.47	.63	-.80	1.32	-
MQ	29.65	4.20	28.17	5.19	2.43	.02	.19	2.77	.34

Note. EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI = Lack of Independence Subscale; FS = Family Support Scale; MQ = Marital Quality Scale.

Table 9 explains mean differences on the basis of partner profession. Results show that working individuals scored significantly higher on marital quality than non-working individuals. There is also a statistically higher and significant difference between working and non-working individuals, working individuals score higher than non-working individuals along marital quality. Cohen's *d* values indicate medium effect size for marital Quality.

Table 9

Differences of Family System on Study Variables (N = 249)

Variables	Joint (n = 167)		Nuclear (n = 82)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
	EM	198.08	31.79	202.74			25.53	1.24	
EI	38.87	8.66	40.02	7.13	1.04	.29	-3.32	1.02	-
ER	40.52	9.15	41.84	7.20	1.14	.25	-3.59	.95	-
SM	41.62	6.88	43.02	4.85	1.84	.06	-2.88	.09	-
PD	44.04	6.11	44.62	6.71	.67	.50	-2.25	1.10	-
LI	33.01	5.13	33.23	5.74	.32	.74	-1.54	1.11	-
FS	29.87	4.23	28.96	3.55	1.66	.09	-.64	1.97	-
MQ	28.89	4.80	29.67	4.15	1.24	.21	-1.99	.45	-

Note. EMS = Emotional Maturity Scale; EI = Emotional Instability Subscale; ER = Emotional Regression Subscale; SM = Social Maladjustment Subscale; PD = Personality Disintegration Subscale; LI = Lack of Independence Subscale; FS= Family Support Scale; MQ = Marital Quality scale

Table 8 illustrates mean differences of nature of family system on study variables. Results revealed that individuals from nuclear families have higher mean values than respondents from joint families on emotional maturity total scale and its dimensions and marital quality. Results of mean values also indicate higher scores of joint family system than individuals from nuclear family system.

DISCUSSION

Discussion

Chapter 4

The purpose of current study is to determine the impact of emotional maturity and family support on married individual's marital quality. Furthermore, the current study attempted to learn more about the role and impact of demographic variables such as gender, year of marriage, marital type, family system, profession, partner's profession, and age of individuals. Using a convenient sampling technique, the sample comprised of married individuals living in different areas of Pakistan. All the measures used in this study reflected good reliability values and psychometric estimates show that all these instruments are dependable and reliable measures of the constructs measured in this study.

The reliabilities of the scales were computed by alpha coefficient. Coefficient of alpha demonstrated that Emotional Maturity Scale has excellent reliability as a whole where the coefficient of alpha for its subscales showed that reliabilities of emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence were in the range of .71 to .95 that is a good acceptable range. The alpha coefficient for family support (subscale of Social Support Scale), also indicate good reliability of .71. Further, alpha coefficient of Marital Quality Scale was also in quite good range of .92 whereas the values of skewness and kurtosis of scales are within the range of ± 1.85 , an indication for meeting normality assumption (see table no. 2).

The study's first objective was to explore at the relationship between emotional maturity, family support, and marital quality in married individuals. The study's goal was to evaluate the hypothesis that there is a positive relationship between emotional maturity, family support, and marital quality in married people. This proposed hypothesis was examined and supported by the study's findings, which revealed that emotional maturity and its dimensions showed a significant and positive correlation with family support and marital quality. Previous research backs up the study's finding that there is statistically significant positive correlation between emotional maturity and family support (Bhargava, 2012). Allendorf and Ghimire (2013) also revealed that emotional maturity is positively and strongly correlated with marital quality. Emotionally mature people are reality focused

rather than having bubble like emotions. Therefore, emotional maturity is a strong and significant predictor of marital quality among married individuals (Wani, 2015). Emotionally mature married individuals look through the lens of reality and decide according to available ground facts that minimize the conflict barriers and enhance the quality of relations. Rani, Rashmi, and Singh (2017) results revealed that emotional instability, social maladjustment, and personality disintegration facets of emotional maturity most predicted the overall marital adjustment in married individuals (see table 3).

Second hypothesis of the study was, there would be positive relationship between family support and marital quality. This hypothesis of the study was also explored and supported by the findings that family support has also been found significantly and positively correlated with marital quality. As Pervern and Malik (2020) explored the impact of family conflict and support for married individuals. It was unfolded that individuals living in healthy family system with greater family support have less marital conflicts and show more marital adjustment and satisfaction (see table no. 3).

A possible and sound justification of the above mentioned findings is that emotionally matured people's perception of relations is derived from reality based facts with balanced emotions that color their relations. Emotionally matured people make rationale and appropriate decisions which are compatible and practical to the surroundings and relations. So, emotionally mature people get more family support and their marital quality show greater adjustment.

In order to explain further analysis showed that social maladjustment, personality disintegration, and lack of independence significantly predicts marital quality (see table no.4). According to Nuzhat (2013), it has also been verified that socially maladjusted people and disintegrated personalities suffer from more marriage conflicts and their marital quality is low. Findings of the study has also been complemented by the work done by Rashid (2014), where it has been disclosed that socially maladjusted married individuals face more barriers and obstacles in the satisfaction of their married life. Marital quality of such individuals is prominently less than individuals having good qualities of social adjustment.

The difference of gender for study variables was also explored where findings disclosed that female participants scored significantly higher than male participants on social maladjustment and lack of independence (see table no. 5). Finding of the study also quite in line with the work done by Wani and Masih (2015), where results explored that male participants are emotionally immature than females on personality disintegration, lack of independence and social maladjustment, dimensions of emotional maturity. Results of another study indicated that the female participants were found significantly better than the male participants in the area of emotional maturity skills and there is a significant gender difference in emotional maturity (Rajkumar, 2012). The reason why female participants scored higher in emotional maturity is that capacity to dispose of problems, irritability, vulnerability, and stubbornness. This allows females to attend more of their coming emotions and their immediate evaluation. This shapes their perception based on reality rather than emotions (Nuzhat, 2013).

Furthermore, the role of type of marriage was also investigated for study variables where finding revealed that arrange marriage individuals are scoring significantly higher on emotional maturity, emotional stability, emotional progression, social adjustment, personality integration and independence than love marriage individuals (see table no. 6). These findings are in contradiction to Talukdar and Das (2013), where it has been unfolded that arrange marriage individuals are favorably inclined to have more personality integration, emotional progression, emotional stability, social adjustment and independence than love marriage individuals. This contradiction can be attributed to the cultural differences. Emotionally matured individuals are more likely to fix things according to family norms and culture. Such individuals' decisions are derived by confronting realities and resources. Similarly, it has also been seen that emotionally mature individuals' decision of marriage is likely to be arranged by their family members and not only by their emotions (Veen, Moorten & Durani, 2018).

Further analysis also encapsulated the investigation of working and non-working married individuals. Finding showed that working individuals scored higher and statistically significant on marital quality as compared to non-working individuals. (see table no. 7). Working individuals are busy with their professional routine and almost

everything is calculated throughout the day. This scheduled life style increases their work productivity that results in their mental cohesion and better health. So, working individuals face less mental disturbance and obstacles on the way to good marital quality (Rashid, 2014).

Findings of the study also disclosed that working partners scored higher on lack of independence than non-working individuals. (see table no 8). These findings are quite in resemblance with the work done by Abbas et al. (2019), where it was explored that social support acts as a moderator for marital cohesion, affection, stress, and depression, and the results reflected that working individuals with higher marital cohesion and affection showed less stress and depression because of social support and scored significantly higher on marital quality.

In addition, the impact of family system for study variables was also explored that whether individuals living in nuclear family system score higher on emotional maturity, family support, and marital quality or individuals living in joint family system. Findings of the study revealed that individuals from nuclear families scored significantly higher than individuals from joint families on emotional maturity. Results also indicated that mean differences of social maladjustment in nuclear family system is higher than individuals from joint family system (see table no.9). Findings of the study are parallel with available literature where it has also been revealed that individuals from nuclear families are more independent and free to decide about day to day activities. This freedom let them interact on social level at different platforms. This social activity gradually improves emotional stability, personality integration, and emotional regression (Shafique & Khan, 2016).

Conclusion

The study was conducted to identify the association of emotional maturity family support and marital quality of married individuals. Results showed consistency with the previous available literature. Emotional maturity was positively correlated with family support and marital quality of married individuals. Moreover, family support was also found to be positive related to marital quality. Gender differences exposed that females reflected higher scores on emotional maturity as compared to males. Arrange marriage individuals had high score on emotional maturity and in comparison of love marriage

individuals. Working partners showed higher scores on marital quality as compared to non-working participants. Individuals from nuclear families scored significantly higher than individuals from joint families on emotional maturity and social maladjustment. Working individuals scored significantly higher on lack of independence than non-working individuals.

Limitations and Suggestions

Some suggestions and limitations are given which can be helpful for further research in this domain:

1. Sample of the study was confined to only specific areas of Islamabad and Rawalpindi. So, there will be issue of generalizability of results. Therefore, sample collection from other cities of Pakistan would enhance generalizability of findings.
2. Convenient sampling was used to collect data for the research; through random sampling technique more generalizable results can be obtained.
3. Research study was limited to cross sectional design for better and comprehensive results longitudinal designs are preferred. Longitudinal research will help to understand the time based effects of emotional maturity and family support on marital quality of married individuals.
4. Marriage duration of study participants ranged from 1 year to 35 years that can have impact on interpretations derived from the study. Further researches are recommended to set well defined inclusion and exclusion criteria in order to avoid effects of marriage duration, when studying married individuals.
5. In present study, self-reported measures are used to assess' emotional maturity, family support and marital quality. There can be an element of social desirability because of use of self-report measures. To get better picture it is important to take information from peers, parents, and friends too. So, there is need to develop more comprehensive measures to assess these variables which allow data collection from multiple informants. Future researchers may strengthen their study by collecting data from multiple secondary sources.

Implications of the Study

The present study will be helpful for conceptual understanding of the association between emotional maturity, family support, and marital quality. Findings of the study may help to comprehend that how emotional matured individuals with the help and support of their families can enhance the satisfaction of their marital life.

Findings of the present study can be helpful to search out the compatibility of couples getting into wedlock and the situational conduciveness for marital companions. Stake holders involved in a marriage can inculcate the findings of demographic variables like profession and marriage type to individuals getting married. The study can also redress the issues of family system and culture pertaining the good quality of marital life.

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APPENDICES

Annexure A

Informed Consent

میں رابعہ اقبال قومی ادارہ نفسیات، قائد اعظم یونیورسٹی اسلام آباد کی طالبہ ہوں۔ میں اپنی فائنل سمسٹر میں ریسرچ کر رہی ہو جو میری ڈگری کی جزوی تکمیل کے لیے ضروری ہے۔ اس تحقیق کا مقصد یہ معلوم کرنا ہے کہ شادی شدہ لوگوں کی جذباتی پختگی اور خاندانی مدد شادی شدہ لوگوں کے ازدواجی معیار پر کتنا اثر انداز ہوتے ہیں۔ اس سلسلے میں آپ کو تین سوال نامے دیئے جائیں گے جن کو مکمل کرنے میں آپ کے 15 سے 20 منٹ درکار ہونگے۔ آپ سے درخواست ہے کہ سوالنامے کے ساتھ دی گئی ہدایت کو غور سے پڑھیں اور ان کی روشنی میں جوابات دیں۔ ان سوالناموں میں درج بیانات سے متعلق صحیح اور غلط کا کوئی تصور نہیں ہے۔ آپ سے درخواست ہے کہ آپ ایمانداری سے ممکنہ حد تک صحیح جواب دیں۔ آپ کو یقین دلایا جاتا ہے کہ آپ کی معلومات راز میں رکھی جائے گی اور تحقیقی مقاصد کے لئے استعمال کی جائیں گیں۔ اس ریسرچ میں آپ کی شمولیت مکمل رضا کارانہ ہے اور آپ کسی بھی وقت سوالنامہ چھوڑ کر جانے کا مکمل حق رکھتے ہیں لیکن اگر آپ اس ریسرچ میں حصہ لیں گے تو ہماری بہت مدد ہو گی۔ ہر رائے مہربانی کوئی بھی بیان خالی نہ چھوڑیں اور جوابات کا اظہار ضرور کریں آپکا تعاون مدد گار ہوگا۔ شکریہ

.....دستخط

Annexure B

Demographic Information Form

آپ کی عمر ----- سال

آپ کی جنس۔ ----- لڑکا----- لڑکی

شادی کے عرصہ۔ ----- سال

شادی کا فیصلہ۔ ----- اپنی پسند سے ----- خاندان کی پسند سے

گھر کے بندوں کی تعداد

آپکے بچوں کی تعداد

خاندان کا نظام

آپ کی تعلیم

Annexure C

Emotional Maturity

نیچے دیے گئے بیانات عام تجربات کو ظاہر کرتے ہیں کوئی جواب درست یا غلط نہیں براہ مہربانی ہر جملے کو غور سے پڑھیں اور اس خانے پر نشان لگائیں جو آپکے ردعمل کو ظاہر کرتا ہے۔

5=

کبھی نہیں=1 کسی حد تک =2 معلوم نہیں=3 زیادہ تر=4 ہمیشہ

5	4	3	2	1	بیانات	نمبر شمار
					کیا آپ ذہنی الجھنوں میں مبتلا ہیں۔	1.
					کیا آپ آنے والے حالات سے خوفزدہ ہوجاتے ہیں۔	2.
					کیا آپ اپنے مقصد تک پہنچنے سے پہلے ہی کام کو درمیان میں چھوڑ دیتے ہیں۔	3.
					کیا آپ اپنا ذاتی کام مکمل کرنے کے لئے دوسرے لوگوں کی مدد لیتے ہیں۔	4.
					کیا آپ کی خواہشات اور مقاصد میں فرق ہے۔	5.
					کیا آپ خود محسوس کرتے ہیں کہ آپ جلدی غصے میں آجاتے ہیں۔	6.
					کیا آپ محسوس کرتے ہیں کہ آپ بہت زیادہ ضدی ہیں۔	7.
					کیا آپ دوسرے لوگوں سے جلد امید محسوس کرتے ہیں۔	8.
					کیا آپ خیالات میں کھو جاتے ہیں اور دن میں خواب دیکھتے ہیں۔	9.
					کیا آپ غصے کی وجہ سے جنگلی ہوجاتے ہیں۔	10.
					اگر آپ اپنا مقصد حاصل نہ کرسکیں تو احساس کمتری کا شکار ہو جاتے ہیں۔	11.
					کیا آپ کبھی زہنی سکون میں کمی کی کیفیت سے گزرتے ہیں۔	12.
					کیا آپ دوسروں کو تنگ کرتے ہیں۔	13.
					کیا آپ اپنی غلطیوں کا الزام دوسروں کو دینے کی کوشش کرتے ہیں۔	14.
					جب آپ دوسروں کی بات سے راضی نہیں ہوتے تو کیا آپ ان سے جھگڑنا شروع کردیتے ہیں۔	15.
					کیا آپ خود کو تھکن سے چور محسوس کرتے ہیں	16.

		71. کیا آپ کا رویہ اپنے دوستوں اور دوسرے لوگوں سے زیادہ غصے والا ہے۔
		81. کیا آپ خیالوں کی دنیا میں کھو جاتے ہیں۔
		91. کیا آپ محسوس کرتے ہیں کہ آپ اپنی ذات میں مگن رہتے ہیں۔
		02. کیا آپ محسوس کرتے ہیں کہ آپ اپنے آپ سے غیر مطمئن ہیں۔
		12. کیا آپ کے اپنے دوستوں کے ساتھ تعلقات کھنچاؤ کا شکار رہتے ہیں۔
		22. کیا آپ دوسروں سے نفرت کرتے ہیں۔
		32. کیا آپ اپنی تریف کرتے ہیں۔
		42. کیا آپ سماجی محفلوں میں شرکت سے کتراتے ہیں۔
		52. کیا آپ اپنا زیادہ تر وقت اپنی ذات کے لئے وقف کرتے ہیں۔
		62. کیا آپ جھوٹ بولتے ہیں۔
		72. کیا آپ دھوکا دیتے ہیں۔
		82. کیا آپ کو اکیلے رہنا بہت زیادہ پسند ہے۔
		92. کیا آپ فطرتاً مغرور ہیں۔
		03. کیا آپ چور ہیں۔
	13.	اگر آپ اپنے کسی کام کے بارے میں جانتے ہیں اور پھر بھی آپ بہانہ کر دیتے ہیں کہ آپ کو نہیں آتا۔
	23.	اگر آپ کوئی کام کے بارے میں نہیں جانتے کیا آپ پھر بھی ایسے ظاہر کرتے ہیں کہ جسے آپ کو اس کام کا پتہ ہو۔
		33. یہ بات جانے کے باوجود کہ آپ کا قصور ہے کیا آپ اس کو تسلیم کرنے کی بجائے اپنی ہی بات کو درست ثابت کرنے کی کوشش کرتے ہیں۔
		43. کیا آپ کسی قسم کے خوف کا شکار ہیں۔
		53. کیا آپ اپنا ذہنی توازن کھو دیتے ہیں۔
		63. کیا آپ کو چیز چوری کرنے کی عادت ہے۔





		73. کیا آپ اخلاقیات کو ایک طرف رکھ کر برے کاموں میں شریک ہو جاتے ہیں
	83.	کیا آپ زندگی کے بارے میں مایوس ہیں۔
	93.	کیا آپ کی قوت ارادی کمزور ہے۔
	04.	کیا دوسروں کی رائے آپ کے لئے نا قابل برداشت ہے
	14.	کیا لوگ آپ کو نا قابل اعتبار سمجھتے ہیں۔
	24.	کیا لوگ آپ کی رائے سے اختلاف کرتے ہیں۔
	34.	کیا آپ کسی دوسرے کی پیروی کرنا پسند کریں گے
	44.	آپ اپنے گروپ کی رائے سے اختلاف کرتے ہیں۔
	54.	کیا لوگ آپ کو غیر ذمہ دار سمجھتے ہیں۔
	64.	کیا آپ دوسروں کے کام میں دلچسپی کا اظہار نہیں کرتے
	74.	کیا لوگ کسی بھی کام میں آپ کی مدد لینے سے کتراتے ہیں۔
	84.	کیا آپ اپنے کام کو دوسروں کے کاموں سے زیادہ اہمیت دیتے ہیں۔

Annexure E

Marital Quality Scale

شادی شدہ زندگی کے کچھ پہلو نیچے درج ہیں۔ میں چاہتی ہوں کہ آپ بتائیں کہ اس پہلو سے آپ کتنا خوش ہیں؟

نمبر شمار	بیانات	بہت زیادہ خوش ہیں	کچھ حد تک خوش ہیں	زیادہ خوش ہیں
1	اپکے خیال میں جتنا آپکا ساتھی آپکو سمجھتا ہے آپ اس سے کتنا خوش ہیں۔			
2	آپ اپنے ساتھی سے ملنے والے پیار و محبت سے کس قدر خوش ہیں۔			
	3 آپنے ساتھی کی اور اپنی چیزوں کے متعلق باہمی رضامندی کے حساب سے آپ کتنا خوش ہیں۔			
	4 آپ اپنے جنسی تعلق سے کتنا خوش ہیں۔			
	5 آپ اپنے ساتھی سے بحیثیت گھر کی چیزوں کا خیال رکھنے کے حوالے سے کس قدر خوش ہیں۔			
	6 کتنے خوش ہیں اپنے ساتھی سے کے کوئی ہے جسکے ساتھ مل کر چیزیں کی جاسکتی ہیں۔			
	7 آپ اپنے ساتھی کی آپکے ساتھ وفاداری سے کتنے خوش ہیں۔			
	8 تمام چیزوں کو سامنے رکھ کر اپنی شادی کو کیسے بیان کریں گے؟			
	9 باقی تمام شادیوں کی نسبت جن کے بارے میں آپ جانتے ہیں۔ آپکو لگتا ہے کہ آپکی شادی باقیوں سے بہتر ہے۔ تقریباً ویسی ہی ہے۔ یا اتنی اچھی نہیں جتنی دوسروں کی ہے۔			
	10 اپنی شادی کا تین سال پہلے سے موازنہ کرتے ہوئے آپ کیا سمجھتے ہیں کہ شادی پہلے جیسی ہے۔ بہتر ہے۔ بہتر ہوئی یا مزید خراب ہوئی۔			
	11 آپ اپنے ساتھی کے بارے میں اپنے محبت کے احساسات کے بارے میں کیا کہیں گے۔			

  in:sent  

Compose

Inbox 1,215

Starred

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Sent

Drafts 41


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Meet


New meeting

Join a meeting


Hangouts

 Rabia +

 **Sa meen**

 lailachingezi@gmail.com
Invitation sent

to: drmaheshbhargava47@gmail.com

 <https://mail.google.com/mail/u/0/images/cleardot.gif>

Respected sir,
I hope you are doing well. I am a student of MSc Psychology at the National institute of Psychology, Quaid-i-Az
I am going to conduct research on "emotional maturity among married couples" under the supervision of my su
requested for your permission to use your well established scale for my research. I am looking forward to a fav
Sincerely,
Rabia Iqbal
National institute of psychology,
Quaid-i-Azam University,
Islamabad, Pakistan

Dr. mahesh Bhargava <drmaheshbhargava47@gmail.com>
To: Rabia Iqbal <rabeeaeqbal7@gmail.com>
Dear Rabia Iqbal
You can use this scale for your research work only not for any commercial use.
Thanks
For National Psychological Corp.
Yogesh

☰ Gmail

Compose

Inbox 1,214

Starred

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Sent

Drafts 41


[Imap]/Drafts


Meet


New meeting

Join a meeting

Hangouts

 Rabia

 Sa meen

 lailachingezi@gmail.com
Invitation sent

🔍 in:sent

✕ ☰

I am Rabia Iqbal, student of MSc Psychology from National Institute of Psychology Quaid-i-Azam University Islamabad (Pakistan) on Marital Quality. For this I need the scale of Marital Quality which you have used in your study. I want to use the same : Positive Marital Quality (Marital Happiness scale) and Negative Marital Quality (Marital Problem Scale). I will be grateful if you could provide me regarding sub scale and scoring key because it is the most appropriate scale which I found best suitable measure for my research.

Waiting for your cooperation

From: **Jeremy Yorgason** <jeremy_yorgason@byu.edu>
 Date: Fri, Dec 24, 2021 at 7:21 PM
 Subject: Re: Request for scale
 To: Rabia Iqbal <rabeeaeqbal7@gmail.com>

Dear Mr. Iqbal,

Thank you for your interest in these scales. You can find the original citation of these scales here:

Johnson, David R., Lynn White, John Edwards and Alan Booth. 1986. "Dimensions of marital quality." *Journal of Family Issues*

I have provided you below with these measures as I have used them. Best wishes with your research!

Sincerely,
 Jeremy Yorgason



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Rabia



Trying to reconnect...

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Sa meen



lailachingezi@gmail.com

Invitation sent

(no subject) Inbox x

Irwin G. Sarason <isarason@uw.edu>
to me

Permission granted.
Irwin Sarason

Sent from my iPhone

> On Apr 17, 2022, at 9:03 PM, Rabia Iqbal <rabeeaeqbal7@gmail.com

>

> Respected Sir,

> i am writing you this email in reference to the article on social support

> I wanted to use the translated version of your scale kindly grant me the

>

> Best Regards,

> Rabia Iqbal

> Msc

> National Institue of Psychology

> Quaid-i-Azam university

> Islamabad, pakistan

Thanks a lot.

Thank you!

Great, thanks!

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