

**SELF-SILENCING, REJECTION SENSITIVITY,
MENTALIZATION AND MARITAL SATISFACTION IN
MARRIED INDIVIDUALS**



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**A thesis submitted in fulfillment of the requirements for the award of the
degree of Master of Science (Clinical Psychology)**

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Dedication

Alhamdulillah, all praise is due to Allah (SWT), the Most Merciful and the Most Compassionate, for granting me the strength, patience, and guidance to complete this work. I dedicate this thesis to my beloved father, whose unwavering guidance, love, and sacrifices have been the foundation of my personal and academic journey. His constant encouragement and belief in my abilities have inspired me to overcome challenges and pursue excellence in all my endeavors. Without his support, completing this research would not have been possible.

To my family, whose love, patience, and continuous encouragement have been my constant source of strength, I owe my deepest gratitude. Their faith in me, even during difficult times, provided the motivation to persevere and complete this thesis. Every step of this journey has been supported by their care and understanding.

I also dedicate this work to my respected supervisor, Dr. Urooj Sadiq, whose invaluable guidance, mentorship, and insightful feedback have played a pivotal role in shaping this research. Her encouragement, patience, and expert advice have not only enhanced the quality of this work but have also enriched my learning experience, making this achievement a shared success.

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ABSTRACT

The current research investigated the relationships existing between self-silencing, rejection sensitivity, mentalization, and marital satisfaction in married people in Pakistan. Although these constructs have been extensively studied in the Western setting, little has been done to examine their influence in the South Asian setting where cultural values and family structures might influence marital adjustment in different ways. The main aim was to examine the hypothesis of whether self-silencing and rejection sensitivity are negative predictors of marital satisfaction with greater certainty and lesser uncertainty in mentalization as protective variables. The study used a quantitative research design and a sample of 217 married people recruited in the community centers, workplaces, and online. Standardized self-report measures were employed: the Silencing the Self Scale (STSS), Adult Rejection Sensitivity Questionnaire (A-RSQ), Reflective Functioning Questionnaire (RFQ-C and RFQ-U), and the Couple Satisfaction Index (CSI). The analysis of data was performed with the help of SPSS with the application of the descriptive statistics, Pearson correlations, multiple regression, independent samples t-tests, and one-way ANOVA. Results showed that self-silencing, rejection sensitivity and mentalization uncertainty had a negative relationship with marital satisfaction and mentalization certainty was positively correlated but not significantly. Regression analysis indicated that self-silencing, rejection sensitivity and uncertainty were significant predictors of lower marital satisfaction and accounted 16.2% of the variance. The paper identifies the adverse impact of silencing behaviors, rejection fears, and poor mentalization on marital satisfaction and the significance of cultural dynamics in determining these relationships.

Keywords: Self-Silencing, Rejection Sensitivity, Mentalization, Marital Satisfaction, Married Individuals

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List of Symbols

Symbol	Meaning
M	Mean
SD	Standard Deviation
N	Sample size
F	Frequency
%	Percentage
B	Unstandardized regression coefficient
B	Standardized regression coefficient
SE B	Standard error of B
LL	Lower Limit of 95% Confidence Interval
UL	Upper Limit of 95% Confidence Interval
R ²	Coefficient of determination
A	Cronbach's alpha (reliability coefficient)
R	Pearson's correlation coefficient
F	F-statistic (ANOVA or regression)
η^2	Eta squared (effect size)
P	Significance level

List of Abbreviations

Abbreviation	Full Form
STSS	Silencing the Self Scale
A-RSQ	Adult Rejection Sensitivity Questionnaire
RFQ	Reflective Functioning Questionnaire
RFQ-C	Reflective Functioning Questionnaire – Certainty Subscale
RFQ-U	Reflective Functioning Questionnaire – Uncertainty Subscale
CSI	Couple Satisfaction Index
SPSS	Statistical Package for the Social Sciences
LL	Lower Limit
UL	Upper Limit
SD	Standard Deviation
M	Mean
n	Sample size
ANOVA	Analysis of Variance
B	Unstandardized Regression Coefficient
β	Standardized Regression Coefficient

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