

Emotional Maturity, Forgiveness, and Marital Satisfaction among Dual Earner Couples

Mehr-Fatima Shamsi and *Sara Asad

Department of Applied Psychology, Kinnaird College for Women, Lahore

This study investigated the role of emotional maturity and forgiveness as correlates and predictors of marital satisfaction among dual earning earner couples. Using quantitative correlational survey research design, a sample of 50 couples ($N=100$; Husbands $n=50$ & Wives $n=50$) was approached through the non-probability purposive sampling strategy. Participants completed Emotional Maturity Scale (Waheed, Rasheed, & Kausar, 2015), Heartland Forgiveness Scale (Thompson et al., 2005) and Relationship Assessment Scale (Hendrick, 1988). Emotional maturity and forgiveness had a significant positive relationship with marital satisfaction ($p < .05$). Results also showed that forgiveness of others ($\beta = .20$; $p < .05$) and forgiveness of situations ($\beta = .22$; $p < .05$) were significant predictors of marital satisfaction among dual earner couples. Findings of this study imply that family life educators in the future, should consider emotional maturity and forgiveness when contemplating about enhancing marital quality.

Keywords: Emotional maturity, dual earner couples, forgiveness, marital satisfaction

An escalation of divorce rates in the society, specifically in dual earner households, has garnered a considerable interest for research on marital outcomes related to this family system. Gul, Naz, & Baloch, 2018; Killewalda, 2016; Sun, McHale, Crouter, & Jones, 2017; Ur Rahman & Khan, 2018). Sekaran (1986) defined the term *dual earner couples* as a unit where both spouses in a marital relationship are employed full time and maintain a family life.

For a long time, most women in the Asian culture have played the traditional role of housewife and stayed at home which has also been preferred by men. However, these attitudes have recently been modified as a result of economic and educational opportunities that have pushed women out of their home and into the workplace. On one hand there are women who are assertive and ambitious and want to work to prove their talent as well as develop a career; on the other hand are women who are forced to work due to financial constraints. In Pakistan this perception is dominant that financially independent married women pay less than required attention to domestic chores (Sadiq & Ali, 2014). Society has not even spared men and often accuses them of being insufficient as providers for their families if they let the woman out. The society labels these men as lacking masculinity and dependant on the *weaker gender*. The common eye may not be able to spot these issues instantly, but the presence of these traditional gender ideologies may incite vague confusions in the minds of dual earner families. The wife's complaints may relate to a lack of support by the husband while the husband may report dissatisfaction with wife's less participation in household chores (Frisco & Williams, 2003; Kalkan & Odaci, 2017). Allen and Finkelstein (2014) concluded from their research findings that dual earner couples report more marital issues, are likely to have lower marital satisfaction and need a stronger resolution to balance their family and work life. A large body of research has associated low marital satisfaction with marital . It is well-documented that the consequences of

* Correspondence concerning this article should be addressed Ms. Sara Asad, Department of Applied Psychology, Kinnaird College for Women, Lahore, Pakistan. Email: sara.asad@kinnaird.edu.pk

divorce for couples and their children are mostly negative (Birditt, Wan, Orbuch, & Antonucci, 2017; Stallman & Ohan, 2016). Therefore, it is important to know factors that can enhance marital satisfaction among dual earner couples.

Several studies (Nindyasari & Herawati, 2018; Rani, Singh, & Jaiswal, 2017) have sought a positive link between emotional maturity and marital satisfaction. The capacity to deal with and react to situations in an appropriate and emotionally stable manner is known as core quality of emotionally mature people (Kapri & Rani, 2014). Person's continuous striving at intra-physical and intra-personal level for greater sense of emotional health has been defined as emotional maturity. Emotionally mature people can tolerate frustrating situations, can withstand immediate gratification of needs, and can make effective adjustments with themselves, peers, family members, culture, and society (as cited in Singh & Bhargava, 1990). Emotional maturity has also been referred to as emotional intelligence (Salovey & Mayer, 1990). Emotionally mature people focus on their strengths, learn from failures, and are open to criticism (Ashkanasay, Hartel, & Zerbe, 2000). These individuals have the ability to acknowledge situations in an emotionally appropriate manner and manage their reactions in emotionally arousing events (Das, 2015). Jaisri and Joseph (2013) argued that emotional maturity fosters marital adjustment as person is able to accept development and growth in the spouse.

Research focused on forgiveness has shown it to be associated with improving one's spiritual, psychological, and existential well-being as well as with more satisfying marriages (Kaleta & Mróz, 2018; Singh & Sharma, 2018; Worthington, Witvliet, Pietrini, & Miller, 2007). Forgiveness, understood as a prosocial change, is a removal of negative emotions and restoration of internal harmony which makes a person more benevolent and less vengeful toward the offender (Exline, Worthington, Hill, & McCullough, 2003). Mostly, forgiveness in marital relations is viewed as reduction in negative thoughts (e.g., vengeful thoughts), negative feelings (e.g., anger, bitterness, & hostility) and negative behaviors (e.g., verbal aggression) toward the hurtful spouse (McCullough, Worthington, & Rachal, 1997). Reconciliation is however not necessarily the ultimate aim of forgiveness. People forgiving their spouses do not mean that they pardon, condone, or excuse their transgression. Instead, forgiveness is considered to be a dialectical process through which people reframe their prior assumptions and transgression related reality into a new understanding about the transgressor, transgression, and the forgiver (Hirst, Hepper, & Tenenbaum, 2019). The process of forgiveness comprises of four stages, wherein, the first stage, called the *Uncovering Phase*, consists of identifying the consequences of an offence. The *Decision Phase* is the second stage in which decision is made to forgive the offender after contemplating about the nature of transgression and importance of relationship commitment. The third stage is called *Working Phase* that consists of working on the act of forgiveness by widening perspective and giving offender and relationship in conflict another chance. Gaining an understanding of suffering and the effect it has on others is the characteristic of the fourth stage called *Deepening Phase*. A realization comes during this phase and the forgiving process releases one from anger and unhealthy resentment (Enright, 2001).

With increase of research on the topic of forgiveness during the last two decades, many researchers have developed self-report measures to assess this construct. While many measures assess non-dispositional forgiveness such as forgiving specific or other persons for transgression (Hargrave & Sells, 1997; McCullough et al., 1998; Subkoviak et al., 1998); other measures assess dispositional forgiveness i.e., people's general tendency to forgive other people (Amanze & Carson, 2020; Mauger et al., 1992; Thompson et al., 2005). Several studies have demonstrated

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

that dispositional measures of forgiveness are significantly related to measures of physical, spiritual and mental well-being and the relationship in this case is stronger than what has been experienced with measures of forgiveness of specific transgressions (McCullough & Witvliet, 2002; Singh & Sharma, 2018; Yao, Chen, Yu, & Sang, 2017). Therefore, dispositional measures of forgiveness are more often used to assess forgiveness and its psychological correlates. The present study intended to assess multi-faceted nature of dispositional forgiveness and conceptualized forgiveness as people's dispositional tendency to forgive oneself, others, and situations. Forgiveness of self implies the process of replacing self-directed negative emotions, behaviors, and thoughts with healthy emotions, behaviors, and thoughts. In contrast, forgiveness of others and situations is characterized by the process of replacing negative thoughts, emotions, and behaviors into healthy thoughts, emotions, and behaviors towards the offender and situations respectively that are beyond anyone's control (Thompson et al., 2005). An empirical support exists for this assertion that compared to forgiveness of others; forgiveness of self is more strongly linked with aspects of mental health such as anxiety, depression, and anger (Mauger et al., 1992). A review of the literature suggests that the dispositional tendency to forgive may help restore well-adjusted marital relations, and it predicts more constructive communication and less psychological aggression between couples (Fahimdanesh, Noferesti, & Tavakol, 2020; Olson, Marshall, Goddard, & Schramm, 2015).

Marriage, in general, is considered to have two aspects i.e., (1) duration of marriage and (2) marital quality/satisfaction. When marital relations are assessed, the concept of marital quality and satisfaction holds more importance than duration of marriage due to which many researchers showed more interest in finding out predictors of marital satisfaction. Marital satisfaction is characterized by the perceived degree to which one's expectations, desires and needs are fulfilled in marriage and the balance between voluntary and necessary aspects of marriage (Erbek, Bestepe, Akar, Eradamlar, & Alpkhan, 2005). Many life aspects may create problems in marriage for dual earner couples such as convergent communication patterns, a lack of empathetic understanding, sincerity, and behavioral openness, inconsistent male and female roles, problems in sexual relations, and changes in family income etc. (Ur Rahman & Khan, 2020). Dual earner couples who experience conflict and incompatibility in their marriage are likely to have reduced sense of psychological well-being (Shockley & Allen, 2018) and it is important to know which factors can contribute to marital satisfaction among this couple.

Marital satisfaction among dual earner couples can be better conceptualized against the backdrop of Vulnerability-Stress Adaptation (VSA) framework. This theoretical framework posits that people enter into marriages with pre-existing vulnerabilities that may appear as experiential factors (e.g., parental divorce) or personality traits (agreeableness, neuroticism). Such vulnerabilities remain stable over time. Other factors such as stressful events (e.g., chronic illness, financial constraints etc.) also influence marriages that can occur due to spouse's vulnerabilities and chance factors. Finally, couples use adaptive processes as responses to these stressful events and these are perceived as behavioral exchanges that can be negative or positive in valence such as communication skills and problem solving skills. Interactions among vulnerabilities, stressors, and adaptive processes are expected to result into marital satisfaction or dissatisfaction (Karney & Bradbury, 1995; Langer, Lawrence, & Barry, 2008). From VSA perspective, emotional maturity in this study can be conceptualized as spouses' pre-existing vulnerability and the dual earner household would be taken into account as a potential stressful event. In the last, forgiveness would be conceptualized as an adaptive process since it's an

opportunity to give a relationship another chance to improve or grow post transgression. Forgiveness decreases offense related negative emotions, resentments, and ruminations (Gumus & Kislak, 2019). Thus, based on VSA framework, emotional maturity and forgiveness have the potential to explain marital satisfaction among dual earner couples.

Rationale and Significance of the Study

The ratio of marital dyads in which both partners have full time employment is increasing in Pakistan. Participation of wives in workforce has brought economic stability to the family but concern is being voiced now about their reduced time available for the household responsibilities. The purpose of this research is to empirically investigate those factors due to which dual earner couples have satisfying marriages. Previous scholarly literature has attempted to explain many factors behind ones' marital satisfaction. Yet, these attempts have rarely looked at the combined role of forgiveness and emotional maturity as possible explanation of marital satisfaction in dual earner couples. The present study is unique in a sense that its choice of predictors for marital satisfaction among dual earner couples is based on VSA model. To our knowledge, no published study in Pakistan has attempted to explain marital satisfaction in dual earner couples from the vantage point of VSA framework. This study's findings might add to local data by determining which type of dispositional forgiveness is related to marital satisfaction among dual earner couples. Findings of this research may also lead to the development of effective family interventions for dual earner couples. The present study aimed to investigate emotional maturity and forgiveness as correlates and predictors of marital satisfaction amongst dual earner couples. In the light of above mentioned discussion it is being hypothesized that a) emotional maturity will be positively linked to marital satisfaction amongst dual earner couples b) all forgiveness dimensions will be positively linked to marital satisfaction amongst dual earner couples and c) marital satisfaction among dual earner couples will likely to be predicted by emotional maturity and forgiveness.

Method

Research Design

For present study, quantitative correlational survey research design was employed in which self-report measures were used to collect the data.

Participants

Using non probability purposive sampling strategy, a sample of 50 couples ($N=100$; Husbands $n=50$ & Wives $n=50$) aged 18-50 years who had full time employment from at least the last six months and could understand and read Urdu language were approached. Those couples were excluded from study that had one or both spouse working as part time employees.

Table 1

Demographic Characteristics of Participants of the Study (N=100)

Variables	<i>M (SD)</i>	<i>f (%)</i>
Age	40.72 (10.64)	-
Education in years	15.68 (1.55)	
Duration of marriage (in months)	170.47 (121.20)	
Months Working	159.49 (112.39)	

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

Working Hours	08.04 (2.30)	
Gender		
Male	-	50 (49.5%)
Female	-	50 (49.5%)
Nature of Job		
Government		16 (15.8 %)
Private		84 (83.2 %)

Note. M = Mean, SD = Standard Deviation, f = frequency

The above mentioned table shows the demographic details of the participants regarding age, education in years, duration of marriage (in months), months working, working hours, gender, and nature of job.

Measures

Following measures were used in the current study:

Demographic Questionnaire

It contained questions regarding gender, age, duration of marriage, working hours, work duration, and nature of job.

Emotional Maturity Scale

This scale intends to assess emotional maturity. It has 46 items and each item is scored on a 5 point Likert scale where 5 = *Strongly Agree* and 1 = *Strongly Disagree*. Total scores on this scale can vary from 46-230 with greater scores denoting individuals with higher emotional maturity. In this sample, this scale had adequate internal consistency of .82 (Waheed, Rasheed, & Kausar, 2015).

Heartland Forgiveness Scale

This scale assesses people's general tendency to forgive and measures three dimensions of forgiveness i.e., self (6 items), others (6 items), and situations (6 items). This measure has 18 items in total and on each item participants indicate their degree of agreement on a 7 point scale (1 = *Almost Always False of Me*; 7 = *Almost Always True of Me*). The composite score on each subscale can range from 6 – 28. Urdu translation of this scale was used in present study. In this study, Cronbach's alpha of .50 was found for this scale (Thompson et al., 2005).

Relationship Assessment Scale

This scale assesses quality of a marital relationship and contains 7 items. Participants indicate their degree of agreement for each item on a 5 point Likert scale (1 = *Low Satisfaction*; 5 = *High Satisfaction*). Scores on this scale can range from 7 – 35. After obtaining permission from the author, the tool was translated in Urdu language using the standard forward and backward translation method given by the World Health Organization. The internal consistency of the scale was .88 in current sample (Hendrick, 1988).

Procedure

The access to questionnaires to be used in present study was gained after obtaining formal permission from respective authors. Researchers approached only those dual earner couples who met study's inclusion criteria and if both partners were willing and expressed interest to participate in the study. Researchers paid a single visit to the eligible dual earner couple's home and each partner was requested to fill out one demographic information sheet and

three questionnaires privately after obtaining written informed consent from both partners. Apart from briefing dual earner couples about the purpose of study, they were given the right to withdraw from study at any point and were assured that their identity and responses to questionnaires would remain confidential. Each questionnaire was self-administered.

Results

Data were analyzed through Statistical Package for Social Sciences (version 21). In order to assess the relationship of emotional maturity and forgiveness with marital satisfaction among dual earner couples, Pearson Product Moment Correlation was computed. Multiple Linear Hierarchical Regression analysis was then conducted to determine if emotional maturity and forgiveness were predictors of marital satisfaction amongst dual earner couples.

Table 2

Pearson Product Moment Correlation among Study Variables (N=100)

Measures	1	2	3	4	5	M	SD
1.Emotional Maturity		.16	.25**	.46***	.35***	3.45	.36
2.Forgiveness of Self			.17	.10	.25**	5.00	2.37
3.Forgiveness of Others				.34***	.34***	4.72	.85
4.Forgiveness of Situations					.40***	4.81	.88
5.Marital Satisfaction						4.09	.81

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

Results showed that there was a significant positive relationship between emotional maturity and marital satisfaction. Forgiveness of self, others, and situations were also shown to have a significant positive relationship with marital satisfaction amongst dual earner couples.

Table 3

Multiple Hierarchical Linear Regression Analysis Showing Predictors of Marital Satisfaction amongst Dual Earner Couples (N = 100)

Predictors	Marital Satisfaction	
	ΔR^2	β
Model I	.10*	
Age		.02
Gender ^a		-.08
Duration of marriage		-.27
Model II	.12***	
Emotional Maturity		.18
Model III	.11**	
Forgiveness of Self		.12
Forgiveness of Others		.20*
Forgiveness of Situations		.22*
Total R^2	.34***	

Note: ^a = Coding for gender (Male = 1; Female = 2)

* $p < 0.05$; ** $p < 0.01$; *** $p < 0.00$.

A hierarchical linear regression was conducted to predict marital satisfaction of dual earner couples based on their emotional maturity and forgiveness. The assumption for

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

independence of errors was tested by the Durbin Watson Value which was 1.31, thus showing that the assumption was met. Another assumption of no perfect multicollinearity was assessed by determining the *tolerance* values and all the values were above .2, thus meeting the criteria.

In the first model for marital satisfaction, control variables such as age, gender and duration of marriage were added. A significant regression equation was found ($F(3, 96) = 3.51, p = .02$) for marital satisfaction, which explained significant 10% variance in the model. In the second model, the effect of emotional maturity was added. The regression equation was found to be significant ($F(4, 95) = 6.77, p < .001$) which represented 22% variance in the model. Model 2 was also found to be significant ($F(1, 95) = 15.02, p < .001$), when the effect of control variables was removed and represented 12% variance. The third model showed that the combined effect of age, gender, duration of marriage, emotional maturity and subscales of forgiveness on marital satisfaction was significant, $R^2 = .34, (F(7, 92) = 6.63, p < .001)$. When tested for the independent effect of the subscales of forgiveness, a significant regression equation ($F(3, 92) = 5.24, p = .002$) was found with 11% variance. As far as individual contribution of each predictor is concerned, forgiveness of others and situations emerged as significant predictors of marital satisfaction in dual earner couples.

Discussion

Findings of this study indicated a significant positive link between emotional maturity and marital satisfaction among dual earner couples. This finding can be supported by previous researches (Ilyas & Habib, 2014; Mishra, 2014) which have also shown similar results in dual earner couples. Researchers (Rajeshwari & Raj, 2015; Rani, Singh, & Jaiswal, 2017) have surmised that emotional maturity is positively related to self-esteem, mental well-being, stress management, and marital satisfaction. Emotional maturity is linked with contentment and commitment in one's relationships. It is also stated that individuals with low emotional maturity may not be able to adhere to responsibilities and commitments which then leads to decreased marital quality, diminished work opportunities and lack of achievement of life goals (Cole, Cole, & Dean, 1980). Asian researchers have also linked the concept of emotional maturity to positive outcomes such as marital quality and academic achievement (Batool & Khalid, 2012; Razaqi & Musheer, 2019).

Another finding of this study showed a significant positive relationship between three types of forgiveness (Self, Others, & Situations) and marital satisfaction among dual earner couples. This finding can be supported by Pelluchi, Palleari, Regalia, and Fincham's (2014) research who found that self-forgiveness is a significant predictor of marital satisfaction. Similarly, Worthington (2013) posited that self-forgiveness ensures marital success through repairing social damage and making amends. Mirzadeh and Fallahchai (2012) have also suggested that when given the chance to forgive, a greater number of individuals opt to forgive others and situations rather than not. Higher tendencies to forgive lead to lower marital distress and greater understanding of the other person. Forgiveness also promotes sincerity and kindness between couples, leads to a decline in inept disputes and increase in effective conflict resolution behaviors in couples. Gordon and Baucom (1998) arrived at a similar conclusion that spouses who forgive their partners are more likely to have well-adjusted marital relations and make more positive marital assumptions. Fenell (1993) indicated that the ability to seek and grant forgiveness significantly contributes to marital satisfaction and marital longevity.

Results of this study showed that among the three subscales of the Heartland Forgiveness Scale (Thompson et al., 2005), the forgiveness of situations subscale had the highest correlation with marital satisfaction. Several studies have shown forgiveness of situations to be the significant predictor of psychological well-being and marital satisfaction (Gove, Hughes, & Style, 1983; Thompson et al., 2005). Another interesting thing to note here is the idea of forgiveness of situations presented by Thompson et al. (2005), according to which people may blame humans for certain situations that are out of control. Therefore, it may be beneficial to promote the forgiveness of situations in order to increase marital satisfaction.

This study adds to existing literature by offering empirical support for VSA framework and indicated that emotional maturity and forgiveness together explained significant variance in marital satisfaction among dual earner couples. Furthermore, regression analysis conducted in this study depicted that others and situations oriented forgiveness dimensions were significant predictors of marital satisfaction when confounding variables such as age, gender, and duration of marriage were controlled. In their study, Sadiq and Ali (2014) suggested that most households in South Asia follow a lifestyle in which the woman is required to focus on domestic chores while the man works outside the house to bear family's expenses. However, when financial conditions push women to work outside the house, a certain degree of stress and role confusion arises. These problems may arise due to the fact that such women have to prove themselves as good breadwinners and homemakers which results in emotional distress.

Findings of this study and results of previous empirical study (Fatima & Ajmal, 2012) surmised that forgiveness would play a large role in determining the marital quality of such couples. In response to a disturbing or painful relationship event, forgiving others or situations can set the stage for reconciliation with partner and is an important mean of providing closure (Fincham, Beach, & Davila, 2004). Present finding can be supported with Murray, Holmes, and Griffin's (2015) model of relationship maintenance which suggested that three rules need to be practiced by couples in order to have good long term relationship outcomes which are (1) try to forgive when spouse is hurtful, (2) avoid devaluing spouse who unintentionally becomes a hindrance in achieving personal goals, and (3) ensure mutual dependence. People in collectivist cultures forgive within the context of reconciliation and with the sole purpose to maintain social harmony. Markus and Kitayama (1991) argued that Asians are more likely to use others and situations oriented forgiveness because they are culturally motivated to maintain social connectedness and interpersonal harmony. Hence, it is not surprising that self-forgiveness did not turn out to be the significant predictor of marital satisfaction among dual earner couples as in a collectivistic society like Pakistan social harmony is more prioritized than personal autonomy.

Limitations and Suggestions

One drawback of this study is the sample size since a sample of 50 couples may not be sufficient to generalize the findings of the study to dual-earner couples across different organizations and cities. Therefore, it is suggested that future studies should try to increase the sample size when determining the relationship among study variables.

Another limitation of the study is that the population selected for the study was not specialized. The study involved dual-earner couples working in either government or private sectors. It may be possible that the effect of emotional maturity and forgiveness on marital satisfaction differs across dual earner couples who work in different sectors. Therefore, it is recommended that future studies select samples while considering their unique characteristics.

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

No demographic data were collected on the couple's satisfaction with division of household arrangements, each spouse's involvement in housework in terms of hours per week, monthly salary, job designation, and nature of wrongdoings that couples in the sample might have experienced. Future researchers should collect this demographic data as these can provide meaningful and important context to studies on marital satisfaction of dual earner couples.

Present findings were produced through correlational study that does not allow causal inferences. Experimental and longitudinal studies are needed to measure the causal link between emotional maturity, forgiveness, and marital satisfaction amongst dual earner couples.

Conclusion

Findings of this research show that dual-earner couples with higher emotional maturity and higher forgiveness tend to have a higher level of marital satisfaction. Results have also shown that dual earner couples with a higher tendency to forgive others and forgive out-of-control situations are more likely to be satisfied with their relationships. The contributions of forgiveness of others and situations dimensions on marital satisfaction present promising possibilities for psychologists to enhance the marital quality of dual earner couples. Standardized intervention manuals that highlight others and situations forgiveness can be formulated. Future studies should examine potential moderator and mediator variables to get a comprehensive picture of what might explain the relationships between the studied variables.

References

- Amanze, R. U., Carson, J. (2020). Measuring forgiveness: psychometric properties of a new culturally sensitive questionnaire: The Bolton Forgiveness Scale (BFS). *Mental Health, Religion, & Culture*, 22(10), 994-1010. <https://doi.org/10.1080/13674676.2020.1716211>
- Allen, T. D., & Finkelstein, L. M. (2014). Work-family conflict among members of full time dual earner couples: An examination of family life stage, gender, and age. *Journal of Occupational Health Psychology*, 19(3), 376-384. <https://doi.org/10.1037/a0036941>
- Ashkanasay, N. M., Hartel, E. J., & Zerbe, W. J. (Eds.). (2000). *Emotions in the workplace: Research, theory, and practice*. London: Quorum Books.
- Batool, S. S., & Khalid, R. (2012). Emotional intelligence: A predictor of marital quality in Pakistani couples. *Pakistan Journal of Psychological Research*, 27(1), 65-88. <http://www.pjprnip.edu.pk/index.php/pjpr/article/download/485/419>
- Birditt, K. S., Wan, W. H., Orbuch, T. L., & Antonucci, T. C. (2017). The development of marital tension: Implications for divorce among married couples. *Developmental Psychology*, 53(10), 1995-2006. <https://doi.org/10.1037/dev0000379>
- Cole, C. L., Cole, A. L., & Dean, D. G. (1980). Emotional maturity and marital adjustment: A decade replication. *Journal of Marriage & Family*, 42(3), 533-539. <https://doi.org/10.2307/351897>
- Das, J. (2015). Emotional maturity among arranged marriage couples with special references to agartala. *EPR International Journal of Economic & Business Review*, 3(7), 127-130. <https://d1wqtxts1xzle7.cloudfront.net/34419862/A03710104.pdf?1407811065>
- Enright, R. D. (2001). *Forgiveness is a choice: A step by step process for resolving anger and restoring hope*. United States of America, USA: American Psychological Association.
- Erbek, E., Bestepe, E., Akar, H., Eradamlar, N., & Alpkar, R. L. (2005). Marital adjustment. *Dusunen Adam The Journal of Psychiatry & Neurological Sciences*, 18, 39-47. DOI: 10.14744/DAJPN.2019.00033

- Exline, J. J., Worthington, E. L., Hill, P., & McCullough, M. E. (2003). Forgiveness and justice: A research agenda for social and personality psychology. *Personality & Social Psychology Review*, 7(4), 337–348. https://doi.org/10.1207/S15327957PSPR0704_06
- Fahimdanesh, F., Noferesti, A., & Tavakol, K. (2020). Self-compassion and forgiveness: Major predictors of marital satisfaction in young couples. *The American Journal of Family Therapy*, 48(3), 221-234. <https://doi.org/10.1080/01926187.2019.1708832>
- Fatima, M., & Ajmal, M. A. (2012). Happy marriage: A qualitative study. *Pakistan Journal of Social & Clinical Psychology*, 10(1), 37-42. https://www.researchgate.net/profile/Asir-Ajmal/publication/339090105_Happy_Marriage_A_Qualitative_study/links/5e3d208392851c7f7f233a25/Happy-Marriage-A-Qualitative-study.pdf
- Fenell, D. (1993). Characteristics of long-term first marriages. *Journal of Mental Health Counseling*, 15(4), 450-460. <https://psycnet.apa.org/record/1994-09260-001>
- Fincham, F. D., Beach, S. R. H., & Davila, J. (2004). Forgiveness and conflict resolution in marriage. *Journal of Family Psychology*, 18(1), 72-81. <https://doi.org/10.1037/0893-3200.18.1.72>
- Frisco, M. L., & Williams, K. (2003). Perceived housework equity, marital happiness, and divorce in dual earner households. *Journal of Family Issues*, 24(1), 51-73. <https://doi.org/10.1177/0192513X02238520>
- Gordon, K. C., & Baucom, D. H. (1998). Understanding betrayals in marriage: A synthesized model of forgiveness. *Family Process*, 37(4), 425–449. <https://doi.org/10.1111/j.1545-5300.1998.00425.x>
- Gove, R. W., Hughes, M., & Style, C. B. (1983). Does marriage have positive effects on the psychological well-being of the individual? *Journal of Health & Social Behavior*, 24(2), 122-131. <https://www.jstor.org/stable/pdf/2136639.pdf>
- Gul, A., Naz, A., & Baloch, M. A. (2018). High ratio of divorce and its rationale in Pakistan. *Clinical Social Work & Health Intervention*, 9(2), 24-32. DOI: 10.22359/cswhi_9_2_04
- Gumus, I. G., & Kislak, S. T. (2019). The predictive role of forgiveness and the level of repetitive thinking on mental health and marital adjustment in married individuals. *Dusunen Adam*, 32(3), 236-245. DOI: 10.14744/DAJPNS.2019.00033
- Hargrave, T. D., & Sells, J. N. (1997). The development of a forgiveness scale. *Journal of Marital & Family Therapy*, 23(1), 41–63. <https://doi.org/10.1111/j.1752-0606.1997.tb00230.x>
- Hendrick, S. S. (1988). A generic measure of relationship satisfaction. *Journal of Marriage and Family*, 50(1), 93-98. <https://www.jstor.org/stable/pdf/352430.pdf>
- Hirst, S. L., Hepper, E. G., & Tenenbaum, H. R. (2019). Attachment dimensions and forgiveness of others: A meta-analysis. *Journal of Social & Personal Relationships*, 36(11-12), 3960-3985. <https://doi.org/10.1177/0265407519841716>
- Ilyas, S., & Habib, S. (2014). Marital satisfaction and emotional intelligence among different professionals. *International Journal of Scientific & Engineering Research*, 5(11), 302-307.
- Jaisri, M., & Joseph, M. I. (2013). Marital adjustment and emotional maturity among dual career couples. *Guru Journal of Behavioral & Social Sciences*, 1(2), 77-84. <http://gjbss.org/wp-content/uploads/2013/03/GJBSS-paper-V2-I2-3-JaaisriJoseph.pdf>
- Kaleta, K., & Mróz, J. (2018). Forgiveness and life satisfaction across different age groups in adults. *Personality & Individual Differences*, 120, 17-23. <https://doi.org/10.1016/j.paid.2017.08.008>

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

- Kalkan, M., & Odacı, H. (2017). Endorsement of traditional male role norms and marital adjustment among Turkish men. *Men & Masculinities*, 20(2), 135-153. <https://doi.org/10.1177/1097184X15625312>
- Kapri, C., & Rani, N. (2014). Emotional maturity: Characteristics and levels. *International Journal of Technological Exploration & Learning*, 3(1), 359-361.
- Karney, B., & Bradbury, T. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, 118(1), 3-34. <https://psycnet.apa.org/buy/1995-36558-001>
- Killewalda, A. (2016). Money, work, and marital stability: Assessing change in the gendered determinants of divorce. *American Sociological Review*, 81(4), 696-719. <https://doi.org/10.1177/0003122416655340>
- Langer, A., Lawrence, E., & Barry, R. A. (2008). Using a vulnerability-stress-adaptation framework to predict physical aggression trajectories in newlywed marriage. *Journal of Consulting & Clinical Psychology*, 76(5), 756-768. <https://psycnet.apa.org/doiLanding?doi=10.1037/a0013254>
- Mirzadeh, M., & Fallahchai, R. (2012). The relationship between forgiveness and marital satisfaction. *Journal of Life Science & Biomedicine*, 2(6), 278-282. <https://dlwqtxts1xzle7.cloudfront.net/60035450/J>
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: implications for cognition, emotion, and motivation. *Psychological Review*, 98(2), 224-253. <https://doi.org/10.1037/0033-295X.98.2.224>
- Mauger, P. A., Perry, J. E., Freeman, T., Grove, D. C., McBride, A. G., & McKinney, K. E. (1992). The measurement of forgiveness: Preliminary research. *Journal of Psychology & Christianity*, 11(2), 170-180. <https://psycnet.apa.org/record/1992-41508-001>
- McCullough, M. E., & Witvliet, V. O. (2002). The psychology of forgiveness. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of Positive Psychology* (pp.446-458). London: Oxford University Press.
- McCullough, M. E., Worthington, E. L., & Rachal, K. C. (1997). Interpersonal forgiving in close relationships. *Journal of Personality & Social Psychology*, 73(2), 321-336. <https://doi.org/10.1037/0022-3514.73.2.321>
- McCullough, M. E., Rachal, K. C., Sandage, S. J., Worthington, E. L., Jr., Brown, S. W., & Hight, T. L. (1998). Interpersonal forgiving in close relationships II: Theoretical elaboration and measurement. *Journal of Personality & Social Psychology*, 75(6), 1586-1603. <https://doi.org/10.1037/0022-3514.75.6.1586>
- Mishra, R. (2014). A study on assessment of association between emotional maturity and marital adjustment of dual earner couples. *Indian Society of Genetics, Biotechnology Research & Development*, 6(4), 653-656.
- Murray, S., Holmes, J. G., & Griffin, D. W. (2015). The equilibrium model of relationship maintenance. *Journal of Personality & Social Psychology*, 108(1), 93-113. <https://doi.org/10.1037/pspi0000004>
- Nindyasari, Y., & Herawati, T. (2018). The relation of emotional maturity, family interaction and marital satisfaction of early age married couples. *Journal of Family Sciences*, 3(2), 16-29. <https://doi.org/10.29244/jfs.3.2.16-29>
- Olson, J. R., Marshall, J. P., Goddard, H. W., & Schramm, D. G. (2015). Shared religious beliefs, prayers, and forgiveness as predictors of marital satisfaction. *Family Relations*, 64(4), 519-533. <https://doi.org/10.1111/fare.12129>

- Pelluchi, S., Paleari, F. G., Regalia, C., & Fincham, F. D. (2014). Self-forgiveness in romantic relationships: 2. Impact on interpersonal forgiveness. *Family Science*, 6(1), 181-190. <https://doi.org/10.1080/19424620.2015.1082048>
- Rafaqi, M. Z. H., & Musheer, Z. (2019). Effect of emotional maturity on the study habit and academic achievement of secondary school students. *Asia Pacific Journal of Multidisciplinary Research*, 7(4), 7-12. <https://d1wqtxts1xzle7.cloudfront.net/62445316/APJMR-2019-7.04.02.0220200322-56093-1o85q0y.pdf>
- Rajeshwari, R. R., & Raj, J. M. (2015). Opening of new insights for the researchers: A descriptive study on emotional maturity. *International Journal of Engineering & Management Research*, 5(11), 1-12.
- Rani, R., Singh, L. N., & Jaiswal, A. K. (2017). Relationship between emotional maturity and marital adjustment among couples. *Indian Journal of Health & Wellbeing*, 8(9), 1020-1023.
- Sadiq, R., & Ali, Z. A. (2014). Dual responsibility: A contributing factor to psychological ill-being in married working women. *Academic Research International*, 5(2), 300-308. <https://d1wqtxts1xzle7.cloudfront.net/37530308/20145.2-33.pdf>
- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition, & Personality*, 9(3), 185-211. <https://doi.org/10.2190/DUGG-P24E-52WK-6CDG>
- Sekaran, U. (1986). *Dual-career families*. San Francisco: Jossey-Bass.
- Singh, Y., & Bhargava, M. (1990). *Manual for Emotional Maturity Scale (EMS)*. Agra, India: National Psychological Corporation.
- Singh, H., & Sharma, U. (2018). Effect of forgiveness on psychological well-being. *Indian Journal of Positive Psychology*, 9(2), 258-262.
- Shockley, K. M., & Allen, T. D. (2018). It's not what I expected: The association between dual-earner couples' met expectations for the division of paid and family labor and well-being. *Journal of Vocational Behavior*, 104, 240-260. <https://doi.org/10.1016/j.jvb.2017.11.009>
- Stallman, H. M., & Ohan, J. L. (2016). Parenting style, parental adjustment, and co-parental conflict: Differential predictors of child psychosocial adjustment following divorce. *Behaviour Change*, 33(2), 112-126. <https://doi.org/10.1017/bec.2016.7>
- Subkoviak, M. J., Enright, R. D., Wu, C. R., Gassin, E. A., Freedman, S., Olson, L. M., & Sarinopoulos, I. (1995). Measuring interpersonal forgiveness in late adolescence and middle adulthood. *Journal of Adolescence*, 18(6), 641-655. <https://doi.org/10.1006/jado.1995.1045>
- Sun, X., McHale, S. M., Crouter, A. C., & Jones, D. E. (2017). Longitudinal links between work experiences and marital satisfaction in African American dual-earner couples. *Journal of Family Psychology*, 31(8), 1029-1039. <https://doi.org/10.1037/fam0000381>
- Thompson, L., Snyder, C. R., Hoffman, L., Michael, S. T., Rassmussen, H. T., Billings, L. S., & Roberts, T. E. (2005). Dispositional forgiveness of self, others, and situations. *Journal of Personality*, 73(2), 313-360. <https://doi.org/10.1111/j.1467-6494.2005.00311.x>
- Waheed, I., Rasheed, K. & Kausar, R. (2015). *Development of emotional maturity scale* (unpublished master's thesis). Institute of Applied Psychology, University of the Punjab, Lahore.
- Worthington, E. L., Jr. (2013). *Moving forward: Six steps to forgiving yourself and breaking free from the past*. Colorado Springs, CO: Waterbrook Press.
- Worthington, E. L., Witvliet, C. V. O., Pietrini, P., & Miller, A. J. (2007). Forgiveness, health, and well-being: A review of evidence for emotional versus decisional forgiveness,

EMOTIONAL MATURITY AMONG DUAL EARNER COUPLES

- dispositional forgivingness, and reduced unforgiveness. *Journal of Behavioral Medicine*, 30(4), 291-302. <https://doi.org/10.1007/s10865-007-9105-8>
- Yao, S., Chen, J., Yu, X., & Sang, J. (2017). Mediator roles of interpersonal forgiveness and self-forgiveness between self-esteem and subjective well-being. *Current Psychology*, 36(3), 585-592. <https://doi.org/10.1007/s12144-016-9447-x>
- Ur Rahman, K., & Khan, R. (2018). Impact of role conflict on marital quality of dual career couples in Peshawar, Pakistan. *The Journal of Humanities & Social Sciences*, 26(1), 31-44. <http://journals.uop.edu.pk/papers/Paper%203.pdf>
- Ur Rahman, K., & Khan, R. (2020). Understanding the lived experiences of dual career couples in Peshawar, Pakistan: A qualitative approach. *FWU Journal of Social Sciences*, 14(1), 64-76. http://sbbwu.edu.pk/journal/FWU_Journal_Apr2020/6