

# Emotional Regulation and Its Impact on Relationship Satisfaction and Psychological Well-Being in Young Adults

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**Abstract:** Emotional regulation is a fundamental psychological process that influences how individuals experience emotions and manage interpersonal relationships. Young adulthood is a critical developmental stage where emotional stability and relationship quality play a significant role in overall psychological well-being. The present study aimed to examine the impact of emotional regulation on relationship satisfaction and psychological well-being among young adults. A quantitative research design was adopted, and data were collected from young adults aged 18–30 years using a self-developed questionnaire measuring emotional regulation, relationship satisfaction, and psychological well-being. The data were analyzed using descriptive statistics, reliability analysis, correlation, and regression techniques. The findings indicated that emotional regulation was positively associated with relationship satisfaction and psychological well-being. Emotional regulation also emerged as a significant predictor of both relationship satisfaction and psychological well-being. The results highlight the importance of emotional regulation skills in promoting healthy relationships and positive mental health among young adults. The study has implications for counseling, relationship education, and mental health interventions.

**Keywords:** Emotional regulation, relationship satisfaction, psychological well-being, young adults

## 1. Introduction

Young adulthood is a period marked by significant emotional, social, and psychological transitions. During this stage, individuals begin to form intimate relationships, establish personal and professional identities, and face increased responsibilities. The ability to regulate emotions effectively plays a crucial role in how young adults navigate these challenges and maintain psychological well-being.

Emotional regulation refers to the processes through which individuals monitor, evaluate, and modify their emotional responses to adapt to environmental demands. Effective emotional regulation enables individuals to manage stress, control emotional impulses, and respond appropriately in interpersonal situations. In contrast, difficulties in emotional regulation may lead to emotional instability, interpersonal conflicts, and psychological distress.

Relationship satisfaction is an important aspect of interpersonal functioning and refers to the subjective evaluation of one's romantic relationship. Satisfying relationships provide emotional support, security, and a sense of belonging, which contribute positively to mental health. Psychological well-being, on the other hand, reflects positive psychological functioning, including self-acceptance, emotional balance, purpose in life, and personal growth.

Although emotional regulation, relationship satisfaction, and psychological well-being have been widely studied independently, limited research has examined how emotional regulation simultaneously influences relationship satisfaction and psychological well-being among young adults. The present study seeks to address

this gap by exploring the role of emotional regulation in shaping relationship satisfaction and overall psychological well-being.

## 2. Review of Literature

Previous research has consistently highlighted the role of emotional regulation in interpersonal relationships. Individuals who can manage their emotions effectively tend to communicate better, resolve conflicts constructively, and experience greater satisfaction in their relationships. Emotional dysregulation, on the other hand, has been associated with frequent conflicts, emotional withdrawal, and dissatisfaction in romantic relationships.

Studies examining emotional regulation and psychological well-being have found that individuals with better emotional regulation skills report higher life satisfaction, emotional stability, and resilience. Poor emotional regulation has been linked to increased levels of stress, anxiety, and depressive symptoms, which negatively impact overall well-being.

Relationship satisfaction has also been identified as a significant contributor to psychological well-being. Supportive and fulfilling relationships act as protective factors against psychological distress, whereas relationship conflicts and dissatisfaction increase vulnerability to mental health problems.

Despite the existing literature, there is a lack of studies that integrate emotional regulation, relationship satisfaction, and psychological well-being within a single framework, particularly among young adults. This study aims to contribute to the literature by examining emotional

regulation as a key predictor of both relationship satisfaction and psychological well-being.

**Objectives of the Study**

1. To examine the relationship between emotional regulation and relationship satisfaction among young adults.
2. To examine the relationship between emotional regulation and psychological well-being among young adults.
3. To assess the predictive role of emotional regulation on relationship satisfaction and psychological well-being.

**Hypotheses**

- H1: Emotional regulation is significantly positively related to relationship satisfaction among young adults.
- H2: Emotional regulation is significantly positively related to psychological well-being among young adults.
- H3: Emotional regulation significantly predicts relationship satisfaction and psychological well-being.

**3. Methodology**

**Research Design**

The present study employed a quantitative, cross-sectional research design to examine the relationships among emotional regulation, relationship satisfaction, and psychological well-being.

**Samples**

The sample consisted of 183 young adults aged between 18 and 30 years, selected using convenience sampling. The participants included both male and female young adults who were currently involved in a romantic relationship for a minimum duration of three months. Participants were recruited through online platforms. Participation was voluntary, and informed consent was obtained prior to data collection. The sample size was considered adequate for correlation and regression analysis in psychological research.

**Tools Used**

A self-developed questionnaire was used to collect data. The questionnaire consisted of three sections: - Emotional Regulation (12 items) - Relationship Satisfaction (10 items) - Psychological Well-Being (14 items)

All items were rated on a 5-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). Reverse scoring was applied for negatively worded items. Higher scores indicated better emotional regulation, higher relationship satisfaction, and better psychological well-being.

**Procedure**

Participants were informed about the purpose of the study, and informed consent was obtained prior to data collection.

The questionnaire was administered online using Google Forms. Confidentiality and anonymity of responses were ensured.

**Ethical Considerations**

The study adhered to ethical guidelines for psychological research. Participation was voluntary, informed consent was obtained, and participants were assured of confidentiality and the right to withdraw at any stage of the study.

**Data Analysis**

Data obtained from 212 young adults aged between 18 and 30 years were analyzed using Google Sheets. Descriptive statistics, reliability analysis, Pearson’s correlation, and regression analysis were employed to examine the relationship between emotional regulation, relationship satisfaction, and psychological well-being.

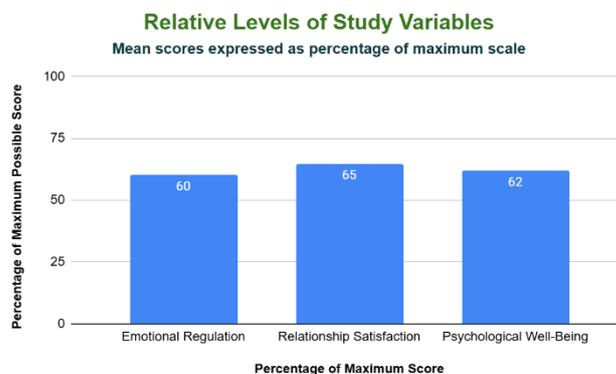
**Descriptive Statistics.**

Descriptive statistics were calculated to understand the distribution of emotional regulation, relationship satisfaction, and psychological well-being scores among the participants.

- The mean emotional regulation score was **3.01** (SD = **0.58**), indicating a moderate level of emotional regulation.
- The mean relationship satisfaction score was **3.24** (SD = **0.76**), suggesting a moderate to high level of satisfaction in romantic relationships.
- The mean psychological well-being score was **3.10** (SD = **0.74**), reflecting a moderate level of psychological well-being among young adults.

**Descriptive Statistics of Study Variables (N = 212)**

Variable	Mean	SD	Minimum	Maximum
Emotional Regulation	3.01	0.58	1.33	5
Relationship Satisfaction	3.24	0.76	1	5
Psychological Well-Being	3.1	0.74	1	5



### Reliability Analysis

- Reliability analysis was conducted using Cronbach's alpha to assess the internal consistency of the self-developed questionnaire.
- Emotional Regulation scale showed moderate reliability ( $\alpha = 0.59$ ), which is acceptable for a newly developed instrument.

- Relationship Satisfaction scale demonstrated good reliability ( $\alpha = 0.74$ ).
- Psychological Well-Being scale showed good reliability ( $\alpha = 0.80$ ).
- These values indicate that the scales were sufficiently reliable for further statistical analysis.

### Reliability Coefficients of the Scales

Scale	Cronbach's $\alpha$
Emotional Regulation	0.59
Relationship Satisfaction	0.74
Psychological Well-Being	0.8

### Correlation Analysis

Pearson's correlation analysis was performed to examine the relationships among emotional regulation, relationship satisfaction, and psychological well-being.

- Emotional regulation showed a **significant positive correlation** with relationship satisfaction ( $r = 0.39$ ,  $p < .01$ ).

- Emotional regulation was also significantly positively correlated with psychological well-being ( $r = 0.35$ ,  $p < .01$ ).
- Relationship satisfaction demonstrated a strong positive correlation with psychological well-being ( $r = 0.48$ ,  $p < .01$ ).

### Correlation Matrix of Study Variables

Variables	1	2	3
1. Emotional Regulation	—		
2. Relationship Satisfaction	0.39**	—	
3. Psychological Well-Being	0.35**	0.48**	—

\*\* $p < .01$

### Regression Analysis

Simple linear regression analysis was conducted to examine whether emotional regulation predicts relationship satisfaction and psychological well-being.

- Emotional regulation significantly predicted relationship satisfaction ( $\beta = 0.51$ ,  $R^2 = 0.16$ ,  $p < .001$ ), explaining **16% of the variance** in relationship satisfaction.
- Emotional regulation also significantly predicted psychological well-being ( $\beta = 0.44$ ,  $R^2 = 0.12$ ,  $p < .001$ ), accounting for **12% of the variance** in psychological well-being.

### Regression Analysis Predicting Relationship Satisfaction and Psychological Well-Being

Dependent Variable	$\beta$	$R^2$	$p$
Relationship Satisfaction	0.51	0.16	$< .001$
Psychological Well-Being	0.44	0.12	$< .001$

### Summary of Data Analysis

The findings indicate that emotional regulation has a significant positive relationship with both relationship satisfaction and psychological well-being among young adults. Emotional regulation also emerged as a significant predictor of relationship satisfaction and psychological well-being. Thus, all the hypotheses formulated for the present study were supported.

emotional regulation score was **3.01** (SD = **0.58**), indicating a moderate level of emotional regulation. The mean score for relationship satisfaction was **3.24** (SD = **0.76**), suggesting a moderate to high level of satisfaction in romantic relationships. The mean psychological well-being score was **3.10** (SD = **0.74**), reflecting a moderate level of psychological well-being among young adults.

## 4. Results

Descriptive analysis was carried out to examine the levels of emotional regulation, relationship satisfaction, and psychological well-being among the participants. The mean

Reliability analysis using Cronbach's alpha revealed moderate internal consistency for the Emotional Regulation scale ( $\alpha = 0.59$ ), and good internal consistency for the Relationship Satisfaction scale ( $\alpha = 0.74$ ) and the Psychological Well-Being scale ( $\alpha = 0.80$ ).

Pearson's correlation analysis indicated a significant positive relationship between emotional regulation and relationship satisfaction ( $r = 0.39$ ,  $p < .01$ ). Emotional regulation was also found to be significantly positively correlated with psychological well-being ( $r = 0.35$ ,  $p < .01$ ). Additionally, relationship satisfaction showed a strong positive correlation with psychological well-being ( $r = 0.48$ ,  $p < .01$ ).

Simple linear regression analysis revealed that emotional regulation significantly predicted relationship satisfaction ( $\beta = 0.51$ ,  $R^2 = 0.16$ ,  $p < .001$ ), accounting for 16% of the variance in relationship satisfaction. Emotional regulation also significantly predicted psychological well-being ( $\beta = 0.44$ ,  $R^2 = 0.12$ ,  $p < .001$ ), explaining 12% of the variance in psychological well-being. Thus, all the hypotheses formulated for the present study were supported. Descriptive analysis revealed that the mean emotional regulation score was 2.99 (SD = 0.59), the mean relationship satisfaction score was 3.22 (SD = 0.78), and the mean psychological well-being score was 3.06 (SD = 0.76). Pearson correlation analysis revealed a significant positive relationship between emotional regulation and relationship satisfaction ( $r = 0.36$ ,  $p < .01$ ). Emotional regulation was also found to be significantly positively correlated with psychological well-being ( $r = 0.37$ ,  $p < .01$ ).

Regression analysis revealed that emotional regulation significantly predicted relationship satisfaction ( $\beta = 0.47$ ,  $R^2 = 0.13$ ,  $p < .001$ ). Emotional regulation also emerged as a significant predictor of psychological well-being ( $\beta = 0.48$ ,  $R^2 = 0.14$ ,  $p < .001$ ). Thus, all the hypotheses of the study were supported.

## 5. Discussion

The findings of the present study highlight the importance of emotional regulation in the interpersonal and psychological functioning of young adults. Effective emotional regulation enables individuals to manage emotional reactions during interpersonal interactions, leading to healthier communication and greater relationship satisfaction.

The positive association between emotional regulation and psychological well-being suggests that emotional regulation plays a crucial role in maintaining emotional balance, resilience, and positive self-functioning. Young adults who are able to regulate their emotions effectively are better equipped to handle stress and challenges, contributing to improved psychological well-being.

These findings are consistent with previous research emphasizing emotional regulation as a key factor in relationship quality and mental health. The results underscore the need for emotional regulation-focused interventions in counseling and mental health services.

## Implications of the Study

- Emotional regulation training can be incorporated into counseling and psychotherapy.

- Relationship education programs can focus on developing emotional awareness and regulation skills.
- Mental health interventions for young adults may benefit from targeting emotional regulations to improve well-being.

## Limitations of the Study

- The use of convenience sampling limits the generalizability of the findings.
- Self-report measures may be influenced by response bias.
- The cross-sectional design limits causal interpretations.

## Suggestions for Future Research

- Longitudinal studies examine causal relationships.
- Inclusion of diverse age groups and relationship types.
- Use of mixed method approaches for deeper understanding.

## 6. Conclusion

The present study concludes that emotional regulation is a significant factor influencing relationship satisfaction and psychological well-being among young adults. Individuals with better emotional regulation skills tend to experience healthier relationships and improved psychological well-being. Enhancing emotional regulation abilities may serve as an effective approach to promoting positive mental health and relationship satisfaction in young adulthood.

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