

Relationship of Emotional Invalidation to Thought Suppression and Avoidant Stress Responses

Nikki D. Orita, Paulo Manuel L. Macapagal, Rocel P. Asotegue, Zyrll Kate Yabut, Jewel Anne Duran

Arellano University, School of Psychology, ,
2600 Legarda St. Sampaloc Manila, PH, +63 923 4338 019
nikkiorita@gmail.com

Arellano University, School of Psychology, ,
2600 Legarda St. Sampaloc Manila, PH,
paulo.macapagal@arellano.edu.ph

Arellano University, School of Psychology, ,
2600 Legarda St. Sampaloc Manila, PH, +63 961 462 3651
rocel.asotegue@arellano.edu.ph

Arellano University, School of Psychology, ,
2600 Legarda St. Sampaloc Manila, PH, +63 916 120 767
zyrlllyabut@gmail.

Arellano University, School of Psychology, ,
2600 Legarda St. Sampaloc Manila, PH, +63 961 462 3651
jewel.duran@arellano.edu.ph

Abstract: Emotional invalidation is a construct that has received very little attention despite its theoretical importance. The current study examined the relationship between emotional invalidation to thought suppression and avoidant stress responses among married couples residing in Metro Manila. Using the Perceived Invalidation of Emotion Scale, White Bear Thought Suppression Inventory, and Avoidant Stress Responses Scale the researchers have accelerated to study how married couples handle emotional invalidation. Descriptive-correlational design was utilized and respondents were chosen using a non-probability purposive sampling technique with a specific criterion wherein four hundred and seventy-five participants completed a forced-choice questionnaire about how they perceived invalidation with their spouse and a subset of this group (n=200) completed an additional measure about thought suppression and avoidant stress responses. The result indicated that 63% of the respondents perceived that they are very highly invalidated; 52% of the respondents scored high on the level of thought suppression while 51% of the respondents are moderately avoidant. The result of the statistical treatment of data using linear regression analysis shows that married couples who perceived that they are emotionally invalidated do not engage in thought suppression and avoidant stress responses. Therefore, the researcher concluded that emotional invalidation has no significant relationship to thought suppression and avoidant stress responses. In line with this, this current study can provide a foundation for future researchers to expand more study about invalidation.

Keywords: emotional invalidation, thought suppression, avoidant stress responses

1. Introduction

In a relationship, how the other one conforms to you would be the hardest aspect of communication. It is about how they can talk to people verbally and nonverbally. A solid foundation for positive communication with someone is that they do not fear empathy, and they would confidently understand each other. Lavner and colleagues [1], concluded that communication plays a central role in models of relationship deterioration, a relationship is believed to remain strong as long as partners respond with sensitivity to one another. Research from Lynch et al. [2] proves a notion of mental conditions resulting from emotional invalidation. History of emotion invalidation has substantially corresponded with emotional inhibition (i.e., ambivalence over emotional expression, thought suppression, and avoidant stress responses). Preliminary findings released by the Philippine Statistics Authority (PSA) [3] from the 2017 National Demographic and Health Survey, one in four or 26% of married women aged 15 to 49 have witnessed emotional abuse. Few research studies state that one of the common reasons why married couples separate includes lack of communication. An emotional invalidation is a form of

emotional abuse that can cause a couple to have lower marital satisfaction [4], emotion invalidation is defined as any social exchange during which an individual's expressed emotions or affective experiences are met with a response from another person that is perceived by the individual as implying that their affective experiences or emotions are invalid, incorrect or inappropriate. Invalidation of emotion happens if an expressed emotion is dismissed, ignored, neglected, and criticized. It is as if your opinions, thoughts, and emotions are unimportant. This study is rooted in Linehan's study about emotion invalidation which occurs when a person is subjected to minimizing experiences, thereby creating serious emotional dysregulation. In line with this, the result of the study conducted by Krause and his colleague [5] suggests that individuals with a history of emotional invalidation tend to inhibit or suppress emotional expression. Only a few studies were conducted concerning emotional invalidation. The dearth of these researches lacks the information that focuses on the current and ongoing effect of emotion invalidation on the married couple. This research study is aimed to measure the emotional invalidation of the married couple and

determine whether it has a significant relation to thought suppression and avoidant stress response. Specifically, it will attempt to address the following questions: 1. What is the length of years of being married among couples? 2. What is the level of perceived emotional invalidation of a married couple to their spouse? 3. What is the level of perceived thought suppression of married couples to their spouse? 4. What is the level of perceived avoidant stress responses of married couples to their spouse? 5. Is there a significant relationship between emotional invalidation to thought suppression among married couples? 6. Is there a significant relationship between emotional invalidation to avoidant stress response among married couples?

2. Locating the study in Existing Literature

Emotional Invalidation

Emotional Invalidation Sharing of emotional experiences is ambiguous and it has been used in several ways [6]. Every single day everyone experiences having an event that evokes an emotional response and humans, being hardwired for connection, tend to share their emotional experiences. Because emotion is such a common experience and it typically captures our attention and directs behavior, it has important implications for daily life [7]. Beyond this function of emotion, it also has an interpersonal function. The interpersonal function of emotion can be experienced through emotional expression. Wanzer et. al, [8] pointed out the importance of effective communication because it has the power of increasing one's connections with others and one's well-being. According to Lavner and colleagues [1], communication plays a central role in models of relationship deterioration, a relationship is believed to remain strong as long as partners respond with sensitivity to one another. Relationship satisfaction varies from person to person. Regardless, researchers have attempted to define common constructs among individuals in order to provide a roadmap for safe and fulfilling relationships, and effective communication is one of them [9]. Validation as a way of communicating is recommended for handling emotional expression in interpersonal interactions. It communicates understanding and acceptance of the other person's experience, and it has been shown to have a down-regulating effect on negative emotions. It has previously been demonstrated to be important for couples [10]. In line with that [11] he added that validation is defined as the sense of being understood. A validating person demonstrates a high level of supporting behavior and a low level of conflict-inducing behavior, whereas an invalidating person is unlikely to support others and actively seeks out conflict. Moreover, non-acceptance and invalidation of emotional experiences can reinforce negative attitudes about emotional experiences by preventing the assignment of adaptive meanings, which can lead to symptomatology [12]. However, those who placed a high value on negative emotions (e.g., anger, anxiousness) had fewer correlations between daily negative emotions and poor psychosocial functioning and physical health. Other research has found that establishing positive attitudes about the usefulness of specific emotional states (such as worry) or attributes (such as physiological arousal) helps people recover from stressful situations. The fact that negative emotions can be perceived as beneficial demonstrates that people's opinions about emotion's functionality aren't just based on how they desire to feel or how pleasurable they consider specific emotions to be. In general, appreciating specific emotions, or

specific aspects of emotion is linked to better outcomes than perceiving them as dysfunctional [13]. Moreover, [14] invalidation is when one's private feelings or overt expressions of emotions are punished, ignored, or otherwise considered as unacceptable. He added that invalidation can take many forms, but it most commonly refers to painful, severe, or irregular responses to one's private experiences (e.g., thoughts and feelings) or overt expression of emotions that being met with punishing or extreme responses that direct the message that individual behavior, thoughts, and feelings that are not acceptable. Loess[14] stated that other forms of invalidation include and are not limited to neglect, criticism, punishment, humiliation, and sexual abuse. In line with that, according to Dable, [15] Invalidation has been demonstrated to contribute to higher levels of negative affect and heart rate. They also added that they found out that invalidation by a spouse was found to be linked to the helplessness, affective distress, and pain behaviors described by those with chronic pain. The degree of happiness among couples largely depends on the effectiveness of the communication that a couple has. Communicating effectively is a propeller of an intimate relationship because it allows them to avoid misunderstanding, express their emotions freely and fulfill their needs [16]. In line with this, validation is seen as a way of communicating that is suggested for handling emotional expression in interpersonal interactions, validation communicates a way of understanding and acceptance which is important for couples [10]. In the phase of marriage, the honeymoon phase is long over and married couples tend to have problems at their worst – even when the couple sees a happy marriage as an outcome of actual efforts to keep it healthy. The psychological literature considers this pattern consistent with the notions such as ‘honeymoon- is-over’ and ‘seven-year itch’. Most married couples come up with a decline in marital quality after the first years of marriage, with tensions tending to culminate near the seventh year [17]. Others are not always responsive to sharers’ expressed emotions; they may respond with negative, emotionally invalidating reactions (e.g., dismissing, criticizing, ignoring that is done intentionally) that may exert deleterious consequences [18]. In a study conducted by Weber & Herr, [19] evidence shows that greater invalidation among couples is related to lower marital satisfaction. Conversely, a high degree of invalidating responses that contributes to emotional intimacy has a significant factor in satisfaction in the relationship [20]. In addition to that, people who value emotion are more accepting of how their partners feel, and empathy is linked to relationship satisfaction. Both expressing and empathizing with emotion can improve relationship quality and thus enhance wellbeing. People who value emotion as harmful are less open about their feelings and may invalidate how their partners feel. [13] However, couples may also have formed effective coping methods for dealing with challenges and may be less emotionally negative in their resolution of conflict [21]. According to Zielinski & Veilleux [18], emotion invalidation is any social exchange during which an individual's expressed emotions or affective experiences are met with a response from another person that is perceived by the individual as implying that their affective experiences or emotions are invalid, incorrect or inappropriate. Invalidation of emotion happens if an expressed emotion is dismissed, ignored, neglected, and criticized. It is as if your opinions, thoughts, and emotions are unimportant. As explained by Herr, et. al,[22], invalidation of emotion has

been shown to have both immediate and long-term detrimental effects on emotional regulation and reactivity. Even if it is unintentional, invalidation can have a detrimental effect [23]. For example, neglecting emotional expression by ignoring emotional display [24], and minimization of another person's emotions [25], may have an impact on emotional dysregulation. These studies suggest that a form of emotion dysregulation which is emotion invalidation may stem from how social partners respond to an expressed emotion [18]. However, those who believe that emotion is detrimental are more prone to be secretive about their feelings and may also dismiss or invalidate the feelings of their partner. Seeing emotion as more beneficial than harmful has various advantages, including improved emotion control, social relationship promotion, and long-term wellness. Acceptance of one's own and others' emotional experiences is a key process underlying these [13]. The origin of the research about emotion invalidation can be traced to the development of Linehan's Biosocial Theory of Borderline Personality Disorder (BPD) in 1993. Linehan also explored the concept of emotional invalidation which occurs when a person is subjected to minimizing experiences throughout their childhood, thereby creating serious emotional dysregulation [26]. According to Biosocial Theory, emotion dysregulation arises because of invalidating the childhood environment. In line with the theory, various studies demonstrated the association between childhood invalidation and the development of borderline personality disorder [27]. The biosocial theory of BPD explains that people who grew up in an emotionally invalidating environment have difficulty in regulating their emotions [28]. In addition, experts believed that being in an emotionally invalidating environment may lead to a person having difficulty in regulating his or her emotions because the opportunities for coregulation and emotion de-escalation are missed [29]. This finding suggests that invalidation has a detrimental effect on the emotional and physical aspects of a person. Understanding the factors that contribute to emotion dysregulation which is emotion invalidation is crucial. Studying invalidation among married couples is vital because the degree of marital satisfaction is related to the degree of invalidation. Markman and colleagues [30] predict marital outcomes discovered that couples' perceptions of their communication during a conflict discussion predicted marital satisfaction up to five years later.

Thought Suppression

Thought suppression is a cognitive process by which individuals try to avoid unwanted thoughts[31]. According to Gupta & Mishra [32], thought suppression was completely studied by William James in 1890 and systematic research was performed by Wegner and Zanakos[33]. In line with that, Wegner and Zanakos[33] in the year 1994 described thought suppression as the general tendency or desire to suppress distressing thoughts. An individual can experience unwanted thoughts that may arise regarding events that have occurred in the past (e.g., a loved one's death), and that may occur in the future (e.g., the termination of an employment contract) [34]. One thing to deal with negative thoughts or memory is to put them out of mind. People remove certain thoughts from their awareness by actively choosing to think about something else. The process of avoiding unwanted thoughts by trying to block them from consciousness is called thought suppression [35]. In addition,[36] explained that thought suppression lessens the ability to recall emotionally negative situations but not those

emotions that were positive. One of the paradoxical and counterproductive effects of thought suppression is that it can lead to a recurrence of the thought being suppressed[37]. According to Efrati et. al,[38] Thought suppression, defined as the attempt to dismiss undesired thoughts, is one of the most popular techniques for dealing with objectionable thoughts, especially if we do not feel comfortable addressing them publicly. In line with this, thought suppression consists of making conscious attempts to stop unwanted thoughts from eliciting bad feelings. Increased rates of depression have been linked to thought suppression. On the other hand, Longitudinal research reveals that thought suppression interacts with life stress, indicating increased rates of depression only in high-stress situations. However, the studies of the general population indicate that trying to suppress thoughts commonly results in rebound effects as well as increases in emotional and physiological arousal. The attachment avoidance approach for deactivating the attachment system has been connected to thought suppression [39]. Furthermore, Dworkin et. al, [40], stated that suppression is motivated by personal goals that may vary across settings and emotions, in which motivation may include protecting their relationship by concealing or suppressing their expression of anger, suppressing sadness to reduce one's vulnerability, and being courteous to value other by suppressing personal pride and happiness. They explained that during couple interactions suppression refers to avoid hurting a person that made him angry. They added that suppression has adaptive benefits in couple interactions and it may be helpful, at times to suppress one's emotional expression to manage a partner's ability to express his or her emotions. In line with this, Garofalo et. al, [41] stated that an individual may hide his or her emotions if they think that expressing them could impair their relationship or hurt their partner's feelings. Thought suppression has been characterized as a maladaptive kind of experiential avoidance as well as a maladaptive method for emotion regulation. [42] White Bear Suppression Inventory or also known as WBSI was made by Wegner & Zanakos[33] in the year of 1994 to measure thought suppression Thimm, et. al, [43] However, Rassin [44], suggested that the WBSI measure two factors, the intrusion and thought suppression. In the defense of that, it was pointed out that a high frequency of intrusion does not always imply a high level of suppression. In addition, those findings need additional support for the assumption that the WBSI assesses both thought suppression and intrusive thoughts, as well as to the study of other researcher's hypothesis that the intrusion items may inflate the connection between the WBSI and psychopathology measures Schmidt, et. al, [45]. Furthermore, In the latest study of White Bear Suppression Inventory, it was mentioned that It is more difficult to interpret total scores on the inventory if they correspond to both intrusive thoughts and suppression because it's impossible to tell whether low scores refer to people who suppress efficiently or to those who don't have intrusive ideas. In any event, the test's factor structure and construct validity remain unknown, and factors with similar names aren't even defined by the same items. As a result, they believed that resolving the issue should be a top priority so that they can focus on other psychometric properties of the inventory, such as its reliability (internal consistency and test-retest), as well as differential-criterial validity, convergent, divergent, predictive, and discriminant validity about intrusive thoughts, depression, and cognitive processes like intolerance of

uncertainty and meta-cognition (beliefs about worries)[46] Individuals with a history of emotional invalidation tend to inhibit or suppress emotional expression[5]. Emotional suppression refers to hiding emotional experiences from others, a strategy that they considered as expressive suppression. Emotional suppression differs from thought suppression as an interpersonal process for keeping emotionally evocative thoughts and feelings out of one's mind, while expression refers to attempts to communicate emotions with others. Physical, psychological, and social well-being have been found to influence emotional suppression and expression [47]. However, Excessive use of expressive suppression, on the other hand, is linked to experiencing less positive and more negative emotions, fewer reported close relationships, lower life satisfaction, and more depressive symptoms [48]. According to Brandão et. al, [49], suppression of emotions from partners tends to verify that they are not sensitive and available to provide support to their partner. In addition to that, Righetti & Impett, [50], explained that through sacrificing, the individual settles a relationship-oriented in which partners can continue to stay together and pursue their shared activities. Sacrifices in a relationship occur when an individual initially likes to do something but decides instead to subordinate their personal preferences. Knowing your partner is willing to give up their self-interest for the relationship can make the partner feel loved and cared for [51]. Many researchers have looked at the suppression of emotionally relevant ideas like anxieties, ruminative thoughts, traumatic event thoughts, obsessional thoughts, and so on. The thought's emotional impact is an important factor to examine [42]. Furthermore, a study conducted in the Philippines by Ramos et al, [52], explained that emotion is similar to the mood or state of a person's feelings that correlates with non-verbal behavior. Therefore, the ability to suppress emotions could be adaptive especially when coping with highly stressful situations and traumatic experiences [47]. Individuals used thought suppression as a coping mechanism for dealing with distressing thoughts. People are more likely to suppress intensely emotional traumatic memories, which can be remembered regardless of memory age. If these memories are suppressed, each intrusion into consciousness will elicit the memory's associated effect, and people can feel as if they are reliving the memory because they are seeing it through their own eyes [35]. Zoppolat et. al, [53], said that in a romantic relationship people often encounter a conflict of interest. They also added that an effective way to resolve conflict situations is to sacrifice one's preference to benefit one's partner and also the relationship. They added that sacrificing one's interest is an effective way to solve such dilemmas. Since, conflict is unavoidable in couple relationships and can be simply characterized as the existence of conflict, discrepancy, or incompatibility between partners. Couple bonds have a high degree of interdependence, which promotes intimacy but also provides the potential for conflict and abuse [54]. It is commonly known that people can regulate their emotions, which involve generating new emotions or changing the current emotions by using behavioral or cognitive strategies. There are multiple emotion regulation strategies, including suppression of emotions in which an individual may avoid or ignore certain situations to change the way they feel [55]. Emotion regulation is our capability to handle our emotions instead of being dealt with. It also teaches essential skills to deal with emotions positively [56]. Purdon [42], added that emotionally relevant thoughts are linked to mood, associative

memory networks, and prepotent responses. Emotion regulation is termed as the ability to understand and accept emotional experiences, to use adaptive strategies to manage emotions, to behave in accordance with goals when experiencing negative emotions, and to control impulses. Emotion regulation is understood to be attachment style. For instance, a person with an avoidant attachment style may develop deactivating emotion management mechanisms such as reducing the feeling and expression of emotions. These techniques appear to work at first, allowing you to stay close to an attachment figure while reducing attachment-related stress. Chronic overuse of these methods, especially in reciprocal adult relationships, is considered maladaptive because of the risk of detrimental long-term consequences. Suppression, experiencing avoidance, and rumination are examples of maladaptive emotion management practices. Attachment avoidance and depression are linked by maladaptive emotion regulation, which has been identified as one of the most important mediators [39]. The study of Balzarotti et al. [57], defined expressive suppression as a common strategy that people use to regulate their emotions, in which an individual may try to hide and avoid the outward display of positive and negative feelings. Compared with different strategies, expressive suppression has been considered as a more interpersonal form of regulation of emotion since it is directly targeting the outer expressive behavior which is noticeable to other people. Their study would support the statement of Ong & Thompson, [58], in which expressive suppression is an attempt to hide or reduce the ongoing emotion expressive behavior. A variety of emotion management techniques may be effective in reducing contextually excessive positive emotion, but they believe that expressive suppression is especially useful. As the name implies, expressive repression is concerned with the behavioral representation of emotion: when people effectively suppress their feelings, observers are unable to say what emotion they are feeling simply by looking at them [59]. According to [60] individuals who reported a higher level of habitual expressive suppression show a lower score on emotion regulation. Their study was tested on Asian people as their participants, one Chinese, two Vietnamese, one Filipino, one Japanese, and one Thai. In line with that, Frye [61] stated that individuals may tend to be good at suppressing their emotions from others, but they also struggle to hide the experience of emotion. Since spouses rely on emotional signals to reach mutual understanding, when they are unable to correctly perceive their partners' emotions, they may become irritated, resulting in intense interaction. However, He added that husbands' use of expressive suppression, on the other hand, has been shown to be negatively linked to their own and their spouses' marital satisfaction. However, women are more negatively affected by their partners' emotional suppression, while similarity in suppression between partners was positively linked to the marital quality of wives [62]. A person who can control their own emotions is perceived as strong, therefore they believe that someone who is not able to control his or her emotions could be seen to be weak and possibly less desirable as friends and partners [63]. Married couples who can control emotions will result in satisfaction in marriage[64]. That is also related to the study of Ghazivakili et. al, [65], that emotional maturity has a positive effect on life satisfaction, marital satisfaction, mental health, and coping skills. Yoshany et. al, [66] defined marital satisfaction as a feeling of happiness, fulfillment, and pleasure shared by both

men and women as it encompasses all facets of their lives. Couples that are mindful of each other's needs and desires at various ages and to better meet these needs will have a higher level of marital satisfaction. The intense use of conflict in a romantic relationship is unavoidable. Individuals can try to regulate themselves to avoid certain emotional experiences or to change the emotion that they are feeling by using cognitive appraisal and expressive suppression [67]. A cognitive mechanism of thought suppression shows in conditions in which an individual try to control negative thoughts by rejecting or suppressing them [68]. Moreover, Kahambing et. al, [69], studied the development tasks of lasting marriages in the Philippines, she stated that there would be times when conflicts will settle in, whether the couple likes to fix it or not. She mentioned that married couples should know how to cope up with arguments and since the suppression of thoughts is an attempt not to think of something, it can also use a strategy of cognitive control of emotion regulations when thoughts create unwanted emotions. However, one of the couple's conflicts begins when one of them is unable to interact effectively with their partner, or when the husband misinterprets the contact made by the wife and vice versa. As a result, communication abilities are an essential determinant of marital happiness. Couples will enjoy their time together more if they have good interpersonal contact, which avoids any potential misunderstandings from conflicts [70]. Moreover, the study of Geram [71], stated that emotion regulation strategies can be adaptive by positive reappraisal and reframing or maladaptive emotion suppression. They said that the issues between the partners are caused not only by a lack of communication skills but also by their own early attachment experiences. According to Özyiğit, [72] communication issues between spouses have been shown to reduce marriage satisfaction for both men and women, and reactions such as becoming insulted or refusing to communicate may disrupt the relationship between spouses and trigger conflicts in marital adjustment. According to them, partners are encouraged to speak openly about their difficulties in marriage rather than avoiding them, and it is stressed that unresolved issues between couples can lead to increased tension in marriages. However, it may be preferable for people to avoid the expression of unwanted positive feelings in such situations in order to preserve a positive impression. According to them, in certain cases where the context does not fit emotional experience, suppression is likely to be a beneficial social strategy. In support of that, they added that previous research has found that people who can flexibly use speech and suppression techniques have greater psychological functioning over time [73]. In line with that, would also support the statement of Niessen et. al, [74] that individuals may inhibit certain unwanted desires and actions, and they can also restrict access to information in memory that is emotionally distressing, unwanted, or unrelated to task processing. According to them, stopping these unwanted thoughts and urges can have several immediate benefits, including improved mood, increased focus on the task at hand, increased learning, and improved results. They said that It can be difficult to stop distracting thoughts, but it is necessary for staying focused. They added that according to stress studies, people's ability to control unwanted thoughts can be viewed as a personal advantage that can shield them from the negative effects of stressful situations. Happy marriages involved less negative affect exchange compared to unhappy marriages. Couples who have a stable and happy marriage are not smarter or more mentally intelligent, nor wealthier than others, but

they have learned how to minimize negative feelings and thoughts and encourage more positive feelings in their daily lives [75]. Happy couples had stronger problem-solving habits than unhappy couples and unhappy couples had more disagreements and used dysfunctional communication skills during these conflicts [72]. In the Filipino context they rather solved the problem than suppress it, this includes positive and hopeful thinking, changes in goals and values. Help-seeking behaviors, receiving advice, receiving support from friends and family, and sharing one's problems are all examples of social support (paghingi ng tulong). Problem-solving (pagtugon) include making plans, taking action, and attempting to reduce the source of stress. Filipino who was confronted in a stressful situation will experience recovery, redemption and coping Rilveria, [76] Coping methods are the ways in which people choose to respond to stressful events. The effectiveness of coping mechanisms may play a significant influence in stress reduction. For many Filipinos who come from religious families, cultural coping mechanisms are readily available[77].

Avoidant Stress Responses

It is claimed that stress may encourage avoidance by depleting cognitive and emotional resources, decreasing coping resources, and encouraging the person to concentrate on more immediate stressors while avoiding circumstances that may trigger additional stress [78]. According to Livneh [79], the term "avoidant coping" has been used to refer to coping responses, reactions, modalities, and techniques such as denial, wishful thinking, escape (social) avoidance, distancing, diversion, minimization, and, in general, any style that suggested behavioral, emotional, and/or mental disengagement, despite the lack of agreement among people. In the statement of Quah and his colleagues [80], active and avoidant coping refers to cognitive or behavioral activity directed toward (active) or away from (avoidant) the danger, often referred to as fight-or-flight. In line with that Livneh [79] offers a more concise definition of it, stating that avoidant coping refers to "cognitive or behavioral attempts to disregard or avoid the reality of the problem or illness" (p. 164). Weiss et. al, [81] described coping as "constantly shifting cognitive and behavioral efforts to handle specific external and/or internal demands that are deemed to be taxing or exceeding the person's resources". Avoidance strategies usually include the behavioral response of walking away, ignoring the aggressor, and cognitively distancing oneself by using distraction aimed at avoiding thoughts about the events. Avoidance is a maladaptive form of coping. It appears to be especially likely to aggravate a wide range of stressors [82]. Furthermore, Individuals with higher avoidance tend to believe partners will not be responsive in times of need [83]. Hence, when confronted with stressful situations, people may resort to avoidance coping, which entails cognitive and behavioral attempts aimed at rejecting, diminishing, or otherwise avoiding direct contact with stressful demands. It strongly suggests that coping techniques that include direct "activity," such as facing the stressor or its connected emotions, are more effective in minimizing negative stress effects than avoidant types of coping, which involve avoiding the stressor and/or its related emotions,[84]. Adriani and Ratnasari, [85] found that marital satisfaction has the lowest value when partners raise or avoid their conflicts, especially when one partner is seen as a person who cannot compromise. Individual differences in coping styles are linked to

psychological vulnerability to stress [86]. This is related to the statement of Tanaka et. al, [87], that avoidance coping has been linked to increased psychological distress and reduced well-being over the life cycle and a variety of stressors. People can only overcome stress and keep it from getting worse by the act of "coping." Relaxation and recreation in the form of "saya" or externalized merriment may be classified as an avoidant coping mechanism, distancing, or mental disengagement. A form of coping that involves diverting one's attention away from a stressful situation or feeling by engaging in activities that reduce the stress's emotional and cognitive load [76]. Furthermore, a study stated that avoidance has been linked to the suppression of attachment related emotional memories and feelings about a case, as well as the reduction of affective hyper-activation as a result of those memories. [88]. People often try to suppress their thoughts, deny them, or distract themselves in response to these stressors. Although these avoidant techniques may be useful in the short term, they may also be detrimental to one's health and behavioral efficacy if used frequently [35]. According to Cunha and colleagues [89], detached coping differs from task-oriented methods in that it does not require avoidance or denial. Feeling less involved in stressful events, on the other hand, may help subjects in dealing with stressful situations more effectively. An avoidant conflict-resolution style can be negatively linked to relationship self-regulation because those who avoid conflict are often uncertain of what their partners want them to improve because they avoid these types of conversations entirely. It was found that avoidant couples, who usually "agree to disagree," have more peaceful but less intimate relationships than the other styles [90]. Tasew and Getahun [91] mentioned that stress, feelings of sadness and sorrow, worry about what others say outside the disturbance with their spouses, and feelings of despair and hopelessness were identified as the five key outcomes of marital conflict. Avoiding is one of the most commonly used conflict coping strategies. Hence, when confronted with stressful situations, people may resort to avoidance coping, which entails cognitive and behavioral attempts aimed at rejecting, diminishing, or otherwise avoiding direct contact with stressful demands. Stress manifested itself in a variety of ways, affecting people of all ages and areas of life. This means that stress is a normal component of life and can be caused by a variety of factors. The level of distress is depending on the individual's lifestyle and the level of cultural development. Coping abilities are determinants of how a person responds to a task and how successful they are. When a person feels in control of a stressful circumstance, they are more likely to respond confidently to the issue [92]. Finding psychological/emotional proximity with romantic partners is either difficult or undesirable, avoidant people aim to establish and preserve freedom, power, and autonomy in their relationships. These views encourage avoidant people to use distancing/deactivating coping mechanisms to foster freedom and autonomy by defensively suppressing negative thoughts and emotions [93]. Furthermore, Abouammoh et. al, [94] stated that a large proportion of people utilized avoidant coping strategies to escape from stress. The result of their study demonstrates that their participants used more active coping strategies than avoidant methods to cope with stress. As it proves to be more effective rather than avoiding it. They also stated that avoidant stress-coping methods have been linked to psychiatric illness, decreased sleep duration, anxiety, and depression. Adult individuals have been shown to seek the

soothing influence of their romantic partner in stressful situations, according to Douglas [95]. When it comes to feeling stress and then evaluating the stress, the security of a relationship, or the lack thereof, is a significant mediating variable. With both psychological and physiological responses, social support has shown to be an important psychological buffer for stress levels and perceived danger. Emotional invalidation may be a significant developmental risk factor for ongoing avoidance issues or escaping aversive thoughts or cognitions. In addition, Morin et. al, [96] included that individuals who are reported using more emotion focused coping (i.e., handling emotional symptoms of stress) reported poorer sleep quality after being exposed to stress than those who used more problem-solving coping (i.e., altering stress-causing circumstances). Tension in the absence of a constructive coping strategy is a strong predictor of substance abuse. As explained by Crenshaw et. al, [97], conflict exists in all relationships, but how a couple participates in and reacts to conflict is a significant determinant of marital satisfaction. The attributions and appraisals of one's partner's emotions, feelings, and intentions are important in determining whether negative behavior is met with more negative behavior or with accommodation. According to Shin and Kemps, [98], emotion regulation relates to how people handle and regulate their own emotions in response to unpleasant emotional experiences and coping strategies. They also noted that attentional processes such as deliberately redirecting one's attention to a particular part of an emotionally challenging situation or redirecting one's attention away and distancing themselves from such situations are often included in theories of emotion regulation. In line with this Knobloch et. al, [99] integrative model conceptualizes avoidance as people's motivation to escape from situations that may result in undesirable outcomes; they use her model at a more micro level by claiming that persons who are depressed may avoid discussing sensitive matters with their romantic partner. Young and Limbers, [100] also added that they describe coping as the process by which "people regulate their actions, emotion, and orientation under psychological stress." (p. 112) Although there are several different types of coping methods, the empirical literature supports two dimensions: problem-versus-emotion-focused coping and engagement (approach) versus disengagement (avoidance) coping. The first dimension focuses on acting on the source of the stress in the situation or the problem coping, as opposed to acting on the negative feelings that arise from a stressful situation emotion-focused coping; the second dimension focuses on acting on the negative feelings that arise from a stressful situation or the emotion-focused coping. Disengagement coping strategies involve strategies that move a person away from the stressor or their feelings or thoughts, while engagement coping strategies involve responses to stressors that are based on the source of the stressor or an individual's feelings or thoughts. Destructive conflict behaviors, such as separating, ignoring the partner, or refusing to discuss the problem, were found to be more powerful determinants of couple distress. In sum, when a couple lacks the capacity to engage in adaptive coping (e.g., trying to change the circumstances that cause the stress, analyzing the problem, seeking solutions, and seeking social support), but rather engages in dysfunctional coping styles (e.g., worrying, blaming, and avoiding to deal with the situation), their stress-related reactions will negatively affect their interactions and, consequently, the quality of their relationship [101].

3. Method

Participants and Procedure

The design that was used in this study is descriptive correlational. According to Sahin & Mete [102], descriptive research involves gathering information to test hypotheses or answer information about the present state of the research subject. Descriptive research is scientific research that systematically interacts with a specific area or population and explains an event, phenomena, or reality. In correlational research design, researchers use the correlation statistical test to characterize and calculate the degree of association (or relationship) between two or more variables or sets of scores, according to Creswell [103]. Respondents were chosen using a non-probability purposive sampling technique with a specific criterion wherein four hundred and seventy-five participants completed a forced-choice questionnaire about how they perceived invalidation with their spouse and a subset of this group (n=200) completed an additional measure about thought suppression and avoidant stress responses.

Instruments

Perceived Invalidation of Emotion Scale (PIES) was developed by Melissa J. Zeilinski, this test aims to assess how often others with whom they have regular contact (in this case, spouse) respond to their shared emotions in the manner described. It is a 10 item questionnaire in which respondents are asked to range how often they get invalidated from never to always. *White Bear Suppression Inventory Scale (WBSI)* was used for measuring thought suppression; this test was conceptualized by Eric Rassin [44]. WBSI is composed of 15-item questions. The scoring of this test is with a 4 point Likert scale from Strongly Disagree (1) to Strongly Agree (4) *Avoidant Stress Responses Scale (ASRS)* was a self-constructed test that determines how respondents avoid stressful situations. It is a fifteen (15) item forced-choice questionnaire with a 4 point Likert scale ranging from 1 to 4 with 4 being strongly agreed and 1 as strongly disagree.

4. Result and Discussion

Results

Using the frequency and percentage distribution of the respondents' demographic profile according to years of being married presented in [table 1](#). The researchers found that most of the respondents are married within the range of less than ten (10) years with a frequency of ninety-six (96) which is equivalent to 48%. Meanwhile, with a frequency of fifty-three (53) or 27% of the respondents are married for eleven to twenty (11-20) years, followed by participants who are married for twenty-one to thirty (21-30) years with a percentage of seventeen (17). Lastly, seventeen (17) of the respondents are married for thirty-one (31) years and above or 9% of the total participants. In description statistics of frequency and percentage distribution of the respondents according to the level of perceived emotional invalidation presented in [table 2](#) showed that 63% of the respondents perceived that they are very highly invalidated by their spouse while respondents perceived that they are highly invalidated are 38% the total mean level experienced by the participants is 3.35 with a standard deviation of 0.26 which is interpreted as always, which suggests that the participants perceived that they are always emotionally invalidated by their spouse. In addition, the level of thought suppression of married couples

to their spouse based on the findings the frequency and percentage distribution in [table 3](#) showed that 103 of 200 respondents or 52% have a "High" level of thought suppression, 43 or 22% have a "Very High" level of thought suppression while 53 or 27% of the respondents have an "Average" level of thought suppression and 1 or 1% of the respondents shows "Low" low level of thought suppression. On the other hand, the level of avoidant stress responses of married couples to their spouse using the Avoidant Stress Responses Scale presented in [table 4](#) showed that one hundred-two of the two hundred respondents or 51% resulted in "moderately avoidant" stress response, respondents who fall "highly avoidant" have the frequency of 77 and 39% while those who have "mild avoidant" stress response are 20 or two 10% of the respondents and "low avoidant" response results to 1 or 1%.

To test the relationship between emotional invalidation and thought suppression we used linear regression analysis using Microsoft Excel and Jamovi. Presented in [table 5](#) are results that shows the correlation coefficient between the two variables which has a value of -0.03 which signifies a negative correlation, and a p-value of 0.65 which is greater than the level of significance of 0.05 which indicates that the researchers failed to reject the null hypothesis. This can be interpreted that the emotional invalidation and thought suppression among married couples are not statistically significant. In addition, presented in [table 6](#) are results of the relationship between emotional invalidation and avoidant stress responses. The researchers also found that the correlation coefficient between the two variables has a value of 0.10 with a p-value of 0.14 which means that the researchers failed to reject the null hypothesis. This can be interpreted that emotional invalidation and avoidant stress responses among married couples are not statistically significant.

Discussion

The main objective of the present study was to determine the relationship between emotional invalidation to thought suppression and avoidant stress responses among married couples. The researchers hypothesized that it has a significant relationship. Also, the researchers measure the length of marriage among couples and levels of each variable. It found that the majority of the respondents have a length of a marriage that is no more than 10 years. Data shows that the majority of the invalidated respondents are in the early years of marriage. In this phase of marriage, the honeymoon phase is long over and married couples tend to have problems at their worst – even when the couple sees a happy marriage as an outcome of actual efforts to keep it healthy. The psychological literature considers this pattern consistent with the notions such as 'honeymoon-is-over' and 'seven-year itch'. Most married couples come up against a decline in marital quality after the first years of marriage, with tensions tending to culminate near the seventh year [17]. The level of the perceived emotional invalidation of the respondents is consistent with the study of Zielinski & Veilleux, [18] which suggests emotion invalidation may stem from how social partners respond to an expressed emotion. Invalidation is when one's private feelings or overt expressions of emotions are punished, ignored, or otherwise considered unacceptable [14]. The findings on the level of thought suppression by the respondents suggests that the participants used thought suppression as the cognitive process by which individuals try

to avoid unwanted thoughts [31]. It was stated by Dworkin et al, [40] that suppression is motivated by personal goals that may vary across settings and emotions, in which motivation may include protecting their relationship by concealing or suppressing their expression of anger, suppressing sadness to reduce one's vulnerability, and being courteous to value other by suppressing personal pride and happiness. On the other hand, the level of avoidant stress responses among married couples which shows that the majority of the respondents are moderately avoidant is consistent with the study of Rilveria [76], which stated that people can only overcome stress and keep it from getting worse by the act of "coping." Relaxation and recreation in the form of "saya" or externalized merriment may be classified as an avoidant coping mechanism, distancing, or mental disengagement. A form of coping that involves diverting one's attention away from a stressful situation or feeling by engaging in activities that reduce the stress's emotional and cognitive load.

Results gathered indicate that although married couples perceive that they are emotionally invalidated by their spouse it does not follow that emotional invalidation predicts thought suppression. Thought suppression may seem to be an effective strategy, but it also has its emotional consequences. One of the paradoxical and counterproductive effects of thought suppression is that it can lead to a recurrence of the thought being suppressed [37]. In addition to this, in the Filipino context they rather solved the problem than suppress it, this includes positive and hopeful thinking, changes in goals and values. Help-seeking behaviors, receiving advice, receiving support from friends and family, and sharing one's problems are all examples of social support (paghingi ng tulong). Problem-solving (pagtugon) includes making plans, taking action, and attempting to reduce the source of stress. Filipino who were confronted in a stressful situation will experience recovery, redemption and coping in Rilveria, [76]. Coping methods are the ways in which people choose to respond to stressful events. The effectiveness of coping mechanisms may play a significant influence in stress reduction. For many Filipinos who come from religious families, cultural coping mechanisms are readily available [77]. In addition, results gathered indicate that although married couples perceive that they are emotionally invalidated by their spouse it does not follow that emotional invalidation predicts avoidant stress responses. Avoidance is a maladaptive form of coping. It appears to be especially likely to aggravate a wide range of stressors[82]. Avoidance is a common phenomenon that becomes problematic when used chronically as a means of regulating internal experiences, such as emotion. Furthermore, Individuals with higher avoidance tend to believe partners will not be responsive in times of need [83]. Hence, when confronted with stressful situations, people may resort to avoidance coping, which entails cognitive and behavioral attempts aimed at rejecting, diminishing, or otherwise avoiding direct contact with stressful demands. Stress manifested itself in a variety of ways, affecting people of all ages and areas of life. This means that stress is a normal component of life and can be caused by a variety of factors. The level of distress is depending on the individual's lifestyle and the level of cultural development. Coping abilities are determinants of how a person responds to a task and how successful they are. When a person feels in control of a stressful circumstance, they are more likely to respond confidently to the issue[93].

Table 1. Frequency And Percentage Distribution Of Length Of Years Among Respondents

Length	Frequency	Percent	Rank
Less than 10 years	96	48%	1
11 - 20 years	53	27%	2
21-30 years	34	17%	3
31 years and above	17	9%	4
Total	200	100%	

Table 2. Frequency And Percentage Distribution of Perceived Invalidation of Emotion Among Respondents

	Frequency	Percentage
Very High	125	63%
High	75	38%
Average	0	0%
Low	0	0%
	200	100%

Table 3. Frequency and Percentage Distribution of Perceived Thought Suppression Among Respondents

	Frequency	Percentage
Very High	43	22%
High	103	52%
Average	53	27%
Low	1	1%
	200	100%

Table 4. Frequency and Percentage Distribution of Perceived Avoidant Stress Responses Among Respondents

	Frequency	Percentage
Highly Avoidant	77	39%
Moderately Avoidant	102	51%
Mild Avoidant	20	10%
Low Avoidant	1	1%
	200	100%

Table 5 The Significant Relationship between Emotional Invalidation to Thought Suppression among Married Couples

	Thought Suppression among Married Couples		Decision	Interpretation
	Correlation Coefficient	p-value		
Emotional Invalidation	-0.03	0.65	Failed to reject Ho	Not significant

Table 6 The Significant Relationship between Emotional Invalidation to Avoidant Stress Response among Married Couples

	Avoidant Stress Response among Married Couples		Decision	Interpretation
	Correlation Coefficient	p-value		
Emotional Invalidation	0.10	0.14	Failed to reject Ho	Not Significant

5 Conclusion and recommendations

Conclusion

Emotional invalidation is a construct that has received very little attention despite its theoretical importance. The current study examined the relationship between emotional invalidation to thought suppression and avoidant stress responses among married couples residing in Metro Manila. Based on the findings of the study, the researchers have drawn the following conclusions: The majority of the respondents who participated in the survey are married for less than ten years with a frequency of 96 which is equivalent to 48% of the overall respondents. The level of emotional invalidation perceived by respondents showed that they are always invalidated by their spouse by having a mean of 3.35 and SD of 0.26 which is interpreted as always that indicates a high level of perceived emotional invalidation. The overall scores or level of thought suppression of married couples to their spouse ($M= 2.84$, $SD 0.47$) indicate that they agree on engaging in thought suppression and strongly agree on avoidant stress responses with an overall level or score of ($M=3.05$, $SD=0.46$). The scores on emotional invalidation and thought suppression showed a negative correlation with a correlation coefficient of -0.03 and a p -value of 0.65 which is greater than the level of significance of 0.05 , therefore the linear regression showed that there is no significant relationship between emotional invalidation to thought suppression which indicates that the researchers failed to reject the null hypothesis. The scores on emotional invalidation and the scores on avoidant stress responses showed no correlation with a correlation coefficient of 0.10 and a p -value of 0.14 which is greater than the level of significance of 0.05 , therefore it indicates that there is no significant relationship between emotional invalidation to avoidant stress responses, therefore, the researchers failed to reject the null hypothesis. In conclusion from the result of the statistical treatment of data using linear regression analysis, the researcher concluded that emotional invalidation has no significant relationship to thought suppression and avoidant stress responses. Future researchers should explore other variables that could possibly influence the relationship.

Recommendation

It is recommended that spouses of married couples who are invalidated be informed of the negative effects of emotional invalidation and be more sensitive to their partner so that emotional invalidation can be avoided as well as misunderstandings of both individuals. Hence, a seminar that would further acknowledge dealing with the emotion of married couples and promote more open communication. The finding shows that the majority of the married couples perceived that they are very highly invalidated. Studies stated that emotional invalidation pointed out the importance of effective communication because it has the power of increasing one's connections with others and one's well-being. Prolonged or long-term inhibition of expression or emotion such as thought suppression and avoidant stress places a significant burden and makes it more vulnerable to stress. The researchers recommend that invalidated couples refrain from inhibiting or suppressing their emotions. Hence, it is suggested that seminars and programs that promote active coping, dealing with stressors may help rather than completely avoid it. Talking about one's emotional experiences and stress is inherently more beneficial rather than avoiding it. The researchers recommend using an additional tool to measure

emotional invalidation and thought suppression that is nesting to a particular relationship (marital relationship) as this study used PIES and WBSI which is a general tool that can be used. The future researcher may use other tools that would fit the demographic profile of the respondents. To better improve the study, the future researcher suggests accommodating more respondents because sample size could affect the correlations between the variables. Future researchers should be more aware of the underlying issues regarding emotional invalidation. It is recommended for future researchers to study how emotional invalidation affects marital satisfaction. The researchers recommend future researchers perform additional research on emotional invalidation because it is a construct that has received very little attention despite its theoretical importance. There is a scarcity of studies on invalidation in marriage, which has to be addressed. It is recommended that future researchers should try to correlate the length of the years of married couples to the level of emotional invalidation to see if it affects how they perceive invalidation. And to consider gender as a variable to see if it has an impact on the perceived invalidation of emotion. Allowing future researchers to replicate and use this study as their reference.

References

- [1]. Lavner, J. A., Karney, B. R., & Bradbury, T. N. (2016). Does couples' communication predict marital satisfaction, or does marital satisfaction predict communication? *Journal of Marriage and Family*, 78(3), 680-694.
- [2]. Lynch, T. R., Robins, C. J., Morse, J. Q., & Krause, E. D. (2001). A mediational model relating affect intensity, emotion inhibition, and psychological distress. *Behavior Therapy*, 32(3), 519-536.
- [3]. One In Four Women Have Ever Experienced Spousal Violence (Preliminary results from the 2017 National Demographic and Health Survey). (2018, March 26). Retrieved from <https://psa.gov.ph/content/one-four-women-have-ever-experienced-spousal-violence-preliminary-results-2017-national>.
- [4]. Leong, L. E., Cano, A., & Johansen, A. B. (2011). Sequential and base rate analysis of emotional validation and invalidation in chronic pain couples: Patient gender matters. *The Journal of Pain*, 12, 1140-1148. doi: 10.1016/j.jpain.2011.04.004
- [5]. Krause, E. D., Mendelson, T., & Lynch, T. R. (2003). Childhood emotional invalidation and adult psychological distress: The mediating role of emotional inhibition. *Child abuse & neglect*, 27(2), 199-213.
- [6]. Thonhauser, G. (2018). Shared emotions: a Steinian proposal. *Phenomenology and the Cognitive Sciences*, 17(5), 997-1015.

- [7]. Tibbett, T. P., & Lench, H. C. (2015). When do feelings help us? The interpersonal function of emotion. *Advances in Psychology Research*, 107, 1-10.
- [8]. Wanzer, B. M., Eichhorn, C. K., & Thomas-Maddox, C. (2017). *Interpersonal Communication: Building Rewarding Relationships*, 2nd Edition
- [9]. Mada, R. (2016). *Personality Characteristics and Relationship Satisfaction of Individuals who attended the Preparación de Novios Weekend Workshop* (Doctoral dissertation, Walden University).
- [10]. Edlund, S. M., Carlsson, M. L., Linton, S. J., Fruzzetti, A. E., & Tillfors, M. (2015). I see you're in pain—the effects of partner validation on emotions in people with chronic pain. *Scandinavian Journal of Pain*, 6, 16-21.
- [11]. Heard, K. M. (2021). *Childhood Abuse, Invalidation, and Personality in a College Population*.
- [12]. Faustino, B., Vasco, A. B., Silva, A. N., & Marques, T. (2020). Relationships between emotional schemas, mindfulness, self-compassion and unconditional self-acceptance on the regulation of psychological needs. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 23(2).
- [13]. Karnaze, M. M., & Levine, L. J. (2020). Lay theories about whether emotion helps or hinders: Assessment and effects on emotional acceptance and recovery from distress. *Frontiers in psychology*, 11, 183.
- [14]. Loess, P. F. (2019). *Self-compassion and Fear of Compassion as Mediators in the Relationships of Childhood Invalidation with Emotion Dysregulation and with Borderline Personality Characteristics* (Doctoral dissertation, University of Montana).
- [15]. Dable, C. (2017). *Validation: A New Way to Help Friends Better Deal with Pain?* Retrieved from https://psychandneuro.duke.edu/sites/psychandneuro.duke.edu/files/file-attachments/2017_GWD_Dable_Cortney.pdf.
- [16]. Uwom-Ajaegbu, O. O., Emmanuel, O., & Lekan Ajaegbu, C. P. (2015). An empirical study on the causes and effects of communication breakdown in marriages. *Journal of Sound Islamic Thoughts*, 1(1), 46-51
- [17]. Jalovaara, M., & Kulu, H. (2018). Separation risk over union duration: An immediate itch? *European Sociological Review*, 34(5), 486-500.
- [18]. Zielinski, M. J., & Veilleux, J. C. (2018). The Perceived Invalidation of Emotion Scale (PIES): Development and psychometric properties of a novel measure of current emotion invalidation. *Psychological assessment*, 30(11), 1454.
- [19]. Weber, D. M., & Herr, N. R. (2019). The messenger matters: Invalidating remarks from men provoke a more negative emotional reaction than do remarks from women. *Psychological reports*, 122(1), 180-200.
- [20]. González-Rivera, J. A., Aquino-Serrano, F., & Pérez-Torres, E. M. (2020). Relationship satisfaction and infidelity-related behaviors on social networks: A preliminary online study of Hispanic women. *European Journal of Investigation in Health, Psychology and Education*, 10(1), 297-309.
- [21]. Siegel, A., Bachem, R., Levin, Y., Zhou, X., & Solomon, Z. (2020). Long-Term Trajectories of Marital Adjustment in Israeli Couples Over Decades: Does Gender Matter?. *Journal of Adult Development*, 27(3), 224-239.
- [22]. Herr, N. R., Meier, E. P., Weber, D. M., & Cohn, D. M. (2017). Validation of Emotional Experience Moderates the Relation between Personality and Aggression. *Journal of Experimental Psychopathology*, 8(2), 126-139
- [23]. Greville-Harris, M., Hempel, R., Karl, A., Dieppe, P., & Lynch, T. R. (2016). The power of invalidating communication: Receiving invalidating feedback predicts threat-related emotional, physiological, and social responses. *Journal of Social and Clinical Psychology*, 35(6), 471-493.
- [24]. Crystal, S. (2017). *The Effect of Emotional Vulnerability and Invalidation on Emotion Dysregulation in Early Adolescence: An Empirical Investigation of Linehan's Biosocial Theory of Borderline Personality Disorder*.
- [25]. Witkowski, G. (2017). *The Effect of Emotionally Validating and Invalidating Responses on Emotional Self-Efficacy*.
- [26]. Johnson, B. B. (2016). *Perceived Emotional Invalidation in a Developmental Context: Does Gender Matter?*

- [27]. Keng, S. L., & Wong, Y. Y. (2017). Association among self-compassion, childhood invalidation, and borderline personality disorder symptomatology in a Singaporean sample. *Borderline personality disorder and emotion dysregulation*, 4(1), 1-8.
- [28]. Elzy, M., & Karver, M. (2018). Behaviour vs. perception: An investigation into the components of emotional invalidation. *Personality and mental health*, 12(1), 59-72.
- [29]. Adrian, M., Berk, M. S., Korslund, K., Whitlock, K., McCauley, E., & Linehan, M. (2018). Parental validation and invalidation predict adolescent self-harm. *Professional psychology: research and practice*, 49(4), 274.
- [30]. Markman, H. J., Rhoades, G. K., Stanley, S. M., Ragan, E. P., & Whitton, S. W. (2010). The premarital communication roots of marital distress and divorce: the first five years of marriage. *Journal of family psychology*, 24(3), 289.
- [31]. Wang, D., Chatzisarantis, N. L., & Hagger, M. S. (2017). Mechanisms underlying effective thought suppression using focused-distraction strategies: A self-determination theory approach. *Psychology of Consciousness: Theory, Research, and Practice*, 4(4), 367.
- [32]. Gupta, S., & Mishra, J. (2016). Mindlessness, submissive behavior and thought Suppression: A perceptual buffering of self-compassion to psychological vulnerabilities among Indians. *Journal of Depression and Anxiety*, 5(4), 246.
- [33]. Wegner, D. M., & Zanakos, S. (1994). Chronic thought suppression. *Journal of personality*, 62(4), 615-640.
- [34]. Feliu-Soler, A., Pérez-Aranda, A., Montero-Marín, J., Herrera-Mercadal, P., Andrés-Rodríguez, L., Angarita-Osorio, N., ... & Luciano, J. V. (2019). Fifteen years controlling unwanted thoughts: A systematic review of the thought control ability questionnaire (TCAQ). *Frontiers in psychology*, 1446.
- [35]. Donald, J. N., Atkins, P. W., Parker, P. D., Christie, A. M., & Ryan, R. M. (2016). Daily stress and the benefits of mindfulness: Examining the daily and longitudinal relations between present-moment awareness and stress responses. *Journal of Research in Personality*, 65, 30-37.
- [36]. Ryckman, N. A., Addis, D. R., Latham, A. J., & Lambert, A. J. (2018). Forget about the future: effects of thought suppression on memory for imaginary emotional episodes. *Cognition and Emotion*, 32(1), 200-206.
- [37]. Najmi, S., & Wegner, D. M. (2009). Hidden complications of thought suppression. *International Journal of Cognitive Therapy*, 2(3), 210-223.
- [38]. Efrati, Y., Kolubinski, D. C., Marino, C., & Spada, M. M. (2021). Modelling the Contribution of Metacognitions, Impulsiveness, and Thought Suppression to Behavioural Addictions in Adolescents. *International Journal of Environmental Research and Public Health*, 18(7), 3820
- [39]. Murray, C. V., Jacobs, J. I. L., Rock, A. J., & Clark, G. I. (2021). Attachment style, thought suppression, self-compassion and depression: Testing a serial mediation model. *Plos one*, 16(1), e0245056
- [40]. Dworkin, J. D., Zimmerman, V., Waldinger, R. J., & Schulz, M. S. (2019). Capturing naturally occurring emotional suppression as it unfolds in couple interactions. *Emotion*, 19(7), 1224.
- [41]. Garofalo, C., Holden, C. J., Zeigler- Hill, V., & Velotti, P. (2016). Understanding the connection between self- esteem and aggression: The mediating role of emotion dysregulation. *Aggressive behavior*, 42(1), 3-15.
- [42]. Purdon, C. L. (2021). MR Purdon Thought Suppression RESUBMIT July 11. Research Gate. <https://doi.org/10.1093/acrefore/9780190236557.013.84>.
- [43]. Thimm, J. C., Wang, C. E., Waterloo, K., Eisemann, M., & Halvorsen, M. (2018). Coping, thought suppression, and perceived stress in currently depressed, previously depressed, and never depressed individuals. *Clinical psychology & psychotherapy*, 25(3), 401-407.
- [44]. Rassin, E. (2003). The White Bear Suppression Inventory (WBSI) focuses on failing suppression attempts. *European Journal of Personality*, 17(4), 285-298.
- [45]. Schmidt, R. E., Gay, P., Courvoisier, D., Jermann, F., Ceschi, G., David, M., ... & Van der Linden, M. (2009). Anatomy of the White Bear Suppression Inventory (WBSI): A review of previous findings and a new approach. *Journal of Personality Assessment*, 91(4), 323-330.
- [46]. Cichon, E., Szczepanowski, R., & Niemiec, T. (2020). Polish version of the White Bear

- Suppression Inventory (WBSI) by Wegner and Zanakos: factor analysis and reliability. *Psychiatr Pol*, 54(1), 125-135.
- [47]. Cameron, L. D., & Overall, N. C. (2018). Suppression and expression as distinct emotion-regulation processes in daily interactions: Longitudinal and meta-analyses. *Emotion*, 18(4), 465
- [48]. Davis, S. B. (2017). Sense of belonging, emotion regulation, perceived social support and mental health among college students. Old Dominion University.
- [49]. Brandão, T., Brites, R., Pires, M., Hipólito, J., & Nunes, O. (2019). Anxiety, depression, dyadic adjustment, and attachment to the fetus in pregnancy: Actor-partner interdependence mediation analysis. *Journal of family psychology*, 33(3), 294.
- [50]. Righetti, F., & Impett, E. (2017). Sacrifice in close relationships: Motives, emotions, and relationship outcomes. *Social and Personality Psychology Compass*, 11(10), e12342.
- [51]. Righetti, F., Schneider, I., Ferrier, D., Spiridonova, T., Xiang, R., & Impett, E. A. (2020). The bittersweet taste of sacrifice: Consequences for ambivalence and mixed reactions. *Journal of Experimental Psychology: General*.
- [52]. Ramos, A. L. A., Dadiz, B. G., & Santos, A. B. G. (2020). Classifying emotion based on facial expression analysis using Gabor filter: A basis for adaptive effective teaching strategy. In *Computational Science and Technology* (pp. 469-479). Springer, Singapore.
- [53]. Zoppolat, G., Visserman, M. L., & Righetti, F. (2020). A nice surprise: Sacrifice expectations and partner appreciation in romantic relationships. *Journal of Social and Personal Relationships*, 37(2), 450-466.
- [54]. Feeney, J. A., & Karantzas, G. C. (2017). Couple conflict: insights from an attachment perspective. *Current opinion in psychology*, 13, 60-64.
- [55]. Langeslag, S. J., & van Strien, J. W. (2016). Regulation of romantic love feelings: Preconceptions, strategies, and feasibility. *PloS one*, 11(8), e0161087
- [56]. Shahid, H., & Kazmi, S. F. (2016). Role of emotional regulation in marital satisfaction. *International Journal for Social Studies*, 2(4), 47-60.
- [57]. Balzarotti, S., Biassoni, F., Villani, D., Prunas, A., & Velotti, P. (2016). Individual differences in cognitive emotion regulation: Implications for subjective and psychological well-being. *Journal of Happiness Studies*, 17(1), 125-143.
- [58]. Ong, E., & Thompson, C. (2019). The importance of coping and emotion regulation in the occurrence of suicidal behavior. *Psychological reports*, 122(4), 1192-1210.
- [59]. Greenaway, K. H., & Kalokerinos, E. K. (2017). Suppress for success? Exploring the contexts in which expressing positive emotion can have social costs. *European Review of Social Psychology*, 28(1), 134-174.
- [60]. Sun, M., & Lau, A. S. (2018). Exploring cultural differences in expressive suppression and emotion recognition. *Journal of cross-cultural psychology*, 49(4), 664-672.
- [61]. Frye, N. (2018). Marital conflict and spousal wellbeing: the moderating role of emotion regulation strategies among couples in first married families and stepfamilies (Doctoral dissertation, University of Missouri--Columbia).
- [62]. Rusu, P. P., Bodenmann, G., & Kayser, K. (2019). Cognitive emotion regulation and positive dyadic outcomes in married couples. *Journal of Social and Personal Relationships*, 36(1), 359-376.
- [63]. Juretić, J. (2018). Quality of close relationships and emotional regulation regarding social anxiety. *Psychiatria Danubina*, 30(4), 441-451.
- [64]. Nindiyasari, Y., & Herawati, T. (2018). The Relation of Emotional Maturity, Family Interaction and Marital Satisfaction of Early Age Married Couples. *Journal of Family Sciences*, 3(2), 16-29
- [65]. Ghazivakili, Z., Lotfi, R., Norouzinia, R., & Kabir, K. (2019). Emotional maturity and mental health among new couples referred to pre-marriage health center in Karaj, Iran. *Shiraz E Medical Journal*, 20(12)
- [66]. Yoshany, N., Morowatisharifabad, M. A., Mihanpour, H., Bahri, N., & Jadgal, K. M. (2017). The Effect of Husbands' Education Regarding Menopausal Health on Marital Satisfaction of Their Wives. *Journal of menopausal medicine*, 23(1), 15-24.

- [67]. Lafontaine, M. F., Azzi, S., Bell-Lee, B., Dixon-Luinenburg, T., Guérin-Marion, C., & Bureau, J. F. (2020). Romantic perfectionism and perceived conflict mediate the link between insecure romantic attachment and intimate partner violence in undergraduate students. *Journal of family violence*, 1-14.
- [68]. Popa, C. O., Predatu, R., Lee, W. C., Blaga, P., Sirbu, E., Rus, A. V., & Bredicean, C. (2021). Thought Suppression in Primary Psychotic Disorders and Substance/Medication Induced Psychotic Disorder. *International Journal of Environmental Research and Public Health*, 18(1), 116.
- [69]. Kahambing, J. G. S., Deguma, J. J., & Deguma, M. C. (2019). Marrying, Loving, and Dreaming: A Case Study of the Developmental Tasks of Lasting Marriages in the Philippines. *Academic Journal of Interdisciplinary Studies*, 8(3), 234-234.
- [70]. Haris, F., & Kumar, A. (2018). Marital satisfaction and communication skills among married couples. *Indian journal of social research*, 59(1), 35-44.
- [71]. Gerām, K. (2016). The role of cognitive emotion regulation and thought control strategies in the connection between attachment styles and domestic violence in couples. *Mediterranean Journal of Social Sciences*, 7(4 S1), 128.
- [72]. Özyiğit, M. K. (2017). The meaning of marriage according to university students: A phenomenological study. *Educational Sciences: Theory & Practice*, 17(2)
- [73]. Kalokerinos, E. K., Greenaway, K. H., & Casey, J. P. (2017). Context shapes social judgments of positive emotion suppression and expression. *Emotion*, 17(1), 169.
- [74]. Niessen, C., Göbel, K., Lang, J. W., & Schmid, U. (2020). Stop Thinking: An Experience Sampling Study on Suppressing Distractive Thoughts at Work. *Frontiers in Psychology*, 11, 1616.
- [75]. Hazrati, M., Hamid, T. A., Ibrahim, R., Hassan, S. A., Sharif, F., & Bagheri, Z. (2017). The dyadic effects of controlling emotional abuse on subjective emotional experience in Iranian older married couples. *Australian and New Zealand Journal of Family Therapy*, 38(3), 514-528.
- [76]. Rilveria, J. R. C. (2018). The development of the Filipino coping strategies scale. *Asia-Pacific Social Science Review*, 18(1), 111-126.
- [77]. Ereno, J. R., Andrade, K. M., Miyauchi, S. I., Salinda, R., Arevalo, R. R., & Reyes, J. (2014). Encountering and countering work stress: a multivariate analysis of the occupational stress and coping mechanisms of fast food restaurant personnel in the Philippines. *European Scientific Journal*, 10(8).
- [78]. Vrinten, C., Boniface, D., Lo, S. H., Kobayashi, L. C., von Wagner, C., & Waller, J. (2018). Does psychosocial stress exacerbate avoidant responses to cancer information in those who are afraid of cancer? A population-based survey among older adults in England. *Psychology & health*, 33(1), 117-129.
- [79]. Livneh, H. (2019). The use of generic avoidant coping scales for psychosocial adaptation to chronic illness and disability: A systematic review. *Health psychology open*, 6(2), 2055102919891396.
- [80]. Quah, S. K., Cockcroft, G. J., McIver, L., Santangelo, A. M., & Roberts, A. C. (2020). Avoidant coping style to high imminence threat is linked to higher anxiety-like behavior. *Frontiers in behavioral neuroscience*, 14, 34.
- [81]. Weiss, N. H., Risi, M. M., Sullivan, T. P., Armeli, S., & Tennen, H. (2019). Post-traumatic stress disorder symptom severity attenuates bi-directional associations between negative affect and avoidant coping: A daily diary study. *Journal of affective disorders*, 259, 73-81.
- [82]. Holahan, C. J., Moos, R. H., Holahan, C. K., Brennan, P. L., & Schutte, K. K. (2005). Stress generation, avoidance coping, and depressive symptoms: a 10-year model. *Journal of consulting and clinical psychology*, 73(4), 658.
- [83]. Khalifian, C. E., & Barry, R. A. (2016). Trust, attachment, and mindfulness influence intimacy and disengagement during newlyweds' discussions of relationship transgressions. *Journal of Family Psychology*, 30(5), 592.
- [84]. Dijkstra, M., & Homan, A. C. (2016). Engaging in rather than disengaging from stress: Effective coping and perceived control. *Frontiers in psychology*, 7, 1415.
- [85]. Adriani, S. R., & Ratnasari, Y. (2021) Conflict Resolution Styles and Marital Satisfaction in Men

and Women: Study in the First Five Years of Marriage.

[86]. Gorka, A. X., LaBar, K. S., & Hariri, A. R. (2016). Variability in emotional responsiveness and coping style during active avoidance as a window onto psychological vulnerability to stress. *Physiology & behavior*, 158, 90-99.

[87]. Tanaka, Y., Ishitobi, Y., Inoue, A., Oshita, H., Okamoto, K., Kawashima, C., & Akiyoshi, J. (2016). Sex determines cortisol and alpha- amylase responses to acute physical and psychosocial stress in patients with avoidant personality disorder. *Brain and behavior*, 6(8), e00506

[88]. Andriopoulos, P., & Kafetsios, K. (2015). Avoidant attachment and the processing of emotion information: Selective attention or cognitive Avoidance? *Journal of Relationships Research*, 6.

[89]. Cunha, M., Galhardo, A., & Pinto-Gouveia, J. (2016). Experiential avoidance, self-compassion, self-judgment and coping styles in infertility. *Sexual & Reproductive Healthcare*, 10, 41-47.

[90]. Rackham, E. L., Larson, J. H., Willoughby, B. J., Sandberg, J. G., & Shafer, K. M. (2017). Do Partner Attachment Behaviors Moderate Avoidant Conflict-Resolution Styles and Relationship Self-Regulation?. *The American Journal of Family Therapy*, 45(4), 206-219.

[91]. Tasew, A. S., & Getahun, K. K. (2021). Marital conflict among couples: The case of Durbete town, Amhara Region, Ethiopia. *Cogent Psychology*, 8(1), 1903127.

[92]. Yazon, A. D., Ang-Manaig, K., & Tesoro, J. F. B. (2018). Coping Mechanism and Academic Performance Among Filipino Undergraduate Students. *KnE Social Sciences*, 30-42.

[93]. Simpson, J. A., & Rholes, W. S. (2017). Adult attachment, stress, and romantic relationships. *Current opinion in psychology*, 13, 19-24.

[94]. Abouammoh, N., Irfan, F., & AlFaris, E. (2020). Stress coping strategies among medical students and trainees in Saudi Arabia: a qualitative study. *BMC medical education*, 20(1), 1-8

[95]. Douglas, S. M. (2015). Effects of Romantic Attachment and Partner Presence on Physiological Stress Reactivity.

[96]. Morin, C. M., Rodrigue, S., & Ivers, H. (2016). Role of stress, arousal, and coping skills in primary insomnia. *Psychosomatic medicine*, 65(2), 259-267

[97]. Crenshaw, A. O., Leo, K., & Baucom, B. R. (2019). The effect of stress on empathic accuracy in romantic couples. *Journal of Family Psychology*, 33(3), 327

[98]. Shin, M., & Kemps, E. (2020). Media multitasking as an avoidance coping strategy against emotionally negative stimuli. *Anxiety, Stress, & Coping*, 33(4), 440-451.

[99]. Knobloch, L. K., Sharabi, L. L., Delaney, A. L., & Suranne, S. M. (2016). The role of relational uncertainty in topic avoidance among couples with depression. *Communication Monographs*, 83(1), 25-48.

[100]. Young, D., & Limbers, C. A. (2017). Avoidant coping moderates the relationship between stress and depressive emotional eating in adolescents. *Eating and weight disorders-Studies on anorexia, bulimia and obesity*, 22(4), 683-691

[101]. Bodenmann, G., Randall, A. K., & Falconier, M. K. (2016). Coping in couples: the systemic transactional model (STM). *Couples coping with stress: A cross-cultural perspective*, 5-22.

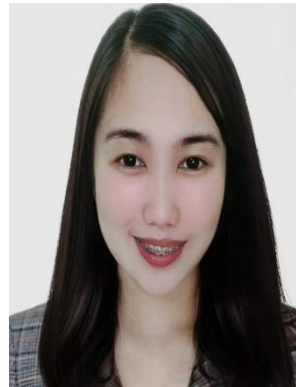
[102]. Sahin, S., & Mete, J. (2021). A Brief Study on Descriptive Research: Its Nature and Application in Social Science. *International Journal of Research and Analysis in Humanities*, 1(1), 11-11.

[103]. Creswell, J. W. (2012). *Educational research: Planning, conducting, and evaluating quantitative* (pp. 338). Upper Saddle River, NJ: Prentice Hall

Author Profile



Author 1 Nikki Orita is a fourth year BS Psychology student at Arellano University in the Philippines. Her research interest includes anything that is about psychological construct and concepts. She plans to use her research and writing experiences as a tool for her future job.



Author 3 Rocel Asotegue grew up in the province of Quezon and finished her first course as a computer secretarial in the year 2013. She worked in different companies for almost five years as a sales consultant. She is currently a 4th year BS Psychology Student at Arellano University and plans to take the licensure examination of Psychometrician.



Author 2 Paulo Manuel L. Macapagal is a Registered Psychometrician and Psychologist. He is an educator, a psychologist and a researcher.

He holds a degree in Bachelor of Science in Psychology from Pamantasan ng Lungsod ng Manila (as a full scholar); Master of Arts in Psychology and Doctor of Philosophy in Psychology from Manuel L. Quezon University; and Master in Public Management

major in Business Administration, Doctor of Philosophy in Educational Management, and Master of Arts in Education major in Special Education from PHINMA-St. Jude College. His master's thesis entitled: Intimacy, Empathy and Social Distance as Correlates to the Construct of Hypermasculinity from MLQU and his dissertation entitled: Competency-Based Education (CBE) Psychology Program: Basis for An Outcomes-Based Teaching (OBT) Approach from PHINMA-St. Jude College was awarded as Best Thesis and Dissertation.



Author 3 Zyrll Kate G. Yabut graduated senior high school as Tech-Vocational Information and Communication Technology and is currently in her fourth year as a BS Psychology student at Arellano University. She was a working student during her sophomore year as a service crew in a fast food restaurant. Her research interest includes anything related to behavioral psychology. She is scared but

willing to take the licensure examination and plans to take another course if given a chance.



Author 4 Jewel Anne Duran is a 4th Year BS Psychology student of Arellano University. She grew up in Concepcion Tarlac with a family of five. She has experienced working in a BPO company as a Customer Service Associate. After graduation, she plans to work abroad or pursue a career in the field of Dental Medicine.