

The Impact of Schemas and Emotions on Healthy Relationships

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ABSTRACT

Human relationships are like waves that go through various ups and downs. These fluctuations can sometimes be harmful, while at other times they add diversity and dynamism to relationships. In life, relationships play a key role as they give us a sense of being alive and help us navigate life's challenges more easily. This study examines the impact of schemas and emotions on the formation of healthy relationships after identifying the dimensions of the issue. To test the hypotheses, data were collected through questionnaires. The statistical population of this study included couples living in Tehran, from which samples were selectively chosen. The sampling method was purposive, based on the target population and considering the conditions of the test, the research was conducted among active community members using purposive sampling. The sample size was determined to be at least 121 couples, and ultimately, 156 couples (312 individuals) from Tehran completed the questionnaires. The collected data were processed for statistical analysis using SPSS software. The internal reliability of the questionnaire was calculated to be above 0.05, indicating an acceptable level of significance. The results show that changing maladaptive schemas and improving emotion regulation can help improve the quality of interpersonal relationships. Using methods such as schema therapy, which focuses on treating and reconstructing these patterns, can have a positive impact on the dynamics of relationships.

Introduction

Early maladaptive schemas, or schemas, are deeply held patterns of thoughts, feelings, and behaviours that are formed primarily in childhood and affect people's relationships. These schemas may stem from unmet emotional needs such as security, acceptance, and love. Research shows that these schemas in interaction with emotions can directly or indirectly affect the dynamics of healthy relationships (Lockwood et al., 2021).

Emotions, especially those rooted in maladaptive schemas, act as mediators between past experiences and current behaviours. For example, the feeling of rejection or lack of value can lead to the formation of unstable relationships or excessive dependence. Understanding this interaction can provide solutions to improve human relationships. (Shimli, 2023)

Evaluation of people who have the schema, ignore their wishes, needs, desires and feelings (especially anger) and are afraid that bad things will happen to them if they express them, and instead follow the expectations of others. These people feel pressure in their relationships due to neglecting themselves and accumulate anger and may suddenly lose their temper and destroy the relationship. (Arnetz et al., 2021).

In healthy relationships, people should be able to express their emotional needs effectively and use constructive strategies to manage conflicts. However, maladaptive schemas can disrupt these processes. For example, schemas of "abandonment" or "distrust" may cause misunderstandings and reduced intimacy in relationships (Cambridge Guide to Therapy, 2021).

Emotions play an essential role in healthy relationships, because their proper expression and management can lead to a deeper connection. In contrast, the suppression or overexpression of emotions, resulting from maladaptive schemas, usually undermines relationships. For example, uncontrolled anger may result from an "emotional deprivation" schema. (Shimli, 2023)

By focusing on unmet emotional needs, changing maladaptive beliefs, and developing emotional skills, schema therapy can be a useful tool for strengthening healthy relationships. For example, the technique of "restricted rehabilitation" helps people to create healthier patterns in their relationships. Recognizing and managing the effects of schemas and emotions in relationships can lead to strengthening healthy and stable connections between people. More research in this field can provide better solutions to deal with relational problems. (Shimli, 2023)

This schema causes a person to remain oblivious to their needs in an emotional relationship and obey the other person with their eyes and ears closed. These people often grew up in a cold family that is emotionally cold and desperate to receive any kind of love and affection. These people are attracted to cold and cold people and in their emotional relationships they may act as if they are important to them. They don't receive love, affection, and attention, and they don't talk about their discomfort. As a result, their audience can't understand what their wishes are, and their wishes are not fulfilled. The symptom of this schema is the fear of abandonment. The feeling of being abandoned by the people you love, and because of this belief, you may cling to your loved ones, but paradoxically, you are pushing them away from you. You may become a jealous and controlling person or, on the contrary, show yourself indifferent to the other party's expression of interest. In both cases,

you will make the person tired and eventually leave you. (Ahmadi et al., 1401)

In many cases, with the passage of time, relationships become cold and monotonous, and this causes their collapse. But what is the reason for this? Some couples spend so much time together that they gradually get tired of each other and have nothing new to show each other. (Arnetz et al., 2021).

They get used to each other's hobbies and lives and fall into a permanent routine. After a while, doing repetitive tasks and talking about monotonous topics becomes normal and leads to a situation that many couples fall into. In this schema, the person constantly feels that others are trying to hit him and believe that others are not trustworthy, even if their audience is an honest person. As a result, these people have either not entered into an emotional relationship at all, or if they enter into a relationship with a healthy person, they will trouble the other party due to a lot of pessimism and mistrust, and the possibility of separation in this species. There are many relationships. (Syed Sharifi, 2018).

These people feel depressed and unlovable, and they feel very ashamed that their defects are revealed and they try to cover their defects. In an emotional relationship, they may be looking for a flawless person, or they may have such low self-esteem and underestimate themselves that their audience abandons them. People with a failure schema imagine that in order to achieve success they don't have the necessary competence in different fields and they feel like failures in relation to their peers. In marriage, because of the fear of failure in the relationship and separation, they usually don't get into a relationship and they don't know if the person they are looking for is the right choice or not. Prefer others for Aha make decisions. These people are like a child who always needs a supporter and they are looking for people who will constantly make decisions and manage for them. They may connect with controlling and power-seeking people. You may also enter into a relationship with a healthy person. But ask him for his opinion and depend on him and support him so much that your audience will get tired and it will lead to separation. (Ahmadi et al. 1401)

Schema is a term first used by Adler in 1929. He believed that psychopathology is a reflection of unhealthy and psychopathic schemas that underlie lifestyles (Sperry, 1994; cited in Young, 1999). Schemas are a fundamental set of beliefs that operate outside the scope of a person's consciousness and affect the way a person perceives and understands his experiences, and when a person faces a situation similar to the situations that initially caused the formation of a negative schema, that schema is active. (Kring, 2009) considering the importance of healthy relationships, it can play a role in establishing and maintaining stable and healthy relationships and ending problems. The need to examine the impact of schemas and excitement are also necessary in healthy relationships.

The necessity and importance of conducting research

Although recent research has shown significant progress in the field of the relationship between early maladaptive schemas and the quality of healthy relationships, some theoretical gaps in this field still remain. Current studies have mostly addressed the general impact of maladaptive schemas in relationships, but the details of the impact of specific types of schemas (such as "abandonment" or "distrust") on specific relationship styles (such as friendship, romance, or family) are not well established. (Bach and Lockwood, 2022).

Although emotions have been recognized as mediators between schemas and healthy relationships, the role of other variables such as personality traits, attachment styles, or cultural influences in this relationship has been

less investigated (Arnetz et al., 2021).

Existing studies have mostly examined the short-term effects of schema therapy on healthy relationships. But there is limited evidence about the sustainability of changes in schemas and their long-term consequences in relationships (Edwards, 2021).

Few researches have addressed the effect of cultural differences on the type and intensity of schemas. For example, maladaptive schemas may differ in individualistic and collectivist societies, but the impact of these differences on relationships has not yet been comprehensively studied (Lockwood et al., 2023).

Some existing tools for assessing schemas and emotions may not provide accurate or reliable results. The development of more accurate and valid tools can help future research. With the increase of online communication, it is still unclear how schemas and emotions affect digital relationships. This topic is a relatively new research area that needs more attention. The mentioned theoretical gaps show that despite the recent advances, this field still needs more research. A more detailed examination of effective variables, development of new tools, and focus on cultural diversity can contribute to the enrichment of our knowledge in this field (Arnetz et al., 2021).

People who have an emotional schema consider themselves to be saviors and kind people, and for this reason they feel valuable. You may want to marry someone because of compassion, they may be attracted to very weak people, alcoholics and drug addicts or fall into the trap of narcissists and constantly have the role of a server. People who have an emotional inhibition schema are like a stone wall, and when we communicate with them, we don't understand exactly how they feel? Are they happy or sad? Are they interested in us? or hater? These people may not be able to express their feelings despite their great interest in their partner and may cause the destruction of their marital relationship. Having an emotional schema makes a person look for someone who is very successful or very precise and obsessive and give in to the strict criteria of the person, in such cases you need family counseling. They do not consider themselves worthy. (Lockwood et al., 2023).

They also think that they are perfect and that it is others who should change themselves for them. People who have this schema, even if they are married, are not able to control their temptations, they are very sensational and are immediately influenced. take And because of this, they damage their relationships. (Ahmadi et al., 1401).

Theoretical foundations

-Schemas

Schemas are patterns and cognitive tendencies that appear with repetitive behaviors in life that usually have roots in people's childhood. Schemas are generally divided into two categories, compatible and incompatible schemas. Compatible schema includes positive mental and behavioral patterns, and incompatible schemas refer to patterns that lead to negative behaviors and emotions. These schemas can lead to psychological and social problems.

-Compatible schemas

These schemas in healthy relationships can help improve communication outcomes. Here are 20 compatible schemas.

- Mutual respect: Creating an environment where each side can express their opinions and feelings in a respectful way.

- Transparency and honesty: The importance of honesty in improving trust between parties.

- Acceptance and flexibility: the ability to have differences and accept them.

- Empathy and understanding: trying to understand the feelings and opinions of others.

- Establishing boundaries: setting boundaries in relationships to maintain mental health.

- Conflict resolution: Having problem solving skills to deal with disputes.

- Emotional support: providing support during difficult times.

Commitment: loyalty to commitments and promises.

- Memory (active listening process): the ability to hear and understand others.

- Move towards personal growth: encouraging individual and joint development.

- Positive interaction: being together with common and positive goals.

- Appreciation: expressing gratitude and thanks to each other.

- Boosting self-confidence: helping each other to increase self-confidence.

- Balance in dependence: maintaining a balance in dependence and independence.

- Collaboration: Working together as a team.

- Positive cycles: creating and maintaining positive cycles of interactions.

- Diligence in communication: continuous effort to improve communication.

- Facing challenges as a team: facing challenges and problems together.

- Create positive memories: Invest in creating positive shared experiences.

- Developing communication skills: improving communication skills to reduce misunderstandings. (Bach and Lockwood, 2022).

-Inconsistent schemas

These schemas cause negative behaviors and feelings in relationships. Here are 18 incompatible schemas in 5 categories.

o Area of exclusion (disconnection and rejection)

- Emotional deprivation
- Abandonment - instability
- Mistrust - Misbehavior
- Social isolation - alienation
- Defect and shame

o The field of self-management and impaired performance (lack of independence)

- Failure to progress
- Dependency - incompetence
- Vulnerability
- Untransformed self - clutter

o Area of diversion

Obedience - obedience

- Sacrifice - self-sacrifice
- Seeking approval - Seeking approval

o The area of eavesdropping and inhibition

- Emotional inhibition
- Stubborn criteria
- Pessimism - negativity
- Punishment - non-forgiveness

o The area of disturbed boundaries

- Eligibility - Secretary General
- Self-restraint - insufficient self-discipline

-Primary inconsistent schemas

Primary maladaptive schemas are deep and enduring mental patterns of beliefs and feelings that are formed in childhood and guide people's behaviors and emotions in adulthood. These schemas were introduced by Young

(1990) and include patterns such as "abandonment," "distrust," and "emotional deprivation" that can be reflected in unhealthy relationships. According to Friedrich, in the literal sense, schema is defined as a structure, template, and framework, but in psychology more broadly, it has a rich history in the psychological field. In the field of psychology, a schema is considered a format based on reality or experience to help people explain their experiences. Understanding finds its way through schemas. (Sharifi, 1401)

Early maladaptive schemas at the beginning of the development stages are formed under the influence of parent-child relationships in the family and have cognitive, emotional and behavioral aspects, therefore maladaptive schemas are based on childhood experiences and cause the subsequent life events to be experienced in a way become special (Barr, Rickboer and Lobstal, 2023) (Young, 1999)

It uses the concept of primary maladaptive schemas as dysfunctional self-perpetuating cognitive structures that are the result of dysfunctional relationships with important people in life and lead to psychological injuries. Primary incompatible schemas represent central beliefs (unconditional assumptions) about oneself and others, on the other hand, the unconditional nature of central beliefs causes a person to show resistance to change in such a way that selective information processing consistent with the schema hinders information processing. Contrary to it, therefore, the person views the world and its events from the angles of information confirming the schemas (Yantar and Ozgan, 2004).

Yang's Early Inconsistent Schemas Questionnaire, which Yang et al. (1991) first created the long form of the questionnaire with 205 items to measure 16 schemas, and then the short form in the second version, each of which had 75 items to evaluate 15 schemas, was extracted from it, and finally in The third version of the short form with 90 items and measuring the ability of all 18 schemas assumed by Yang after the research of College et al. (2005) The second version of the short form (2003) was obtained. (Mahdavi and Azadi, 1400)

-Attachment styles and schemas

Studies show that maladaptive schemas are associated with insecure attachment styles. According to Bowlby's (1969) theory, people who have an avoidant or anxious attachment style are more prone to create maladaptive schemas that affect the quality of their relationships. (Bach and Lockwood, 2022).

-The role of schema therapy

American psychologist Jeffrey Young recognized repetitive and negative patterns among his clients. He was a cognitive-behavioral therapist, that is, he tried to solve the emotional and behavioral problems of his clients by changing the ways of thinking, but after a while he realized that the existing treatment methods are not enough for some patients and their problems return after the treatment. It is as if they are beyond thoughts. And their daily decisions had deeper beliefs and assumptions that shaped their thoughts and feelings and did not change easily. Many of us have been traumatized in various ways as children. Maybe our parents didn't know how to treat us according to our innate nature and sensitivities, maybe they mistreated us knowingly or unknowingly or neglected us. Perhaps we have experienced rejection, harsh criticism, extreme patronage, or isolation. These experiences make us create schemas and see the world as a negative and dangerous place, and

finally, life becomes bitter to our taste. In this regard, Jeffrey Young uses the term "primary maladaptive schemas" or, more simply, "life traps". These are early experiences, but because they were formed very early in childhood and are incompatible, they disrupt our lives and relationships for years. Primary maladaptive schemas are lingering patterns that fight for their own survival and harm us. They cause us to have negative thoughts and painful feelings, influence our choices for dating, employment, and marriage, and draw us into experiences and situations that make the schema stronger and more stable. These schemas hide from our eyes any reality that negates them. Geoffrey Young believes that without changing these schemas, our emotional and behavioral problems will not be completely resolved. According to Geoffrey Young, some of these schemas, especially those formed by unfortunate childhood experiences, may be the core of personality disorder. Include mild cognitive issues and chronic disorders. To explore this idea more closely, Young identified a set of schemas that he called "primary maladaptive schemas".

Schema therapy, developed by Yang et al. (2003), helps improve relationship quality by focusing on identifying and modifying early maladaptive schemas. This therapy emphasizes techniques such as "limited rehabilitation" and "belief modification". (Arnetz et al., 2021).

-Emotions and their regulation

Emotions, as complex psychological and physiological responses to events and interactions, play an important role in the quality of relationships. Theories related to emotion regulation, such as Gross's (1998) model, emphasize that the ability to manage emotions is necessary to maintain healthy relationships. (Ahmadi et al., 1401)

-The relationship between schemas and emotions

According to Yang's theory, schemas as cognitive structures affect the way emotions are experienced and expressed. For example, the "abandonment" schema may cause a person to show intense fear or anger when faced with separation. As a result, ineffective regulation of emotions can disrupt interpersonal relationships. (Bach and Lockwood, 2022).

-The role of culture in the formation of schemas and emotions

Culture also affects the formation of schemas and how emotions are managed. For example, in collectivist societies, schemas such as "dependence-incompetence" may be more common. This has a direct effect on the dynamics of interpersonal relationships in these cultures (Arnetz et al., 2021).

-Healthy relationships and their characteristics

Healthy relationships include components such as trust, intimacy, mutual support, and the ability to resolve conflict. According to Gottman's model (1999), people's ability to manage emotions and recognize incompatible patterns is a prerequisite for establishing such relationships. A healthy relationship from

Gholami's point of view, a healthy and safe romantic relationship can be considered as a constant source of support and happiness in life through good and bad times and strengthening all aspects of your health. (Gholami, 1400).

Research background

–Internal studies

Shahamat (1403) conducted research with the aim of predicting mental health symptoms using primary maladaptive schemas. For this purpose, two Young schema short form questionnaires (YSQ-SF) in the framework of therapy theory based on Jeffrey Young's schema and General Health Questionnaire (GHQ) were administered to 159 students of Ferdowsi University of Mashhad. The results of this research were analyzed using SPSS software version 17 with multiple regression analysis method. The results showed a significant relationship between primary maladaptive schemas and the triple symptoms of somatization, anxiety and depression. In the meantime, the schema of defect and shame significantly ($P < 0.01$) predicted all three symptoms. On the other hand, part of the variance of each disorder was significantly predicted by certain schemas.

Kerami, Bahrami, Mohammadi Arya, Asgharanjadfarid, Fakhri (1402) conducted a study with the aim of investigating the relationship between primary maladaptive schemas and antisocial behavior in substance-dependent homeless women. The research method was correlation type and the statistical population was about 800 drug-dependent homeless women in different places of Tehran. From among these places, the transit center of Khaneh Khurshid and the women's dormitory of Rebirth and all the parks in the south of Tehran were selected, and 60 people were selected according to the antisocial subscale of the second revised version of the Minnesota Multivariate Questionnaire James Butcher 1989 and the short version of the questionnaire. Young's 1998 response to early maladaptive schemas. The findings showed that antisocial behavior is high in 73% of homeless women dependent on substances, and they have the highest score in the primary maladaptive schemas in the sacrifice subscales and the lowest score in dependence/incompetence. In addition, the schemas of social isolation and alienation with the highest value and dependence-incompetence with the lowest value can predict 35% of the variance of antisocial behavior.

Khodabakhshi Kolayi et al. (2019) conducted a study with the aim of comparing the initial incompatible schemas and sincere attitude in married men who broke the contract and did not break the contract. The findings of the research showed that there was a difference between sincere attitude and cognitive schemas in contract-breaking and non-contract-breaking men ($P < 0.006$). Also, there was a significant difference between the sincere attitude in the contract-breaking and non-contract-breaking groups. Also, cognitive schemas in the group of men who break the agreement can be predicted through sincere attitudes.

Zulfiqari et al. (2018) conducted a study with the aim of investigating the relationship between primary

incompatible schemas and marital intimacy in normal couples. The results of the data analysis show that there is a negative and significant correlation between the initial incompatible schemas and the dimensions of marital intimacy, that is, the more incompatible the schemas become, the marital intimacy decreases. On the other hand, it can be mentioned that there was no significant difference between women and men in terms of schemas, and only in the dimension of physical intimacy, men's scores were higher than women's. This study showed that the schemas related to "impaired limitations" that include entitlement, grand secretary and self-control are insufficient; They play the biggest role in the lack of marital intimacy.

Yousefnejad Shirvani et al. (2017) conducted a study with the aim of determining the relationship between life satisfaction and primary incompatible schemas in college students. The research was of the correlation type and the statistical population was the students of the universities of Babol, from which 300 people from different fields (150 girls and 150 boys) were selected by cluster random sampling method. The measurement tools included the short form of the early maladaptive schemas questionnaire (YSQ-SF) (Yang, 2005) and the life satisfaction questionnaire (Diener et al., 1985). Data were analyzed through Pearson's correlation coefficient, multiple regression analysis (step-by-step method) and t-test of independent groups.

The findings showed that there is a relationship between emotional deprivation, social isolation, defect and shame, failure, dependency-incompetence, vulnerability to harm or illness, obedience, self-sacrifice, emotional inhibition, stubborn standards and extreme fault-finding, self-restraint and insufficient self-discipline with life satisfaction. There is a significant negative ($P > 0.05$ and $P > 0.01$). Regression analysis showed that emotional deprivation, deficiency and shame and dependence-incompetence have a significant multiple relationship with life satisfaction ($P < 0.01$). The t-test of independent groups showed that there is a significant difference between male and female students in the subscales of mistrust and misbehavior, failure, vulnerability to harm or illness, and stubbornness and extreme fault-finding criteria.

Ghanbari, Naziri and Barzegar (2015) proposed the mediating role of incompatible cognitive schemas in the relationship between socially prescribed perfectionism (theoretical foundations and background of perfectionism research) and depression, which was analyzed in a model analyzed in a non-clinical sample of 200 students. Participants completed the Identity and Felt Multidimensional Perfectionism Scale, Depression Anxiety Scales, and the short form of the Young Schema Questionnaire. The findings show that the schema of failure has a relatively indirect effect on the schema of deficiency and shame, self-control and insufficient self-discipline, and plays a mediating role in the relationship between socially prescribed perfectionism and depression.

–Foreign studies

Carroll and Calotti (2024) investigated the relationship between primary maladaptive schemas and personality disorder in a group of prisoners. For this purpose, 119 male prisoners were examined as a research sample. And the information was analyzed using Young's Schema Questionnaire and Millon's Multiaxial Personality

Questionnaire. This research showed that the most common personality disorders were narcissistic personality disorder, paranoia, obsessive-compulsive disorder, and antisocial personality disorder, which are associated with several examples of early maladaptive schemas.

They were Tibetan. Narcissistic personality disorder was more related to entitlement and secretarial grandeur and antisocial personality disorder was more related to impaired performance limitation.

Bidadian et al. (2023) conducted a study with the aim of investigating the role of primary maladaptive schemas in the quality of life. For this purpose, they selected 60 people with obesity in the weight loss clinic of Sinai Hospital. All participants completed the short form of the initial maladaptive schema questionnaire. The results of data analysis showed that aspects of quality of life have a negative relationship with primary maladaptive schemas. The results of regression analysis showed that primary maladaptive schemas such as emotional deprivation, mistrust/abuse, control and discipline can predict the total quality of life score.

In the research of Renner et al. (2022), it is assumed that the primary maladaptive schemas are stable, like traits, the basic stable beliefs of psychiatric disorders are recurrent and chronic. depressive disorder) was studied and the stability of early maladaptive schema was tested over an evidence-based course of natural outpatient treatment of depression. The sample of this research included the outpatient treatment of depression in the specialized treatment of mood disorders in the Netherlands. Participants responded to the Depressive Symptom Severity Scale and Maladaptive Schema before and 16 weeks after the start of treatment.

Research method

-The studied community:

The research method is of a quantitative type, the statistical population of the research included 312 couples living in Tehran, who were selected by available sampling method. The criterion for entering the sample group was to be at least 18 years old and more than one year had passed since the beginning of the marriage between husband and wife. The sample size was determined to be at least 121 couples. The sample group consisted of 156 couples (312 people) living in Tehran, who were selected by available sampling method.

This research is descriptive and correlational. The statistical population included all couples living in Tehran in the first six months of 1403. The decision about the sample size was made based on considerations related to pairedness and as a result the possible non-independence of the data and with the aim of achieving a medium effect size with a power of 0.8 at a significance level of 0.05. Based on this, the sample size was determined to be at least 121 couples. The sample group consisted of 156 couples (312 people) living in Tehran, who were selected by available sampling method. The criterion for entering the sample group was to be at least 18 years old and more than one year had passed since the beginning of the life of husband and wife. The criterion for leaving the sample group was the failure of husband or wife to answer more than 10% of the questions. Questionnaires were published in different areas of North, South, East, West, and the city center. The questionnaires included an informed consent form to participate in the research and instructions that were read and signed by the participants. In the instruction section, the conditions of participation in the research were

described and it was emphasized that the questions should be answered by the husband and wife separately without consulting the spouse. The consent form included a brief introduction of the research objectives and the confidentiality of the information was emphasized in it.

-Information gathering tool

One of the tools used in this study was the couple compatibility scale, which is a self-report tool consisting of 32 statements to evaluate the quality of the relationship from the spouses' point of view. This scale, which is considered one of the most widely used tools in healthy relationship studies, offers a total score between 0 and 151; So that higher scores indicate more marital compatibility. This overall score is made up of four subscales called marital agreement, expression of affection, marital solidarity, and marital satisfaction. The agreement subscale measures the degree of coordination of spouses in matters such as friends, sexual relations, finances and career decisions. The expression of affection subscale measures the level of open affection between spouses, and the solidarity subscale focuses on couples' participation in joint activities. Finally, the subscale of satisfaction evaluates people's level of satisfaction with different aspects of the relationship. The questions of this scale are designed based on a five-point Likert scale (from 1=always to 5=never).

The developer of the scale reported that the total score had a Cronbach's alpha of 0.96, indicating excellent internal consistency. Also, other studies have pointed to the criterion, structural and content validity of this tool. In Iran, many studies have used this scale and Cronbach's alpha coefficients between 0.92 and 0.96 have been obtained for it. In one of the validation studies of this tool, a correlation coefficient of 0.90 was recorded with the Locke-Wallace compatibility questionnaire, and the retest reliability with a time interval of 37 days was reported as 0.86. In this study, the Cronbach's alpha of the pair compatibility scale was equal to 0.94, which shows a very high internal consistency.

Another instrument that was used was the difficulty in emotion regulation scale, which includes 36 self-report statements in the form of six subscales. Each subscale is designed to assess one of the specific dimensions of emotion regulation, and the responses are adjusted based on a five-point Likert scale (1=almost never, 5=almost always). These subscales include awareness of emotions (such as paying attention to one's feelings), accurate understanding of emotions, acceptance of emotional responses (for example, getting angry when feeling upset), impulse control (ability to manage behavior when upset), access to emotion regulation strategies (finding solutions to improve emotions) and purposeful behavior while experiencing negative emotions. The overall score of this tool ranges from 36 to 180, and lower scores mean higher skill in emotion regulation. This scale also has good internal consistency, and its designers reported a Cronbach's alpha of 0.93 for the overall score and a range between 0.80 and 0.89 for the subscales. Also, this tool has good validity and prediction.

-Data analysis

In this research, descriptive statistics are used to analyze the data, data and information and their graphical representation from tables and graphs, as well as average indicators, are used to analyze the research data, and

spss software is used. .

Research findings

-Descriptive findings

The duration of marriage of the couples participating in this research varied between 1 and 45 years, and the average was 9.81 years with a standard deviation of 8.81 years. The age of husbands ranged from 24 to 72 years (mean 37.3 years, standard deviation 8.96) and the age of women ranged from 21 to 67 years (mean 33 years, standard deviation 7.84). In terms of education, 45.5% of the participants had studied up to bachelor's level, 33.2% to master's degree, 18.6% to doctorate or higher, and 11% to diploma or sub-diploma.

-Analytical findings

The average, standard deviation, and the result of the t-test for each of the main research variables are presented in Table No. 1.

Table 1 descriptive index

Sig.	T	Scale interval	standard deviation	average man	average woman	Variable
00/00	4.361	0.34	0.104	0.045	0.044	Regulation of emotions
00/00	70.333	0.329	0.096	0.052	0.043	acceptance of emotions
00/00	80.356	0.351	0.102	0.049	0.046	Marital satisfaction
00/00	10.35	0.351	0.101	0.049	0.046	Purposeful behavior
00/00	20.361	0.1303	0.104	0.055	0.048	Awareness of emotions
00/00	50.333	0.34	0.083	0.045	0.034	Understanding emotions
00/00	10.2882	0.306	0.335	0.335	0.1479	Impulse control
00/00	1.361	0.352	0.335	0.335	0.306	Emotion regulation strategies

The t-test of correlated samples showed that there is no significant difference between the amount of healthy relationships between women and men. In general, men reported a better ability to regulate their emotions compared to women. In the subscales of emotion acceptance, impulse control and access to emotion regulation strategies, men's scores were significantly higher than women's scores. There was no significant difference between women and men in the subscale scores of purposeful behavior, awareness of emotions and clear understanding of emotions. Thus, the findings were in support of this research hypothesis that the general performance of emotion regulation predicts the satisfaction of the individual and his spouse in the relationship. The hypothesized model explained 25% of the variance of healthy relationships in women and 20% of the variance of healthy relationships in men.

Table 2 APIM analysis results

Sig.	beta	confidence interval	APIM	gender
00/00	0.101	0.049	0.046	woman
00/00	0.104	0.055	0.048	the man

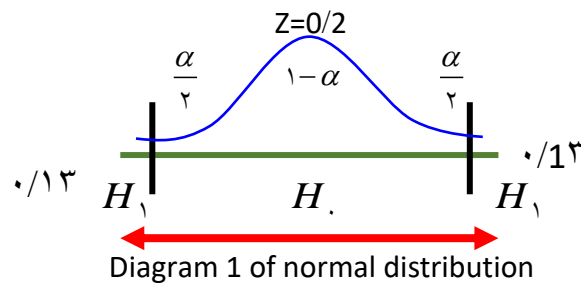
In the analysis of the hypothesized model using the SEM method, the path coefficients of the agent and partner effects were bound and equal for women and men, so as to check whether the created limitation significantly reduces the fit of the model or not. In the study conducted, the interaction test of gender with the effect of the factor was not significant, chi-square (1)=1.52 and P=0.22. The interaction test of gender with partner effect was also not significant, chi-square (1)=0.07 and P=0.93. The result of the combined test of the interaction of gender with both agent and partner effects was not significant, chi-square (2) = 3.67 and P = 0.16. Based on this, the results of the present study indicate that gender does not have a moderating role in the relationship between emotion regulation and healthy relationships.

H0: schemas and emotions do not have a positive and meaningful effect on the healthy relationships of couples.

H1: schemas and emotions have a positive and meaningful effect on the healthy relationships of couples.

Table 3 Correlation test of hypotheses

number	significant level (value)	Correlation test
121	0/013	0/77



$$\begin{cases} H_0 : \mu_X \leq \mu_0(3) \\ H_1 : \mu_X > \mu_0(3) \end{cases}$$

$$Z = \frac{\bar{X} - \mu_0}{S_{\bar{X}}}$$

$Z_a = Z_{0/130} = 0/77$

Interpretation of the chart and test:

In this analysis, Z-Score equal to 0.2 and P-Value equal to 0.013 show that the obtained results are statistically significant and the null hypothesis is rejected. Therefore, it can be concluded that schemas and emotions have a positive and significant effect on the healthy relationships of couples. Because the value of P-Value or the significant level is less than 0.05, then the hypothesis H₁ is accepted, that is, it can be said that schemas and emotions have a positive and meaningful effect on the healthy relationships of couples.

conclusion

-Research results:

Schemas and excitement have a positive and meaningful effect on the healthy relationships of couples. The path coefficient between the components of this hypothesis is 0.77. The value of t statistic was also obtained, which is greater than 1.96 and shows that the observed correlation is significant. Therefore, schemas and emotions directly affect the healthy relationships of couples. Since $P0.000 < 0.05$, the zero hypothesis of the research that schemas and emotions do not have a positive and meaningful effect on the healthy relationships of couples is rejected with 95% probability and the one hypothesis of the research is confirmed with 95% certainty. is placed

-Summary:

schemas and emotions have a positive and meaningful effect on healthy couples' relationships, which means that good and effective communication is an essential part of a healthy relationship. When you develop a positive emotional relationship with your partner, you will feel secure and happy. When people don't communicate effectively, things change and stress can cause a disconnection. As long as people are connected, they can usually solve any problem they face. Healthy relationship schema therapy is a psychological treatment that can help many people in this field, even people who may not have received the necessary results from other common psychological methods, or after treatment, their problems have returned because Jeffrey Young has reviewed These people achieved this method.

-Suggestions:

In Geoffrey Young's schema therapy for help, cognitive strategies are usually used to change the patient's view of himself, because the person feels worthless and unworthy from the bottom of his being, and the therapist helps him to encourage and praise himself. It reminds him of his positive qualities and provides a dialogue so that a person learns to pay more attention to his abilities and to pay less attention to his shortcomings by reaching self-awareness and not caring about them and himself. not to consider him as an imperfect human being, but to consider himself as the fruit of life with critical parents. Cognitive techniques help the patient to refer the feelings of failure and shame to his parents, in this way, making a list of those criticisms and blames can be useful and helpful.

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