

**IMPACT OF EMOTIONAL ABUSE ON COUPLE SATISFACTION AMONG  
EMPLOYED AND UNEMPLOYED SPOUSE: MODERATING ROLE OF  
CONFLICT TACTICS**



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CONFLICT TACTICS**

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By

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## DECLARATION

I, **Ms. ASIA SHAMIM**, Registration No. **422-FSS/MSCP/F-21** student of **MS** in the subject of Psychology, session **2021-2023**, hereby declare that the matter printed in the thesis titled: IMPACT OF EMOTIONAL ABUSE ON COUPLE SATISFACTION AMONG EMPLOYED AND UNEMPLOYED SPOUSE: MODERATING ROLE OF CONFLICT TACTICS is my own work and has not been printed, published and submitted as research work, thesis or publication in any form in any University, Research Institution etc in Pakistan or abroad.

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## RESEARCH COMPLETION CERTIFICATE

Certified that the research work contained in this thesis titled: **IMPACT OF EMOTIONAL ABUSE ON COUPLE SATISFACTION AMONG EMPLOYED AND UNEMPLOYED SPOUSE: MODERATING ROLE OF CONFLICT TACTICS**, has been carried out and completed by **Ms. ASIA SHAMIM**, Registration No. **422-FSS/MSCP/F-21** under my supervision.

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## **Dedication**

This thesis is dedicated to the unwavering pillar of strength and wisdom, my father Mr Said Karim and my mother Miss Laila, your consistent support and boundless belief have propelled me forward. Your guidance and love have been my guiding light, illuminating my path towards academic excellence. To my dearest best friend Sundas Saba, who have stood by me through thick and thin, I extend my heartfelt gratitude. Your continuous encouragement has been instrumental in shaping my journey, making the challenges surmountable. To my exceptional supervisor, whose profound expertise and unwavering guidance have sculpted the very essence of this thesis, I express my deepest appreciation. Your unwavering dedication to my intellectual growth and unwavering belief in my capabilities have been transformative.

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**List of Abbreviations**

APA	American Psychological Association
DSM	Diagnostic and Statistical Manual of Mental Disorders
SPSS	Statistical Package for Social Sciences
EA	Emotional Abuse
CS	Couple Satisfaction
CT	Conflict Tactic

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## **Abstract**

The present study aimed to investigate the relationship between emotional abuse and couple satisfaction among employed and unemployed spouses. The study strived to explore the moderating role of conflict tactics between the emotional abuse and couple satisfaction. The study was conducted on N=350 employed and unemployed couples, aged 18-65 years. Correlational analysis employed for enhanced relationship insight. For this quantitative research Emotional Abuse Questionnaire (Jacobson & Gottman 1998), The Revised Conflict Tactics Scale 2 Short Form (CTS2-SF) (Straus & Douglas 2004) and The Couple Satisfaction Index (Funk & Rogger 2007) were used to collect the data. The results of present study showed that there is positive relationship between Emotional Abuse, Conflict Tactics and Couple Satisfaction. Moderator of conflict tactics, was unveiled between Emotional abuse and couple satisfaction. Furthermore, empirical results of the study demonstrated significant differences between employed and unemployed spouse on Emotional abuse and couple satisfaction. Conflict tactics shows significant variance. Younger couples exhibit higher mean scores compared to older couples on emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Similarly, joint family exhibit higher mean scores compared to nuclear family. The research raises crucial awareness about emotional abuse among employed and unemployed spouse, paving the way for further study and understanding of this condition.



*Keywords: conflict tactics, Emotional abuse, Conflict tactics, Employed and Unemployed spouse.*

## Chapter 1

### Introduction

Couple refers to a husband and wife who are legally wed under the laws of any state, territory, or nation. Couple refers to a pair. The term married couple can also refer to a pair of married individuals. Marital pleasure is the state of mind a person has about their own marriage. Researchers studying relationships would benefit greatly from an understanding of marital pleasure, as will married individuals and the experts who assist them in their marriages. A person's degree of marital satisfaction is a direct reflection of how they view the benefits and drawbacks of marriage. The more expenses a spouse places on them, the less content a person is usually with the marriage and the spouse. In a similar vein, one feels better in their marriage and with their partner the more benefits they observe (Mazzie, 2018).

### Couple satisfaction

It is significant to have cognition or thoughts about the conduct in order to perceive whether a spouse's behavior is costly or beneficial. In the event that one's life partner plays out a negative (expensive) conduct, this might be credited either to qualities of the mate (for instance, the person is relaxed), or rather to conditions encompassing the partner way of behaving (for instance, it was a particularly charging day at work, and the person doesn't want to make supper). According to research on marital fulfilment, attributing excessive behavior to traits of one's partner rather than the circumstances surrounding it is linked to lower levels of marital fulfilment and even the breakdown of relationships (Zhan, 2022)With pessimistic ways of behaving in marital critical thinking conversations, these mal-versatile attributions occur more frequently, and they don't seem to be the result of either partner being discouraged, possessing a inhumanity personality, or leaning

towards actual hostility. According to all accounts, how satisfied a person is in their marriage appears to be related to how they interpret behavior.

The attitudes, or influence, that a single person has regarding ways of doing are intimately related to those thoughts. Research on effect and marital fulfilment is still inconclusive; some studies have found a link between bad influence and lower marital fulfilment, while others have found no link. Future research must specifically clarify how negative impact relates to successful marital relationships.

There is a solid link between getting married and maintaining real prosperity. The two married people's physiological responses serve as the most direct example of this. According to recent studies, married couples with higher levels of relationship satisfaction also show more obvious physiological coordination than married couples with lower levels of satisfaction. According to Fincham and Beach (2000), maritally content couples are obligated to maintain cooperation between each other's electro dermal (or electrical opposition of the skin) and pulse systems. This may be the mechanism by which married couples maintain greater actual happiness than single people. (Fincham & Beach, 2000).

## **Theories of couple satisfaction**

### ***Couple Communication Theory***

The main topic of couple's communication theory is how communication styles affect the likelihood of relationship fulfilment. Negative communication styles, such as disregard and criticism, are thought to be harmful to the stability of relationships (Gottman, 1994)

### ***Interdependence Theory***

Three primary aspects determine relationship happiness, according to Interdependence Theory (and more specifically, the Investment Model): investment amount, quality of alternatives, and satisfaction level. People grow more dedicated the more content they are (Rusbult,1980).

### ***Attachment Theory***

John Bowlby's attachment theory places a strong emphasis on the role that early attachment styles have in forming adult relationships. While insecure attachment might make it harder to keep fulfilling partnerships going, secure attachment is linked to higher levels of relationship satisfaction (Bowlby, 1969).

### **Conflicts**

Conflicts are physical and psychological attacks on each other among partners and then to resolve the situation or problem what kind of tactics they will use. The essential choice is whether to abstain from or participate in conflict. Most of the time, some people choose to avoid conflicts, while others prefer to retreat. Both options are appropriate in different situations. Relationships can be strengthened if arguments about unimportant concerns are avoided. Avoiding pressing issues can lead to pressure and, in the long run, violent conflict. The initial conflict may be replaced by a disagreement over engaging in fight when a person seeks to avoid conflict and the other attempts to draw in them in (Connell, 2013).

### **Types of conflicts**

#### ***Commitment tactics***

Both commitment tactics and avoidance strategies are presented by the designers. To deny that any conflict is taking place is one strategy to avoid conflict. High power partner occasionally

choose this tactic since resolving the conflict would require them to organize and share power. Related tactics include not responding at all to the other person, changing the subject, or peacefully making jokes about the situation rather than addressing it directly. Gatherings may avoid discussing a point of conflict by raising the level of talk significantly, referencing to the way things are, as individual undoubtedly would believe. Alternately, discussions might focus on technical or procedural difficulties, discussing smaller details rather than more important ones. Gatherings may convey doubt or criticism, showing that it would be unproductive to continue pursuing the argument. People occasionally employ evasion techniques to achieve their goals without engaging in overt conflict. The strategy is to persuade or trick the other person into doing what you need without directly asking them to (Wilmot, 1985).

### ***Engagement tactics***

Engagement tactics can be serious, beneficial, or integrative, as they are occasionally referred as. The objective of Engagement tactics is to take the game in the struggle by gaining dominancy in marital relationship. The abusive partner places a greater emphasis on their own interests than those of others. The use of humor, reducing one's own liability, attributing mentalities of the partner, demanding that they modify their behavior, posing hazards, and, unexpectedly, resorting to violence are all considered serious techniques. The most fundamental of the serious strategies are dangers and the related tactics of alerts, recommendations, and commitments. Dangers need to be reliable to be effective. The side that is undermining should be able to bring about the unpleasant outcome of the compromise. The compromised partner should really acknowledge the unfavorable or terrible nature of the future consequence. (joyce, 1985).

### ***Cooperative, or integrative, tactics***

Cooperative, or integrative, tactics are pointed toward tracking down a commonly great arrangement and getting the two-partner understanding. Cooperative tactics expect that the two person or partners would be able win, and that it is possible to explore one's own desire as well as another's at the same time. One cooperative tactic is to depict occasions as impartially as could really be expected, without assessment, understanding, or crediting perspectives to other people. Another tactic is to qualify articulations to increase their specificity. Cooperative activities may expose information that partner is unaware of or has no awareness about. They may also ask the opposite party for such information. Cooperative gatherings welcome criticism of themselves and actively seek it out. Many partners find it difficult to express honest criticism. Effectively looking for objections encourages others to express their concerns and prevents them from getting back to less advantageous aversion techniques. Other cooperative strategies include having empathy for the other partner, accepting responsibility, highlighting similarities, and provoking critical thought. (hocker et al., 1985)

The use of tactics determines whether the argument is gaining, maintaining, or losing power. Conflicts typically move through several stages of power. Tactics are frequently in response. For instance, aggressive tactics will typically be met with a response. An illustration of an aggressive tactic increases the conflict. The friendship may dissolve as a result of a calming down twist caused by a shared example of avoidance. A relationship is expected to be protected by cooperative measures, which are also likely to lead to productive conflict resolution. The authors advise: "If everything else fails, cooperate."

### **Types of marital conflicts**

In relationships, there are two types of marital conflict: enduring issues and resolvable issues. Enduring issues are disagreements that will be a part of your lives forever in some form or another. Whereas solvable problems can be resolved. The key is to identify which conflicts fall into which category.

## **Effects of conflicts**

### *Positive effects*

Positive effects of Conflict including the accompanying. It motivates partners to put in more work and give it their all. When there is disagreement, the solitary purpose of his abilities, gifts, and capacities. It may satisfy some mental needs such as dominances, animosities, regard, and self-images, and it provides opportunity for beneficial goals and the emergence of strong desires. Conflicts that contribute to societal shifts ensure that relationship and intergroup dynamics remain fresh and aware of current events and passions, hence adding diversity to individuals' categorized lives. It facilitates greater coordination between individuals and administrations and promotes a common comprehension of the problems among those involved in conflicts. Besides, it reinforces intra-bunch connections and solidarities by permitting source for individuals from gatherings to contend and discuss their necessities in the gatherings. The gathering wellbeing normally declines without intra-bunch clashes. Conflicts among bunches make units between the gatherings and increase collaboration as they are attempting to accomplish famous objectives of the gatherings for the results of these arguments. Offer and Regard Theories includes that it is a chance for individuals to contribute their perspectives with people of different gatherings. Struggles are a tool for improving future communication and can provide people with the tools they need to handle conflicts in the future without any issues. They can also bring members of the

association collectively to effectively listen to one another and exchange perspectives and experiences as they strive to achieve the hierarchical goals. Conflicts effectively determine cooperative choice making. In the cycles of deciding, this power helps to find the requirements and issues when they are looked for. Conflicts take into consideration the comprehension of the worries of gatherings, causing arrangements that benefit the interests of the partners with their associations and connections (Amason, 1996 & Dana, 2001).

### *Negative Effects*

Negative Effects of Conflict coming up next is a short rundown of the adverse consequences of a disagreement inside partners. Psychological Responses incorporates Absent mindedness to different things, Absence of interests to house chores, Work bothers, Isolation or estrangements from others, Frustrations. Social Reactions incorporates Struggle might uphold the person to act in strange matter, for example, extreme smoking, drinking liquor, be unfriendly towards others, decline his correspondence with others and oppose impact activities. (Dana, 2001). It gave an extensive rundown of the expenses of contention, for example, burning through of time Conflicts influence individual and execution, invested a lot of significant investment for settling struggle this time should be spent for greater efficiency. Conflicts make partners vent about disappointments, focus more on blabbering about clashes. Conflicts can cause collective traumas, which causes chosen trauma and can be moved to people in the future as hatred against one's progenitors' adversaries. Picked injury leads to bunch personality and keeps the fire of contention consuming; additionally, Individual might be impacted genuinely and truly by extreme struggles over a delayed period and such conflict might prompt psychosomatic issues (Amason, 1996 & Dana, 2001).



In a conflict situation, an individual might will generally accomplish and advance his personal responsibility or individual increase at the expense of the association or others. Taking terrible choices and watching out for superfluous rebuilding; absence of occupation inspiration or low inspiration. Conflicts can upset gatherings and individuals from their fundamental objectives, redirecting them to time and assets from other significant purposes. At the point when clashes incorporate the utilization of heavy quarrelsome strategies," they can cause the gatherings or individuals included or not associated with the contentions to pass on them to less time and assets.

Mental maltreatment among couples happen across all networks, all through all social and financial classes, and in all societies. There are signs that mental maltreatment committed by men against their female accomplices is more pervasive then physical and sexual maltreatment and may bring about more noteworthy adverse consequences. (semple, 2001). Words and actions that intentionally harm someone are referred to as abuse. It can take many forms, including acts of physical violence, sexual assault, neglect, and humiliation. Abuse can be a one-time occurrence or a pattern of behavior that persists over time and in different contexts. Abuse is always done with intent. You can hurt other people through words or actions, but this is not always abuse. Abuse can occur when something is done with the intention of hurting or taking advantage of another person. It's possible that a person is unaware that their behavior constitutes abuse. But abusive behavior is when someone acts with the intention of controlling you, removing your power, manipulating you, or keeping you against your will. Absence of impact is not always what defines abuse. As such, somebody might express destructive things and push you around with the aim to hurt you. Their actions constitute abuse even if they do not harm you.

### **Conflict Tactics Theories**

Conflict Tactics Theory (CTT) framework that looks at how couples handle and settle disputes. Murray created it in the 1970s, and it has had a significant impact on our understanding of interpersonal conflicts.

### ***Emotional Abuse***

Emotional abuse is the act of controlling another person's emotions by belittling, shaming, blaming, criticizing, or in any other way. Even though it occurs more frequently in dating and marriage relationships, mental or emotional abuse can occur in any kind of relationship, such as with friends, family, and coworkers (Karakurt, 2013).

When there is a pattern of abusive language & bullying behaviors that undermine a person's sense of self-worth and jeopardize their mental health, a relationship is typically deemed emotionally abusive.

Emotional abuse's primary goal is to subjugate, harm, and silence the victim in order to maintain power over them. One of the hardest forms of abuse to recognize since it can occur quietly and covertly. But it can also be obvious and deceitful.

### **Controlling partner through use of emotional abuse**

Controlling your partner through using one's emotions to criticize, shame, blame, or otherwise manipulate him/her is known as emotional abuse. Mental or emotional abuse can occur in any relationship, including among friends, family, and coworkers, but it is most prevalent in dating and married relationships. A relationship is typically emotionally abusive when a person's self-esteem is damaged, and their mental health is compromised by a consistent pattern of abusive

words and bullying behaviors. The basic objective of psychological mistreatment is to control the partner by defaming, separating, and quieting them. It can be subtle and sneaky, making it one of the hardest forms of abuse to spot. However, it can also be blatantly manipulative. In either case, emotional abuse can lower your self-esteem and cause you to question your perceptions and reality. Eventually, you might feel caught. People who have been emotionally abused frequently fear leaving the relationship because they are too hurt to do so. As a result, the cycle continues until something is done (Karakurt, 2013).

### **Effects of emotional abuse on relationships**

Effects of emotional abuse on relationships in the event that you've encountered psychological mistreatment for some time, you could accidentally think these ways of behaving are normal from intimate partner. Abuse of emotions that lasts a long time could change how you see yourself in relationships and how much you can handle certain behaviors. Some of the effects includes Codependence Emotional abuse that lasts a long time can make person think that partner needs are more important than his own. Codependent behaviors and disregard for one's own boundaries and needs can result from this. He/she might also tend to form relationships with partners who are abusive or engage in people-pleasing behaviors. Fear of being left behind might experience abandonment anxiety or high levels of stress in your relationships if emotional distance was used as a method of manipulation. This could take the form of a behavior that is sometimes referred to as clinginess, and it often stems from a strong fear of losing your partner or support system. Challenges to trust Even a partner who cares about you and supports you can be harder to trust because of past emotional abuse. It can take courage and vulnerability to trust that another person won't hurt you again on purpose after being disappointed in the past. Having trouble being genuine. You may have internalized some of these comments, which may have caused you to feel shame if

the emotional abuse you experienced frequently consisted of criticism or tearing you apart. Subsequently, it could appear to be troublesome and startling to open to an accomplice, prompting close to home distance in the relationship (Guo, 2022).

### *Effects on self-image*

These includes Chronic or isolated emotional abuse can also alter how you see and relate to yourself, Low self-worth Put-downs and other forms of emotional abuse can wear you down and make you feel worthless. It might make you think that your partner is more deserving or valid than you are. Pessimism Gas lighting, an emotional abuse that can make you question your own thoughts, abilities, and perception of reality, is a form of mistreatment or maltreatment. You might notice that you have less faith in your own instincts if you have been gaslight on a regular basis. You might have more trouble recognizing and trusting your own feelings, tend to self-sabotage, or question yourself more frequently. At times psychological mistreatment includes ways of behaving expected to causing you to feel embarrassed about pieces of what your identity is, for example, character idiosyncrasies, different preferences, or expectations for what's in store. Because of this, you might suppress a portion of your identity in order to avoid feeling the shame that comes with it (Katz, 2000).

### *Effects of emotional abuse on mental health*

Effects of emotional abuse on overall mental health includes long-term consequences if it is not addressed. Some examples include, Social phobia as per 2015 research Trusted Source that concentrated on grown-ups from Israel, psychological mistreatment in adolescence might prompt social nervousness issue. This occurs when the abuse causes you to experience feelings of shame,

inadequacy, and self-criticism, which makes you more likely to be afraid when you interact with partner or other people (Xiao, 2022).

### **Emotional abuse warning signs.**

A relationship with your partner is still emotionally abusive even if they only do a few of these things instead of doing them all. While thinking about your relationship, additionally recollect that psychological mistreatment is frequently unobtrusive. Consequently, it may be extremely challenging to spot the symptoms. Assuming you are experiencing difficulty knowing whether your relationship is cruel, consider the way that your connections cause you to feel. Assuming you feel injured, disorganized, confused, misunderstood, discouraged, restless, or useless any time you connect with the other individual, odds are high that your relationship is sincerely harmful. Also, don't fall into the trap of saying to yourself, it's not that bad, and putting the other person's actions in perspective. You are not the only person who deserves to be treated with kindness and respect. You can break the cycle of emotional abuse by realizing this (Kumari, 2020).

If the person places unrealistic expectations on you, this could be emotional abuse. Instances of this incorporates Setting outlandish expectations, Anticipating that you should set everything to the side and address their issues, Requesting you get to know each other, Being disappointed, regardless of how diligently you attempt or the amount you give, Scrutinizing you for not finishing jobs as per their guidelines, Anticipating that you should impart their insights i.e., you are not allowed to have an alternate opinion, Demanding that you name definite dates and times while examining things that furious you and when you can't do this, they might excuse the occasion as though it won't ever work out. Another sign that somebody might be sincerely oppressive is assuming they discredit you. Refusing to accept your feelings by attempting to define how you should feel, making you repeatedly explain how you are feeling, calling you out for being overly

emotional, sensitive, or crazy, rejecting your opinions and ideas as legitimate, brushing off your requests, wants, and needs as unjustified or ridiculous, and making statements like "you're blowing this out of proportion" or "you exaggerate" that imply your perceptions are incorrect or that you can't be trusted (Follingstad, 2005).

People who are emotionally abusive also frequently bring disorder. Arguing just for the sake of arguing, making contradictory and confusing statements a practice known as "crazy-making" having sharp mood swings or unexpected emotional outbursts, picking at your work, clothes, hair and other belongings, and acting in a way that is so unpredictable and erratic that it makes you feel like you're treading carefully. Emotional abuse occurs when a partner uses their emotions against another person. Manipulation and control by making you feel guilty are examples of emotional blackmail; Guilt trips include things like lying or denying that something happened, punishing you with affection or the silent treatment, pointing out or exaggerating your flaws to divert attention or avoid taking on the burden of their own poor decisions or mistakes, and using your values, compassion, fears, and other hot buttons to exert influence over you and the situation (Gambone, 2005).

Emotional and mental abuse can have detrimental short- and long-term effects. Such abuse can be detrimental to both your physical and mental well-being. It's possible to experience a range of feelings, including powerlessness, over-compliance, worry, shame, guilt, and frequent tears. You might remain in the relationship and attempt to deal with the victimizer or attempt to change the victimizer's way of behaving, frequently accusing yourself, despite the fact that you are not to blame. Male abuse is like that of female abuse in many ways. examples of emotional abuse committed by women are given below. Extreme emotional episodes, Steady displeasure, Compromising and prompting dread, Shouting, and shouting, keeping weakness as well as sex

secluded from companions, Ridiculing or belittling language, Patronizing others, Public embarrassment. In light areas of strength for of generalizations, ladies are frequently pardoned from these ways of behaving. Excuses like She was reactive, she has experienced trauma, or She is hormonal might be offered. Although each of these may be significant contributors, abusive behavior is still abusive, and we must combat it. Tragically, manhandled men seldom look for help for their maltreatment. Men frequently have the misconception that they should simply endure this abuse and suffer in silence. Abusive behavior is only made possible and even encouraged by this. Men are more likely to withdraw, spend more time at work, turn to alcohol, read, play sports, watch television, or engage in other means of denying reality rather than speak up. Men are more likely to withdraw into depression, exhibit low self-esteem, emotional numbness, and a reluctance to trust (Coyne, 2005).

In addition, some men will experience physical symptoms like headaches, digestive issues, insomnia, and fatigue. The mind-body connection, which is applicable to both men and women, is thoroughly discussed in my book in *Sickness and in Health*. Over the long run, psychological mistreatment claims a gigantic cost for men. They lose faith in themselves. They doubt themselves as their self-worth declines. They are unable to think clearly because she has imposed her reality on him. They experience guilt and worry about losing their home, children, and financial security. Furthermore, in extra to all of that, they feel frail, accepting they don't merit being liberated from the psychological mistreatment. The male victim of abuse frequently fears being on his own and feels reliant on the woman (Coyne, 2005).

### **Men cope with different form of abuse**

Men must learn to bravely speak up, refuse to tolerate abusive behavior, and step forward. Abuse continues in a relationship when it is tolerated. Men who have been abused need to prepare

for an intervention and refuse to respond to abusive behavior. Revolting against misuse is the initial step. The next step might be to take a more decisive action, like temporarily breaking up. If the relationship is to be saved, you must insist on professional assistance from skilled individuals. Keep in mind that an abusive relationship is not a healthy one, regardless of gender. A relationship loaded up with psychological mistreatment is a relationship loaded up with doubt, expanding profound injuries, and compromised trust and closeness. It is necessary to confront emotional abuse because it takes life and joy out of a relationship. To build a secure, loving, and trusting relationship, both partners must acquire healthy communication and conflict resolution skills. People who abuse their emotions often behave in a haughty and entitled manner. Emotional abuse manifests itself in a variety of ways, such as treating you like a lower person, blaming you for their errors and shortcomings, doubting everything you say and trying to prove you wrong, making jokes about you, telling you that your beliefs, values, and ideas are silly or nonsensical, talking down to you or being condescending, using sarcasm when interacting with you, and acting as though they are always right, know what is best, and are smarter than you (Alsawalqa, 2021).

Those who emotionally abuse you will make an effort to keep you under their influence. Some examples of this kind of emotional abuse include taking or hiding your car keys, controlling the finances, criticizing or making fun of your friends, family, and coworkers, requesting to know where you are at all times or using GPS to follow your every move, treating you like something you own or property, and using jealousy and envy as a sign of love to prevent you from spending time with other people. Additional instances of this kind of misuse include Emotional abuse includes a variety of behaviors, such as withdrawing from friends and family, calling names and using abusive language, criticizing or embarrassing the other person, treating them silently, trivializing their worries, and withholding care and attention. Additional instances include claims



of infidelity or other manifestations of resentment and dominance, persistent observation of or attempts to manage the conduct of the other individual, persistent observation of (Tomison,1997).

These types of emotional abuse may begin so slowly that you may not even notice them at first, but they may be used later (as the relationship progresses) to begin to manipulate and control you.<sup>3</sup> Your relationship may initially appear to be normal and loving. Conflict is common in relationships. Nonetheless, if during the contention with the other individual you feel as though you are being harassed, affronted, deprecated, offended, or excused, these are signs that it might have gone too far into psychological mistreatment. Emotional abuse has the same severe consequences as physical abuse, according to research.<sup>4</sup> The only difference is that your wounds are hidden from others by feelings of self-doubt, worthlessness, and self-loathing. It is possible to lose your entire sense of self when emotional abuse is severe and persistent. The accusations, verbal abuse, name-calling, criticisms, and gaslighting can gradually weaken your sense of self to the point where you are unable to see yourself in a realistic way. As a result, you might begin to sympathize with the abuser and develop internal criticism. You become trapped in the abusive relationship because of this, believing that you will never be good enough for anyone else. You may eventually withdraw from friendships and isolate yourself because you are convinced that no one likes you (Tucci, 1997).

Friendships can be impacted by emotional abuse because emotionally abused people frequently worry about how others perceive them and whether they truly like them. Attempts to address emotional abuse or lessen it can sometimes backfire and make the abuse worse. The following are some tactics that are not effective for dealing with abuse. Trying to argue with an abuser can make the situation worse and even lead to violence. An abuser will always find new ways to blame, shame, or criticize, so you can't argue with them. They might also try to play the

victim and turn the tables. Attempting to comprehend or rationalize the victimizer. It might be tempting to try to understand the other person's actions or come up with justifications for them. Trying to understand or downplay the abuser's actions can make it more difficult to leave the situation. Endeavoring to conciliate the victimizer. Although appeasing the other person may appear to be a form of de-escalation, in the long run, it typically backfires and may facilitate additional abuse. Focus on setting clear boundaries and, if at all possible, refraining from interacting with the abuser rather than attempting to adapt yourself or your actions to the whims of the abuser (Gordon, 2022).

## **Theories of emotional abuse**

### ***Theory of Attachment***

Theory of Attachment Secure attachment style couples typically have more wholesome bonds. On the other hand, those who experience anxiety or avoidance due to insecure attachment may display behaviors that are authoritative or emotionally detached, which can lead to emotional abuse (Bowlby, 1969).

### ***Power and Control Theory***

According to the Power and Control Theory, which is frequently connected to the Duluth Model, emotional abuse is a strategy used by the offender to seize and hold onto power over their relationship. The model places a strong emphasis on the part that power disparities play in relationships and how abusers utilize emotional abuse among other forms of abuse to assert their dominance (Pence & Paymar, 1993).

## **Employee couples or partner with career**

The term employee couples or partner with career where the two accomplices work in the work market. A couple with career is one in which both partners are committed to work and, possibly, to career advancement. This type of relationship is referred to as a couple with career. When one partner works to supplement the main earner's income, a couple is sometimes referred to as a single earner couple. Although the term earner couples or couple with career is not gender-specific, it is frequently used to distinguish between male-breadwinner couples, in which the man works, and the woman is a full-time homemaker, and opposite-sex couples, in which both men and women are employed. (Boye & Katarina, 2014).

Couples with career are now extremely common. Education and employment are often taken into consideration when choosing a life partner. In this manner having some work for both the orientation has turned into a fixation as well as important (Krishna & Reddy 2013).

However, this feature comes with both benefits and drawbacks, like two sides of a coin. Let's discuss this working couple system in greater detail. Women have recently made inroads into paid labor, and their financial contributions are increasingly important resources for the financial well-being of families (Amato, Johnson, Booth, & Rogers, 2003) even though men have historically provided the primary care for their families. The change in the jobs and obligations of ladies and men has prompted simultaneous changes close connections. These progressions have suggestions for conjugal fulfillment and steadiness and increase the likelihood of domestic violence (Hornung et al, 1999). Researchers investigated the relationship between women's risk of intimate partner abuse and the economic contributions made by men and women.

### **Advantages of couples with career**

There are lots of advantages of having partners with career. Let us discuss some of them.

A study found that a couple who work has a better balance in their relationship, is better at understanding each other, and is better at solving problems together than a normal couple. Because they both work, they have more time to focus on their jobs, which lowers their stress levels by a small percentage. Since both partners are working, they develop a sense of equality and can effectively communicate the various issues that arise from their work.

Since they now understand each other's challenges in achieving work-life balance, collaborating on projects becomes much simpler. The financial crisis is lessened when both partners in a dual-career couple work. In addition, couples with both partners working have a better chance of providing their children with a better future, education, and lifestyle than couples with only one partner working. These couples are more likely to be recognized for their commitment as they become more focused on their work. Because of both couples working, they no longer have to worry about money (White & Rogers, 2000).

The days when women were only expected to stay at home and take care of the house are long gone. Nowadays, everyone wants a spouse who has a high level of education and a steady income to support the family. Socialization becomes an essential consideration as a result. With double vocation families, socialization turns into a piece of cake. In fact, everyone would love to meet a couple who not only has a high level of education and financial stability but also enjoys socializing with others. Since both couples are employed, house management is no longer the sole responsibility of the female partner. As a result, working together harmoniously leads to improved comprehension of one another's issues, the development of rare abilities like patience, and the elimination of useless behaviors like being impatient or ordering one another around. They also gain a better understanding of each other's lives and tend to solve problems more effectively. The

opportunity to work toward a common objective that alters each person's lifestyle is the greatest perk of being a couple with two careers. They must not only live their own lives but also share a common objective and collaborate effectively to achieve it. Additionally, they gain a greater sense of accomplishment (Nock et al, 2001).

### **Disadvantages of couple/partners with careers**

Having partners with careers means spending less time with the kids. Consequently, this can be a negative viewpoint. However, the positive aspect is that children gradually become less reliant on their parents and tend to look for solutions to their problems on their own rather than constantly seeking advice from parents. As a result, children learn to become more independent, dependable, and less reliant on their parents for daily decisions. This teaches them to handle the world on their own and improves their efficiency (White, 2001).

When you combine professional mode with lifestyle mode, you are exposed to a wide range of market prospects for additional lifestyle enhancement. No one is dependent on anybody else, thus a variety of chances arise for each of them to succeed. possibilities create challenges, which drive away ennui and sluggishness and promote greater physical and mental exercise so that people may work more effectively, achieve their everyday objectives, and reap the full rewards of their possibilities. The new thing for couples in the 21st century is to have both partners with jobs. The two-body problem, also known as the career couple's problem, has increased because of an increase in the number of women who are given the opportunity to learn and pursue their career. They both have a high level of education, are committed to their careers, and run a family while

simultaneously both partners are working. Even though this scenario may provide family income independence, it comes with its own set of difficulties (Anderson, 1997).

Numerous couples who work simultaneously manage their family. There is no question of superiority in such couples because each spouse's career is equally important. In contrast to traditional families, where each member enjoys equal freedom and responsibilities, these couples sometimes find it difficult to maintain a healthy personal life due to the high level of commitment shown by both partners. As a result, their personal stress levels rise. It's an exemplary expert versus individual life circumstance in which both the mate needs to pick either private progression and the government assistance of the family. The very definition of the term says that couples with career are serious about their careers. As a result, the conflict is more about who will be sacrificing what and to what extent to run the family rather than whether the couple will prioritize their careers or their families (Jasinski, 2001).

Getting a job at the same place or organization is easier for spouses with different levels of education, work experience, and career advancement. However, because it is extremely uncommon for an organization to have two vacancies for similar types of jobs at the same time, it becomes difficult for couples from the same background to find employment. As a result, it becomes difficult to find a job that requires them to work together. The worst thing that can happen to a person is when their partner doesn't live up to their expectations. This typically happens when an individual takes on specific obligations to be completed by the other naturally. This makes the situation even worse because they can't agree on a common point, which causes stress and uncertainty about the future of the spouses. As a result, personal relationships become worse as expectations rise (White, 2001).

In most societies, men are thought to be the breadwinner and women are thought to be the homemakers. As a result, it places external obligations on both men and women. This puts unnecessary pressure on men to earn more while women take care of the house. This sort of generalizing influences a great deal to the relationship in which both are really focused on their profession and job in the public eye. As a result, it becomes a daunting task to live in a society with stereotypes. Because of shared burden, obligations and will to seek after person's vocation becomes challenging for the two of them to accomplish the best in their profession. Managing a domestic affair frequently necessitates making some sacrifices so that the other partner can focus on more pressing work or career advancement (Rogers, 2003). However, if no agreement is reached regarding the division of responsibilities, tensions between the partners can arise. In this way, making a disunity among one another.

In the current environment, where men make up most employees, women face a very depressing situation because, when two partners with the same experience and qualifications apply for similar jobs, typically the male partner gets hired, while the female partner gets a less important job. The term "trailing spouse" refers to this kind of situation. Even though, with effort, the female counterpart attains her desired position within the organization, this typically slows her rate of achievement and somewhat delays her career advancement (Booth, 2003)

To defeat the issue of give and take in the profession development, this allows a couple to choose their own career paths, but they must live apart. They are both content with their work lives, but it forces them into a long-distance relationship. There are numerous additional issues as well. Since the partners live in different parts of the country, it is obvious that after a few days, they start to feel like they aren't together because they see each other less and less. Both of their productivity was greatly reduced as a result, and they began to feel isolated from one another.

Every long-distance relationship has communication issue. Both find it difficult to share and talk daily due to the individual's dedication and active involvement in advancing their career. The partners' tension increases because of this. If it is a family having youngsters, the pressure heightens to a higher elevation as it makes it hard for both the guardians to give legitimate supporting climate to their kids. Additionally, maintaining their long-distance relationship while also managing their children is made even more difficult by an improper division of household duties. As a result, numerous unnoticed issues arise as a result (Booth & Rogers, 2003)

younger married couples who have just moved in and are getting to know one another. While the husband views this situation as a battle plain to determine whose work is more important, the wife typically continues to be clouded by the belief that her husband is missing something. Couples who are older, married, and employed include those who have been together for a significant amount of time and have one or two children. The husband's primary concern is his failure to provide security for his family, while the wife's primary concern is her lack of involvement with her children (Reddy, 2013).

The pros and the cons of couple with career. It is hard to ignore that the current situation makes it even easier for spouses with careers to emerge everywhere. Therefore, let us concentrate on a few of the best recommendations for ensuring families' long-term viability.

Any relationship issue can be resolved through communication. If the accomplices choose to speak with one another consistently and guarantee that the two of them get to get physical and profound requirements, then it is entirely conceivable that the accomplices will keep on living a cheerful working and personal life. The right division of household chores is the most significant issue arises from the partners' hasty and unclear division of household chores. They must sit down and talk about it to make sure that both partners get to do their fair share of the work. This will not



only lessen the tension, but it will also ensure that neither partner puts too much pressure on themselves to make incorrect assumptions. As a result, making a well-defined decision is crucial (Krishna, 2013).

### **Literature Review**

The financial well-being of families is increasingly dependent on the financial contributions made by women (Amato, Johnson, Booth, & Rogers, 2003; White & Rogers, 2000). Due to changes in gender roles and duties, the nature of personal partnerships has also evolved. These changes have an impact on a marriage's stability and level of satisfaction (Nockb et al, 2001) and raise the risk of domestic abuse (Hornung et al, 2001; Macmillan & Gartner, 1999). researchers look into how the economic contributions of men and women differ in terms of the likelihood that women will experience violence from intimate partners. this study focused more on how status compatibility among partners affects the likelihood of verbal and physical violence.

The older couples are especially vulnerable to abuse because to changes in their bodies and longer future. Even in successful partnerships that last for a lengthy amount of time, mature people are more vulnerable to abuse and helpless against it because of illness and disability.<sup>8</sup> The development of effective mediations for the elderly victims of abuse is one of the major sources of strength for long-term relationships. The elderly, both the victim and the perpetrator, are ashamed of their oppressive behavior and try to hide it from others, which has been the subject of numerous studies on "accomplice savagery" among old women in recent years,<sup>9–14</sup> but accessible studies regarding effective mediation and treatment are limited. Even when they are in desperate need of assistance, victims of abusive behavior at home typically refrain from seeking it due to a

powerful mixture of responsibility, terror, and dependence upon a life partner (bagheri & sharif 2017).

Compared to men generally, the average yearly healthcare costs for women who experience violence from intimate relationships are about 92% greater. According to several research, senior abused women reported much greater health issues than non-abused elderly women, including digestive issues, bones and pain in the joints, and hypertension. Long-term domestic abuse affects the victims' health and quality of life negatively, increases their need for medical care, and raises society's costs (bagheri & sharif 2017).

In this study, age and gender were examined as modifiers of emotional abuse in intimate relationships. In younger males, emotional abuse was reportedly more severe, but as men aged, it got less severe. According to reports, elder women are less likely than older men to experience emotional abuse. Younger people were generally more likely to suffer emotional abuse. Overall, women were more likely than males to sustain property damage, and as they aged, their rates of isolation rose. The results are interpreted using the conflict and social exchange frameworks (Karakurt & Silver 2013).

In this study, it was discovered that factors such as age, education, the number of children, employment position, and marriage length all had an effect on marital satisfaction. The results showed that levels of marital contentment were considerably different between adults who were first married and those who were remarried. In a gender-level analysis, there was a statistically significant difference between the marriage satisfaction of men and women. Among the segment determinants, the length of the marriage had a particularly significant impact on conjugal fulfillment. In a different study, we discovered that the respondents' sexual transition was

influenced by their age and the number of children around them. Therefore, we found a substantial positive association between age, the number of children, and the length of the marriage (Jose & alfons 2006).

A study that looked at long-term marriages, age, gender, and satisfaction was done. The results supported a positive view of elder marriages. In comparison to relationships that were moderately older, more experienced couples demonstrated less potential for conflict and more potential for joy in some areas (including children), similar levels of mental and physical well-being and less sexual orientation diversity in sources of joy. Compared to males, women reported a higher connection between their health and marital satisfaction. In couples that were happy, both spouses and husbands were healthy; however, in marriages that were unhappy, spouses disclosed more physical and mental health issues than their husbands did. (Levenson et al.,1993).

Another study that looked at how the employment status of wives affected husband, wife, and pair satisfaction and performance. According to its analysis, wives who worked generally reported being happier and performing better than spouses who did not. On the other hand, husbands or wives who worked reported being less content and performing worse than husbands or wives who did not work. Some justifications for the spouses' more notable urge to alter in accordance with the two-job family situation are advertised. (Burke et al., 1976).

Work and family characteristics were included in a study as mediators of the association between spouses' employment and wellbeing. According to this study, compared to spouses of housewives, husbands of working women reported somewhat lower levels of quality of life, marital adjustment, and job satisfaction. It was discovered that the influence of husbands' childcare

satisfaction and work commitment on their spouses' job satisfaction & marital adjustment, respectively, was mediated by the wives' employment (Parasuraman et al., 2017).

Previous studies on accomplice attack, particularly those that used the Contention Strategies Scales, have produced the doubtful finding that women are just as likely as men to assault their accomplices. Organizations providing medical, legal, and social services have discovered that women are disproportionately more likely to experience intimate partner violence. These results obviously diverge from those results. Using self-reported data from a national sample of young individuals, it was evaluated how much this apparent difference may be reduced. The results confirm earlier research showing that violence against women is widespread yet neither men nor women consistently report it. However, men were more likely than women to repeatedly beat their partner over the course of a year, even though men and women both engaged in frequent minor assaults. Furthermore, ladies were more probable than men to experience actual injury and look for clinical treatment because of episodes of male savagery. The discrepancy regarding partner assault is somewhat reconciled by these findings taken together: ladies are more frequently than men the survivors of extreme accomplice attack and injury not really claiming men strike on a more regular basis, but since men strike harder (Morse & B. J 1995).

Different types of marital conflicts were associated with self-reported marital conflict strategies. Financial disagreements consistently ranked among the top predictors of conflict methods, which typically involved having furious exchanges rather than calm discussions. Conflict strategies were also generally predicted by arguments about housework, contrary to earlier study. The reports of financial disputes between partners had a stronger link to conflict resolution techniques than those of wives. (Dew & Dakin 2011).

Examined was the association between depression, marital or romantic satisfaction, joblessness, and financial hardship. The longitudinal data of 815 job candidates and their recently laid-off partners or spouses were used to construct the analyses. The findings demonstrated that both partners' depression symptoms were significantly impacted by financial stress, which in turn caused the partner to withdraw from social support and increase social undermining. Depressive symptoms & relationship satisfaction was negatively impacted by both decreased supportive behaviors and increased undermining behaviors (Vinokur & Caplan 1996).

In younger males, emotional abuse was reportedly more severe, but as men aged, it got less severe. According to reports, elder women are less likely than older men to experience emotional abuse. Emotional abuse was often more common among younger persons. Women reported more instances of disconnection than males did, and as they became older, so did their general awareness of property damage. The frameworks for social exchange and conflict are used to interpret the findings. Emotional abuse was often more common among younger persons. Women reported more instances of disconnection than males did, and as they became older, so did their general awareness of property damage. The frameworks for social exchange and conflict are used to interpret the findings (Karakurt & Silver 2013).

Numerous instances of emotional abuse among married or committed couples have been documented in the literature. It's a prevalent misconception that husbands abuse their spouses emotionally much more than they do physically. However, this pattern has changed as a result of women's growing social participation and academic success. This study looked into the frequency and seriousness of emotional abuse among couples. The study measured the respondents' levels of emotional abuse using the Multidimensional Measure of Emotional Abuse. The results showed that wives substantially more frequently abused their husbands emotionally (Ali & Gavino 2008).

Numerous demographic factors, including marital satisfaction, sex, age, length of marriage, religion, number of children, economic status, and education, have been shown in the literature to play a significant influence. Below are explanations for each factor.

The ability to predict marital contentment using a component based on gender has long been acknowledged. Early research, in particular, revealed that men in both Western and non-Western countries, as well as in the East, (Rostami 2014). Though sex inequalities in marriage satisfaction may vary among countries and other significant societal issues, such as sex libertarianism, because to conventional sex roles. (Taniguchi and Kaufman 2013).

Only a few research have looked at the influence of age on marital satisfaction ratings (Schmitt, 2007). As a result, the literature is unable to provide precise predictions about age-related outcome patterns. However, several studies suggested that age had a negative relationship with conjugal fulfilment (Lee & Shehan 1989). It is crucial to consider age when predicting marital pleasure over the life of a relationship.

It has been shown that the quantity of time couples spend together and their level of marital contentment are related. The effect of relationship length on conjugal fulfilment is either negative (it declines with time) or U-shaped (it decreases initially and increases later). This variable may vary between cultures since, for example, relationship happiness may be lower in the beginning of arranged marriages (Lavner & Bradbury 2010).

Because religion is highly correlated with many relationship-related beliefs and customs in many cultures, it may be related to marital contentment. Religion and marital contentment have been proven to have beneficial associations among religious groups like Christians, Jews, Mormons, and Muslims (Marks, 2005).

Previous studies across cultures have shown contradictory results about the association between a couple's number of children and their level of marital satisfaction. This suggests that some culturally influenced factors may have an impact on the link between conjugal satisfaction and the number of children (Onyishi, 2012).

The quality and security of marriage are seriously threatened by financial difficulty or low income. However, several research found that the degree of this connection differed across cultures (Lichter & Carmalt, 2009). Few researches have examined the relationship between education levels and marital satisfaction. For instance, it was discovered that women with extensive education had greater rates of temperamental relationships. Round inverted results using data from the Public Study of Family Development, showing that women with higher levels of education had lower rates of conjugal dissolution. Because of this, the findings about the connection between marital satisfaction and educational attainment, which are largely based on Western culture, are unsatisfactory and raise the question of whether such a connection exists globally (Heaton, 2002).

A study looked at how men in Mwanza think about emotional abuse. How they utilize their Masculinity, power, and structural constraints. Globally, intimate partner violence has devastating social and health effects on individuals and families. The data were analyzed using a multistage inductive process, although some forms of intimate partner violence, such as physical and sexual violence, have been thoroughly investigated. Members portrayed profound viciousness through a story of 'being wounded' by certain activities or expressions of their accomplices. Some of these were: verbal complaints about the partner's infidelity and flirtation with other men, the partner's failure to provide for the family, the partner's poor sexual performance, and the partner's perceived

normative deviation, which is characterized by coming home late and not doing the housework. Men's definitions of emotional violence were shaped by threatened masculinities resulting from negative communal normative ideals and the underlying interpersonal power struggles they had with their partners for control of economic provision, sexual intimacy, and family matters. Women's dominance in the home is challenged by ongoing changes like women's ownership and participation in economic activities and the lack of employment opportunities for men. Multicomponent mediations ought to target men, couples and collective goals supporting negative manliness. Instead of focusing solely on individual demographic characteristics, the design of interventions needs to be informed by an analysis of interpersonal power and structural dynamics that influence relationships (Mshana et al., 2022).

An investigation A study called Experiences of Women in Japan: Physical, Sexual, and Emotional Abuse by Male Indicates was carried out. More than 74% of respondents said their male spouse had used violence at least once. From verbal taunts to physical attack with a lethal weapon, from forced, violent sex to noncompliance with contraception, these Japanese women described a broad spectrum of maltreatment. Injuries occurred in almost two thirds of the most severe physically aggressive episodes. The sociocultural elements specific to Japanese women's encounters with male aggression are recognized and examined, along with their potential consequences for intervention and prevention (Yoshihama, & Sorenson, 1994).

An article based on the study of Employed mothers: Interpol conflict, spouse support and marital functioning. Expanded support by moms in the workforce might apply an adverse consequence on working moms themselves (for example interred struggle) and impact the conjugal



relationship adversely. According to recent research, not all people who are experiencing psychological distress experience psychological strain. Instead, psychological stressors are tempered by factors like social support. 64 employed mothers completed scales measuring spouse support and role conflict to test this. Conjugal fulfillment, verbal and nonverbal correspondence were the models operationalized to evaluate conjugal working. Utilizing directed different relapse investigations, interred struggle and companion support anticipated conjugal fulfillment and verbal correspondence essentially. Additionally, it's possible that spouse support can mitigate the negative effects of conflict between roles on marital satisfaction and verbal communication. Support from the spouse was both a significant main effect and possibly a moderator of interred conflict in terms of nonverbal communication. The significance of spouse support, its conceptual and therapeutic ramifications, and the areas of focus for future research are identified (Suchet & Barling, 1986).

An investigation into the mental health, marital status, and sex-role orientation of working women. This study sought to examine the effects of sex-role orientation and job stress on men's and women's mental health, as well as to ascertain if marital status affected the effects of these factors on women's mental health. The participants, who worked at two privately held companies and one public institution, were 644 men and 301 women. The Job Content Questionnaire, the Bem Sex-Role Inventory, and the 30-item General Health Questionnaire were used to assess mental health, sex-role orientation, and job contents. Male gentility and high job expectations, as well as female manliness and gentility, were predictive of poor emotional wellbeing. Unmarried women's awareness of their gender and stress outside of work in married women were the best indicators of poor mental health (Mori et al, 2002).

Cultural Values, Self-Disclosure, and Conflict Tactics as Predictors of Marital Satisfaction Among Singaporean Husbands and Wives is a research. In this study, we looked at the relationship between marital fulfillment and social worth directions (such as community independence), self-exposure, and battle methods (such as escape and steadfastness) in Singaporean couples. There were 160 participants in this study, 80 of whom were husbands and 80 of whom were wives. According to the findings, self-disclosure and exit conflict techniques were major predictors of marital satisfaction. The fulfillment of spouses is influenced by the community, which has a critical relationship with steadfastness struggle techniques. There was no correlation between wives' degrees of contentment and individualism or collectivism. The consequences for future research and clinical practice were discussed (Quek & Fitzpatrick 2013).

Conjugal fulfillment of the two married partners is one of the signs of an effective marriage. In any event, for some married couples, tending to the task of spouses who work outside the family has become increasingly challenging. The goal of this study was to look into how communication, dispute resolution, sexual intimacy, and financial relationships affect marital satisfaction in both working and non-working wives. Polls served as a means of gathering information. A linear regression study found that working and non-working wives influenced marital satisfaction in distinct ways. Working wives' marital satisfaction was influenced by communication, sexual closeness, and financial relationships, whereas wives who did not work were influenced by financial relationships and communication (Renanita & Setiawan (2018).

A study investigated if and how housework affects marital satisfaction in Japanese couples. Both men and wives in single-earner marriages are happier with each other if the wife does more

housework on weekdays. Both husbands and wives report higher levels of spousal satisfaction when one partner does more of the housework on weekdays in a couple who earns both salaries. Because ladies already handle a large amount of housework during the week while husbands work long hours, Japanese dual-earner couples cannot devote extra time to it (Kobayashi et al, 2016).

The effects of educational hierogamy on marital satisfaction were examined using the couple as the study unit. We found, using normal least-squares regression, that couples reported less-than-ideal connections that included more conflict & harsh criticism when husbands had higher levels of schooling than wives. Both spouses reported higher marital happiness whenever the wife had more schooling. A two-stage least-squares model was calculated using the findings of conventional least-squares regression. According to this more detailed model, each partner's level of marital satisfaction was most influenced by feedback regarding the other partner's level of happiness. Several possible explanations are considered in relation to these observations. We argue that longitudinal studies using the couple as the unit of analysis are required to explore the processes of marital interaction between spouses (Tynes, 1990).

Using data from self-administered questionnaires for 156 couples with two incomes, this research investigates the effects of economic dependency, gender ideology, domestic work, and employment status on marital satisfaction. Three aspects of domestic labor were analyzed: socialization, emotional labor, and housekeeping. We looked at the relationship between marital satisfaction and each of these aspects of domestic work division. In addition, we assessed the correlation between a respondent's happiness with the division of household chores between the couple and marital satisfaction. Lastly, we examined the effects of economic dependency, gender ideology, and the number of hours worked for pay each week on marital satisfaction. The strongest indicators of marital pleasure were women's contentment with the distribution of emotional labor

and household duties as well as their contributions to tasks that improved their status. Men's marital fulfillment was significantly predicted by their satisfaction with the division of labor that included both professional and household duties. The effort that Accomplice did to elevate status was also wise for males. The number of children and preschool-aged children, paid employment hours, gender ideology, partner's home hours, emotional labor contributions, and economic dependence all had an indirect impact on women's marital satisfaction. Men's marital satisfaction was indirectly impacted by hours worked on housework, hours spent on paid labor, hours contributed to emotion work, partner's emotion work, and the number of preschoolers (Stevens & Riley, 2001).

When there is a lot of stress, relationships suffer. Negative relationship results, on the other hand, are not always correlated with work-related stress. The ongoing review was motivated by the fact that the relationship between responsibility and directions of conjugal fulfillment is dependent on variables that may compel or work with accomplices' ability to organize their varied jobs. We expected that (a) spouses' level of job satisfaction, (b) parenting status, and (c) gender would reduce the covariance between changes in workload and marital satisfaction across time. Analyses based on eight waves of data on workload, work satisfaction, and marital satisfaction from 169 newlywed couples surveyed over a four-year period verified these findings.

In particular, across couples, requests at work were covered decidedly with conjugal fulfillment for mates who were happier with their positions. For nonparent couples, expansions in husbands' responsibility covered with expansions in conjugal fulfillment for the two life partners. However, for parent-child couples, an increase in the husband's workload was associated with a decrease in marital satisfaction for both partners. Unexpectedly, an increase in marital satisfaction was correlated with an increase in wives' workload for parent couples. Lastly, as anticipated, wives were more affected than husbands by their husbands' workload.

Therefore, tension between marriage and work aren't inevitable; rather, it depends on the circumstances that help or hinder performance in multiple roles. Employers, practitioners, and

couples alike ought to be aware of the significance of external factors in determining how work and marital life interact (Steenbergen et al, 2011).

In a random sample of 382 married couples with two incomes, we investigate the connection between marital satisfaction and the division of paid and domestic work between the family. Additionally, we assess whether value preferences for the division of power, the balance of power, and perceptions of equity and empathy mediate this connection. Utilizing a way investigation, we discover that the division of work and job inclinations influence conjugal fulfillment basically through impression of reasonableness, yet what is "fair" is different for married couples. The gendered implications joined to homegrown and paid work are significant in grasping these distinctions and loan backing to a gendered model of conjugal fulfillment (Wilkie et al, 1998).

This study evaluated relationship between both work requests (tension, hours) and work assets (self-bearing) and conjugal fulfillment in an example of 164 African American double worker couples who were consulted every year across 3 years. Results from longitudinal actor-partner interdependence models (APIM) were based on the work-home resources and family systems frameworks. They showed that spouses' work experiences had a major impact on their own marital satisfaction, but these effects were tempered by the interactions between spouses' and partners' work experiences. A few intelligent impacts were reliable with an enhancing design, for

instance that, past the fundamental impacts of entertainer self-course, conjugal fulfillment was most noteworthy when the two life partners experienced high work self-bearing. Other effects followed a similar pattern, with partners working longer hours only being associated with lower marital satisfaction when working shorter hours. Orientation balance likewise was obvious in discoveries that spouses' work pressure was adversely connected to conjugal fulfillment just when their husbands revealed high tension, however husbands' work pressure was adversely connected to conjugal fulfillment just when their wives detailed low strain. African American couples, an understudied group with a unique connection to the labor force, are the focus of this study, which aims to improve our understanding of the connections between work and marriage. Examination exhibit what can be gained from researching the couple as a unit and outline how family frameworks ideas can be tended to through APIM (Sun et al, 2017).

A study compared the relationship between marital satisfaction and the division of household work in China, Japan, and Korea in this study. As is common in Western nations, the findings showed that, in the three Asian nations, wives' marital satisfaction was negatively correlated with the amount of housework they were required to do. However, there were noticeable differences between countries. Couples in China were generally supportive of an egalitarian division of household work. Traditional specialization was encouraged by Japanese families, and wives were flexible in dividing their time between housework and outside work. Conflicts between the traditional division of labor and the wife's participation in the labor force put pressure on Korean couples. The significance of the socio-institutional context in the study of marital satisfaction was emphasized by these results (Oshio et al, 2013).

Using household panel data from Australia, a study looked at how the age gap affects the evolution of marital satisfaction over the course of a marriage. We viewed that men tend to be happier with more youthful spouses and less happy with more established wives. It's interesting to note that women tend to be happier with younger husbands than with older ones. In contrast to couples of similar age, men's and women's marital satisfaction decline with marital duration in differently aged couples. The initial higher levels of marital satisfaction experienced by men and women married to younger husbands within six to ten years of marriage are erased by these relative declines. A potential system is that diversely matured couples are less strong to negative shocks contrasted with comparably matured couples, which we discover some steady proof for (Lee & McKinnish, 2018).

The purpose of this study was to investigate the connection between stress, depression, and marital adjustment. The study's sample included 150 married, working, and non-working women. The discoveries of the outcomes additionally show that functioning married ladies need to deal with additional issues in their wedded life when contrasted with non-working wedded ladies. In addition, the findings demonstrated that, in comparison to educated married women who work and are not employed, highly educated married women are not depressed and can perform well in their married lives (Hashmi et al, 2007).

The purpose of this study was to test a mediational model that could explain how marital exhaustion and psychosomatic health are affected by psychosocial job stressors like job insecurity, autonomy, time pressures at work, leadership relationships, and work–family conflict. The outcomes demonstrated that the work stressors, except for occupation independence, poured out over into conjugal fulfillment through work weariness and psychosomatic wellbeing for all kinds of people. However, there was no evidence to suggest that partners' job stressors crossed over,

indicating that one partner's job stressors had no effect on the other's marital health (Mauno & Kinnunen, 1999).

### **Rationale**

The significance of the study is to find out whether employed and un-employed spouse use emotional abuse and conflict tactic inflicted towards each other that impact their couple satisfaction. Furthermore, the study will find out differences based on demographic variables in use of emotional abuse and conflict tactics and its impact on couple satisfaction. The study topic that was selected, "Impact of emotional abuse on couple satisfaction among employee and jobless spouses: moderating role of dispute techniques," tackles a crucial aspect of the field of interpersonal relationships. "Intimate relationship contexts where emotional abuse occurs can have far-reaching effects on couples' overall contentment. The study intends to shed insight on potential differences in the impact of emotional abuse on couples with different job statuses by specifically analyzing this phenomenon in the context of employment status.

The choice to investigate the moderating influence of conflict tactics broadens the scope of the study by acknowledging that partners utilize a variety of coping mechanisms to manage and resolve conflicts that result from emotional abuse. Developing focused interventions and support systems requires an understanding of how conflict resolution techniques may regulate the association between emotional abuse and partner satisfaction. Moreover, the differentiation between spouses who work and those who do not adds a socioeconomic component, recognizing the possible impact of monetary strains and power dynamics in partnerships. Examining these sensitivities can lead to a deeper comprehension of the variables influencing couple happiness by illuminating the intersections between emotional abuse, work status, and conflict resolution techniques.



Couples who are employed or jobless may encounter differing degrees of stress, financial hardship, and general life happiness. This can have a substantial effect on their interactions and methods for resolving conflicts. The power dynamics in a relationship can be influenced by an individual's employment status, which can have an impact on conflict resolution and even lead to emotional abuse.

The association between conflict resolution strategies, employment position, and emotional abuse has been studied in the literature; nevertheless, there is a clear study gap regarding the precise mechanisms and differences behind this relationship. Few studies have thoroughly examined the ways in which working and jobless spouses resolve disagreements and the ensuing effects on their mental health.

For example, Smith and Johnson's (2018) study on the relationship satisfaction and employment status emphasizes how crucial it is to comprehend how stressors influence relationship dynamics. Unfortunately, a thorough examination of conflict resolution techniques and emotional abuse in relation to employment position was absent from the study.

Brown et al. (2020) conducted a study that examined the effects of being unemployed on mental health, but it did not specifically examine the dispute resolution strategies used by couples or their correlation with emotional abuse.

Couple satisfaction has been found to be significantly predicted by emotional abuse in romantic relationships; the strength of this correlation may differ for couples who are employed and those who are not.

Intimate relationships will inevitably involve conflict, and how couples resolve it can have a big impact on how happy they are in their relationship (Gottman., 1994). The way conflicts are

resolved, from productive dialogue to harmful actions, affects the relationship's general well-being.

The purpose of the study was to investigate any possible differences based on demographic variables such as employed and unemployed spouse in the correlations between these factors. The goal of the study is to close this disparity and provide insight into potential demographic differences in conflict tactics effects on emotional abuse and couple satisfaction. An extensive research process was used to accomplish these goals. Using standardized assessment instruments, a sample from employed and unemployed spouses were selected and their conflict tactics, emotional abuse, and couple satisfaction were evaluated. A broad variety of factors that could affect the connection between emotional abuse, conflict tactics, and couple satisfaction were taken into consideration in this study.

### **Objectives**

The objectives of the present study are as following

1. To study the impact of emotional abuse and conflict tactic on couple satisfaction among employed and un-employed spouse.
2. To explore the demographic variables i.e., age, education, family system, type of marriage, income level, socio economic status and nature of employment differences of employed and un-employed spouse on conflict tactics, emotional abuse and couple satisfaction.

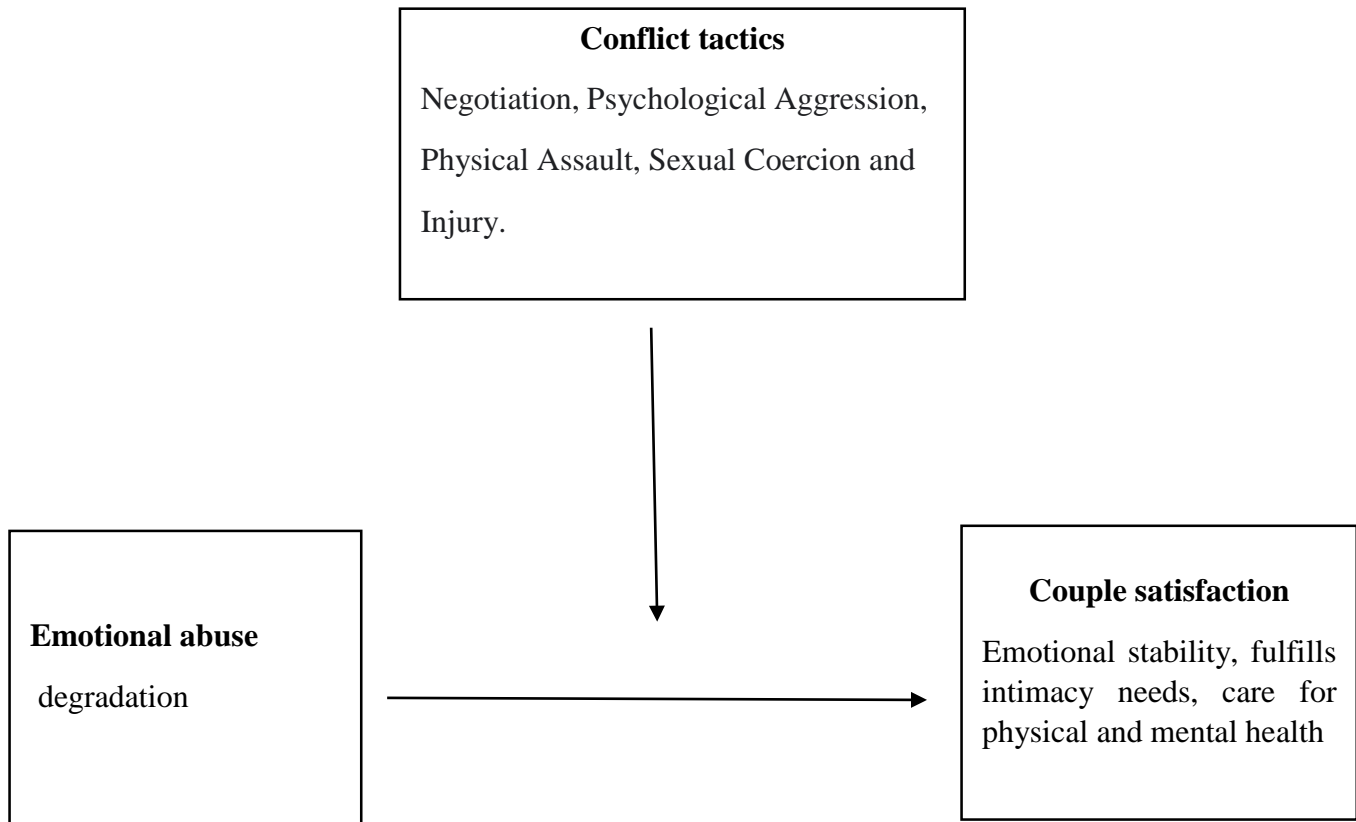
### **Hypotheses**

The hypotheses of the present study are as follows.

1. There is a positive relationship between conflicts tactics and emotional abuse among employed and un-employed couples.
2. Emotional abuse is negatively predicting couple satisfaction among employed and un-employed couples.
3. Conflict tactics moderate the relationship between emotional abuse and couple satisfaction among employed and unemployed spouse.

4. Younger couple are using more conflict tactics and emotional abuse as compared to Older couples.
5. Un-employed couples are scoring high on conflict tactics and emotional abuse as compared to employed couples.

## Conceptual Framework



*Figure 1: Impact of emotional abuse on couple satisfaction among employee and unemployed spouses moderating role of conflict tactics.*

## Chapter 2

### Method

#### Research Design

Study used correlational research design. Correlational research is a type of research which is commonly used in psychology, which tries to find whether two or more variables are having relation or not. In correlation, a moderator is a third variable that affects the correlation of two variables.

#### Sample/Participants

The population of the present study was 350 employed and un-employed couples/partners living in Islamabad and Rawalpindi. The sample was comprising of N=350 partners/couples between the age range 18 to 65 year.

The sample size comprised 350 participants, with an equal distribution of 50.3% males and 49.7% females. 68.4% were young adults and 30.5% were middle aged.

The current study consisted of participants with varying educational backgrounds. Among them, 54.7% were up to matric, 14.2% were F.A to B.A and 30.8% were MSc, MPhil and PhD. In terms of reporting their occupation, 49.1% of the participants were employees, while 50.9% reported being unemployed.

Regarding type of marriage, 30% of the participants did love marriage, other than that type of marriage includes 88.9% having 5-10 years and 9.7% were having 15 and above years. while 70% were arranged married. 93.1% participants belonged to the middle socio-economic class, 6.9% belonged to the upper socio-economic class.

Among them no child was 23.4% while 46.7% were single child and 2 or above children were 29.3%. Major areas such as Islamabad and Rawalpindi were selected for data collection. Sample was employed through purposive sampling technique.

## **Inclusion Criteria**

Following inclusion criteria was used for selecting sample of the study

1. Age ranging from 18 and 65 years of age.
2. Both male and female was included.
3. Married employed and un-employed couples/partners.

## **Exclusion Criteria**

Following exclusion criteria was used while selecting sample of the present study

1. Partners having some chronic physical illnesses.
2. Single or unmarried people was not included.
3. No restriction was imposed with respect to qualification and socio-economic class.
4. Partners suffering from severe psychiatric disorder.

## **Operational definition**

### ***Emotional abuse***

Emotional abuse is the practice of controlling another person's emotions by criticism, humiliation, shaming, blame, or other forms of control. Emotional abuse is any nonphysical behavior or attitude that is designed to control, subdue, punish, or isolate another person through the use of humiliation or fear (Engel, 2002). Despite occurring more frequently in romantic relationships and marriages, mental or emotional abuse can occur in any relationship, including those with friends, partners, family, and coworkers (Karakurt, 2013).

### ***Conflict tactics***

A conflict tactics are the strategies or methods that an individual use to engage or manage conflicts. A mental conflict brought on by needs, urges, wishes, or demands that are opposed to one another or that are not compatible. This can include a clashing or strong disagreement (as between concepts, interests, or objectives). Within the marriage, one partner might be interested in establishing certain gender norms and expectations. The inequity that these roles imply may not be of interest to the other spouse, resulting in marital conflict that follows the conflict theory's patterns (Whitton, 2018).

### ***Couple satisfaction***

A man and woman who are legally married by the laws of any state, territory, or country are referred to as a couple. Couple is a term used for a married couple. Marital / couple pleasure is the perspective a person has about their own marriage. Marital satisfaction, as one of the indicators of the quality of marriage, is a genuine feeling of pleasure, satisfaction, and joyfulness experienced by a husband and wife when they consider all aspects of their marriage. These thoughts are closely tied to the attitudes or influences that one individual has on particular ways of doing things (Vajda, 2015).

## **Instruments**

### ***Demographic Sheet***

The demographic sheet was used in English language. It is comprised of gender, marital and socio-economic status, type of marriage age, family type (nuclear, joint), level of education, number of children.

### ***Emotional abuse***

Emotional abuse questionnaire subscale degradation 4 point Likert scale was developed by Jacobson and Gottman (1998). It was used to measure all aspects of emotional abuse it contains 28 items. Alpha reliability of the scale is evaluated by Cronbach's  $\alpha$  and it was .93. The scoring of

the scale consists of 1 point for every “never”, 2 points for every “rarely”, 4 points for every “occasionally”, and 5 points for every “very often.” Total these points for the score. If score is in between 73-94 then the person is emotionally abused. If scores are higher than 95 then the person is severely abused than the average (Momtaz, 2022).

### ***Conflict tactic scale***

The Revised Conflict Tactics Scale 2 Short Form (CTS2-SF; Straus & Douglas, 2004) is a 20-items measure that assesses sexual, physical, and psychological intimate partner victimization and perpetration. The scale consists of 8 point Likert scale. Reliability was assessed through Cronbach’s alpha ranging from 0.65 to 0.81 for the perpetration scales and ranging 0.66 to 0.84 to victimization scales. Significant correlations between different forms of the CTS2 illustrate its construct validity.

### ***The couple satisfaction index***

This scale is designed to measure one satisfaction in a relationship developed by Funk and Rogger (2007). The scale consists of four positively worded items that are rated on a 7-point Likert scale, ranging from 0 (extremely unhappy) to 6 (perfect) for the first item, and on 6-point Likert scale, ranging from 0 (not at all true) to 5 (all of the time) for the other three items. A 4-item formal scale will be used. The couple satisfaction index has high validity and reliability. Cronbach’s  $\alpha$  in the original study was .96.

## **Ethical Considerations**

Ethical approval was received from the Review Board ethics, Department of Psychology, IIUI. Informed consent was also taken from the participants, and they were ensured regarding their privacy and confidentiality to the matters of their provided information.



## **Procedure**

After the brief introduction about the study, informed consent was obtained from the respondents or authorities. Then the data was collected and each and every confusion regarding it made clear. Moreover, participants were requested to be honest when they provide the answer and at the end they were thanked for their cooperation. Data was collected from the participants by using the Emotional abuse questionnaires, Conflict tactic scale and the couple satisfaction index to determine the results, SPSS was used for descriptive analysis, Linear Regression Analysis and T-Test.

## Chapter 3

## Result

Table 1

*Frequencies and percentages of demographic variables of study (N=350)*

Variables	Category	<i>f</i>	%
Age	18-35 (young adults)	240	68.4
	35-65(middle age)	107	30.5
Gender	Male	176	50.3
	Female	174	49.7
Education	Up to – matric	192	54.7
	F.A - B.A	50	14.2
	MSc-MPhil-PhD	108	30.8
Year of marriage	5-10	311	88.9
	15 and above	34	9.7
Type of marriage	Love marriage	105	30.0
	Arrange marriage	245	70.0
Employment status	Employee	172	49.1
	Unemployed	178	50.9
Number of children	No child	82	23.4
	Single child	164	46.7
	2 and more child	103	29.3

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Self-reported			
Socioeconomic status			
	Middle	326	93.1
	Upper middle	24	6.9

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Table 1 presents the frequency (f) and percentage (%) of each demographic variable. The sample size comprised 350 participants, with an equal distribution of 50.3% males and 49.7% females. 68.4% were young adults and 30.5% were middle aged. The current study consisted of participants with varying educational backgrounds. Among them, 54.7% were up to matric, 14.2% were F.A to B.A and 30.8% were MSc, MPhil and PhD. In terms of reporting their occupation, 49.1% of the participants were employees, while 50.9% reported being unemployed. Regarding type of marriage, 30% of the participants did love marriage, other than that year of marriage includes 88.9% having 5-10 years and 9.7% were having 15 and above years. while 70% were arranged married. 93.1% participants belonged to the middle socio-economic class, 6.9% belonged to the upper socio-economic class. Among them no child was 23.4% while 46.7% were single child and 2 or above children were 29.3%.

**Table 2***Descriptive statistics and Reliability Co-efficient ( $\alpha$ ) of Scales (N=350)*

Variables	K	a	M (SD)	Range		Skewness	Kurtosis
				Actual	Potential		
Emotional abuse questionnaire (EAQ)	28	.97	43.75(17.49)	28-88	28 -112	.94	-.65
Couple satisfaction index (CSI)	04	.95	18.66(4.79)	04-24	0-24	-.99	.24
Conflict tactics scale (CTS)	20	.83	46.84(13.78)	20-40	20-160	4.27	22.88
Negotiation	04	.75	4.68(3.75)	04-32	04-32	6.58	43.62
Psychological	04	.78	25.11(5.71)	04-32	04-32	-1.33	2.02
Injury	04	.82	6.26(4.77)	04-32	04-32	2.79	8.86
Physical	04	.89	5.24(3.84)	04-32	04-32	4.73	25.02
sexual coercion	04	.97	5.53(4.57)	04-32	04-32	4.04	17.32

*Note.* EAQ=Emotional abuse questionnaire; CSIS=Couple satisfaction index scale; CTSS=Conflict tactics scale short form.

Table 2 provides descriptive statistics and psychometric properties for the scales utilized in this study. The reliability coefficient (alpha) for the EAQ scale is .97, indicating a high level of internal consistency. Similarly, the CSIS scale exhibits a reliability coefficient of .95, demonstrating strong internal consistency. The CTSS scale and its subscales also demonstrates acceptable reliability with a coefficient of .83, .75, .78, .82, .89, .97.

Descriptive statistics such as mean and standard deviation are reported for each scale. Skewness and kurtosis values are also provided to assess the distribution of the data. It is observed that all the scales exhibit normal distributions within an acceptable range, as indicated by the skewness and kurtosis values falling within  $\pm 2$ .

**Table 3***Correlation of EAQ, CSS & CTSS (N=350)*

Variables	1	2	3	4	5	6	7	8
1.Emotional abuse	-	-.78**	-.10*	-.44**	.13**	-.01*	-.12*	-.01
2.Couple satisfaction	-	-	-.14**	.67**	-.35**	-.25**	-.43**	-.33**
3.Conflict tactics	-	-	-	-.09	.83**	.91**	.78**	.86**
4.Negotiation	-	-	-	-	-.41**	-.27**	-.54**	-.38**
5.Psychological	-	-	-	-	-	.80**	.73**	.70**
6.Injury	-	-	-	-	-	-	.73**	.84**
7.Physical	-	-	-	-	-	-	-	.81**
8.Sexual Coercion	-	-	-	-	-	-	-	-

Note \*\*\* $p < .001$ , \*\* $p < .01$ , \* $p < .05$

EA and CS: There is a strong negative correlation of  $r = -0.782$ ,  $p < 0.01$ , indicating a significant inverse relationship between these two variables.

EA and CT: There is a weak negative correlation of  $r = -0.105$ ,  $p < 0.05$ , indicating a small, but statistically significant inverse relationship between these two variables.

EA and negotiation: There is a moderate negative correlation of  $r = -0.447$ ,  $p < 0.01$ , indicating a significant inverse relationship.

EA and psychological injury: There is a weak positive correlation of  $r = 0.138$ ,  $p < 0.01$ , indicating a small, but statistically significant positive relationship.

EA and physical: There is no significant correlation ( $p = 0.810$ ) between these two variables.

EA and sexual coercion: There is a weak positive correlation of  $r = 0.123$ ,  $p < 0.05$ , indicating a small, but statistically significant positive relationship.

CS and CT: There is a strong negative correlation of  $r = -0.782$ ,  $p < 0.01$ , indicating a significant inverse relationship. CS and negotiation: There is a strong positive correlation of  $r = 0.676$ ,  $p < 0.01$ , indicating a significant positive relationship. CS and psychological injury: There is a moderate negative correlation of  $r = -0.358$ ,  $p < 0.01$ , indicating a significant inverse relationship. CS and physical: There is a strong negative correlation of  $r = -0.256$ ,  $p < 0.01$ , indicating a significant inverse relationship.

CS and sexual coercion: There is a strong negative correlation of  $r = -0.331$ ,  $p < 0.01$ , indicating a significant inverse relationship. CT and negotiation: There is a weak negative correlation of  $r = -0.092$ , which is not statistically significant ( $p = 0.084$ ). CT and psychological injury: There is a very strong positive correlation of  $r = 0.830$ ,  $p < 0.01$ , indicating a highly significant positive relationship. CT and physical: There is a very strong positive correlation of  $r = 0.917$ ,  $p < 0.01$ , indicating a highly significant positive relationship. CT and sexual coercion: There is a very strong positive correlation of  $r = 0.786$ ,  $p < 0.01$ , indicating a highly significant positive relationship.

Negotiation and psychological injury: There is a moderate negative correlation of  $r = -0.419$ ,  $p < 0.01$ , indicating a significant inverse relationship. Negotiation and physical: There is a weak negative correlation of  $r = -0.277$ ,  $p < 0.01$ , indicating a small, but statistically significant inverse relationship. Negotiation and sexual coercion: There is a strong negative correlation of  $r = -0.541$ ,  $p < 0.01$ , indicating a significant inverse relationship.

Psychological injury and physical: There is a very strong positive correlation of  $r = 0.803$ ,  $p < 0.01$ , indicating a highly significant positive relationship.

Psychological injury and sexual coercion: There is a very strong positive correlation of  $r = 0.730$ ,  $p < 0.01$ , indicating a highly significant positive relationship. Physical and sexual coercion: There is a very strong positive correlation of  $r = 0.736$ ,  $p < 0.01$ , indicating a highly significant positive relationship.

**Table 4**

*Simple Linear Regression showing Emotional abuse as Predictor of couple satisfaction*

*(N=350)*

Scales	<i>B</i>	<i>SEB</i>	<i>B</i>	<i>T</i>	<i>P</i>
Constant	28.04	.43		65.00	.00
Emotional abuse questionnaire	.21	.00	-.78	-23.40	.00

*Note. R=.782, R<sup>2</sup>= .611*

Table 4 shows predictive role of emotional abuse on couple satisfaction. It shows that emotional abuse is significantly predicts the relationship with couple satisfaction (CS) ( $\beta=-.78$ ). The R2 value is .611 which indicates 61% change in couple satisfaction.



**Table 5**

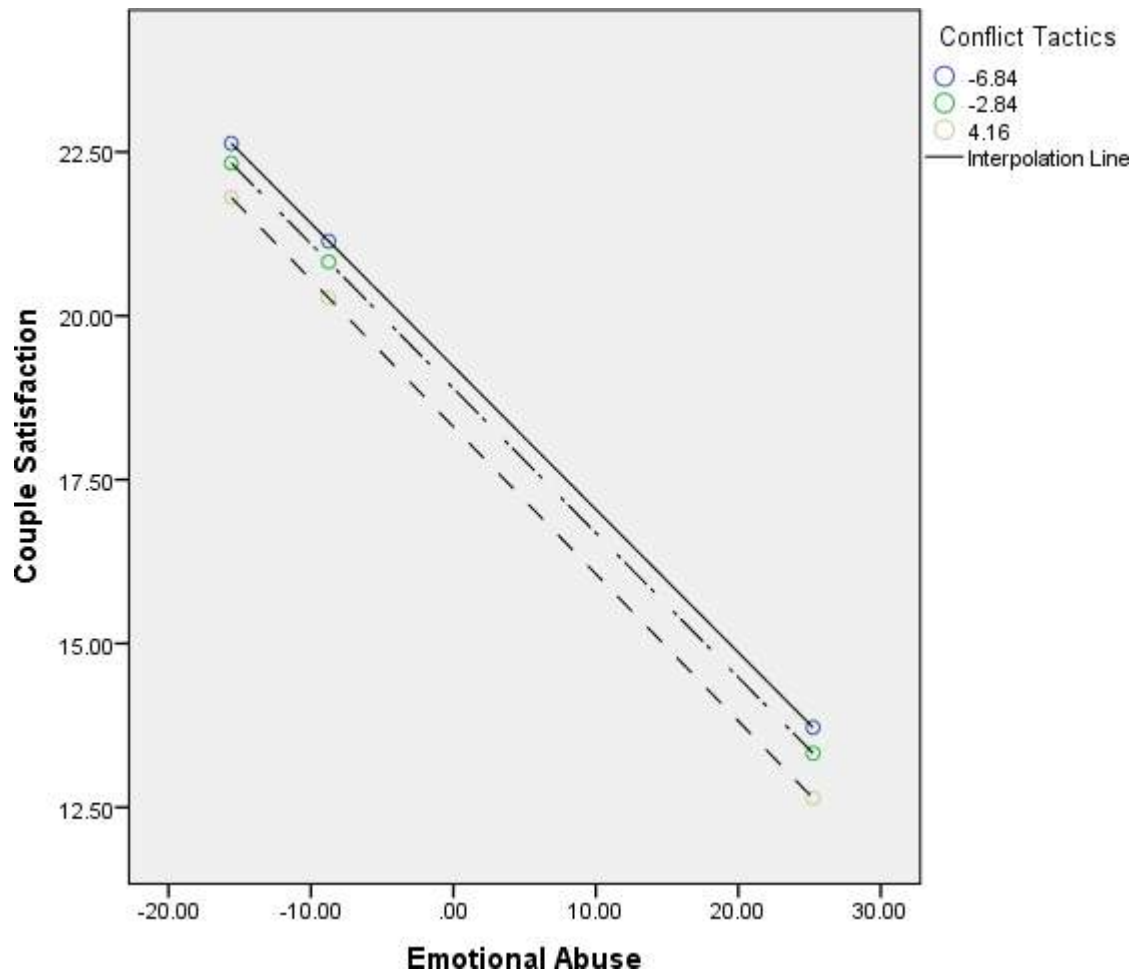
*Moderating Role of conflict tactic in Relationship between emotional abuse and couple satisfaction (N=350)*

95%CI						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Constant	31.14	1.75	17.71	.00	27.68	34.60
Emotional Abuse	-.19	.04	-4.63	.00	-.27	-.11
Conflict Tactic	-.05	.03	-1.58	.11	-.13	.01
Emotional Abuse*Conflict Tactic	-.00	.00	-.61	.54	-.00	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.19$ ,  $t = -4.63$ ,  $p = .00$ , 95% BCa CI (-.27 - -.11)

**Main Effect of Moderator.** At the mean value of Conflict Tactics there was a non-significant relationship between Conflict Tactics and Couple Satisfaction  $\beta = -.05$ ,  $t = -1.58$ ,  $p > .05$ , 95% BCa CI (-.13 – .01).

**Interaction.** There is a non-significant interaction between Emotional Abuse and Conflict Tactics  $\beta = -.00$ ,  $t = -.61$ ,  $p > .05$  BCa CI (-.00 - .00). This indicates that the Emotional Abuse and couple satisfaction is unconditional upon conflict tactics of the employed and unemployed couples.



*Figure:2 conflict tactics as moderator in the relationship between emotional abuse and couple satisfaction.*

**Table 6**

*Moderating Role of Negotiation in Relationship between emotional abuse and couple satisfaction*

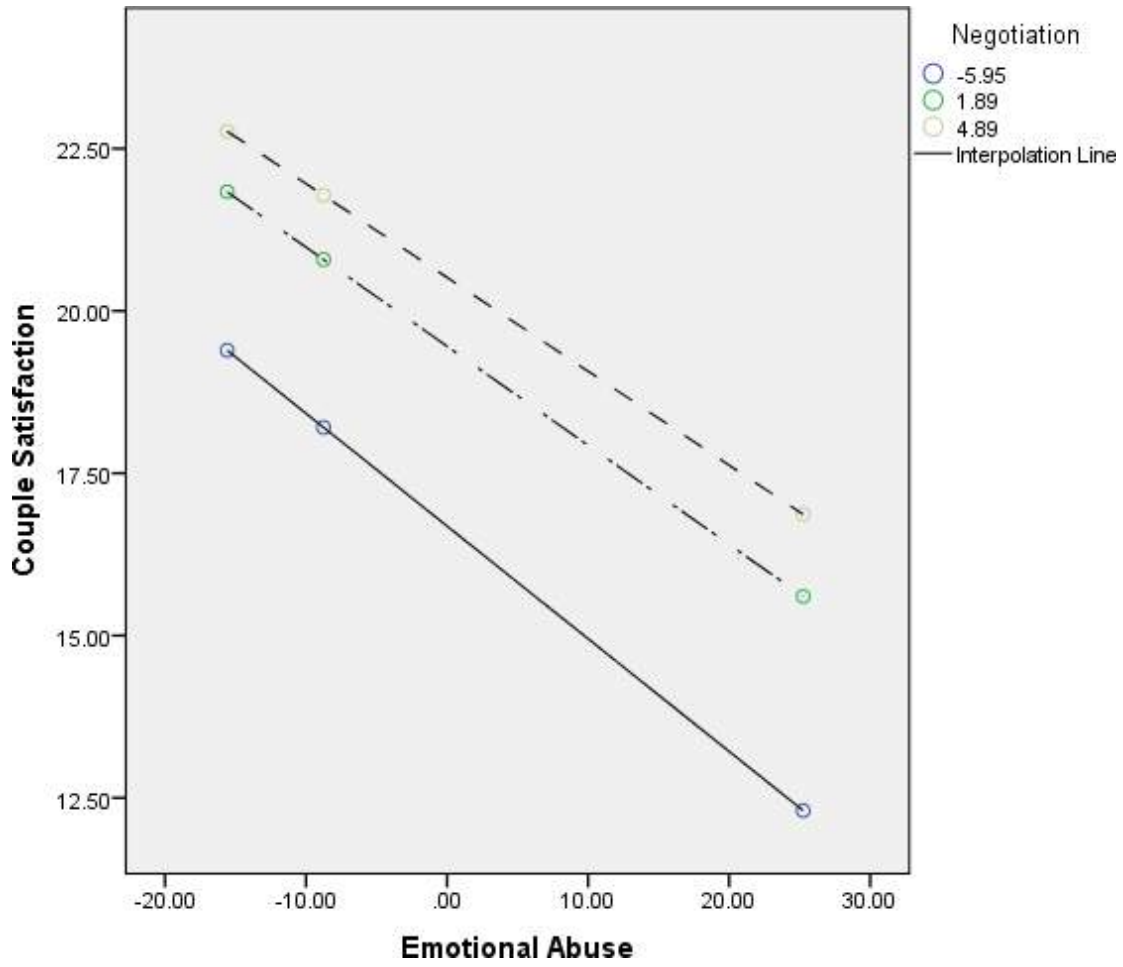
(*N*=350)

95%CI						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Constant	19.76	1.81	10.8	.00	16.1	23.3
Emotional Abuse	-.22	.03	-5.68	.00	-.30	-.14
Negotiation	.23	.07	3.25	.00	.09	.37
Emotional Abuse*Negotiation	.00	.00	1.56	.11	-.00	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.22$ ,  $t = -5.68$ ,  $p = .00$ , 95% BCa CI (-.30 - -.14)

**Main Effect of Moderator.** At the mean value of Negotiation there was a significant relationship between Negotiation and Couple Satisfaction  $\beta = .23$ ,  $t = 3.25$ ,  $p < .05$ , 95% BCa CI (.09 – .37).

**Interaction.** There is a non-significant interaction between Emotional Abuse and Negotiation  $\beta = -.00$ ,  $t = 1.56$ ,  $p > .05$  BCa CI (-.00 - .00). This indicates that the Emotional Abuse and couple satisfaction is unconditional upon negotiation of the employed and unemployed couples.



**Table 7**

*Moderating Role of psychological in Relationship between emotional abuse and couple satisfaction (N=350)*

<i>95%CI</i>						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>P</i>	<i>LL</i>	<i>UL</i>
Constant	29.90	.68	43.51	.00	28.50	31.22
Emotional Abuse	-.22	.01	-14.11	.00	-.25	-.19
Psychological	-.36	.09	-4.00	.00	-.53	-.18
Emotional Abuse*Psychological	.00	.00	1.24	.21	-.00	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.22$ ,  $t = -14.1$ ,  $p = .00$ , 95% BCa CI (-.25 - -.19)

**Main Effect of Moderator.** At the mean value of psychological there was a significant relationship between psychological and Couple Satisfaction  $\beta = -.36$ ,  $t = -4.00$ ,  $p < .05$ , 95% BCa CI (-.53 – -.18).

**Interaction.** There is a non-significant interaction between Emotional Abuse and Psychological  $\beta = .00$ ,  $t = 1.24$ ,  $p > .05$  BCa CI (-.00 - .00). This indicates that the Emotional Abuse and couple satisfaction is unconditional upon psychological of the employed and unemployed couples.

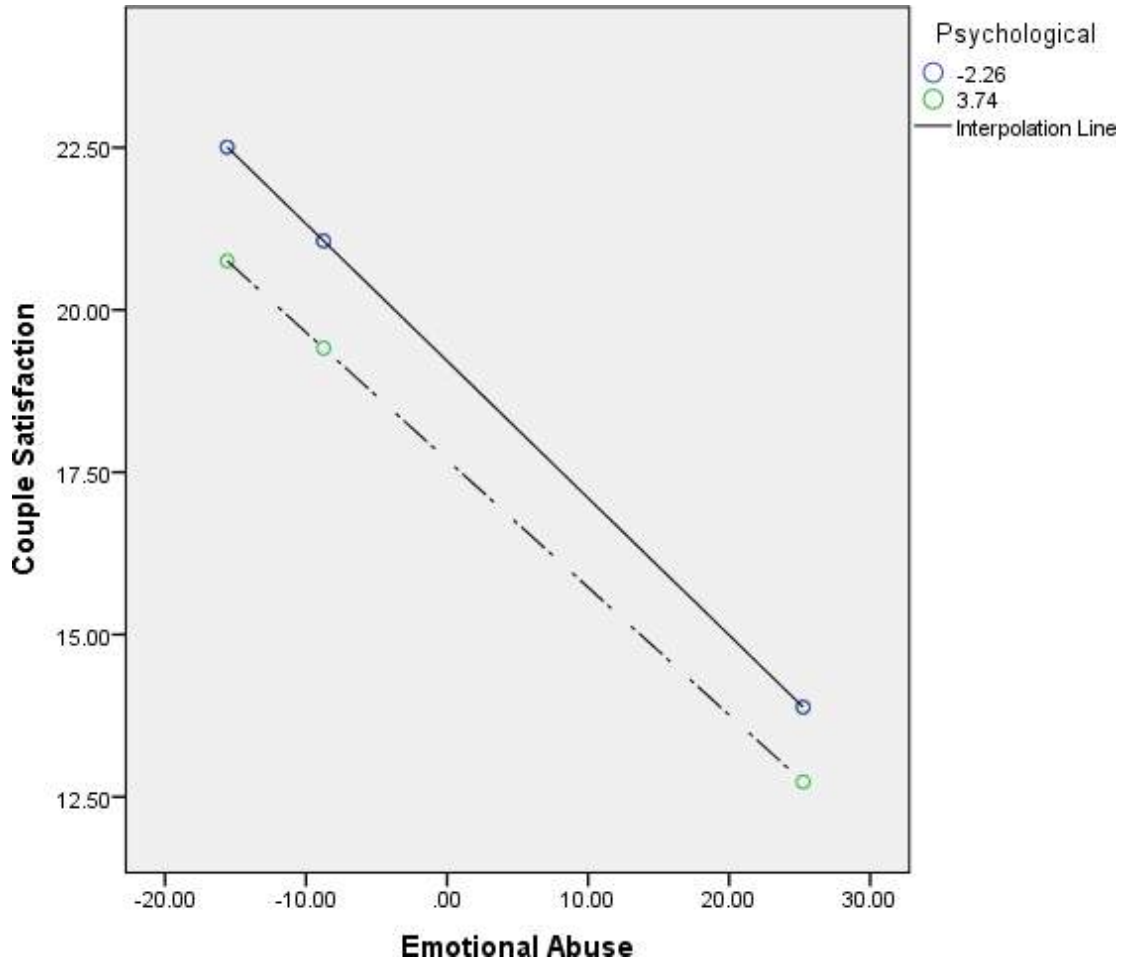


Table 8

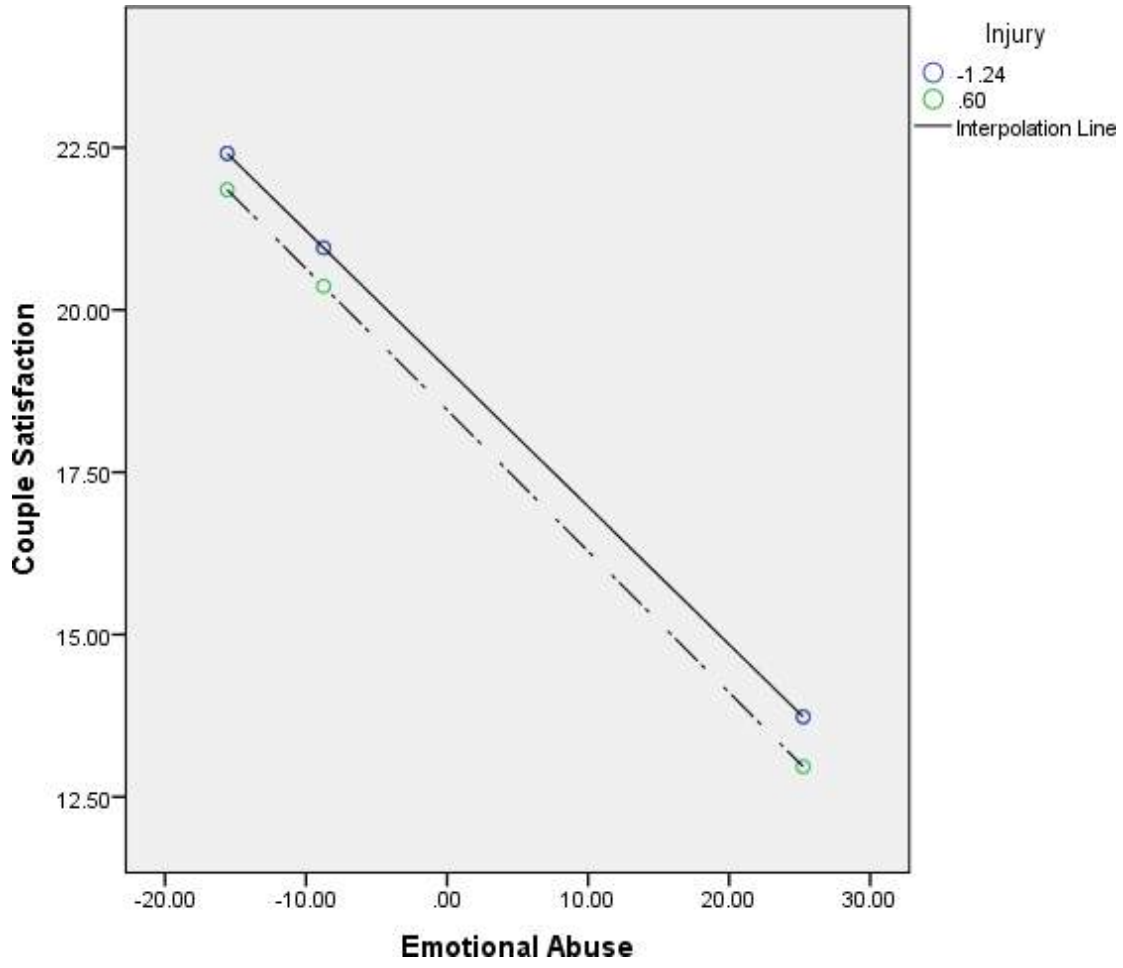
*Moderating Role of Injury in Relationship between emotional abuse and couple satisfaction*  
(*N=350*)

95%CI						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Constant	29.28	.83	35.21	.00	27.60	30.91
Emotional Abuse	-.20	.02	-9.92	.00	-.24	-.16
Injury	-.22	.14	-1.52	.12	-.51	.06
Emotional Abuse*Injury	-.00	.00	-.76	.44	-.01	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.20$ ,  $t = -9.9$ ,  $p = .00$ , 95% BCa CI (-.24 - -.16)

**Main Effect of Moderator.** At the mean value of Injury there was a non-significant relationship between Injury and Couple Satisfaction  $\beta = -.22$ ,  $t = -1.5$ ,  $p > .05$ , 95% BCa CI (-.51 - .06).

**Interaction.** There is a non-significant interaction between Emotional Abuse and Injury  $\beta = -.00$ ,  $t = -.76$ ,  $p > .05$  BCa CI (-.01 - .00). This indicates that the Emotional Abuse and couple satisfaction is unconditional upon Injury of the employed and unemployed couples.





**Table 9**

*Moderating Role of Physical in Relationship between emotional abuse and couple satisfaction*

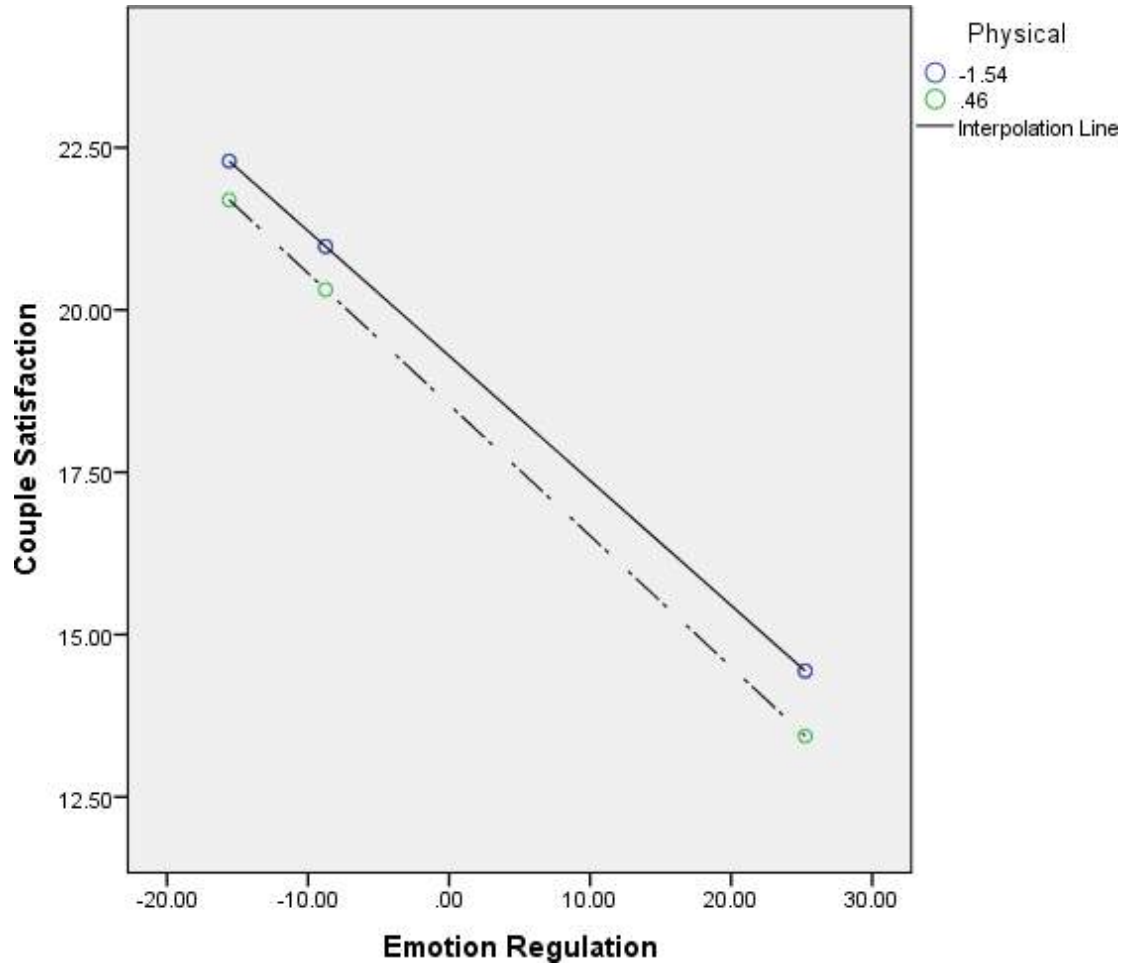
(N=350)

95%CI						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Constant	28.34	.62	45.12	.00	27.1	29.5
Emotional Abuse	-.17	.01	-11.43	.00	-.20	-.14
Physical	-.15	.08	-1.71	.07	-.33	.01
Emotional Abuse*Physical	-.00	.00	-2.30	.01	-.00	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.17$ ,  $t = -11.4$ ,  $p = .00$ , 95% BCa CI (-.20 - -.14)

**Main Effect of Moderator.** At the mean value of Physical there was a significant relationship between Physical and Couple Satisfaction  $\beta = -.15$ ,  $t = -1.7$ ,  $p < .05$ , 95% BCa CI (-.33 - .01).

**Interaction.** There is a significant interaction between Emotional Abuse and Physical  $\beta = -.00$ ,  $t = -2.3$ ,  $p < .05$  BCa CI (-.00 - .00). This indicates that the Emotional Abuse and couple satisfaction is conditional upon Physical of the employed and unemployed couples.



**Table 10**

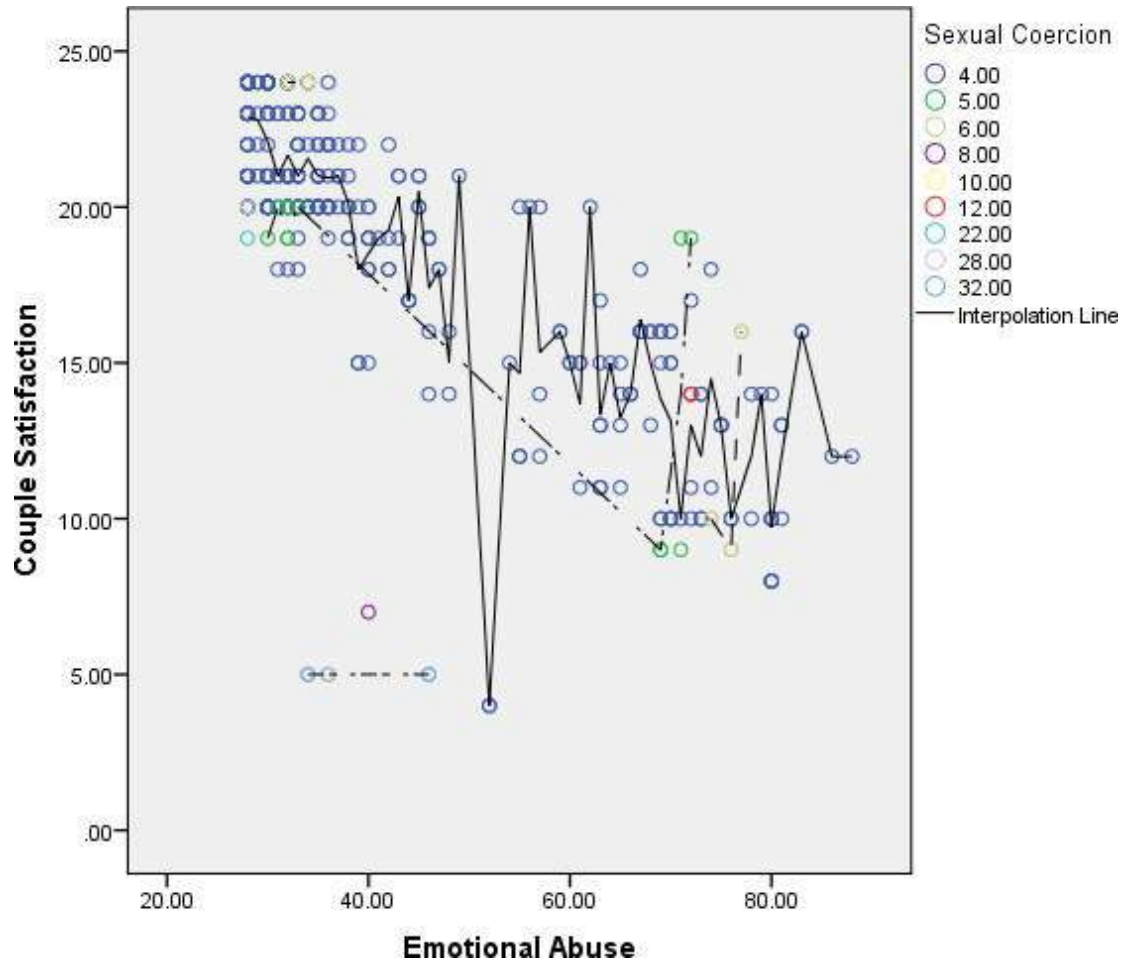
*Moderating Role of sexual coercion in Relationship between emotional abuse and couple satisfaction (N=350)*

<i>95%CI</i>						
	<i>B</i>	<i>SEB</i>	<i>T</i>	<i>P</i>	<i>LL</i>	<i>UL</i>
Constant	30.16	.78	38.2	.00	28.61	31.70
Emotional Abuse	-.21	.01	-11.11	.00	-.25	-.17
Sexual coercion	-.43	.15	-2.72	.00	-.74	-.12
Emotional Abuse*Sexual coercion	-.00	.00	-.03	.97	-.00	.00

**Main Effect of predictor.** At the mean value of Emotional Abuse there was a significant relationship between Emotional Abuse and Couple Satisfaction  $\beta = -.21$ ,  $t = -11.1$ ,  $p = .00$ , 95% BCa CI (-.25 - -.17)

**Main Effect of Moderator.** At the mean value of Sexual Coercion there was a significant relationship between Sexual Coercion and Couple Satisfaction  $\beta = -.43$ ,  $t = -2.7$ ,  $p < .05$ , 95% BCa CI (-.74 – -.12).

**Interaction.** There is a non-significant interaction between Emotional Abuse and Sexual Coercion  $\beta = -.00$ ,  $t = -.03$ ,  $p > .05$  BCa CI (-.00 - .00). This indicates that the Emotional Abuse and couple satisfaction is unconditional upon Sexual Coercion of the employed and unemployed couples.



**Table 11**

*Mean, Standard Deviation and t-values across Age on study variables (N=350)*

Variables	Young	Middle	<i>t</i>	<i>P</i>	95% CI		Cohen's <i>d</i>
	Adults ( <i>n</i> =240)	Age ( <i>n</i> =107)			<i>LL</i>	<i>UL</i>	
	<i>M (SD)</i>	<i>M (SD)</i>					
Emotional Abuse	44.81(17.9)	41.21(16.2)	1.71	.00	-.35	7.63	0.21
Couple Satisfaction	18.60(4.55)	25.61(5.33)	-.01	.12	-1.11	1.02	0.33
Conflict Tactic	50.49(16.91)	45.01(15.90)	-2.94	.07	-7.76	-1.41	0.36
Negotiation	25.81(6.46)	23.60(5.27)	-1.12	.16	-2.09	.52	0.12
Psychological	7.85(6.03)	5.12(4.00)	-2.31	.00	-2.30	-.19	0.23
Injury	5.96(5.01)	4.85(4.23)	-1.92	.00	-1.74	-.01	0.20
Physical	6.26(5.03)	4.18(3.62)	-1.71	.00	-1.93	.12	0.12
Sexual Coercion	5.46(5.78)	4.21(2.33)	-1.71	.00	-1.60	.10	0.12

*df*=398

*Note.* CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 11 presents the results of an independent sample t-test analysis examining various emotional abuse and conflict tactics aspects in relation to age. The analysis reveals statistically significant differences between young adulthood and middle age. Specifically, young adulthood exhibits higher mean scores compared to middle age, including emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Importantly, the p-values associated with these differences are statistically significant.

**Table 12**

*Mean, Standard Deviation and t-values across Gender on study variables (N=350)*

Variables	Males	Females	<i>t</i>	<i>p</i>	95% CI		Cohen's <i>d</i>
	( <i>n</i> =176)	( <i>n</i> =174)			<i>LL</i>	<i>UL</i>	
	<i>M (SD)</i>	<i>M (SD)</i>					
Emotional Abuse	42.21(16.82)	45.22(18.15)	-1.50	.15	-6.61	.71	0.14
Couple Satisfaction	19.00(4.31)	18.21(5.12)	1.53	.01	-.23	1.72	0.12
Conflict Tactic	45.44(12.90)	48.21(14.44)	-1.92	.01	-5.72	.04	0.24
Negotiation	25.44(5.12)	27.52(6.21)	1.21	.19	-.43	1.91	0.06
Psychological	5.51(4.2)	7.04(5.1)	-2.92	.00	-2.40	-.49	0.32
Psychological	4.82(3.4)	5.61(4.1)	-2.01	.00	-1.63	-.01	0.24
Physical	5.01(3.8)	6.02(5.1)	-2.02	.00	-1.92	-.01	0.21
Sexual Coercion	4.52(3.4)	6.02(5.1)	-.80	.17	-1.10	.46	0.02

*df*=398

*Note.* CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 12 presents the results of an independent sample t-test analysis examining emotional abuse, couple satisfaction and conflict tactics in relation to gender. The analysis revealed statistically significant differences between female and males. Specifically, female demonstrated higher mean scores compared to male in the following areas; emotional abuse, couple satisfaction, conflict tactics and its subscales. It's important to note that the p-values obtained from the analysis were statistically significant.

**Table 13**

*One Way ANOVA to Investigate Difference on the basis of Qualification level variables (N=350)*

	Up-10 <i>n</i> =192	FA-BA <i>n</i> =50	M.Sc.-M-phil- Ph.D. <i>n</i> =108			
Variables	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>F</i>	<i>p</i>	Post hoc
Emotional Abuse	45.04(18.17)	37.58(13.45)	44.75(17.46)	3.47	.02	1>2<3
Couple-Satisfaction	18.33(4.84)	19.84(4.92)	18.72(4.59)	1.97	.14	
Conflict Tactic	47.12(13.43)	49.64(19.91)	45.04(10.46)	1.99	.13	
Negotiation	24.75(5.83)	26.08(6.63)	25.30(4.98)	1.16	.31	
Psychological Injury	6.50(4.98)	6.38(6.08)	5.77(3.55)	.82	.44	
Physical Sexual Coercion	5.34(.263)	5.66(.835)	4.87(.275)	.86	.42	
	5.84(4.75)	5.84(6.24)	4.84(3.08)	1.80	.16	
	4.67(3.45)	5.68(6.71)	4.25(1.82)	2.50	.08	

Table 13 displays the results of a one-way ANOVA conducted to examine the impact of qualification of male and female on emotional abuse, couple satisfaction and conflict tactics among a sample of 350 employee and unemployed spouses. The findings revealed statistically variations in mean scores. It was determined that level of qualification among partners non-significantly affects emotional abuse, couple satisfaction and conflict tactics.

**Table 14**

*Mean, Standard Deviation and t-values across type of marriage on study variables (N=350)*

Variables	Love Marriage (n=105)	Arrange Marriage (n=245)	T	p	95% CI		Cohen's d
	<i>M (SD)</i>	<i>M (SD)</i>			<i>LL</i>	<i>UL</i>	
Emotional Abuse	37.15(14.7)	46.57(17.8)	-4.7	.00	-13.3	-5.5	0.21
Couple Satisfaction	20.70(2.96)	17.77(5.14)	5.5	.00	1.9	4.0	0.0
Conflict Tactic	47.00(13.20)	46.77(14.0)	.14	.34	-2.9	3.4	0.3
Negotiation	26.48(5.60)	24.52(5.67)	2.9	.28	.66	3.2	0.1
Psychological	5.63(4.43)	6.53(4.89)	-1.6	.13	-1.9	.19	0.2
Injury	5.02(3.60)	5.33(3.94)	-.68	.43	-1.1	.57	0.2
Physical	5.22(4.73)	5.66(4.51)	-.82	.49	-1.4	.60	0.1
Sexual Coercion	4.62(3.09)	4.71(4.00)	-.19	.62	-.94	.77	0.1

*df=398*

*Note.* CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 14 presents the results of an independent sample t-test analysis examining various emotional abuse and conflict tactics aspects in relation to the type of marriage. The analysis reveals statistically significant differences between love marriage and arranged marriage. Specifically, love marriages exhibit higher mean scores compared to arranged marriage including emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Importantly, the p-values associated with these differences are statistically non-significant.



**Table 15**

*Mean, Standard Deviation and t-values across years of marriage on study variables (N=350)*

Variables	Honeymoon	Growth	<i>T</i>	<i>P</i>	95%		Cohen's <i>d</i>
	Phase ( <i>n</i> =191)	Years ( <i>n</i> =158)			CI		
	<i>M (SD)</i>	<i>M (SD)</i>			<i>LL</i>	<i>UL</i>	
Emotional Abuse	44.02(17.9)	43.48(17.0)	.28	.42	-3.1	4.2	0.0
Couple Satisfaction	17.74(4.62)	18.57(5.02)	.33	.25	-.84	1.1	0.0
Conflict Tactic	45.87(11.0)	27.89(16.4)	-1.3	.00	-4.9	.89	1.2
Negotiation	25.30(5.37)	24.85(6.12)	.73	.34	-.75	1.6	0.0
Psychological	6.87(4.12)	5.67(4.41)	-1.5	.00	-1.8	.20	0.1
Injury	4.84(2.94)	5.65(4.63)	-1.9	.00	-1.6	-.00	0.2
Physical	5.41(4.08)	5.68(5.12)	-.54	.23	-1.2	.69	0.0
Sexual Coercion	4.42(2.73)	5.01(4.69)	-1.4	.00	-1.3	.20	0.1

*df*=398 Note. CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 15 presents the results of an independent sample t-test analysis examining various emotional abuse, couple satisfaction and conflict tactics aspects in relation to the years of marriage. The analysis reveals statistically non-significant differences between honeymoon phase and growth year. Specifically, honeymoon phase couples exhibit higher mean scores compared to growth year couples including emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Importantly, the p-values associated with these differences are statistically non-significant.

**Table 16**

*Mean, Standard Deviation and t-values across employed and unemployed status on study variables (N=350)*

Variables	Employed	Unemployed	<i>T</i>	<i>P</i>	95% CI		Cohen's <i>d</i>
	spouses ( <i>n</i> =172)	spouses ( <i>n</i> =178)			<i>LL</i>	<i>UL</i>	
	<i>M (SD)</i>	<i>M (SD)</i>					
Emotional Abuse	36.58(12.0)	50.67(19.1)	-8.2	.00	-17.4	-10.7	0.8
Couple Satisfaction	20.06(4.69)	17.31(4.50)	5.7	.02	1.7	3.7	0.5
Conflict Tactic	44.62(8.41)	49.15(18.12)	3.7	.00	2.6	8.3	0.4
Negotiation	23.53(5.82)	26.73(6.26)	4.7	.96	1.6	3.9	0.5
Psychological	5.56(3.64)	6.96(5.73)	1.1	.00	-.39	1.6	0.1
Injury	5.74(5.01)	5.75(3.10)	2.4	.00	.18	1.7	0.2
Physical	5.74(4.33)	6.33(5.70)	.83	.01	-.55	1.3	0.0
Sexual Coercion	5.03(4.80)	4.35(2.28)	1.7	.00	-.10	1.4	0.1

*df*=398

*Note.* CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 16 presents the results of an independent sample t-test analysis examining various emotional abuse and conflict tactics aspects in relation to the employed and unemployed. The analysis reveals statistically significant differences between employed couples and unemployed couples. Specifically, unemployed exhibit higher mean scores compared to employed spouses including emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Importantly, the p-values associated with these differences are statistically significant.

**Table 17**

*One Way ANOVA to Investigate Difference based on no of children's level variables (N=350)*

Variables	No Child	Single child	2 or above	<i>F</i>	<i>p</i>	Post hoc
	<i>n</i> =82	<i>n</i> =164	<i>n</i> =103			
	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>			
Emotional Abuse	45.98(17.03)	42.62(17.76)	43.90(17.45)	.88	.45	1>2<3
Couple-Satisfaction	18.15(4.55)	18.92(4.66)	18.65(5.19)	.53	.65	
Conflict Tactic	49.39(18.15)	46.17(12.75)	45.90(11.04)	1.23	.29	
Negotiation	24.79(5.59)	24.84(5.81)	25.75(5.67)	.72	.53	
Psychological Injury	7.17(5.89)	6.26(4.60)	5.56(3.91)	1.81	.14	
Physical Sexual Coercion	6.23(5.79)	4.98(2.97)	4.87(2.94)	2.42	.06	
	5.97(5.79)	5.48(4.39)	5.29(3.73)	.39	.75	
	5.21(5.36)	4.59(3.24)	4.41(2.84)	.76	.51	

Table 17 displays the results of a one-way ANOVA conducted to examine the impact of no of children on emotional abuse, couple satisfaction and conflict tactics among a sample of 350 employee and unemployed spouses. The findings revealed statistically variations in mean scores. It was determined that level of no of children's non-significantly affects emotional abuse, couple satisfaction and conflict tactics.

**Table 18**

*Mean, Standard Deviation and t-values across Family Type on study variables (N=350)*

Variables	Joint Family (n=189)	Nuclear Family (n=161)	<i>t</i>	<i>P</i>	95% CI		Cohen's <i>d</i>
	<i>M (SD)</i>	<i>M (SD)</i>			<i>LL</i>	<i>UL</i>	
Emotional Abuse	47.78(19.41)	39.01(13.5)	4.8	.00	5.1	12.3	0.5
Couple Satisfaction	18.06(4.91)	19.37(4.57)	-2.5	.00	-2.3	-.31	0.2
Conflict Tactic	48.76(14.22)	45.11(13.3)	-1.5	.65	-5.2	.55	0.1
Negotiation	26.15(6.73)	24.23(5.49)	-3.4	.05	-3.2	-.89	0.3
Psychological	7.19(5.60)	6.34(4.97)	-.30	.51	-1.1	.85	0.0
Injury	6.14(4.77)	5.36(3.93)	-.52	.36	-1.0	.59	0.0
Physical	7.56(5.59)	5.50(4.56)	.12	.88	-.90	1.0	0.0
Sexual Coercion	4.70(3.81)	4.66(3.68)	.11	.84	-.74	.83	0.0

*df=398*

*Note.* CI= Confidence Interval; LL= Lower Limit; UL= Upper Limit

Table 18 presents the results of an independent sample t-test analysis examining various emotional abuse and conflict tactics aspects in relation to the type of family. The analysis reveals statistically non-significant differences between joint family and nuclear family. Specifically, joint family exhibit higher mean scores compared to nuclear family including emotional abuse, conflict tactics, Negotiation, Psychological, Injury, Physical and Sexual Coercion. Importantly, the p-values associated with these differences are statistically non-significant.

## Chapter 4

### Discussion

The present investigation intended to examine a correlation between emotional abuse and couple satisfaction among employed and unemployed spouses and to explore the moderating role of conflict tactics. The objective of the present research was to investigate the differences on demographic variables among employed and unemployed spouses. In order to collect the data on the variables under study, we used three valid scales. These scales include Emotional Abuse Questionnaire by (Jacobson & Gottman, 1998), Couple Satisfaction Index by (Funk & Rogger, 2007)) and Conflict Tactic Scale 2 Short Form by (Straus & Douglas, 2004). These scales are commonly used in research and provide valuable insights into the variables we measure. Researchers often administer these scales as self-report questionnaires to gather data from participants as these have good internal reliability. The present study comprised a sample of 350 employed and unemployed spouses ranging in age from 18 to 65 years. The participants we selected were employed and unemployed spouses from Islamabad and Rawalpindi.

The results of the present research align with the theoretical framework proposed Attachment Theory by Bowlby (1969) and Ainsworth (1973), early attachment experiences have an impact on romantic relationships in adulthood. Attachment relationships can be broken by emotional abuse, which lowers couple pleasure.

In the present study, our aim was to assess role of conflict tactics as moderator between emotional abuse and couple satisfaction among employee and unemployed spouses. Johnson and Green's (2019) earlier research showed the importance of conflict resolution strategies as a moderator in comprehending the complex relationship among

emotional abuse & marriage happiness. According to their research, a spouse's employment status whether they are employed or not may have a big impact on how a couple resolves conflicts. By concentrating on the influence of conflict strategies as a moderator in the setting of employed and jobless spouses, this study expands on their earlier research and adds to the continuing investigation of the intricate relationship between emotional abuse and marital happiness.

The first hypothesis “a significant positive correlation exists between there is positive relationship between conflict tactics and emotional abuse among employed and unemployed couple's” has been accepted in the present study. According to Anderson and Sabatelli (2015), couples who are both working and unemployed may experience increased conflict and even emotional abuse because of economic hardship. Stress related to money can exacerbate power imbalances and create an atmosphere that encourages emotional violence.

The second hypotheses states that emotional abuse is negatively predicting couple satisfaction among employee and unemployed couples. Our result shows a positive significant effect. Couple satisfaction among employed and unemployed couples is adversely impacted by conflict resolution strategies and emotional abuse.

According to research by Johnson and Green (2019), some conflict resolution strategies, like criticism & defensiveness, can weaken the foundation of a relationship and lower pleasure. Smith et al., (2018) have also drawn attention to the widespread occurrence of emotional abuse and its detrimental impact on the emotional intimacy that is essential to relationship satisfaction.

The 3rd hypotheses conflict tactics is moderate relationship between emotional

abuse and couple satisfaction among employee and unemployed couples. Results indicated significantly positively. Previous research has examined the connection between partner satisfaction, emotional abuse, and conflict techniques. Johnson and Ferraro (2000) assert that the dynamics of close relationships are significantly shaped using conflict techniques. While negative approaches, like emotional abuse, can undermine marital well-being, constructive conflict resolution strategies can increase couple satisfaction.

Furthermore, emotional abuse has a negative impact on both mental health and marital happiness, as noted by Walker and Archer (2006). Previous research by Williamson et al. (2014) indicates that higher conflict among couples may be a result of financial stress, which is frequently linked to unemployment in the context of work status.

The fourth hypotheses younger adults are used more Conflict Tactics and Emotional Abuse as compared to Middle age. Our results reveal non-significant. According to some research, middle-aged people are more likely than younger folks to utilize a variety of dispute resolution strategies and emotional abuse. This may be due to several things, including more stressful living circumstances, intricate family dynamics, and a longer history of relationships, all of which may provide a wider range of conflict-resolution techniques.

According to research by Johnson and Ferraro (2000), middle-aged couples frequently experience difficulties with parenthood, their careers, and ageing parents, which can increase conflict. As a result, there may be a greater chance of using emotional abuse and conflict strategies to cope or establish control. But it's important to understand that age is not the only factor that influences conflict resolution strategies. Significant contributions are also played by other variables such as personality qualities, communication abilities, and relationship satisfaction. Research by Williams and Frieze (2005) highlight how crucial it is to take

individual characteristics into account when analyzing conflict patterns.

Younger adults may also use different techniques for resolving conflicts because of things like less relationship experience, different priorities, and changing social standards. Thompson and Walker's (1982) research brought attention to the impact of age differences on interpersonal communication patterns.

The fifth hypotheses unemployed spouses score highly on conflict tactics and emotional abuse as compared to employee spouses. Our results indicate positively significant with emotional abuse and negatively non-significant with conflict tactics. Research showing how financial stress affects couples' psychological well-being is in line with the strong and positive correlation between emotional abuse and unemployment (Conger et al., 2010; Proulx et al., 2007). A feeling of helplessness and annoyance brought on by economic hardships may materialize as emotional abuse as a coping strategy or a way to communicate pain.

Contrary to some previous studies that suggested economic stressors could contribute to an escalation of conflict within relationships, there is no substantial negative link between conflict techniques and unemployment (Conger et al., 1992; Fincham et al., 1997). This discrepancy may be due to several things, including the study's cultural setting, the participants' unique coping strategies, or the particular metrics employed to evaluate conflict resolution strategies.

## **Limitations and Suggestions**

### **Limitations**

1. The sample was of small size, due to which the study results will have generalizability issue.



2. Several participants dropped out because they didn't give proper responses to the questionnaires.
3. It was difficult for Employee Partners to fill out the questionnaire because they have less time for discussion and filling the data, so it was time consuming task.
4. It was difficult for the researcher to translate the questionnaire because of the shortage of time.
5. The design of the study was the main limitation of the study.
6. Current research involved one researcher, so it was difficult to contact the partners and take data from the participants.
7. The period of the study was short, so it was difficult to resolve the conflicts between couples.

### **Suggestions**

1. The selected variables should be studied in more detail in Pakistan.
2. There should be proper training for couples that how to satisfy their relation in context to different societal factors.
3. Longitudinal study should be done because partners may feel different psychological problems at many different times.

### **Implications**

In order to overcome issues, this calls for dialogue and communication. In order to come to a conclusion, reasoning strategies couples have frank conversations in which they share their opinions and feelings. Couples that use nonviolent resistance may choose to stay away from confrontation outright but instead use subdued tactics like passive resistance or noncompliance. Regretfully, disagreements can occasionally turn violent or hostile. Mild kinds of violence, such as shoving or shouting, can be as damaging as physical hurt.

When one takes into account the job level of spouses and the moderating effect of dispute techniques, the effect of emotional abuse on marital satisfaction can be a delicate and complicated matter. Here are some possible consequences of this research: depending on the spouses' work status, emotional abuse may have different effects on marital happiness. This can assist in identifying vulnerabilities in various circumstances, enabling support and interventions that are more precisely targeted. Analyzing the moderating function of conflict resolution strategies can shed light on how couples resolve disputes when emotional abuse is present. Therapeutic strategies and interventions can be informed by an understanding of whether conflict resolution techniques either aggravate or lessen the effects of emotional abuse. The research findings can be utilized to customize interventions according to the work status of couples. Spouses who are employed might gain from workplace support programmes, whilst spouses who are unemployed might need extra community resources or vocational assistance.

The study acknowledges the potential influence of employment status on the impact of emotional abuse. It suggests that the effects of emotional abuse on couple satisfaction may differ depending on the spouse is employed or unemployed and what type of employment do they have. This implies that employment status may act as a significant contextual factor that needs to be considered in understanding the dynamics between emotional abuse and relationship satisfaction.

The study also examines the moderating role of conflict tactics in the relationship between emotional abuse and couple satisfaction. Conflict tactics refer to the strategies or approaches individuals employ when dealing with conflicts within their relationship. The implication is that the way couples handle conflicts, such as through constructive communication or destructive behaviors, may either exacerbate or mitigate the negative effects of emotional abuse on relationship satisfaction.

The findings of this study could have practical implications for couples, therapists, and policymakers. Couples who are aware of the potential impact of emotional abuse on their

satisfaction may seek interventions or therapy to address the issue. Therapists can incorporate strategies to address emotional abuse and conflict management techniques in their treatment plans. Policymakers may consider implementing educational programs or policies aimed at preventing and addressing emotional abuse within relationships.

The results of the study might be utilized by employers to improve or establish workplace rules and support systems that deal with the workers' wellbeing. This could include counselling services, flexible work schedules, and awareness campaigns. Counsellors and therapists can use the research findings to their work by customizing therapy procedures to meet the particular difficulties faced by couples. This could entail creating plans to improve coping techniques, communication, and conflict resolution. The study can aid in the creation of preventative and educational initiatives that provide resources to individuals and couples, as well as increase public awareness of the warning signals of emotional abuse. These kinds of programmes can be used in community settings, businesses, and schools. The results of the study can be utilized to support legislative initiatives that address the association between emotional abuse in the workplace, relationship

satisfaction, and employment. This could entail advocating for laws that assist those who suffer from emotional abuse at work or in their homes. It is possible to monitor the long-term impacts of emotional abuse on marital satisfaction and evaluate the efficacy of different therapies by conducting longitudinal research. Subsequent studies might offer significant perspectives on the sustainability of modifications and the requirement for continuous assistance.

The statement suggests that there is a need for additional research in this area. Further studies can explore the complex interplay between emotional abuse, couple satisfaction, employment status, and conflict tactics to gain a more comprehensive understanding of these dynamics. This can lead to the development of targeted interventions and support systems for couples experiencing emotional abuse and relationship dissatisfaction.

To sum up, research in this field can help develop workable tactics for assisting couples, creating successful interventions, and promoting legislative changes that will make communities healthier and more accepting of those who are struggling with emotional abuse in relationships.

## **Conclusion**

The main target of this research paper were to investigate the connections between emotional abuse and couple satisfaction while also examining whether conflict tactics plays a moderating role. We collected data from 350 couples residing in Islamabad and Rawalpindi. Our data analysis various statistical techniques, including descriptive statistics, percentages, ANOVA, correlations, and moderating analysis. Our findings provided support for the idea conflict tactics sub scales negotiation, psychological and physical acts as a moderator in the correlation between emotional abuse and couple satisfaction. The results of this study show that among employed and unemployed couples, conflict tactics, emotional abuse, and couples satisfaction are significantly positively correlated.

Furthermore, the association among emotional abuse and couple satisfaction reveals conflict tactics sub scales negotiation, psychological and physical as a strong positive

moderator, indicating that conflict tactics levels greater impacts of emotional abuse on couple satisfaction. Furthermore, our findings show that emotional abuse is strong

predictor of couple satisfaction among employed and unemployed couples. It's interesting to note that when contrasted to their age counterparts, younger couples score higher on emotional abuse, conflict tactics also its subscales and couple satisfaction. Together, our findings highlight the complex interactions that exist among conflict tactics, emotional abuse, and couple satisfaction when unemployment is present among couples.

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