

ISSN (E): 2708-2601

ISSN (P): 2708-2598

Medical Journal of South Punjab

Article DOI:10.61581/MJSP.VOL06/04/11

Volume 6, Issue 4, 2025

Print ISSN: 2708-2598
Online ISSN: 2708-2605



Medical Journal
of South Punjab



Impact of Marital Stress on Psychological Resilience and Self- Monitoring Among Married Working and Non-Working Women

Publication History

Received: Sep 08, 2025 Revised: Oct 10, 2025

Accepted: Nov 20, 2025 Published: Dec 30, 2025

Authors and Affiliation:

Tayyaba Chaman¹, Nimra Ishfaq²

¹ Bakhtawar Amin Memorial Trust Hospital,
Multan

² National College of Business Administration and
Economics (NCBA & E) University, Multan.

*Corresponding Author Email:
tayyabachaman@gmail.com

Copyright & Licensing:



Authors retain copyright and grant the journal right of first publication with the work simultaneously licensed under a [Creative Commons Attribution \(CC-BY\) 4.0 License](https://creativecommons.org/licenses/by/4.0/) that allows others to share the work with an acknowledgment of the work's authorship and initial publication in this journal.

Conflict of Interest:

Author(s) declared no conflict of interest.

Acknowledgment:

No Funding received.

Citation: Kiran Q, Liaquat H, Qaisar M, Khan K, Fatima M, Ehsan M. Impact of Marital Stress on Psychological Resilience and Self-Monitoring Among Married Working and Non-Working Women. Medical Journal of South Punjab. 2025 Sep 30; 6(4):42-49.

Please scan me to access online.



An official publication of

Medteach Private Limited, Multan, Pakistan.

Email: farman@mjsp.com.pk, Website: <https://mjsp.com.pk/index.php/mjsp>



Impact of Marital Stress on Psychological Resilience and Self-Monitoring Among Married Working and Non-Working Women

Tayyaba Chaman¹, Nimra Ishfaq²

¹ Bakhtawar Amin Memorial Trust Hospital, Multan

² National College of Business Administration and Economics
(NCBA & E) University, Multan.

*Corresponding Author Email: tayyabachaman@gmail.com

ABSTRACT

Objective: To examine the effect of marital stress on psychological resilience and self-monitoring of married working and non-working women.

Methods: A quantitative, cross sectional correlational research was conducted at department of Psychology, Bakhtawar Amin Memorial Trust Hospital, Multan, from February 2025 to August 2025. This purposive sampling method was used to obtain self-reported questionnaires from (N=100) married women of both professions working/non-working in urban and semi-urban areas to assess their marital stress, psychological resilience and self-monitoring. Marital stress was defined as internalizing and feeling of stress in the marital relationship following unresolved marital conflict, emotional distance, communication issues, lack of support and daily marital problems that have a negative impact on the emotional and psychological well-being. Psychological resilience was defined as an individual's capability to bounce back, adjust and remain psychologically healthy in the aftermath of stress, adversity, or difficult life experiences

Results: The mean age of participants was 28.93 ± 4.85 years. The percentage of working women and non-working women was 51 and 49 % respectively. There was a considerable negative linkage between marital stress and psychological resilience ($r = -.26, p < .01$), which means that the higher marital stress was less psychological resilience among married women. Similarly, marital stress showed a significant negative correlation with self-monitoring ($r = -.23, p < .05$), which indicated that marital stress was negatively related to self-monitoring skills.

Conclusion: The marital stress negatively correlates with psychological resilience and self-monitoring, and significantly negatively predicts, both outcomes among married women, while no significant work status differences were found between working and non-working women.

Keywords: Marital stress, psychological resilience, self-monitoring, married women, working status.

1. INTRODUCTION

Adult marriages are one of the most important relationships to have and have an important role in emotionally supporting, stabilizing and psychological wellbeing in adulthood¹. However, when the marriage becomes challenging, it can lead to long-lasting emotional and psychological problems that have a negative impact on the marriage and mental health. Marital stress according to Tasew AS et al is the emotional stress that is caused by marital conflict, financial hardship, communication problems, role imbalance, and marital expectations². The effects of chronic marital stress on psychological distress and decreased relationship satisfaction have been consistently found, as well as on physical and mental health. Anxiety, depression and stress related medical conditions like cardiovascular diseases are especially damaging to women who have high marital stress³. Emotional regulation and interpersonal functioning is also impacted by marital stress. In unhappy marriages, couples tend to criticize, be hostile, become defensive, and emotionally withdraw, over time diminishing emotional connection and harmony⁴. Chronic marital conflict instigates chronic physiological reactions (cardiovascular reactivity, heightened cortisol), which may have long-term adverse effects on psychological and physical well-being. Hence, marital stress has emerged as one of the significant psychosocial stresses which may affect the adaptability and mental health of women⁵. Marital stress experience of working women may be different from non-working women, in terms of social role and responsibilities. The dual burden of the working woman, which combines work and home/care-giving demands, may contribute to more role conflicts and increased emotional exhaustion⁶. Employment, however, can also have positive psychological effects in the areas of financial independence, social interaction and greater coping resources, resulting in enhanced psychological adaptation⁷. Marital relations can also be even more central to the emotional needs and identity of non-working women, thus increasing their vulnerability in situations where marital harmony is not achieved. Furthermore, financial dependency and few social contacts are also factors that can contribute to lower self-esteem and higher stress level among non-working women⁸.

Psychological resilience is a protective factor and is defined as coping easily with stress in life. Psychological resilience is the ability to recover well, to be emotionally stable and adapt the situation positively when facing adversity. Optimistic, flexible coping, regulation of emotions and problem-solving skills are characteristics of resilient individuals and they are better able to deal with stress⁹. Conversely, they may be more likely to experience emotional instability and unhelpful coping strategies due to their lower resilience. For marital relationships, women's resilience might help them better cope with marital stressors, psychological wellbeing¹⁰. Another adaptive process is self-monitoring, which refers to a person's ability to monitor and regulate his/her behaviour as a function of social context and interpersonal expectations. Those who have higher self-monitoring scores tend to be more socially competent, emotionally regulated and are able to adapt their communication to the situation in order to foster relational harmony. In marriage, self-monitoring may be beneficial in facilitating marital conflict management and emotional regulation and low self-monitoring may be detrimental, for example in regards to impulsiveness, and to interpersonal conflict¹¹.

This study is based on the Vulnerability-Stress-Adaptation Model of McNulty et al that accounts for marital functioning as a function of enduring vulnerabilities, stressful life events and adaptive processes¹². Although there are numerous studies that have focused on marital stress in relation to psychological resilience and self-monitoring, minimal research has investigated the interplay among marital stress, psychological resilience and self-monitoring of married working and/or non-working women in collectivist societies such as Pakistan. Therefore, the present study is aimed at exploring the influence of marital stress on the psychological resilience and self-monitoring of married women with a difference in the aspect of their employment status.

2. METHODOLOGY

The present study used a quantitative, cross sectional correlational research design to examine the correlation between marital stress, psychological resilience and self-monitoring among married working and non-working women. It was conducted at department of Psychology, Bakhtawar Amin Memorial Trust

Hospital, Multan, from February 2025 to August 2025. The subjects of the study comprised married women of both professions working/non-working in urban and semi-urban areas. Using purposive sampling techniques 100 participants (N = 100) were selected to ensure a good representation from diverse occupational and socioeconomic backgrounds. The women of both working and non-working status were included in the study to explore the difference between employed and homemaker women. Participants were included if they were married with the spouse, aged from 22-45 years, and working or not working. Participants who gave informed consent and could understand and answer questionnaires in Urdu or English were only included if they could speak and understand the language. Women who were divorced, separated or widowed were not included in the study. Further, participants under 22 years of age, over 45 years of age, those who did not complete all of the questionnaires, those who reported diagnosed psychiatric disorders, and female participants who were not interested in participating, were excluded from the research. Marital stress in the present study was defined as internalizing and feeling of stress in the marital relationship following unresolved marital conflict, emotional distance, communication issues, lack of support and daily marital problems that have a negative impact on the emotional and psychological well-being¹³. According to Vella et al⁹ the psychological resilience was defined as an individual's capability to bounce back, adjust and remain psychologically healthy in the aftermath of stress, adversity, or difficult life experiences. The definition of self-monitoring was based on the extent that people monitor, regulate, and modify their self-presentation and expressions in response to social cues and situational demands¹⁴. Marital stress was analyzed using Multidimensional Stress Questionnaire for Couples (MSQ-C) designed by Bodenmann¹⁵. It contains 30 items which assess stress in romantic relationships such as communication problems, money issues, emotional distance, parenting aspects, etc. A 4-point Likert scale is used for responses which range from Not at all to strongly. Greater scores signify more intense perceived marital status. There is good internal consistency for the scale in previous studies as evidenced by Cronbach's alpha from 0.84 to 0.92. A higher score is associated with high adaptability and social responsiveness and a lower score with

consistency in behavior in different situations. Previous studies have reported satisfactory reliabilities between .70 and .80, inclusive.

Purposive sampling was done to approach participants through community centres, women organizations and social networks in urban and semi-urban areas. Participants were asked about the aim of the research, the voluntary nature of participation and the anonymity of the answers before answering the questions. Written informed consent was obtained from all participants, and ethical guidelines were strictly followed throughout the study. After consent, participants received a survey booklet which included four sections. The Multidimensional Stress Questionnaire for Couples (MSQ-C), Brief Resilience Scale (BRS), demographic information form and Revised Self-Monitoring Scale. The directions were explicit and concise prior to each section, to enable accurate and independent responses. The questionnaires were filled in in a quiet and comfortable setting, with no prescribed time limit for completing the questions.

Statistical Package for the Social Sciences (SPSS) was used to analyze collected data. The demographic characteristics and study variables were summarized using descriptive statistics such as standard deviation, mean percentages and frequencies. The relationships were explored by using Pearson product-moment correlation analysis between marital stress, psychological resilience, and self-monitoring. Furthermore, multiple regression was conducted to assess the ability of marital stress to predict the psychological resilience and self-monitoring among married women.

Statistical Package for the Social Sciences (SPSS) was used to analyze all the collected data. Descriptive statistics, Pearson product-moment correlation, reliability analysis, simple linear regression and independent sample t-test were conducted to explore the relationship between marital stress, psychological resilience and self-monitoring of married working and non-working women.

3. RESULTS

Table 1 shows the demographic features of participants. The percentage of working women and non-working women was 51 and 49 % respectively. The majority of the participants had taken up BS education (61%), followed by MPhil (22%) and undergraduate (17%). Socio-economic

status: most of the participants were the middle socioeconomic class (72%). The average age of participants was 28.93 years (SD = 4.85), which suggests that the study sample was predominantly comprised of female middle to young adults.

The psychometric properties of the study instruments revealed in Table 2. There was good internal consistency reliability ($\alpha = .85$) for the Multidimensional Stress Questionnaire for Couples. The Brief Resilience Scale had a Cronbach's alpha of .70 and the Self-Monitoring Scale had an internal consistency of .68. The results suggest adequate psychometric properties of scales that measure marital stress, psychological resilience and self-monitoring in the study participants.

Table 3 shows descriptive statistics and correlation analysis of the study variables. Results highlighted that there was a considerable negative linkage between marital stress and psychological resilience ($r = -.26, p < .01$), which means that the higher marital stress was, the less psychological resilience was among married women. Similarly, marital stress showed a significant negative correlation with self-monitoring ($r = -.23, p < .05$), which indicated that marital stress was negatively related to self-monitoring skills. Contrary to this, the correlation between psychological resilience and the self-monitoring abilities was strong positive ($r = .86, p < .001$), meaning that those women who were higher on the psychological resilience scale were higher on the self-monitoring scale as well.

Table 4 shows the differences between working women and non-working women with regard to marital stress, psychological resilience and self-monitoring. Results showed that there were no statistically major differences among the two groups regarding marital stress, psychological resilience and self-monitoring. Working women had slightly higher marital stress score, but not significantly different from non-working women. Likewise, there was little difference between the two groups in the scores for resilience and self-monitoring. All effect sizes were small, suggesting that there was little practical difference between the working and non-working women on the study variables.

Table 5 shows the results of simple linear regression analysis to explore the prediction of marital stress to psychological resilience. The model was statistically significant, explaining 7%

of the variance in psychological resilience ($R^2 = .07, F(1, 98) = 7.26, p < .01$). Marital stress was a significant negative predictor of psychological resilience ($\beta = -.26, p < .01$), suggesting that increased marital stress was related to decreased psychological resilience among married women.

The findings of simple linear regression analysis on self-monitoring as a predictive variable of marital stress are shown in Table 6. The regression model was significant and accounted for 5% of the variance in self-monitoring $F(1, 98) = 5.26, p < .05, R^2 = .05$. Marital stress was significantly and negatively related to self-monitoring ($\beta = -.23, p < .05$), indicating that the higher the marital stress, the lower the self-monitoring abilities of married women.

Table 1: Sociodemographic Characteristics of the Study Sample: Descriptive Statistics (N = 100)

Characteristic	Category	n (%)
Work Status	Working Women	51 (51.0)
	Non-working Women	49 (49.0)
Education Level	Undergraduate	17 (17.0)
	BS	61 (61.0)
	MPhil	22 (22.0)
Socioeconomic Status	Lower	12 (12.0)
	Middle	72 (72.0)
	Upper	16 (16.0)

Table 2: Psychometric Properties of Study Scales (N = 100)

Scale	Items	M ± SD	Range
Multidimensional Stress Questionnaire for Couples	30	67.72 ± 15.56	2.05–2.43
Brief Resilience Scale	6	16.61 ± 4.36	2.34–3.02
Self-Monitoring Scale	18	26.01 ± 1.91	1.24–1.58

Table 3: Descriptive Statistics and Correlation among Marital Stress, Psychological Resilience, and Self-Monitoring (N = 100)

Variable	M±SD	1	2	3
1. Marital Stress	74.89±13.68	—		
2. Psychological Resilience	19.54±3.35	-.26	—	
3. Self-Monitoring	24.72±3.82	-.23	.86	—

Table 4: Independent Sample t-Test Showing Work Status Differences on Marital Stress, Psychological Resilience, and Self-Monitoring (N = 100)

Variable	Working M (SD)	Non-working M (SD)	p
Marital Stress	76.18 (14.21)	73.55 (13.12)	.34
Psychological Resilience	19.53 (3.88)	19.55 (2.74)	.97
Self-Monitoring	24.49 (4.34)	24.96 (3.23)	.54

Table 5: Regression Analysis Predicting Psychological Resilience from Marital Stress (N = 100)

Variables	B	B	SE
Constant	24.36	—	1.82
Marital Stress	-.06	-.26	.02

Table 6: Regression Analysis Predicting Self-Monitoring from Marital Stress (N = 100)

Variables	B	B	SE
Constant	29.44	—	2.09
Marital Stress	-.06	-.23	.03

4. DISCUSSION

The present study investigated the relationship of marital stress, psychological resilience and self monitoring of married working and non-working women in Pakistan. Results showed that marital stress was significantly and negatively correlated with psychological resilience ($r = -.263, p = .008$) and self-monitoring ($r = -.226, p = .024$). In addition, self-monitoring was found to have a strong positive correlation with psychological resilience ($r = .855, p < .001$). Regression analyses further revealed that marital stress significantly predicted lower psychological resilience ($\beta = -.263, R^2 = .069, F(1, 98) = 7.263, p = .008$) and lower self-monitoring ($\beta = -.226, R^2 = .051, F(1, 98) = 5.255, p = .024$). There were no significant differences between working and non-working women in terms of marital stress, psychological resilience, or self-monitoring, though there was a higher level of marital stress reported by working women. The overall results indicate that marital stress appears to be an influence on psychological adaptation, whether employers or employees. The negative correlation between marital stress and psychological resilience is statistically significant as it shows that increased marital stress is associated with decreased psychological resilience in women, meaning that long-term or chronic marital difficulties may affect women's ability to adapt to stress and psychologically challenging situations. Over time, chronic interpersonal conflict, poor communication, emotional withdrawal, economic difficulties, and unrealistic expectations can begin to drain resources for adaptive functioning. These results support the view that resilience is a dynamic

protective factor that allows people to bounce back from a stressful event to be emotionally and mentally healthy in the face of adversity¹³. Likewise, the importance of resilient individuals' using more adaptive coping and have better emotion regulation skills during stressful interpersonal situations. The researchers, Khalaf et al., (2022), also found that marital satisfaction and emotional stability was higher in the married adults who had higher resilience¹⁴. Similarly, Lee et al. (2021) showed that the chronic effects of marital strain were associated with chronic psychological distress and poorer physical health, which are consistent with the present results that chronic marital strain is associated with poor adaptive psychological functioning¹⁵. These studies together highlight the protective effect of resilience against the negative psychological effects of marital stress. Marital stress was also negatively correlated with self-monitoring in the present study, which indicated that women with higher marital stress were less able to monitor themselves¹⁶. Self monitoring is a crucial element in efficient communication, conflict management, and maintaining relationships, as it enables flexibility in behavior and regulation of emotions. Increased emotional reactivity, decreased cognitive flexibility, and diminished interpersonal awareness can be related to high levels of marital stress, reducing effective behavioral regulation. The present findings support Kilduff et al, who conceptualized self monitoring as an important factor in interpersonal effectiveness in social and occupational contexts¹⁷. Also, Righetti et al stressed the importance of self-regulatory processes for adaptive behavioral functioning and successful interpersonal relationships¹⁸. Deylami et al has also found that when couples have persistent marital conflict they tend to be critical, defensive, withdrawn, and ineffective in communicating, which are signs of poor emotional regulation and self-monitoring. The findings of these two studies indicate that chronic marital stress could challenge adaptive interpersonal functioning by disrupting the regulation of emotions and modifying behaviours appropriately. A particularly interesting result of the present study was the positive relationship between psychological resilience and self monitoring. The higher the resilience, the higher the self-monitoring abilities were, which shows that emotional adaptation and behavioral regulation are very closely connected psychological resources in

women. Resilient people tend to be more optimistic, emotionally stable, have more flexible coping mechanisms, and better skills in solving problems, which helps them to manage interpersonal behaviors better when they are stressed. The results are in line with those of Polizzi et al who proposed that resilience fosters adaptive psychological functioning during times of stress²⁰. In a similar way, Troy et al identified resilience as a psychosocial trait that helps regulate emotions and bounce back from adversity²¹. People who have a higher self-monitoring score tend to have better interpersonal adjustment, interpersonal social competence and behavioural adaptability²². As such, resilience and self-monitoring seem to function in concert to facilitate effective emotional regulation and more positive interpersonal interactions. The regression models additionally revealed that marital stress was significantly associated with psychological resilience and self-monitoring with a relatively low amount of explained variance. These results indicate that although marital stress is a significant psychological risk factor, it is a multidimensional construct that is shaped by many biological, psychological, and environmental factors, including the ability to be resilient and to monitor oneself. Coping strategies, emotional intelligence, personality traits, family functioning and perceived social support have all been shown to significantly impact resilience and psychological adjustment in the literature²³. Similarly, Work can at the same time increase the possibilities for women to experience occupational stress but can also give them a sense of financial independence, social interaction, and enhanced coping resources. In the same vein, Fatima & Khan noted that there are different types of stressors that are experienced by working women and non-working women, which may account for the lack of significant difference between the two groups of women in the current study²⁴. Contrary to the initial hypothesis, there were no statistically significant differences between working and non-working women in terms of marital stress, psychological resilience and self-monitoring. Though women in the workforce often face the challenges of work-family conflict and multiple role demands, women who are not working may face issues of financial dependence, limited social participation and increased home responsibilities²⁵. Both groups can then suffer from similar psychological problems, even though they

have different precipitating causes for stress. These results indicate that relationship quality and coping resources and emotional support in addition to employment can have a greater impact on psychological functioning among women. The present findings can be understood in the context of the Vulnerability – Stress – Adaptation (VSA) Model²⁶. This model suggests that long-term vulnerabilities have a multiplicative interaction with life stressors and adaptive mechanisms to predict marital quality and psychological adjustment. As the theoretical outlook suggests, the present results support that marital stress undermines adaptive psychological resources, thereby reducing the resilience and self-monitoring. The present results further corroborate the theoretical interpretation that psychological adjustment to stressful family situations is mediated by effective emotion regulation²⁷. The present study has a number of strengths including using standardized and psychometrically sound tools to examine all three factors in the study, marital stress, psychological resilience, and self-monitoring, all at the same time. Moreover, the findings presented both working and non-working women, which makes them relevant to a variety of social settings. However, there are a few drawbacks to consider. Firstly the cross-sectional design does not allow causal inferences to be drawn between marital stress and psychological outcomes. Second, data collected in one geographic area may not be representative of other areas of the country. Thirdly, self-reported questionnaires could lead to recall bias and social desirability bias. Finally, important variables like marital satisfaction, length of marriage, emotional intelligence, personality traits, domestic violence, coping styles and perceived social supports were not investigated and could have moderated the reported associations. Longitudinal and multicenter studies are needed in the future to better understand causal pathways between marital stress and resilience and self-monitoring. More and varied samples are required to enhance the external validity and allow for subgroup analyses by socioeconomic and cultural groups. Further research is needed for possible mediators and moderators such as emotional intelligence, attachment style, coping patterns, marital satisfaction and social support using more sophisticated statistical techniques including structural equation modeling and mediation analysis. Lastly, there is a need for intervention

studies to assess the efficacy of interventions designed to enhance resilience, communication skills training, Mindfulness-based therapies, and couple-focused psychological counseling to reduce marital stress and psychological well-being among married women.

5. CONCLUSION

The present study concluded that marital stress negatively correlates with psychological resilience and self-monitoring, and significantly negatively predicts, both outcomes among married women, while no significant work status differences were found between working and non-working women. These results underscore the detrimental role of marital stress in psychological functioning and emphasize the need for interventions targeting relational stress to promote resilience and adaptive self-monitoring.

6. REFERENCES

1. Dinç G, İlgar MZ. In maintaining a marriage: examination of the relationship between mutual happiness levels, adult attachment styles, and psychological resilience levels. *Psychoeduc Res Rev.* 2022;11(2):1-22.
2. Tasew AS, Getahun KK. Marital conflict among couples: the case of Durbete town, Amhara Region, Ethiopia. *Cogent Psychol.* 2021;8(1):1903127.
3. Khan AA, Hussain A, Maqbool R. Prevalence of psychological distress among patients with cardiac issues: gender and marital status are in focus. *Hum Nat J Soc Sci.* 2023;4(1):343-53.
4. Ashford D, Miotto G. Preventing violence in marital relationships: essential strategies for building a strong, healthy, and secure bond: practical approaches to fostering respect, trust, and emotional safety in couples. 2025;3(8):300-311.
5. Lee S, Wickrama KAS, Lee TK, O'Neal CW. Long-term physical health consequences of financial and marital stress in middle-aged couples. *J Marriage Fam.* 2021;83(4):1212-26.
6. Carson A, Mikolajczak G, Ruppner L. The missing cohort: women in local government. *Australas Parliam Rev.* 2021;36(2):70-90.
7. Fullerton DJ, Zhang LM, Kleitman S. An integrative process model of resilience in an academic context: resilience resources, coping strategies, and positive adaptation. *PLoS One.* 2021;16(2):12-18.
8. Sharma S, Chawla SS. A comparative review: self-esteem, self-efficacy, mental health, and marital adjustment among working and non-working females. *J Namib Stud.* 2023;38:45-54.
9. Baker FR, Baker KL, Burrell J. Introducing the skills-based model of personal resilience: drawing on content and process factors to build resilience in the workplace. *J Occup Organ Psychol.* 2021;94(2):458-81.
10. Khalaf MS, Hayder AH. Determination of the level of psychological resilience in predicting marital adjustment among women. *Int J Health Sci.* 2022;II:12489-97.
11. de Oliveira PF. Relational turbulence, emotional dysregulation, and relationship satisfaction of women with ADHD in romantic relationships [master's thesis]. Saint Louis (MO): Saint Louis University; 2024;171(3):276-93.
12. McNulty JK, Meltzer AL, Neff LA, Karney BR. How both partners' individual differences, stress, and behavior predict change in relationship satisfaction: extending the VSA model. *Proc Natl Acad Sci U S A.* 2021;118(27):67-74.
13. Schwarzer R. Stress, resilience, and coping resources in the context of war, terror, and migration. *Curr Opin Behav Sci.* 2024;57:101393.
14. Tunç E, Soner G. Psychological flexibility, self-control, and self-management skills in marital commitment: a cognitive and motivational perspective from psychiatric nursing. *New Ideas Psychol.* 2026;82:101248.
15. Kilduff M, Wang K, Tasselli S. Self-monitoring at work: state of the science. *Annu Rev Organ Psychol Organ Behav.* 2025;13:p55.
16. Righetti F, Đurić M, Hofmann W, Finkenauer C. Self-regulation in close relationships. *Pers Relatsh.* 2022;29(4):674-98.

17. Deylami N, Hassan SA, Alareqe NA, Zainudin ZN. Evaluation of an online Gottman's psychoeducational intervention to improve marital communication among Iranian couples. *Int J Environ Res Public Health*. 2021;18(17):8945.
18. Polizzi CP, Lynn SJ. Regulating emotionality to manage adversity: a systematic review of the relation between emotion regulation and psychological resilience. *Cogn Ther Res*. 2021;45(4):577-97.
19. Troy AS, Willroth EC, Shallcross AJ, Giuliani NR, Gross JJ, Mauss IB. Psychological resilience: an affect-regulation framework. *Annu Rev Psychol*. 2023;74(1):547-76.
20. Yuan Y, Du J, Yang K, Ge Y, Ma Y, Mao H, et al. Relationship between horizontal collectivism and social network influence among college students: mediating effect of self-monitoring and moderating effect of self-efficacy. *Front Psychol*. 2024;15:1424223.
21. Collado-Soler R, Trigueros R, Aguilar-Parra JM, Navarro N. Emotional intelligence and resilience outcomes in adolescence: is knowledge really strength? *Psychol Res Behav Manag*. 2023;16:1365-78.
22. Fatima A, Khan TA. Work-family conflicts and turnover intentions: the role of workplace flexibility. *Employee Respons Rights J*. 2025:1-24.
23. Jabeen S, Haq S, Jameel A, Hussain A, Asif M, Hwang J, et al. Impacts of rural women's traditional economic activities on household economy: changing economic contributions through empowered women in rural Pakistan. *Sustainability*. 2020;12(7):2731.
24. Ross JM, Nguyen TP, Karney BR, Bradbury TN. Three tests of the Vulnerability-Stress-Adaptation model: independent prediction, mediation, and generalizability. *Front Psychol*. 2022;13:921485.
25. Taurino A, Cassibba R, Semeraro C, Coppola G, Dentamaro M, Musso P. Psychological and relational adjustment under stress: the mediating role of emotion regulation in parents' functioning during the COVID-19 crisis. *Front Psychol*. 2025;16:1678034.