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Original research

Predicting Emotional Experience with the Spouse Based on Reflective Functioning, Emotional Expression, Emotional Self Awareness, Attention Seeking and Dependency on Instagram among Married people in Esfahan city

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Abstract

Introduction:

Various factors are effective in the durability and survival of the family, including the emotional experience of couples with each other, and paying attention to it can provide a basis for improving family structures**.** The present study sought to answer the question whether the variables of reflective functioning, emotional expression, emotional self-awareness, attention-seeking and dependency to Instagram can predict the emotional experience with the spouse among the married people of Isfahan city.

Research method: The current research method was descriptive and correlational. The studied population in this research was all married people of Isfahan city. A sample of 250 people was selected using the available method and then the questionnaires were distributed among the people. The research tools were: Yousefi, ghafarollahi, Golparvar, Kiani emotional experience with the spouse questionnaire, Fonagy and Bateman's reflective function questionnaire, King and Emmons' emotional expression questionnaire, the emotional self-awareness subscale of Bar-on's emotional intelligence questionnaire, a researcher-made attention-seeking questionnaire and Young's Internet Addiction Questionnaire. The collected data were analyzed using descriptive statistics (mean and standard deviation) and inferential statistics (Pearson correlation and stepwise regression).

Findings: The results of this research showed that among the predictor variables, positive emotional expressiveness and dependency to Instagram have the power to predict positive emotional experience with the spouse, and variables of attention-seeking, positive emotional expressiveness and the certainty factor from the reflective functioning variable have the power to predict negative emotional experience with the spouse.

Conclusion: According to the findings of the research, in order to improve positive emotional experiences with the spouse, dependency to Instagram and positive emotional expression should be increased among women, and to reduce negative emotional experiences with the spouse, attention seeking should be reduced and positive emotional expression and certainty should be increased.

Keywords: Emotional experience with the spouse, Reflective functioning, Emotional expression, Emotional self-awareness, Attention-seeking and dependency to Instagram

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Introduction:

The family is an institution that gives its members a sense of security and peace, and over thousands of years, it has been the most stable and effective means of preserving cultural characteristics and its transfer to the next generations. But today, the feeling of security and peace and intimate relations between men and women has weakened and the family is increasingly facing destructive forces (1). Satisfactory relationships between couples can be measured through mutual interest, mutual care and understanding, and can affect family health and, on the other hand, the growth and flourishing of talents, personality development, physical, cognitive, emotional and moral development of family members (2). What is important in this is to accurately understand and respond to each other's emotions, which is a key process in creating intimacy in relationships and is considered an important skill for establishing social communication. In fact, understanding the emotions of another person is of particular importance in predicting her/his behavior and directing her/his behavior towards her/his.

Emotional experience (EE) refers to a person's conscious experience of many different aspects of an emotional or affective response, such as cognitions, bodily sensations, and motivational actions, as well as the conscious placement of that response in one of the categories of emotions. Three important factors that are related to emotional experience are: the processes that an emotional response carries with it, the multiple aspects of an emotional response that occur in the brain following that event, and the mechanisms that determine which One of the presented aspects of an emotional response must be consciously experienced in a situation (4). Emotional experiences with the spouse refer to the experiences that one of the spouses experiences towards their spouse in marital, relational or family situations (5). One of the important points related to the emotional experience of couples towards each other is to examine its correlates.

It seems that the reflective functioning is one of the structures that can affect the emotional experience with the spouse. Theorists claim that reflective functioning should have a meaningful relationship with the quality of intimate relationships throughout life. Examining the role of reflective functioning in romantic relationships is an important and logical step in advancing the study of human relationships (6). Reflective functioning can be defined in different ways. One definition is "attention to mental states in oneself and others, especially when interpreting behavior. Mental states that affect behavior, emotions, needs, goals, reasons and thoughts. Reflective function is the capacity to understand feelings, needs, desires and goals of one and others and is the basis of purposeful behaviors.

Reflective functioning is an operational term for mentalization, the ability to understand and reflect one's and others' thoughts and feelings and their relationship with behavior. Behaviors are expressions of basic mental states including thoughts, feelings and intentions (7). In fact, the reflective functioning variable allows adults to consider their partner's point of view during conflicts, to understand their need for help and support, and to express their thoughts and feelings in a way that their life partner can understand them and respond to them (6). According to Fonagy (2003), the occurrence of violence in the relationship between couples

can be the result of a defect in mentalization and reflective functioning, and the existence of pre-mentalization states in the interactions of couples shows this relationship (8).

In addition to the reflective functioning, the emotional expression of couples can also play a role in their emotional experience with each other. Emotional expression as one of the components of emotional intelligence can increase the satisfaction and quality of couples' relationships and the quality of parent-child relationships and be effective in coping with life's problems (9). In particular, the quality of marital relationships is greatly influenced by emotional expression in the family. Emotional expression is defined as the external display of emotion regardless of value (positive or negative) or method (verbal or physical) (10). Emotional expression includes three styles of positive expression, negative expression and intimacy (11). Emotional expression is closely related to emotional self-awareness (12).

Emotional self-awareness, as the ability to accurately recognize one's feelings, emotions and characteristics, helps a person to know the connection and cause of emotion and to obtain information about why and how to be excited in different situations (13). Emotional self-awareness plays a very vital role in important and fateful decisions in life and has a significant effect in organizing emotions and dealing with everyday stresses of life (14).

Another variable that was examined in this research and can be effective on the emotional experience of couples towards each other is attention-seeking. Attention-seekers spend a large part of their lives creating situations where they can be the center of attention. They try to answer any question even if they are not sure of the answer, they volunteer to do anything but give up halfway through, they keep turning around but nothing. They don't do constructive activities, they express their emotions in a dramatic and exciting way, and they exaggerate the events of their lives and support and expand their humanitarian aid. On the other hand, attention-seekers feel that they are special, have more merit than others and deserve a lot of attention (15). The results of a longitudinal study by Hawk et al. (2019) showed that the attention-seeking of narcissistic individuals on social media as a way to overcome social rejection may backfire and lead to a continuous pattern of self-defeating behaviors. (17).

Therefore, the existence of virtual space opens the platform for seeking attention. In this regard, Instagram is a suitable space that can answer the need for attention and provide the conditions of dependence on this platform. Instagram is one of the fastest growing social networks (18). Addiction to social networks means devoting a long period of time to these networks due to an uncontrollable desire that leads to negative consequences in real life areas (19). Excessive use of these networks causes a decrease in communication between family members, husband and wife neglect of each other, conflicts between couples, increase in extramarital relationships, increase in divorce, and decrease in marital satisfaction. The relationship between the use of virtual social networks and marital satisfaction is two-way, that is, low marital satisfaction causes a person to turn to harmful use of networks, and also excessive use of networks causes a decrease in marital satisfaction.

Anyway, for years, research and theories have shown that the emotional system governing the family has an effective role in the stability or collapse of the family. In this regard, the emotional experience with the spouse is also an important and study able structure, the further understanding of which depends on the examination of the variables that have the ability to predict this structure. Therefore, the present research sought to answer the present research sought to answer the question that reflective functioning, emotional expression, emotional self-awareness, attention-seeking and dependence on Instagram can predict the emotional experience towards the spouse?

Research method:

The present research method was descriptive and correlational. The population studied in this research was all the married people of Isfahan in the age group of 20 to 60 years. Considering that this research was a correlational type, 15 people were included in the research for each variable and sub-variable (21). The sample size was 250 people, and considering that the number of questions was large and the participants must be willing to cooperate to complete the questionnaire, the sample was selected by the available method and then the questionnaires were distributed among the people. In this research, descriptive and inferential statistics were used to examine and analyze the data, and in addition to the indicators and methods of descriptive statistics, multivariate regression was used to examine the hypotheses. Statistical analysis was done with the help of statistical package in social sciences version 23.

The data collection tools in this research were:

Questionnaire of emotional experience with the spouse: This scale was created by Yousefi, ghafarollahi, Golparvar, Kiani (22) in order to measure the variable of emotional experience with the spouse; it contains 41 questions and examines two factors of positive and negative emotional experience. And it is divided into 9 subscales of fear, anger, jealousy, sadness, anxiety and worry, happiness, hope, love and hatred with the spouse. The questions are scored on a 5-point scale from strongly agree (1) to strongly disagree (5). The maximum score in this questionnaire is 205 and the minimum score is 41. ghafarollahi and Yousefi have reported its Cronbach's alpha as 0.92 and its psychometric properties as suitable (5). In this research, the internal consistency was again checked for each subscale, which was obtained above 0.85.

Reflective Functioning Questionnaire: This questionnaire is a self-report scale that was created by Fonagy and Bateman (23), it consists of 8 questions and these questions examine the reflective function in two dimensions: certainty and uncertainty about mental states. Participant's answer the questions on a 7-point Likert scale from strongly disagree to strongly agree. Moderate agreement indicates the adaptive level of reflective functioning and low agreement indicates high certainty about mental states. According to the report of Fonagy and Bateman (23), the reflective functioning questionnaire has an acceptable internal consistency in the two subscales of uncertainty and certainty with Cronbach's alpha of 0.77 and 0.65, and its test-retest reliability after three weeks is 0.84 and 0.75. In Iran, in Sprooz and Rezaei research (24) internal consistency for the subscales was above 0.70.

Emotional Expression Questionnaire: King and Emmons (25) designed the questionnaire to investigate the importance of the role of emotion expression in the health. This questionnaire has 16 items and three subs-scales of expressing positive emotion, intimacy and negative emotion. Its scoring method is Likert, which is assigned a score of 5 to completely agree and a score of 1 to completely disagree. King and Emmons (23) reported Cronbach's alpha coefficient for the scale itself and the sub-scales of expressing positive emotion, expressing intimacy and expressing negative emotion as 0.70, 0.74, 0.63 and 0.67. In Behdoost et al.'s research (21), the validity of the subscales of this questionnaire was 0.70, 0.47 and 0.67. Internal consistency was re-examined in this research, which was above 0.60 for the total score and subscales.

Bar-on Emotional Intelligence Questionnaire (26): In order to measure emotional self-awareness, six questions related to emotional self-awareness scale of Bar-An Emotional Intelligence Questionnaire were used. This questionnaire is a cross-cultural tool for evaluating the characteristics of emotional intelligence, which was created by Bar-An (26) and includes 117 questions and 15 subscales. In Iran, this questionnaire has had suitable psychometric properties (27). In Iran, the validity of this questionnaire has been reported as 0.93 through Cronbach's alpha for the entire test. According to the report of Bar-on et al. (26), the Cronbach's alpha coefficient of this questionnaire was equal to 0.76 and its retest coefficients after one month were equal to 0.85 and after 4 months were equal to 0.75. Torabi Sayin, Livariani, Azmoudeh and Rezaei (27) have reported its psychometric properties as appropriate in Iran. The internal consistency in this study was above 0.70.

Attention-seeking questionnaire: This questionnaire was created by Yousefi (1401) to measure attention-seeking in this study, which contains 16 items and is scored on a five-point scale, and a higher score indicates more attention-seeking. The content and form validity of this questionnaire was approved by five experts. The internal consistency for the present study was obtained through internal consistency and Cronbach's alpha of 0.89.

Young's Internet Addiction Questionnaire: The purpose of this test is to measure the level of Internet addiction in different people. This questionnaire is one of the most reliable tests related to measuring internet addiction, which was invented by Young (28). Its overall score ranges from 20 to 100 and the higher this score, the higher the person's addiction to the Internet, and vice versa. Young (28) has reported the validity and reliability of this questionnaire using Cronbach's alpha of 0.90. In Iran, its reliability has been obtained using Cronbach's alpha method of 0.81 (29). In this research, the questions of this questionnaire were matched with internet addiction (28) and its internal consistency was checked again through Cronbach's alpha and 0.80 was obtained. In this research, the questions of this questionnaire were matched with the dependency on Instagram (28) and its internal consistency was checked again through Cronbach's alpha and 0.80 was obtained.

Findings:

In order to analyze the data, first the descriptive statistics related to the age, education level, number of children and gender of the subjects were determined, and then the inferential

statistics related to the effect of variables of reflective functioning, emotional expression, emotional self-awareness, attention seeking and dependency on Instagram on emotional experience with the spouse and the research hypotheses were examined.

Table (1) shows the mean and standard deviation of age among the subjects. As can be seen in table (1), the average age of the subjects is 37.96 and its standard deviation is 8.88.

Table (1) Mean and age deviation among subjects

Change Source	Mean	Standard Deviation
age	96/37	88/8

Table (2) shows the frequency of education, number of children and gender of the subjects. As can be seen in this table, the highest frequency of education among women is related to bachelor's degree and the lowest frequency of education among women is related to sub-diploma, the highest frequency of number of children among women is related to having two children and the lowest frequency of number of children in Among women, it is related to having four children, and the highest frequency is among women and the lowest frequency is related to men.

Table (2): Frequency of education, number of children and gender of subjects (total number=250 people)

Variable		Frequency	Percent
Education Level	High School	7	2/7
	Diploma	29	11/6
	Associate Degree	25	10
	Bachelor's Degree	106	42/4
	Master's Degree	67	26/8
	Doctorate	16	6/4
Number of Children	0	63	25/2
	1	80	32/0
	2	86	34/3
	3	20	8/0
	4	1	0/4
Gender	Male	33	13/2
	Female	207	86/8

Spearman's correlation coefficient was used in order to check the correlation of demographic variables with the variable of emotional experience with the spouse. The result showed that there is a positive and significant relationship between education, age and number of children with positive emotional experience. Also, there is a negative and significant relationship between age and education with negative emotional experience, and there is a positive and significant relationship between gender and negative emotional experience.

Table (3) Correlation coefficients between demographic variables and the variable of emotional experience towards spouse

Predictor Variables	Age	Gender	Education	Number Of Children
Positive Emotional Experience	"0/438	0/073	0/054	"0/590
Negative Emotional Experience	"-0/322	"0/656	"-0/367	0/011

In order to investigate and test the question whether reflective functioning and its dimensions, emotional expression and its dimensions, emotional self-awareness and its dimensions, attention seeking and dependency on Instagram can predict positive and negative emotional experience with the spouse, Pearson's correlation test was used And the results showed that there is a positive and significant relationship between positive emotional expression and the total score of expression with positive emotional experience with the spouse. Also, there is a negative and significant relationship between dependency on Instagram and positive emotional experience with one's spouse. Other variables have no significant relationship with positive emotional experience with the spouse. Also, to examine and test this hypothesis that reflective functioning and its dimensions, emotional expression and its dimensions, emotional self-awareness, attention-seeking and dependency on Instagram can predict negative emotional experience with the spouse, the same test was used and the findings show that there is a positive and significant relationship between reflective functioning and its dimensions (certainty and uncertainty), negative emotional expression, attention seeking and emotional self-awareness with negative emotional experience with the spouse, and also There is a negative and meaningful relationship between negative emotional expression and negative emotional experience with the spouse.

In order to investigate the most important factor among the mentioned factors in predicting positive emotional experience with the spouse, step-by-step regression analysis was used.

Table (4) shows the results of step-by-step regression analysis for positive and negative emotional experience with the spouse.

Table (4) step by step regression analysis to predict positive and negative emotional experiences towards spouse based on predictor variables

	Step	Variables Entered into the Equation	Regression Coefficient	The Square of the Regression Coefficient	Net Share	F	Df1	Df2	Significance
Positive Emotional Experience	1	Positive Emotional Expression	0/236	0/056	0/056	14/58	1	248	0/000
	2	Instagram Addiction	0/267	0/071	0/016	4/24	2	247	0/041
Negative Emotional Experience	1	Attention-Seeking	0/305	0/093	0/093	25/36	1	248	0/000
	2	Positive Emotional Expression	0/389	0/102	0/059	17/12	1	247	0/000
	3	Certainty	0/420	0/176	0/025	7/23	1	246	0/007

As can be seen in table (4), among the examined variables, in the first step, positive and negative emotional expression entered the regression equation with a regression coefficient of 0.236 and was able to predict 6.5% of the variance of the positive emotional experience with the spouse (p<0.000). In the second step, dependency on Instagram entered the regression equation with a regression coefficient of 0.267, and this variable, along with positive emotional expression, is able to predict 1.7% of the variance of positive emotional experience with one's spouse, and alone can account for 2.67% of the variance of positive emotional experience with the spouse (P<0.041). Also, for negative emotional experiences with the spouse, among the studied variables, in the first step, attention seeking entered the regression equation with a regression coefficient of 0.305 and is able to predict 3.9% of the variance of negative emotional experience with the spouse (p<000 /0). In the second step, positive emotional expression entered the regression equation with a regression coefficient of 0.389, and this variable, along with attention seeking, is able to predict 10.2% of the variance of negative emotional experience with the spouse, and alone can account for 5.9% of the variance of negative emotional experience with the spouse (P<0.000). In the third step, certainty is entered into the regression equation with a regression coefficient of 0.420, and this variable, along with attention seeking and positive emotional expression, is able to predict 10.2% of the variance of negative emotional experience with the spouse, and alone can account for 17.6% of explain the variance of negative emotional experience with the spouse (P<0.007).

Table (5) shows the coefficients of the regression equation predicting positive and negative emotional experience with the spouse based on positive emotional expression and dependency on Instagram.

Table (5) Raw and standard coefficients of regression equation to predict positive emotional experience towards spouse based on positive emotional expressiveness and dependence on Instagram

	Variable	Raw Coefficient (B)	Standard Error	Beta Coefficient	T	Significance
Positive Emotional Experience	Constant	40/32	3/22	-	12/49	0/001
	Positive emotional expression	0/477	0/123	0/238	3/88	0/001
	Dependency on instagram	-0/084	0.041	-0/126	-2/050	0/041
Negative Emotional Experience	Constant	48/15	7/51	-	6/41	0/001
	Attention-seeking	0/522	0/103	0/307	5/07	0/001
	Positive emotional expression	-0/990	0/263	-0/223	-3/76	0/001
	certainty	0/450	0/168	0/162	2/70	0/007

As can be seen in Table (5), the raw and standard coefficients for predicting the equation of positive emotional experiences with the spouse based on positive emotional expression and dependency on Instagram are presented, and they are all statistically significant.

As can be seen in Table (7), the raw and standard coefficients of the prediction equation of negative emotional experiences with the spouse are presented based on attention seeking, positive emotional expressiveness and certainty, and they are all statistically significant.

Discussion and conclusion:

The results of Pearson correlation analysis in relation to the first hypothesis showed that the variables of reflective functioning, emotional self-awareness and attention-seeking have no significant relationship with positive emotional experience with the spouse However, there is a positive and significant relationship between positive emotional expression and the total score of expression with positive emotional experience with the spouse, and there is also a negative and significant relationship between dependency on Instagram and positive emotional experience with the spouse. No research was found that specifically addressed this issue, but the findings of this research are in agreement with the findings of Oral et al. (30) who showed that the more couples express their emotions, the more accurately they can perceive the negative emotions of their partners, Yedirir and Hamarta (31) who found that

emotional expression has a significant relationship with marital satisfaction, as well as Vahdani et al. (32) who showed that it is possible to help improve the quality of married life of couples and reduce heartbreak through teaching appropriate ways of expressing emotions.

In explaining the lack of significant relationship between the reflective functioning variable and positive emotional experience with the spouse, it should be said considering that the reflective functioning means paying attention to mental states in oneself and others, especially when interpreting behavior and the capacity to understand feelings, needs, desires and goals and is the basis of purposeful behaviors and helps to create meaning, manage and predict the behavior of oneself and others, It allows couples to consider their partner's point of view during conflicts, understand his need for help and support (25) and express their thoughts and feelings in a way that their partner can understand them and respond to them, and according to Fonagy (23), the creator of the theory of mentalization, its deficiency can lead to violence occurs in the relationship between couples, Therefore, it was expected that the reflective functioning has a meaningful and positive relationship with the positive emotional experience with the spouse, which indicates the existence of positive emotions such as happiness, hope, interest with the spouse Because when a person has such experiences with his wife, it means that he loves her, he is interested in her, they both have a good relationship with each other, they enjoy living together, he is satisfied with his married life, he can ignore negative characteristics of his wife's personality and deal with the problems of his personal and marital life (3) But the results obtained were contrary to expectations. The reason for this lack of relationship could be the presence of a mediating variable such as the personality traits of each couple or internalizing disorders such as depression and anxiety, which were not investigated in this research Because these factors can affect the way a person expresses her mentality and the other party's reaction to this expression, and it is possible that such a hidden variable can neutralize the relationship between these two variables.

In explaining the absence of a significant relationship between the variable of emotional self-awareness and positive emotional experience with the spouse, it should be said that considering that emotional self-awareness means the ability to accurately recognize one's feelings, emotions and characteristics, helps the person to find out the knowledge of the connection and cause of emotion and to get information about why and how to be excited in different situations, it leads to self-understanding in communication and adaptation to the environment, and finally it leads to efficient regulation of emotion (13), So, it was expected that emotional self-awareness has a significant and positive relationship with positive emotional experience with the spouse, which indicates the existence of positive emotions such as happiness, hope, love, interest with the spouse but the results obtained were contrary to expectations. The reason for this lack of connection can be the presence of a mediating variable such as acceptance of emotions or self-compassion, which was not investigated in this research, and causes a person to not accept the suffering caused by this awareness despite being aware of his emotions and constantly trying to avoids or ignores it or blames himself for having such emotions and characteristics and does not have any compassion, he is caught in a cycle that keeps him away from experiencing positive emotions.

In explaining the absence of a significant relationship between the variable of attention-seeking and positive emotional experience with the spouse, it should be said that considering that attention-seekers spend a large part of their lives creating situations where they can be the center of attention, Because they feel that they are special and more competent than others, and sometimes they pretend that they cannot do something and that someone else is needed to teach them, help them, or supervise them while doing it (15), It was expected that this variable would have a significant and negative relationship with positive emotional experience with the spouse, which indicates the presence of positive emotions such as happiness, hope, love, interest with the spouse, but the results obtained were contrary to expectations, The reason for this lack of relationship could be the presence of a mediator variable such as other personality traits in the individual or in the spouse and the psychological flexibility and resilience of the spouse, which was not investigated in this research Because some personality traits can moderate the effect of attention-seeking behaviors. Also, when a wife is flexible and resilient to the attention-seeking behaviors of her life partner, she can better manage her feelings and regulate her emotions.

In explaining the existence of a positive and meaningful relationship between the variable of emotional expression and positive emotional experience with the spouse, it should be said that emotional expression is defined as the external display of emotion regardless of the value (positive or negative) or the method (verbal or physical) And as one of the components of emotional intelligence, it can increase the satisfaction and quality of couples' relationships and the quality of parent-child relationships (10) and be effective in coping with life's problems, It was expected that this variable has a significant and positive relationship with the positive emotional experience with the spouse, which indicates the existence of positive emotions such as happiness, hope, love, interest with the spouse.

In explaining the presence of a negative and significant relationship between the variable of dependency on Instagram and positive emotional experience with the spouse, it should be said that dependency on social networks means devoting a long period of time to this network due to an uncontrollable desire and excessive use leads to negative consequences in the real areas of life, interpersonal problems and interference in family, occupational and academic affairs, creating behavioral and personality disorders, dependency on networks and neglecting other aspects of life (19), It was expected that this variable has a significant and negative relationship with the positive emotional experience with the spouse, which indicates the existence of positive emotions such as happiness, hope, love, interest with the spouse.

The results of Pearson correlation analysis in relation to negative emotional experience with the spouse showed that the variable of dependency on Instagram has no significant relationship with the variable of negative emotional experience with the spouse However, there is a positive and significant relationship between the variables of reflective functioning and its dimensions (certainty and uncertainty), negative emotional expression, attention seeking and emotional self-awareness with negative emotional experience with the spouse. No research was found that dealt with this issue exactly, but the findings of this research in the context of the inverse relationship between positive psychological structures and negative

structures in the family was inconsistent with the research of Goldstein et al.(33) who showed that reflective functioning in husband can reduces risk of postpartum depression, permissive parenting and child control defects, consistent with the research of Beverly et al. (34) who showed that higher levels of reflective functioning in mothers predict a decrease in marital satisfaction and satisfaction with joint cooperation in parenting in the transition to the childbearing stage and It was consistent with Sand et al.'s research (35) that attention-seeking in parents is associated with their less satisfaction with having children, more likely to suffer from postpartum depression, and less satisfaction with prenatal relationships.

In explaining the absence of a significant relationship between dependency on Instagram and negative emotional experience with the spouse, it should be said that dependency on social networks means devoting a long period of time to this network due to an uncontrollable desire and using more than the limit leads to negative consequences in the real areas of life, interpersonal problems and interference in family, occupational and academic affairs, creating behavioral and personality disorders, dependency on networks and neglecting other aspects of life (19), It was expected that this variable would have a positive and significant relationship with the negative emotional experience with the spouse, which indicates the experience of negative emotions such as anger, sadness, anxiety, hatred and jealousy with the spouse, but the results obtained were contrary to expectations, The reason for this lack of relationship could be the existence of a mediating variable such as the simultaneous dependency of the other party on Instagram or her point of view in this regard or psychological toughness, none of which were investigated in this research because when the other party is also dependent on this social network or has a good view of it, then it does not show a negative reaction to this dependency and does not base negative emotions.

In explaining the existence of a positive and significant relationship between the reflective functioning variable and negative emotional experience with the spouse, it should be said that considering that the reflective functioning helps to prevent impulsive behaviors in emotionally charged situations by providing a mental reflection (26) and the ability to think and feel or be aware of another's point of view in times of high arousal is very important and regulating(6), It was expected that the reflective functioning would have a negative and significant relationship with the negative emotional experience with the spouse, which indicates the experience of negative emotions such as anger, sadness, anxiety, hatred and jealousy with the spouse but the results were unexpected. The reason for this positive relationship could be the inadequacy of the questionnaire used to measure the adaptive level of reflective functioning or the existence of a mediating variable such as the ability to reflect mentalities in an understandable and effective way.

In explaining the positive and meaningful relationship between the dimensions of the reflective functioning, i.e., certainty and uncertainty, with negative emotional experience with one's spouse, it should be said that excessiveness in any of the dimensions of mentalization means excessive certainty and being in a state of over-mentalization or too much uncertainty and the inability to understand the mentality of the other party keeps a person away from balanced mentalization and considering different options for the cause of his behavior therefore, it was expected that these dimensions have a positive and meaningful relationship

with the negative emotional experience with the spouse, which indicates the experience of negative emotions such as anger, sadness, anxiety, hatred and jealousy with the spouse.

In explaining the existence of a positive and significant relationship between the variable of negative emotional expression and negative emotional experience with the spouse, it should be said that emotional expression in general has four main functions, which are: Regulating arousal, self-understanding, improving coping skills and improving interpersonal relationships(10), so It was expected that this variable would have a negative and significant relationship with the negative emotional experience with the spouse, which indicates the experience of negative emotions such as anger, sadness, anxiety, hatred and jealousy with him, but the results obtained were contrary to expectations, the reason for this positive relationship can be the presence of a mediating variable such as the way the other party reacts to the negative expression of the spouse's emotions or the way of expression and not paying attention to the time, place and manner of it.

In explaining the existence of a positive and significant relationship between the attention-seeking variable and negative emotional experience with the spouse, it should be said that attention-seekers spend a large part of their lives creating situations where they can be the center of attention because they feel that are special and have more merit than others and sometimes they pretend that they cannot do something and another person is needed to teach them, help them or supervise them while doing that work (15), It was expected that this variable has a positive and significant relationship with negative emotional experience with the spouse, which indicates the presence of emotions such as anger, sadness, anxiety, hatred and jealousy with the spouse.

In explaining the existence of a positive and meaningful relationship between emotional self-awareness and negative emotional experience with the spouse, it should be said, considering that emotional self-awareness means the ability to accurately recognize one's feelings, emotions and characteristics, helps a person to know the connection and cause of emotion and to get information about why and how to be excited in different situations, it leads to self-understanding in communication and adaptation to the environment, and finally it leads to efficient regulation of emotion, so It was expected that this variable has a negative and significant relationship with the negative emotional experience with the spouse, which indicates the experience of emotions such as anger, sadness, anxiety, hatred and jealousy with the spouse. The reason for this positive relationship can be the existence of a mediating variable such as rumination about emotions or not accepting them, because self-awareness, whether positive or negative, brings with it suffering, and if this suffering is not accepted and constantly repeated in the mind, it leads the person to experiencing more negative emotions.

Since there was a positive and significant relationship between emotional expression and positive emotional experience with the spouse, and a negative and significant relationship was seen between Instagram dependency and positive emotional experience with the spouse, and negative emotional expression and attention-seeking with negative emotional experience with the spouse had a positive and meaningful relationship, therefore, it is suggested that teach how to properly express emotions and the harmful effects of addiction to Instagram and

other social networks on the emotional experience of couples with each other in training programs, regarding meeting the needs in a way other than using the virtual world, solutions should be provided and those responsible for holding these educational programs should try to inform people about attention-seeking behaviors and their effect on couple relationships. In the pre-marriage skills class held by the country's welfare, the ability to express emotions, awareness of attention-seeking behaviors and prevention of dependency on Instagram should be considered as effective factors in couples' emotional experiences with each other. Due to cultural diversity in the country and province, the results of this research cannot be generalized to other parts of the country. This research was correlational and causal results cannot be extracted from it. In general, it is suggested that the research be repeated in different regions of the province and the results be compared in different social and economic groups. The research sample should be selected in a larger volume so that more advanced statistical methods such as structural equation modeling can be used and more accurate results can be obtained.

Teach how to correctly express emotions and the destructive effects of dependency on Instagram and other social networks on the emotional experience of couples with each other in educational programs and solutions should be provided about meeting the needs in a way other than using the virtual world, and those responsible for holding these educational programs should try to inform people about attention-seeking behaviors and their effect on couple relationships.

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