

# **The relationship between emotion regulation, coping strategies with stress and impulsivity couples with marital intimacy**

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**The relationship between love and marriage, despite their integration, is still not clear. The problem that some people experience a marital relationship without love or intimacy. This study aimed to determine the relationship of emotional adjustment, coping with stress and impulsivity with marital intimacy nurses. The research is descriptive and correlational. The target population included all nurses in Rasht who were working in the years 1394-95. The random sampling based on Morgan table, 300 subjects were ed. The study collected data questionnaires Graz emotional adjustment, coping strategies Endler and Parker, Barratt Impulsiveness and marital intimacy Bagarvzy is used. To test the research hypotheses, the parametric statistical tests, Pearson correlation and multiple regression analysis were used. The results showed that the correlation between the relationship of emotional adjustment, coping with stress and impulsivity with marital intimacy is statistically significant ( $01/0 > p$ ). The results also showed hypotheses there is a relationship between emotion regulations of marital intimacy. Coping with stress and marital intimacy between spouses are related. There is a relationship between impulsivity and marital intimacy ( $01/0 > p$ ). According to the results, it can be the result of excitement, coping with stress and impulsivity in anticipation of marital intimacy is quite effective.**

**Keywords :** emotion regulation, coping with stress, impulsivity, marital intimacy

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