

Exploring the Role of Shared Values and Emotional Intimacy in Predicting Long-Term Marital Commitment

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ABSTRACT

This study aimed to examine the predictive roles of shared values and emotional intimacy in marital satisfaction among married individuals in Indonesia. The study employed a correlational descriptive design using a sample of 400 married individuals selected based on Krejcie and Morgan's sample size table. Participants were recruited from various regions in Indonesia and completed standardized self-report questionnaires measuring marital satisfaction, shared values, and emotional intimacy. Data were analyzed using SPSS version 27. Descriptive statistics were computed to assess mean and standard deviation scores, followed by Pearson correlation analyses to examine relationships between variables. A multiple linear regression analysis was then conducted to assess the predictive power of shared values and emotional intimacy on marital satisfaction, after testing all statistical assumptions. Descriptive results showed that participants reported moderate to high levels of marital satisfaction ($M = 58.47$, $SD = 8.36$), shared values ($M = 42.63$, $SD = 6.71$), and emotional intimacy ($M = 25.89$, $SD = 4.52$). Pearson correlation results indicated significant positive relationships between marital satisfaction and shared values ($r = .61$, $p < .01$), and between marital satisfaction and emotional intimacy ($r = .68$, $p < .01$). Multiple regression analysis revealed that both shared values ($\beta = .38$, $p < .01$) and emotional intimacy ($\beta = .44$, $p < .01$) significantly predicted marital satisfaction, accounting for 53% of the variance in the dependent variable. The findings highlight that both emotional intimacy and shared values are important predictors of marital satisfaction in Indonesian couples. Strengthening these dimensions may be essential for improving long-term marital commitment, and they should be considered key elements in marital counseling and educational interventions.

Keywords: Marital satisfaction, shared values, emotional intimacy, marital commitment, Indonesian couples.

1. Introduction

Marital commitment is a cornerstone of relational stability, emotional fulfillment, and long-term partnership satisfaction. In contemporary society, marked by evolving gender roles, shifting cultural expectations, and increasing individual autonomy, understanding the psychological and relational factors that sustain long-term marital commitment has become a critical area of investigation. Commitment is not merely a static pledge but a dynamic psychological state reflecting individuals' desire and intention to maintain a lifelong relationship with their spouse despite difficulties and life transitions. Recent studies have highlighted that emotional closeness and shared life perspectives significantly influence couples' capacity to stay connected and committed over time (Quyamuddin, 2025; Rajabi et al., 2024). Among the many relational variables examined, two factors—emotional intimacy and shared values—have consistently emerged as salient predictors of enduring marital commitment.

Emotional intimacy, defined as a sense of closeness, trust, and mutual understanding between partners, has been strongly linked to marital well-being and resilience (Aranda et al., 2024). Unlike physical intimacy, which may fluctuate over time, emotional intimacy reflects the inner bond that couples build through shared experiences, open communication, and emotional support (Guerrero-Molina et al., 2023). It facilitates the expression of vulnerability, strengthens attachment bonds, and provides a buffer against marital dissatisfaction (Nezamalmolki et al., 2023). For instance, Guzmán-González et al. (2023) emphasized that emotional intimacy plays a mediating role in the interplay between attachment styles and relationship outcomes, particularly in same-sex couples, suggesting that the quality of emotional connection transcends sexual orientation and is universally significant in shaping commitment (Guzmán-González et al., 2023). Similarly, Vakilian et al. (2024) found that emotional intimacy was a significant predictor of marital commitment among married women, even when accounting for cognitive and belief-based variables (Vakilian et al., 2024). These findings underscore the centrality of emotional intimacy as a psychological anchor in committed partnerships.

Furthermore, emotional intimacy is not only a predictor of commitment but also a dynamic outcome of therapeutic interventions aimed at enhancing relationship quality. Emotion-focused therapies, for instance, have been shown to improve emotional closeness and communication, leading to

higher levels of marital commitment and satisfaction (Homaei et al., 2023; Zadhasan & Moghadam, 2023). Lim (2022) argued that couples who effectively regulate their emotional responses to conflict experience deeper intimacy, which in turn strengthens their marital bond and long-term dedication (Lim, 2022). In another study, Salehi et al. (2023) reported that integrated couples therapy significantly increased emotional intimacy and forgiveness among women dealing with extramarital betrayals, illustrating that emotional intimacy is both a protective factor and a reparative mechanism (Salehi et al., 2023). The emotional investment between spouses appears to be not only a predictor but also a critical outcome of marital growth processes.

Shared values, defined as the degree to which partners agree on core beliefs, life goals, and moral priorities, are another vital component contributing to marital commitment. When partners perceive alignment in their worldviews, they are more likely to experience relational harmony, cooperative problem-solving, and a unified sense of purpose (Shrestha et al., 2023). Shared values serve as a cognitive and moral foundation upon which couples build their daily lives and long-term goals. According to Ghahari et al. (2023), agreement on fundamental values such as child-rearing, financial planning, and spiritual orientation predicts higher marital satisfaction and longevity (Ghahari et al., 2023). A similar conclusion was drawn by Gurung et al. (2023), who explored the lived experiences of Nepali couples and found that value congruence fostered trust, emotional connection, and commitment, even in the absence of constant physical closeness (Gurung et al., 2023).

From a cultural perspective, shared values are especially important in societies where collectivist norms prioritize family cohesion and long-term obligations. In such contexts, value alignment is often considered a non-negotiable element of marital viability (Santri et al., 2022). For instance, Umami et al. (2024) analyzed depictions of emotional intimacy in literature and concluded that characters who shared moral perspectives and life goals displayed greater loyalty and enduring commitment despite relational challenges (Umami et al., 2024). Moreover, research by Salari et al. (2022) found that value-based intimacy significantly moderated the negative effects of infidelity in couples, suggesting that shared beliefs can serve as a stabilizing force even during relational crises (Salari et al., 2022).

The interplay between emotional intimacy and shared values in predicting marital commitment remains an

underexplored yet promising area of study. While both constructs have been individually associated with relational stability, their combined influence on long-term marital outcomes is still not well understood. Some scholars have proposed that emotional intimacy may amplify the effect of shared values by deepening partners' emotional alignment, while others suggest that shared values might provide the necessary groundwork upon which emotional intimacy can flourish (Joy & Nashwan, 2024; Obradović & Obradović, 2021). In a longitudinal study of military couples, Knobloch-Fedders et al. (2020) found that relationship changes during reintegration were buffered by strong emotional bonds and shared life perspectives, further supporting the interconnectedness of these variables (Knobloch-Fedders et al., 2020).

Another relevant dimension in this discussion is the role of psychological constructs such as emotion regulation and cognitive flexibility in mediating or moderating the relationships among intimacy, shared values, and commitment. For example, Jitaru and Turliuc (2022) highlighted the moderating effect of interpersonal emotion regulation on the associations between commitment, intimacy, and satisfaction, suggesting that individuals who regulate their emotions effectively are more likely to maintain intimacy and commitment even during relational strain (Jitaru & Turliuc, 2022). Similarly, Quyamuddin (2025) and Joy and Nashwan (2024) linked emotional resilience—a trait linked with effective emotional processing—to enduring relationship quality, especially among professionals facing external stressors such as healthcare workers and medical residents (Joy & Nashwan, 2024; Quyamuddin, 2025).

Cultural and contextual factors also shape the development of emotional intimacy and shared values, influencing their predictive strength in various populations. In a study on Chilean couples, Aranda et al. (2024) found that self-concealment reduced emotional intimacy and ultimately undermined commitment, particularly among individuals with high relational anxiety (Aranda et al., 2024). Likewise, Ghasemi (2023) emphasized the role of attachment-related symbols in fostering intimacy and commitment, indicating that early relational experiences and cultural scripts may inform individuals' expectations of marriage (Ghasemi, 2023). These findings suggest that emotional intimacy and shared values must be understood not only as interpersonal constructs but also as culturally embedded processes influenced by individual histories and sociocultural norms.

This research is particularly relevant to the Indonesian context, where marital relationships are deeply rooted in cultural, religious, and familial traditions. Indonesia's collectivist values emphasize harmony, shared responsibility, and emotional containment, which can simultaneously promote long-term commitment and suppress open emotional expression. Understanding how emotional intimacy and shared values contribute to marital satisfaction and commitment in such a context can provide insight into culturally sensitive relationship dynamics and inform locally appropriate interventions. Previous studies conducted in similar Southeast Asian cultures suggest that shared values may carry more weight in marital decision-making compared to Western societies, where emotional expression and individual fulfillment often take precedence (Wickrama et al., 2022). Furthermore, investigating these constructs among Indonesian couples can contribute to cross-cultural comparisons and expand the global understanding of relationship processes.

Given the theoretical significance and practical implications of these variables, the current study seeks to examine the predictive roles of emotional intimacy and shared values in long-term marital commitment.

2. Methods and Materials

2.1. Study Design and Participants

The present study employed a correlational descriptive research design to investigate the relationship between shared values, emotional intimacy, and long-term marital commitment. The target population consisted of married individuals residing in Indonesia. A total of 400 participants were selected using stratified random sampling, with the sample size determined according to Morgan and Krejcie's (1970) sample size table for a population of unknown size. Inclusion criteria required participants to be legally married for a minimum of five years, aged between 25 and 60 years, and willing to participate voluntarily in the research. Data were collected through self-report questionnaires comprising standardized instruments to measure marital satisfaction, shared values, and emotional intimacy. Ethical considerations were observed by ensuring participant confidentiality and informed consent prior to participation.

2.2. Measures

2.2.1. Marital Satisfaction

Marital satisfaction was measured using the ENRICH Marital Satisfaction Scale (EMS) developed by Olson, Fournier, and Druckman in 1983. This widely used tool consists of 15 items that assess various dimensions of marital satisfaction, including communication, conflict resolution, and overall relationship quality. Respondents rate each item on a 5-point Likert scale ranging from "strongly disagree" to "strongly agree," with higher scores indicating greater marital satisfaction. The EMS does not contain subscales in its standard 15-item form but is derived from the broader ENRICH inventory, which covers multiple relationship domains. The EMS has been validated in numerous studies across different cultural contexts, and its internal consistency has been reported to be high, with Cronbach's alpha values typically above 0.80, indicating good reliability and construct validity (Wang & Ye, 2024; Wickle et al., 2024).

2.2.2. Shared Values

Shared values were assessed using the Value Consensus Scale developed by Rokeach (1973) and later adapted for marital research by Murstein and MacDonald (1983). This scale consists of 10 items evaluating the extent to which spouses perceive alignment in their core beliefs, life priorities, and ethical views. Participants respond on a 5-point Likert scale ranging from "not at all similar" to "extremely similar." The scale is unidimensional and focuses specifically on perceived value congruence within the marital relationship. Prior research has confirmed the scale's reliability, with Cronbach's alpha values typically exceeding 0.75, and studies have supported its construct and criterion-related validity, particularly in predicting marital cohesion and relationship stability (Rosen-Grandon et al., 2004; Yang & Seyed Alitabar, 2024).

2.2.3. Emotional Intimacy

Emotional intimacy was measured using the Emotional Intimacy Scale (EIS) developed by Sinclair and Dowdy in 2005. The scale comprises 5 items that assess the depth of emotional closeness, openness, and mutual understanding between partners. Each item is rated on a 6-point Likert scale

from "strongly disagree" to "strongly agree," with higher scores indicating greater emotional intimacy. The EIS does not include formal subscales but captures the overall experience of emotional connectedness in romantic relationships. The tool has demonstrated high internal consistency (Cronbach's alpha > 0.85) and has been validated in both clinical and non-clinical populations, confirming its reliability and its effectiveness in measuring the emotional dimension of intimate relationships (Aranda et al., 2024; Poorseyed, 2023; Vakilian et al., 2024).

2.3. Data Analysis

For data analysis, the collected responses were entered and analyzed using SPSS software version 27. Descriptive statistics, including means and standard deviations, were first computed to provide a general overview of the participants' responses. To examine the relationships between the dependent variable (marital satisfaction) and the independent variables (shared values and emotional intimacy), Pearson correlation coefficients were calculated. Additionally, a multiple linear regression analysis was conducted to determine the predictive power of shared values and emotional intimacy on marital satisfaction. The assumptions of normality, linearity, and multicollinearity were tested and confirmed prior to running the regression model. The significance level was set at $p < 0.05$ for all inferential analyses.

3. Findings and Results

The study sample consisted of 400 married individuals from Indonesia, including 227 women (56.75%) and 173 men (43.25%). Participants' ages ranged from 25 to 60 years, with the majority falling within the 31–40 age group ($n = 162$; 40.50%), followed by the 41–50 age group ($n = 134$; 33.50%), the 25–30 group ($n = 61$; 15.25%), and the 51–60 group ($n = 43$; 10.75%). In terms of educational background, 158 participants (39.50%) held a bachelor's degree, 121 (30.25%) had completed high school, 77 (19.25%) had a master's degree, and 44 (11.00%) had other educational qualifications. Regarding marital duration, 146 participants (36.50%) had been married for 5–10 years, 132 (33.00%) for 11–15 years, 89 (22.25%) for 16–20 years, and 33 (8.25%) for more than 20 years.

Table 1

Descriptive Statistics for Study Variables

Variable	M	SD
Marital Satisfaction	58.47	8.36
Shared Values	42.63	6.71
Emotional Intimacy	25.89	4.52

The descriptive statistics indicated that the mean score for marital satisfaction was 58.47 (SD = 8.36), suggesting a generally high level of satisfaction among participants. The mean score for shared values was 42.63 (SD = 6.71), and emotional intimacy had a mean of 25.89 (SD = 4.52). These results show that participants generally reported moderate to high levels across all variables, reflecting strong emotional and value-based dimensions in their relationships (Table 1).

Before conducting the multiple linear regression analysis, key assumptions were tested and confirmed. The normality of data was assessed using the Kolmogorov–Smirnov test, yielding non-significant results for marital satisfaction ($D = 0.046$, $p = 0.131$), shared values ($D = 0.051$, $p = 0.093$), and

emotional intimacy ($D = 0.042$, $p = 0.168$), indicating normal distribution. Linearity was visually confirmed through scatterplots, which showed linear relationships between the independent variables and the dependent variable. Multicollinearity was evaluated using Variance Inflation Factor (VIF) and Tolerance values; shared values had a VIF of 1.21 and tolerance of 0.82, while emotional intimacy showed a VIF of 1.21 and tolerance of 0.82, suggesting no multicollinearity concerns. Homoscedasticity was also confirmed by examining the standardized residual plots, which showed no discernible patterns. These results confirmed that the data met the necessary assumptions for linear regression analysis.

Table 2

Pearson Correlation Coefficients Between Study Variables

Variable	1	2	3
1. Marital Satisfaction	—		
2. Shared Values	.61** ($p < .01$)	—	
3. Emotional Intimacy	.68** ($p < .01$)	.54** ($p < .01$)	—

The Pearson correlation analysis revealed a significant positive correlation between marital satisfaction and shared values ($r = .61$, $p < .01$), as well as between marital satisfaction and emotional intimacy ($r = .68$, $p < .01$). Additionally, shared values and emotional intimacy were

significantly correlated with each other ($r = .54$, $p < .01$). These results indicate that as emotional intimacy and shared values increase, marital satisfaction also tends to increase (Table 2).

Table 3

Summary of Regression Model

Source	Sum of Squares	df	Mean Square	R	R ²	Adjusted R ²	F	p
Regression	4261.38	2	2130.69	.73	.53	.53	223.87	< .01
Residual	3756.42	397	9.46					
Total	8017.80	399						

The ANOVA summary of the regression model revealed a statistically significant model, $F(2, 397) = 223.87$, $p < .01$, with an R value of .73 and an R² of .53. This suggests that 53% of the variance in marital satisfaction could be

explained by the combined effects of shared values and emotional intimacy. The adjusted R² remained consistent at .53, indicating good model fit with minimal overfitting (Table 3).

Table 4

Multiple Regression Coefficients Predicting Marital Satisfaction

Predictor	B	SE	β	t	p
Constant	18.72	2.41	—	7.77	< .01
Shared Values	0.47	0.06	.38	7.83	< .01
Emotional Intimacy	0.69	0.07	.44	9.86	< .01

The multiple regression analysis revealed that both shared values and emotional intimacy significantly predicted marital satisfaction. Shared values had a standardized beta coefficient of .38 ($B = 0.47$, $t = 7.83$, $p < .01$), while emotional intimacy demonstrated a slightly stronger effect ($\beta = .44$, $B = 0.69$, $t = 9.86$, $p < .01$). The constant value was 18.72, and the model confirmed that both predictors contribute uniquely and significantly to the variance in marital satisfaction (Table 4).

4. Discussion and Conclusion

The present study aimed to examine the predictive roles of shared values and emotional intimacy in marital satisfaction among married individuals in Indonesia. Using a correlational descriptive design with a sample of 400 participants, Pearson correlation analyses revealed that both shared values and emotional intimacy were significantly and positively correlated with marital satisfaction. Moreover, results from multiple linear regression analysis indicated that both variables were significant predictors of marital satisfaction, with emotional intimacy demonstrating a slightly stronger predictive weight than shared values. These findings provide empirical support for the hypothesis that relational and psychological alignment in a marriage—both emotionally and cognitively—plays a key role in fostering marital satisfaction.

The significant positive correlation between shared values and marital satisfaction aligns with previous findings in the literature emphasizing the role of value congruence in marital harmony. Shared values refer to mutual understanding and agreement on core beliefs, lifestyle preferences, and long-term life goals between spouses. This type of cognitive compatibility helps couples reduce conflict, make joint decisions effectively, and reinforce a unified life narrative (Ghahari et al., 2023; Shrestha et al., 2023). The current study's findings are consistent with the work of Gurung et al. (2023), who found that Nepali couples experiencing high levels of value alignment also reported strong emotional connections and enduring satisfaction in their marriages (Gurung et al., 2023). Similarly, Ghahari et

al. (2023) demonstrated that shared goals and ideological agreement enhanced both marital intimacy and overall satisfaction, especially in long-term marriages (Ghahari et al., 2023). In the Indonesian context, where collectivist cultural values emphasize consensus and shared responsibility, the importance of shared values in predicting satisfaction may be particularly pronounced (Santri et al., 2022).

Emotional intimacy also emerged as a strong predictor of marital satisfaction, highlighting the critical role of emotional closeness in the maintenance of committed relationships. Emotional intimacy involves mutual understanding, empathy, open communication, and the willingness to be emotionally vulnerable with one's partner. This finding resonates with prior studies asserting that emotional intimacy fosters a safe relational space in which partners feel supported and validated, thus enhancing satisfaction (Aranda et al., 2024; Guerrero-Molina et al., 2023). Guzmán-González et al. (2023) found that emotional intimacy mediated the relationship between attachment avoidance and relationship quality, suggesting its central role in navigating relational insecurities (Guzmán-González et al., 2023). Moreover, Vakilian et al. (2024) reported that emotional intimacy predicted commitment and satisfaction among married women experiencing infertility-related stress, further confirming that intimacy acts as a relational anchor even under adverse conditions (Vakilian et al., 2024).

The current study's findings are also supported by therapeutic research that has demonstrated improvements in emotional intimacy as a pathway to increased marital satisfaction. Emotion-focused couple therapies have been particularly effective in strengthening emotional intimacy and, by extension, satisfaction and commitment (Homaei et al., 2023; Zadhan & Moghadam, 2023). Homaei et al. (2023) found that systemic couple therapy improved self-differentiation and emotional intimacy in couples facing emotional divorce, thereby increasing satisfaction and decreasing relationship boredom (Homaei et al., 2023). Salehi et al. (2023) likewise observed that integrated therapy approaches fostered intimacy and forgiveness, leading to enhanced marital well-being (Salehi et al., 2023). These

outcomes suggest that emotional intimacy is not only a static attribute of strong relationships but also a dynamic target of effective intervention.

In comparing the predictive strength of the two variables, emotional intimacy had a marginally stronger impact on marital satisfaction than shared values. This distinction underscores the emotionally driven nature of satisfaction, which may depend more on daily affective experiences than on cognitive alignment alone. While shared values provide a stable framework for cooperation and goal alignment, emotional intimacy contributes to the immediate emotional climate of the relationship, influencing how partners experience and interpret daily interactions. This interpretation aligns with the findings of Jitaru and Turliuc (2022), who highlighted the moderating role of interpersonal emotion regulation in the intimacy-satisfaction link, emphasizing the primacy of affective attunement in marital dynamics (Jitaru & Turliuc, 2022). Furthermore, Quyamuddin (2025) and Joy and Nashwan (2024) stressed the importance of emotional resilience and emotional intelligence in building and sustaining relational commitment, suggesting that emotional competence is foundational to enduring satisfaction (Joy & Nashwan, 2024; Quyamuddin, 2025).

The integration of shared values and emotional intimacy as joint predictors presents a more holistic understanding of marital satisfaction. Their combined influence supports the idea that cognitive and emotional alignment reinforce each other to promote relational well-being. For instance, partners who agree on fundamental values may be more inclined to engage in open communication, thereby enhancing intimacy. Conversely, emotionally intimate couples may find it easier to negotiate and adapt values over time. This synergistic relationship is illustrated in the longitudinal work of Knobloch-Fedders et al. (2020), who demonstrated that couples' relational satisfaction during military reintegration depended on both emotional closeness and mutual understanding of goals and roles (Knobloch-Fedders et al., 2020). Similarly, Lim (2022) found that adaptive cognitive emotion regulation strategies supported the intimacy necessary for resolving marital conflict and maintaining satisfaction (Lim, 2022).

In addition to empirical support, the present findings also align with conceptual models of love and commitment. According to Sternberg's Triangular Theory of Love, commitment is one of the three central components of love, alongside intimacy and passion. The findings of this study reinforce the notion that emotional intimacy, one of the key

vertices in this model, is directly linked to commitment and satisfaction. Studies by Joy and Nashwan (2024) and Quyamuddin (2025) also used this theoretical lens to explore emotional dynamics in professional and relational settings, reinforcing the universal applicability of this model to understand love and commitment in both personal and occupational contexts (Joy & Nashwan, 2024; Quyamuddin, 2025).

Furthermore, the results have implications for populations coping with relationship challenges, such as infidelity, infertility, or psychological distress. Nezamalmolki et al. (2023) found that emotional-focused couples therapy enhanced intimacy and reduced impulsivity in women affected by marital infidelity, leading to improved relationship quality (Nezamalmolki et al., 2023). Similarly, Salari et al. (2022) observed that emotional and sexual intimacy served as buffers against the psychological consequences of infidelity among traumatized couples (Salari et al., 2022). These studies suggest that both shared values and emotional intimacy are critical for relationship repair and growth following relational crises.

Despite the robust findings, it is important to acknowledge that individual differences and cultural influences may shape how emotional intimacy and shared values interact to influence satisfaction. For example, in cultures with high levels of emotional restraint or where arranged marriages are common, shared values may initially play a larger role, while emotional intimacy develops more gradually. The study by Aranda et al. (2024) illustrated that self-concealment impeded emotional intimacy and ultimately reduced commitment, highlighting the impact of personality traits and cultural norms on emotional openness (Aranda et al., 2024). In such contexts, interventions targeting emotional literacy and safe self-disclosure may be especially effective.

Although the current study contributes valuable insights into the relational dynamics of marital satisfaction, several limitations must be acknowledged. First, the study used a cross-sectional design, which restricts the ability to draw causal inferences. While emotional intimacy and shared values were found to predict marital satisfaction, it remains possible that satisfaction also reinforces these variables over time, suggesting a bidirectional relationship. Second, data collection was based on self-report questionnaires, which may be subject to social desirability bias or self-perception errors. Participants may have overestimated their levels of intimacy or value alignment to present their relationships in a more favorable light. Third, while the sample was

relatively large and diverse in terms of age and marital duration, all participants were from Indonesia. Cultural factors specific to Indonesian society, such as collectivism and religious orientation, may limit the generalizability of the findings to other cultural contexts. Lastly, the study focused solely on emotional intimacy and shared values, excluding other important variables such as communication skills, conflict resolution strategies, or external stressors, which may also significantly influence marital satisfaction.

Future research should consider adopting longitudinal designs to explore how emotional intimacy and shared values evolve over time and how they interact to influence long-term marital outcomes. This would provide a clearer understanding of causality and the dynamic nature of these constructs. Additionally, future studies could expand the range of predictors by including factors such as sexual satisfaction, financial stress, parenting challenges, or cultural adaptation in mixed-cultural marriages. Qualitative methods, such as in-depth interviews or diary studies, may also offer richer insights into how couples experience and construct emotional intimacy and value congruence in their daily lives. Furthermore, comparative cross-cultural studies would help identify universal versus culture-specific patterns in the predictors of marital satisfaction, thereby enriching global understanding of couple dynamics. Research could also explore potential mediators or moderators, such as emotion regulation, attachment styles, or gender roles, which may shape the impact of intimacy and shared values on satisfaction.

The findings of this study offer practical implications for counselors, therapists, and educators working with couples. Marital therapy programs should focus not only on improving emotional communication but also on facilitating discussions around core values and long-term goals. Practitioners may consider incorporating value clarification exercises and emotional literacy training to enhance both shared understanding and emotional closeness between partners. Pre-marital counseling can integrate assessments of value alignment and emotional compatibility to prepare couples for long-term commitment. Educational initiatives aimed at strengthening relational skills among young adults may also contribute to future relationship stability by promoting the development of emotional intimacy and value awareness from an early stage. In culturally specific settings, culturally sensitive interventions that respect local norms while promoting open dialogue and emotional connection can be particularly effective in fostering lasting marital satisfaction.

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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Ethical 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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