



# Effectiveness of emotional self- regulation on marital self- regulation of the newly married couples

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## Abstract

**Aim:** The purpose of this study was to identify the effectiveness of emotional self- regulation on marital self- regulation of the newly married couples. **Method:** it was a quasi- experimental one with control, experimental group and pretest, posttest with a 3-month follow-up. The statistical population of this study was the newly married couples of Tehran, Al-Zahra and Shahid Beheshti University who were invited to cooperate in a public call to all students who had been married for less than 3 years thirty of them were being selected and randomly assigned to experimental (15 couples) and control (15 couples) groups. The experimental group received weekly intervention in 8 sessions of 90 minutes. Both groups were evaluated in three stage of pre-test, post-test and 3 month follow- up. Data were analyzed using mixed variance repeated measures. **Results:** The results showed a significant difference between the performance of two experimental and control groups in the relational self-regulation score ( $F= 27.54$ ,  $P=0.001$ ) and relational activity ( $F= 20.91$ ,  $P= 0.001$ ) Post- test and follow- up indicated. **Conclusion:** Since emotional self-regulation training enhances self- regulation of newly married couples, psychologists and counselors can benefit this method to assist the newly married couples.

**Keywords:** Self- regulation, Emotion, Marriage

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