THE IMPACT OF GASLIGHTING ON RELATIONSHIP SATISFACTION AND COGNITIVE EMOTIONAL REGULATION IN MARRIED COUPLES

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ABSTRACT

The present study was conducted to observe the Gaslighting formative emotional regulation and relationship assessment among married couples. The total number of sample 200 ,among them 100 male population and 100 female population. The age range of the sample was 20 to 50 years old. The data were collected through simple random sampling. Following measures were used to assess the findings. Demographic sheet were used to get personal information about the participant. Relationship Assessment Scale (RAS; Hendrick ,1988 ,(Gaslighting in Relationship Scale (GRS; Hailes and Goodman), and the Cognitive Emotional Regulation Questionnaire (CERQ; Garnefski & Kraaij ,2002.(Data were analyzed using correlation, regression test. Results showed the correlation between gaslighting, relationship assessment scale and cognitive emotional regulation questionnaire . Result also showed that husband gaslighting negatively predicted relationship satisfaction among both husband and wife .The results also showed that the wife gaslighting negatively predicted the both husband and wife relationship satisfaction . Results showed that the husband gaslighting will positively predicted the maladaptive cognitive emotional regulation and wife gaslighting also positively predicted the maladaptive cognitive emotional regulation among both husband and wife. By understanding how gaslighting can act as a destructive factor, mental health professionals can design interventions to overcome and mitigate the negative effects of gaslighting on relationship satisfaction and cognitive emotional regulation.

Keywords: Gaslighting, Cognitive Emotional Regulation and Relationship Satisfaction

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
GR	Gaslighting in Relationship
RA	Relationship Assessment
CER	Cognitive Emotional Regulation

List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
r	Correlation Coefficient

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