

## The Role of Jealousy and Family Coping Strategies in Predicting Sexual Satisfaction in Romantic Relationships

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### ABSTRACT

**Objective:** This study examines the predictive role of jealousy in romantic relationships and family coping strategies in determining sexual satisfaction among individuals in committed relationships.

**Methods and Materials:** A correlational descriptive design was used, with 376 participants selected based on Morgan and Krejcie's sample size table. Standardized self-report measures, including the Sexual Satisfaction Scale (SSS), Romantic Jealousy Scale (RJS), and Family Crisis-Oriented Personal Evaluation Scales (F-COPES), were administered. Data were analyzed using Pearson's correlation coefficient to assess relationships between variables and linear regression analysis to determine predictive effects. Assumptions of normality, linearity, and multicollinearity were checked and met, and statistical analyses were conducted using SPSS-27.

**Findings:** Correlation analysis revealed that jealousy in romantic relationships was negatively associated with sexual satisfaction ( $r = -0.54, p < 0.01$ ), while family coping strategies were positively associated with sexual satisfaction ( $r = 0.48, p < 0.01$ ). The regression model demonstrated that jealousy negatively predicted sexual satisfaction ( $B = -0.46, \beta = -0.51, t = -6.57, p < 0.01$ ), while family coping strategies positively predicted sexual satisfaction ( $B = 0.38, \beta = 0.45, t = 6.33, p < 0.01$ ). The model explained 40% of the variance in sexual satisfaction ( $R^2 = 0.40, F = 69.91, p < 0.01$ ).

**Conclusion:** The findings suggest that higher jealousy in romantic relationships is associated with lower sexual satisfaction, whereas stronger family coping strategies enhance sexual satisfaction. These results highlight the importance of reducing jealousy and promoting adaptive coping mechanisms in fostering healthy and satisfying romantic relationships.

**Keywords:** Sexual Satisfaction, Jealousy in Romantic Relationships, Family Coping Strategies, Relationship Quality, Psychological Predictors

## 1 Introduction

Romantic relationships are complex, multidimensional experiences influenced by emotional, psychological, and relational factors. Among these, sexual satisfaction plays a crucial role in determining the quality and stability of intimate relationships. Research has consistently shown that sexual satisfaction is associated with relationship longevity, emotional well-being, and overall life satisfaction (Wen et al., 2025). However, various relational dynamics, such as jealousy in romantic relationships and family coping strategies, significantly influence an individual's level of sexual satisfaction. Romantic jealousy, often stemming from insecurities or perceived threats to a relationship, can generate emotional distress and relationship dissatisfaction, subsequently affecting sexual intimacy (Vladislav et al., 2024). Similarly, family coping strategies, which encompass an individual's ability to manage relational conflicts and external stressors within the family system, can either support or hinder sexual well-being within a romantic relationship (Marzban et al., 2024). Given the increasing recognition of these factors in relationship psychology, this study aims to examine how jealousy in romantic relationships and family coping strategies predict sexual satisfaction in individuals in committed relationships.

Sexual satisfaction is a key determinant of relational harmony and personal well-being, influencing both emotional attachment and long-term commitment between partners. Studies have suggested that sexual satisfaction is shaped by multiple factors, including emotional closeness, communication, and mutual trust between partners (Chen et al., 2024). Couples who report higher sexual satisfaction often exhibit greater relationship quality, characterized by lower levels of interpersonal conflict and increased emotional expressiveness (Wartana et al., 2023). Furthermore, sexual satisfaction is not merely a function of physical intimacy but is also linked to psychological dimensions such as self-esteem, attachment security, and conflict resolution within a romantic relationship (Setyoadi et al., 2023). When sexual needs are unmet or compromised by external stressors, dissatisfaction can arise, leading to diminished relationship stability and increased risks of infidelity or separation (Rahmawati & Herawati, 2023).

While the significance of sexual satisfaction in relationship quality has been widely acknowledged, its interactions with relational variables such as jealousy and family coping mechanisms require further empirical investigation. Understanding the psychological and

relational underpinnings of sexual satisfaction is essential for promoting healthier romantic relationships and mitigating relational conflicts (Kim & Yang, 2023).

Jealousy is a common emotional experience in romantic relationships, often characterized by feelings of insecurity, fear of loss, and perceived threats to relationship stability. Although a certain degree of jealousy may be considered normal and even beneficial in reinforcing commitment, excessive or maladaptive jealousy can have detrimental consequences for relationship quality (Fajriah et al., 2023). Research has indicated that heightened jealousy is often associated with attachment insecurities and negative emotional states such as anxiety, possessiveness, and distrust (Fahrudin & Sulaiman, 2023). Individuals who experience intense jealousy tend to exhibit controlling behaviors, increased surveillance of their partners, and frequent conflict, all of which can undermine emotional and sexual intimacy (Alinajimi et al., 2023).

From a psychological perspective, jealousy is often linked to cognitive distortions and exaggerated perceptions of potential threats, which can lead to relational dissatisfaction (Yang et al., 2022). Studies have demonstrated that jealousy is negatively correlated with trust and sexual satisfaction, as constant suspicions and emotional distress interfere with the ability to experience sexual closeness and emotional intimacy (Wang, 2022). Moreover, jealousy can trigger avoidant or anxious attachment behaviors, further exacerbating relational instability and reducing the frequency and quality of sexual interactions (Prayativ & Widyatno, 2022).

Given the detrimental effects of jealousy on romantic relationships, it is crucial to investigate its predictive role in sexual satisfaction. While previous studies have examined the individual effects of jealousy on relationship quality, fewer studies have explored its direct impact on sexual satisfaction within romantic partnerships (Azizah et al., 2022). By examining this relationship, the present study seeks to provide a deeper understanding of how jealousy influences sexual dynamics and overall relational well-being.

Family coping strategies refer to the methods and mechanisms individuals use to manage relational and external stressors within the family system. Coping strategies play a pivotal role in conflict resolution, emotional regulation, and maintaining relational stability, all of which contribute to sexual and emotional satisfaction in romantic relationships (Mashudi & Yusuf, 2021). Studies have suggested that families with effective coping mechanisms

demonstrate greater emotional resilience, improved communication, and higher relationship satisfaction, which in turn fosters healthier sexual dynamics between romantic partners (Janah & Hargiana, 2021).

One of the key components of family coping strategies is adaptive communication, which enables partners to express their emotional and sexual needs effectively (Becerra et al., 2021). Research has shown that couples who employ constructive coping strategies—such as problem-solving, emotional support, and positive reframing—are more likely to report higher levels of sexual satisfaction and intimacy (Ahmad et al., 2021). Conversely, dysfunctional coping mechanisms, such as avoidance, suppression, and negative emotional regulation, have been associated with higher levels of relationship distress and lower sexual fulfillment (Иванова & Busarova, 2020).

Family coping strategies are also shaped by external factors, including cultural norms, economic stress, and social support systems (Suyami et al., 2020). In collectivist cultures, for instance, family involvement and extended kinship networks play a crucial role in shaping an individual's approach to relationship management and coping strategies (Salin et al., 2020). A lack of effective coping strategies may lead to heightened relational conflicts, increased stress, and a decline in sexual satisfaction (Özkul & Günüşen, 2020). Additionally, research has highlighted that individuals from single-parent families or high-conflict households may develop maladaptive coping strategies, which could negatively influence their ability to maintain healthy sexual and emotional relationships (Huong & Trang, 2020).

Understanding the relationship between family coping mechanisms and sexual satisfaction is particularly important in modern relational contexts, where external stressors such as work-life balance, financial concerns, and social expectations increasingly impact intimate relationships (Hukom & Madrigal, 2020). This study, therefore, aims to explore the predictive role of family coping strategies in determining levels of sexual satisfaction among individuals in committed relationships.

## 2 Methods and Materials

### 2.1 Study Design and Participants

This study employs a correlational descriptive design to examine the predictive role of jealousy in romantic relationships and family coping strategies on sexual satisfaction. The target population consists of individuals in

romantic relationships, and the sample size was determined using Morgan and Krejcie's (1970) sample size table, resulting in 376 participants. Participants were selected through convenience sampling, ensuring a diverse representation of individuals in committed relationships. Inclusion criteria required participants to be in a romantic relationship for at least six months, be at least 18 years old, and provide informed consent for participation. Data were collected using standardized self-report questionnaires, including the Sexual Satisfaction Scale (SSS), the Romantic Jealousy Scale (RJS), and the Family Crisis-Oriented Personal Evaluation Scales (F-COPES). All ethical considerations, including confidentiality and voluntary participation, were observed throughout the research process.

### 2.2 Measures

#### 2.2.1 Parental Psychological Control

To measure sexual satisfaction as the dependent variable, the Sexual Satisfaction Scale (SSS) developed by Štulhofer et al. (2010) is utilized. This standardized tool assesses an individual's level of satisfaction with their sexual relationship through multiple dimensions. The scale consists of 10 items that evaluate aspects such as frequency of sexual activity, emotional connection, physical pleasure, and overall fulfillment in sexual relationships. Responses are recorded on a 5-point Likert scale, ranging from 1 (very dissatisfied) to 5 (very satisfied), with higher scores indicating greater sexual satisfaction. The SSS includes subscales such as sexual pleasure, emotional intimacy, and sexual communication, capturing various aspects of sexual experiences within romantic relationships. The validity and reliability of the scale have been confirmed in several studies across diverse populations, demonstrating strong internal consistency (Cronbach's alpha > 0.80) and construct validity in measuring sexual satisfaction in committed relationships.

#### 2.2.2 Jealousy

To assess jealousy in romantic relationships, the Romantic Jealousy Scale (RJS) developed by Pfeiffer and Wong (1989) is employed. This standardized instrument measures the cognitive, emotional, and behavioral dimensions of jealousy within romantic relationships. The scale consists of 24 items divided into three subscales: cognitive jealousy (intrusive and suspicious thoughts about a partner's fidelity), emotional jealousy (intensity of

emotional reactions to perceived threats), and behavioral jealousy (actions taken to monitor or control a partner’s interactions with others). Items are rated on a 5-point Likert scale, ranging from 1 (never) to 5 (always), with higher scores indicating greater jealousy. The RJS has demonstrated strong psychometric properties, with studies confirming its high reliability (Cronbach’s alpha > 0.85) and construct validity in various cultural and relational contexts.

2.2.3 Family Coping Strategies

To measure family coping strategies, the Family Crisis-Oriented Personal Evaluation Scales (F-COPES) developed by McCubbin et al. (1981) is used. This standardized scale assesses the problem-solving and coping strategies that families employ when faced with stressors. It consists of 30 items divided into five subscales: acquiring social support, reframing, seeking spiritual support, mobilizing family resources, and passive appraisal. Responses are rated on a 5-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree), with higher scores indicating greater use of coping strategies. The F-COPES has been widely validated in family stress research, demonstrating strong internal consistency (Cronbach’s alpha > 0.80) and validity across diverse family structures and cultural settings.

2.3 Data Analysis

The collected data were analyzed using SPSS version 27. To assess the relationships between the dependent variable (sexual satisfaction) and each independent variable (jealousy in romantic relationships and family coping strategies), Pearson’s correlation coefficient was used. This analysis determined the strength and direction of associations between the variables. Additionally, a linear regression analysis was conducted to examine the predictive power of

jealousy in romantic relationships and family coping strategies on sexual satisfaction, considering one dependent variable and two independent variables. Assumptions for regression analysis, including normality, linearity, and multicollinearity, were checked to ensure the validity of the statistical model. Results were interpreted based on standardized beta coefficients, R<sup>2</sup> values, and significance levels (p < 0.05) to determine the extent to which the independent variables contributed to variations in sexual satisfaction.

3 Findings and Results

The demographic analysis of the study sample (N = 376) indicated that 186 participants (49.47%) were male, and 190 participants (50.53%) were female. The age distribution showed that 72 participants (19.15%) were between 18 and 25 years old, 134 participants (35.64%) were between 26 and 35 years old, 98 participants (26.06%) were between 36 and 45 years old, and 72 participants (19.15%) were older than 45 years. Regarding relationship duration, 89 participants (23.67%) had been in a romantic relationship for less than two years, 157 participants (41.76%) for two to five years, and 130 participants (34.57%) for more than five years. In terms of educational background, 48 participants (12.77%) had a high school diploma, 142 participants (37.77%) held a bachelor’s degree, 118 participants (31.38%) had a master’s degree, and 68 participants (18.09%) held a doctoral degree. These results indicate that the sample included a balanced distribution of gender, a wide age range, and varying relationship durations, enhancing the generalizability of the findings.

The descriptive statistics, including mean and standard deviation for each variable, are presented in Table 1.

Table 1

Descriptive Statistics for Study Variables

Variable	Mean	Standard Deviation
Sexual Satisfaction	3.86	0.85
Jealousy in Romantic Relationships	2.72	0.94
Family Coping Strategies	4.15	0.79

The results indicate that sexual satisfaction had a mean of 3.86 (SD = 0.85), suggesting that participants generally reported moderate to high levels of sexual satisfaction. Jealousy in romantic relationships had a mean of 2.72 (SD = 0.94), indicating moderate levels of jealousy within the

sample. Family coping strategies had the highest mean score of 4.15 (SD = 0.79), suggesting that participants generally employed effective coping mechanisms in their family and relational contexts. These findings highlight the variation in

relational and psychological experiences across individuals in committed relationships.

Before conducting the primary analyses, the assumptions for Pearson’s correlation and linear regression were examined and met. The normality of the data was assessed using the Kolmogorov-Smirnov test, which yielded non-significant results for sexual satisfaction ( $D(376) = 0.058, p = 0.092$ ), jealousy in romantic relationships ( $D(376) = 0.064, p = 0.074$ ), and family coping strategies ( $D(376) = 0.052, p = 0.109$ ), confirming that the data followed a normal distribution. Linearity was evaluated through scatterplots, which demonstrated a clear linear relationship between the independent variables and sexual satisfaction. Multicollinearity was checked using Variance Inflation

Factor (VIF) values, with jealousy in romantic relationships ( $VIF = 1.47$ ) and family coping strategies ( $VIF = 1.39$ ) falling well below the threshold of 10, indicating no multicollinearity concerns. The Durbin-Watson statistic was 1.98, confirming no significant autocorrelation in residuals. These results validate the appropriateness of conducting Pearson’s correlation and linear regression analyses for hypothesis testing.

To explore the relationships between the dependent variable (sexual satisfaction) and the independent variables (jealousy in romantic relationships and family coping strategies), a Pearson correlation analysis was conducted. The results are presented in Table 2.

**Table 2**

*Pearson Correlation Coefficients Between Study Variables*

Variable	Sexual Satisfaction	Jealousy in Romantic Relationships	Family Coping Strategies	p-value
Sexual Satisfaction	1.00	-0.54	0.48	-
Jealousy in Romantic Relationships	-0.54	1.00	-0.37	<0.01
Family Coping Strategies	0.48	-0.37	1.00	<0.01

The findings indicate a significant negative correlation between jealousy in romantic relationships and sexual satisfaction ( $r = -0.54, p < 0.01$ ), suggesting that higher levels of jealousy are associated with lower sexual satisfaction. Conversely, family coping strategies were positively correlated with sexual satisfaction ( $r = 0.48, p < 0.01$ ), indicating that individuals who adopt adaptive coping mechanisms tend to experience greater sexual satisfaction. Additionally, jealousy and family coping strategies

exhibited a moderate negative correlation ( $r = -0.37, p < 0.01$ ), implying that individuals with higher jealousy may be less likely to engage in effective coping strategies.

To determine the predictive power of jealousy in romantic relationships and family coping strategies on sexual satisfaction, a linear regression analysis was performed. The regression model summary is shown in Table 3.

**Table 3**

*Summary of Regression Analysis*

Source	Sum of Squares	Degrees of Freedom	Mean Squares	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	F	p
Regression	64.32	2	32.16	0.63	0.40	0.39	69.91	<0.01
Residual	172.85	373	0.46	-	-	-	-	-
Total	237.17	375	-	-	-	-	-	-

The R value (0.63) indicates a strong relationship between the predictors and sexual satisfaction, while the R<sup>2</sup> value (0.40) suggests that 40% of the variance in sexual satisfaction is explained by jealousy and family coping strategies. The adjusted R<sup>2</sup> value (0.39) confirms the model's

robustness. The F statistic (69.91,  $p < 0.01$ ) demonstrates that the overall regression model is statistically significant.

The individual contributions of each independent variable (jealousy in romantic relationships and family coping strategies) to predicting sexual satisfaction are presented in Table 4.

**Table 4**

*Results of Multivariate Regression Analysis*



Variable	B	Standard Error	$\beta$	t	p
Constant	2.71	0.21	-	12.91	<0.01
Jealousy in Romantic Relationships	-0.46	0.07	-0.51	-6.57	<0.01
Family Coping Strategies	0.38	0.06	0.45	6.33	<0.01

The regression results reveal that jealousy in romantic relationships significantly negatively predicts sexual satisfaction ( $B = -0.46$ ,  $SE = 0.07$ ,  $\beta = -0.51$ ,  $t = -6.57$ ,  $p < 0.01$ ), meaning that for each one-unit increase in jealousy, sexual satisfaction decreases by 0.46 units. In contrast, family coping strategies significantly positively predict sexual satisfaction ( $B = 0.38$ ,  $SE = 0.06$ ,  $\beta = 0.45$ ,  $t = 6.33$ ,  $p < 0.01$ ), indicating that stronger coping strategies contribute to higher sexual satisfaction. The intercept ( $B = 2.71$ ,  $SE = 0.21$ ,  $t = 12.91$ ,  $p < 0.01$ ) represents the baseline sexual satisfaction level when both independent variables are at zero.

These findings confirm that jealousy negatively influences sexual satisfaction, whereas family coping strategies enhance it, emphasizing the need to address relational insecurities and promote adaptive coping mechanisms to foster healthier romantic relationships.

#### 4 Discussion and Conclusion

The present study aimed to investigate the predictive role of jealousy in romantic relationships and family coping strategies in determining sexual satisfaction among individuals in committed relationships. The results revealed a significant negative correlation between jealousy and sexual satisfaction, indicating that individuals who exhibited higher levels of jealousy reported lower sexual satisfaction. Additionally, family coping strategies were found to be positively correlated with sexual satisfaction, suggesting that effective coping mechanisms enhance intimacy and overall relationship well-being. The regression analysis further confirmed that jealousy in romantic relationships negatively predicted sexual satisfaction, while family coping strategies positively predicted sexual satisfaction. These findings highlight the complex interplay between relational emotions, coping mechanisms, and sexual well-being in romantic partnerships.

The negative association between jealousy and sexual satisfaction aligns with previous research that highlights jealousy as a relationship stressor, contributing to increased insecurity, emotional distress, and diminished intimacy (Vladislav et al., 2024). Excessive jealousy can lead to frequent conflicts, decreased trust, and emotional withdrawal, all of which interfere with sexual satisfaction

and emotional closeness between partners (Marzban et al., 2024). Findings from studies on romantic jealousy suggest that individuals experiencing heightened jealousy tend to engage in controlling behaviors, excessive monitoring, and emotional outbursts, which create relational tension and reduce intimacy (Rahmawati & Herawati, 2023). These behaviors foster emotional exhaustion and avoidance, further exacerbating sexual dissatisfaction (Kim & Yang, 2023). The present study's findings reinforce these assertions, indicating that jealousy undermines the emotional security necessary for sexual satisfaction in relationships.

Additionally, the results support previous studies demonstrating that jealousy is associated with lower levels of trust and communication, both of which are essential components of sexual satisfaction (Fajriah et al., 2023). When trust is eroded due to excessive jealousy, individuals may experience emotional disengagement, making it difficult to maintain a satisfying sexual connection (Fahrudin & Sulaiman, 2023). Moreover, the psychological distress caused by persistent jealousy can impair sexual desire and arousal, leading to lower sexual satisfaction (Alinajimi et al., 2023). These findings are consistent with research emphasizing the role of emotional regulation in mitigating the negative effects of jealousy on relationship satisfaction (Yang et al., 2022). Thus, interventions aimed at enhancing emotional regulation skills may help individuals manage jealousy in a healthier way, potentially improving sexual satisfaction in romantic relationships.

On the other hand, the positive relationship between family coping strategies and sexual satisfaction underscores the importance of adaptive coping mechanisms in maintaining relationship stability and intimacy (Chen et al., 2024). Couples who engage in constructive communication, mutual problem-solving, and emotional support tend to experience greater emotional and sexual intimacy (Wartana et al., 2023). Previous studies have emphasized that families employing effective coping strategies exhibit lower stress levels, higher emotional resilience, and improved relationship quality, all of which contribute to greater sexual satisfaction (Setyoadi et al., 2023). The current study's findings confirm that individuals who utilize adaptive coping strategies—such as reframing conflicts positively, seeking support, and open communication—experience

greater sexual satisfaction within their romantic relationships.

Furthermore, these results align with studies indicating that families with well-developed coping mechanisms provide a supportive environment for individuals to navigate relational challenges (Rahmawati & Herawati, 2023). The ability to manage stress effectively contributes to a more stable and nurturing relationship dynamic, allowing for greater emotional and physical closeness (Kim & Yang, 2023). Family coping strategies have also been linked to enhanced emotional regulation, reduced relational conflicts, and stronger attachment bonds, which positively influence sexual satisfaction (Fajriah et al., 2023). These findings suggest that developing and implementing adaptive coping mechanisms within the family context may serve as a protective factor for sustaining a satisfying sexual relationship.

In addition to relational dynamics, external stressors such as financial strain, parenting responsibilities, and work-related pressures can impact sexual satisfaction (Fahrudin & Sulaiman, 2023). Individuals who utilize constructive coping strategies are better equipped to manage these stressors without allowing them to interfere with their romantic and sexual relationships (Alinajimi et al., 2023). Research has also shown that problem-focused coping strategies, such as active problem-solving and positive reframing, are particularly effective in maintaining relationship satisfaction and enhancing sexual intimacy (Yang et al., 2022). The findings of the present study reinforce the notion that adaptive family coping strategies act as a buffer against relational distress, ultimately fostering a more satisfying sexual relationship.

Despite the valuable insights gained from this study, several limitations must be acknowledged. First, the cross-sectional design limits the ability to establish causal relationships between jealousy, family coping strategies, and sexual satisfaction. Longitudinal studies are needed to determine how these variables interact over time. Second, the reliance on self-report measures introduces the possibility of social desirability bias, where participants may have provided responses that they perceived as socially acceptable rather than fully reflecting their experiences. Future studies could incorporate partner reports or observational methods to obtain a more comprehensive understanding of relational dynamics. Additionally, the study sample, although sufficient in size, may not be fully representative of diverse cultural or socioeconomic

backgrounds, limiting the generalizability of the findings to different populations.

Future research should explore the longitudinal effects of jealousy and family coping strategies on sexual satisfaction to establish causality. Examining how interventions targeting jealousy reduction and coping skill enhancement impact sexual satisfaction over time would be valuable. Moreover, future studies could investigate the moderating effects of relationship duration, attachment styles, and personality traits on the associations found in this study. It would also be beneficial to explore cultural differences in how jealousy and family coping strategies influence sexual satisfaction, as cultural norms and expectations play a significant role in shaping relationship dynamics. Additionally, studies incorporating neurobiological and physiological measures of stress and emotional regulation could provide further insights into the underlying mechanisms linking jealousy, coping strategies, and sexual satisfaction.

The findings of this study have important implications for relationship counseling and therapy. Therapists working with couples experiencing jealousy-related distress should consider incorporating cognitive-behavioral techniques to help individuals challenge and reframe irrational jealousy-driven thoughts. Additionally, emotional regulation training can equip individuals with strategies to manage jealousy more effectively, reducing its negative impact on sexual satisfaction. Couples therapy should also focus on enhancing family coping strategies, particularly open communication, problem-solving skills, and mutual emotional support, to foster healthier relational and sexual dynamics. Relationship education programs could benefit from integrating modules on constructive coping mechanisms, helping individuals develop resilience in the face of relationship stressors. By addressing both jealousy reduction and coping enhancement, couples can cultivate more fulfilling and satisfying romantic relationships.

### Authors' Contributions

Authors contributed equally to this article.

### Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

### Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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### Declaration of Interest

The authors report no conflict of interest.

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### Ethics Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

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