

## **Mediating Effect of Cognitive Reappraisal of Emotions Between Marital Commitment and Marital Satisfaction Among Married Couples**

**Sobia Zafar<sup>1</sup>, Soulat Khan<sup>2</sup>, and Tayyab Ali But<sup>4</sup>**

Foundation University Islamabad

**Tasnim Rehna<sup>3</sup>**

National University of Modern Languages

Present study discourses the mediating role of cognitive reappraisal of emotion in paths between marital commitment and marital satisfaction in married couples. This cross-sectional research comprised a sample of married individuals ( $N = 300$ ) including Husbands ( $n = 150$ ) and Wives ( $n = 150$ ). Urdu translated version of Commitment scale, Emotion Regulation Questionnaire, and Dyadic Adjustment Scale were used to assess marital commitment, cognitive reappraisal, and marital satisfaction respectively. Data were analyzed by using the Pearson product moment correlation, multiple regression, and mediation. Results showed that marital commitment and cognitive reappraisal of emotion has a significant positive relationship with marital satisfaction for married couples. Results of multiple regression analysis indicated marital commitment and cognitive reappraisal of emotion as significant positive predictors of marital satisfaction in married couples. Further, cognitive reappraisal of emotion emerged as a significant mediator in the relationship between marital commitment and marital satisfaction in wives. The outcomes of this research are beneficial for marital counselors and psychologists, to use interventions focusing on marital commitment and cognitive reappraisal of emotions to enhance marital satisfaction of married couples especially for wives.

*Keywords.* Marital commitment, cognitive reappraisal of emotion, marital satisfaction, married couples

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Sobia Zafar, Soulat Khan, Tayyab Ali But, Department of Psychology, Foundation University Islamabad, Pakistan.

Tasnim Rehna, Department of Applied Psychology, National University of Modern Languages, Islamabad, Pakistan.

Correspondence concerning this article should be addressed Soulat Khan, Department of Psychology, Foundation University Islamabad, Pakistan.  
Email: ksoulat91@gmail.com

Marriages are a vital and crucial part of many societies, nations and lives of people (Gladding, 2014). Marriage has been referred to as a social institution which involves economic well-being and sexual relationship and a way of creating family (Kostruba & Zelisko, 2023). However, there is no universal definition of marriage due to variation in legislature of different countries (Kostruba & Zelisko, 2023). Little et al. (2016) defines marriage as a social contract which is legally recognized between two individuals depicting longevity of the union between them. The definition of marriage varies because of the traditional expectations, cultural understanding such as same sex marriages and legal aspect of marriage. Marriage is auspicious and sanctified relation, and involves opposite sex with the status of a husband or wife, who play their role in nurturing this consensual relationship documented by law. Previously marriage signaled that a couple is committed to a life-long relationship (Jamieson et al., 2002). In context of Muslim society, such as Pakistan, marriage is a lawful form of forming sexual relationships and love through marriage contract (*Nikkah*). Therefore, in Pakistan marriage is a lawful contract to form intimate relationship and start a family (Munir & Akhter, 2018).

Marital satisfaction is based on strong and stable marital commitment and relation which leads to healthy marriages and fundamental way to carry on life (Hosseini et al., 2019). Marital satisfaction refers to the mental state of an individual which weighs the perceived benefits and costs of marital relations to another person. Marital satisfaction is usually considered as the outlook of an individual towards his or her married life (Fincham & Beach, 2010). Married couples experience different types of psychological challenges in their married life especially dealing with emotions (Adigeb & Mbua, 2015). Marital satisfaction is an essential element for generating good couple relationships (Im et al., 2014; Zakhirehdari et al., 2019) further, psychological and social factors like relationship commitment and cognitive reappraisal of emotions has significant contribution in enhancing marital satisfaction (Adigeb & Mbua, 2015).

The idea of commitment emerged in 1960 by Becker, and was describe as a means of forming human behavior over time. Carter (2012) summarized previous conceptualizations of commitment and concluded that it entails trust, fidelity, and support which are the pillars and components to develop a marital relationship of good quality (Zakhirehdari et al., 2019). Smart (2007) suggested commitment as a process that ebbs and flows. Further, literature emphasized the role of commitment in relationships (Carter, 2012;

Lewis, 2001). Marital commitment has been defined as the husbands'/wives' motivation to surrender their personal needs and priorities over their marriage. This compromise can then enhance their marital relationship and will lead to greater stability as well as long-term relationship for the couple (Allen et al., 2010). Empirical research findings depicted that among married couple element of commitment is more essential than the co-habitors (Brown, 2004; Brown et al., 2014; Wiik et al. 2009).

In the recent decades, a revolution in the science of emotion has been observed and reappraisal of emotions is one of the phenomena under study (Lerner et al., 2015). Cognitive reappraisal of emotion denotes viewing perspectives for an emotional stimulus by re-interpreting the initial evaluation of that stimulus (Gross, 1998). Garnefski and Kraaij (2007) have also described cognitive emotion regulation as a technique as for managing emotions cognitively in an effective manner. For effective emotional reappraisal, an individual should be aware of their own emotions, so that emotions can be communicated and reciprocated efficiently (Sheppes et al., 2015).

The cognitive reappraisal of a scenario impacts an individual's emotions and the intensity of emotional due to that particular situation. Individuals can ruminate and then they can also reappraise the meaning of that situation. Response modulation occurs when individuals change their way of responding to an emotional situation which includes physiological, behavioral, or experiential response being influenced (Ray et al., 2008). Emotion regulation has been found to have a positive relationship with both interpersonal and intrapersonal satisfaction in married couples (Garnefski et al., 2001; John & Gross, 2004; Lopes et al., 2005; Martin & Dahlen, 2005).

Cognitive reappraisal of emotions play a significant role in interpersonal relationships especially in marital relationships (Bloch et al., 2014; Garnefski & Kraaij, 2007) whereas, married couples who have suitable emotional reappraisal mechanisms have happier marital relation (Fitness, 2001). According to finding by Finkel et al. (2013), cognitive reappraisal had a positive link with marital satisfaction. Moreover, cognitive emotion reappraisal and marital quality have a positive association (Bloch et al., 2014; Horn & Maercker, 2016; Velotti et al., 2016). Positive relationship was also found between emotion regulation and constructive positive behaviors in couples (Myers & Hodges, 2012; Smith et al., 2008; Zeidner et al., 2013).

A study by Bloch et al. (2014) found that reappraisal of emotions longitudinally predicts marital satisfaction. Kirby and Baucom (2007) figured out that marital satisfaction enhances when couples were assisted to reappraise or regulate their emotions effectively. Empirical

evidence suggested that emotion reappraisal strategies mediate the relationship between perceived stress and marital satisfaction (Watcharakitippong et al., 2017). A review conducted by Hu et al. (2014) found a significant positive link between cognitive reappraisal and psychological well-being which implies higher marital satisfaction and cognitive reappraisal which also improves life satisfaction (Nowlan et al., 2015). Indigenous empirical evidence also depicted that emotional intelligence involving emotion regulation and marital satisfaction have positive relation in married couples (Batool & Khalid, 2012).

Marital satisfaction is usually viewed in the perspective of making marital life more peaceable. Finding of different research showed that, spouses receive psychological and physical health benefits from marriages if there is high marital satisfaction (Hess & Soldo, 1985). Therefore, it is crucial to understand and determine the factors that can cater low marital satisfaction and identifying the pathways that lead to lower marital satisfaction to improve physical and mental health of married couples. Thus, this study can aid in finding the pathways important to marital satisfaction. Furthermore, marital satisfaction and emotion regulation in married couples have been explored extensively in western nations. According to Ingoldsby et al. (2005), investigations have been directed on emotions and cognitive reappraisal strategies in a different culture i.e. Pakistan which views marriage through religious perspective, different as compared to other cultures. Previous studies on cognitive emotion reappraisal with married couples are inadequate and a few of them have explicitly examined the underlying course and the association between cognitive reappraisal and marital quality (Bloch et al., 2014; Rusu et al., 2019; Zeidner et al., 2013). Furthermore, less attention has been paid to the marital commitment, marital satisfaction and its link with cognitive reappraisal of emotion as mediator in married couples. Therefore, the present study aimed to discourse these gaps by probing the cognitive reappraisals of emotions in married couples and to further examine its mediating effect in paths between marital commitment and marital satisfaction. So the present inquiry will examine about the association among marital commitment, cognitive reappraisal of emotions and marital satisfaction in married couples.

### **Hypotheses**

1. There is positive relationship between marital commitment, cognitive reappraisal of emotion and marital satisfaction in husbands and wives.

2. Marital commitment and cognitive reappraisal of emotion are likely to predict marital satisfaction in husbands and wives.
3. Cognitive reappraisal of emotion mediates the path between marital commitment marital satisfaction in husbands and wives.

## Method

### Sample and Sampling Strategies

In present research a sample of married couples ( $N = 300$ ) i.e., Husbands ( $n = 150$ ) and Wives ( $n = 150$ ) with at least one year of marriage duration was taken. Purposive sampling method was used to recruit the research participants. Research participants aged between 20 to 45 years with the mean age of Husbands ( $M = 37.37$ ,  $SD = 8.64$ ) and Wives ( $M = 33.06$ ,  $SD = 7.66$ ). Separated married couples were excluded from this study. Data were collected from twin cities of Pakistan (Rawalpindi and Islamabad). [Table 1](#) represents demographic characteristics of married couples.

Table 1: *Demographics Characteristics of Sample (N = 300)*

Variables	Husband ( $n = 150$ ) $n$ (%)	Wife ( $n = 150$ ) $n$ (%)
Age	$M$ ( $SD$ ) 37.37(8.64)	$M$ ( $SD$ ) 33.06(7.66)
Education		
Matric/ Less	27(18.0)	39(26.0)
F.A/B.A	51(34.0)	66(44.0)
M.A/M.phil	65(43.3)	43(28.7)
Missing	7(4.7)	2(1.3)
Type of Marriage		
Love Marriage	32(21.3)	23(15.3)
Arrange Marriage	118(78.7)	127(84.7)
Working Status		
Yes	126 (84.0)	52(34.7)
No	24 (16.0)	98(65.3)
Duration of Marriage		
1 to 4	52 (34.7)	52(34.7)
4 to 9	46 (30.7)	46(30.7)
9 or above	52 (34.7)	52 (34.7)
No. of children		
0 to 3	108 (72.0)	108 (72.0)
4 to 6	38 (25.4)	38 (25.4)
7 to 9	4 (2.6)	4 (2.6)
Family system		
Nuclear	66 (44.0)	63 (42.0)
Joint	84 (56.0)	87 (58.0)

*Continued...*

Variables	Husband ( $n = 150$ ) $n$ (%)	Wife ( $n = 150$ ) $n$ (%)
Monthly Income in Pak Rs/.		
10,000 to 40,000	70 (46.7)	65 (43.4)
41,000 to 80,000	65 (43.4)	54 (36.0)
81,000 to 120,000	10 (6.7)	10 (6.7)
Missing	5 (3.2)	21 (13.9)

## Measures

### *Rusbult Commitment Scale*

Rusbult Commitment Scale (Rusbult et al., 1998) was used, to assess commitment in married couples. Alpha reliability coefficient of the Scale was  $\alpha = .91$ , and the Scale was translated in Urdu in present study. Scale encompassed 7 items with response categories, 0 'Strongly disagree' to 8 'Completely agree' point. Item "4" is reverse scored. Total score ranged from "0 to 56". Higher score indicated good commitment, and the low score indicated low commitment in couples.

### *Dyadic Adjustment Scale*

Urdu Translated version of Dyadic Adjustment Scale (Spanier, 1976) by Naseer (2000) was used to assess marital satisfaction in married couples having alpha reliability of  $\alpha = .80$ . Urdu Translated DAS encompasses of 27 items with four subscales. DAS is 5-points rating scale and response options are 0 = *Always disagree* to 5 = *Always agree*. Subscales scores were calculated separately then full scale score is equal to the sum of all subscale scores. Participant score range is from "0 to 135" and cut off score is 97, score below 97 indicated low relationship satisfaction and score higher than 97 indicated high relationship satisfaction. Some items worded positively and some negatively to increase reliability of scale and scale had  $\alpha = .91$  alpha reliability in present study.

### *Emotion Regulation Questionnaire*

Urdu Translated version of Emotion regulation questionnaire (Gross & John, 2003) by Khan and Kausar (2014) was used. Scale consisted of 10 self-reported items to examine emotion regulation. In present study, one sub domain i.e. cognitive reappraisal (Items 1, 3, 5, 7, 8, 10) was used to assess cognitive reappraisal of emotions. No items were reverse scored. The scale comprised of seven point Likert-type responses which included; 1 "Strongly disagree, 4 "Neutral" and 7 "Strongly agree". Higher score shows good cognitive reappraisal.

## Procedure

After taking formal permission from the scale authors, respective tools were compiled for data collection. Study was approved by Institutional Review Board. Formal permission from scale authors was taken. Potential participants were contacted and selected for participation in research. Participants signed informed consent and completed the performa comprised of demographic sheet and assessments measures. After filling demographics sheet, scales were given in the sequence of Dyadic Adjustment Scale, Rusbult Commitment Scale and Emotion Regulation Questionnaire as the main variable questions should be placed first (Taherdoost, 2022) i.e. marital satisfaction so Dyadic Adjustment Scale was placed first. The data was collected in between August 2021 to November 2021. The data was collected in-person by the primary investigator of this research due to which the marital status of participants was asked through face to face mode. The participants were approached from various settings such as offices, parks and other accessible areas. Contact details were not taken from the couples as they were not comfortable and contact details were not required as the questionnaire was filled on spot by the participants in the presence of the researcher. Participants were selected through convenient and purposive sampling technique. Each participant took 15 to 20 minutes approximately to fill questionnaires, 40 couples returned the questionnaires without completing it. Participants were allowed to withdraw from study anytime. Confidentiality of data was ensured to the participants and they were also given right to withdraw at any time from the study. Researcher was obliged to report result accurately and any type of misleading information was avoided. Results were analyzed through Statistical Package of Social Sciences (SPSS 23) by using analytical strategy including, descriptive analyses, Bivariate correlation and multiple regression. Mediation analysis was employed by using process macro (Hayes, 2016).

## Results

Table 2: *Descriptive and Psychometric Properties of Study Variables*

Variables	k	Ranges		$\alpha$	Husbands		Wives		
		Actual	Potential		$\alpha$	Skew	Kurtosis	$\alpha$	Skew
Cognitive Reappraisal	6	9-42	6-42	.65	-.41	-.27	.70	-.37	-.25
Marital Satisfaction	27	40-127	0-131	.91	-.89	.83	.92	-1.05	1.34
Consensus	11	11-55	0-55	.80	-.82	.78	.89	-1.5	3.87

*Continued...*

Variables	<i>k</i>	Ranges		$\alpha$	Husbands		Wives		
		Actual	Potential		Skew	Kurtosis	$\alpha$	Skew	Kurtosis
Affect									
Expression	3	3-11	0-11	.50	-.59	-.37	.54	-1.29	2.22
Satisfaction	8	14-41	0-41	.77	-1.33	1.49	.72	-1.23	1.22
Cohesion	5	0-24	0-24	.87	-.38	-.30	.88	-.27	-.25
Commitment	7	8-56	0-56	.59	-1.56	2.80	.58	-1.93	5.35

Results in Table 2 depicted that all scales had good Alpha reliability coefficients. Skewness and kurtosis vales were also within the desired range. Further actual ranges of scores on all assessment measures are also appropriate falling appropriately in the respective potential range. The Cronbach alpha reliability of marital commitment and “affect expression” subscale of marital satisfaction was low due to fewer numbers of items. Pallant (2020) reported that Cronbach alpha can be low if number of items on the scale is less than 10.

Table 3: Correlation Between Marital Commitment, Cognitive Reappraisal of Emotion and Marital Satisfaction in Married Couples ( $N = 300$ )

Variables	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7
Husbands ( $n = 150$ )									
1 CR	29.70	6.62	-						
2 MS	103.19	15.47	.32**	-					
3 Consensus	45.38	6.07	.17*	.89**	-				
4 Affect Express	9.12	9.12	.15	.60**	.58**	-			
5 Satisfaction	34.77	34.77	.14	.78**	.52**	.32**	-		
6 Cohesion	13.88	13.88	.25**	.80**	.61**	.39**	.46**	-	
7 Commitment	45.04	45.04	.29**	.35**	.25**	.21**	.35**	.29**	-
Wives ( $n = 150$ )									
1 Cognitive Reap	29.56	7.01	-						
2 MS	104.5	15.49	.36**	-					
3 Consensus	45.90	7.19	.35**	.92**	-				
4 Affect Express	9.19	1.54	.22**	.72**	.67**	-			
5 Satisfaction	35.04	4.92	.19*	.74**	.52**	.46**	-		
6 Cohesion	14.37	4.88	.35**	.83**	.71**	.53**	.42**	-	
7 Commitment	45.17	7.32	.50**	.42**	.38**	.23**	.29**	.40**	-

Note. Cognitive Reap = Cognitive Reappraisal of Emotion; MS = Marital Satisfaction.  
\* $p < .05$ . \*\* $p < .01$ .

Table 3 shows significant positive relation between marital commitment, cognitive reappraisal of emotion and marital satisfaction among husbands and wives. Findings exhibit that higher marital commitment and effective cognitive reappraisal of emotion regulation increases marital satisfaction in both husbands and wives. Results



support the proposed hypothesis that there is positive relationship between marital commitment, cognitive reappraisal of emotion and marital satisfaction in husbands and wives.

Table 4: *Marital Commitment and Cognitive Reappraisal of Emotion as Predictors of Marital Satisfaction in Married Couples (N = 300)*

Predictor Variables	B	SE	$\beta$	95% CI	
				LL	UL
Wives (n = 150)					
Constant	61.06	7.32		46.59	75.52
Marital Commitment	.69*	.18	.32	.33	1.04
Cognitive Emotion Reappraisal	.50	.22	.22	.05	.94
<i>R</i>	.45				
<i>R</i> <sup>2</sup>	.21				
<i>F</i>	13.01*				
Husbands (n = 150)					
Constant	63.24	8.19		47.05	79.44
Marital Commitment	.68*	.17	.32	.34	1.01
Cognitive Emotion Reappraisal	.33	.22	.14	-.12	.78
<i>R</i>	.38				
<i>R</i> <sup>2</sup>	.14				
<i>F</i>	8.33*				

Note. \*  $p < .05$ . \*\*  $p < .01$ .

Table 4 depicts that marital commitment and cognitive emotion reappraisal emerged as significant positive predictors of marital satisfaction in husbands and wives. Marital satisfaction positively predicted by marital commitment and cognitive reappraisal in husbands and wives. Result directs that good marital commitment in intimate relationship and enhanced cognitive reappraisal in married life, are significant contributory factors to boosting marital satisfaction in both husbands and wives.

Table 5: *Mediating Role of Cognitive Reappraisal of Emotion in Marital Commitment and Marital Satisfaction in Wives (N = 150) and Husbands (N = 150)*

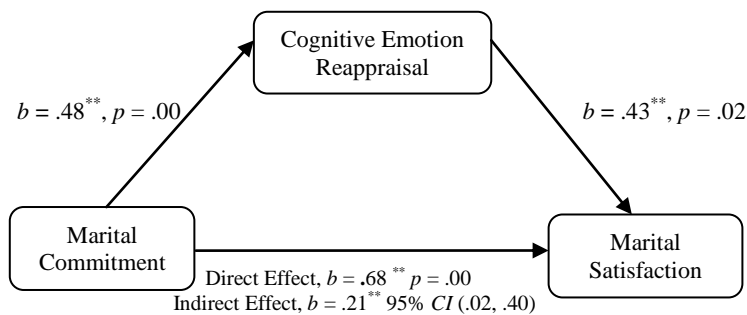
Variables	Total Effects				Direct Effect				Indirect Effect 95% CI			
	B	S.E	t	p	B	S.E	t	p	B	S.E	LL	UL
MC in Wives	.89	.15	5.70.00	.68	.17	3.82	.00	.21*	.09	.02	.40	
MC in Husbands	.76	.16	4.68.00	.67	.16	4.00	.00	.08	.05	-.01	.21	

Note. MC = Marital Commitment.

\*  $p < .05$ . \*\*  $p < .01$ .

Result of mediation analysis in Table 5 for wives indicated that B-value for indirect effect does not include zero, so the point that the confidence interval does not comprise zero means that there is likely to be a true indirect effect. Result of Sobel z test revealed that the size of indirect effect for commitment ( $b = .68, p = .00$ ) is also significant. Hence, the relationship between marital commitment and marital satisfaction is significantly mediated by cognitive reappraisal of emotions in married wives (Figure 1). Result of mediation analysis for husbands in Table 5 indicated that B value for indirect effect does include zero, so the point that the confidence interval does comprise zero means that there is no true indirect effect. So the mediating role of cognitive reappraisal of emotion between marital commitment and marital satisfaction in married husbands is not confirmed by findings.

Figure 1: *Model of Cognitive Reappraisal of Emotion, as Mediator in Paths Between Marital Commitment and Marital Satisfaction in Wives (N = 150)*



## Discussion

Present study was an effort to disclose the effect of marital commitment on marital satisfaction with mediating role of cognitive reappraisal of emotion in married couples. Therefore, the first hypothesis of present study stated positive relation between marital commitment, cognitive reappraisal of emotion and marital satisfaction in husbands and wives. Research result confirmed significant positive associations between marital commitment, cognitive reappraisal of emotion and marital satisfaction.

Findings are consistent with existing empirical evidence as a research by Hira and Farhana (2016) regarding the role of emotion regulation in marital satisfaction, concluded significant positive correlation in reappraisal of emotion and marital satisfaction of married couples. Additionally studies conducted by Bloch et al.

(2014) and Velotti et al. (2016) also yielded that high level of reappraisal of emotions are associated with high levels of marital satisfaction. Mohammadi et al. (2011) also declared that difficulty in cognitive reappraisal of emotion had a negative relation with marital satisfaction. Further, in case of relationship commitment and marital satisfaction existing empirical findings are also in line with current research findings (Carandang & Guda, 2015; Givertz et al., 2009). These results can be understood through the perspective that as the married couple spends time with one another, an understanding of how to regulation their emotion develops. In addition, there is self-awareness of emotions comes with time and emotion regulation advances with time (Ali et al., 2023; Masumoto et al., 2016).

The second hypothesis stated that marital commitment and cognitive reappraisal of emotion are significant predictors of marital satisfaction in husbands and wives. Result depicted marital commitment and cognitive reappraisal as significant positive predictors of marital satisfaction in husbands and wives. These finding are consistent with a study by Moradzadeh and Pirkhaefi (2018) which depicted that commitment and cognitive flexibility leads to marital satisfaction in married individuals. Two years' longitudinal study with married couples by Finkel et al. (2013) on reappraisal of emotions and marital quality with mediating role of conflict-related distress, concluded positive predicting effect of commitment and emotion reappraisal in relationship satisfaction among married couples. Other existing literature (Horn & Maercker, 2016; Myers & Hodges, 2012; Smith et al., 2008) also suggested that cognitive reappraisal is significant predictor of positive outcomes (marital quality) in married couples, which supports the outcomes of this study. Studies conducted in Pakistan also support the relationship between cognitive reappraisal of emotions and marital satisfaction (Ali et al., 2023; Fahd et al., 2021).

Third hypothesis of current study stated cognitive emotion reappraisal will mediate the path between marital satisfaction and marital commitment in husbands and wives. Results of mediation analysis revealed, truly as well as satisfactory reliable indirect effects of commitment on marital satisfaction through cognitive reappraisal of emotions only in wives and no significant indirect effects were found for husbands. These findings are in line with previous researches as Finkel et al. (2013) argued that cognitive reappraisal mediate positive relationship outcome in marital quality. A study by Vater and Abe (2015) established that emotion regulation mediated the relation between personality and long term relationship satisfaction, as commitment is one of personality trait so findings of this study also

support current research findings. However, the non-significant results for mediating role of cognitive reappraisal of emotion in husbands can be explained by similar results found in a study conducted in Pakistan by [Fahd et al. \(2021\)](#). It was found that married couple might not cognitively reappraise a situation when living in joint or extended family system as it might not be convenient for them to use this coping at that moment, along with being harmful and unable to settle the stressful situation. So, the husbands do not modify their negative emotions into positive as they have financial and other responsibilities ([Nawaz et al., 2022](#)) which require problem-solving coping rather than emotional coping due to which they do not use cognitive reappraisal of emotions.

Further, the effects of cognitive reappraisal of emotions of females were reported as being negatively related with preoccupation of males and intrapersonal strategies used by them in married life ([Horn & Maercker, 2016](#)). One possible reason for present trend of findings can be indigenous perspective. As Pakistani females are required to be more committed and sacrifice for staying in married life, so cultural need also requires them to have more control over their emotions. Quality of positive reappraisal of emotion plays a vital role toward marital satisfaction, so Pakistani females establish this trait to meet the demand of society. Although in Pakistani culture some other factors are more important for husbands than commitment and cognitive reappraisal of emotion to achieve marital satisfaction i.e. being financially sound, stable and authoritative ([Ayub & Iqbal, 2012](#)).

### **Limitations and Recommendations**

Data for this research was collected from twin cities (Rawalpindi and Islamabad) of Pakistan only, so to increase the generalizability of results sample can be recruited from more diverse cities in future. This study was time bound, further in Pakistani culture mostly couples are not willing to provide data regarding their marital satisfaction which restricted sample size in current study. So, an extension is needed with larger sample size. The present research utilized quantitative research design while for in-depth exploration qualitative inquiry is required. Role of marital commitment and cognitive emotion reappraisal was explored in present study while there may be some other factors that contribute to marital satisfaction in couples. Therefore, in future, research can be extended by investigating various other cognitive and emotional factors involved in this phenomenon.

## Implications

The current study has theoretical implication such that it added to the cognitive components of the marital theories and will aid in extending the theoretical models on marital satisfaction and relationship. This study will assist in identifying the pathways towards marital satisfaction and determining marital commitment and its role in the relationship during marital therapy and counseling. The results of this research provide a direction to marital therapists and counselors in enhancing marital satisfaction and incorporating the role of cognitive emotion reappraisal to foster marital relationships, cohesion and positive emotions. The finding of the present study will provide important direction for conducting future research and how couples enhance marital satisfaction by adopting qualities including cognitive reappraisal of emotions and commitment.

## Conclusion

To sum up enhanced marital commitment and effective cognitive reappraisal of emotions points to enriched marital satisfaction in married couples. Moreover, significant mediating effect of cognitive emotion reappraisal in link between marital commitment and marital satisfaction was confirmed for married wives. This interesting finding opened the new way for researchers to further investigate the phenomenon of cognitive emotion reappraisal which works differently for husbands and wives.

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