

REVIEWER'S REPORT

Manuscript No.: IJAR-57112

Title: Emotional Regulation and Marital Satisfaction among Married Males

Recommendation:

Accept as it is
Accept after minor revision
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	...			
Techn. Quality		...		
Clarity		...		
Significance	...			

Reviewer's ID: JPR-180

Detailed Reviewer's Report

The research paper titled “**Emotional Regulation and Marital Satisfaction Among Married Males**” presents an important and relevant investigation into the psychological dynamics of marriage, particularly focusing on men—a group often underrepresented in such studies. The topic is significant as it attempts to bridge the gap in literature by examining how emotional regulation strategies influence marital satisfaction among married males in a specific cultural context (South Kerala). The abstract clearly outlines the aim, methodology, tools used, and key findings, although minor grammatical inconsistencies slightly affect its clarity. Nevertheless, it successfully provides a concise overview of the study. The introduction is well-structured and provides a comprehensive background on marital satisfaction and emotional regulation. It effectively discusses the importance of marriage as a social institution and highlights the role of emotional processes in maintaining relationship quality. The inclusion of cultural and gender perspectives strengthens the theoretical grounding of the study. However, some sections appear repetitive, particularly in explaining emotional regulation and its effects, which could have been streamlined for better coherence. Additionally, while the rationale for focusing on men is well justified, clearer articulation of the research gap would further enhance the introduction.

The review of literature demonstrates engagement with relevant previous studies and theories. It includes both classical and recent research, which helps situate the study within the broader academic context. The cited works support the argument that emotional regulation plays a crucial role in marital satisfaction. However, the literature review could be improved by offering more critical analysis rather than simply summarizing past studies. A clearer synthesis of findings and identification of inconsistencies in previous research would strengthen the academic rigor of this section. The methodology section is clearly described and follows a structured format. The use of a descriptive correlational research design is appropriate for the study's objectives. The sample size of 100 participants and the use of standardized tools such as the Emotion Regulation Questionnaire (ERQ) and Marital Satisfaction Scale (MSS) add credibility to the research. However, the reliance on convenience sampling limits the generalizability of the findings. Furthermore, more detail regarding reliability and validity of the instruments in the specific cultural context would enhance methodological strength. Ethical considerations are adequately addressed, which is a positive aspect of the study.

The results and discussion section provides a clear presentation of findings, supported by tables and statistical analysis. The use of non-parametric tests is appropriate given the non-normal distribution of data. The findings indicate that there is no significant overall relationship between emotional regulation and marital satisfaction, though certain subcomponents like expressive suppression show significant negative correlations. This nuanced interpretation is valuable and reflects a thoughtful analysis. However, the discussion could be expanded to better connect findings with existing literature and theoretical frameworks. At times, interpretations remain descriptive rather than analytical. The conclusion effectively summarizes the key findings of the study and emphasizes the

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

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importance of other interpersonal and sociocultural factors in determining marital satisfaction. It also highlights practical implications, such as the need for counseling interventions and emotional skill development among men. However, the conclusion could be strengthened by explicitly stating the limitations of the study and suggesting directions for future research.

Overall, this paper contributes meaningfully to the field of psychology and marital studies by focusing on male perspectives in emotional regulation. While the study is well-organized and addresses an important topic, improvements in language clarity, critical analysis, and methodological rigor would enhance its academic quality. With minor revisions, the paper has the potential to make a valuable contribution to research and practice in marital counseling and emotional well-being.