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EMOTIONAL HOMEOSTASIS EQUILIBRIUM AS A CORRELATE OF PSYCHO-MENTAL WELL-BEING AMONG MARRIED PUBLIC SERVANTS IN DELTA STATE

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Abstract

The study examined Emotional Homeostasis Equilibrium (EHE) as a correlate of psycho-mental well-being among married public servants in Delta State. Two research questions and two null hypotheses were raised and tested. The study employed a correlational research design to explore these dynamics. The population consisted of 40,934 married public servants in Delta State. From this, a sample of 900 participants was drawn using a multi-stage sampling technique. Data were collected using the Emotion Scale, the Emotional Resilience Rating Scale, and the Psycho-Mental Well-Being Rating Scale Questionnaire (PEERPMWBQ). The instrument underwent rigorous validation processes: face validity was established through expert judgment, content validity was confirmed using cumulative variance, and construct validity was determined via a rotated component matrix. Psychometric evaluations affirmed the tool's reliability and appropriateness for the study's objectives. The researcher and six trained assistants personally administered the instrument, ensuring high response accuracy. Data were analyzed using Pearson's Product-Moment Correlation and regression statistics at the 0.05 significance level. Findings revealed a significant relationship between Emotional Homeostasis Equilibrium (EHE)—with its components of joy, gratitude, love, hope, happiness, and appreciation—and the psycho-mental well-being of married public servants in Delta State. The results also showed a significant moderating effect of level of education (LE) on the relationship between EHE and psycho-mental well-being. The study concluded that cultivating emotional equilibrium and reinforcing positive affective states are critical for promoting the psycho-mental well-being of married public servants. Based on these conclusions, it was recommended that government should organize training programmes, workshops, and counseling sessions for married public servants to strengthen their emotional regulation skills

Keywords: Emotional Homeostasis equilibrium, level of education, Psycho-Mental Well-Being, Married Public Servants

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Introduction

Marriage, a social institution universally recognized across cultures, serves as a fundamental pillar in the fabric of human societies. Defined as a legally or socially sanctioned union between individuals that establishes rights and obligations between them and their children, marriage encompasses a spectrum of shared experiences, from profound joys to formidable challenges. This introduction delves into the intricate dynamics of marriage, shedding light on its potential to induce stress and influence the psycho-mental well-being of those who partake in this significant life commitment. Marriage is a multifaceted institution that extends beyond its legal and ceremonial dimensions. From a sociological perspective, it is a bond that not only binds individuals in a legal contract but also connects them emotionally, economically, and socially. In the context of romantic relationships, marriage often represents the culmination of a shared commitment, embodying companionship, mutual support, and the prospect of building a life together. While marriage brings forth numerous benefits, it is not devoid of stressors. The intertwining of two lives can introduce complexities, triggering stress that may impact the psycho-mental well-being of those involved (Liu *et al*. 2021).

Liu *et al.* (2021) also asserted that the challenges within marital relationships can be significant stressors, potentially affecting the psychological health of individuals. As we navigate the complexities of marriage, understanding the stressors involved becomes pivotal in addressing and mitigating potential negative impacts on psycho-mental well-being. Mental well-being is closely tied to mental health, cognitive functioning, and the ability to cope with stress and adversity. In marriage, individuals with positive mental health can maintain stability, manage emotional challenges, and contribute positively to the relationship. Mental well-being plays a crucial role in coping with the stresses and adversities that may arise in marriage and contributes significantly to life satisfaction. Couples who prioritize mental well-being can navigate difficulties together, fostering resilience and mutual support. Studies have shown that mental health issues, such as depression and anxiety, are linked to lower marital satisfaction and higher rates of divorce (Whisman & Schonbrun, 2009). Additionally, research has demonstrated that couples who engage in mental health interventions, such as couples' therapy, experience improved relationship satisfaction and reduced risk of divorce (Bradbury *et al.*, 2000).

The risk of poor mental health and reduced overall well-being resulting from negative marriage experiences is substantial. Unhealthy marriages can lead to heightened stress levels, exacerbating mental health issues, and diminishing the overall health and fulfillment of individuals within the relationship. The impact of negative marriage experiences extends beyond emotional and mental well-being to physical health, potentially leading to long-term health consequences and reducing overall life expectancy. It is crucial to recognize and address the challenges within a marriage to mitigate these risks and promote the health and fulfillment of individuals within the relationship.

To better understand how individuals regulate their emotions within a marital union, the researcher explored Emotional Homeostatic Equilibrium (EHE) as a probable predictor of psycho-mental well-being of married public servant. EHE is a concept that emphasizes emotional balance and stability. According to Gross (1998), EHE involves navigating the fluctuations in emotional experiences that naturally occur within a marital union and adapting emotional responses to various situations. This creates a harmonious equilibrium that fosters an emotionally supportive environment, facilitating open communication and understanding between spouses. EHE is essential for the overall well-being of individuals and relationships and can contribute to a positive emotional climate and effective conflict resolution.

Examples of emotion under the emotional homeostatic equilibrium include Joy, Gratitude, Love, Hope, and Pride.

According to Hope *et al.,* (2017) the Joy family of emotions is a group of related emotions that are associated with positive states. The Joy family of emotion includes several different emotions, including happiness, excitement, enthusiasm, and contentment. All members of the Joy family share traits such as positivity, optimism, and satisfaction. These are all components of joy that can create powerful experiences for individuals who experience them. The feelings within this family often evoke physical responses in people so they can experience feeling better when engaging with these emotions mentally or physically through activities like exercise or dancing which develop more strength from practicing joyful moments consciously throughout day-to-day life. Experiencing positive emotions strengthens our social connections with others because it encourages us to focus on celebrating rather than competing which leads towards growth instead of stress caused by competition mentality among peers especially long long-term relationships; creating an environment where trust replaces fear making everyone feel safe enough enjoy each other's company freely without judgment – prompting increased potential overall emotional wellness & bonding in whoever interacts emotionally wisely within collective groups! The joy family helps to motivate people to continue striving towards their goals even when times get tough because it reinforces successful behavior which provides us with an emotional boost that encourages further success-seeking activities! Joy is a family of emotions that has been linked to psychological well-being. It includes both positive and negative emotions such as happiness, contentment, excitement, enthusiasm, pride, satisfaction, and joy itself. Positive aspects of joy are experienced when feelings maximize psychological capacity or 'flow'. This state of being optimizes the activation and coordination of cognitive resources to achieve meaningful goals or simply bask in spontaneous activities that still deliver pleasure.

The joy component of emotional homeostatic equilibrium is important for married persons. This refers to the ability to maintain positive emotions during difficult times and find pleasure in daily life. It can help couples stay connected, reduce stress, avoid conflict, and have a more satisfying marriage overall. Higher levels of joy lead to increased satisfaction with one's partner, fewer arguments about finances or parenting, and better physical health among couple members. Additionally, marriages high in joy are associated with appreciation for each other's differences rather than criticism; displaying affection frequently; enjoying activities together as well as apart; having values congruent with those held by both partners; mutual respect between spouses despite personal differences; involvement in family decision-making processes such as budgeting and children's discipline methods; and accessing joint leisure time consistently. Thus, it is clear that the joy component of emotional homeostatic equilibrium plays an important role within relationships which may explain why it continues to remain so significant even today.

Gratitude has been proposed as an emotional homeostatic equilibrium. The concept of gratitude as an emotional homeostatic equilibrium suggests that feeling grateful is a process that helps individuals maintain emotional stability. Hope et al., (2017) suggest that expressing thankfulness and appreciation for life can assist emotionally distressed individuals in managing their stress levels, leading to positive outcomes such as overall improved well-being, reduced depression symptoms, increased motivation behavior change, and enhanced relationship satisfaction among other effects. Furthermore, Hope *et al.,* (2017) point towards the fact that fostering gratuitous thoughts improves one's ability to handle challenging situations while furthering resilience against adverse events or states associated with psychological distress. Ultimately, practicing thankful cognitions provides positive feedback

within interpersonal relationships by increasing altruistic behavior seen both between family members and friends through direct involvement but also through increased acts of philanthropy like donating money or joining social volunteering circles thus illustrating how peer-to-peer interactions are positively impacted when gratitude features heavily in overarching internal beliefs systems orchestrated by participants engaging regularly in activities geared at cultivating appreciative emotions.

Hope *et al.,* (2017) posit that gratitude can help to regulate our emotions, reduce stress levels, and foster positive relationships with others. Gratitude is thought to be beneficial because it allows us to take stock of the moments in life where things have gone well or could potentially go well – rather than focusing on what has not worked out so far. It also helps us cultivate more meaningful connections with those around us by encouraging appreciation for the good qualities found in other people. Additionally, grateful thinking encourages individuals to search for opportunities within difficult times which can often enhance people's wellbeing even in trying circumstances.

The Hope family of emotional homeostatic equilibrium is a set of interrelated psychological processes that work together to maintain people's emotional balance. The Hope Family of emotional hemostatic equilibrium is a psychological theory based on the idea that an individual's well-being and ability to cope with life's challenges depends upon their emotional homeostasis. This model emphasizes four distinct emotion regulation processes, including acceptance, meaning-making optimism, problem-solving, and resilience (Hope *et al.,* 2017). According to the authors, "emotional homeostasis supports healthy personal functioning by restoring the balance between conflicting wants and needs as well as harmonizing potential discrepancies in thought or behavior among diverse contexts". They also suggest individuals must develop these skills during childhood to ensure they develop strong bonds with others. These skills are essential because they protect against future stressors while promoting successful adaptive coping strategies when faced with adversity (Hope et al., 2017). Additionally, according to this model when all of these abilities have been cultivated successfully in individuals then healthily developing relationships can occur which enables existence within one's environment without feeling threatened. The family of emotions known as the pride family is composed of several different emotion states that all help to form a sense of emotional homeostatic equilibrium. This includes feelings such as self-respect, dignity, worthiness, honor, and esteem which allow individuals to maintain their stability in terms of how they perceive themselves both internally and towards others. Pride helps individual function confidently while being realistic about their strengths and weaknesses at the same time. In addition, these positive emotions from within the pride family also serve as protective buffers for negative experiences since they provide people with reinforced defenses needed during stressful moments or unfortunate circumstances. Having this strong set of feelings allows them to more likely than not find comfort even when faced with adversity thus helping them adjust accordingly without getting too overwhelmed by everything going on around them.

Statement of the Problem

Marriage has long been considered a positive transition for individuals' overall well-being, encompassing both psycho-mental well-being. It is a foundation for family formation and is traditionally associated with increased psychological and emotional balance compared to being unmarried. However, the researcher's observations in Delta State suggest that some married individuals are not psycho-mentally balanced. This is evident in the dissatisfaction within the marriages, frequent conflicts between couples, rising instances of self-isolation by

partners, a growing lack of trust in one's spouse, communication breakdowns between partners, and a higher propensity for separation and divorce.

The rationale for this study arises from the alarming increase in issues related to the lack of psycho-mental well-being among married public servants. These issues manifest in various forms, including partner abuse, hostility within relationships, and a surge in separation and divorce cases reported in both newspapers and literature. Over the years, research has attempted to identify factors that predict psychological well-being among married persons. However, many of these studies have not adequately addressed the specific factors influencing psycho-mental well-being. While a few studies have focused on the effects of marital communication (Egbo & Egbo, 2020) and the influence of family income (Obiekwe, 2021) on psychological well-being, there is still a significant gap in understanding the dynamics involved.

The present study posits that variables like emotional homeostatic equilibrium (EHE) may play pivotal roles in the psycho-mental well-being of married individuals in Delta State. Furthermore, while some research suggests that emotional resilience is a critical factor for adjusting to the changes brought about by marriage, others indicate that it may not be directly related to the psychological well-being of married public servant. Therefore, it is imperative to explore the moderating role of emotional resilience, encompassing self-regulation, self-awareness, optimism, and a positive mindset, on the relationship between emotional homeostatic equilibrium (EHE) and psycho-mental well-being among married persons. Another crucial aspect to consider is the gender differences in the experience of these adjustments within marriage. Research indicates that men often encounter more difficulties than women when faced with such adjustments, making it essential to examine these gender-related dynamics.

On the overall, the study investigated the correlation between emotional homeostatic equilibrium (EHE) and the psycho-mental well-being of married persons in Delta State. It will also explore the potential moderating role of educational level in this relationship

Research Questions

The following research questions were answered in this study:

1. What is the relationship between Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants in Delta State?
2. What is the moderating impact of educational level on the relationship between Emotional homeostasis equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State?

Hypotheses

The following null hypotheses were tested in this study:

1. There is no significant relationship between Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants in Delta State
2. There is no significant moderating impact of level of education (LE) on the relationship between Emotional homeostasis equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State.

Research Methods

Design of the Study

A correlational survey research design was adopted for this study. It is well-suited for collecting structured, numerical data. In this study, emotional states, well-being, and related factors will be quantified making surveys an efficient way to gather this information. Surveys can be administered to many participants, making it possible to collect data from a diverse range of married persons. This can enhance the generalizability of your findings. Surveys allow for standardized questions and response options, which helps ensure consistency in data collection. This is important when studying complex psychological constructs. Survey data can be analyzed using statistical methods to identify patterns, correlations, and predictors related to emotional homeostatic equilibrium and psycho-mental well-being of married public servants.

Population of the Study

The population of this study consisted 40,934 married public servants. Out of the total of 40,934 there were 18,236 males and 22,698 females with an aggregate percentage of 45 for males and 55 for females. This population is selected because it is suitable for the study which aims to investigate the emotional homeostatic equilibrium, disequilibrium, and psycho-mental well-being of married public servants in Delta State (**source**: State Computer Center, Asaba, 2024).

Sample and Sampling Technique

The sample of the study comprises 900 married public servants in Delta State. The sampled size was obtained through a multistage sampling method; In the first stage, married persons in the state will be stratified according to their senatorial district. That is, a total of 300 married persons will be selected from each of the three senatorial districts which are Delta North, Central, and South to make a total of 900 married public servants in Delta state. The second stage involved sampling six local government areas from each of the three senatorial districts to make a total of 18 local government areas that was selected using a simple random sampling technique of the balloting with replacement method. Thereafter, 50 married public servants were selected from each of the selected local government areas to make a total of 900 married persons.

Research Instrument

The instrument for data collection will be a questionnaire. The questionnaire will be titled, Positive Emotion Scale andPsycho-Mental Well-Being Rating Scale Questionnaire (PEPMWBQ). The questionnaire subdivided into two sections: A and B. It was designed to collect respondents' data such as Level of Education**:** SSCE and Below, First Degree (HND, BSc), Postgraduate, Positive Emotion Scale (PES) and Psycho-Mental Well-Being Scale (PMEBS), consist of 30 and 29 respectively in the entire subscales. The respondents were requested to indicate their opinion on a four-point scale with close-ended items as Strongly Agree (4), Agree (3), Disagree (2), and Strongly Disagree (1) points.

Validity of the Research Instrument

The validity of the instrument was established by the researcher's supervisors and two other lecturers who are experts in the Department of Guidance and Counselling. The experts assessed the instrument for appropriateness and suitability to the study, and their suggestions and corrections were implemented. The content and construct validation of the instrument were done using factor analysis. The instrument was administered to 100 married persons in Edo State and the data obtained were subjected to factor analysis.

The content and construct validity of the instrument- Positive Emotion Scale and Psycho-Mental Well-Being Scale (PEEPMWB) were estimated using factor analysis. The Principal Component Analysis (PCA) was used to estimate the content validity. The Varimax Kaiser Normalization extraction method was utilized in estimating the content and construct validity. The content validity for each scale in the instrument was established by the total Cumulative variance of all the items in each scale. The factors (components) were extracted using Principal Component Analysis, and factors whose eigenvalue is greater than 1.0 were retained while those whose eigenvalue was less than 1.0 were discarded. The factor was thereafter rotated to determine the loading of each item in the various components. This was done using an orthogonal solution with the Varimax method. Each of the subscales demonstrated good content validity of all items as the total percentage of items in the scale was 71.7% and 65.3% respectively.

Reliability of the Research Instrument

A pilot test of the instrument was carried out on 100 married persons from Edo State. The result of the test was used to compute the reliability of the instrument. The Cronbach Alpha was applied for the computation of the reliability coefficient of the subscales of the instrument. The reliability coefficient values obtained for the Positive Emotion Scale is 0.65 and the Psycho-Mental Well-Being Rating Scale is 0.79. The reliability was carried out to establish the internal consistency of the instrument. The range for the instruments for:the Positive emotion scale is 0.53-0.87, the Emotional resilience scale is 0.51-0.86, and the Psycho-mental well-being scale is 0.51-0.87.

Method of Data Collection

Prior to data collection, the researcher prepared a questionnaire designed to capture variables related to married public servants. The instrument was structured to ensure validity and relevance to the study objectives. The researcher and trained assistants visited the selected communities, including ministries and government establishments, where the questionnaires were administered to married respondents. Direct administration of the instrument facilitated clarification of questions, ensured accuracy and completeness of responses, and enhanced respondent cooperation through face-to-face engagement.

Methods of Data Analysis

Research questions were answered using Pearson's r while multiple correlation will be used to answer research questions. On the other hand, the hypotheses were tested using multiple linear regression at a 0.05 level of significance.

RESULT

Research Question One: What is the relationship between Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants in Delta State?

Table 1: Correlation matrix of Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants.

Variable	Mean	SD	EHE	JO	GR	HO	HA	GRAT	AP	PM
EHE	78.88	7.59	**1**							
JO	36.88	4.02	.449	**1**						
GR	13.81	1.43	.406	.892	1					
HO	6.71	1.06	.277	.680	.550	1				
HA	4.75	1.56	.178	.511	.374	.318	1			
GRAT	6.65	1.21	.188	.540	.350	.165	.181	1		
AP	3.39	.97	.337	.524	.336	.286	.164	.205	1	
PM	82.57	10.35	.207	.355	.156	.156	.088	.166	.308	1

Table 1 presents the relationship between Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being (PM) of married public servants in Delta State. EHE demonstrates a weak positive correlation with PM (.207), suggesting that emotional equilibrium contributes slightly to psycho-mental well-being. However, the components of EHE reveal varying degrees of association with both EHE and PM. Among the components, Joy (JO) shows the strongest correlation with EHE (.449), indicating its significant role in maintaining emotional equilibrium. Joy also exhibits a weak positive relationship with PM (.355), suggesting it has a modest influence on psycho-mental well-being. Gratitude (GR), strongly correlated with Joy (.892), also maintains a moderate association with EHE (.406) but a weaker link to PM (.156), indicating its limited direct impact on well-being.

Hope (HO) demonstrates a moderate correlation with EHE (.277) and weaker connections with PM (.156). This suggests that while hope supports emotional equilibrium, its direct impact on psycho-mental well-being is minimal. Happiness (HA) has a weaker correlation with EHE (.178) and an almost negligible link with PM (.088), indicating that it plays a smaller role in influencing either emotional equilibrium or mental well-being. Similarly, Gratefulness (GRAT) and Appreciation (AP) show weak correlations with EHE (.188 and .337, respectively) and PM (.166 and .308, respectively). While these components contribute to emotional equilibrium, their impact on psycho-mental well-being appears minor, with Appreciation showing a slightly stronger connection to PM than the other components.

Research Question 2: What is the moderating impact of level of education on the relationship between Emotional Homeostatic Equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State?

TABLE 2 Correlation matrix of the moderating impact level of education on the relationship between Emotional Homeostatic Equilibrium (EHE) and the psycho-mental well-being of married public servants.

Variable	Mean	SD	LE	EHE	PM
LE	1.19	.90	**1**		
EHE	78.88	7.59	.022	1	
PM	82.57	10.35	.449	-.103	1

Table 2 examines the moderating impact of the level of education (LE) on the relationship between Emotional Homeostatic Equilibrium (EHE) and psycho-mental well-being (PM) among married public servants in Delta State. Level of education (LE) has a negligible positive correlation with EHE (.022), indicating minimal influence on emotional equilibrium. However, LE demonstrates a moderate positive correlation with PM (.449), implying that education significantly contributes to better psycho-mental well-being. EHE has a weak negative correlation with PM (-.103), suggesting that emotional equilibrium has a limited but slightly positive influence on psycho-mental well-being. Additionally, EHE have a weak negative correlation (-.283), reflecting a modest inverse relationship between emotional instability and equilibrium.

Testing of Hypotheses

Hypothesis 1 There is no significant relationship between Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants

Table 3. Multiple regression and multiple correlation analysis of Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants

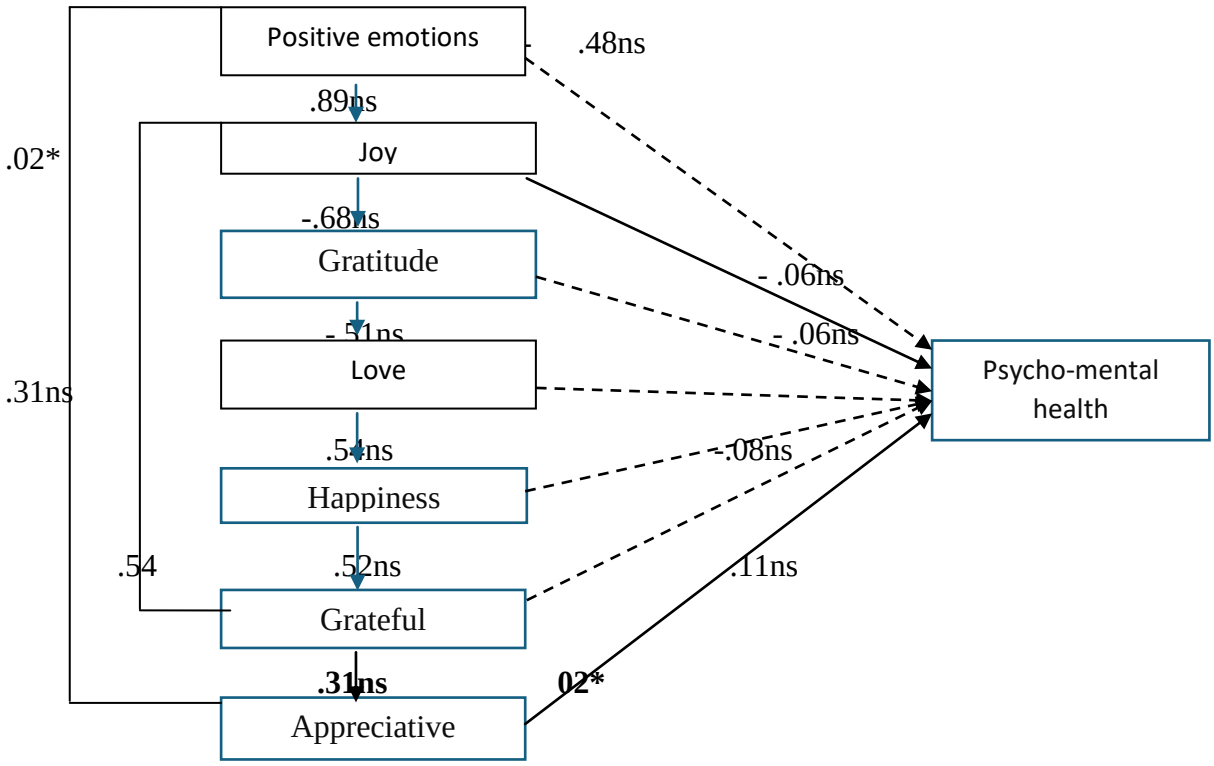
Model	**SS**	**df**	**MS**	**F**	**R**	**B**	**SE**	β	**t**	**P**
Regression	21630.75	7	3090.107	36.93	.47					**.**00*
Residual	74641.41	892	83.679							
Total	96272.16	899								
(Constant)						34.48	3.43		10.04	.00*
Positive Emotions						.65	.29	.48	2.26	.02*
Joy						.06	.32	.02	.19	.84ns
Gratitude						-.48	.42	-.06	-1.14	.25ns
Love						-.59	.44	-.06	-1.33	.18ns
Happiness						-.56	.38	-.08	-1.49	.13ns
Grateful						.98	.40	.11	2.43	.01*
Appreciative						.29	.44	.02	.65	.51ns

Table 3 examined the relationship between Emotional Homeostatic Equilibrium (EHE) and its components—Joy, Gratitude, Love, Hope, Happiness, Gratefulness, and Appreciation—and the psycho-mental well-being of married public servants. The results revealed that the overall model was statistically significant, with Emotional Homeostatic

Equilibrium and its components collectively accounting for 47% of the variance in psycho-mental well-being (F = 36.928, p < .001, R = .47).

When assessing the individual contributions of the components, only Positive Emotions and Gratefulness demonstrated statistically significant relationships with psycho-mental well-being. Positive Emotions had a moderate positive impact (B = .65, t = 2.26, p = .02), while Gratefulness showed a similar significant positive effect (B = .98, t = 2.43, p = .01). These findings suggest that these two variables play a meaningful role in enhancing psycho-mental well-being. On the other hand, the components of Joy (B = .06, t = .19, p = .84), Gratitude (B = -.48, t = -1.14, p = .25), Love (B = -.59, t = -1.33, p = .18), Happiness (B = -.56, t = -1.49, p = .13), and Appreciation (B = .29, t = .65, p = .51) did not exhibit significant individual relationships with psycho-mental well-being, as their p-values exceeded the significance threshold of .05. This indicates that these variables contribute less uniquely to the model. The constant value (B = 34.48, p < .001) reflects the baseline level of psycho-mental well-being among the participants, even in the absence of the independent variables. The strength of the relationship observed among Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants is illustrated in the path analysis model in Figure 1.

Figure 1: Path Analysis model indicating the strength of the relationship between Emotional Homeostatic disequilibrium and its components with the psycho-mental well-being of married public servants



The path analysis model depicted in Figure 1 highlights the strength and direction of the relationships between Emotional Homeostatic Equilibrium (EHE), its components (Joy, Gratitude, Love, Hope, Happiness, Gratefulness, and Appreciation), and the psycho-mental well-being of married public servants. The analysis reveals that most components exhibit

non-significant relationships with psycho-mental well-being, as indicated by their respective path coefficients. For instance, Joy (β = .48, p > .05), Gratitude (β = -.68, p > .05), Love (β = -.51, p > .05), Hope (β = -.06, p > .05), and Happiness (β = -.06, p > .05) all show weak and statistically insignificant connections. Similarly, Appreciation (β = .31, p > .05) and Gratefulness (β = .11, p > .05) also failed to reach significance. However, Positive Emotions stand out with a statistically significant path coefficient of β = .02, p < .05, suggesting a meaningful, albeit modest, contribution to psycho-mental well-being. The model indicates that while Emotional Homeostatic Equilibrium as a whole is relevant, only specific components, such as Positive Emotions, demonstrate a measurable impact. To justify that there was no multicollinearity among the independent variables, a multicollinearity test was conducted

Table 4: Multicollinearity Diagnosis of Emotional Homeostasis equilibrium (EHE) and its components of Joy, Gratitude, Love, Hope, Happiness, Grateful and appreciation with the psycho-mental well-being of married public servants

	Correlations			Collinearity Statistics	
	Zero-order	Partial	Part	Tolerance	VIF
Positive Emotions	.45	.08	.07	.02	51.91
Joy	.41	.01	.01	.06	18.09
Gratitude	.28	-.034	-.03	.25	3.96
Love	.19	-.05	-.04	.41	2.41
Happiness	.19	-.05	-.04	.26	3.79
Grateful	.34	.08	.07	.39	2.59
Appreciative	.21	.02	.02	.49	2.05

Table 4 shows the multicollinearity test conducted on Emotional Homeostatic Equilibrium (EHE) and its components—Positive Emotions, Joy, Gratitude, Love, Hope, Happiness, Gratefulness, and Appreciation—indicates no significant multicollinearity among the independent variables. This conclusion is supported by the Variance Inflation Factor (VIF) values, which mostly remain below the commonly accepted threshold of 10, except for Positive Emotions (VIF = 51.91) and Joy (VIF = 18.09), suggesting potential multicollinearity concerns for these variables. Additionally, the Tolerance values for most components are above the critical threshold of 0.1, indicating acceptable levels of multicollinearity. However, the low tolerance value for Positive Emotions (Tolerance = 0.02) further confirms multicollinearity issues in this specific variable.

Hypothesis 2 There is no significant moderating impact of the level of education on the relationship between Emotional Homeostatic Disequilibrium (EHD), Emotional Homeostatic Equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State

Table 5. Multiple regression and multiple correlation analysis of the moderating impact of the level of education on the relationship between Emotional Homeostatic Disequilibrium (EHD), Emotional Homeostatic Equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State

Model	**SS**	**df**	**MS**	**F**	**R**	**B**	**SE**	β	**t**	**P**
Regression	20971.489	3	6990.496	83.180	.47					**.**00*
Residual	75300.671	896	84.041							
Total	96272.160	899								
(Constant)						33.60	4.26		7.87	.00
Level of education						-1.26	.35	-.11	-3.59	.00
Positive Emotion						.61	.04	.45	15.28	.00

The results from Table 5 indicates that the level of education has a significant moderating impact on the relationship between Emotional Homeostatic Equilibrium (EHE), and the psycho-mental well-being of married public servants in Delta State. The p-value for the variable "Level of education" is 0.00, which is less than the typical significance level of 0.05, indicating a statistically significant effect. This suggests that the level of education plays an important role in moderating the relationship between emotional states and psycho-mental well-being. "Positive Emotion" had a significant relationship with a p-value of 0.00.

Discussion of Findings

The first finding that emotional homeostatic equilibrium (EHE) significantly influences the psycho-mental well-being of married public servants' sheds light on the intricate interplay between emotional stability and mental health within this specific population. Emotional homeostasis refers to the ability to regulate and maintain emotional balance amidst internal and external pressures. When individuals achieve this equilibrium, they are better equipped to navigate stressors, both personal and professional, without succumbing to emotional dysregulation. For married public servants, whose lives are often characterized by dual demands, workplace pressures and familial responsibilities, emotional stability becomes a critical factor in sustaining psychological well-being and fostering mental resilience. This equilibrium acts as a protective buffer, helping individuals mitigate the cumulative impact of workplace stress, relational challenges, and societal expectations. Married public servants who maintain EHE are more likely to exhibit better coping strategies, effective communication in their relationships, and greater job satisfaction. This finding aligns closely with the observations of Ebikabowei (2022), who emphasized that emotional regulation is foundational to achieving psychological harmony in high-pressure professions. Similarly, Musah (2022) argued that emotional homeostasis serves as a moderating variable, reducing the adverse effects of occupational stress on mental health and marital satisfaction. Coombs (1991) provided a historical lens, highlighting that emotional stability has long been a cornerstone of resilience in demanding roles, though his framework lacked the empirical precision of contemporary studies. Together, these scholars underline the critical importance of fostering EHD among married public servants to enhance their psycho-mental well-being and overall quality of life.

The second finding revealed that the level of education significantly moderates the relationship between Emotional Homeostatic Equilibrium (EHE) and the psycho-mental well-being of married public servants in Delta State. This implies that educational attainment influences the extent to which individuals can regulate their emotional balance in ways that promote their psychological and mental health within marital contexts. One possible reason for this is that higher levels of education are often associated with greater emotional intelligence, cognitive flexibility, and problem-solving skills, all of which enhance individuals' ability to maintain emotional homeostasis. Educated individuals are more likely to have access to knowledge, coping strategies, and social support systems that enable them to navigate marital stressors and work-life challenges more effectively. In contrast, individuals with lower levels of education may have limited exposure to coping mechanisms or resources that facilitate emotional regulation, thereby weakening the protective role of EHE in sustaining psycho-mental well-being. This finding is consistent with studies of Cutler and Lleras-Muney (2010) who found that education is strongly linked to health outcomes, partly because it equips individuals with the skills needed to process information, adopt healthier coping mechanisms, and access social resources. Similarly, Gross (2015) highlighted that emotional regulation is a cognitive process that can be strengthened through learning, training, and exposure to diverse life experiences—factors often associated with higher education. Moreover, research by Schunk, Pintrich, and Meece (2014) showed that individuals with higher educational backgrounds demonstrate more adaptive coping strategies, which in turn promote better psychological well-being. Thus, the moderating effect of education suggests that Emotional Homeostatic Equilibrium may not function uniformly across all groups; rather, its influence on psycho-mental well-being is partly contingent on the educational resources individuals bring into their marital relationships. This underscores the importance of designing psycho-educational interventions that not only enhance emotional regulation capacities but also take into account the varying educational levels of public servants.

Conclusions

The study examined Emotional Homeostasis Equilibrium (EHE) as a correlate of psycho-mental well-being among married public servants in Delta State. The findings established that EHE and its core components—joy, gratitude, love, hope, happiness, gratefulness, and appreciation—are significantly related to the psycho-mental well-being of married public servants. This underscores the role of positive emotional regulation in fostering stability, resilience, and psychological balance in the face of occupational and marital demands. Furthermore, the study revealed that the level of education significantly moderates the relationship between EHE and psycho-mental well-being, suggesting that educational attainment enhances individuals' ability to manage emotions constructively and, in turn, strengthens their mental health outcomes. In light of these findings, it can be concluded that cultivating emotional equilibrium and reinforcing positive affective states are critical for promoting the psycho-mental well-being of married public servants. Equally, enhancing educational opportunities may serve as a vital pathway to optimizing emotional competence and sustaining well-being in both personal and professional spheres.

Recommendations

Based on the finding, it is therefore recommended that:

1. Government should have organized Training programs, workshops, and counseling sessions should be for married public servants to strengthen their emotional regulation skills. Such interventions will enhance their ability to maintain Emotional

Homeostatic Equilibrium (EHE), thereby improving their psycho-mental well-being amidst workplace and family pressures.

2. Ministries and government agencies should establish wellness units that provide psycho-educational support services, including stress management seminars, marital counseling, and peer-support groups. These initiatives can help employees balance occupational demands with family responsibilities more effectively.
3. Since education was found to moderate the relationship between EHE and psycho-mental well-being, intervention programs should be designed to consider varying levels of educational attainment. Simplified coping strategies and practical skills training should be emphasized for employees with lower educational backgrounds, while advanced workshops can be developed for those with higher education levels.

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