Natural Resources for Human Health
eISSN: 2583-1194

Original Research

Received 26 June 2026
Revised 10 Aug 2026
Accepted 25 Aug 2026

Natural Resources for Human Health 2026, Vol. 6 (17s): 1558–1570

KEYWORDS:
Self-Esteem, marital satisfaction, mindfulness, marital counselling, marital intervention.

Self - Esteem and Marital Satisfaction: The Impact of Marital Counselling Intervention Program

[1]Dr. Lalitha Ragul*, [2]Dr. Prathibha M V,

[1]*First and corresponding Author, Assistant Professor, School of Psychological Sciences CHRIST (Deemed to be University, India); lalitha.ragul@christuniversity.in
[2]Assistant Professor, School of Psychological Sciences CHRIST (Deemed to be University, India)

ABSTRACT: **Background**: In a vital marriage, couples nurture their individuality in spite of enjoying shared activities with their partners. Self-Esteem determines a person's self-value and self-feeling based on their relationship with outer world. It plays a major role in any interpersonal relationships especially marriage and determines the marital satisfaction of the couple.

Objective: The current research tries to explore the role of mindfulness-based interventions and marital counselling intervention program on self - esteem and marital satisfaction of army couples.

Method: Around 312 (156 couples within first five years of marriage) between 21 to 30 years of age from Army cantonments in Gurdaspur, Punjab, India took part in the study. The participants were selected using purposive sampling technique. Coopersmith Self-Esteem Inventory – Adult form (CSEI-AD) and the Couples Satisfaction Index (CSI) by Funk & Rogge (2007) was used to measure self-esteem and marital satisfaction of couples.

Results: Repeated measures of Analysis of Variance (ANOVA) was used to find out the interactive effect of the different groups (control and experiment) and the trials (pretest, posttest, and follow up). The results revealed that the studied research population experienced low level of self-esteem and there was a significant positive correlation between self- esteem and marital satisfaction. Further the couples in the experimental group were found to have higher and significant difference than control group in their level of self-esteem.

Conclusion: The results further highlight the significance of designing evidence-based intervention program for strengthening the couples' relationship in a marriage.

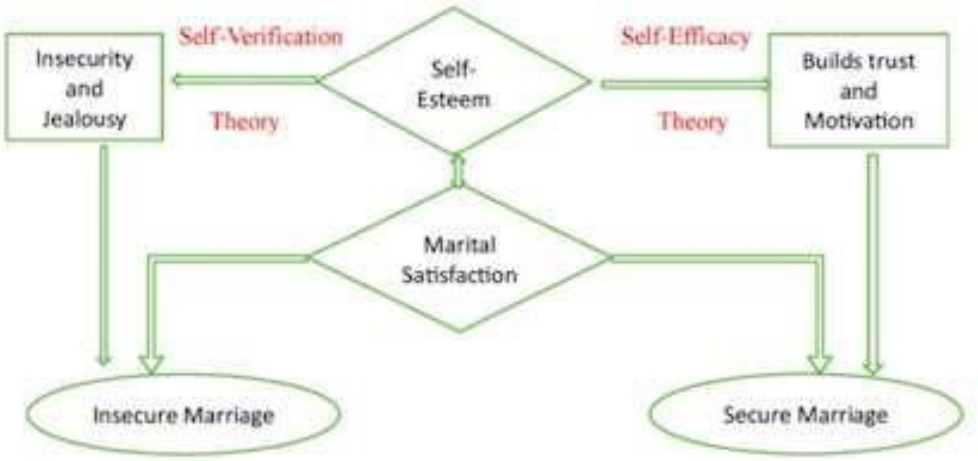
INTRODUCTION

Worldwide, marriage acts as a common factor in which people get involved at some point of their life in order to fulfill their emotional, affectional, companionship and sexual needs. In psychology, the term self-esteem refers to an individual's understanding of their overall personal worth or value and the feelings associated with those understandings. It indicates the level of appreciation and self-love an individual holds on irrespective of their circumstances. According to Rosenberg (1965), Self – Esteem is the "evaluation which the individual makes and customarily maintains with regard to himself, expressed as an attitude of approval or disapproval." Rosenberg also postulated that a person with high self-esteem "considers himself [or herself] worthy; he [or she] does not necessarily consider himself [or herself] better than others" (Rosenberg, 1965, p. 31). Coopersmith (1967) defined Self-Esteem as "the personal judgement of worthiness that is expressed in the attitudes, the individual holds towards himself".

In marriage, self-esteem of a partner determines the level of affection towards their spouse; an individual with low self-esteem learns to conceal their feelings and emotions leading to withdrawal, lack of communication and compromising intimacy between the couple. Self -Esteem is operationally defined in this study as personal evaluation of one's own worth in relation to interpersonal relationships with their spouse, marriage and family.

Self-Esteem plays a major role in any interpersonal relationships especially marriage. Based on few recent researches, it can be summed up that individuals with high self-esteem are more confident about their ability to achieve goals and therefore are likely to be more effective in creating and maintaining a fulfilling and satisfying relationship; whereas individuals with low self-esteem tend to sense that their support is not appreciated by their partners and in the long term may become frustrated with the relationship partner (Johnson & Galambos, 2014; Johnson & Anderson, 2013). The impact of self-esteem is inevitable on an individual in an intimate relationship like marriage. In line with these findings, the current study adopts the self-verification theory and self-efficacy theory as the conceptual model (Figure 1) to see the dynamics of a marriage and marital satisfaction in relation to self-esteem of an individual.

Figure 1. Conceptual Model Based on Self-Verification and Self-Efficacy Theory.



Note: It is developed by the researcher based on the review of literature.

Objective

- To explore the level of self-esteem and marital satisfaction of Army couples.
- To investigate the impact of marital counselling intervention program on self-esteem and marital satisfaction of Army couples.

Hypotheses

- There would be a significant relationship between self-esteem and marital satisfaction of Army couples (H_1)
- Demographic variables (gender, education, type of marriage and type of family) would significantly influence the self-esteem and marital satisfaction of Army couples (H_2)
- The Marital Counselling Intervention Program would significantly enhance the self-esteem and marital satisfaction of Army couples (H_3)

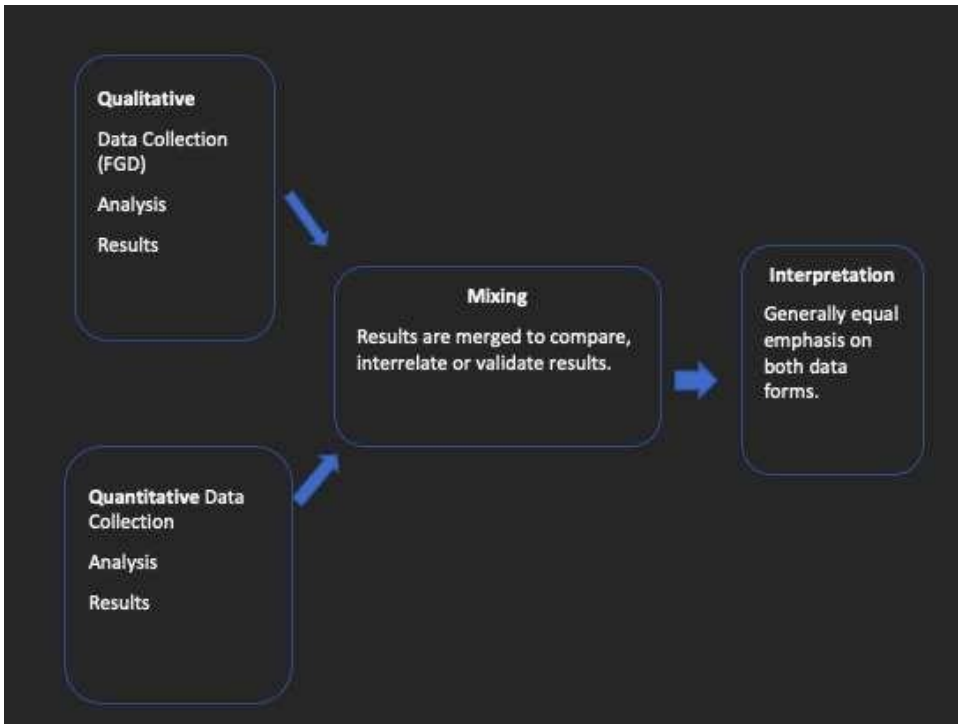
METHODS

The study was conducted in two phases as follows:

In Phase I of the study, the researcher conducted a survey to find out the levels of self-esteem and marital satisfaction of army couples. The researcher also used qualitative research method through Focus Group Discussion (FGD) and semi-structured interviews to gain in-depth information on the selected marital factors of army couples.

In Phase II of the study, the researcher developed and conducted a Marital Counselling Intervention Program (MCIP) on the baseline data collected from Phase I of the study for a period of 14 weeks followed by post assessment at the 14th week to investigate changes in the level of Self-esteem and Marital Satisfaction of army couples.

Figure 2. Mixed Method - Triangulation



Participants

A total of 300 participants (150 couples) from the identified military cantonment at Gurdaspur, Punjab, India were identified using single stage cluster sampling technique. Considering the participation of equal study participants from all over India, five regiments (Bihar Regiment, Sikh Regiment, Mahar Regiment, Field Artillery Regiment and Jat Regiment) were chosen for the study.

A total of 260 participants (130 husbands and 130 wives) consented to complete the survey measure and participated in this study. The participants were in the age group of 21 – 30 years with a mean age of 26.16 and who have been married and living together for 1 to 5 years with a mean of 2.7 years of marriage. 50% were males and 50% were females; 70.4% have completed school higher education, 25.8% were degree holders, and 3.8% of them with professional degrees. All the men were working in army and all the women were house wives. 72.3% of them had arranged marriage while 27.7% had love marriage and 69.2 % lived in a joint family while 30.8 lived as a nuclear family. All participants belonged to the middle socio-economic status.

Measures

The study tools which were used for data collection are as follows:

1. *Informed Consent:* The content of the informed consent form included details like the aim of the research, expected duration and procedures, and the participants' right to decline to participate and to withdraw from the research once the participation has begun.
2. *Demographic Detail Sheet:* The basic details of the participants such as age, gender, education, employment status, occupation, annual income, years of marriage, type of marriage, type of family, age at marriage, number of children and age of first child.

3. *Coopersmith Self-Esteem Inventory:* The self-esteem scale developed by Coopersmith (1975 revised 2002), is one of the most commonly used self-report questionnaires designed to measure attitudes towards the self in a variety of areas (family, peers and general social activities) for adults. The scale measures for dimensions of self-esteem such as general self, social self-peers, home-parents and school-academic. The reliability for the adult form was calculated by using internal consistency and estimate ranges from 0.81 to 0.86 (determined by Kuder-Richardson formula). Test-retest method was also used to calculate the reliability of the scale and it was found to be 0.88 and 0.70 respectively. The construct validity of the inventory along with concurrent and factorial validity had been established. With 25 items, scores range from 0 to 25, and obtained score is multiplied by 4. Low score (17 and less) indicates low self-- esteem, average score (between 18 and 20) indicates moderate self-esteem and high score (above 20) shows high self-esteem.
4. *The Couples Satisfaction Index:* The Couples Satisfaction Index [CSI-16] developed by Funk & Rogge (2007). The scale was designed to assess relationship satisfaction of intact (married, cohabiting or dating) couples. It measures one's satisfaction in a marital relationship. The tool comprises of 16 questions and the total score is the sum of the responses' point values and can range from 0 to 81. Higher scores indicate higher levels of relationship satisfaction, with scores below 51.5 suggesting notable relationship dissatisfaction. The convergent and construct validity for the Couples' satisfaction index scale showed a strong correlation with other satisfaction measures such as: Marital Adjustment Test (MAT 15) (r=.91), Dyadic Adjustment Scale (DAS 32) (r=.91).

Ethical Approval

All the ethical aspects as prescribed by APA were taken into account and the research advisory committee approved the proposal by February 2021. The participants of the research were adults above the age of 18 and informed consent was obtained from all.

Procedure

Two FGD was conducted for two different groups of couples to accommodate their convenience. The venue was a welfare center hall in a regiment. Each session was for approximately 60 minutes. The two groups consisted of ten couples in each (n= 40). The couples signed the consent forms to participate in FGD.

Although a list of topics and questions were developed as a format, the discussion was not limited to only those questions. The session began with exploratory questions such as, "What are the issues that often cause problems in marriage?", "What would you consider to be your biggest problem in marital life?", "How would you describe your life together?" and so on. The couples were kept engaged throughout the session with engaging questions like, "What could you do to be happier in your relationship?", "How much understanding do you think you feel for your spouse and how much him/her feels for you?" and the session was ended with the following exit questions, "What is your understanding about marital counselling?", "How do you believe marital counselling can assist you as a couple in improving self-esteem, marital satisfaction?" and "Is there anything else that you would like to share with us today?".

The administration was done in a group setting. The participants in this group consisted of 136 couples (N = 272) who consented to fill the survey. The researcher met the couples in a welfare centre hall privately assigned by a regiment. The data regarding self-esteem and marital satisfaction were collected using the respective tools. Before starting, the participants were given instructions to be followed such as, "Please fill all the required information in the form provided to you."; "Please give your responses as per the instruction."; "Do not skip any statement while answering". Further the participants were assured about the confidentiality of data and its usage for research purpose. They were also asked to clarify doubts without hesitation.

Marital Counselling Intervention Program

The participants who had scored moderately low in at least any one of the variables such as self-esteem and marital satisfaction in Phase I of the study were selected for the Phase II of the study. In Phase II, of the study 140 participants (70 couples) were randomly assigned to the experimental and control group using lottery method.

The intervention sessions were developed based on Mindfulness based interventions (MBI's) and emotionally focused couples' therapy. The intervention module originated with ice breaker and rapport establishing sessions followed by power poses, guided meditation, mindfulness diary, growth mindset and mindful positive affirmations. The suggestions to maintain self-esteem in a

marriage relationship for increased marital satisfaction were explained. After 14 sessions, the final session involved addressing of lessons and skills developed from the previous sessions and clarifying doubts.

The data collection was followed by the application of appropriate statistical tests including, descriptive statistics, inferential statistics – correlational analysis, independent t-test, ANOVA, Mauchly's test for sphericity to test sphericity assumption, Bonferroni test to do the pair wise comparison between the pre-test and post-test scores, and the post-test and follow-up scores and pre-test and follow-up scores.

Descriptive Statistics

Table. 1 Demographic variables

Variable	N	Mean	SD
Age of participants	260	26.16	2.224
Age at marriage	260	23.64	2.258
Years of marriage	260	2.70	1.174
Number of family members	260	4.32	1.206
Number of children	260	0.82	0.619

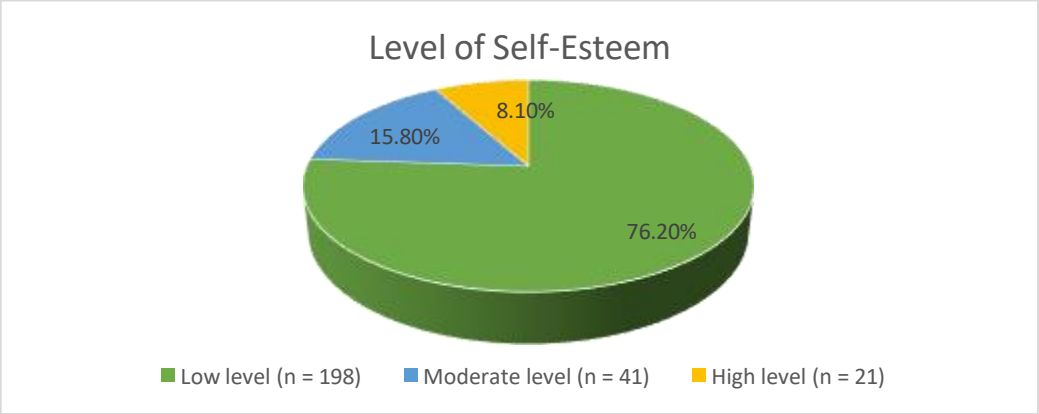
Table 1 results indicates the mean, standard deviation score in age of the participants, in their years of marriage, age at marriage, number of family members and number of children of Army couples. The mean age of the Army couples was found to be 26.16 with a standard deviation of 2.224, the army couples mean age at marriage was 23.64 with a standard deviation of 2.258, the mean years of marriage was 2.70 with a standard deviation of 1.174, in the family the members mean number was 4.32 with a standard deviation of 1.206, and mean number of children of the total. Participants was 0.82 with a standard deviation of 0.61.

Table. 2 Self-esteem of army couples

Variable	**N**	**Minimum**	**Maximum**	**Mean**	**SD**
Self-Esteem	260	36.00	92.00	62.69	11.001

Table 2 presents the lowest score obtained on self-esteem scale by Army couples was 36 while the highest was 92. Analysis showed the mean score to be 62.69 with the standard deviation of 11.001.

Figure. 3 Level of self-esteem of army couples



Natural Resources for Human Health
eISSN: 2583-1194

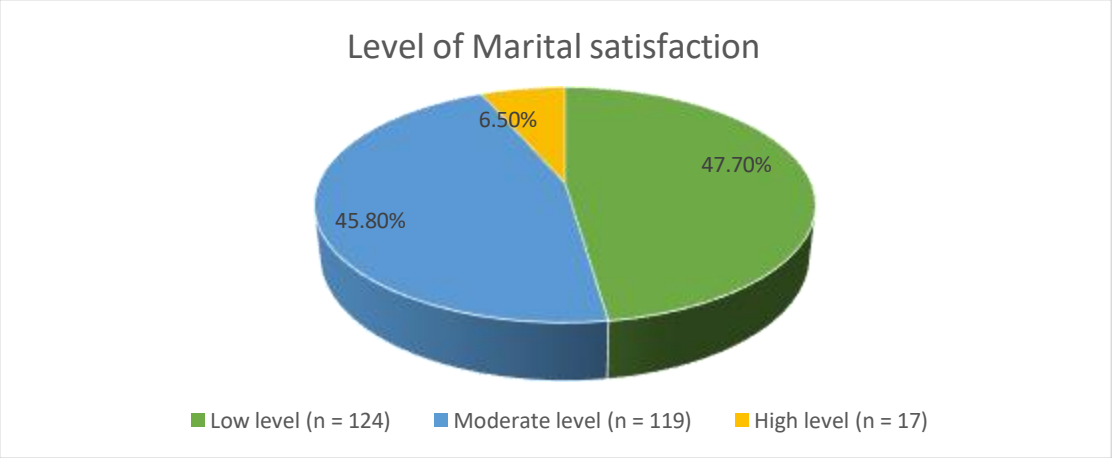
Figure 3 presents that among Army couples, it was found that 76.20% (198) of them had lower level of Self-Esteem and another 15.80% (41) had moderate level of Self-esteem, while less than 10% of them i.e., only 8.10% (21) of the participants had high level of Self-Esteem. According to Coopersmith Self-Esteem scale (Coopersmith, 1981) individuals with scores 68 and below are considered to have low level of self-esteem; 72 to 80 as moderate level of self-esteem; and above 80 as high level of self-esteem. The results highlight that most of the Army couples experienced low level of self-esteem.

Table. 3 Marital satisfaction of army couples

Variable	N	Minimum	Maximum	Mean	SD
Marital satisfaction	260	56.00	80.00	72.38	4.549

From the Table 3, it was inferred that the least score obtained on the marital satisfaction was 56 while the highest was 80. Analysis showed the mean score on marital satisfaction among Army couples to be 72.38 with the standard deviation of 4.549.

Figure. 4 Level of marital satisfaction of army couples



As depicted in Figure 4, it was found that almost half of the Army couples 47.70% (124) had low level of marital satisfaction and 45.80% (119) had moderate level of marital satisfaction while a very few of them 6.50% (17) had higher level of marital satisfaction.

Table. 4 Relationship between self-esteem and marital satisfaction of army couples

	Self-Esteem	Marital Satisfaction
Self-Esteem	1	
Marital Satisfaction	0.410**	1

The result of Table 4 indicates that the marital satisfaction have a significant positive correlation to self-esteem at ($p< 0.01$ level). Hence, the first hypothesis stated that, "*There would be a significant relationship between self-esteem and marital satisfaction of army couples*" (H_1) is **accepted.**

Table. 5 Gender differences in self-esteem and marital satisfaction of army couples

Variable	Couple	N	Mean	SD	Sig. (2-tailed)
Self-Esteem	Husbands	130	63.32	12.383	0.356
	Wives	130	62.06	9.427	

Marital Satisfaction	Husbands	130	71.98	4.504	0.149
	Wives	130	72.79	4.574	

Table 5 shows that among Army couples' husbands have higher level of self-esteem, than their wives but do not differ significantly. In marital satisfaction, wives are found to have slightly higher level than their husbands but again they do not differ significantly.

Table. 6 Education differences in self-esteem and marital satisfaction of army couples

Variable	Education	N	Mean	SD	F- value	Sig
Self-Esteem	School level	183	62.23	11.114	0.777	0.461
	UG / Diploma	67	63.46	10.581		
	PG	10	66.00	11.963		
Marital Satisfaction	School level	183	72.32	4.676	1.997	0.138
	UG / Diploma	67	72.93	3.799		
	PG	10	69.90	6.190		

It can be inferred from Table 6 that marital factors self-esteem and marital satisfaction of Army couples are found to be higher among couples who have an education qualification of PG level than couples with school level or UG / Diploma level education. But they do not differ significantly from each other.

Table. 7 Type of marriage in self-esteem and marital satisfaction of army couples

Variable	Type of marriage	N	Mean	SD	t value	Sig
Self-Esteem	Love	72	61.78	10.398	0.829	0.408
	Arranged	188	63.04	11.231		
Marital Satisfaction	Love	72	72.14	4.954	0.538	0.591
	Arranged	188	72.48	4.394		

Table 7, indicates the scores of marital factors such as self-esteem and marital satisfaction with respect to the type of marriage of Army couples. The mean value of self-esteem was found to be higher among couples who had arranged marriage. The marital satisfaction level almost remained same between arranged marriage and love marriage couples.

Table. 8 Type of family in self-esteem and marital satisfaction of army couples

Variable	Type of family	N	Mean	SD	t value	Sig
Self-Esteem	Nuclear	180	64.05	10.640	0.040	0.842
	Extended	80	62.09	11.134		

Natural Resources for Human Health
eISSN: 2583-1194

Marital Satisfaction	Nuclear	180	73.59	3.730	2.882	0.004**
	Extended	80	71.85	4.782		

**Significant at 0.01 level

It can be seen from Table 8 that marital factors such as self-esteem and marital satisfaction of Army couples are found to be higher among couples in nuclear type of family. The values shown in table 8 highlights that the couples in 'nuclear' family type reported to have significantly higher level of marital satisfaction than those from 'Extended' families.

Hence, the second hypothesis stated, "Demographic variables (gender, education, type of marriage and type of family) would significantly influence the self-esteem and marital satisfaction of Army couples" (H2) is **partially accepted.**

Figure. 5 Trend of means for pre-test, post-test and follow-up for self-esteem

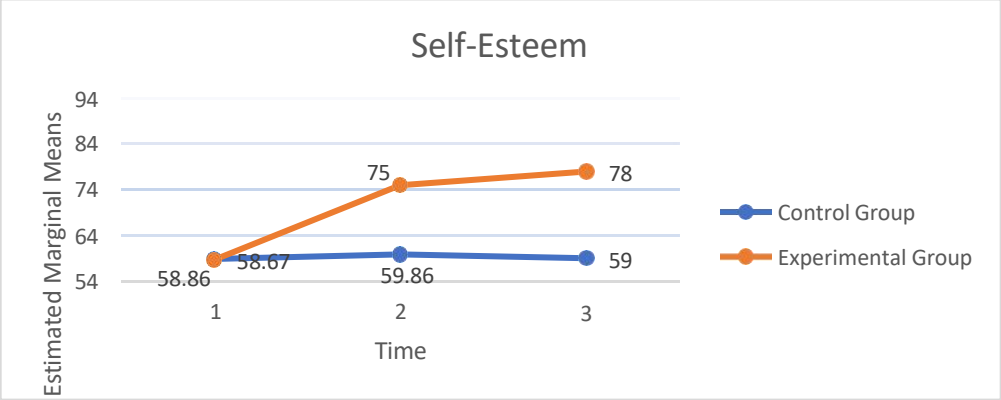


Table. 9 Self-esteem of army couples in pre-test, post-test and follow-up

Variable	Group	Mean	SD
Pre-test	Experimental	64.67	11.293
	Control	56.86	9.637
Post-test	Experimental	86.78	5.802
	Control	55.86	6.393
Follow-up	Experimental	87.00	5.698
	Control	55.43	6.209

Table. 10 Interactive effect of the control group for Self-Esteem.

Source	Sum of Squares	DF	Mean Square	F-Value	P-Value
Tests of Within – Subjects Effects					
Trial	30.095	2	27.777	1.615	0.215
Error (Trial)	503.238	54	17.203		
Tests of Between – Subjects Effects					
Intercept	263872.19	1	263872.19	1755.474	0.000
Error	4058.476	27	150.314		

Natural Resources for Human Health
eISSN: 2583-1194

Table. 11 Interactive effect of the experimental group for Self-Esteem.

Source	Sum of Squares	DF	Mean Square	F-Value	P-Value
Tests of Within – Subjects Effects					
Trial	11852.741	2	11083.868	185.371	0.000
Error (Trial)	2237.926	70			
Tests of Between – Subjects Effects					
Intercept	682269.037	1	682269.037	5456.536	0.000
Error	4376.296	35	125.037		

Table 9, 10 and table 11 findings indicate significant interaction effects between trials (pre-test, post-test and follow up) for Army couples in control and experimental group on self-esteem.

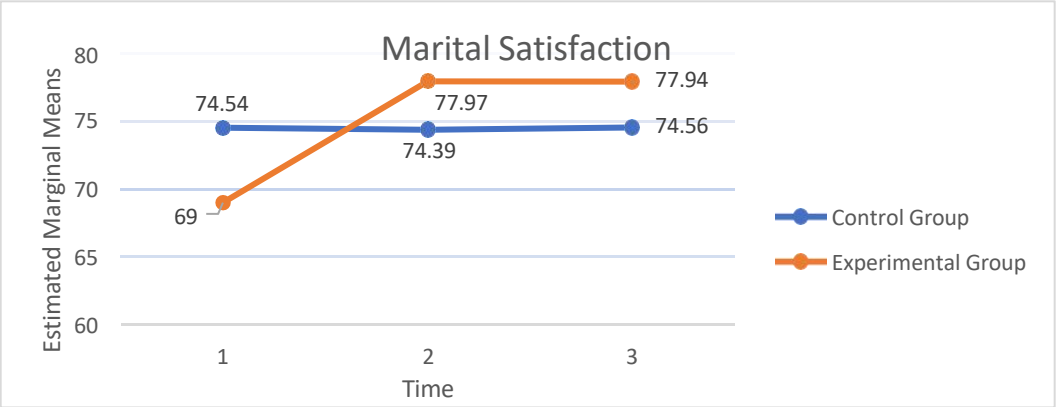
Table. 12 Pairwise comparison of the different groups (control and experiment) and the trials (pre-test, post-test and follow up) for Self-Esteem.

Group	Trial	Trial	Mean Difference	*P - Value
Experimental	Post-test	Pre-test	22.111	0.000
	Follow up	Pre-test	22.333	0.000
	Follow up	Post-test	0.222	1.000
Control	Post-test	Pre-test	-1.000	0.916
	Follow up	Pre-test	-1.429	0.509
	Follow up	Post-test	-0.429	0.249

***Adjustment for multiple comparisons: Bonferroni**

From these results of table 12, it can be inferred that Marital Counselling Intervention Program (MCIP) improved the level of self-esteem of Army couples in the experimental group. The improvement was found to carried over to the follow up phase of the study, as there was a maintenance of level of self-esteem among Army couples between the post-test and follow up. This indicates that the rate of increase in self-esteem was sustained as the scores were significantly higher than the pre-test score on self-esteem of Army couples.

Figure. 6 Trend of means for Pre-test, Post-test and follow up for Marital Satisfaction.



Natural Resources for Human Health
eISSN: 2583-1194

Table. 13 Marital Satisfaction of Army couples for Pre-test, Post-test and Follow up.

Variable	Variable	Group	Mean	SD
Marital Satisfaction	Pre-test	Experimental	69.00	4.684
		Control	74.54	3.372
	Post-test	Experimental	77.97	4.685
		Control	74.39	2.872
	Follow-up	Experimental	78.54	4.481
		Control	73.30	2.897

Table. 14 Interactive effect of the control group for Marital Satisfaction.

Source	Sum of Squares	DF	Mean Square	F-Value	P-Value
Tests of Within – Subjects Effects					
Trial	92.952	2	59.706	24.19	0.241
Error (Trial)	103.714	54	2.46		
Tests of Between – Subjects Effects					
Intercept	451293.44	1	451293.44	19131.82	0.000
Error	636.893	27	23.589		

Table.15 Interactive effect of the experimental group for Marital Satisfaction.

Source	Sum of Squares	DF	Mean Square	F-Value	P-Value
Tests of Within – Subjects Effects					
Trial	1926.056	2	1816.76	140.65	0.000
Error (Trial)	479.278	70	12.917		
Tests of Between – Subjects Effects					
Intercept	607050.083	1	607050.083	47897.99	0.000
Error	443.583	35	12.674		

Table. 16 Pairwise comparison of the different groups (control and experiment) and the trials (pre-test, post-test and follow up) for marital satisfaction.

Group	Trial	Trial	Mean Difference	*P - Value
	Post-test	Pre-test	8.972	0.000

Experimental	Follow up	Pre-test	8.944	0.000
	Follow up	Post-test	-0.028	1.000
Control	Post-test	Pre-test	-0.143	0.563
	Follow up	Pre-test	-0.571	0.465
	Follow up	Post-test	-0.429	0.432
***Adjustment for multiple comparisons: Bonferroni.**				

From these results of table 13 to 16, it can be inferred that Marital Counselling Intervention Program (MCIP) improved the level of marital satisfaction of Army couples in the experimental group. The improvement was found to carried over to the follow up phase of the study, as there was a maintenance of level of marital satisfaction among Army couples between the post-test and follow up. This indicates that the rate of increase in marital satisfaction was sustained as the scores were significantly higher than the pre-test score on marital satisfaction of Army couples.

DISCUSSION

Relationship between Self-Esteem and Marital Satisfaction:

The positive correlation between self-esteem and marital satisfaction might be due to the nature of self-esteem in a marital relationship. In an individual self-esteem is a subjective sense of overall personal worth but, in marital context an individual's self-esteem is also determined by the amount of love, affection and acceptance received from the spouse in the relationship. The findings of the present study stand in synchronicity with earlier studies by Eze & Mba, (2018), Cirhinlioglu et al., (2017), Uwaoma et al., (2016), Bélanger et al., (2014), Erol & Orth (2014) and Basat, (2004).

Influence of gender, education, Type of marriage, and type of family on Self-Esteem and Marital Satisfaction:

Husbands showed higher but non-significant variations in self-esteem. Being in the initial five years of the marriage would have been the reason behind husbands and wives having more or less similar level of self-esteem and marital satisfaction. Couples with PG level of education had higher but non-significant level of Self-Esteem and Marital satisfaction than couples with UG/Diploma and school level of education. There was a small and non-significant variation, with couples from arranged marriage showing higher level of self-esteem.

Marital Counselling Intervention Program (MCIP) for Self – Esteem and Marital Satisfaction:

Self-Esteem is an individual's subjective evaluation of his or her worth as a person (Leary & Baumeister, 2000) and high self-esteem is associated with an individual's ability to cope (Baumeister et al., 2003). Mindfulness practice helps in improving an individual's moment to moment awareness of self and by augmenting positive virtues such as self-esteem. The MCIP incorporated the guided meditation technique as it reduces the negative thought patterns and accentuates more self-acceptance which acts as a key mechanism in enhancement of self-esteem in an individual. In the present study, the mindfulness-based interventions introduced participants with growth mindset and mindful positive affirmations in relationships through activities which allowed the couples to practice mindfulness and experience mutual acceptance eventually improving the outcomes of their relationship. The findings of the study posting significant increase in self-esteem and marital satisfaction of couples in intervention group are in concurrence with earlier studies by Randal et al., (2015), Chalk (2016), Park & Dhandra (2017), Bajaj et al., (2019) and Chandna, Sharma & Moosath (2022).

Mindfulness training and emotionally focused couple therapy combinedly nurtures the couple relationship by enhancing their marital factors needed for marital satisfaction. Negative interaction pattern is curtailed and increase in emotional self-disclosure enhances the affective experiences between couples required for greater positive changes in marital satisfaction. Thus, emotionally focused couple therapy emphasizes on attachment security as it acts as a prerequisite for marital satisfaction (Dalgleish et al., 2015). Additionally, it is to be noted that emotionally focused couples therapy would not only involve with negative interactional patterns but also on the negative emotional responses of the couples to improve marital satisfaction.

Studies conducted by Rostami et al., (2014), Stavrianopoulos (2015), Wiebe et al., (2017) and Asadi et al., (2020) yielded similar results to the present study.

Given the difference in scores between the control group and experiment group and the improvement between the pretest, posttest and follow-up score of self-esteem and marital satisfaction, it can be concluded that the proposed intervention of MCIP was found to be effective. Improved self-esteem would not just improve the marital satisfaction but would also equip an individual with coping skills and positive coping response to facilitate satisfaction in marital life in addition to subjective well-being.

The main limitation of the study was that the sample was restricted to Army couples. Hence, the study results are restrictive in their generalizability. As the scope of the study was restricted to couples within five years of their marital life alone, the impact of the intervention during the other phases of marital life could not be studied. Future research should investigate whether these findings remain consistent across couples belonging to various other professions, dual income, and among couples who are married for ten years or more, couples who are from same profession.

Data Availability

The data that has been used is confidential.

REFERENCES

[1] Asadi, M., Ghasemzadeh, N., Nazarifar, M., & Sarvandani, M. N. (2020). The effectiveness of emotion-focused couple therapy on marital satisfaction and positive feelings towards the spouse. International Journal of Health Studies, 6(4).
[2] Bajaj, B., Gupta, R., & Sengupta, S. (2019). Emotional stability and self-esteem as mediators between mindfulness and happiness. Journal of Happiness Studies, 20, 2211-2226.
[3] Basat, Ç. (2004). An exploration of marital satisfaction, locus of control, and self-esteem as predictors of sexual satisfaction (Master's thesis, Middle East Technical University).
[4] Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self-esteem cause better performance, interpersonal success, happiness, or healthier lifestyles?. Psychological science in the public interest, 4(1), 1-44.
[5] Bélanger, C., Di Schiavi, M. F., Sabourin, S., Dugal, C., El Baalbaki, G., & Lussier, Y. (2014). Self-esteem, coping efforts and marital adjustment. Europe's Journal of Psychology, 10(4), 660-671.
[6] Chalk, H. M. (2016). Disability self-categorization in emerging adults: Relationship with self-esteem, perceived esteem, mindfulness, and markers of adulthood. Emerging Adulthood, 4(3), 200-206.
[7] Chandna, S., Sharma, P., & Moosath, H. (2022). The mindful self: exploring mindfulness in relation with self-esteem and self-efficacy in Indian population. Psychological Studies, 67(2), 261-272.
[8] Cirhinlioglu, F. G., Tepe, Y. K., & Cirhinlioglu, Z. (2017). Psychological distress, self-esteem and emotional dependency of married individuals as predictors of marital adjustment. Procedia computer science, 120, 164-171.
[9] Coopersmith, S (1981, 1987). Self-esteem inventories. Palo Alto: Consulting Psychologists Press.
[10] Dalgleish, T. L., Johnson, S. M., Burgess Moser, M., Lafontaine, M. F., Wiebe, S. A., & Tasca, G. A. (2015). Predicting change in marital satisfaction throughout emotionally focused couple therapy. Journal of marital and family therapy, 41(3), 276-291.
[11] Erol, R. Y., & Orth, U. (2014). Development of self-esteem and relationship satisfaction in couples: Two longitudinal studies. Developmental psychology, 50(9), 2291.
[12] Eze, O. E., & Mba, E. (2018). Emotional intelligence and self-esteem as predictors of marital satisfaction among married couples in Nigeria. International Journal of Humanities and Social Science Invention, 7(3), 4-13.
[13] Funk, J. L., & Rogge, R. D. (2007). Testing the ruler with item response theory: increasing precision of measurement for relationship satisfaction with the Couples Satisfaction Index. Journal of family psychology, 21(4), 572.
[14] Johnson, M. D., & Anderson, J. R. (2013). The longitudinal association of marital confidence, time spent together, and marital satisfaction. Family process, 52, 244-256.
[15] Johnson, M. D., & Galambos, N. L. (2014). Paths to intimate relationship quality from parent-adolescent relations and mental health. Journal of Marriage and Family, 76, 145-160.
[16] Leary, M. R., & Baumeister, R. F. (2000). The nature and function of self-esteem: Sociometer theory. In Advances in experimental social psychology (Vol. 32, pp. 1-62). Academic Press.

[17] Park, H. J., & Dhandra, T. K. (2017). Relation between dispositional mindfulness and impulsive buying tendency: Role of trait emotional intelligence. Personality and Individual Differences, 105, 208-212.
[18] Randal, C., Pratt, D., & Bucci, S. (2015). Mindfulness and self-esteem: a systematic review. Mindfulness, 6, 1366-1378.
[19] Rosenberg, M. (1965). Rosenberg Self-Esteem Scale (RSES) [Database record]. APA PsycTests.
[20] Rostami, M., Taheri, A., Abdi, M., & Kermani, N. (2014). The effectiveness of instructing emotion-focused approach in improving the marital satisfaction in couples. Procedia-Social and Behavioral Sciences, 114, 693-698.
[21] Stavrianopoulos, K. (2015). Enhancing relationship satisfaction among college student couples: An emotionally focused therapy (EFT) approach. Journal of Couple & Relationship Therapy, 14(1), 1-16.
[22] Uwaoma, N. C., Unamba, J. U., Ebeh, R. E., & Chine, B. C. (2016). Influence of Self-Esteem and Gender on Marital Satisfaction among Igbo Married Couples in Owerri-Urban Area. International Journal in Management & Social Science, 4(11), 19-29.
[23] Wiebe, S. A., Johnson, S. M., Lafontaine, M. F., Burgess Moser, M., Dalgleish, T. L., & Tasca, G. A. (2017). Two-year follow-up outcomes in emotionally focused couple therapy: An investigation of relationship satisfaction and attachment trajectories. Journal of marital and family therapy, 43(2), 227-244.