

THE EFFECT OF DUAL ROLE CONFLICT ON MARITAL SATISFACTION MODERATED BY EMOTIONAL REGULATION IN YOUNG MARRIED COUPLES IN THE SPECIAL REGION OF JAKARTA

Analisa Imara ^{a*)}, Roswiyani ^{a)}, Monty P. Satiadarma ^{a)}

^{a)} Universitas Tarumanagara, Jakarta, Indonesia

^{*)}Corresponding Author: analisaimara168@gmail.com

Article history: received 21 June 2025; revised 02 July 2025; accepted 24 July 2025

DOI: <https://doi.org/10.33751/jhss.v9i212720>

Abstract: This study examines the influence of dual role conflict on marital satisfaction among young married couples in Jakarta, with emotion regulation as a moderating variable. The background of this research lies in the increasing demands of household roles, especially for couples who both work. Dual role conflict arises when individuals face pressure to fulfill multiple roles simultaneously, such as being a spouse, a parent, and a professional. This study employed a quantitative approach using a survey method involving 200 participants aged 20–40 years who were already married. The majority of participants were women who actively worked and carried out multiple roles in their daily lives. The instruments used included the Role Conflict Scale to measure dual role conflict, the Emotion Regulation Questionnaire (ERQ) to measure emotion regulation, and the Enrich Marital Satisfaction Scale (EMSS) to measure marital satisfaction. Data analysis was conducted using moderation regression to determine whether emotion regulation strengthens or weakens the relationship between dual role conflict and marital satisfaction. The results showed that dual role conflict had a significant negative effect on marital satisfaction. However, emotion regulation was found to moderate this relationship. Individuals with strong emotion regulation skills were more capable of managing role pressures and maintaining the quality of their marital relationships. These findings highlight the importance of emotion regulation training as an adaptive strategy, particularly for working women. The practical implications are directed toward counselors, psychologists, and policymakers in providing support for married couples in the modern era.

Keywords: dual role conflict, emotion regulation, marital satisfaction, young married couples

I. INTRODUCTION

Early marriage remains a common phenomenon in Indonesia, including in urban areas such as the Special Region of Jakarta (DKJ). According to Law Number 16 of 2019, the minimum age for marriage is 19 years for both men and women. However, there is a marriage dispensation policy that allows couples under that age to marry with court permission. In 2020, 64,211 applications for marriage dispensations were recorded, a threefold increase from the previous year [1]. Although the prevalence of early marriage in DKJ is low nationally, the number of children married still reached 9,131 in 2022 [2]. This high figure indicates that early marriage remains a significant issue in urban areas. The rate of marriage under 19 varies across cities/regencies in DKJ, ranging from 14% to over 38% [3]. This condition is important to study further because it can impact the dynamics of household life.

Marrying at a young age often presents various challenges in married life. Research at the Jakarta Convention Center (DKJ) shows that couples who marry early are vulnerable to financial problems, difficulty managing emotions, and disagreements with their partners [4]. Lack of emotional and financial preparedness makes them more susceptible to marital conflict. Egocentrism, a lack of knowledge about married life, and a limited understanding of

the roles of husband and wife also trigger conflict [5]. This situation directly impacts marital satisfaction. When couples are unable to balance roles, problems often lead to arguments and even violence. This highlights the need for a deeper understanding of the influence of young age on marital quality.

Marital satisfaction encompasses various aspects such as communication, shared activities, problem-solving, finances, and sex life. Couples who marry young tend to have low marital satisfaction, particularly in aspects of communication, shared activities, and finances [6]. Factors such as relatively short marriage duration, low family income, and lack of knowledge in childcare also influence this satisfaction [7]. However, some couples are able to achieve moderate to high levels of marital satisfaction, especially if they have open communication and a proportional division of roles [8]. This suggests that marital satisfaction is influenced not only by age but also by other external factors. Therefore, this variability is important to study further.

Economic factors are a key factor in determining marital satisfaction among young couples. Studies show that couples with good financial management, open communication, and family support are able to maintain marital harmony [9]. However, economic instability often triggers serious marital conflict. Marital dissatisfaction can

even lead to relationship instability and divorce [10]. Although several surveys report that the majority of young married couples have high levels of satisfaction [11], cases of dissatisfaction still require special attention. This suggests that other factors mediate the relationship between early marriage and marital satisfaction.

One important factor influencing marital satisfaction is dual role conflict. Dual role conflict arises when individuals experience difficulty balancing their roles as workers and as family members [12]. High work pressure can reduce the frequency of interaction and communication between partners [13]. This condition has the potential to cause emotional stress, which can lead to increased marital conflict. Lack of spousal support and poor communication quality further exacerbate the situation [14]. Therefore, dual role conflict is an important variable that needs to be examined in research on marital satisfaction.

Dual role conflict can take the form of time-based conflict, strain-based conflict, or behavior-based conflict. Individuals who work long hours often experience limited time for family, resulting in Work Interfering With Family conflict [15]. Studies show that dual role conflict significantly contributes to low marital satisfaction, even reaching 31.2% in working women [16]. Behavior-based conflict, which is a mismatch in behavior between roles, can also worsen marital relationships [17]. This indicates that dual role conflict impacts not only practical aspects but also the quality of a couple's emotional relationship.

In addition to dual role conflict, emotional regulation also influences marital satisfaction. Emotion regulation is an individual's ability to control emotions before, during, and after emotional situations [18]. Couples with good emotional regulation tend to be able to resolve conflict constructively [19]. Strategies such as cognitive reappraisal can help couples view conflict as an opportunity to strengthen the relationship [20]. Conversely, poor emotional regulation can trigger impulsive reactions, increase conflict, and decrease marital satisfaction [21]. Thus, emotional regulation can act as a protective factor in maintaining relationship quality.

However, not all studies find a positive relationship between emotion regulation and marital satisfaction. Some studies suggest that suppressing emotions can actually exacerbate family conflict by inhibiting open communication [22]. This inconsistent finding suggests that emotion regulation needs further research, particularly in the context of young marriages. On the other hand, international research demonstrates that emotion regulation can moderate the impact of dual role conflict on stress and burnout [23]. Thus, emotion regulation has significant potential as a moderator in the relationship between dual role conflict and marital satisfaction.

The lack of research in Indonesia directly examining the relationship between dual role conflict, emotion regulation, and marital satisfaction presents a significant research gap. Qualitative studies have shown that individuals with multiple roles, such as students or working mothers, use emotion regulation strategies to cope with stress [24][25]. However, these studies have not specifically examined the role of emotion regulation in moderating dual role conflict and marital

satisfaction. The dynamics of young married couples in urban areas may differ from those of other groups. Therefore, it is important to examine the role of emotion regulation as a moderating variable in this context.

This study aims to examine the relationship between dual role conflict, emotion regulation, and marital satisfaction in young married couples in the Jakarta Metropolitan Region (DKJ). Two main hypotheses are proposed: dual role conflict significantly influences marital satisfaction, and emotion regulation moderates the relationship between the two. This study is expected to broaden theoretical understanding of the role of emotion regulation in maintaining marital relationship quality. Furthermore, the results can provide practical benefits in the development of psychological interventions for young couples. These interventions are expected to help them cope with the pressures of dual roles and maintain marital satisfaction. Therefore, this study contributes to strengthening the family institution amidst the dynamics of urban life.

II. RESEARCH METHODS

This research will use a non-experimental research design with a descriptive quantitative approach with a method. survey Quantitative data will be collected through questionnaires distributed both offline and online. For online data collection, questionnaires will be distributed using the platform *Google Form*, and for offline questionnaires, the filling instructions will be provided directly by the researcher. Technique *purposive sampling* will be applied to select participants who meet specific criteria, namely young married couples living in DKJ and experiencing dual role conflict.

The questionnaire instrument used includes three main scales: Dual Role Conflict is measured using *Role Conflict Scale*, *Emotion Regulation Questionnaire* according to [26], Emotional Regulation was measured using *Emotion Regulation Questionnaire (ERQ)* [27], and Marital Satisfaction as measured by *ENRICH Marital Satisfaction Scale* [28]. The distribution of the questionnaire will focus on young married couples in the DKJ region to ensure the relevance of the data to the broader research context.

a. Participants

Participants in this study were 200 young married couples who were still productively working. A woman aged 20-30 years who married when she was under 19 years old, living in the Special Region of Jakarta (DKJ), who was facing dual role conflict, namely a woman who is actively working and has responsibilities at work and at home. Has been married for at least 1 year and has at least 1 child.

b. Measurement

1. Dual Role Conflict

Dual role conflict was measured using an instrument *Role Conflict Scale* developed [28]. This scale measures two main aspects of role conflict, namely *Time-Based Conflict*, And *Strain-Based Conflict* Each aspect consists of 8 items, which describe how work and family responsibilities conflict and affect an individual's quality of life. Examples of items on this scale include: "My work

duties interfere with the time I spend with my family" and "I feel stressed because I have to juggle work and family duties at the same time." Respondents are asked to rate each item using a 5-point Likert scale, from 1 (Strongly disagree) to 5 (Strongly agree). A total score is obtained by summing the scores for each item, with a higher total score indicating greater role conflict. Reliability testing indicates that the value *Cronbach's Alpha* of 0.89, which indicates that this scale is valid and reliable for use in research. This scale has been widely used to measure role conflict in various work and family contexts [29].

2. Emotional Regulation

Emotional regulation was measured using *Emotion Regulation Questionnaire* (ERQ) developed [30]. The ERQ consists of 10 items divided into two main dimensions: *Cognitive Reappraisal* (cognitive reappraisal) and *Expressive Suppression* (emphasis of expression). *Cognitive Reappraisal* measures an individual's ability to change their perspective on emotional situations, while *Expressive Suppression* measures an individual's ability to restrain their emotional expression. An example of an item on this scale is: "I try to see the positive side of stressful situations" (*Cognitive Reappraisal*) and "I tend to hide my feelings when I'm upset" (*Expressive Suppression*). Each item is rated on a 7-point Likert scale, ranging from 1 (Strongly disagree) to 7 (Strongly agree). The total score is calculated by summing the scores for both dimensions, with higher scores indicating better emotional regulation ability. Reliability testing shows the values *Cronbach's Alpha* of 0.83, indicating that this scale is valid and reliable. This scale has been widely used to measure emotion regulation in various psychological and social contexts [31].

3. Marital Satisfaction

Marital satisfaction was measured using *ENRICH Marital Satisfaction Scale* (EMSS) developed [32]. This scale consists of 15 items that cover various aspects of marital satisfaction, such as communication, conflict resolution, role equality, and sexual relations. Examples of items on this scale are: "I feel that my partner understands my emotional needs" and "I am satisfied with the way we resolve conflicts in our marriage." Each item is rated on a 5-point Likert scale, from 1 (Strongly disagree) to 5 (Strongly agree). The total score is calculated by summing the scores across all items, with higher scores indicating greater levels of marital satisfaction. Reliability tests indicate that the value *Cronbach's Alpha* of 0.92, indicating that this scale is valid and reliable. The EMSS has been used in various studies to evaluate the relationship between marital satisfaction and other psychological and social factors [33].

c. Procedure

The research procedure began with a preparatory phase involving the identification of the phenomenon of dual role conflict that frequently occurs among young married couples in the Jakarta Convention Center (DKJ). The researcher prepared a topic, title, theories, and concepts relevant to the study, and sought literature from various reliable sources to explore the influence of dual role conflict on marital satisfaction and the role of emotional regulation as a moderating factor. The researcher then consulted with her supervisor for input and guidance in developing a research proposal in accordance with applicable guidelines. Once the research proposal was approved and research permits were obtained, the researcher proceeded to the data collection phase.

In the data collection stage, researchers used a questionnaire as an instrument to measure dual role conflict, emotional regulation, and marital satisfaction in young married couples in the Jakarta Medical Center. Participants were selected through *purposive sampling*. With the help of social media and a community of young married couples, they were then contacted via WhatsApp and email to ask for their willingness to participate in the study. The researcher ensured that participants understood the purpose of the study by providing an informed consent form (*informed consent*) which explains the purpose and objectives of the research.

The measuring instrument used in this study is *Role Conflict Scale*, *Emotion Regulation Questionnaire* (ERQ), this *ENRICH Marital Satisfaction Scale* (EMSS). Most of these measuring instruments are not yet available in Indonesian, so researchers adapted the language through a two-way translation procedure (*forward-backward translation*). The translated results were then evaluated by experts in psychology and instrument measurement to ensure the appropriateness of the language, culture, and meaning of the items for content validity.

After the data is collected, the researcher will process the data using *Statistical Product and Service Solution* (SPSS) to perform quantitative data analysis.

Before conducting the main analysis, the researchers first conducted classical assumption tests, including normality, linearity, multicollinearity, and heteroscedasticity tests, to ensure the data met the requirements for regression analysis. Next, descriptive analysis was conducted to examine participant characteristics and score distributions for each variable. Pearson correlation analysis was used to examine the general relationship between variables. Then, a moderated regression analysis was conducted to determine whether emotion regulation moderates the effect of dual role conflict on marital satisfaction. The results of the analysis will be interpreted based on the regression coefficient (B), significance value (p-value), and interaction of the moderating variables, with the significance level set at $p < 0.05$.

d. Data analysis

The analysis model used is Moderated Regression Analysis (MRA) by testing the moderating role of emotion regulation in the relationship between dual role conflict and marital satisfaction. Data will be analyzed using Macro PROCESS Hayes in SPSS 24, specifically using the bootstrap method to obtain more accurate results.

Based on the table of number of children, almost all respondents have between 0-2 children, namely 318 respondents (99.07%), while only 3 respondents have 3 or more children (0.93%). This indicates that the majority of respondents choose to have a few children, which is ideal for achieving family well-being and better health.

III. RESULT AND DISCUSSION

Research Subject Overview

The study involved 321 respondents. All data were used in the study. Respondents were categorized based on various demographic characteristics, including age, age at marriage, years of marriage, number of children, domicile, and gender, with all respondents being female. The majority of respondents in this study were over 25 years old (71.3%).

Table 1. Respondent Demographic Data by Age

Characteristics	Data	Frequency	Percentage (%)
Age	< 25 Years	92	28,66
	≥ 25 Years	229	71,34

Based on age at marriage, the majority of respondents married at age 25 or younger, 235 respondents (73.21%). This indicates that women are relatively young when they marry, as many respondents married at age 25 or younger.

Table 2. Respondent Demographic Data by Age at Marriage

Characteristics	Category	Frequency	Percentage (%)
Age at Marriage	≤ 25 Years	235	73,21
	> 25 Years	86	26,79

The table shows that the majority of respondents had been married for less than 10 years (95.02%). Only 16 respondents (4.98) had been married for more than 10 years. This indicates that most respondents have not been married for a long time. The initial phase of marriage, which involves adjusting to life and building the foundation of a household, is characterized by various new challenges.

Table 3. Respondent Demographic Data based on Length of Marriage

Characteristics	Category	Frequency	Percentage (%)
How many years have you been married?	< 10 Years	305	95,02
	≥ 10 Years	16	4,98

Table 4. Respondent Demographic Data based on Number of Children

Characteristics	Category	Frequency	Percentage (%)
Number of children	< 3 Children	318	99,07
	≥ 3 Children	3	0,93

Table 5 shows the respondents' domicile in the Special Region of Jakarta (DKJ). The largest number of respondents came from East Jakarta (25.55%), while the fewest number came from the Thousand Islands (9 respondents) (2.8%). The remainder came from West Jakarta, South Jakarta, Central Jakarta, and North Jakarta. This indicates that respondents came from domiciles spread throughout the Special Region of Jakarta (DKJ).

Table 5. Respondent Demographic Data based on Domicile

Characteristics	Category	Frequency	Percentage (%)
Domicile	West Jakarta	55	17,13
	East Jakarta	82	25,55
	South Jakarta	67	20,87
	Central Jakarta	64	19,94
	North Jakarta	44	13,71
	Thousand Islands	9	2,80

Based on their current employment, the majority of respondents (260 respondents or 81%) have other jobs. A small proportion of women in this study are housewives, representing only 13 respondents (4.05%) of the total data. This indicates that, despite their female characteristics, almost all of the respondents in this study are employed. Other possible occupations include private sector employees, state-owned enterprises (BUMN), pharmacists, or other fields.

Table 6. Respondent Demographic Data based on Current Occupation

Characteristics	Category	Frequency	Percentage (%)
Current Job	Housewife	13	4,05
	Self-employed	19	5,92
	State Officer	29	9,03
	Other	260	81,00

Variable Test

The three main variables used are dual role conflict, emotional regulation, and marital satisfaction. The dual role conflict and marital satisfaction variables use a scale of 1-5, while emotional regulation uses a scale of 1-7. Variables with a scale of 1-5 have mean hypothetical is 3.00 and for a scale of 1-7 it has mean hypothetical of 4.00. If mean empirical of the variable is higher than mean Hypothetically, the variable is categorized as high, and if it is below it is categorized as low.

The description of the Dual Role Conflict variable has a value mean empirical = 4.25 is greater than the value mean Hypothetical = 3.00 (SD = 0.75). This indicates that respondents in this study had a high level of dual role conflict in their marriage. The Emotional Regulation variable also had a high value. mean empirical = 5.42 is greater than the value mean Hypothetical = 4.00 (SD = 0.89). This indicates that respondents' perceptions of emotional regulation in marriage are high. The Marital Satisfaction variable has a value of mean empirical = 3.94 is greater than the value mean Hypothetical = 3.00 (SD = 0.41). This indicates that respondents in this study have a high perception of marriage.

Table 7. Variable Data Overview

I. VARIABLE	S	N	Hypothet ical Mean	Empiric al Mean	Std. Deviatio n
Dual Role Conflict	1 – 5	3 2 1	3	4,25	0,75
Emotional Regulation	1 – 7	3 2 1	4	5,42	0,89
Marital Satisfaction	1 – 5	3 2 1	3	3,94	0,41
Valid N (listwise)		3 2 1			

Correlation Test

Based on the results of the Pearson correlation analysis, information was obtained regarding the relationship between the variables of dual role conflict, emotional regulation, and marital satisfaction. The correlation between dual role conflict and emotional regulation showed a very strong and statistically significant positive relationship between the two variables ($r = 0,850, p < 0.05$). This means that the higher the dual role conflict experienced by an individual, the higher their emotional regulation ability, or vice versa. Furthermore, the correlation between dual role conflict and marital satisfaction shows a strong and significant positive relationship ($r = 0,732, p < 0.000$). Thus, the higher the dual role conflict, the more it tends to be followed by an increase in marital satisfaction.

Regression Test

Before conducting the regression test, a classical assumption test was conducted. The data were normally distributed with the test. *Kolmogorov-Smirnov* ($p > 0.05$). Then the Linearity test shows that there is a linear relationship between the three variables and meets the assumptions ($p > 0.05$). Then the multicollinearity test shows that there is no multicollinearity in the research data (*Tolerance* > 0,10, *VIF* < 10). The heteroscedasticity assumption is shown in the graph *scatterplot* which indicates that the research data points are scattered and do not form a specific pattern, thus heteroscedasticity does not occur. All assumptions are met, so the regression analysis was continued with the Emotional Regulation variable as the moderator variable, the Dual Role Conflict variable as the independent variable, and the Marital Satisfaction variable as the dependent variable.

The results of the moderator variable test indicate that Emotion Regulation acts as a moderator that strengthens the positive relationship between Dual Role Conflict and Marital Satisfaction. This interaction regression model involves three main components: Dual Role Conflict, Emotion Regulation, and the interaction between the two. The analysis results indicate that Dual Role Conflict directly has a significant positive effect on Marital Satisfaction ($c = 0,5588, p < 0.05$). The Emotional Regulation Coefficient has a significant positive direct influence on Marital Satisfaction ($b = 2,9830, p < 0.05$). Then, the interaction between Dual Role Conflict and Emotional Regulation has a significant influence on Marital Satisfaction ($c' = 0,0425, p < 0.05$), which means that emotional regulation significantly strengthens (moderates) the influence of Dual Role Conflict on Marital Satisfaction.

Mark *R Square* A value of 0.7776 indicates that this model is able to explain 77.76% of the variability in Marital Satisfaction, which is considered high. Therefore, it can be concluded that the higher an individual's ability to manage emotions, the stronger the positive effect of dual role conflict on marital satisfaction. This finding highlights the importance of emotional regulation as a protective factor in dealing with the stress of dual role conflict.

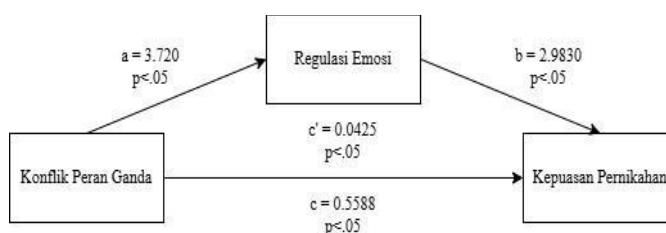


Figure 1. Diagram of the Results of the Regression Test of Dual Role Conflict on Marital Satisfaction with Emotional Regulation as a Moderator Variable

Table 8. Results of the Regression Test of Dual Role Conflict on Marital Satisfaction with Emotional Regulation as a Moderator Variable

Model	Path way	Co eff	T	P
Dual Role Conflict - Emotion Regulation	a	3.720	9.999	0.000
Emotion Regulation - Marital Satisfaction	b	2.9830	10.9711	0.000
Dual Role Conflict - Marital Satisfaction	c	0.5588	5.5140	0.000
Interaction	c'	0.0425	11.2548	0.000
R Square		0.7776		

Difference Test

Based on the results of the difference test in Table 8, it is known that the three variables in this study, namely Dual Role Conflict, Emotional Regulation, and Marital Satisfaction, have different average values (mean). The Emotional Regulation variable has the highest mean value of 54.20 with a standard deviation of 8.90, which indicates that participants have relatively good emotional regulation abilities with a fairly stable data distribution. Meanwhile, Dual Role Conflict has a mean value of 51.14 and a standard deviation of 10.46, indicating a relatively high level of dual role conflict with greater variation among respondents. Meanwhile, Marital Satisfaction shows the lowest mean value of 50.23 with a standard deviation of 6.15, which indicates a level of marital satisfaction that tends to be moderate with a more homogeneous data distribution than the other variables.

Table 9. Marital Satisfaction

Variables	N	Mean	Std. Deviation
Dual Role Conflict	321	51.1371	10.46213
Emotional Regulation	321	54.2025	8.90432
Marital Satisfaction	321	50.2336	6.14651
Valid N (listwise)	321		

The first finding is a simple linear regression test showing that dual role conflict has a significant effect on marital satisfaction, with a regression coefficient value of 0.5588 and a significance level of 0.000. Theoretically, this finding can be linked to the dual role theory of Kahn et al. (1964), which states that individuals who carry out multiple social roles often experience conflict due to conflicting demands, such as between the roles of worker and partner. Interestingly, the results of this study show that dual role conflict is actually positively correlated with marital satisfaction, indicating that under certain conditions, individuals experiencing dual roles can maintain and even

improve the quality of their relationships, possibly due to the emergence of greater efforts to balance roles and maintain household harmony. Research by Buchanan, Petty, and Taylor (2021) supports this finding, by emphasizing that emotional regulation plays a crucial role in mitigating the negative impact of role conflict on marital satisfaction. Individuals who are able to manage their emotions tend to be able to cope with role pressures more adaptively, so dual role conflict does not always reduce relationship quality [34].

Furthermore, Hochschild and Machung (2012) in their book *The Second Shift*, also revealed that couples who are able to share responsibilities and show empathy for each other's role burdens tend to have healthier relationships, even though they face the pressures of dual roles [35]. This view strengthens the interpretation that dual role conflict is not always destructive if there is good emotional support and cooperation in the marital relationship. Kahn et al. (1964) themselves stated that the consequences of role conflict depend on the individual's perception of the situation and the psychological and social resources they have [36]. However, there are also findings that do not support the results of this study. Greenhaus and Beutell (1985), in their widely influential study, found that dual role conflict tends to reduce satisfaction in family life and marriage, because individuals feel overwhelmed in meeting the demands of conflicting roles, thereby increasing stress and conflict in the relationship [37].

These differing results indicate that the relationship between dual role conflict and marital satisfaction is complex and contextual. Factors such as emotional regulation skills, partner support, and perceptions of conflict significantly influence whether role conflict has a positive or negative impact on marriage. Therefore, a more comprehensive approach is needed to assess the influence of dual role conflict, including examining the role of moderating variables such as emotional regulation and interpersonal communication quality in marital relationships.

The second finding indicates that emotional regulation plays a significant role in strengthening the positive relationship between dual role conflict and marital satisfaction. This is demonstrated by the statistically significant interaction value ($c' = 0.0425$; $p < 0.001$), indicating that the higher an individual's ability to manage their emotions, the stronger the positive impact of dual role conflict on marital satisfaction. Theoretically, this finding aligns with Gross's (1998) Emotion Regulation Theory approach, which states that an individual's ability to regulate emotions can help reduce stress and pressure from challenging situations, including role conflict [38]. In other words, individuals who are able to regulate their emotions tend to be more flexible and resilient in facing the demands of dual roles, which then has a positive impact on the quality of marital relationships.

Contemporary research also supports the crucial role of emotion regulation as a moderating variable. For example, a study by Ali, Nazir, and Majid (2022) showed that emotion regulation can strengthen the positive relationship between work stress and life satisfaction in the context of working couples [39]. They found that couples with high levels of emotion regulation were better able to maintain harmony and

satisfaction in their relationships despite facing high role stress. Similar results were reported by Wang, Liu, and Qian (2023), who found that emotion regulation can mitigate the negative effects of role conflict on relationship stress and improve marital adjustment [40].

A study by Nandhini and Priyadarshini (2021) in the context of young couples also concluded that emotion regulation is a strong predictor of marital happiness, especially under conditions of role stress or multitasking [41]. They stated that emotionally intelligent couples can navigate the dynamics of dual-role conflict more constructively. However, some findings do not support this moderating role. For example, a study by Novak and Burgess (2021) found that although emotion regulation had a direct influence on psychological well-being, its interactive effect in strengthening the relationship between dual-role conflict and marital satisfaction was not significant in their sample, which consisted primarily of couples from low-income backgrounds [42]. This suggests that the moderating effect of emotion regulation may be contextual and influenced by other factors such as social support, work burnout, or the level of couple communication.

Thus, the results of this study enrich theoretical understanding of the importance of emotion regulation in interpersonal relationships, particularly in marriages characterized by the challenges of multiple roles. The practical implication is that it is important for couples to develop emotion regulation skills as an adaptive strategy for maintaining relationship quality, especially in the modern era that demands multiple roles simultaneously.

II. CONCLUSION

Based on the data analysis, it can be concluded that dual role conflict has a significant impact on marital satisfaction. Although theoretically, role conflict is often associated with negative impacts, the results of this study actually show that, in certain contexts, dual role conflict can have a positive impact on marital satisfaction. This is possible when individuals are able to manage role stress adaptively and view multiple roles as sources of meaning and self-actualization. Furthermore, emotional regulation has been shown to play a significant role as a moderator in the relationship. Individuals with strong emotional regulation skills tend to be better able to mitigate the stress caused by dual role conflict, and in fact, strengthen its impact on increasing marital satisfaction. These results emphasize the importance of emotional regulation skills in maintaining marital harmony, especially for couples with multiple responsibilities and role demands.

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