



The Relationship Between Emotional Regulation and Marital Satisfaction Among Nurses with Dual-Career Families

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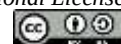
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Abstract

The phenomenon of dual-career families in Indonesia presents significant challenges for couples, particularly in the nursing profession, which entails high workloads and intense emotional pressure. Workloads and stress that are not managed effectively have the potential to trigger domestic conflicts, which can decrease marital satisfaction. This study aims to determine the relationship between emotion regulation and marital satisfaction among nurses in dual-career families. The method employed is a quantitative correlational approach. research subjects consisted of 258 married nurses aged 25–45 whose spouses are also employed. Data were collected using the Emotion Regulation Questionnaire to measure emotion regulation and the ENRICH Marital Satisfaction scale to measure marital satisfaction. Analysis using the Spearman's Rho correlation test yielded a correlation coefficient of 0.465 with a significance value of $(p) < 0.001$. This demonstrates a significant positive relationship between emotion regulation and marital satisfaction. The findings of this study indicate that the higher the emotional regulation ability possessed by a nurse, the higher the level of perceived marital satisfaction. These findings emphasize that strengthening emotion regulation skills in nurses is crucial in helping to maintain harmony and the quality of marital relationships in dual-career families.

Keywords: Dual-career family, emotion regulation, marital satisfaction, nurse.

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Introduction

A dual-career family is a situation in which both the husband and wife have jobs or careers outside the home (Aghniarrahmah et al., 2021). This is evident in the increasing participation of women in the workforce and shifting societal views on gender roles (Kinda et al., 2024). This phenomenon is increasingly common in Indonesia, as evidenced by data from the Central Statistics Agency (2020), which notes that more than 70 percent of families have both parents working. Dual-career families can offer a number of benefits, such as financial stability and opportunities for each partner to grow. However, this situation also presents its own challenges. Couples often face emotional pressure and a double burden as they must balance work demands with household responsibilities; consequently, dual-career couples are more prone to tension if they lack effective communication, emotional regulation, and cooperation within the family (Marpaung et al., 2025). These challenges can impact the dynamics of the couple's relationship and trigger tension if not managed properly.

Challenges in dual-career families can escalate into domestic conflicts if couples struggle to communicate or are unable to manage the emerging pressures. Recurring and unresolved conflicts are one of the leading causes of divorce in Indonesia. Data from the Central Statistics Agency (BPS) indicates that the divorce rate in Indonesia remains relatively high. In 2024, the number of divorces in Indonesia was 399,921. Of this total, 251,125 cases were triggered by repeated and prolonged domestic arguments or conflicts. Domestic conflicts can be triggered by various factors, such as a lack of effective communication, recurring arguments, differences of opinion, and the couple's inability to manage their

emotions, ultimately leading to divorce (January 2023). The high divorce rate in Indonesia underscores that domestic conflicts rooted in poor communication and emotional regulation significantly reduce couples' marital satisfaction.

Marital satisfaction is a crucial aspect of a marital relationship. Fowers and Olson (1989) define marital satisfaction as the level of contentment or fulfillment experienced by an individual regarding various important elements within their marital relationship. Marital satisfaction can be viewed as an individual's evaluation of the extent to which their personal needs, expectations, and desires are met within that marital bond (Komariyah, 2024). According to Hurlock (2002), satisfaction in marriage serves as a measure of a couple's success in managing their household life and resolving the challenges they face. Marital satisfaction reflects an individual's subjective view of the overall quality of the marital relationship and is a primary factor determining the couple's happiness (Veronika et al., 2022). Generally, marital satisfaction can be defined as an evaluation or assessment of a marriage's success, as it illustrates to what extent the relationship fulfills an individual's emotional and psychological needs.

Marital satisfaction plays a crucial role in an individual's well-being. Individuals who feel satisfied in their marriage tend to have lower levels of psychological and physical stress (Fauzatinigrum et al., 2023). Conversely, dissatisfaction in marriage can lead to instability in the relationship between husband and wife, which ultimately has the potential to cause a breakdown in the relationship or even divorce (Gottman & Levenson, 2002). Achieving marital satisfaction is not an easy task. In fact, many married couples decide to end their marriage due to various factors, such as poor communication, frequent conflicts, or life pressures (Januari, 2023). This indicates that emotional interactions, such as emotional regulation between partners, play a significant role in determining marital satisfaction.

Emotional regulation is an individual's ability to control and express their emotions and feelings in daily life (Jannah et al., 2023). According to Gross (1998), emotional regulation is a skill that involves cognitive aspects such as emotional awareness and understanding, as well as emotional acceptance, which are then manifested through the control of impulsive behavior. Gross (2014) also states that emotional regulation is an individual's ability to control their emotions. This ability is evident in how an individual modifies or responds to emotional experiences arising from a specific situation, the outcome of which is then expressed as action. Overall, emotional regulation helps individuals prevent the negative effects of uncontrolled emotions and maintain healthy interpersonal relationships.

In the context of marriage, poor emotional regulation in one or both partners can exacerbate conflicts, reduce communication, and lower marital satisfaction. Research conducted in Tehran, Iran, indicates that cognitive emotional regulation is an effective factor in marital satisfaction. Emotional regulation plays a crucial role because it can resolve conflicts between partners and improve their well-being across various dimensions—such as biological, psychological, social, and moral—which ultimately enhances the quality of the marriage (Rahimkhani, 2021). This underscores the importance of emotional regulation for marital satisfaction. A couple's ability to manage and re-evaluate emotions allows them to respond to conflicts in a more constructive and adaptive manner, thereby fostering greater harmony and satisfaction within the household.

In dual-career family settings, emotional regulation serves as a strategy to manage emotional stress and maintain psychological stability through situational modification mechanisms—such as sharing child-rearing responsibilities with one's spouse—and cognitive shifts to view both roles positively (Rahmah et al., 2023). The success of this regulation process depends not only on personal capacity but is also significantly influenced by social support from a partner who can help alleviate emotional stress during difficult times (Pradani & Widyastuti, 2023). Thus, emotional regulation is essential for improving quality of life and helping individuals maintain psychological stability even when faced with complex role conflicts.

Emotional regulation is of greater urgency for nurses than for other healthcare professionals due to fundamental differences in the duration of their interactions with patients. Unlike doctors or medical support staff, who interact with patients only during examinations or procedures, nurses are professionals who accompany and provide care to patients on a regular basis (Bilqis et al., 2025). The high intensity of these interactions demands exceptional mental resilience, making emotional regulation

a key factor for nurses to maintain their psychological stability despite being constantly exposed to the emotional states of patients and their families.

Beyond interaction factors, the high work pressure on nurses is driven by the complexity of multidimensional workloads. Nurses not only perform clinical duties but are also burdened by heavy administrative tasks, an imbalanced nurse-to-patient ratio, and often inadequate shift schedules (Rangkuti et al., 2022). The accumulation of these physical and mental workloads creates a very high risk of work-related stress (Mariana & Ramie, 2021). Under such conditions, good emotional regulation enables individuals to calm themselves and communicate more effectively, allowing the transition from the role of a healthcare worker to that of a partner to occur more adaptively, thereby impacting marital satisfaction (Selfia, 2024).

A study conducted on a number of female nurses at Dr. Achmad Mochtar General Hospital in Bukittinggi on January 15, 2024, showed that they did not feel satisfied in their marriages. This was due to frequent conflicts with their husbands and a reduction in time spent with their families as a result of their busy work schedules, causing them to feel dissatisfied in their marriages (Selfia, 2024). High levels of work-related stress require nurses to have good emotional regulation to prevent domestic conflicts. The ability to manage emotions constructively has been proven to enhance marital satisfaction. Conversely, poor emotional regulation triggers impulsive reactions and an inability to cope with stress, which risks worsening spousal relationships (Iswardanti & Nawangsari, 2025). Other research indicates significant differences in marital satisfaction levels between general employees and nurses. General employees tend to have more stable satisfaction scores compared to nurses, who often face higher work-related stress (Ghaibi et al., 2022).

Research conducted by Roslan et al. (2023) in Malaysia indicates that, among couples in general, emotional regulation—particularly the ability to recognize and understand one's own emotions—is closely linked to marital satisfaction. Couples who can effectively regulate their emotions tend to foster positive interactions and enhance happiness in their relationships. Consistent with this, another study conducted in Iran also revealed a significant relationship between marital satisfaction and emotional regulation in couples (Rahimkhani, 2021). Another study conducted on women diagnosed with Polycystic Ovarian Syndrome (PCOS) found a significant positive relationship between resilience, emotional regulation, and marital satisfaction, as the ability to effectively manage and express emotions can improve the quality of the couple's relationship (Javed et al., 2022). The ability to regulate emotions in married life can have positive effects, such as improving understanding of one's partner, helping to exhibit more adaptive behavior in emotional situations, and ultimately reducing the level of conflict in the marriage.

Research conducted by Martana (2023) indicates a significant positive relationship between emotional regulation and marital satisfaction among couples. However, that study utilized a general sample consisting of early-adult couples aged 20–40 years residing in Surakarta. This study was conducted to test the consistency of the relationship between emotional regulation and marital satisfaction, with a focus on nurses in dual-career families. The nursing profession involves a heavy workload and demanding work hours. These conditions can create tension in family life, making the ability to regulate emotions a crucial aspect that can help couples cope with stress, manage conflicts, and maintain the quality of their marriage.

Based on the background described above, the research question for this study is: Is there a relationship between emotional regulation ability and marital satisfaction among nurses in dual-career families? This study aims to examine the relationship between emotional regulation and marital satisfaction among nurses in dual-career families. This study is important because there have been few studies examining this topic among dual-career couples, particularly within the context of the nursing profession, which is characterized by high stress levels and heavy workloads. Consequently, this research can strengthen previous findings regarding the relationship between emotional regulation and marital satisfaction. In addition to reinforcing previous findings, this study is also expected to provide practical contributions to the development of emotional skills training programs for couples. Through such programs, couples are expected to manage stress more effectively, reduce the potential for domestic conflict, and enhance harmony and satisfaction in their married lives.

Methods

This study employs a quantitative method. This research method is designed to test hypotheses using numerical data, in which numerical data are used to answer research questions, analyze relationships between variables, measure frequencies, and identify emerging patterns (Waruwu et al., 2025). This study does not involve manipulation of variables or research subjects. The research design focuses on observing phenomena as they are without any special treatment from the researcher. The research approach uses a correlational study, which aims to determine the extent of the relationship or correlation between two or more variables (Waruwu et al., 2025). Through correlational statistical analysis, this study seeks to measure the strength and direction of the relationship between the variables under investigation.

Participants

The subjects in this study were nurses, both men and women, aged 25 to 45 years. The main characteristic of the subjects was that they were married and in dual-career families, meaning their spouses were also employed. The sample size for this study was determined based on the guidelines proposed by Hair et al. (2010) regarding the ratio of the number of respondents to the number of research indicators. Hair et al. (2010) suggest that the ideal sample size is 5 to 10 respondents per research indicator. Given that the instrument in this study consists of 24 items, and using a maximum ratio of 10, the minimum required sample size is 240 respondents. Based on this calculation, the researcher successfully collected data from 258 subjects, a number that exceeded the minimum threshold, ensuring the data is considered sufficiently representative.

The sampling technique employed was purposive sampling. Purposive sampling is a method where subjects are intentionally selected based on specific criteria relevant to the research objectives (Subhaktiyasa, 2024). Participant selection was conducted strictly based on their alignment with the established criteria, namely male and female nurses who are married to working partners. This technique was chosen to ensure that the data obtained is more focused, relevant, and accurate in describing the dynamics of emotional regulation and marital satisfaction among nurses in the context of dual-career families.

Research Instruments

In this study, emotion regulation was measured using the Emotion Regulation Questionnaire (ERQ), which was first introduced by Gross and John in 2003. The scale consists of 10 items that measure two main strategies in emotion regulation: 6 items measure cognitive reappraisal, such as “when I want to feel more positive emotions, I change my way of thinking,” and the other 4 items measure expressive suppression, such as “I control my emotions by not expressing them.” All items in this scale are positive and are answered using seven response options: strongly agree, agree, somewhat agree, neutral, somewhat disagree, disagree, and strongly disagree. All items in the ERQ scale were found to be valid and can be used as a representative measurement instrument in this study. A reliability test using Cronbach’s Alpha revealed that the Cognitive Reappraisal strategy has a reliability coefficient of 0.951, while the Expressive Suppression strategy has a reliability value of 0.790. Both strategies on the Emotion Regulation Questionnaire (ERQ) scale were deemed reliable, as their Cronbach’s Alpha values exceeded 0.60 (Radde et al., 2021).

The scale used to measure the marital satisfaction variable is the ENRICH Marital Satisfaction (EMS). The ENRICH Marital Satisfaction (EMS) scale was developed by Fowers and Olson (1993) and later adapted into Indonesian by Ibrahim et al. (2025). This instrument is designed to measure two main dimensions: marital satisfaction and idealistic distortion (Ibrahim et al., 2025). The ENRICH Marital Satisfaction (EMS) scale consists of 15 statement items answered using a five-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree). Higher scores indicate a higher level of marital satisfaction. Items 1, 3, 4, 6, 7, 10, 11, 13, and 15 are favorable, while items 2, 5, 8, 9, 12, and 14 on this scale are unfavorable. Some examples of items on this scale include “I am dissatisfied with my partner’s personality traits and personal habits,” “I am very satisfied with how we make decisions and resolve conflicts,” and “I am unhappy with our financial situation and how we make financial decisions.” This scale demonstrates good reliability with a value of 0.818 and has an adequate item

discrimination index. The results of the construct validity test via Confirmatory Factor Analysis (CFA) indicate that most items have significant values. However, some items are recommended for revision or removal due to low values (Ibrahim et al., 2025).

Data Analysis Techniques

The collected data were analyzed using JASP software through several stages of statistical testing, including validity and reliability tests, normality tests, and correlation tests. The normality test was conducted to ensure that the data followed a normal distribution, while the linearity test was used to verify that the relationship between emotional regulation and marital satisfaction was linear. Correlation tests were subsequently conducted to determine the direction and strength of the relationships between variables, where a relationship was considered significant if the p-value was < 0.05 .

Based on the results of the validity and reliability tests conducted on the Emotion Regulation Questionnaire (ERQ) and the ENRICH Marital Satisfaction (EMS) instruments, both measures demonstrated excellent quality for use in this study. In the ERQ instrument, all items showed item-total correlation values ranging from 0.343 to 0.620. When categorized, these values fall within the moderate to high range, where all items possess adequate discriminant power as they exceed the minimum threshold of 0.30. Meanwhile, in the EMS instrument, one item—number 14—was found to have low validity (0.178), so it was eliminated. However, the remaining 14 items used in the study demonstrated a strong contribution to the marital satisfaction construct, with item-total correlation values in the moderate to high range, from 0.305 to 0.718.

The reliability test results also indicated good internal consistency. The ERQ instrument achieved a Cronbach's Alpha value of 0.803, falling into the high/good category, while the EMS instrument achieved a value of 0.847, which falls into the very high/very good category. These figures significantly exceed the minimum threshold of 0.70, proving that all items in each scale have stable and consistent relationships. Overall, the research instruments fall into the very good category, meaning the resulting data can be used to measure the relationship between emotional regulation and marital satisfaction among respondents.

Results

Table 1. Demographic Data

Karakteristik	Frekuensi	Persentase
Jenis Kelamin		
Laki-laki	66	25,6%
Perempuan	192	74,4%
Usia		
25-30 Tahun	27	10,5%
31-35 Tahun	54	20,9%
36-40 Tahun	103	39,9%
41-45 Tahun	74	28,7%
Provinsi		
Jawa Barat	191	74%
Jawa Tengah	1	0,4%
Jawa Timur	43	16,7%
DKI Jakarta	3	1,2%
Banten	15	5,8%
Riau	1	0,4%

Karakteristik	Frekuensi	Persentase
Kepulauan Riau	3	1,2%
Kepulauan Bangka Belitung	1	0,4%

Table 1 shows that the demographic characteristics of 258 respondents were identified based on gender, age, and the province where they work. The majority of the subjects were female nurses, totaling 192 (74.4%), while male nurses numbered 66 (25.6%). In terms of age distribution, the 36–40 age group was the largest category with 103 individuals (39.9%), followed by the 41–45 age group at 28.7%, indicating that most subjects were in middle adulthood, a phase typically characterized by independence in both career and family life. Geographically, the distribution of subjects was concentrated in West Java, with 191 individuals (74.0%), followed by East Java at 16.7%, while the remainder were spread across several other provinces such as Banten, Jakarta, and the Riau Islands, with smaller percentages.

Table 2. Descriptive Analysis

Variabel	Mean	Std. Deviation	P-value of Shapiro Wilk
Regulasi Emosi (X)	46.919	10.180	0.102
Kepuasan Pernikahan (Y)	49.837	13.255	<.001

Based on Table 2, the results of the descriptive analysis of 258 subjects indicate that the emotional regulation variable (X) has a mean of 46.919 with a standard deviation of 10.180. This standard deviation value indicates that the distribution of respondents' scores on emotional regulation ability is at a moderate level of variation, meaning there are differences in emotional regulation ability among respondents, but they are not too extreme. The marital satisfaction variable (Y) has a mean of 49.837 with a standard deviation of 13.255. The larger standard deviation compared to the emotional regulation variable indicates that the variation in marital satisfaction levels among respondents is higher. This suggests that subjective experiences regarding marital satisfaction tend to be more diverse compared to emotional regulation abilities.

The results of the normality test using the Shapiro-Wilk test show that the emotional regulation variable has a p-value of 0.102 ($p > 0.05$), so it can be concluded that the data are normally distributed. Conversely, the marital satisfaction variable shows a p-value < 0.001 ($p < 0.05$), meaning the data are not normally distributed. The research data did not show a normal distribution due to significant variation in scores. This condition can be identified by a relatively high standard deviation for a variable, indicating that the responses provided by the research subjects exhibit a high degree of variability. This finding reinforces the rationale for using Spearman's rho non-parametric test to analyze the relationship between the two variables due to the failure to meet the normality assumption for one of the variables.

Table 3. Correlational Analysis

Variabel	Spearman's rho	P
Regulasi Emosi (X) - Kepuasan Pernikahan (Y)	0.465	<.001

* $p < .05$, ** $p < .01$, *** $p < .001$, one-tailed

Hasil analisis korelasi *Spearman's rho* pada Tabel 3 menunjukkan bahwa terdapat hubungan positif yang signifikan antara regulasi emosi dan kepuasan pernikahan. Signifikansi hasil ini didukung oleh nilai $P < .001$, yang mengonfirmasi bahwa hubungan antar variabel sangat valid dan berada di bawah batas toleransi kesalahan 0,05. Nilai koefisien korelasi sebesar 0.465 menunjukkan bahwa kekuatan hubungan antara kedua variabel berada pada kategori sedang. Arah hubungan yang positif

mengindikasikan bahwa semakin tinggi kemampuan individu dalam mengelola dan meregulasi emosinya, maka semakin tinggi pula tingkat kepuasan pernikahan yang dirasakan. Sebaliknya, individu dengan kemampuan regulasi emosi yang rendah cenderung memiliki tingkat kepuasan pernikahan yang lebih rendah. Dengan demikian, hipotesis penelitian yang menyatakan adanya hubungan positif antara regulasi emosi dan kepuasan pernikahan dapat diterima.

Berdasarkan hasil penelitian terhadap 258 subjek, dapat disimpulkan bahwa instrument *Emotion Regulation Questionnaire* (ERQ) dan *ENRICH Marital Satisfaction* (EMS) yang digunakan dalam penelitian ini telah memenuhi kriteria validitas dan reliabilitas yang baik. Seluruh item pada ERQ dinyatakan valid, sedangkan pada EMS terdapat satu item yang dieliminasi karena tidak memenuhi batas minimal validitas. Nilai reliabilitas kedua instrumen juga menunjukkan konsistensi internal yang baik. Analisis deskriptif memperlihatkan bahwa regulasi emosi dan kepuasan pernikahan memiliki variasi skor yang sedang hingga cukup beragam, dengan kepuasan pernikahan menunjukkan penyebaran yang lebih tinggi. Hasil uji normalitas menunjukkan bahwa salah satu variabel tidak berdistribusi normal, sehingga digunakan uji korelasi non-parametrik Spearman's rho. Analisis korelasional menunjukkan adanya hubungan positif yang signifikan antara regulasi emosi dan kepuasan pernikahan ($p = 0,465$). Artinya, semakin baik kemampuan individu dalam mengelola emosinya, semakin tinggi tingkat kepuasan pernikahan yang dirasakan. Dengan demikian, hipotesis penelitian diterima dan regulasi emosi terbukti memiliki peran penting dalam meningkatkan kualitas kepuasan pernikahan.

Discussion

The results of the correlational analysis using Spearman's rho in this study revealed a significant positive relationship between emotional regulation and marital satisfaction among nurses with dual-career families, as indicated by a Spearman's rho correlation coefficient of 0.465. This indicates that the research hypothesis is accepted, namely that there is a positive relationship between emotional regulation and marital satisfaction among the nurse subjects, suggesting that the better a nurse's ability to manage their emotions, the higher their level of marital satisfaction. This finding confirms that emotional regulation plays a role as one of the key factors in maintaining the quality of marital relationships, particularly among couples with dual-career families and high job demands, such as nurses.

The nursing profession is known to involve high workloads and emotional stress (Mariana & Ramie, 2021). High workloads—including imbalanced patient-to-nurse ratios, administrative and referral tasks, patient length of stay, and poor work schedules—are the primary triggers of work-related stress for many nurses (Rangkuti et al., 2022). Under these conditions, a nurse's ability to manage emotions becomes crucial. This emotional regulation is necessary to ensure that negative emotions from the workplace do not trigger domestic conflicts but rather facilitate the role transition from healthcare provider to partner, ultimately maintaining stability and satisfaction in their marriage.

These findings align with the emotional regulation strategies proposed by Gross (2014), who explains that individuals can modify emotional responses through strategies such as cognitive reappraisal and expressive suppression. Cognitive reappraisal allows individuals to change their perspective on situations that trigger negative emotions, thereby enabling a more appropriate and less excessive emotional response. Meanwhile, expressive suppression, when used appropriately, can help individuals suppress impulsive responses that could potentially harm their partner, including tone of voice, attitude and behavior, as well as facial expressions (Radde et al., 2021). However, if overused, this strategy can hinder open emotional communication.

Through cognitive reappraisal strategies, individuals can better manage their emotions, positively impacting marital satisfaction. The ability to manage emotions allows nurses to view workplace stress from a professional perspective, preventing it from being carried home as an emotional burden that could disrupt harmony with their partner. This ability to modify emotional responses (expressive suppression) prevents the transmission of negative emotions from the workplace to the domestic sphere. By maintaining emotional stability, nurses can continue to interact well with their partners, which directly strengthens intimacy and the quality of the marital relationship.

Many nurses experience work-related stress due to heavy workloads, which are triggered by several factors, including: the length of patient stays, an imbalanced nurse-to-patient ratio, non-clinical tasks such as handling administrative duties and patient referrals, and inadequate shift schedules (Rangkuti et al., 2022). With unpredictable work shifts and high physical workloads, the risk of conflict within dual-career families increases due to limited quality time with a partner. Therefore, for a nurse, emotional regulation is not merely an additional skill but a necessity for healthy role transition to ensure that professional stress does not disrupt marital quality.

The findings of this study are consistent with previous research. A study conducted in Iran found that cognitive emotional regulation significantly influences marital satisfaction (Rahimkhani, 2021). Another study conducted in Malaysia showed that emotional awareness and control are positively correlated with marital happiness (Roslan et al., 2023). When compared to a study conducted on female nurses at Dr. Achmad Mochtar General Hospital in Bukittinggi City by Selfia (2024), which found marital dissatisfaction due to role conflict and a lack of time together, the results of this study provide an additional perspective that emotional regulation can serve as a key strategy for nurses to minimize the impact of such conflicts.

Furthermore, these findings reinforce the results of a study conducted by Martana (2023) in Surakarta, which found a positive relationship between emotional regulation and marital satisfaction among young adult couples. However, there is a significant difference in sample characteristics. Previous research used a general sample of early-adult couples, whereas this study specifically examined nurses with dual-career families. The results of this study indicate that in professions with high emotional demands, emotional regulation plays a crucial role in maintaining marital harmony. This finding suggests that the relationship between emotional regulation and marital satisfaction remains consistent even in populations with high levels of work-related stress. In other words, emotional regulation is relevant not only in normal marital conditions but also in situations involving dual-role pressures and intensive workloads.

Overall, the findings of this study confirm the hypothesis that emotional regulation has a significant positive relationship with marital satisfaction. Emotional regulation has been shown to be a key factor in maintaining relationship stability, particularly among couples facing dual-role demands and high work-related stress. Nevertheless, future research is encouraged to employ different designs to gain a deeper understanding of the mechanisms underlying this relationship. This is necessary to identify other mediating or moderating variables, such as social support or spousal communication, which may also play a role in shaping the dynamics of marital satisfaction among healthcare workers.

This study has several limitations that should be noted. The first limitation relates to the subject recruitment process, where the researchers encountered difficulties in finding respondents who met specific criteria, namely married nurses within dual-career families. In practice, it was found that many nurses at the relevant institutions were still single or had partners who did not work outside the home, requiring additional time to ensure the collected data was truly representative. Additionally, the researcher faced administrative barriers regarding permissions at several hospitals. Some institutions could not grant permission quickly or even rejected requests for data collection, which ultimately limited the geographical scope of the study. Finally, there were challenges in ensuring participants were fully engaged while completing the instrument via Google Forms. Given that nurses have demanding shift schedules and heavy workloads, researchers found it difficult to ensure that respondents completed the questionnaire with full attention. The lack of face-to-face interaction created a risk that participants might rush through the instrument during brief breaks, potentially affecting the objectivity of their responses.

Conclusions and Implication

Based on the research conducted, it can be concluded that there is a significant positive relationship between emotional regulation and marital satisfaction among nurses in dual-career families. The analysis results show a correlation coefficient of 0.465, indicating that the better an individual's ability to manage and control their emotions, the higher their level of marital satisfaction. Emotional regulation helps individuals control their emotional responses to various pressures that arise, whether from work

or family life. In the context of dual-career families, particularly among nurses who face high job demands, the ability to manage emotions is a critical factor in maintaining marital harmony. With effective emotional regulation, individuals can reduce the potential for conflict, improve the quality of communication with their partner, and create a more harmonious and satisfying relationship within their marriage.

The implications of this study suggest that developing emotional regulation skills is an important aspect to prioritize, particularly for individuals working in high-stress professions such as nursing. Hospitals and related institutions may consider providing training programs or psychological interventions focused on improving emotional regulation skills, stress management, and interpersonal communication for married healthcare workers. Additionally, for couples in dual-career families, increased awareness of the importance of emotional regulation can help them balance work demands and family life, thereby enhancing the quality of their marital relationship. This study also contributes to the development of psychological research by demonstrating that internal factors such as emotional regulation play a significant role in the dynamics of marital satisfaction, particularly among populations facing high work-related stress. These findings are expected to serve as a foundation for future research exploring other factors that may influence marital satisfaction, such as social support, couple communication, and work-family role conflict.

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Authors' contributions

All authors work collaboratively and evenly.

Competing Interest

There is no conflict of interest.

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We have obtained informed consent from all individuals included in this study through google form.

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