

Table 3a. Correlations between female couple partners' emotion regulation strategies and male couple partners' measures for emotion regulation and coping strategies (N=50)

MAN		WOMAN								
		Self-blame	Acceptance	Rumination	Positive refocusing	Refocus on planning	Positive reappraisal	Putting into perspective	Catastrophizing	Blaming others
Self-blame	r	0.070	0.153	0.048	0.061	-0.135	0.103	0.028	-0.062	0.084
	p	0.633	0.290	0.740	0.676	0.348	0.477	0.847	0.668	0.563
Acceptance	r	-0.162	0.189	-0.001	0.014	0.071	.323*	0.089	-0.194	0.001
	p	0.260	0.188	0.995	0.923	0.623	0.022	0.540	0.177	0.995
Rumination	r	0.040	0.232	0.222	0.200	0.169	0.196	0.171	-0.197	0.009
	p	0.780	0.105	0.122	0.165	0.241	0.173	0.235	0.170	0.949
Positive refocusing	r	-0.107	-0.084	-0.213	0.225	0.057	0.224	0.097	-0.113	-0.087
	p	0.459	0.564	0.137	0.116	0.695	0.118	0.503	0.435	0.546
Refocus on planning	r	-0.080	-0.067	-0.029	0.073	0.121	0.216	-0.013	0.053	0.198
	p	0.583	0.642	0.843	0.614	0.402	0.132	0.929	0.714	0.167
Positive reappraisal	r	-0.144	-0.058	-0.086	-0.045	0.004	0.145	-0.019	0.086	0.071
	p	0.318	0.689	0.553	0.756	0.979	0.316	0.895	0.551	0.626

MAN		WOMAN								
		Self-blame	Acceptance	Rumination	Positive refocusing	Refocus on planning	Positive reappraisal	Putting into perspective	Catastrophizing	Blaming others
Putting into perspective	r	-.318*	0.019	-0.218	-0.108	-0.096	-0.054	0.037	0.260	0.181
	p	0.024	0.898	0.129	0.456	0.507	0.711	0.797	0.068	0.207
Catastrophizing	r	-0.187	0.050	-0.074	0.023	0.140	-0.069	0.136	0.195	.299*
	p	0.194	0.728	0.609	0.871	0.331	0.634	0.347	0.175	0.035
Blaming others	r	0.113	0.080	0.058	0.069	0.004	0.210	0.106	-0.007	0.161
	p	0.434	0.582	0.690	0.636	0.981	0.144	0.463	0.964	0.265
Assertive Action	r	-0.045	-0.038	0.128	0.215	0.177	0.184	0.233	0.144	0.088
	p	0.754	0.794	0.374	0.133	0.219	0.200	0.103	0.317	0.544
Social Joining	r	-.333*	-0.176	-0.227	-0.004	0.004	-0.012	-0.099	-0.033	0.021
	p	0.018	0.223	0.114	0.979	0.981	0.932	0.493	0.819	0.884
Seeking Social Support	r	-0.051	-0.030	-0.094	-0.120	0.061	-0.223	0.009	0.082	0.024
	p	0.725	0.835	0.515	0.407	0.673	0.120	0.951	0.573	0.870
Cautious Action	r	-0.127	-0.087	-0.055	-0.002	-0.079	-0.041	0.021	0.053	-0.101
	p	0.379	0.547	0.705	0.991	0.586	0.780	0.884	0.713	0.485
Instinctive Action	r	-0.094	0.025	-0.035	0.028	0.155	0.061	0.078	-0.061	0.066
	p	0.515	0.862	0.809	0.847	0.283	0.675	0.590	0.674	0.647
Avoidance	r	-0.278	-0.244	-.296*	-0.157	-0.152	-0.124	-0.181	-0.058	-0.007
	p	0.050	0.088	0.037	0.277	0.293	0.392	0.208	0.688	0.962
Indirect Action	r	0.012	-0.109	-0.056	0.091	0.012	0.220	0.040	0.024	0.175
	p	0.932	0.452	0.702	0.528	0.932	0.124	0.780	0.870	0.225
Antisocial Action	r	-0.016	0.000	-0.037	0.016	0.067	0.098	0.203	0.025	0.236
	p	0.914	0.999	0.800	0.913	0.642	0.499	0.158	0.865	0.100
Aggressive Action	r	0.123	-0.022	-0.053	-0.084	-0.015	0.046	-0.002	-0.212	0.266
	p	0.396	0.880	0.717	0.562	0.916	0.748	0.992	0.139	0.061

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3b. Correlations between female couple partners' emotion regulation strategies and male couple partners' measures for emotion regulation and coping strategies (N=50)

MAN		WOMAN								
		Assertive Action	Social Joining	Seeking Social Support	Cautious Action	Instinctive Action	Avoidance	Indirect Action	Antisocial Action	Aggressive Action
Self-blame	r	-0.041	0.140	0.063	0.095	-0.262	0.000	-0.069	-0.100	-0.082
	p	0.777	0.331	0.664	0.511	0.067	0.999	0.635	0.489	0.570
Acceptance	r	0.049	0.149	0.150	0.154	-0.104	0.150	0.011	0.062	-0.107
	p	0.733	0.302	0.299	0.285	0.472	0.298	0.939	0.667	0.461
Rumination	r	0.112	0.231	0.105	.357*	0.022	0.148	0.002	0.076	0.015

MAN		WOMAN								
		Assertive Action	Social Joining	Seeking Social Support	Cautious Action	Instinctive Action	Avoidance	Indirect Action	Antisocial Action	Aggressive Action
	p	0.439	0.107	0.466	0.011	0.879	0.305	0.989	0.601	0.920
Positive refocusing	r	0.093	.317*	-0.007	0.278	0.027	0.072	0.153	-0.048	0.013
	p	0.519	0.025	0.959	0.050	0.855	0.620	0.288	0.739	0.931
Refocus on planning	r	0.217	.341*	0.076	.312*	-0.035	0.089	-0.064	-0.099	-0.062
	p	0.131	0.015	0.598	0.028	0.808	0.538	0.657	0.495	0.671
Positive reappraisal	r	0.047	0.199	-0.107	0.145	0.141	.281*	0.024	0.076	-0.012
	p	0.745	0.165	0.460	0.314	0.330	0.048	0.867	0.602	0.935
Putting into perspective	r	-0.012	0.215	-0.065	-0.045	0.231	0.192	0.089	0.224	0.067
	p	0.936	0.133	0.653	0.756	0.107	0.181	0.537	0.118	0.644
Catastrophizing	r	-0.076	0.207	0.034	0.084	.296*	.390**	0.108	0.180	-0.015
	p	0.601	0.149	0.815	0.563	0.037	0.005	0.454	0.210	0.916
Blaming others	r	-0.150	0.235	0.120	0.070	0.061	0.102	0.204	0.063	0.175
	p	0.298	0.101	0.405	0.631	0.674	0.480	0.155	0.664	0.224
Assertive Action	r	0.138	0.221	0.124	0.191	-0.097	0.003	-0.143	-0.126	-0.107
	p	0.339	0.123	0.391	0.183	0.503	0.986	0.320	0.382	0.460
Social Joining	r	0.260	.323*	0.045	.353*	0.083	0.070	-0.103	-0.188	-0.044
	p	0.069	0.022	0.756	0.012	0.565	0.628	0.478	0.191	0.759
Seeking Social Support	r	0.109	0.188	0.236	0.274	0.169	0.037	-0.173	-0.083	-0.005
	p	0.452	0.190	0.099	0.054	0.242	0.796	0.230	0.567	0.974
Cautious Action	r	0.110	0.067	-0.109	0.184	0.086	0.145	-0.094	-0.006	-0.146
	p	0.447	0.642	0.450	0.201	0.553	0.316	0.516	0.970	0.311
Instinctive Action	r	0.053	0.153	0.031	0.145	0.258	0.256	0.276	0.158	0.119
	p	0.715	0.289	0.831	0.316	0.071	0.073	0.052	0.273	0.412
Avoidance	r	0.047	0.084	-0.044	0.109	.288*	.299*	0.117	0.146	0.094
	p	0.747	0.561	0.760	0.452	0.043	0.035	0.419	0.310	0.518
Indirect Action	r	0.027	0.012	-0.071	-0.047	-0.039	0.098	.408**	0.244	0.084
	p	0.852	0.936	0.627	0.744	0.789	0.499	0.003	0.087	0.560
Antisocial Action	r	-0.148	0.223	0.253	-0.015	0.046	0.123	0.191	0.109	0.090
	p	0.304	0.120	0.076	0.918	0.750	0.394	0.183	0.450	0.532
Aggressive Action	r	-0.038	0.172	0.182	0.122	-0.026	0.156	0.231	0.134	0.083
	p	0.792	0.232	0.207	0.398	0.858	0.279	0.107	0.354	0.564

*. Correlation is significant at the 0.05 level (2-tailed).

** . Correlation is significant at the 0.01 level (2-tailed).

Discussions

The research results presented in this study have been focused on individual emotion regulation and coping strategies frequently used by couple partners. Although, as a group, women reported a higher mean score for rumination and catastrophizing, no other differences were significant between women and men in order to justify gender profiling of cognitive and emotional responses to stress.