

Self- Control, Emotional Maturity and Relationship Satisfaction in Romantic Relationship among Undergraduate and Postgraduate students

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Abstract

College students were the individuals who were in a transition period from children to adults. In the period of their undergraduate or postgraduate studies, they enter into a period of struggles that include academic as well as personal stresses. Many factors could induce stress on them and also reduce their stress. So positive factors that help them to cope with stress should be incorporated into their life and negative factors that induce stress in their life should be removed. Self-control refers to the ability of a person to overcome and inhibit their socially unacceptable impulses and change them into socially acceptable behaviors. Emotional maturity means a person's ability to control their emotions and express emotions situation specifically. Relationship satisfaction in a romantic relationship means the overall satisfaction of the individual in their relationship. This study aimed to measure the relationship between self-control, emotional maturity, and relationship satisfaction in romantic relationships among undergraduate and postgraduate students and also measure the difference between males and females in the respective variables. The samples were collected from undergraduate and postgraduate students in various colleges of Ernakulam district. Self-control, Emotional maturity, and Couple satisfaction index scales were the tools used in the study. The data was analyzed using SPSS version 28. The results showed that there was a positive correlation between the variables self-control, emotional maturity, and relationship satisfaction with each other and there was a significant difference in relationship satisfaction between males and females.

Keywords: Self- Control, Emotional Maturity, Relationship Satisfaction, Undergraduate Students, Post Graduate Students

Introduction

A college student can be defined as an individual who is enrolled in a college or university and is pursuing higher education. They are typically young adults who have completed high school and have chosen to continue their education after graduation. College students come from diverse backgrounds. The role of a college or university is to develop these students into independent individuals with both soft and hard skills. The college experience involves a transition from high school, exposure to different college environments, and the formation of student culture. The ultimate goal is to prepare college students for their future careers by providing them with quality education, opportunities for personal growth, and the skills necessary to succeed in the workforce. Scientifically self-control means a person's capacity to override and inhibit impulses that are socially unacceptable or undesirable and also alter or regulate one's behavior, thoughts, and emotions (Baumeister, Heatherton & Tice, 1994; Carver & Scheier, 1998; Muraven & Baumeister, 2000; Tangney, Baumeister, & Boone, 2004). Because it involves conscious efforts undertaken to prevent a certain behavior from occurring or to modify its form before it occurs self-control is defined here, as an internalized capacity to regulate emotions, thoughts, and behavior. Self-control identifies four major domains of self-control, namely the control of thoughts, emotions, impulses, and performance (Baumeister et al., 1994 & Tangney et al., 2004). Consistent with the

suggestion that self-control is desirable, ample studies consistently suggest that high levels of self-control are associated with better psychosocial adjustment and fewer problems throughout the lifespan. Taken together, these findings suggest that self-control is an eligible mediator between parental efforts and adolescent adjustment.

Emotional maturity can be understood by the concept of ability of self control which is a result of thinking and learning. According to Chamberlain (1960), "An emotionally mature person is one whose emotional life is under control." According to Smitson (1974), "Emotional maturity is a process by which the personality is continuously striving for a greater sense of emotional health, both intra-psychically and interpersonally". Emotional maturity is a personality trait, the result of emotional development and the display of emotion appropriate to one's chronological age. It usually reflects increased emotional adjustment emotional stability and the attainment of emotional self-regulation (Srivastava,2016). Emotional maturity is not an innate component which means no one is born with emotional maturity. In the early stage of life, all are emotionally immature, they only focus on immediate satisfaction of needs. But when they grow up they are shaped by their society, family, etc., and become emotionally mature individuals.

From the literature on romantic relationships, a broad consensus exists between the importance of both love and relationship satisfaction to relationship strength and longevity (Cusack et al., 2012; de Munck & Kronenfeld, 2016; Lemieux & Hale, 2000; Sorokowski et al., 2017). For example, greater relationship dissatisfaction (or conversely lower satisfaction) has been associated with an increased propensity for extra-marital affairs (Norgren et al., 2004), and ultimately, led to relationship dissolution (Lee et al., 2010). In dating relationships, lesser satisfaction over time has been predictive of dissolution, while continued satisfaction often resulted in increased commitment and marriage (Sprecher, 1999; Sprecher & Felmlee, 1992). Similarly, romantic love has been linked to relationship satisfaction, particularly in long-term committed relationships (Acevedo & Aron, 2009; Graham, 2011). In cohabiting couples, stronger feelings of love toward one's partner predict intent to marry that partner (Wiik et al., 2010). Relationship satisfaction has been broadly defined as a subjective assessment of the "goodness" or "badness" of a relationship (Gable & Poore, 2008), compared to other's relations and experiences (Wachelke et al., 2004). The construct is frequently used to study different types of romantic relationships e.g., committed, long-term relationships and uncommitted, short-term relationships (Hendrick, 1988; Le et al., 2010), and many such investigations centered around relations between love for a relationship partner and satisfaction within the relationship (Graham, 2011; Masuda, 2003).

Need and Significance of the Study

Romantic relations are the most common relationship among college students but most of those relation is not at all end in success. The failure of such relation leads to the decline of their academic proficiency, affects their overall mental health, and eventually leads to suicide attempts. Failure in romantic relationships is the reason for most of the suicide cases reported all over the country (Love 2017). College students are the future citizen of the next generation so it is important to rear them properly and make them mentally and physically healthy. The romantic relationship in this age can't be controlled so the only way is to find out factors that positively affect the relationship and increase satisfaction. When relationship satisfaction increases the rate of setbacks can be reduced and it eventually leads to the reduction of suicide rates and mental health issues in college students. In this study, we examine whether there is any relation between self-control, emotional maturity, and satisfaction in romantic relationships. So, from the result, if any relation exists then increasing a person's self-control and making them emotionally mature is used as a method to increase relationship satisfaction and that way, we can reduce relationship failures.

Review of Literature

Shamsi and Asad (2021) conducted a study based on the topic "Emotional Maturity, forgiveness, and marital satisfaction among dual-earner couples" The study investigated the role of emotional

maturity and forgiveness as correlates and predictors of marital satisfaction among dual-earner couples." A sample of 50 couples (N= 100; Husbands n= 50 & Wives n= 50) was used. Study shows emotional maturity and forgiveness have a significant positive relationship with marital satisfaction. Results also showed that forgiveness of others and forgiveness of situations were significant predictors of marital satisfaction among dual-earner couples. The findings of this study imply that family life educators in the future, should consider emotional maturity and forgiveness when contemplating enhancing marital quality.

Zuo P. Y. and colleagues (2020) conducted a study on the topic "A dyadic test of the association between trait self-control and romantic relationship satisfaction". The study was conducted based on 3 datasets of heterosexual couples (S1: N = 195 newlyweds, longitudinal; S2: N = 249 couples who transition into first parenthood, longitudinal; S3: N = 929 couples, cross-sectional) and the studies examined: 1) the dyadic associations between trait self-control and relationship satisfaction both cross-sectionally and longitudinally, and (2) whether these effects hold when controlling for both partners' relationship commitment. The results indicated a cross-sectional positive actor effect, some support for a positive cross-sectional partner effect, and only little support for a longitudinal actor (but not partner) effect. After controlling for relationship commitment, all effects of trait self-control on satisfaction diminished except for a longitudinal actor effect among women in Study 2

Gholami and colleagues (2020) conducted a study on "Predicting marital satisfaction based on emotional maturity and attitude to marriage between men and women with early and normal age marriage". This study aimed to predict marital satisfaction based on emotional maturity and attitudes toward marriage in men and women with early and normal age marriage. Using a descriptive method with correlation and regression analysis, a convenience sample of 197 married men and women with a minimum of five and a maximum of 10 years of cohabitation was investigated. Data was analyzed using the t-test, correlation, and regression. Findings show that there is no significant difference between the ages of marriage of both genders in the two factors studied. Attitudes toward marriage and one of the components (pessimism) in all four groups predict marital satisfaction. Pessimistic attitudes toward marriage decrease with the age of marriage in all four groups. In general, it can be concluded that with increasing the age of marriage, the attitude towards marriage among women decreases, and realistic attitudes and emotional maturity increase. For men by increasing the age of marriage attitudes towards marriage and pessimistic attitudes decrease. As the age of marriage of the four groups increased, the percentage of traditional marriages increased and modern marriages decreased.

Shamsudheen and colleagues (2017) conducted a study "A study of emotional maturity and self-control on machiavellianism among office workers." The study comprised 68 office workers of 23 to 60 years of age. Simple Random sampling was used to collect the data. The tools used in the study include the Mach IV Scale, Emotional Maturity Scale, and Brief Self-Control Scale. Statistical techniques such as moderator regression, correlation, and t-tests were carried out to analyze the calculated data. The main objective of the study was to analyze the moderating effect of Self-control on the relationship between Emotional maturity and Machiavellianism. The result shows that Self-control is negatively moderated on the relation between Emotional maturity and Machiavellianism. The study also found evidence of a negative correlation between self-control and Machiavellianism. The study implicates the importance of self-control which is essential for reducing deceptive and manipulative behavior for achieving success in career.

Rani, Singh, and Jaiswal (2017) conducted a study on "Relationship between emotional maturity and marital adjustment among couples." In this study, 100 samples from the Varanasi district of Uttar Pradesh with minimum graduation degrees are selected. The study checks the predictability of the various measures of quality of marital life (marital consensus, affection expression, marital satisfaction, marital cohesion, & overall marital adjustment), each measure at a time as a criterion (dependent variable) by the facets of emotional maturity (emotional instability, emotional regression, social maladjustment, personality disintegration & lack of independence) as predictors (independent variables). Stepwise (backward) regression analysis was applied and results revealed

that emotional instability, social maladjustment, and personality disintegration facets of emotional maturity most predicted the overall marital adjustment in married couples.

Aim of the study

The study aimed to investigate the existence of a statistically significant relationship between self-control, emotional maturity, and relationship satisfaction among college students

Objectives

- i. To investigate the presence of a statistically significant relationship between self-control and relationship satisfaction in romantic relationships among undergraduate and postgraduate students.
- ii. To investigate the presence of a statistically significant relationship between emotional maturity and relationship satisfaction in romantic relationships among undergraduate and postgraduate students.
- iii. To investigate the presence of a statistically significant relationship between self-control and emotional maturity among undergraduate and postgraduate students.
- iv. To assess if there exists a statistically significant difference in self-control between males and females.
- v. To assess if there exists a statistically significant difference in emotional maturity between males and females.
- vi. To assess if there exists a statistically significant difference in relationship satisfaction between males and females.

Operational Definitions

Self Control

Self-control or impulse control is the capacity to restrain one's thoughts, feelings, and behavior. Self-control means a person's capacity to override and inhibit impulses that are socially unacceptable and undesirable and to alter and regulate one's behavior thoughts and emotions (Baumeister, Heatherton & Tice, 1994; Carver & Scheier, 1998; Muraven & Baumeister, 2000; Tangney, Baumeister, & Boone, 2004). This study measures the ability of a person to self-regulate their behavior by measuring the degree and adequacy of self-regulation, their degree of impulsiveness in a situation by measuring freedom from impulsivity, and measure how self-centered the person was by measuring freedom from self-centeredness.

Emotional Maturity

Emotional maturity is defined as "A process in which the personality is continually striving for a greater sense of emotional health, both intra-psychically and intra – personally "In brief emotional maturity can be called the process of impulse control through the agency of "self" or "ego". According to Walter et al (1976) emotional maturity is a process in which the personality is continuously striving for a greater sense of emotional health, both mentally and individually. So, the study of emotional maturity is now gaining recognition. The concept of 'mature emotional behavior' at any level is that which reflects the fruits of normal emotional development. In this study emotional maturity is studied in terms of 5 aspects emotional instability which involves the symptoms of capacity to dispose of problems, vulnerability, irritability, etc., emotional regression includes feelings of inferiority, centeredness, social maladjustment measures lack of social adaptability of an individual, personality disintegration includes symptoms that represent the disintegration of personality like reaction, phobia, rationalization, etc. then lack of independence measure person show dependence on others, lack of objective interest etc.

Relationship Satisfaction

Romantic relationship satisfaction is a key index used to measure the quality of a romantic relationship. Romantic relationship satisfaction can be defined as a person's internal evaluation of their partner's positive feelings and the attractiveness of their relationship (Rusbult, 1983). It represents an individual's perception and evaluation of the current state of romantic relationships

(Collins and Read, 1990). This study measures relationship satisfaction by measuring the overall satisfaction in each area of their relationship and overall interpretation of their relationship and whether their relationship met their expectations.

Hypotheses

- i. There is a statistically significant relationship between self-control and relationship satisfaction in romantic relationships among undergraduate and postgraduate students.
- ii. There is a statistically significant relationship between emotional maturity and relationship satisfaction in romantic relationships among undergraduate and postgraduate students.
- iii. There is a statistically significant relationship between self-control and emotional maturity among undergraduate and postgraduate students.
- iv. There is a statistically significant difference in self-control between males and females.
- v. There is a statistically significant difference in emotional maturity between males and females.
- vi. There is a statistically significant difference in relationship satisfaction between males and females.

Method Sample

The total sample size of the study was 200. The study focuses on undergraduate and postgraduate students of the age group 18 to 25 who have been in romantic relationships for not more than or less than 2 years. The samples were collected from various colleges in Ernakulam district. Samples were collected by using convenient sampling and data was collected through offline mode.

Inclusion Criteria

- i. Undergraduate and postgraduate students aged 18-25 were included in the study.
- ii. Individuals who have been in a romantic relationship for exactly 2 years were included in the study.
- iii. Both males and females were included in the study

Exclusion Criteria

- i. Married couples were excluded from the study
- ii. Individuals diagnosed with cognitive impairments were excluded from the study.

Assessment Tools

Socio-Demographic Data Sheet

The socio-demographic sheet developed by the researcher was used to collect data such as age, gender, education, religion, etc. A socio-demographic sheet is defined as a set of social and demographic characteristics that help to characterize individuals. The socio-demographic sheet helps to know about the cultural variations that may affect the result of the study. By mentioning gender, study can assess whether gender differences cause any impact. Family types such as nuclear and joint have different influences on individuals. These variations can be obtained from a socio-demographic sheet. In this study, the socio-demographic sheet includes name, age, gender, education, family type, socio-economic status, relationship status, marital status, duration of relationship, and area of residence.

Self-Control Scale

The self-control scale constructed and standardized by Singh and Gupta (1997) has 30 items and is based on the following three dimensions. They are the degree and adequacy of self-regulation, freedom from impulsivity, and freedom from self-centeredness. In degree and adequacy of self-regulation measures the capacity of an individual to self-regulate their behavior, freedom from impulsivity measures the degree of impulsiveness of an individual, and freedom from self-centeredness measures whether the individual is completely self-centered or not. Each dimension has 10 items each. For scoring, each correct answer gets a score of 1, and an incorrect gets a score of 0. There are two types of items positive and negative. The scale has 20 positive items that gave a score of 1 if the participant answered yes and gave a score of 0 if they answered no and 10 negative

items that gave a score of 1 for answer no and 0 score for answer yes as they are negative statements. Thus high score on the test indicates high self-control and a low score indicates low self-control. The minimum possible score is 0 and the maximum score is 30. Reliability is measured using the test-retest method and it has a score of .84 also by split half method it was found .92. The test has found a satisfactory concurrent validity of .85.

Emotional Maturity Scale

The emotional maturity scale was constructed and standardized by Singh and Bhargava (1984). The scale has 48 items under five areas such as emotional instability, emotional regression, social maladjustment, personality disintegration, and lack of independence. Emotional instability represents the symptoms of capacity to dispose of problems, irritability vulnerability, etc., emotional regression includes feelings of inferiority and centeredness. Social maladjustment measures the lack of social adaptability of an individual, personality disintegration includes symptoms that represent disintegration of personality like reaction, phobia, rationalization, etc. The last area lack of independence measures a person show dependence on others, lack of objective interest, etc. Emotional maturity is a self-reporting five-point scale that includes the options very much, much, undecided, probably, and never. The items have positive as well as negative statements. The scale has 21 positive items that are scored 5 for very much, 4 for much, 3 for undecided, 2 for probably, and 1 for never. The remaining statements are negative and which is scored 1 for very much, 2 for much, 3 for undecided, 4 for probably, and 5 for never. The high score indicates high emotional immaturity and the low score indicates high emotional maturity. The reliability is ensured using the test-retest method which had a score of .75 and internal consistency of each dimension is tested which had a score of .75 for emotional instability, .63 for emotional regression, .58 for emotional maladjustment, .86 for personality disintegration, and .42 for lack of independence. The scale has a validity of .64.

Couple Satisfaction Index

The couple satisfaction index was developed by Funk and Rogge (2007) using item response theory to measure satisfaction in relationships. The couple satisfaction index scale is a self-report questionnaire about their relationships and it has 3 versions with 32, 16, and 4 items respectively. The scoring is by summing the scores of each item. The 32-item scale has scores ranging from 0 to 161. Here use 16 item scale which includes the statements 1, 5, 9,11, 12, 17, 19, 20, 21, 22, 26, 27, 28, 30, 31, and 32 of 32 item scale. The total sum is calculated for scoring. A higher score of sums indicates high satisfaction and low scored sums indicate low satisfaction. If the score falls below 51.5 the person has notable relationship dissatisfaction. This scale has good internal consistency with a score of .9 and validity of a score of .82.

Procedures

The data for the study are collected through an offline survey method. The data collection form, prepared under the supervision of the concerned guide includes a consent form, socio-demographic data sheet, and the respective scales used in the study. A request letter is obtained from the college principal to secure permission for data collection from various colleges in the Ernakulam district of Kerala. Then to collect samples approach different colleges in Ernakulam district firstly approach the principal to obtain permission for collecting information from students. After getting permission then approach the students for data collection. Firstly, establish a rapport with the students and then tell them about the purpose of the survey. Reassure them about the confidentiality of the study and collect their voluntary consent to participate in the study. Then the survey form was given to them and instructed on the questionnaire and how to fill the form. Instruct them to fill out the form with utmost sincerity and answer all the questions after reading and understanding the meaning of the question. The survey form includes a consent form that allows the participant to mark their consent to participate in the study next it has a socio-demographic sheet to collect some basic details of the participant like name, age, gender, relationship status, duration of relationship, etc. Then it contains

3 scales they are self-control, emotional maturity, and couple satisfaction index. After completion, the questionnaire was collected back from them. Then the scoring was done by using the manuals.

Statistical Techniques

SPSS is a statistical software. It was developed by Norman H. Nie, C. Hadlai Hull, and Dale H. Bent. Here we are using SPSS version 25.0.1.1 (15). This statistical software suite is developed by IBM (Nagaiah & Ayyanar, 2016). Its uses include data management, advanced analytics, multivariate analysis, business intelligence, and criminal investigation. SPSS stands for Statistical Package for the Social Sciences. The software can perform highly complex data manipulation and analysis with simple instructions. The main features of SPSS include creating tables and charts containing frequency counts or summary statistics over (groups of) cases and variables. It also runs inferential statistics such as ANOVA, regression, and factor analysis. It can also save data and output in a variety of file formats. SPSS is widely used by researchers because it is flexible and has a customizable way to get super granular on even the most complex data sets. It helps the researcher to identify trends, develop predictive models, and draw informed conclusions.

In this study to test the hypothesis first check the normality. Normality is the procedure of testing whether the data is distributed normally distributed. Normality can be tested by the Shapiro- Wilk test and Kolmogorov- Smirnov test. Shapiro- Wilk test is more appropriate for small sample sizes and Kolmogorov- Smirnov is used for sample sizes greater than or equal to 50. After testing the normality then decide which tests are used for analyses. If the data is normal then use the Pearson test to test the correlation and the t-test to test the difference that is for normal data use the parametric test for calculation but if the data is not normally distributed then use the non-parametric test for calculation are Spearman test for correlation and Mann Whitney U test for difference.

Results

The study aims to assess the relationship between self-control, emotional maturity, and relationship satisfaction in romantic relationships among undergraduate and postgraduate students. The study contains a total of 200 samples and the samples are undergraduate and postgraduate students of age 18-25. Samples are collected using convenient and purposive sampling from Ernakulam district. The tools of self-control, emotional maturity, and couple satisfaction is used to find out the relationship between them and the difference in males and females for each variable. The data is analyzed using SPSS version 28.

Table 1: Spearman's Rho correlation coefficient and significance of self-control and relationship satisfaction

		Relationship satisfaction
Self-control	<i>r</i> value	.178*
	<i>p</i> -value	.012

* Correlation is significant at the 0.05 level (2-tailed).

Table 1 shows the Spearman's correlation coefficient and p-value of self-control and relationship satisfaction. The correlation coefficient of the variable is .178 and the p-value is .012. The variables self-control and relationship satisfaction have a strong positive correlation and they are statistically significant at 0.05 level.

Table 2: Spearman’s Rho correlation coefficient and significance of emotional maturity and relationship satisfaction

		Relationship satisfaction
Emotional maturity	<i>r</i> value	.161*
	<i>p</i> -value	.022

* Correlation is significant at the 0.05 level (2-tailed).

Table 2 shows Spearman's correlation coefficient and p-value of emotional maturity and relationship satisfaction. The correlation coefficient of the variable is .161 and the p-value is .022. The variables emotional maturity and relationship satisfaction have a strong positive correlation and they are statistically significant at 0.05 level.

Table 3: Spearman’s Rho correlation coefficient and significance of self-control and emotional maturity

		Emotional maturity
Self-control	<i>r</i> value	.278**
	<i>p</i> -value	.000

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

Table 3 shows Spearman's correlation coefficient and p-value of self-control and emotional maturity. The correlation coefficient of the variable is 0.2.78 and the p value is 0.000. The variables self-control and relationship satisfaction have a high positive correlation and they are statistically significant at 0.01 level.

Table 4: Test for differences in self-control, emotional maturity, and couple satisfaction among males and females

Test	Self-control	Emotional maturity	Relationship satisfaction
Mann -Whitney U	4926.000	4557.000	4010.500
Wilcoxon W	9976.000	9607.000	9060.500
Z	-.182	-1.083	-2.418
Asymp.sig. (2-tailed)	.856	.279	.016

The result shows that there is a significant difference in relationship satisfaction among males and females and there is no significant difference in self-control and emotional maturity among males and females.

Table 5: Mean and Sum of means of relationship satisfaction among males and females

Variable	Gender	N	Mean Rank	Sum of Rank
Relationship Satisfaction	Male	100	90.61	9060.50
	Female	100	110.40	11039.50

The mean rank of relationship satisfaction for males is 90.61 the sum of ranks is 9060.50 and mean rank for females is 110.40 and the sum of ranks is 11039.50. This indicates that females have higher couple satisfaction than males.

Discussion

The study aimed to find out the relationship between self-control, emotional maturity, and relationship satisfaction in romantic relationships among college students. The objectives moving forward with the study were to find out whether there was any relationship between the variables self-control, emotional maturity, and relationship satisfaction among college students and also to find out if there was any significant difference in self-control, emotional maturity, and relationship satisfaction among males and females. The study comprises 200 samples of college students from age 18 to age 25. The variables are measured using standardized scales. The self-control was measured by Singh and Gupta's self-control scale, emotional maturity was measured by Singh and Bhargava's emotional maturity scale and relationship satisfaction was measured by Funk and Rogge's couple satisfaction index.

From Table 1 it is evident that there was a significant relationship between self-control and relationship satisfaction in romantic relations among college students. There was a strong positive relationship between self-control and relationship satisfaction which means that if a person has high level of self-control their level of relationship satisfaction is also high. From Table 2 it is evident that there was a significant relationship between self-control and relationship satisfaction in romantic relations among college students. There was a positive relationship between emotional maturity and relationship satisfaction that means if a person is emotionally matured then the level of relationship satisfaction is high. From Table 3 it is evident that there was a significant relationship between emotional maturity and self-control among college students. There was a strong positive correlation between self-control and emotional maturity which means that if a person has high level of self-control then they are emotionally matured and they are able to handle their emotions.

Table 4 shows that there was a significant difference in couple satisfaction among males and females and from Table 5 it was evident that females have higher satisfaction in relationships than males. The finding shows that females have a higher range of satisfaction in relationships than males. But from Table 4 it was evident that there was no difference between males and females for self-control and emotional maturity that means in the case of these two variables males and females have the same ability to control themselves and their emotions.

Conclusion

The purpose of the study was to examine the relationship between self-control, emotional maturity, and relationship satisfaction in romantic relations among undergraduate and postgraduate students and also to measure whether there is any difference in self-control, emotional maturity, and relationship satisfaction between males and females. The result shows a high positive correlation with self-control and relationship satisfaction in romantic relationships among college students, a high positive correlation with emotional maturity and relationship satisfaction in romantic relationships among college students, and a strong positive correlation with self-control and emotional maturity among college students. The result also shows that there was a statistically significant difference in relationship satisfaction among males and females that is relationship satisfaction is higher in females than males.

Implications

- i. The present study is evident that if self-control increases relationship satisfaction also can be increased. Many studies show that a setback in relationships can cause suicidal ideations so from this result it is evident that self-control can act as a positive factor that can improve relationship satisfaction and hence prevent individuals from getting mentally weak.
- ii. The present study shows that an increase in emotional maturity also increases relationship satisfaction. Emotionally strong individuals can make decisions without getting more emotional and by looking at the consequences and all. Then will be able to make the best solution for their problems.

Limitations

- i. The sample size of the study is small (N=200) which increases the margin of error and reduces the power of the study.
- ii. The study was conducted in a short period so a detailed analysis was not conducted. So, if the study is conducted for the long term by considering other factors also then the study may show a better detailed result.
- iii. The sample was collected only from one district so the generalizability of the study was very limited.
- iv. Individuals who were in romantic relationships and those who were living together without marriage were not separated while collecting the samples.

Suggestions for further research

- i. Samples should be collected from different parts of Kerala should ensure the contribution from different cultural backgrounds to get a more generalized result.
- ii. A qualitative study conducted on relationship satisfaction can give more detailed information about the factors like cultural background, educational qualification, etc. that can influence an individual's satisfaction level.
- iii. A comparative study between married couples and romantic couples can yield information on whether relationship satisfaction can be affected by marital status.
- iv. Other variables like personality can influence a person's self-control, emotional maturity, satisfaction, etc. So, if other such variables are also included in the study the result should be more accurate and clearer.
- v. This study only measures the correlation between the study, using other research methods like experimental study, etc. with some intervention or training will give more insight into the effect of these factors.

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