American Journal of Psychiatric Rehabilitation Expert Opinion Article

Impact Of Sense Of Mastery, Marital Strain, And Social Support On Emotional Well-Being And Marital Satisfaction Among Married Couples.

Zahra Poonawala[1*], Dr Anu Raj Singh[2]

[1*]Research Scholar, Banasthali Vidyapith
[2]Assistant Professor, Banasthali Vidyapith

Abstract
The *feeling of mastery* refers to a person's belief in their ability to control and manage life situations. *Marital strain* is the stress or tension experienced in a marriage. *Social support* is the help and comfort a person receives from others. *Emotional well-being* is a state of positive mental health, and *marital satisfaction* is the happiness and fulfillment in a marriage. *Intolerance of uncertainty* is the difficulty in dealing with unknown or unpredictable situations. This research investigates how these factors affect married couples. A stronger feeling of mastery improves emotional well-being. Higher social support increases both emotional well-being and marital satisfaction. Marital strain reduces marital satisfaction. People who struggle with uncertainty (low tolerance) weaken the positive effect of mastery on emotional well-being.
The study collected survey data from 384 married couples and analyzed it using Structural Equation Modeling (SEM) in AMOS. The results show that improving mastery and social support can enhance mental health and marriage happiness. Managing marital stress and uncertainty helps couples strengthen their relationships with the help of their social networks.

Keywords: *Sense of mastery, Marital strain, Social support, Emotional well-being, Marital satisfaction.*

Introduction

Marital relationships play a vital role in an individual's emotional and psychological well-being. The dynamics of married life are deeply influenced by factors such as a sense of mastery, marital strain, and social support. Understanding these elements helps individuals foster emotional well-being and marital satisfaction, which is especially important as modern relationships grow more complex. Emotional well-being in marriage refers to how couples manage stress, engage in positive interactions, and maintain emotional intimacy with each other [1]. This well-being is closely linked to marital quality, which affects the longevity and happiness of the relationship. Studies show that couples with higher emotional well-being navigate interpersonal challenges and conflicts more effectively, creating a stable and supportive environment for both partners. The connection between emotional well-being and marital satisfaction works both ways, meaning that improving emotional health can also enhance the quality of the marriage. A strong emotional foundation helps couples build resilience, allowing them to better handle external stressors and life adversities together [1].
Mastery, defined as the sense of control over one's life, is a key factor in overall well-being and is often measured in public health research. Higher levels of mastery have been linked to better physical and mental health, even when accounting for sociodemographic and social factors. Mastery can also reduce the impact of risk factors that threaten mental health, making it especially important during stressful life events, such as mental health struggles [2]. Recovery-focused approaches emphasize self-agency and control, and studies show that a strong sense of mastery is associated with greater hope in individuals facing mental health challenges. Mastery influences psychological well-being by boosting self-esteem, reducing stress, and improving problem-solving skills. In the context of marriage, mastery enhances emotional well-being by helping couples communicate more effectively and resolve conflicts constructively [3].
When both partners feel a sense of mastery, they are better equipped to make joint decisions and work together to solve problems, strengthening their relationship. Individuals with high mastery are less likely to be overwhelmed by marital stress because they possess the psychological tools to cope with difficulties. Over time, this shared sense of control fosters emotional well-being and increases marital satisfaction [3]. By developing mastery within the relationship, couples can create a more resilient and fulfilling partnership, better prepared to face life's challenges together.

The Importance of Marital Satisfaction: Impact of Social Support and Marital Strain

Marital satisfaction is key to a successful family and healthy development. However, the COVID-19 pandemic has increased unemployment rates, pushing many women to work outside their homes to support their children financially. During this challenging time, social support plays a crucial role in

maintaining marital satisfaction by reducing stress and tension in relationships, ultimately improving quality of life [4].

Research highlights two main types of support that help manage marriage problems: support from family and community, and individual self-control. Social support is especially important for chronically ill individuals, helping them cope with their condition. Studies show that female patients tend to receive more social support than males, and a lack of social support is linked to marital dissatisfaction [4]. Poor marital satisfaction can lead to serious consequences, including health problems.

Perceived social support—which includes emotional, practical, and informational help from others—greatly influences the quality and stability of marital relationships. Couples who feel well-supported report higher satisfaction because this support reduces stress and creates a sense of security. Support networks, such as friends, family, and community resources, provide encouragement and emotional reassurance during tough times [5].

Inside a marriage, mutual support between partners strengthens relationship satisfaction. Emotional support encourages open communication, builds trust, deepens intimacy, and strengthens partnership. When spouses support each other, it increases overall marital happiness. The relationship between outside social support and support within the marriage itself shows the complexity of marital satisfaction.

The Impact of Marital Strain on Psychological Well-Being

Marriage plays a vital role in physical and emotional health. However, marital strain—such as conflicts, dissatisfaction, and stress—can cause significant psychological distress. Research using data from both spouses (dyadic data) provides deeper insights into how marital strain affects mental health.

Gender differences also play a role. In heterosexual couples, women often experience more psychological distress due to traditional power dynamics, while same-sex couples tend to have more balanced relationships [6]. A gender-relational approach suggests that self-reported and spouse-reported marital strain and distress differ between men and women, whether in heterosexual, lesbian, or gay marriages.

Marital strain—including constant arguments, unmet expectations, and unresolved conflicts—poses serious challenges to both well-being and marital satisfaction. Over time, chronic marital strain can damage trust, weaken emotional closeness, and create an unstable environment, leading to lower relationship satisfaction. The effects of marital strain go beyond the marriage itself, harming an individual's mental health and overall life happiness [7].

For example, ongoing conflicts can lead to frustration, helplessness, and resentment, worsening emotional suffering. To reduce marital strain, it is important to understand its causes, such as poor communication, unrealistic expectations, and external pressures like financial stress. Addressing these issues through better conflict resolution, open communication, and mutual understanding can greatly improve relationship dynamics and emotional well-being.

Intolerance of Uncertainty (IU) is the negative attitude of the dispositional character toward the uncertainty of the situation and what may happen afterward. It is a tendency shown by an individual to react negatively upon happening to be in any unclear or unknown environment. IU is regarded as a very important variable in the development and maintenance of pathological worry because it increases nervousness, anxiety, and stress in uncertain conditions. They overly rely on information that is less than certain; they perceive unclear events as dangerous; and they believe in disastrous ends. Intolerance of uncertainty, or IU, is an affective construct influencing emotional well-being and marital satisfaction[8]. It moderated the relationship between mastery sense and emotional well-being between spouses. This sense of IU will cause feelings of anxiety and inability to decide as well as low satisfaction for high IU persons. Conversely, a high sense of mastery can protect against the detrimental effects of IU, thus granting resilience and problem-solving abilities in dealing with uncertainty. The capacity to manage ambiguity promotes emotional stability and healthier marital dynamics [9]. The interplay between IU, sense of mastery, and emotional well-being provides insight into the psychological mechanisms that influence marital satisfaction. A healthy reduction in IU, coupled with the strengthening of mastery, is crucial for increasing marital health. The dualistic approach can facilitate building emotional resilience and greater relationship satisfaction. When psychological vulnerabilities in the form of IU are overcome, marriages can become more stable and fulfilling. In turn, this can translate to better overall emotional and relational well-being.

The relationship between sense of mastery, marital tension, and social support provides a detailed understanding of the elements affecting emotional health and marital contentment in married couples. These factors are essential for grasping how people and partners manage the intricacies of marriage while preserving mental well-being and relationship balance. It investigates these dynamics by offering critical input in the directions to enhance the contentment in marriages and, importantly, emotional well-being.

Aim and Objectives

This study aims to understand how different factors affect married couples' emotional well-being and marital satisfaction.

The objectives are-

1. To explore the impact of sense of mastery on emotional well-being in married couples.
2. To examine the effect of perceived social support on marital satisfaction in married couples.
3. To assess the influence of marital strain on marital satisfaction in married couples.
4. To examine the moderating role of intolerance of uncertainty in the relationship between sense of mastery, and emotional well-being in married couples.

Literature Review

Marriage is a complex multi dimensional relationship influenced by many individual and relational factors. Assessing marital health continues to focus on emotional well being and marital satisfaction. Traditionally studied through demographic lenses, recent studies have focused on psychological and social predictors such as sense of mastery, marital strain and perceived social support. The relationship outcomes are critically dependent on these factors. In addition, emerging research suggests that effects of these constructs may be moderated by psychological constructs such as intolerance of uncertainty. Self efficacy theory is the sense of mastery, an individual's perception of control over life circumstances. A consistent association has been shown with positive emotional well being. Unemployed Israeli youth whose psychological resources (trust, optimism and mastery) were high experienced less distress, while those whose psychological resources were low experienced greater distress and those with high financial strain and loneliness experienced greater distress [10]. While not aimed at marital dynamics, the findings suggest that mastery is a protective factor against psychological distress. This implies a parallel potential in marital contexts in which emotional regulation is important for relationship satisfaction. The relevance of mastery has been extended by empirical studies into relational domains. [11] investigated the effect of relationship status and parenthood on mastery. Higher mastery was linked to marriage and cohabitation and lowest for single parents. Importantly, married and monogamously dating men without children had the highest levels of mastery over time. This indicates that perceived control is affected by relational structures and roles. Mastery is linked to marital roles, but not in an additive way and is mediated by gendered expectations and societal norms which makes contextual variables important when applying these findings. Mastery and well being have also been tied to wisdom. Mastery partially mediated the relationship between wisdom and well being in both older and younger adults [12].

For younger adults, mastery was more strongly associated with well being when paired with purpose, whereas mastery was more directly associated with well being among older adults. These findings bolster the idea that mastery changes with age and stage of life and also reveal inconsistencies in how mastery relates to well being across populations. These questions beg important questions regarding its utility as a stable predictor of marital satisfaction.

Mastery is a crucial individual trait, but other relational dynamics, including marital satisfaction and self compassion, are direct contributors to psychological well being. Among 330 married people, marital satiwelsfaction and self compassion explained 34% of the variance in psychological well being [13]. Desire satisfaction and religious participation also played happiness increasing strategies. In fact, the linear assumptions about mastery are complicated by the interaction between relational and psychological variables. Relational harmony and adaptive strategies may be required in addition to a strong sense of control in order to achieve well being.

A broader review by [14] criticized universal assumptions of the satisfaction and stability of marriage. The research showed that marital satisfaction is stable, but susceptible to persistent negative communication. It challenged the ability of dominant marital models to generalize to diverse populations. The critique here is that while mastery is powerful, it is not the same in all contexts of marriage or in the couple's environment. As a result, mastery cannot be disentangled from relational processes or cultural norms.

The psychological well being of married couples in selected parishes of the CAN was low, moderate and high. To collect data, they used a questionnaire for 784 married men and women. The findings also indicated that the Kenyan government should establish a legal framework that will ensure that newly married couples are trained on psychological well being as a stable community depends on the psychological well being of couples. [16] examined the relationship between the married individual's mindfulness and his or her level of well being. It found that the group with higher mindfulness had higher levels of well being. Two of the mindfulness characteristics, awareness and non-judgmental, were the strongest correlated. There was no relationship between being married and mindfulness in being married.

Research has been done that concludes that mindfulness exercises can greatly improve marital general well being. The importance of this is emphasized by [17] on poor marital decision making and the relation to marital adjustment in the

Sultanate of Oman. It gave a theoretical framework of how things are related to each other and provided an analytical view of the problem. Although there are a number of studies in the Arab world, the field of social support related to the marriage decision making is still limited by lack of research. [18] Social support and marital satisfaction at the Shahrekord and Farsan care institutions for the elderly are studied.

A total of 180 individuals completed measures of Relationship Assessment, Perceived Social Support, Adult's Social and Emotional Loneliness and Leisure-time Activities. SEM was used to analyze data. Marital happiness was directly affected by social support, emotional loneliness and physical exercise and indirectly by perceived social support. Increasing attention to social support, emotional loneliness and physical exercise may improve marriage relationships and may help to build more successful family matter programs for older generations to increase marital happiness. A [19] found that higher levels of stress and anxiety during pregnancy and postpartum were associated with increased anxiety and stress and decreased social support, using dynamic structural equation modeling (DSEM). They also discovered that lower levels of stress and anxiety were predicted by earlier levels of partner and family support.

The findings indicated that partner and family support during pregnancy and postpartum may act as protective factors for reducing mental health difficulties during pregnancy and postpartum and the need for targeted support. [20] examines the effect of forgiveness and spouse social support on marital satisfaction among working wives, using Islamic ethics. The research was conducted on 225 Indonesian participants, using purposive sampling. The results indicated that forgiveness and social support combined account for 63.8% of the variance of marital satisfaction and other variables account for 35.9%. These factors, they suggested, can prevent larger conflicts and increase marital satisfaction, especially in the Islamic ethics context.

Using the life course perspective and the stress process model, [21] examined the relationship between marital support and subjective well being in older adulthood. Men who did not live with both parents in childhood benefit more from greater marital support, according to results. In the context of marital strain, women raised in financially hardship had lower subjective well being. Adverse childhood experiences can either scar or foster resilience in supportive marriages, they suggested. [22] argued that strength and Strain Model of marriage and physical health is a relationship between marital relationships and physical health during the COVID-19 pandemic.

Pandemic related stressors can be buffered by strength factors such as responsiveness, satisfaction, intimacy, psychological well being and resilience. On the contrary, strain factors can aggravate health vulnerabilities by influencing on body functioning systems. It has promising implications for future research of the interpersonal processes and physical health. The [23] looked at the relationship between intolerance of uncertainty and how women in essential and critical sectors adjusted during the Covid-19 pandemic. Results indicated that women's intolerance of uncertainty may be influenced by place of work, type of work and marital status. Intolerance of uncertainty is correlated with self adjustment and explains 10.4% of the self adjustment variable. Understanding these factors is important for addressing women's stress and anxiety.

[24] investigated the effect of uncertainty on information management processes in the context of anxiety and information seeking about family health history (FHH) by spouses. The results demonstrated that desired uncertainty moderates uncertainty's effect on anxiety such that uncertainty results in more anxiety for individuals who want more certainty. Information seeking was still predicted by efficacy and implications for the interaction effects between different uncertainty conceptualizations were provided theoretically, as well as practical applications for encouraging information seeking. [25] The impact of marriage on physical and mental health was examined, with recent literature focusing on a biopsychosocial approach.

Seven studies were meta-analytically reviewed and no significant association between marital satisfaction and inflammation was found and effect sizes were insignificant after controlling for moderators. Findings focused on moderating factors between marital satisfaction, inflammatory functioning and health and underscored the need for further research. [26] is a link between social support from different kinds of relationships and psychological well being (happiness and depressive symptoms). The finding was that the strongest associations with happiness and depressive symptoms were with spouses and friends. The mediation of associations was via satisfaction of autonomy and relatedness needs. In fact, it is found that it varied based on the age group, with younger adults satisfying their basic psychological needs better. Autonomy and relatedness need satisfaction was important in supporting well being for both groups.

Research Gap

While much research has been conducted on marital satisfaction and emotional well being, many gaps remain concentrated, particularly regarding the interplay of psychological and relational factors. Although it is well known that sense of mastery, marital strain and social support are of great

importance, there are few studies of the moderating role of intolerance of uncertainty in the marital context, particularly its interaction with mastery and emotional well being. Furthermore, most existing research neglects socio cultural differences that underlie the effect of social support and marital stress and concentrates on western populations only. The understanding of causal relationships in marital dynamics, however, has been limited by much of the available research that is based exclusively on cross-sectional designs and thus the role of longitudinal research designs has been emphasized. In addition, intensive analysis of the individual and relationship factors in marriage dynamics is understudied and represents a critical research gap in terms of their collective influence. Intensive and socially alert research is needed to address the gaps in knowledge about marital relationships and to support effective interventions to improve emotional well being and marital satisfaction.

Methodology

Research Design

This research work attempts to identify whether sense of mastery, marital strain, and social support will determine the married couple's emotional well-being and marital satisfaction. Quantitative in its approach, the research involves administering a structured questionnaire to sample responses from 384 married couples. It was particularly concerned with analyzing relationships that possibly exist among those variables identified-sense of mastery, perceived social support, marital strain, emotional well-being, and marital satisfaction. Furthermore, the moderating role of intolerance of uncertainty in the relationship between sense of mastery and emotional well-being is analyzed. The hypotheses are tested using structural equation modeling (SEM) with AMOS software in order to estimate the direct, indirect, and interaction effects among these factors.

Hypothesis Development

The study examines the relationships between sense of mastery, marital strain, and social support will determine the married couple's emotional well-being and marital satisfaction in married couples. The following hypotheses have been proposed:

H1: Sense of mastery has a significant positive effect on emotional well-being in married couples.

H2: Perceived Social support has a significant positive effect on emotional well-being in married couples.

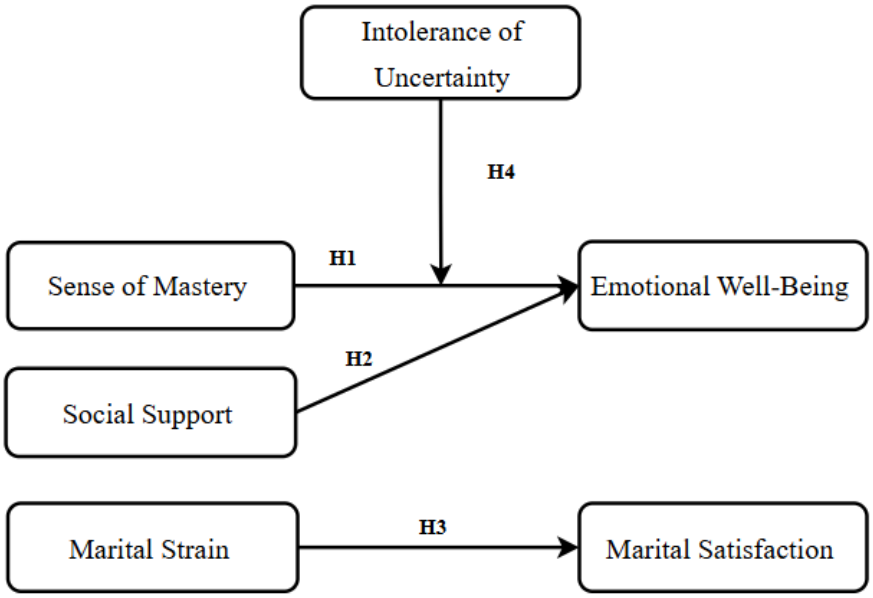
H3: Marital strain has a significant negative effect on marital satisfaction in married couples.

H4: Intolerance of uncertainty moderates the relationship between sense of mastery and emotional well-being in married couples.

These hypotheses aim to analyse how individual and relational factors affect emotional well-being and marital satisfaction in marriage, considering the moderating effect of Intolerance of uncertainty.

Conceptual framework

The conceptual framework includes the relationships between the sense of mastery, marital strain, social support, intolerance of uncertainty, emotional well-being, and marital satisfaction. The sense of mastery is believed to positively affect emotional well-being; perceived social support is thought to impact emotional well-being and marital satisfaction positively. Conversely, marital strain is hypothesized as negatively affecting marital satisfaction. This paper explores intolerance of uncertainty as a moderator of sense of mastery over the emotional well-being effect. The theoretical framework emphasized interdependence between the sense of mastery, marital strain, social support, intolerance of uncertainty in determining , emotional well-being, and marital satisfaction.



Data Collection, Tools, and Techniques

Data will be gathered using the standardized questionnaire that includes validated scales for each construct. A total number of 384 married couples with varying demographics will be taken to ensure that the sample is representative. Subjects will fill in Likert-scale items on their sense of mastery, perceived social support, marital strain, emotional well-being, and marital satisfaction. The questionnaires will be distributed both online and in-person to maximize participation In AMOS, the collected data will be analyzed with SEM to test all the proposed relationships as well as interaction effects.

Measures

Sense of Mastery: Mastery is about the belief concerning the control an individual has or should have to change life circumstances. Mastery was related to adverse economic conditions, psychological disorder, and general quality of life. Mental and physical improvements as well as reducing loneliness followed improvements in mastery [27]. The Sense of Mastery Scale will measure the degree of personal control and self-efficacy perceived by individuals. This scale consists of 5 items scored on a 5-point Likert scale, with higher scores indicating a stronger sense of mastery.

Perceived Social Support: This perception is defined as Perceived Social Support, as a cognitive appraisal that makes an individual feel bonded and supported with others, who, in one's subjective experience, care, respect, and satisfy one's social needs [28]. The Scale of Perceived Social Support measures perceived emotional, instrumental, and informational support from family, friends, and significant others. The scale comprises 5 items rated on a 5-point Likert scale.

Marital Strain: Marital stress can be regarded as the state of mind as a result of the couple's relationships and lifestyle. It is often perceived usually to occur if a person is distressed or bothered concerning his marriage or having bad fights or quarrels [29]. The Marital Strain Scale assesses the rate of occurrence and strength of the disagreements, misunderstandings, and unsatisfaction that the couple may exhibit in their marriage. The items of this scale are rated through a 5-point Likert scale, which the higher the ratings, the higher the level of strain.

Emotional Well-Being: This is an emotional well-being of a marriage, which involves the feeling that a couple feels content with their relationship because of the emotional attachment, communication, respect, shared values, support, and personal development [30]. Research studies indicate that a happy married couple will have good psychological well-being, life satisfaction, and good health. The Emotional Well-Being will be used to determine emotional health such as optimism, resilience, and general mental well-being. It consists of 5 items rated on a 5-point Likert scale.

Marital Satisfaction: Marital satisfaction is an attitude and feelings toward one's marriage, which indicates an important indicator of the quality of a marriage [31]. It can be described as the mental state that shows the perception of rewards and costs pertaining to marriage. Marital Satisfaction measures the satisfaction with the marital relationship; this includes communication and mutual respect. The scale has 5 items rated on a 5-point Likert scale.

Intolerance of Uncertainty: Intolerance of uncertainty (IU) is a cognitive bias that has interference effects on people's processing of and

responses to uncertain situations, especially in marriage [32]. It's associated with anxiety and depression, pain, and other disorders such as GAD, OCD, social anxiety, and depression. IU could also mediate the relationship between adult attachment and worry. The Intolerance of Uncertainty Scale measures an individual's difficulty in accepting uncertainty and ambiguity in life. It consists of 5 items rated on a 5-point Likert scale.

Result

The research examines the influence of sense of mastery, marital strain, and social support on emotional well-being and marital satisfaction among married couples. This study is meant to understand some of the most important factors: the sense of mastery, perceived social support, marital strain, and intolerance of uncertainty in the shaping of emotional well-being and marital satisfaction. The data was sought by administering well-structured questionnaires among different age groups, but among couples. It also measures the connection of these relationships to emotional wellbeing and marital satisfaction. This paper analyzes how Sense of Mastery help lead to emotional wellbeing, how enhanced perceived social support influences marital satisfaction, and negative impacts that stress experienced within marital settings may lead to lower levels of marital satisfaction. This study also considers the moderating role of intolerance of uncertainty between the relationship between sense of mastery and emotional well-being. These findings are expected to give a broad understanding of psychological and social factors that affect marital satisfaction and emotional well-being. Such findings will have implications in improving marital dynamics and individual well-being in married couples.

Table 1 Internal Consistency and Convergent Validity

Variables	Cronbach's Alpha	CR	AVE
Sense of Mastery	0.904	0.850	0.736
Marital Strain	0.876	0.828	0.679
Social Support	0.886	0.834	0.693
Emotional Well-Being	0.887	0.701	0.837
Marital Satisfaction	0.917	0.858	0.762
Intolerance of Uncertainty	0.897	0.841	0.713

The table below shows the reliability and convergent validity of the constructs on sense of mastery, marital strain, social support, emotional well-being, marital satisfaction, and intolerance of uncertainty. Cronbach's alpha values for all variables range from 0.876 to 0.917, which indicates high internal consistency and reliable measurement of the constructs. These values indicate that the scales used to measure these factors are highly reliable and show strong consistency across items.

The Composite Reliability (CR) values ranged between 0.701 and 0.858, thus further supporting the reliability of the constructs since values higher than 0.7 point to acceptable to excellent internal consistency. For the Average Variance Extracted (AVE) values, which range between 0.679 and 0.837, it stands above the cut-off value recommended at 0.5, thus confirming strong convergent validity.

Most importantly, Emotional Well-being has the highest AVE at 0.837, thereby showing high construct validity, and intolerance of uncertainty boasts an impressive CR of 0.841 and AVE of 0.713, thereby justifying the measure as reliable. Results from Cronbach's alpha, CR, and AVE support that all the constructs have great reliability and convergent validity. These findings provide a strong basis for further study and contribute to understanding the relationships between these psychological and social factors in the context of emotional well-being and marital satisfaction.

Table 2 Descriptive Statistics of Variables

Variables	Mean	Std. Deviation
Sense of Mastery	3.3854	0.74244
Marital Strain	3.7177	0. 65157
Social Support	3.5750	0. 68707
Emotional Well-Being	3.6526	0. 69195
Marital Satisfaction	3.5839	0. 73768
Intolerance of Uncertainty	3.7031	0. 79001

The use of descriptive statistics for the variables analysed in this study is useful as it gives a general overview of the kinds of patterns that exist and the variability of responses. The mean scores for the variable range from 3.39 to 3.73, implying that the general positive emotional well-being and marital satisfaction around them are moderately positive.

The "Sense of Mastery" variable with the lowest mean at 3.39 showed that respondents might be perceived as being a little neutral or less capable of mastering life events. On the other hand, "Intolerance of Uncertainty" had the highest mean of 3.73, meaning that the respondents experience just about an average amount of uncertainty tolerance.

It suggests the amount of variability or how consistent the respondents were in responding. For example, "Intolerance of Uncertainty" reflects a maximum standard deviation of 0.79001, which might imply that those responding had higher variations in saying they could tolerate uncertainty. The inverse, for "Marital Strain", it has only a standard deviation of 0.65157, which simply implies that those responses were almost similar in pointing out the extent of strain from marriage.

The relatively small variability in "Marital Satisfaction" (standard deviation of 0.73768) and "Emotional Well-Being" (standard deviation of 0.69195) indicates that participants experiences in these areas are generally similar. The results show a general trend in responses about the emotional and relational dimensions of marriage with slight variations in perceptions of mastery and uncertainty tolerance. The general data reflects the possibility of focused interventions on aspects that would increase marital satisfaction and emotional well-being by addressing aspects with higher variability, such as mastery and uncertainty management.

Table 3 Discriminant validity

	Sense of Mastery	Marital Strain	Social Support	Emotional Well-Being	Marital Satisfaction	Intolerance of Uncertainty
Sense of Mastery	**0.857**					
Marital Strain	0.442	**0.824**				
Social Support	0.452	0.443	**0.832**			
Emotional Well-Being	0.397	0.567	0.476	**0.914**		
Marital Satisfaction	0.649	0.508	0.505	0.608	**0.872**	
Intolerance of Uncertainty	0.013	0.110	0.049	0.027	0.076	**0.844**

The table shows discriminant validity and correlation coefficients for Sense of Mastery, Marital Strain, Social Support, Emotional Well-Being, Marital Satisfaction, and Intolerance of Uncertainty. All of the relationships were found to be at 0.01 significance levels. The square root of Average Variance Extracted is along the diagonal that represents the test for reliability for the variables involved. The greatest value of AVE was for Emotional Well-Being, which measures at 0.914; thus, Emotional Well-Being is highly consistent internally. For Marital Satisfaction, the result is 0.872.

Sense of Mastery is moderately positively correlated with Marital Satisfaction (r = 0.649) and Social Support (r = 0.452), thus suggesting that Sense of Mastery have a positive relation with marital satisfaction and social support. Marital Strain is negatively correlated with Marital Satisfaction (r = 0.508) and Emotional Well-Being (r = 0.567), suggesting that increased marital strain leads to lower satisfaction and well-being. It further shows that it has a medium positive relationship with Emotional Well-being (r = 0.476) and Marital Satisfaction (r = 0.505). Better social support actually contributes to an improvement in these two aforementioned types of well-being.

Notably, Intolerance of Uncertainty shows very weak correlations with all other variables. This suggests that it does not have a considerable direct influence on the variables measured. Low correlations (r = 0.013 to r = 0.110) suggest that intolerance of uncertainty plays a minimal role in the relationship between sense of mastery, marital strain, social support, emotional well-being, and marital satisfaction. This goes to show the relative independence of intolerance of uncertainty from other key factors in the study.

Table 4 Hypothesis Implementation

Hypothesis	Relationship	Estimate	C.R.	Sig. p	Results
H1	Sense of Mastery → Emotional Well-Being	0.399	7.464	***	Accepted
H2	Social Support → Emotional Well-Being	0.516	8.672	***	Accepted

H3	Marital Strain → Marital Satisfaction	0.560	9.211	***	Accepted
	Moderating				
H4	ZEmotional Well being → ZIntolerance of Uncertainty	0.104	2.243	0.025	Accepted
	ZEmotional Well being → ZSense of Mastery	0.392	8.462	***	
	ZEmotional Well being → INTERACTION	0.117	2.522	0.012	

**. Correlation is significant at the 0.01 level (2-tailed).

The table shows the findings of hypothesis testing related to the effects of sense of mastery, social support, marital strain, and intolerance of uncertainty on emotional well-being and marital satisfaction of married couples. The findings will be illustrated with the direct effects of sense of mastery, social support, and marital strain on emotional well-being and marital satisfaction as well as the moderating role of intolerance of uncertainty.

H1 shows Positive sense of mastery significantly influences the emotional well-being of married couples, with an estimated value of 0.399 and C.R. 7.464 with a p-value of *** ($p < 0.001$). The above results imply that a high sense of mastery will result in improved emotional well-being among the couples, hence confirming the hypothesis. Similarly, H2 also reveals a positive correlation between the perception of social support and emotional well-being, with an estimate of 0.516 and with a C.R. of 8.672, also very highly significant ($p < 0.001$). This establishes the fact that more social support strengthens emotional well-being among the married couples.

H3 shows there is a tremendous negative effect caused by marital stress on marital adjustment, with an estimated value of 0.560 and a C.R. value of 9.211 $p < 0.001$ which confirms the supposition that a relationship stress lessens marital satisfaction and thus this shows that by reducing stressors in a relation, satisfaction should be enhanced.

H4 moderates the sense of mastery-emotional well-being relationship by the intolerance of uncertainty. The estimate was 0.104 and a C.R. of 2.243 ($p = 0.025$), which indicate that the intolerance of uncertainty moderates considerably in this relationship. This implies that the relationship may be different for people who have higher intolerance of uncertainty with the connection between sense of mastery and emotional well-being, indicating the complexity in these interactions.

Furthermore, the relationship between emotional well-being and intolerance of uncertainty and sense of mastery is found with an estimate of 0.117 and C.R. of 2.522, which is statistically significant at $p = 0.012$, which means these moderation effects are also significant. These results thus support complex relationships between sense of mastery, social support, marital strain, and emotional well-being, with intolerance of uncertainty acting as a factor influencing these relationships.

Discussion

The finding of an important positive correlation between psychological wellbeing and relationship satisfaction suggests that the greater the psychological wellbeing, the greater the marital relationship satisfaction. Psychological wellbeing was only weakly, non-significantly correlated with empathy. No significant differences in psychological wellbeing and relationship satisfaction were found between gender comparisons [33]. This suggests that neither gender nor gender interaction with other variables significantly affects psychological wellbeing or relationship satisfaction, but that other variables such as personality traits and socio-demographics, are important predictors of these outcomes.

Moreover, females were much higher on empathy than males. It is no wonder then that Indian socialization practices do emphasize women's emotional sensitivity. These results are consistent with previous work that stress and socio-cultural forces within the marriage are paramount determinants and that interventions need to be centered on fostering psychological well being and relational harmony. It studies the contribution of social integration to the wellbeing of older married couples, both at the individual and dyadic levels.

Emotional well being and self rated health are favoured by social networks, in particular social support from family members, neighbourhood acquaintances and closeness to one's social network. Women derive more health benefits from friendship support than men from family support [34]. The dyadic findings of spousal social engagement with both positive and negative effects indicate complexity in the individual and shared networks. The current research suggests that elderly populations need to be encouraged to develop more neighbourhood and friend connections. However, this is cross sectional research and only limited measures of social network are used, so additional longitudinal research is required to establish causal linkages.

It examines the interaction among sense of mastery, emotional well being and social factors that affect emotional well being and marital satisfaction. A high sense of mastery (feeling in control of one's life) is shown to be an important contributor to improved emotional well being among married couples. The role of supportive relationships in promoting positive marital dynamics is also critical for enhancing marital satisfaction and emotional well

being, as perceived social support is also important. Marital strain was found to negatively impact marital satisfaction in the current study, suggesting that relationship stressors may greatly decrease overall satisfaction.

Additionally, the current study found that intolerance of uncertainty moderated the relationship between mastery and emotional well being, in that couples high in uncertainty may have a different relationship between mastery and emotional well being. Mental health and marital happiness are complicated issues, these results show. The authors suggest that these factors are to be considered when planning treatments to enhance the quality of relationships and well being in marriages. Both discussions emphasize the importance of psychological well being, social support and relational dynamics in marital satisfaction, but each in a different way.

Other discussions include empathy, gender differences and socio-cultural factors and the importance of social integration for emotional well-being is discussed, particularly in older adulthood. We broaden our discussion to include the sense of mastery and intolerance of uncertainty and examine their moderation effects on emotional well being and marital satisfaction. While both discussions emphasize individual and relational factors, our study emphasizes the importance of individual control and relational stress, rather than external social networks, as in other studies. Together, all these underscores the importance of supportive relationships and tailored strategies for better mental health and relationship harmony.

Conclusion

The complex relationships between sense of mastery, marital strain, social support, intolerance of uncertainty, emotional well being and marital satisfaction in married couples are examined. The path estimate and critical ratio values were significant and were consistent with the hypothesis that greater sense of mastery positively predicts emotional well being. What this means is that those with greater mastery over their life circumstances are better emotionally well in their marriages. Perceived social support, like emotional support, is useful for emotional well being and marital satisfaction. Social networks are essential to marital satisfaction and individual well being and perceived social support is key. It also shows that the presence of stressors in a marriage greatly lowers the satisfaction scores which means that marital strain has a negative effect on marital satisfaction. The results indicate that marital strain must be reduced to increase relationship quality.

Intolerance of uncertainty moderates intolerance of uncertainty such that intolerance of uncertainty is associated with a lower relationship between sense of mastery and the emotional well being of the couple if intolerance of uncertainty is higher in couples. The satisfaction in a marriage is not unidimensional, according to this study and is supported by the sense of mastery, social support, marital strain and intolerance of uncertainty. Interventions toward better emotional well being and marital satisfaction should thus focus on the sense of mastery among individuals, support networks in their social circle and reduction in marital strain.

In addition, the relationship between mastery and emotional well being may be further improved by addressing intolerance of uncertainty. The results of the study as a whole suggest that sense of mastery, emotional well being and social factors are important for marital satisfaction and emotional well being. The results of the research will be useful for those who practiced along with the couples to improve their relationship. To increase the emotional well being and marital satisfaction of individuals, the sense of mastery aspect will be improved, appropriate social support will be provided and the marital strain will be reduced.

Reference

[1] A. E. Ermer and C. M. Proulx, "Associations Between Social Connectedness, Emotional Well-Being, and Self-Rated Health Among Older Adults: Difference by Relationship Status," *Res. Aging*, vol. 41, no. 4, pp. 336–361, 2019, doi: 10.1177/0164027518815260.

[2] M. Lindgren *et al.*, "Sense of mastery in first-episode psychosis—a one-year follow-up study," *Front. Psychiatry*, vol. 14, no. September, pp. 1–10, 2023, doi: 10.3389/fpsyt. 2023. 1200669.

[3] S. Assari, "Association between general sense of mastery and income in White-and African-American adults," *Nurs. Midwifery Stud.*, vol. 8, no. 3, pp. 162–167, 2019, doi: 10.4103/nms. nms_47_18.

[4] S. M. K. Arifain, F. Yusof, S. Aziz, N. Suhaini, and N. Suhaini, "The Influence of Social Support on Marriage Satisfaction among Working Women in Selangor, Negeri Sembilan And Melaka," *Int. J. Acad. Res. Bus. Soc. Sci.*, vol. 11, no. 2, 2021, doi: 10.6007/ijarbss/v11-i2/8874.

[5] J. Abbas *et al.*, "The moderating role of social support for marital adjustment, depression, anxiety, and stress: Evidence from Pakistani working and nonworking women," *J. Affect. Disord.*, vol. 244, pp. 231–238, 2019, doi: 10.1016/j.jad.2018.07.071.

[6] M. A. Garcia and D. Umberson, "Marital strain increases psychological distress for couples in both same-sex and different-sex marriages, but women in different-sex marriages suffer more," *PRC Res. Br.*, vol. 4, no. 10, pp. 1–3, 2019.

[7] E. Carasso and S. K. Dikla, "Marital strain and

emotional intimacy in midlife couples: The moderating role of empathy," *Pers. Relatsh.*, no. September 2023, pp. 648–663, 2024, doi: 10.1111/pere.12559.

[8] P. Gao, H. Wu, Z. Fan, and M. Tao, "Exploring the Relationship Between Intolerance of Uncertainty and Trust in Physicians from Spousal and Parent-Child Perspectives," *Psychol. Res. Behav. Manag.*, vol. 16, no. null, pp. 2173–2186, Dec. 2023, doi: 10.2147/PRBM.S413821.

[9] J. L. Morse, M. A. Prince, and M. F. Steger, "The role of intolerance of uncertainty in the relationship between daily search for and presence of meaning in life," *Int. J. Wellbeing*, vol. 11, no. 1, pp. 34–49, 2021, doi: 10.5502/ijw.v11i1.1079.

[10] N. Achdut and T. Refaeli, "Unemployment and psychological distress among young people during the covid-19 pandemic: Psychological resources and risk factors," *Int. J. Environ. Res. Public Health*, vol. 17, no. 19, pp. 1–21, 2020, doi: 10.3390/ijerph17197163.

[11] C. A. Christie-Mizell, B. N. Hearne, R. D. Talbert, and C. G. Frazier, "Romantic Relationships, Parenthood, and the Personal Sense of Mastery: The Consequences of Gender among Young Adults," *Sociol. Focus*, vol. 56, no. 2, pp. 172–191, 2023, doi: 10.1080/00380237.2023.2178045.

[12] M. Ardelt and M. Ferrari, "Effects of wisdom and religiosity on subjective well-being in old age and young adulthood: Exploring the pathways through mastery and purpose in life," *Int. Psychogeriatrics*, vol. 31, no. 4, pp. 477–489, 2019, doi: 10.1017/S1041610218001680.

[13] G. Bırni and A. Eryılmaz, "Enhancing Well-being of the Married: Investigating Marital Satisfaction, Self-Compassion and Happiness Increasing Strategies," *Turkish Psychol. Couns. Guid. J.*, vol. 12, no. 65, pp. 650–668, 2022, doi: 10.17066/TPDRD.12061408.

[14] A. M. Brokowski C, "乳鼠心肌提取 HHS Public Access," *Physiol. Behav.*, vol. 176, no. 5, pp. 139–148, 2019, doi: 10.1111/jomf.12635.Research.

[15] K. A. Gabriel, S. Mutisya, and J. P. Egunjobi, "The Levels of Psychological Well-Being among Married Couples in Selected Parishes in the Catholic Archdiocese of Nairobi, Kenya," *EAS J. Psychol. Behav. Sci.*, vol. 6, no. 02, pp. 19–33, 2024, doi: 10.36349/easjpbs.2024.v06i02.003.

[16] J. Srivastava and R. Gautam, "Mindfulness and the Psychological Well-Being of Married People," vol. 50, no. APRIL, pp. 373–380, 2024.

[17] A. Alfawair, A. Hamaidia, and A. S. S. A. L. FUDHAILI, "Social support associated with marriage decision and its relationship to marital adjustment among married women in Sultanate of Oman," *Authorea Prepr.*, pp. 1–18, 2023, [Online]. Available: https://www.authorea.com/doi/full/10.22541/au.168453561.15809005%0Ahttps://www.authorea.com/doi/pdf/10.22541/au.168453561.15809005

[18] Z. Kavehfarsani and M. Omidian, "Investigate the effect of social support on marital satisfaction with mediating role of emotional loneliness and physical alctivity," *Iran. J. Heal. Psychol.*, vol. 3, no. 2, pp. 103–118, 2021.

[19] N. Racine, A. Plamondon, R. Hentges, S. Tough, and S. Madigan, "Dynamic and bidirectional associations between maternal stress, anxiety, and social support: The critical role of partner and family support," *J. Affect. Disord.*, vol. 252, no. December 2018, pp. 19–24, 2019, doi: 10.1016/j.jad.2019.03.083.

[20] Z. Nihayah, S. Sururin, C. Choirunnisa, D. H. Z. Hidayat, S. Alim, and M. Fayruz, "The Effect of Forgiveness and Spouse Social Support on Marital Satisfaction from the Perspective of Islamic Ethics," *Islam. Guid. Couns. J.*, vol. 6, no. 1, pp. 99–112, 2023, doi: 10.25217/igcj.v6i1.3254.

[21] L. Upenieks and Y. Liu, "Marital Strain and Support and Subjective Well-Being in Later Life: Ascribing a Role to Childhood Adversity," *J. Aging Health*, vol. 34, no. 4–5, pp. 550–568, Oct. 2021, doi: 10.1177/08982643211048664.

[22] K. S. Adhikari, A., & Shilpa, "Understanding romantic relationships using strength and strain model in the context of COVID-19," *Couple Fam. Psychol. Res. Pract.*, 2024, doi: https://doi.org/10.1037/cfp0000267.

[23] *et al.*, "Intolerance towards Uncertainty and Self-Adjustment of Women Working in Essential and Critical Sectors," *Int. J. Soc. Sci. Hum. Res.*, vol. 6, no. 10, pp. 6184–6191, 2023, doi: 10.47191/ijsshr/v6-i10-54.

[24] K. Kuang and P. E. Gettings, "Interactions among Actual Uncertainty, Desired Uncertainty, and Uncertainty Discrepancy on Anxiety and Information Seeking," *J. Health Commun.*, vol. 26, no. 2, pp. 127–136, 2021, doi: 10.1080/10810730.2021.1883774.

[25] N. K. Corso, "Marital Satisfaction and Inflammatory Functioning: A Biopsychosocial Pathway to Health A Meta-Analytic Review," *Thesis*, vol. 53, pp. 1689–1699, 2019.

[26] H. Shin and C. Park, "Social support and psychological well-being in younger and older adults: The mediating effects of basic psychological need satisfaction," *Front. Psychol.*, vol. 13, no. November, pp. 1–14, 2022, doi: 10.3389/fpsyg.2022.1051968.

[27] Annelie Hering, "Evaluation of the Psychometric Properties of the Generic Sense of Ability to Adapt Scale in the Context of the COVID-19 Pandemic.," p. 6, 2021.

[28] G. G. SG GMIT, NW DALHAM, "Instrument ---Multi-Dimensional-Scale-of-Perceived-Social-

Support (Mdpss).” 2019.

[29] A. E. Ermer and C. M. Proulx, “The association between relationship strain and emotional well-being among older adult couples: the moderating role of social connectedness,” *Aging Ment. Heal.*, vol. 26, no. 6, pp. 1198–1206, 2022, doi: 10.1080/13607863.2021.1910786.

[30] C. D. Ryff, Almeida, Ayanian, Cleary, Coe, and Williams, “Psychological Wellbeing (18 items),” *Doc. Psychosoc. Constr. Compos.*, no. 2010, pp. 2004–2006, 2018.

[31] E. Antonelli and L. Ronconi, “The Couple Satisfaction Questionnaire: Development and Validation with Two Italian Samples,” *Adv. Soc. Sci. Res. J.*, vol. 9, no. 5, pp. 22–38, 2022, doi: 10.14738/assrj.95.12258.

[32] G. Instructions, “Intolerance of Uncertainty Scale (IUS),” no. Item 22, pp. 8–11, 2019.

[33] H. Parker, P. Paul, and J. Fernandes, “Relationship Satisfaction , Psychological Wellbeing and Empathy among Married Couples : A Correlational analysis with gender comparisons,” vol. 49, no. 2, pp. 227–232, 2023.

[34] A. E. Ermer and C. M. Proulx, “Social support and well-being among older adult married couples: A dyadic perspective,” *J. Soc. Pers. Relat.*, vol. 37, no. 4, pp. 1073–1091, 2020, doi: 10.1177/0265407519886350.