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Investigating the relationship between differentiation and cognitive regulation of emotion with marital Burnout in women affected by extramarital relationships of their spouses

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Abstract

Aim: The present study was conducted with the aim of investigating the relationship between the differentiation and cognitive regulation of emotion with marital Burnout in women affected by extramarital relations.

Methods: This research was descriptive and correlational. The research population were women referring to family counseling centers in Gorgan city from early April to December 2022. Among them, 117 people were selected by purposeful sampling. The research tools included Pines (1996) Marital Discomfort Questionnaire, Skowron and Friedlander (1989) Self Differentiation Questionnaire and Garnevsy et al.'s (2001) Cognitive Emotion Regulation. In order to analyze the data, Pearson's correlation test and simultaneous multiple regression were performed using SPSS-22 software. **Results:** The results showed that there is a negative and significant relationship between emotion regulation and the subscale of compromised strategies, differentiation and the subscales of emotional reaction and emotional breakdown with marital dissatisfaction ($P < 0.05$). There is a positive and significant relationship between compromise strategies and marital dissatisfaction ($P < 0.05$). There is no significant relationship between my position and mixing with others with marital dissatisfaction ($P > 0.05$). The regression results showed that compromised strategies and emotional disconnection can predict marital burnout ($P < 0.05$). **Conclusion:** Considering that differentiation and cognitive regulation of emotions are related to marital dissatisfaction in women affected by extramarital relationships, these concepts can be implemented in the form of educational workshops to reduce the consequences of marital infidelity.

Keywords: *Differentiation, cognitive emotion regulation, marital burnout, extramarital relationships.*

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