

Impact of Emotional Maturity and Resilience on Marital Satisfaction among Married IndividualsNoureen Fatima^a, Maaz Sultan^{a*}^a National Institute of Psychology (NIP), Quaid-i- Azam University Islamabad, Pakistan**Abstract**

The present study was aimed to investigate relationship between emotional maturity, resilience and marital satisfaction among married individuals. This study also aimed at explaining the impact of emotional maturity and resilience on marital satisfaction among married individuals. Data was collected on Emotional Maturity Scale (Singh & Bhargava, 1990), Nicholson McBride Resilience Questionnaire (McBride, 2020), Relationship Assessment Scale (Hendrick, 1988). Sample comprised of 364 married individuals from Rawalpindi and Islamabad age ranging from 25 years and above with mean ($M=36.42$ years) and standard deviation ($SD=5.78$ years). Structural validity of instruments was assessed by Confirmatory Factor Analysis and reliability was estimated with Cronbach's Alpha. All three scales showed good structural validity and reliability indices. The Pearson correlational analysis revealed that when individuals are emotionally mature it will increase resilience and marital satisfaction. The regression analysis was carried out which revealed that both emotional maturity and resilience significantly affect marital satisfaction. It is concluded that emotional maturity and resilience are significant predictors of marital satisfaction. It is recommended that marital satisfaction may be increase directly by addressing emotions and resilience skills of the individuals.

Keywords: Emotional Maturity, Marital Satisfaction, Resilience, Married Individuals**Correspondence:** Maaz Sultan

National Institute of Psychology (NIP), Quaid-i- Azam University Islamabad, Pakistan

Email: maazsultan199@gmail.com

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1. Introduction

Marriage holds a key place in how people live their lives. It affects mental health, emotional balance, and social ties in important ways. What people call marital satisfaction comes down to the general sense of happiness and completeness you get from your marriage. That turns out to be a major sign of relational quality and stability. (Mosavi & Irvani, 2012). Research points out that people with solid emotional and psychological balance handle healthy relationships a lot better. They manage conflicts in effective ways too. That balance really helps build mutual understanding and deeper intimacy between them (Sunarti, 2013). Thing is, emotional maturity and resilience stand out among all those psychological factors that go into marital satisfaction. They are getting more attention these days for the key part they play in building harmony and overall contentment in married life.

Emotional maturity basically means a person's skill at handling and controlling their own emotions. It involves adjusting to different kinds of social settings and personal relationships. People with it also react to stress in helpful, positive ways (Singh & Bhargava, 1990). Stability, empathy, and self-control are traits of emotionally mature people that allow them to deal with marital difficulties patiently and understandingly (Wagde & Ganaie, 2013). On the other hand, impulsivity, poor emotion regulation, and dependency are common signs of emotional immaturity and can result in relationship dissatisfaction and frequent arguments (Marlina, 2013). Because emotionally balanced spouses typically exhibit better communication and conflict resolution skills, studies have shown that emotional maturity significantly predicts marital satisfaction (Khalatbari et al., 2013; Dewi, Puspitawati, & Krisnatuti, 2018).

Similarly, maintaining marital satisfaction depends heavily on resilience, which is the capacity to adjust, bounce back, and become stronger after adversity (Suriyah & Saraswati, 2021). According to studies, resilience improves marital satisfaction by empowering partners to handle outside stresses like job stress, family strife, and financial difficulties without sacrificing the quality of their relationship (Neff & Broady, 2011).

A thorough understanding of marital satisfaction can be gained from the interplay between emotional maturity and resilience. While resilience offers the fortitude to bounce back from relationship stress, emotional maturity adds stability and empathy. When combined, these characteristics help couples avoid emotional burnout and promote lasting contentment (Davies, 2015). Few empirical studies have looked at the combined predictive influence of emotional maturity and resilience on marital satisfaction, especially in the context of Pakistani married people, despite the fact that there is evidence supporting their separate roles.

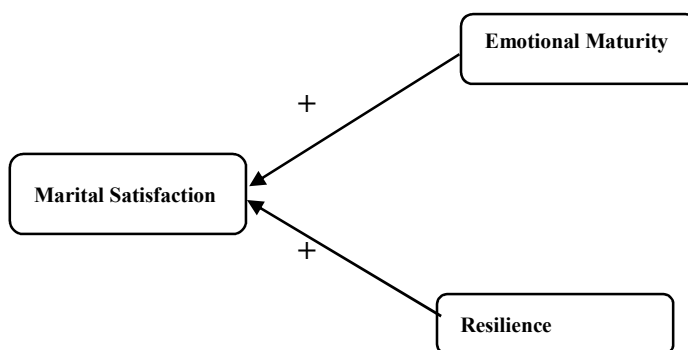
Considering the evolving social and technological climate that affects contemporary relationships, it is more critical than ever to know the psychological determinants of marital satisfaction. Thus, the current study seeks to explore the effects of emotional maturity and resilience on marital satisfaction among the married population. This study contributes to expanding the literature on marital well-being by highlighting the psychological abilities that facilitate emotional well-being, flexibility, and satisfaction in marriage.

Past research has identified emotional maturity and resilience as crucial predictors of interpersonal harmony and satisfaction (Khalatbari et al., 2013; Suriyah & Saraswati, 2021; Walsh, 2016). However, most of this research has been conducted within Western cultural contexts, with limited empirical investigation among South Asian married populations, in which the unique shaping of emotional and relational experiences is driven by family systems, collectivist norms, and societal expectations (Afifi & MacMillan, 2011; Suriyah et al., 2025). Equally important, few

studies have jointly investigated how emotional maturity and resilience combine to predict marital satisfaction, despite evidence of both contributing to effective coping, empathy, and relational adjustment (Neff & Broady, 2011; Davies, 2015).

The Positive Psychology Framework provides an overarching foundation for understanding how intra-individual strengths such as emotional maturity and resilience, shape marital functioning (Seligman & Csikszentmihalyi, 2000). Within this framework, the Broaden-and-Build Theory of Positive Emotions explains how positive emotional resources expand individuals' cognitive and interpersonal capacities and accumulate into long-term relational benefits (Fredrickson, 2001; Fredrickson & Tugade, 2004). Resilience aligns closely with this theory, as resilient individuals generate positive emotions during stress, adopt broadened perspectives, and build enduring interpersonal resources, thereby enhancing marital satisfaction (Tugade & Fredrickson, 2004). Similarly, the pathway from emotional maturity to marital satisfaction is grounded in psychological processes supported by the same theoretical lens. Emotional maturity reflects stable emotion regulation, autonomy, and adaptive interpersonal functioning, all of which contribute to relational harmony and lower conflict reactivity (Gross, 1998). These regulatory abilities are consistent with the broadened cognitive and emotional capacities described in the Broaden-and-Build Theory. As a result, emotionally mature individuals communicate more effectively, maintain emotional stability, and engage in constructive relational behaviors that promote marital satisfaction (Bowlby, 1988; Fincham & Beach, 2010).

The objectives of the study are to examine the relationship between emotional maturity, resilience, and marital satisfaction, and to explore how emotional maturity and resilience influence marital satisfaction among married individuals. Correspondingly, the study hypothesizes that emotional maturity and resilience are positively associated with marital satisfaction that higher emotional maturity leads to greater marital satisfaction and that resilience likewise has a positive effect on marital satisfaction.



2. Method

2.1 Research Design

A cross-sectional survey study design was utilized in this study. Participants completed standardized self-report instruments. At the beginning of the questionnaire booklet, an elaborate consent form was designed that included an introduction regarding the more general goals of the study. The consent form also informs the respondents of their ethical rights as social survey participants. The important ethical issues of informed consent and confidentiality, which are essentially to be disclosed to the respondents, are also covered. Finally, the contact information of the researcher was provided so the respondents may express any questions or concerns.

2.2 Sample

The sample consisted of $N = 364$ married individuals (171 males and 193 females) recruited using purposive and convenient sampling techniques from Rawalpindi, Karachi, Gilgit, and Islamabad, Pakistan. Participants' ages ranged from 25 to above years ($M = 36.42$, $SD = 5.78$). The inclusion criteria required that the participants should be 1 year or above years of marriage, the level of education should be graduation, and English literate. Separated status, in a long distance relationship (not living together), one partner is deceased, and couple with less than 1 year of marriage duration are excluded.

2.3 Instruments

2.3.1 Demographic Sheet : The researcher created a demographic Sheet to gather basic details from participants. It covered areas like age, gender, education level, occupation or job status, years in marriage, number of children, and habits around mobile phone use.

2.3.2 Emotional Maturity Scale (Singh & Bhargava, 1990) : This scale has 48 items in total. It looks at five main areas of emotional maturity, including emotional stability, emotional progression, social adjustment, personality integration, and independence. People rate each item on a five-point Likert scale that goes from Very Much to Never. Scores come out higher when emotional maturity is lower, while Lower scores point to more emotional maturity overall. In this study, the scale showed solid internal consistency with an alpha of .87 (Singh & Bhargava, 1990).

2.3.3 Nicholson McBride Resilience Questionnaire (McBride, 2020) : The questionnaire includes 12 items to check resilience levels in people. It shows how well they bounce back from tough situations or adversity. Ratings happen on a five-point Likert scale from Strongly Disagree to Strongly Agree. Higher scores mean stronger resilience in general. For the current study, Cronbach's alpha reached .82 (McBride, 2020).

2.3.4 Relationship Assessment Scale (Hendrick, 1988) : This scale uses 7 items to gauge overall satisfaction in marriage. It relies on a five-point Likert format for responses, and items 4 and 7 are reverse coded. Higher scores signal better satisfaction with the marital relationship. The internal consistency in this study came in at alpha equals .84 (Hendrick, 1988).

2.4 Procedure and Statistical Method

After formal permission was obtained from the authors of the adapted scales, keeping in mind the inclusion and exclusion criteria, the participants were approached individually as well as through online forums for data collection. The questionnaire booklet contained an informed consent form, demographic sheet, and the three study scales. The respondents were assured about the voluntary nature of participation, and confidentiality of the data was assured. The average time required for the completion of the questionnaire was approximately

20–25 minutes. Data were screened for completeness, and any incomplete responses were excluded from analysis. Data were analyzed using IBM-SPSS V-21. Descriptive statistics were computed for all study variables. Pearson correlation analysis examined interrelationships among emotional maturity, resilience, and marital satisfaction. Multiple regression analysis was used to determine the predictive role of emotional maturity and resilience in marital satisfaction. The following tools were used to collect data in addition to the demographic sheet.

3. Results

Preliminary analysis was conducted for properties of variables to test their appropriateness for inferential statistics to test our hypotheses. Results showed that all variables have a normal distribution with skewness and kurtosis < 2 . Cronbach's alpha reliabilities showed that scales are internally consistent with a range of alpha from $\alpha = .91$ for emotional maturity scale, $\alpha = .80$ for resilience scale, and $\alpha = .81$ for marital satisfaction scale for the study sample.

Table 1

Descriptive Statistics and Alpha Coefficients of the Study Variables (N=360).

Scales	K	α	M	SD	Skew	Kurt
Emotional Maturity	48	.91	98.01	23.76	.46	.01
Emotional Stability	10	.79	21.08	6.95	.59	-.08
Emotional Progression	10	.78	19.99	6.49	.43	-.53
Social Adjustment	10	.62	21.26	5.41	.31	-.01
Personality Integration	10	.77	18.28	5.89	.86	.49
Independence	8	.56	17.38	4.47	.46	.13
Resilience	12	.80	41.44	7.01	-.89	1.20
Marital Satisfaction	7	.81	26.82	5.32	-.23	-.91

Pearson's bivariate correlations showed that emotional maturity significantly negatively correlated with resilience and marital satisfaction ($p > .01$). Emotional maturity appeared to significantly positively related with its subscales ($p < .01$). Moreover, resilience appeared to significantly positively relate with marital satisfaction with ($r = .35$, $p < .01$).

Table 3 demonstrates that emotional maturity and resilience are predictors of marital satisfaction. Table depicts that demographic variable account for 1% of variance in the marital satisfaction as shown in model-1. Furthermore, model-2 reflects the effect caused by emotional maturity and resilience while the demographics variables are controlled. The result shows that the study variables together account for 22% of the total variance in the marital satisfaction among married individuals. Thereby, it indicates that emotional maturity is negatively and significantly predicting marital satisfaction ($\beta = -.32$, $p < .001$) (*Marital Satisfaction Scale used in this study, a low score indicates high emotional maturity, whereas a high score indicates low emotional maturity.*). Which explain that increase in emotional maturity will increases marital satisfaction. Furthermore, resilience significantly predicts marital satisfaction among married individuals ($\beta = .35$, $p < .001$). Which explain that an increase in resilience will lead to increase in marital satisfaction among married individuals.

Table 2
Correlation among study variables (N360)

Sr. No	Variables	1	2	3	4	5	6	7	8
1	Emotional Maturity	1							
2	Emotional Stability	.82**	1						
3	Emotional Progression	.88**	.70**	1					
4	Social Adjustment	.76**	.48**	.57**	1				
5	Personality Integration	.85**	.58**	.68**	.58**	1			
6	Independence	.71**	.41**	.53**	.48**	.58**	1		
7	Resilience	-.14**	-.14**	-.18**	-.03	-.14**	-.01	1	
8	Marital Satisfaction	-.33**	-.24**	-.31**	-.27**	-.33**	-.17**	.35**	1

Note: In the Marital Satisfaction Scale used in this study, a low score indicates high emotional maturity, whereas a high score indicates low emotional maturity. Therefore, it is expected that emotional maturity will show negative correlations with the other variables.

Table 3
Regression Analysis for the Effect of Emotional Maturity and Resilience on Marital Satisfaction and Demographics Variables among Married Individual (N=360)

Predictors	Model 1- β	Model-2		
		β	95% CL	
			LL	UL
Age	.04	-.16**	-1.71	-.37
Gender	-.05	-.06	-1.73	.47
Education Level	.02	.06	-.13	.60
Job Status	-.07	-.09	-2.26	.21
Emotional Maturity		-.32**	-.09	-.05
Resilience		.35**	.19	.34
R^2	.01	.23		
F	1.45	18.56**		
ΔR^2		.22		

Note. CI= Confidence Interval, LL=Lower Limit, UL=Upper Limit, * $p < .05$, ** $p < .01$.

4. Discussion

The purpose of the present study was two. At first, it aimed to find out the relation between emotional maturity, resilience and marital satisfaction. Second, to assess the direct effect of emotional maturity and resilience on marital satisfaction.

The preliminary analysis showed the appropriateness of the data for inferential testing. The characteristics of the data suggested the stability and reliability of the conclusions drawn from the data of the study. The correlation analysis presenting a significant negative relationship between emotional maturity and marital satisfaction is logical. The findings of correlation matrix indicate there is negative significant relationship between Emotional Maturity and its subscale with marital satisfaction (its mean there is significant positive relationship between Emotional Maturity and Marital Satisfaction because of scoring of Emotional Maturity scale i.e., higher score on scale means low emotional maturity and low scores on scale means high emotional maturity) within married individuals. Which means that individuals with high emotional maturity have the ability to regulate emotions, maintain personal integration, and adapt effectively to interpersonal challenges, plays a crucial role in fostering strong marital bonds.

These findings are consistent with previous research, Shah et al. (2016) found that individuals with higher emotional maturity exhibited greater satisfaction in their marriages, as they were better equipped to navigate conflicts and build emotional intimacy. Similarly, Mehta and Singh (2017) highlighted that emotional stability, a key dimension of emotional maturity, was positively correlated with marital harmony and trust. Additionally, Bhargava and Subhash (2015) emphasized that emotionally mature individuals possess enhanced communication skills and empathy, which contribute to understanding and addressing their partner's needs effectively.

Furthermore, results revealed that there is a positive significant relationship between Resilience and marital satisfaction within married individuals which means that resilience as a protective factor in marital relationships. Resilience equips individuals with the ability to adapt to stressors and maintain stability, thereby enhancing marital satisfaction. Previous researches identified that resilience impact marital satisfaction positively i.e. they have significant positive relationship between resilience and marital satisfaction.

A study by Bradley and Hojjat in 2017 explored the interplay between relationship satisfaction, stress, and resilience. The findings suggest that high resilience may increase marital satisfaction, indicating that resilience serves as a buffer against stress in relationships. Additionally, Ahmad and Jahangir in 2020 conducted research focusing on resilience as a predictor of marital adjustment among couples. Their findings suggest that resilience plays a vital role in managing stressful situations in married life, thereby contributing to better marital satisfaction.

One of the main objectives of the present study was to explore the impact of emotional maturity and resilience on marital satisfaction. The researcher investigated the predictive role of these variables by employing multiple regression analysis. The result indicated that emotional maturity is positively predicting marital satisfaction among married individuals but because of reverse scoring in results it shows negative relationship which means there is positive significant relationship. This hypothesis is formulated according to past literature; the result is consistent with prior finding.

The results indicated that emotional maturity positively predict marital satisfaction, highlighting the role of emotional regulation and adaptability in fostering fulfilling relationships. Specifically, emotional stability positively predicts marital satisfaction, as individuals who remain calm and composed in stressful situations are better equipped to

manage conflicts effectively, reducing emotional distress in their relationships. Emotionally stable individuals are less likely to react impulsively or escalate disagreements, contributing to a more harmonious marital dynamic (Malouff et al., 2014). Additionally, emotional progression significantly predicts marital satisfaction, as individuals who grow emotionally through life experiences are more likely to develop understanding, patience, and adaptability in their relationships. This ability to learn from experiences helps couples navigate challenges constructively, leading to greater relationship fulfillment (Zeidner et al., 2012). Similarly, personality integration predicts higher marital satisfaction, as individuals with a well-integrated sense of self demonstrate greater self-awareness, consistency, and emotional balance, which fosters a stable and trusting marital relationship (Bajaj et al., 2018).

Another hypothesis is, that resilience positively predicts marital satisfaction among married individuals, suggesting that individuals with higher resilience experience greater relationship fulfillment. Resilient individuals possess emotional strength, adaptability, and effective coping strategies, allowing them to navigate marital challenges without letting stressors negatively impact their relationship. Their ability to overcome adversities, regulate emotions, and maintain optimism contributes to enhanced communication, emotional support, and overall marital satisfaction. These findings align with Karney and Bradbury's in 1995, Vulnerability-Stress Adaptation (VSA) model, which emphasizes how adaptive responses to stress promote positive relationship outcomes. Similarly, study found that resilient partners tend to engage in constructive problem-solving and emotional regulation, leading to greater marital harmony and satisfaction (Neff and Broady, 2011). Furthermore, another study highlighted that resilience fosters strong interpersonal bonds, allowing couples to maintain emotional closeness even during challenging circumstances (Schnittker, 2020).

Conclusion

This study comprehensively examined in the relationship between emotional maturity, resilience, and marital satisfaction among married individuals. The findings highlight the significant impact of emotional maturity and resilience on marital satisfaction in this relationship. The study provides empirical evidence that higher emotional maturity (indicates the scale uses reverse scoring, higher scores correspond to lower levels of emotional maturity) and lower resilience contribute to lower marital satisfaction, which shows significant positive relationship between variables. The findings correspond with previous studies emphasizing that emotional maturity and resilience are key psychological factors that contribute significantly or influence positively to enhanced marital satisfaction among married individuals.

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