

**PSYCHOSOCIAL ANALYSIS OF
MARITAL PROBLEMS**

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C E R T I F I C A T E

This is to certify that this thesis "**Psychosocial Analysis of Marital Problems**" is an authentic record of research carried out by **Shanty K.J.** under my guidance and supervision. This report has not been submitted by her for any award of Degree or Diploma in this or any other University.

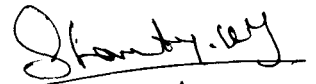
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D E C L A R A T I O N

I, **Shanty, K. J.** do hereby declare that this thesis "**Psychosocial Analysis of Marital Problems**" has not been submitted for the award of Degree, Diploma, Title or Recognition before.

Calicut University
04.04.2006.


Shanty K.J.

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Chapter I

Introduction

MARRIAGE

Across countries and cultures, almost all people are involved in a marriage, or a committed, marriage-like, couple relationship at some point in their lives in order to meet needs for affection, companionship and sexual and emotional intimacy (Markham and Halford, 2000). Marriage remains an important social institution in modern society, existing as it does for the preservation of family and community. Stable marriage promotes the stability of the family, which is vital to the children as they develop both physically and psychologically (Yogman and Brazelton, 1986). Thus marriage and family are universal and complementary concepts, which are defined in various ways by religions, sociologists and psychologists.

Religious View

Hindu Marriage

Among Hindus, marriage is a religious duty. It is neither a social contract nor its ultimate aim is enjoyment or procreation of children. It is essential for every Hindu so that he may repay his social and parental debts. Thus among Hindus, marriage is a 'Holy' union between a man and woman for begetting a son necessary for salvation and religious duties. Dharma (religious upliftment), Artha (wealth), Kama (sexual pleasure) and even Moksha (final liberation from earthly bondages) are some of the guiding factors of Hindu marriage. Attainment of these is also the main object of a married life (Singh, 2001). Dharma is considered as the first and the highest aim of marriage and procreation is the second. Sex is given the third place. As marriage is said to be sacred it is irrevocable. The parties to the marriage cannot dissolve it at will. They are bound to each other until the death of either of them; and the wife is supposed to be

bound to her husband even after his death. This concept of marriage, that it is indissoluble, is a lofty one because it means that the husband and wife after marriage have to adjust their tastes and temper, their ideals and interests, instead of breaking with each other when they find that these differ. Hindu marriage, thus viewed, is not an ordinary affair where the weakness of flesh plays a dominant part. On the contrary, demands of personal gratification and pleasure are subordinated, and the individual is called upon to make marriage a success by means of compromise and adjustment (Kapadia, 1988).

The Christian Marriage

Marriage is a Covenant, established by the creator and ordered by His laws by which the spouses by an irrevocable personal consent establish between themselves a partnership for the whole life, and which by its very nature is ordered to the well being of the spouses and to the procreation and upbringing of children. From the institution of Christ, a valid marriage between baptized persons is by that very fact a sacrament by which the spouses, in the marriage of an indefectible union of Christ with the Church, are united by God and, as it were, consecrated and strengthened by sacramental grace. The essential properties of marriage are unity and indissolubility, which in a Christian marriage obtain a special firmness by virtue of the sacrament (CIC, 1055,1056;CICO, 771).

It follows that a valid and consummated Christian marriage is absolutely indissoluble, because, the sacramental sign, which is the union between Christ and the Church, is perfectly realised in such a marriage. The sacrament of marriage makes a couple and their children a Christian family, which is a small community within the wider community, which is the church. Therefore the Christian

family has been called a "domestic church" i.e. a church which develops within the home (Grugni, 1989).

Theologically, marriage is defined as an interpersonal union between a man and a woman who have made lifetime commitments to each other to live together. It brings wholeness into life through a loving union of man and woman as equal and complementary partners. It is a gift of God based on His love for us and His desire to have fellowship with us (Girao, 1994).

Muslim Marriage

A marriage under the Mohammedan law, is a contract entered with the specific purpose of procreation and legitimisation of children. Any Mohammedan can contract marriage, if he is of sound mind and has attained puberty. Consent of the parties to marriage is essential (Srivasthava, 1985). It is socially and legally recognized and therefore it is sacred. Thus on the one side marriage among Muslims is a social contract while on the otherhand it is religious. According to Islam, it is one of the principal basis of society which provides means for upliftment, therefore marriage is a social institution (Singh, 2001). Regarding divorce among Muslims the husband can unilaterally and without assigning any reason, divorce his wife by pronouncing, talaq (that is by uttering the words, "I divorce you") three times, but the wife has to get a judicial pronouncement of divorce on specified grounds. This concept reveals a clear gender discrimination and subordination of woman (Prabhu, 1979).

Sociological View

The term 'marriage' has been often used to denote a social institution complete by itself. But Sumner (c.f. Prabhu, 1979) has drawn our attention to the fact that the word does not truly denote a

perfect social institution. "Although we speak of marriage as an institution, it is only an imperfect one. It has no structure. The family is the institution, and it was antecedent to marriage. 'Marriage' has always been an elastic and variable usage as it now is In fact the use of language reflects the vagueness of marriage, for we use the word 'marriage' for wedding, nuptials or, matrimony (wed lock). Only the last can be an institution". As a social institution, marriage is a part of, and should be included in the family. As a social institution marriage has been defined by Westermarck "as a relation of one or more men to one or more women which is recognized by custom or law, and involves certain rights and duties both in the case of the parties entering the union and in the case of the children born of it". He also points out that, "marriage is something more than a regulated sexual behaviour", and that "it is an economic institution, which may in various ways affect the proprietary rights of the parties", he refers more to the issues connected with the structure and function of the family than to marriage itself (Prabhu, 1979, p.147).

Psychological View

Marriage is a process. Here the emphasis is on the interpersonal relationship. Changes in this relationship over the course of marriage studied by researchers include the establishment of communication, affection, power, and decision-making patterns; development of a marital division of labour; and learning spousal roles (Kamo, 1992). Nietzsche said that marriage is not gazing at one another, but looking outward together in the same direction. Marriage is a long walk two people take together sometimes the terrain is very interesting, sometimes rather dull. At times the walk is arduous, for both persons or for one. Sometimes the conversation is lively; at other times, there is not much to say. The travellers do

not know exactly where they are going, nor when they will arrive. But they share everything they have. And they find that it is a lot more fun, and also a great help, to walk with a companion rather than alone. Marriage is a continual compromise, with life and with each other (Fischer and Hart, 1983).

Marriage and the will to relate

There is in the heart of every human being, a powerful longing for a meaningful relationship with at least one other person. This hunger is a part of being human with deep roots in man's long infancy and childhood. Personality is formed and deformed in relationships; a person needs others in order to be a person.

The inescapable need for relationship produces a striving in man, which could be described as the will to relate. It is more fundamental than the striving which Sigmund Freud called the "will to pleasure", or that Alfred Adler described as the "will to power" or what Viktor Frankl terms the "Will to meaning". These strivings or desires can be met only in relationships. Pleasure, power and meaning come into full realization for human beings only in interpersonal relationships. Psychiatrist Karl Meninger declares "The establishment or re-establishment of relationship with fellow human beings is the basic architecture of normal life To live, we say, is to love, and vice versa" (Clinebell and Clinebell, 1969, p. 13).

A good marriage offers the most favourable opportunities in our culture for fulfilling the will to relate. Gibson Winter declares, "Marriage is intended to be an intimate relationship. This is the one opportunity for sharing one's whole life with another person"(p-17). Because marriage is potentially the most totally intimate of human relationships, it is both the most difficult relationship, on the one hand, and the most rewarding, on the other. It is the place where

most adults have the opportunity to lessen their loneliness, satisfy their heart-hungers, and participate in the wonderfully creative process of self-fulfilment. Erickson describes the union of personalities that is intimacy, when he defines love as "the mutuality of mates and partners in a shared identity, for the mutual verification through an experience of finding oneself, as one loses oneself in another". The key ideas here are "shared identity" and "finding oneself (through losing) in another" (p.33).

The idea of shared identity opens the door to an understanding of the essence of the experience of marital intimacy. As two people continue to relate in the ways we have been describing, breadth and depth of their relationship increase. Thus develops a new and unique psychological entity-the marital relationship. Psychiatrist Nathan Ackerman calls this entity the "marital pair identity". T.S. Eliot points to this reality of shared identity when he makes one of his characters exclaim to his partner, "the new person-us". It is this "us" or "we" feeling that identifies the existence of a relationship of ongoing intimacy. In the language of Gestalt psychology, the marital identity develops when there is an overlapping and a partial merging of psychological fields or worlds of meanings, of the two partners (p.33).

Anne Philip recalls that in some marriages the "we" feeling never develops. These are the stillborn relationships in which the participants continue to live alone together, as though they were still single psychologically. In those marriages in which the "we" feeling does emerge, it does so slowly, with struggle with frequent retreats into psychological singleness (Clinebell and Clinebell, 1969, p.33).

Longitudinal Theories of Marriage

How does marital happiness or satisfaction change over time? The answer appears to depend on how the measures of marital satisfaction have been obtained. It is widely accepted among researchers that satisfaction follows a U shaped trajectory: a pattern of early decline followed by a levelling out during the parenting years and an improvement when children leave home (Van Laningham, Johnson and Amato, 2001). However, there is also evidence to suggest that marital satisfaction declines regardless of the presence or absence of children (Clements, Cordova, Markman and Laurenceau, 1997). In addition, other patterns of change in marital happiness have been found, with continuous declines, continuous increases, and relatively little change across the life span having been reported.

Support for the U-shaped curve tends to come from cross-sectional research (Karney and Bradbury 1997; Orbuch, House, Mero and Webster, 1996), although contradictory results are to be found among such studies. Linear trends have been found via longitudinal analyses, but these studies may also be reflecting period effects (changes due simply to growing older; de Vaus, 2001) rather than actual developmental changes. The issue is further complicated if satisfaction is reported retrospectively. Findings based on retrospective reports of satisfaction tend in general to be viewed with caution, although retrospective reports actually may be more accurate because the distance afforded by time provides a more balanced perspective (Mackey and O'Brien, 1995).

In spite of a large body of research, there are few studies following couples over periods of more than ten years, so researchers have yet to achieve a clear understanding of the trajectory of marital

satisfaction in the longer term (Van Laningham, *et al.*, 2001). As with cross-sectional studies, the outcomes of longitudinal research have also been inconsistent.

Until recent years the inconsistency of findings could have been due in part to the inability of statistical techniques to deal adequately with the extent and rate of individual change (Karney and Bradbury, 1997). The problem is that while two individuals may be similarly satisfied at a given point in time, their journey to that point may have been vastly different. As well as being likely to have commenced the relationship with different levels of satisfaction, any changes in satisfaction across a given period of time may have been rapid for one individual and slow for the other; the same event may trigger a rise in satisfaction for one and a decline for the other. In addition, Karney and Coombs (2000) noted that analysing mean patterns of change could conceal variability across individuals. Although satisfaction in their sample of wives showed an overall decline across a twenty-year period, for a substantial minority of women satisfaction remained constant or increased across assessment intervals.

It will take time for studies employing advanced techniques that do allow for analysis of variability across individual trajectories to generate sufficient data to allow firm conclusions about changes in relationship patterns over extended periods.

Vulnerability-Stress-Adaptation model

In a landmark paper, Karney and Bradbury (1995) advanced a theoretical framework to explain changes in marital quality and stability across time and across couples. Based on their review of over 100 longitudinal studies of marriages and an evaluation of the utility of four commonly-cited theoretical perspectives-*social*

exchange theory (as applied by Levinger), *attachment theory* (Bowlby), *crisis theory* (as described McCubbin and Patterson) and *behavioural theory* (Karney and Bradbury) identified some general themes that could provide the basis for understanding how and why marriage survive or break down.

Elements of the four theories highlight aspects of relationships that can provide the foundations for an integrated theoretical framework. For instance, *social exchange theory* suggests that the perception of relationship is coloured by the rewards and costs associated with the relationships, the sort of relationship the individual thinks he or she deserves and their perception of the rewards and costs of being in a relationship with someone else. *Attachment theory* specifies certain characteristics of each partner that will contribute to the functioning of the relationship. *Crisis theory* suggests that events such as the transition to parenthood or the experience of unemployment will have an impact on marital quality. *Behavioural theory* points to the importance of couple interaction and how members of couples cope with relational issues, conflicts and transitions.

Based on their analyses of previous research, Karney and Bradbury identified three classes of variables that, when combined in a single framework, optimise what we can learn about the processes by which marital satisfaction and stability change over time. The three key elements of their theory are

- ***Enduring vulnerabilities:*** the individual strengths and weaknesses each spouse brings to the relationship. These stable characteristics can include their personality, beliefs and attitudes about marriage, their family of origin and social background.

- ***Stressful life events:*** incidents, transitions, or circumstances encountered by the couple that can impinge on their relationship and create tension or stress.
- ***Adaptive process:*** the ways in which a couple addresses conflict, how they communicate, how they support each other and the ways in which they think about marriage, their spouse and their spouse's behaviour.

According to Karney and Bradbury's model, the ways in which couples deal with the life events they encounter are the key contributors to the couple's perceptions of the quality of their marriage. The couple's adaptive processes are a product of the interaction between the individual spouse's enduring vulnerabilities and the type and severity of the life events they encounter. Thus satisfaction and stability may be relatively high for a couple that have few enduring vulnerabilities and poor adaptive processes if those qualities are tested infrequently. At the same time repeated or chronic exposure to stressful events may test even those marriages where the spouses are normally well equipped in terms of their individual capacities to cope and their particular patterns of interaction. As Halford (2000) points out, life events can have both negative and positive effects on a relationship depending on the strength of the couple's adaptive processes (Parker, 2002).

A couple's accrued experience in dealing with difficult or stressful circumstances will alter spouses' perceptions of the quality of their relationship and vice-versa: satisfaction with the marriage is likely to lead to more positive interactions and behaviours, while engaging in positive interactions and behaviour is likely to enhance marital satisfaction and perceptions of quality. Alternatively, unrealistic expectations or dysfunctional patterns of communication

may increase the likelihood of relationship problems and declines in satisfaction over time (Olsen and Fowers, 1986; Olsen and Larsen, 1989; Sanders, Halford and Behrens, 1999). Ultimately, repeated failures of adaptation will undermine the stability of the marriage, leading to increasing frequency of thoughts of divorce; successful adaptation will strengthen or maintain the relationship and reduce the chances of eventual dissolution of the marriage. Karney and Bradbury's (1995) theory incorporates personality, family variables, and life events into an integrated framework that allows for the processes underlying marital change to be clearly revealed and examined.

Cascade Theory of Marital Dissolution

Gottman's (1993) process theory of a cascade towards marital dissatisfaction and dissolution incorporates both behavioural and social exchange theories. It is more narrowly focussed on the ways in which marital quality and stability can be eroded. Gottman looked beyond the collection of factors blamed for the sharp increase in the rates of marital failure (easier divorce laws, women's financial independence), noting that they do not offer explanations for why some marriages last and others are dissolved. In contrast to theories and advice offered by therapists who have generated their material based on their work with the couples they happen to see in their practice, Gottman's theory is based on scientific research with hundreds of couples over many years. A core premise of the cascade theory involves conflict, long considered to have only a negative impact on a marriage. In the laboratory, couple interactions are studied intensively over about 20 hours, including a session during which the couple is videotaped discussing an issue that is creating tension between them. Physiological readings are taken (heart rate), behavioural responses coded (facial expressions, gestures,

reactions), questionnaires completed and interviews conducted. The couples also rate their own and their spouse's emotions during the conversation (to gauge how well they read their spouse's emotions). Trained raters then code the recorded conversation for a range of emotions such as disgust, contempt, belligerence and validation. These measures are then correlated with the questionnaire and interview data to uncover the 'hidden emotional dynamics' of the relationship (Gottman, 1994:26).

Based on his research, Gottman concludes that a 'lasting marriage results from a couple's ability to resolve the conflicts that are inevitable in any relationship'. The key lies in the balance between positive and negative behaviours. Couples whose positive interactions outnumber their negative interactions are known as 'regulated'. Marital stability is stronger when the ratio of positive to negative behaviours is at least 5:1. Those marriages where negativity prevails are labelled 'non-regulated' and are more likely than regulated ones to be unhappy marriages in which separation and/or divorce are or have been considered (Gottman, 1993;Lindahl, Malik and Bradbury, 1997).

Not all negative behaviours led directly to marital distress and dissolution, but four behaviours in particular, known as the 'Four Horsemen of the Apocalypse', have been identified as critical in the process by which a marriage can move towards dissatisfaction and dissolution. *Criticism* tends to lead to *contempt*, which in turn leads to *defensiveness* and finally *stonewalling* (withdrawal).

Gottman's research has also found evidence for a process of change over time in spouse's perceptions of their relationship that results in a 'distance and isolation' cascade. At some point their spouse's negativity becomes overwhelming, unexpected and/or

intense to the degree that the spouse reaches a level of desperation such that he or she will do anything to stop the behaviour. When this point is reached a perceptual shift occurs in which the feelings of love, respect and safety are replaced by feelings of hurt, sadness, being threatened, fear and anger. Once this perceptual shift has occurred it can be very difficult to view the marriage in any other light and the likelihood of maladaptive attributions that confirm a negative view of the reasons underlying other behaviours is increased.

In a more positive vein, related research suggests that long-married couples are better able to manage their emotions such that, on the whole, they experience less distress and greater marital satisfaction than do younger and middle-aged couples (reported in Carstenson, Graff, Levenson and Gottman, 1996). This may be partly because they have learned to soften conflict with affection, and partly because, over time, some conflicts either resolve themselves by disappearing, or they lose their power to threaten or arouse strong emotions. The need to resolve every issue may also diminish over time as spouse's priorities and behaviour change in light of approaching old age.

Applying the theories to marital quality and stability

The aspect of marriage that is pivotal to both Karney and Bradbury's and Gottman's theories is conflict management- how couples deal with their differences, how they argue and express themselves both verbally and nonverbally.

Karney and Bradbury's model is wider ranging than Gottman's, incorporating specific assertions about the role of individual characteristics and life events. The methods of investigating both theories stand in stark contrast to the literature

that has explored the question of why marriages last. Both adopt quantitative approaches, making measurements largely from direct observation (Gottman) or from questionnaire responses (Karney and Bradbury) and although both are ostensibly concerned with investigating marital breakdown they can both provide rich sources of data to enhance our understanding of how marriages can be long lasting, happy and rewarding for both spouses. The above literature on marriage theories has been reported by Parker (2002).

Types of Marriage Relationships

John Caber and Peggy Haroff reported the result of some best research work. The five types of marriage relationships they identified are conflict-habituated, devitalized, passive-congenial, vital and total. (c.f. Stinnet, Walters and Kaye, 1984).

1. The Conflict-habituated Relationship

Tension and conflict dominate the conflict-habituated relationship. The husband and wife engage in nagging and quarrelling. There is a tendency for each to taunt the other with the mistakes and offenses of the past. In it's most unfortunate form husband and wife interact in a habitual pattern of ridiculing each other, and in general teasing each other down both privately and publicly.

2. The Devitalized Relationship

In this relationship happiness and vitality have declined over the years. Such a husband and wife describe themselves at an earlier time (the beginning of their marriage) as having done many things together, having had a very decent sexual relationship and having experienced feeling of emotional closeness with each other. In other words, their relationship during its early years was intimate,

meaningful and satisfying. However, these couples view their marriage as having deteriorated over the years. There is little overt conflict. The relationship has simply become apathetic, lifeless and void.

3. The Passive-congenial relationship

This relationship is similar to the devitalized one in that it seems apathetic and void. Here the husband and wife from the start have had minimal personal involvement with each other. Consequently, they usually indicate few feelings of disillusionment.

4. The Vital Relationship

In the vital relationship husband and wife are intensely bound together psychologically and experience genuine sharing and intimacy. They find major satisfaction in their companionship with each other. They experience a feeling of vitality in their relationship. The presence of the spouse seems necessary for one to experience real pleasure with a particular activity whether this is hobby or career. In summary, for the husband and wife, each other's companionship is vital in this type of relationship. However, as Cuber and Haroff have noted, this does not mean that there is no quarrelling, nor does it mean that they lose their separate identities. There may very well be conflict; but when it occurs, it is usually over matters that are important to them and they tend to settle disagreement quickly.

5. The Total Relationship

It is very similar to the vital relationship. The main difference seems to be that the total relationship involves even more sharing and companionship; it is more multifaceted. The various areas of the

total relationship reinforce one another rather than being in competition.

In a study of strong families begun in Oklahoma and then expanded nationally, the personality characteristics of couples involved in vital and total marriages were investigated. Certain personality traits showed up more often for these couples than for other marriage types. These characteristics are as follows:

- a. People in vital and total marriages enjoy doing things for each other. He brings her coffee each morning; she washes the car as a surprise for him. Each gives the other kindness, empathy and help.
- b. These couples are committed to their marriages. They make a conscious effort to keep their relationship good or to improve it.
- c. Even though the marriage relationship is of prime importance; neither spouse loses a personal identity. Each remains independent capable of making decision, and each has life goals.
- d. These couples report moderately high-to-high sexual needs. Their sexual relationship is usually very good. The cyclical relationship is another type that has often been observed.

The Cyclical relationship

In this marriage relationship the husband and wife experience periods of sharp conflict, dissatisfaction and maladjustment followed by periods of great happiness and serenity. Although all relationships are cyclical to a degree an extreme up-and-down pattern is characteristic here.

Cuber and Haroff emphasize that these types of relationships represent different conceptions of marriage. Husbands and wives in each of these types may be happy, adjusted and content. These relationships do not represent degrees of marriage happiness. A major purpose of classification such as this is to help us realize that there are different types of marriage relationships just as there are different types of people. Also such classification makes us aware that one important factor that differentiates marriage relationships is the variety of forces that integrate the husband and the wife within a relationship.

Success in Marriage

A considerable volume of work has been done on success in marriage and it suggests that quality of marital relationship depends on internal and external factors as well as factors related to pre and post marital experiences of the partners.

Bowman and Spainer (1978) define a successful marriage as one in which both partners feel that they receive a high level of personal satisfaction most of the times. They believe that their physical, emotional and psychological needs are fulfilled by their involvement in the marital relationship, and they have found the satisfaction they hoped for in the situation.

Premarital factors that affect marriage success

1. Happiness of parent's marriage

Greenberg and Nay (1982) reported that if couples' parents were happily married, the couple is more likely to experience happiness in marriage and less likely to divorce. Many research studies emphasize that the role model of a strong parental marriage affects children perceptions of their own roles in marriage, both

consciously or unconsciously. Parental divorce increases the likelihood of adult children's divorce (Mudler and Pope, 1977; Glenn and Kramer, 1987; Keith and Finaly, 1988; Bumpass *et al*, 1991; Amato, 1996, Amato and DeBoer, 2001).

The way parents relate to each other influences the child's attitudes about romanticism, marriage and divorce. Children who view their parents' happy marriage are likely to think of marriage as pleasant. Booth and Edwards (1989) found a positive correlation between children's marital quality and their perceptions of their parent's marital quality. Rossi and Rossi (1990) found a positive correlation between parent's marital happiness and their offspring's marital happiness. Or children may learn that the way to solve marital difficulties is by divorce. Children also learn how to relate to other people by observing their parents. Parents who are patient, respectful, thoughtful, caring and committed to each other teach those values (by their example) to their children. Parents also teach sarcasm, infidelity, or violence just as easily.

2. *Personal happiness in childhood*

Another component strongly related to marriage success is an individual's personal happiness in childhood. An individual who was happy is more likely to have a happy successful marriage. This finding reflects the importance of positive parent-child relationship characterized by warmth, acceptance and a supportive manner as a preparation for all future relationships. In particular, childhood attachment security has been associated with subsequent social competence, interpersonal functioning, cognitive development, and psychological well being in adolescence and adulthood (Fergusson, *et al.*, 2000). It is also important for children to experience gratifying relationships with persons other than parents.

Factors related to marriage

A few factors related to the marriage, other than the actual relationship between partners, influence the quality of their interaction.

1. Age at Marriage

The age and maturity of those who marry affects the stability of the relationship. Although one's age at marriage is only one factor contributing to marital stability or instability, age is consequential because it is a prerequisite to maturity, and sociologist David Knox has isolated four elements of maturity that he considers to be critical: emotional, economic, relationship, and value maturity (Lammana and Reidmann, 2003). Those who marry young figure among the highest divorce rates and seem to have a large share of marital difficulties. When both partners are 19 years of age or younger at the time of the marriage, the marriages lasted only half as long as those that began when both partners were 20 years of age or older.

In India Akhani, Mishra and Vijalakshmi (1999) conducted the study on marital adjustment and life satisfaction among the women of early and late marriage, concluded that age at marriage had a significant influence on marital adjustment. Women who married late had better marital adjustment than those who married early.

2. Parental Approval

Studies show that couples whose parents approve of the marriage tend to have better adjusted marriages than those where parents disapprove of the relationship. Intense romantic feelings may serve to get a married couple through bad times (Lammanna and Reidmann, 2003). In some cases parental disapproval may be based

on sound reasons for concern about the relationship and the prospects of success in the marriage. This factor can have a very significant role especially in the pluralistic society like the one in India. In others there may be specific objections or particular prejudices that the couple believe they can overcome.

3. Reason for marriage

Why a couple marries relates to their chances of success and happiness. The couple who marry because of genuine love and understanding, common interests and goals, are likely to have a successful marriage. Marrying for the "wrong" reason-to escape an unhappy home, because of loneliness, or to defy parents-doesn't necessarily doom the marriage, but it does add to the likelihood of dissatisfaction and failure.

Post marital factors related to success in marriage

a. Marital attitudes

An egalitarian, democratic attitude is closely associated with marriage success and marital harmony.

b. Relationship with in-laws

If relationships with in-laws are good, the marriage is more likely to be successful and characterized by satisfaction. It is interesting that not living with in-laws is positively associated with marriage success.

c. Common Interests

Couples with shared interests are more likely to participate in activities together and because of their interests in the same type of things; they often have a greater understanding of, and empathy for each other.

d. Cultural Backgrounds

Many studies agree that having similar cultural backgrounds, such as education, socio-economic status, race and nationality, is positively related to marriage success. Great differences in such areas are associated with marriage failure (Stinnet, Walters and Kaye, 1984).

e. Children

Couples with a desire for children reflect a higher degree of marriage satisfaction than those who do not want children. Perhaps the desire for children is an indication of contentment within the marriage and a desire to extend the relationship. It is interesting that actually having children is not positively associated with marriage success, even though a desire for children is. In fact there is some evidence that childless couples tend to have higher marriage satisfaction than couples with children (Bernad, c.f. Stinnett Walters and Kaye 1984). 'Spouses' reported marital satisfaction tends to decline over time whether they have children or not. But serious conflicts over work, identity, and domestic responsibilities can erupt with the arrival of children (Lammana and Reidman, 2003).

f. Relationship Factors

There is evidence that marital happiness is the result of an interpersonal relationship between husband and wife in which positive psychological and emotional support are maximized. Intimacy, mutual respect, understanding and expressions of appreciation and affection are important contributors to a good marital relationship and to happiness.

g. Communication

Clear, effective communication is positively associated with marriage success. The harmony of a marital relationship has adversely affected by the number of distortions within the communication process (Satir, 1964; Schumm, 1989).

h. Compatibility of Role expectations

The more important the roles are to the individuals involved, the more important it is for the role expectations to be compatible.

i. Personality characteristics

Several personality characteristics consistently have been associated with success of marriage. Personality characteristics such as anxiety, negative affect, and neuroticism have been found to be associated with inter personal negativity in a marriage and partner's subsequent dissatisfaction at various points in the marriage (Huston *et al.*, 2001).

The personality characteristic of adaptability has also been found to be strongly associated with success in marriage. There are many situations in marriage in which the flexibility (willingness to modify one's behaviour) of one or both partners determines whether a particular conflict situation will be resolved or will become a full-scale war.

j. Income

It has been said that elimination of poverty would reduce the divorce rate. Marriage stability is positively related to higher levels of income and to income stability. Lack of assets, income reductions and unemployment are related to marital separations. One study

indicates that income has a far greater effect upon marriage stability than either education or occupation (Hicks and Platt, 1970).

k. Occupation

Occupation seems to be a very important influence upon marriage success. The studies generally agree that marriage stability and happiness are higher among the more secure and higher-paid occupations. Marriage satisfaction is positively associated with job satisfaction. Research shows that if there is enough time to accomplish things, a person's having multiple roles (such as employee/spouse/parent) do not add to stress and in fact can enhance personal happiness (O'Neil and Greenberger, 1994; Roxburgh, 1997).

l. Employment of wife

The effect of a wife's employment on marital adjustment is difficult to evaluate. Research findings are confusing and contradictory. This contradictory nature of findings suggests that personal satisfaction and marriage satisfaction may be confused in some cases. Research indicates that wives' employment in itself makes no difference in marital quality (Rogers, 1999). Although it may not make marriages less happy, employment may nevertheless contribute to a divorce by giving an unhappily married woman the economic power, the increased independence, and the self-confidence to help her decide on divorce-called the independence effect (Sayer and Bianchi, 2000).

m. Religious Participation

Participation in religion and marriage success are related. Couples with strong religious orientation and participation have fewer divorces than non-religious couples. Those with a high degree

of religious commitment have the highest rate of marriage success and happiness. Those with no religious involvement show, a higher rate of marriage failure.

Dr. Sol Gordon, a psychologist has analyzed the reason why some marriages succeed and others fail. His research shows ten important aspects of a good marriage as follows:

1. *Love*: Caring, intimacy, loyalty and trust during good times and bad.
2. *Laughter*. Developing a sense of humour and keeping it finely tuned to the realities of every day life.
3. *Talk*: Being aware of what interests your partner has and doesn't have. Learn to talk about your opinions, your ideas, and your feelings in an interesting way. Always make sure there is time for talking in your lives together.
4. *Involvement*: Have a sense of mission or purpose together for something outside your marriage and home. Working on a meaningful project will bring a shared sense of involvement to your marriage.
5. *Friendship*: If two people, each having friends, space, privacy and interests that bring out their individuality, they are far more likely to remain interested in each other and able to develop as people both within and outside the relationship.
6. *Integrity*: In marriage it's important for each partner to be true to each other. Avoid bending and changing to fit images that are not comfortable, like having children or following a certain career because it's "expected".

7. *Tolerance*: Learning to accept a partner's occasional craziness, irritability, fatigue, clumsiness, forgetfulness and disagreement makes those times pass more easily.
8. *Adaptability*: This is the willingness of each partner to accept the other as he or she really is. Give up rigid, preconceived stereotypes.
9. *Sex*: Sexual problems are sometimes a symptom that something else is wrong with the marriage. Sex without loving is far from ideal and marriage only for sex is rarely successful.
10. *Sharing*: Sharing the pleasant and unpleasant moments of a relationship is the balance that a couple finds as they live together. Marriages today are moving toward a greater equality and sharing of experiences. (c.f. Stinnet, Walter and Kaye, 1984).

Marital Conflict

It is clear that there are forces in all marriage relationships, which pull the partners toward intimacy. The sum of these forces we have called the "will to relate". It is equally clear that there are forces which block intimacy that causes husbands and wives to move away from each other. The walls, or barriers in a marriage are frequently high and thick. The prominent characteristic of such a marriage is not intimacy but distance, not warm mutuality but estrangement. A therapist states: "one basic conflict characterizes all marriage neuroses: need for closeness and fear of it". In disturbed marriages, the conflict (ambivalence) between moving toward and moving away from one's partner is intense (Clinebell and Clinebel, 1969). Nearly all marriages have at least some conflict. Conflict is a natural process by which married couples deal with their differences and if handled

right, can lead to increased intimacy. However, conflict sometimes becomes volatile. Many marriages break up because couples fail to properly manage the conflict that naturally occurs in their relationship (Duncan, 1997).

Conflict arises over innumerable issues. Researchers have identified psychological and sociological causes. Certain major reasons which contribute to most of the marital conflicts that couples experience are the following:

1. Psychological causes

(i) Personality: As a human being, made in the image of God, individuals are unique. There are no two human beings alike. The husbands and the wives differ in their likes, dislikes, tastes, behaviours and attitudes. These variations illustrate a significant element.

Garon (1991) reported that the stress and tension are born out of personality differences. And when the differences between couples are too great, they cause conflict. Conflict always weakens a relationship. Furthermore, a great deal of conflict puts such a strain on the structure of love that soon huge cracks begin to appear on its walls. In 1995 he added that none of them is totally predictable in its behaviour and that it is inevitable that conflicts of interest will arise between people in their day-to-day relationship.

(ii) Trying to make partner over: Conflict may be caused by one partner trying to take the other over. Some individuals marry with the intention of remodelling a partner's values, attitudes, likes and dislikes, interests or certain personality characteristics. The result is usually confrontation and resentment. Each of us is likely to resist being changed by another, especially when it is against our wishes. When one partner tries to change the other, it implies displeasure

with that partner as a person. Extensive and persistent attempts to change a partner almost certainly are destined to end in trouble. Gentle requests for a partner to change can evolve into nagging, which may develop into pointed attacks. Finally, open conflict can break out with each partner attacking and retaliating (Stinnet, Walter and Kaye, 1984).

(iii) Power struggles and competitions: Some of the most intense marriage conflict results from power struggles. When each partner has strong power needs, interaction can become a contest to determine who exercises the most power. Either partner may enhance his or her feelings of self-worth and competency by dominating the other. A husband and wife may compare themselves and compete with each other in terms of amount of income earned, promotions, prestige, community activities and even the number of friends. A competitive marriage relationship becomes much like the business world with a ruthless drive for success and quest for recognition. When competitiveness characterizes a marriage, the husband's and wife's sense of emotional security in each other usually is lost.

(iv) Tremendous trifles: There is an adage, "It is not the great storms that destroy the oak tree, it's the little bugs". The little bugs might be compared to the tremendous trifles in marriage. The tremendous trifles can add up and damage the marriage relationship if they are not dealt with effectively.

Slurping coffee, leaving the cap off of the tooth paste tube, dirty clothes on the floor, nervous mannerisms and irritating verbal expressions-these are examples of tremendous trifles. They are petty irritants. These petty irritants, however, result in conflict. Couples may feel that these trifles are too petty to mention; but eventually

they can become so irritated by them that they finally express their irritation openly.

Tremendous trifles are most damaging to a relationship when they are kept inside and resentment is allowed to build up over a period of time. They are most likely to be kept in perspective when they are realized for what they are-trifles. A couple can prevent trifles from gaining undue importance by discussing them as soon as they begin to be irritants.

(v) Different role expectations: Husband and wives bring different role expectations with them to marriage. Each has definite expectations of self, the other marriage partner and the marriage. Sometime their expectations contrast sharply.

(vi) Inadequate communication: Mace (1982) has said that the heart of marriage is its communication system. It can be said that the success and happiness of any married pair are measured in terms of the deep dialogue, which characterizes their union. Faulty communication is a causative factor of marital disharmony (Ard and Ard, 1969; Schumm, 1989; Satir, 1964). Bienvenue (1990) have stated that open communication and dialogue between spouses is a crucial element for their mental health.

(vii) Psychiatric disorders: Any psychiatric disorder with its accompanying symptoms in one or both the marital partners has a telling effect on their interpersonal relationship and this may lead to endless problems. Paranoid disorders in any of the partners lead to feelings of jealousy and severe suspicion on the flimsiest of grounds. Disorders like depression or schizophrenia may lead to impotency or frigidity and this adds to the problems already caused by the disease. Further these diseases affect the economy of the family adversely. The unaffected marital partner bothered by a host of problems

caused by these disorders gets fed up and seeks a divorce. The link with depression is increasingly well established and a link with eating disorders has been documented (Broucke, 1977, c.f. Fincham and Beach, 1999).

2. Sociological Causes

It is sometimes helpful to distinguish between the family and marriage as a social institution. Marriage is a contract and a pledge. By it, a man and woman publicly commit themselves to undertake certain responsibilities towards each other and toward the children they may produce. The society stands witness to approve and to hold them to their obligations (John and Perry, 1977). Family and marriage being a social institution, the society has an important role to play on the stability of marriage and family. Certain sociological issues, which are leading to marital conflicts, are given below:

(i) Industrialization and urbanisation: The industrial revolution has caused rapid social changes. Urbanisation has accelerated the tempo of life. On the Indian scene, it has meant men leaving their homes and coming to live in cities away from their village, wives and families, where life is fast and the environment often hostile. To the urban dwellers it has come to mean less time for the home as the breadwinner is forced to devote all his time and energy to earning. Industrialisation of urbanisation has thus become a major factor of disruption of family life and family relationships (Corasaro, 1999; Wyness, 2000).

(ii) Changing family system: Today radical changes are taking place in the spheres of civic, social, economic and cultural life, which are affecting the pattern of family living. Certain social and economic factors, better educational facilities, increased wage-earning opportunities, have affected the social structure of the home. In the

words of Dr. A.R. Desai: "the traditional joint family and the familistic rural frame work have been undergoing a qualitative transformation. The basis of rural family relationships is shifting from that of status to that of contract. The rule of custom is being replaced by that of law. The family is being transformed from a unit of production to a unit of consumption. The cementing bond of the family is being changed from consanguinity to conjugality" (D'Souza, 1972).

(iii) Changing the roles of men and women: In the last decade several factors have contributed to the changing roles of women and men. Some factors that have caused change in their roles are technology, education, occupational specialization, women liberation movements, contraception and women in the labour force (Costello, 1996). All these mean that their world has become open to new and broader horizons and their images of themselves have been enhanced. These changes also affected marital relationship.

Traditionally, in India, married men and women had clearly defined roles to fulfil. The husband was considered to be the head of the family, the provider, whereas the wife's main task was to bear children and nurture the family in subordination to her husband (Desai, 1994).

Nevertheless, according to Agnel and Annette (1994) nowadays, Indian women increasingly are no longer willing to conform to the traditional image of a doting wife devoted to bringing up the family. They demand quality time from their husbands and want equality in marriage. However, Indian men are strongly opposed to this idea, hence, marital conflicts arise.

(iv) Influence of Relatives and Friends: Many a time, problems come from being too close or too involved with relatives. Living with them,

having relatives live with them, living next door, working for or with relatives, all put added stress on the marriage (Garon, 1991).

Adams (1972) said that the most difficult of all relationships is the in-law relationship. The couple cannot simply avoid their in-laws; even if their influence is unsatisfactory, the couple must sustain the very best relationship possible toward them (Sala, 1991). At the same time, the couple must not allow the in-laws influence to undermine their marriage in any way.

3. Modern Outlook of Marital Relations

With the changing outlook on marriage, personal and social considerations are recognised and attitudes towards the marital bond are changing. Survey evidence consistently demonstrates that young people aspire to lasting marriage and that most people believe that their own marriage will last a life time (Scott, 2002). Yet divorce statistics over the past generation presents a discouraging picture of marital breakdown and family dissolution. How does it happen that so many marriages fail?

The causes of marital failure surely are varied and complex. At the risk of oversimplification, it would suggest that three patterns describe most failed marriages. First, the marriage may be a mistake from the outset, because one or both spouses have inadequate or erroneous information about the other, including information about the intentions for the relationship. Once the information is gained, the marriage flounders. Marriage also fails because one or both spouses change fundamentally over time, with the result that the couple are no longer compatible and no longer share the same values and goals. Anecdotal evidence suggests that a more mundane third pattern is just as common. Many marriages fail because the initial commitment is hard to sustain. Over time spouses make choices on

the basis of immediate preferences that are inconsistent with their long-term goal of lasting marriage, choices that gradually (or suddenly) destroy the relationship. Even though a person has a stable belief that a relationship will be rewarding over a life time she will not always act consistently with that goal. Sometimes the rewards of an enduring relationship seem remote and are not compatible with immediate desires and preferences (Scott, 2002). There are many dimensions of changing the attitudes of couples.

4. Socio-Cultural Factors Contributing to Increasing Divorce

According to Goode (1964) one of the most important social changes contributing to the 20th century rise in divorce rates is the lessening stigma of divorce itself. Half a century ago almost any one who got divorced lost esteem in his or her social circle. Today the stigma has so diminished that in most circles a divorced person is not considered deviant, or even unfortunate. Most divorced persons who wish to do so can remarry; in fact, most do. Also, a divorced woman today has a greater likelihood of being self-supporting than earlier. The diminishing of disapproval of divorce has been the result of various changes, including the ascendancy of individualism and personal criteria of marital success. The tendency to question the traditional viewpoint of what marriage itself means and a greater tolerance of deviation from conventions are other factors.

In fact, an important factor contributing to increased divorce is a kind of redefinition of marriage. The old traditional concept of marriage as a religiously based institution ordained by God and therefore inviolable, has given way in some circles to a concept of marriage as a practical arrangement between a woman and a man for their mutual gratification. Marital happiness-actually the individual happiness of each partner in the marriage-becomes the

marital success, and a domination of personal happiness can become a sufficient reason for divorce. For those who have this view of marriage, divorce becomes an acceptable solution for marital difficulties or conflict.

Changing family functions: The loss or reduction over the years of many traditional family functions, such as economic productivity, religious, educational and recreational functions, have reduced the family as a functional unit and therefore removed some of the traditional reasons for keeping marriage intact.

More casual marriages: Hasty marriages as well as marriages among the immature are some of the most divorce prone.

More jobs for women: With entrance of increasing numbers of women into the labour force, a long-standing economic barrier of divorce has been lowered. Many women are no longer dependent on their husbands for economic support.

The philosophy of personal happiness: Modern couples regard happiness as the principal goal of matrimony. If happiness fails to materialize in a given marriage, divorce may well be considered.

Personal factors in divorce today: When considering various personal or individual factors, which may lead to divorce, many of these same factors could have been present in earlier periods too, but did not result in divorce due to the pressure of prevailing opinion and norms opposing divorce. In the view of the fact that the marital bond is considered to be sacred and indissoluble, young men and women are expected by their parents to make necessary adjustments in marriage through self-sacrifice, devotion and loyalty. However, now both men and women seem to be challenging this prevailing

view largely because of the evolving individual orientation to the satisfaction or happiness of the couples themselves (Dyer, 1983).

5. Other Causes

Physical defects: Tolerance with regard to physical defects is usually observed when the partner is aware of these defects before marriage and also when they occur after marriage. Nevertheless, when the nature of physical defects is hidden before marriage and it comes to light only after marriage, it can lead to marital discord. Marital conflict is associated with poorer health (Fincham and Beach, 1999).

Mental Retardation: It is another important factor causing marital disharmony. In the first year of their marriage if they come to know that he or she is mentally retarded they generally go for divorce by mutual understanding or through court.

Alcoholism or Drug addiction: Alcoholism or Drug addiction in any of the partners causes similar problems and severe disruption of marital life.

Sexual relationship: The Christian understanding of sex and sexual instinct are that they are beautiful, significant and God-given. God gave men and women sexual desires that might be fulfilled in marriage, according to His plan (Sala, 1994). Sexual relations within marriage are supposed to be enjoyable for both partners. Sex is a strong bond that keeps the marriage intact. When this principle is violated there is frustration and often guilt. These feelings can virtually affect the relationship (Foster, 1995). Garon (1995) and Sala (1991) said that like any other dimension of marriage the sex factor fulfils a need and if that need is not met, a vacuum develops. These sexual problems often arise out of other interpersonal problems.

Family Finance: The handling of money is the most common problem of the mechanisms involved in marriage. Sala (1994) cited that Blatz handled some cases in which no reasonable trusting relationship has existed between husband and wife. The main cause was the lack of trust expressed in the way of handling their money. In this current period of inflation and increasing financial pressures, money is a critical factor in the success or failure of a marriage. According to Foster (1995) and Sala (1994), the husband who does not tell his wife the real amount of his salary is dishonest with his wife. Being dishonest in money matters is the fundamental cause of the breaking of the relationship of trust. Whenever a couple begin to think of their money in terms of 'his or hers', they are headed for trouble. One important reason for financial problem is independence from each other in money matters.

The Process of Marital Conflict

Marital conflict generally follows a well-ordered pattern of certain stages. The conflict may be stopped or reversed at any stage. However, if the couple cannot resolve the conflict and the nature of it is serious, it may escalate through all the stages. Seven stages of marital conflict were identified by Beck (c.f. Stinnett *et al.*, 1984).

(i) The latent stage

In the latent stage usually at the beginning of the conflict-negative feelings lie hidden and unexpressed within the individual. Conflict and dissatisfaction are not brought out in the open and discussed.

Consequently, there is little chance for the problem to be resolved. Irritation and resentment slowly build and lead to increased dissatisfaction and disenchantment until conflict finally erupts.

(ii) The trigger stage

The second stage comes about in the process of conflict when something happens to trigger the irritation out into the open. The triggering incident may be so minor that it seems inconceivable it could result in such anger and conflict. But to the person who has been silently harbouring irritation and resentment the incident, however small, becomes the "straw" that broke "the camels back". This event prompts the person to do something to reduce negative feeling and cope with the problem.

(iii) The clash stage

Prodded by the trigger event, the discontented individual brings irritations and dissatisfactions out of hiding. An open blow up results.

This confrontation may come as a shock to the other partner, particularly if he or she had no clues about the others discontent. The couple may react in several ways. They may quickly abandon the confrontation and return to an avoidance and denial of the problem, they may continue in the clash stage for a time and eventually resolve the problem; they may fluctuate between open conflict and reconciliation; or they may continue indefinitely in the clash stage attacking and counter attacking and never resolving the problem.

(iv) The increase of conflict stage

If the couples remain indefinitely in the clash stage and the spouses continue to attack and counter attack each other, the intensity of the conflict unusually increases. Conflict may spread into other areas of their lives. Then the flexibility of the partners generally decreases and negative behaviour is reinforced.

(v) The search for allies' stage

Conflict sometimes increases because a couple cannot resolve the difficulty alone. When this happens, each partner generally tries to find allies who will support him or her. The two spouses become more strongly opposed and hostile to each other and less willing to compromise as the circle of allies is expanded. The situation can develop into two opposing armies.

(vi) The search for alternate sources of gratification stage

If the conflict continues through the stage of recruiting allies, the hostility may become so great and the satisfaction from the relationship so little that one or both partners may look for emotional fulfilment elsewhere. They may seek vicarious emotional satisfaction through their children or they may become absorbed in work, social and community activities. It is at this stage that both partners are very susceptible to extramarital sexual relationships.

Seeking alternate sources of emotional fulfilment may give necessary emotional relief and serve to reduce the conflict level. It can, in a sense serve as a diversion. Each partner develops an independent life. The emotional investment in the marriage relationship is reduced.

(vii) The dissolution stage

The final stage in a severe conflict situation is a formal break up of the relationship. One or both partners get to the point where they do not wish to tolerate the dissatisfaction any longer. They decide to separate or divorce.

Dealing with Marital Conflict

Disagreement is really difference brought into painful encounter through coming close. But what people want to do in marriage is to come close. So when they come close many of their difference turn into disagreements because never will you find a married couple where both of them want to do exactly the same thing at the same time in the same way. Mace (1983) reported that one of the essentials of marriage success is for couples to learn to make creative use of conflict. Couples can learn how to respond to and react in order to find a creative solution. In a study it was found that couples learned:

1. To stop responding to each other in a destructive, hostile manner.
2. To increase the number of pleasant, supportive responses.
3. To develop negotiating skills.

After several sessions the study showed there were positive changes in the interaction of the couples. In follow-up sessions two years later most of the couples had learned how to resolve their conflicts more successfully, experienced fewer conflicts, reported a higher degree of marriage happiness. Marital conflicts can be resolved either by the partners themselves or by a mediator:

a. Conflict Mediation

Conflict mediation is defined as the efforts of a neutral third party who at the request of the conflicting parties assists them in establishing an acceptable resolution for their conflicts. Mediation is the opportunity and the responsibility for conflict resolution to the people directly involved in the conflict. The mediator assists the parties in finding their own way out of a dispute.

The mediator is primarily a facilitator providing the parties with a joint examination of issues, recognition of common objectives and insights into opposing perspective (Levinton and Green Stone, 1994). The mediator helps the parties to do the following.

1. Communicate with each other. When necessary the mediator puts each party's terms into language that the other party can understand.
2. Identify substantive issues and separate them from emotional issues.
3. Identify and clarify the issues causing the dispute.
4. Reassess their own positions.
5. Recognise superordinate goals.

The mediator should:

1. Probe and ask direct questions to provide information and clarify misunderstanding.
2. Listen objectively to what the parties are really saying.
3. Observe what the disputants say and do. Body language and nonverbal behaviour become an important source of information.
4. Maintaining control of hearing.

The mediator must remain objective and impartial, be reassuring and calm, maintain steadiness and warmth, be attractive and empathetic, and be supportive and willing to reach out to both parties. The mediator must also be patient and allow the parties time to work through problems. Even though solutions may not

always be evident, the mediator must hold out the realistic hope that solutions are possible (Leviton and Green Stone, 1994).

b. Resolutions by Partners

Consensus

When a couple can both see each others view point, and agree that there are different alternative solutions, they can choose one that is good for both of them. This consensus of opinion makes them both feel in control.

Compromise

A compromise brings in part of each partner's view without using all of it. Partners meet half way.

Concession

Here one partner gives into the other's suggestion and agrees to the idea. The question partners should ask themselves in conflict situations is: "How important is it to me to have my way in this situation? Is it more or less important to me than to my spouse?"

Accommodation

Sometimes an impasse occurs where neither partner wants to concede, compromise or give in. Each partner holds to his or her own view about the situation. In this case they can agree to disagree.

Basic Principles for Dealing with Marital Conflict

Bach and Deutsch (1971) recommended some basic principles for dealing with conflict. These principles provide some simple and specific guidelines for handling conflict situation. The principles are:

1. Be specific when you introduce a complaint

2. Don't just complain; ask for a reasonable change that will make the situation better.
3. Giver and receiver feed back of the major points to make sure your are understood; to assure your partner that you understand the issue.
4. Try tolerance- Be open to your own feelings, and equally open to your partner's.
5. Consider compromise. Many conflict issues involve no clear-cut right or wrong. Your partner may even have some good ideas.
6. Do not allow counter demands to enter the picture until the original demands are clearly understood, and there has been clear-cut response to them. Deal with one issue at a time.
7. Don't mind-rape. Do not tell a partner what he or she knows or feels. Never assume you know what your partner thinks. Ask.
8. Attack the issue, not each other. Refrain from name-calling and sarcasm.
9. Forget the past and stay with the issue at hand. Hurts, grievances, and irritations should be brought up at the earliest moment, or partner may suspect that they have been saved as weapons.
10. Do not burden your partner with grievances. To do so, can make him or her feel hopeless and suggests that you have either been hoarding complaints or do not know what really troubles you.
11. Think about your real thoughts and feelings before speaking.
12. Remember that there is never a winner in an honest, intimate fight. Both either win more intimacy, or lose it.

Effects of Marital Conflict

The effects of marital conflict and divorce upon the partners are not easy to determine because they are influenced by several factors, including the quality of the marriage, the degree to which the partners were emotionally involved with each other, whether the divorce was desired by one or both of the partners, the personality characteristics of the partners and the couples views concerning the sacredness and permanence of marriage. Researchers share that marital conflict per se can not be considered as negative or positive but have reported effects of both types.

Benefits of Marital Conflicts

The word conflict is usually thought of as a signal of danger and disaster. There is little indication from studies that conflict affects the happiness of marriage directly or that it means a marriage is unhappy if partners are involved in conflict. The evidence suggests that marital conflict is inevitable and sometimes, a valuable component of intimate relationship.

Psychiatrists and family therapists recognize that conflict may have some healthy benefits in a relationship. A long-simmering disagreement brought into the open may prove to be a turning point. Conflict faced with understanding may show the couple how to move to a new level of closeness by setting a difference they had never dared to discuss before. Stinnet Walter and Kaye have cited a few benefits of conflicts in marriage.

(i) Relief of tension

The expression of conflict can have healthy and therapeutic effects by releasing pent-up tension and hostility. When these negative feelings are expressed openly it can lift a burden from the

individual. Keeping tensions and negative feelings locked inside and never allowing expression of them can lead to hypertension, ulcers, high blood pressure and extreme nervousness. In addition, bottled-up negative feelings have a tendency eventually to be expressed in the marriage relationship in subtle, less direct ways.

(ii) Reducing resentment

Resentment is the festering anger of one partner against the other that is never expressed. One of the benefits of open conflict is the expression of the feelings.

(iii) Identification of problem

Conflict often serves the useful purpose of pin pointing exactly what the problem in the relationship is. Conflict can bring real issues into the open. Extraneous issues can then be discarded and misunderstandings about the real issues can be clarified. When the actual problem is identified both partners think more clearly about the situation and the chances of resolving difficulties are increased.

(iv) Increasing mutual understanding

Conflict offers very positive benefits if the end product is a greater understanding of each other. A greater appreciation for each others past experience and values can result from conflict situation.

(v) Renewing appreciation of the relationship

Conflict can produce a beneficial by-product if it renews a couple's appreciation of their marriage relationship. Some couples go through a period of conflict and experience a feeling of being alienated from each other. They pass through this negative stage

and find themselves with renewed awareness of their positive emotional involvement with each other.

(vi) Re discovering feeling of self-worth

Some married persons interact with each other in such a destructive manner that they damage each other's self-esteem. After years of destructive interaction, divorce can be an escape from the devastating interaction and can provide an opportunity to establish new relationships.

(vii) A sense of failure in the marriage relationship

Many divorced persons are nagged by feelings that the conflict or divorce is a result of their own failure to make the relationship better. Some persons have serious doubts about their ability to maintain any intimate relationship. Others view divorce not so much as a personal failure, but more as an unwise selection of a mate.

(viii) Developing a fear of close, intimate relationship

As a result of destructive relationships experienced in marriage, many divorced persons are reluctant to commit themselves to such an intimate relationship again. They feel far safer avoiding deep involvement with and dependence upon others. They adopt an 'if-you-stay-uninvolved-you-don't-get-hurt' attitude. Such persons often develop an extremely cynical attitude towards marriage.

(ix) Depression and alienation

The depression and alienation that many persons suffer as a result of divorce or marital conflict are reflected in the high suicide rate among the divorced. According to Cashion, research evidences indicate that divorced men and women commit suicide at a rate of

three to four times more often than do married persons (c.f. Stinnett, Walters and Kaye, 1984).

(x) Changes in life style

Divorce inevitably forces the people involved to make great changes in their daily routines, social life patterns and general lifestyles. The longer the couples have been married, the greater the shock associated with a forced change in life style.

(xi) Effect of marital conflict on children

So long as the ship of married life sails smoothly in the ocean of life there is no trouble in the rearing of children; there are therefore, no problems and dispute of guardianship. Each parent helps to bring out all the latent faculties of the child, subject only to the financial, intellectual and moral limitations of the parents. The dominating partner among the parents, if any, also dominates over the children.

The rift between the husband and wife has a very bad effect on their children. Tender as the mind of a child is, there is a stress, ever present and ever pressing. A young child of parent's afflicted by disharmony is affected most. According to Williams and Smith parental commitment, love and acceptance represent major influences in the development of children. Specific rearing techniques such as bottle-or breast feeding early or delayed toilet training are of much less importance (c.f. Stinnett, Walters and Kaye, 1984). There is evidence that children reared in families where rejected by their parents are likely to express such problems as emotional instability and quarrelsomeness. In contrast children who perceive themselves to be accepted by their parents tend be more emotionally stable, happy co-operative and friendly.

In summary, parental support is positively related to the child with high self-esteem, increased cognitive development and self-control. Its use is also negatively associated with aggression and behaviour problems such as drug abuse.

Negative Aspects of Marital Conflict

Conflict that involves a continued attack on the self-worth of the partner can result in the formation of a negative self-concept and can alienate two people. Conflict in a relationship is dysfunctional when it reduces interpersonal trust, results in psychological or physical injury, and fails to generate positive and constructive changes in subsequent interaction (Fieldman, 1982).

Whether conflict has primarily a positive or negative effect upon a marriage depends upon the way it is approached by the people involved.

Coping Mechanisms in Marital Relationship

Coping is defined as the thoughts and behaviours used to manage the internal and external demands of situations that are appraised as stressful and has been a focus of research in the social sciences for more than three decades. Many investigators undertook this research with the hope that the concept of coping might help explain why some individuals far better than others do when encountering stress in their lives.

Individuals, however, do not passively experience hardships and difficulties. They may actively try to avoid being harmed by life – strains (Pearlin and Schooler, 1978). The existence of stress, as measured through stressful life events may therefore be less important than how an individual appraises and copes with it

(Antonovsky, 1979, Lazarus, 1981). The last two decades has been a shift in focus from the area of stress to the concept of coping.

Weber (1997) proposed two main reasons for the steady and ever increasing interest in coping. Firstly, the need to understand and analyse how people manage their lives despite adversity, and secondly, the flexibility and adaptability of the concept of coping which provides a very broad and useful frame for analysing behaviour. Theoretically *contextual cognitive model of coping* explains the phenomenon comprehensively. According to this coping is a process that unfolds in the *context of a situation or condition* that is appraised as personally significant and as taxing or exceeding the individual's resources for coping (Lazarus and Folkman, 1984). The coping is initiated in response to the individuals' appraisal that important goals have been harmed, lost or threatened. These appraisals are characterized by negative emotions that are often intense. Coping responses are thus initiated in an emotional environment, and often one of the first coping tasks is to down-regulate negative emotions that are stressful in and of themselves and may be interfering with instrumental forms of coping. Emotions continue to be integral to the coping process throughout a stressful encounter, as an outcome of coping, as a response to new information, and as a result of reappraisals of the status of the encounter. If the encounter has a successful resolution positive emotions will predominate. If the resolution is unclear or unfavourable, negative emotions will predominate (Folkman and Moskowitz, 2004).

People cope with stress in many ways. A number of researcher have attempted to identify and classify the various coping techniques or strategies that people use in dealing with stress. Their work reveals quite a variety of coping strategies. For instance, in a study,

McCrae (1984) identified 28 coping techniques. Carver, Scheier and Weintraub (1989) grouped coping tactics into 14 categories. Thus in grappling with stress, people select their coping tactics from a large and varied menu of options.

Folkman and Lazarus (1980) refers to two broad categories of coping: *problem focused* and *emotion focused* coping. Endler and Parker (1990) commended "If there is a consensus in the coping literature use, it is the important distinction between emotion focused and problem focused coping" (p.845). "Several researchers use this distinction, and others have expanded on it, adding appraisal focused coping" or hypothesising that coping can regulate behaviour, emotion, or attention (c.f. Skinner, *et al.*, 2003). Folkman and Lazarus (1980) observed that in most situations, a combination of both these types of coping are used, rather than any one of them to the exclusion of the other.

Another conceptual approach to the coping literature has been to divide coping into *approach Vs avoidant activities* (Suls and Fletcher, 1985; Roth and Cohen, 1986). Approach and avoidance coping are types of cognitive and emotional activity that are oriented either towards or away from threat. Approach strategies allow for appropriate action and for ventilation of affect. Avoidant strategies, on the other hand, seem useful in reducing stress.

Further distinctions of coping behaviours have proposed a typology consisting of active behavioural, avoidance and active cognitive coping. More specific variants of this distinction have been captured by other terms, such as *sensitisation Vs repression*, *monitoring Vs blunting*, *vigilance versus avoidance* and *engagement Vs disengagement coping* (Roth and Cohen, 1986).

The most important set of higher order distinctions are ones that contribute to the identification of action types. In this context, action doesn't refer to its common language usage, as a synonym for behaviour. Instead, it refers to the notion of "action schema" from the long European theoretical tradition of action theories. Compared with behaviour, action is more complex construct. It incorporates not only behaviour but also requires simultaneous consideration of individual's emotions, attention and goals (Skinner, *et al.*, 2003).

Within the field of coping, the most common distinction between action types is *primary Vs secondary control or assimilation and accommodation*.

Primary Vs secondary control coping: Arising from work on perceived control (Rothbaum, Weisz and Snyder) and later applied to the study of coping (Band and Weisz, Weisz, McCabe and Dennig) the primary-secondary model of control distinguishes between "primary control: defined as coping designed to influence objective events or conditions; secondary control: defined as coping aimed at maximizing ones' fitness to current conditions; and relinquished control: defined as the absence of any coping attempt" (Skinner *et al.*, 2003, p.229).

A related distinction, which arose from action theoretical perspectives on successful aging, contrasts assimilative processes, which refer to "transforming developing circumstances in accordance with personal preferences", and accommodative processes, which refer to "adjusting personal preferences to situational constraints" (Skinner, *et al.*, 2003, p.230). These refer to two qualitatively different and independent action categories. The opposite of assimilation is helplessness; where as the opposite of accommodation is rigid perseverance, such as the continued fixation

on unattainable goals or inability to disengage from ineffective paths of action. This structure (two separate bipolar dimensions) has been confirmed in analyses of self-report measures, designed to tap both processes.

Although coping is often characterized as a highly individual affair, more and more researchers are emphasizing the social embeddedness of coping processes. Some researchers have suggested that an important distinction in categorizing coping is the social orientation of the strategy, specifically, whether a way of coping is social versus solitary. Or is prosocial (engages or solicits others), antisocial (manipulates or coerces others or views others as obstacles), or asocial (prefers to approach a stressor with out the assistance of others) (Skinner, *et al.*, 2003).

Such distinctions raise the larger issue of the heterogeneity and multiple functions that can be served by seeking social support and highlight the general finding that the use of this strategy does not seem to have consistent positive or negative effects. It seems possible that all individual ways of coping might have social equivalents. For example, seeking instrumental support seems conceptually similar to active problem solving, seeking emotional support is likely to have many of the same functions as emotion regulation, seeking advice or consultation with professionals might be considered social forms of information seeking, getting together with friends might be considered a social form of distinction, blaming others may be a social form of opposition, and incessant complaints to others may be a social form of rumination.

A relatively new distinction has been used to formally introduce the issue of volition to coping. Compas and colleagues pointed out that responses to stress include not only effortful,

intentional, controlled, and volitional responses but also responses that are automatic, over learned or involuntary. Compas *et al.*, argued that the term coping be restricted to effortful responses only (Skinner, *et al.*, 2003).

It can be concluded that five categories of coping are important: problem solving, support seeking, avoidance, distraction and positive cognitive restructuring. Four more categories could be considered strong candidates: rumination, helplessness, social withdrawal and emotional regulation. Three more families appeared less frequently but likely to deserve further consideration information seeking, negotiation, and opposition (Skinner, *et al.*, 2003).

Stability of coping styles has been a matter of debate among researchers. Although some researchers have postulated, the existence of coping styles that are consistent across situations and are stable (Moos, 1976). Folkman and Lazarus (1985) have disputed this assertion. They argue that different strategies of coping are called into play in different situations. Personal factors have been studied as determinants of coping styles whereas situational variables have been investigated as contributing to the choice of coping strategies in different situations.

Hann (1969) Vaillant (1994) viewed coping as a stable predisposition to handle stress in a particular manner. Moos (1976) postulated that there may be relatively stable coping styles or dispositions that, irrespective of the situation, influence people's coping responses i.e., there may be cross situational stability in people's responses to stress. Evidence arguing for the existence of stable dispositional coping styles was also provided by Amirkhan (1990) and Carver and Scheier (1994).

Personality: a determinant factor of coping behaviour

Personality has been considered as an important personal determinant of coping behaviour (Carver, Scheier and Weintraub 1989; Holahan and Moos, 1987). Bolger (1990) commented, "coping is personality in action under stress". A variety of different personality traits and dimensions have been studied in relation to coping behaviour: Extraversion and Neuroticism (Bolger and Zuckerman, 1995; Watson and Hubbard, 1996); Hardiness (Hills and Norvell, 1991); Optimism (Scheier, Weintraub and Carver, 1986) and Locus of control (Parkes, 1984).

Recent studies have provided evidence for a positive relationship between Extraversion and Positive Affect (PA) and Neuroticism and Negative Affect (NA) (Costa and McCrae, 1980; Emmons and Diener, 1986; Watson and Clark, 1984). Costa and McCrae (1980) proposed that differences among individuals in positive and negative affectivity, over the course of time, are a direct result of differences in the stable traits of E and N respectively, Positive and Negative Affect have also been studied on occasions, in relation to coping (Wood *et al.*, 1990).

In addition to the influence of personality as a personal determinant of coping behaviour, other socio demographic characteristics like age, gender and marital relationship, education etc. also tend to have an important role to play in an individuals stable way or manner of coping behaviour.

Throughout the long history of Psychological research, a wealth of evidence has accumulated suggesting that men and women differ on a wide variety of behavioural, cognitive and affective dimensions. Based on traditional gender role conceptions, it is commonly assumed that women are more emotionally responsive

and sensitive while men tend to be more analytic. Research in this area also has revealed patterns of differences. Women appear somewhat more likely than men to report using emotion focused coping methods.(Billings and Moos, 1981, 1984; Fondacaro and Moos, 1987; Pearlin and Schooler, 1978) and are more likely to seek out social support (Billings and Moos, 1984; Ptacek, *et al.*, 1992; Stone and Neale, 1984). Folkman and Lazarus (1980) found men use more problem focused coping than women, while Heppner *et al.*, (1983) have reported more problem-focused coping in women. At the same time, a number of studies have found no gender differences between men and women in this style of coping (Hamilton and Fogot, 1988; Holahan and Moss, 1985).

Despite evidences for the existence of stable coping styles that are determined by personal factors, people were found to be more variable than consistent in their coping patterns (Folk man and Lazarus, 1985). Torestad, *et al.*, (1985) opined that general dispositions to use coping behaviours are of limited value. Terry (1994), Forsy and Compas (1987) reported that situational factors influenced coping. As a result, the study of factors that influence the use of particular coping strategies in different situations has generated considerable interest (Mattlin, Wethington and Kester, Parker, 1984).

Situational determinants of coping behaviour refer to the characteristics of the stressor that influence the coping strategies used. McCrae (1992) observed "one of the difficulties facing researchers in the field of coping is the exquisite specificity of behaviour responses to situational demands". Cohen and Lazarus (1979) asserted that coping was more inconsistent from one situation to another and emphasized that situational conditions affected the coping process. Lazarus and Folkman (1984) emphasized the role

that situational variables play as determinants of coping. In their dynamic transactional model of the stress process, coping responses constitute a process that is likely to vary not only from one situation to another but also as a function of the stage of the encounter being faced. Situational determinants of coping include the domain and type of stress faced, the distress experienced and the appraisal of the stressor.

The type of stress experienced had earlier been studied mainly in terms of major life events. Subsequently, stressful events of every day life, and chronic strains have also been examined in relation to coping. Collins, Baum and Singer (1983) examined coping in the face of a chronic stressor. They found that modes of coping for e.g. problem solving, that were generally useful in dealing with event related stress, were less useful in handling a chronic stressor. McCrae (1984) studied coping in response to loss, threat and challenge events. Results indicated that the type of stressor had a consistent and significant effect on the choice of coping mechanisms.

Individuals have their own styles of coping. Even with a large menu of coping tactics to choose from, most people come to rely on some strategies more than others. Ofcourse, an individual's coping strategies are also influenced by situational demands, and Cheng has argued that flexibility in coping is more desirable than consistently relying on the same strategy. The need for flexibility may explain why people's coping strategies show only moderate stability across varied situations (Weiten and Lloyd, 2003).

Brown *et al.*, (2003) pointed out that to maintain equilibrium people employ compensatory mechanisms when confronted with minor challenges and disturbances. When coping and compensatory mechanisms fail and the threat of the situation cannot be adequately

resolved, then most individuals are typically unable to re-establish psychological homeostasis, resulting in a state of crisis. It is at this point symptoms of decompensation become evident.

Among the many challenges in life marital relationship is rather a complex but meaningful and long-term challenge that the couples face. Therefore it can be assumed that coping has a role to play in deciding the quality of interaction or adjustment in this context.

People enter their romantic relationships with standards, beliefs or criteria about the qualities the relationships should have. These standards reflect individuals' goals for their relationships. They provide a way for people to evaluate the quality of their associations with others and, as such, serve as a foundation for many of the feelings individuals have toward their relational partner. A number of theories suggest that there is a positive link between people's standards being fulfilled and relational satisfaction. Studies show that when individual's relational standards are met or exceeded partners tend to be relatively satisfied with their relationships. When their standards are not fulfilled, they are likely to be, some what dissatisfied (Vangelisti and Alexander, 2002).

Researchers have found that both problem focused and emotion focused strategies are used by husbands and wives, but the relevance of these strategies to partners depends on factors such as the type and severity of the stressor that is examined, the quality of the partner's relationship and whether the husband or the wife employs the strategy. Thus, for example, Bowman's work indicated that strategies involving introspective self-blame and self-interest were positively linked to the severity of marital problems.

Researchers have examined the links between various coping strategies and both individual and relational outcomes. The strategies individuals employ to deal with stress can influence society as a whole. Theorists have acknowledged that coping behaviours can affect groups or collectives. For example, some scholars suggest that society benefits from marriage and that, in order to maintain or strengthen the institution of marriage, couples need to develop more effective strategies for dealing with relationship stressors (Popenoe, 1993). Others argue that society is better off when the individuals within a marriage are emotionally and physically healthy and that, at times, maintaining individual partners' well-being may come at the cost of the marital relationship (Stacey, 1993).

The Role of Personality in Marital Relationship

The societal costs of marital discord are high. A growing body of work suggests that marital distress and dissolution can have a profoundly negative effect on both the psychological and physical well being of spouses and of families more generally (Grych and Fincham, 1990; Burman and Margolin, 1992). Both intrapersonal and interpersonal factors can influence marital relationships. Prominent intrapersonal factors are personality traits the emotional, relational, experiential, attitudinal and motivational styles of an individual that are assumed to be stable over time (Bouchard, Lussier and Sabourin, 1999).

Many studies suggest that specific personality factors can predict marital adjustment (Bouchard, *et al.*, (1999). Berscheid (1999) indicated that relationships provide the central stage on which we lead our lives. Thus it is difficult to imagine that any truly adequate account of human behaviour could ignore this all-important context.

The concept of relationship refers to two people whose behaviour is interdependent that a change in the state of one will produce change in the state of the other. The most profound human experiences, however, occur within the context of “close” relationships. Partners in close relationship are highly interdependent: they influence each other’s behaviour frequently, their influence is far-reaching and strong and it extends over time (Cooper, 2002). Indeed, partners in highly interdependent relationships alter their very self-concepts to incorporate aspects of the other (Aron, Paris and Aron, 1995) and not surprisingly, experience their most intense emotions with one another and in regard to their relationship (Reis, Coltrane and Berscheid, 2000).

Personality and Close Relationships: A Dynamic interactional perspective

Reis and Zayas *et al.*, (c.f. Cooper, 2002) argued for a more contextualized, fine-grained and process oriented approach to the study of personality and relationships. They maintain that interpersonal situations provide a context- perhaps the most important context- for the expression of personality. Interpersonal situations present individuals with various behavioural options, each of which has tangible consequences for the self and the other, choice between these options depends on which of the individuals pre-existing personal attributes are activated at a given time and place. It is in this sense, the authors argue, that situations reveal the impact of personal factors.

Harry Stack Sullivan’s theory of interpersonalism (c.f. Cooper, 2002) explains that human behaviours commonly attributed to the individual are inseparable from the contexts in which they occur and that some behaviours are neither meaningful nor observable without placing individuals within contexts, particularly ones that involve interpersonal relations. This idea, they suggest, leads to the notion of

a “personality in context” approach to understanding personality in these perspectives.

Both authors suggest that successfully embedding personality in a relationship context will require adopting a more nuanced, line-grained, and relationship-specific conceptualisation of personality. They point out that the personality variables are most influential in ambiguous situations. In the context of ongoing relationships, ambiguity is reduced by experience with the partner as well as by experience with other similar interpersonal situations. Thus, they advocate the need to consider predispositions more closely linked to the type of relationship, under scrutiny and to the person’s history with that particular partner.

Building on Mischel and Shoda’s (Cooper, 2002) *Cognitive-Affective Processing System* (CAPS) theory of personality, Zayas and colleagues also argue for greater specificity in the conceptualisation of personality. CAPS theory conceptualises the “mind” of an individual as a distinctive network of interconnected cognitions and affects. A person’s CAPS network mediates the relationships between situations encountered and his or her behavioural reactions by guiding how the situation is construed and the cognition and affects that are automatically activated. Thus according to both authors, personality effects in relationships will be best revealed if personality is conceptualised (and measured) in terms that are more specific to the relationship and the recurring situations encountered in that relationship.

Third and Readily, both authors argue for a more process-oriented approach to the study of personality and close relationships. Consistent with earlier formulations by Kelley and colleagues, Reis *et al.*, (Cooper, 2002) view the relationship between two people as

residing in neither person, but rather in their interactions. Thus to understand the role of personality in relationships, one must understand how both partners' personalities shape and are shaped by the dynamic and recurring interactions between them that constitute the relationship. They argue that behaviours normally attributed to "personality" arise out of the interactions between individuals, rather than from the qualities of the individual alone and posit a model in which two individuals create a dynamic and continuously interactive interpersonal system, from which each persons' behaviours, as well as the behavioural patterns of dyad, emerge. Thus according to both authors, relationships and personality can be viewed as emergent phenomena, best understood from a dynamic, process-oriented interactional perspective.

Caspi and Herbener (c.f. Zayas *et al.*, 2002) explained individual differences in situations are likely to play a critical role in producing observable, stable, individual differences in behaviours, which starting the process anew may further promote differences in the situations encountered. It is also possible that these processes by which individuals shape their social world become increasingly more powerful and influential as individuals mature and gain more autonomy consistent with increases in intra individual stability of personality with age. Furthermore, adding another layer of complexity, individual differences in situations encountered and individual differences in personal characteristics may become increasingly intertwined, resulting in person- situation linkages.

The focus on personality characteristics that undermine intimate relationships provides only a partial view of how such characteristics may affect courtship, marriage and other intimate relationships. A communal orientation to others, as indexed by "expressiveness" may be a key 'protective' personality quality that

should enhance marital satisfaction. Among happily married couples, husbands' and wives' psychological femininity is unrelated to how affectionately spouses behave towards each other. Among less than happily married couples, however, psychological femininity was strongly associated with the expression of affection (Huston and Houts, 1998). Although personality is generally considered as stable after the developmental period in the Type theory, type is development is seen as a life long process of gaining greater command over the functions or powers of perception and judgement.

Among Type theories Jung's views are rather quite comprehensive. Jung's attempt to explain individual differences in personality initially stemmed from his observation that there were two types of people, *extraverts* and *introverts*. He saw extraversion and introversion as two different attitudes, with the term *attitude* defined as "a readiness of the psyche to act or react in a certain way having an attitude is synonymous with a *priori* orientation to a definite thing" (Myers, *et al.*, 1998, p.22). He again subdivided his initial extravert and introvert types into eight types by identifying two pairs of opposite mental functions: two opposite perceiving functions, *sensation* (called sensing by Myers and Briggs) Vs *intuition*; and two opposite judging functions, *thinking* Vs *feeling*. Jung defined a function as "a particular form of psychic activity that remains the same in principle, under varying conditions" (p.22). It can be understood that these 8 dimensions fall under two major categories cognition and experience.

Jung further specified which of the two attitudes of extraversion and introversion was likely to be habitually used in conjunction with the *dominant* mental function in an individual. The term *dominant function* refers to the *functions* - *Sensing*, *Intuition*, *Thinking* or *Feeling* - that is likely to be used most enthusiastically,

most often, and with the greatest confidence. The dominant function can be viewed as directing or “dominating” the personality.

Type theory assumes that children are born with a predisposition to prefer some functions to others. Children are most interested in their preferred functions. They are motivated to exercise their dominant function and to a somewhat lesser extent their auxiliary function, becoming more skillful, adept, and differentiated in their use while this development of preferred functions is occurring, there is relative neglect of the opposite functions. In the type model environment becomes extremely important because it can foster development of each person’s natural preferences, or it can discourage them by reinforcing activities that are less satisfying, less comfortable and less motivating.

Using Type with Couples

Happy and unhappy marriages are found in all type combinations, and type differences and similarities are likely to be only one of the several sources of difficulty in a relationship. Regardless of the nature of such other difficulties, a typological approach to couples counselling can enhance the therapeutic process and increase the likelihood of an effective outcome (Myers, *et al.*, 1998).

Chapter II

Review of Related Studies

This chapter presents a review of literature that are related to the variables in the present study.

In the words of Good (1973), "the key to the vast store house of published literature may open doors to source of significant problems and explanatory hypothesis and provide helpful orientation for definition of the problem, background for selection of procedure and comparative data for interpretation of results. In order to be truly creative and original, one must read extensively and critically as a stimulus to thinking".

Nongbri (1996) examined various issues generated by the agenda proposed by the United Nations during the international year of the Family in 1994. While the agenda perceives the family as a democratic institution, human right activists, feminists and other intellectuals see the family as a site for increased violence, oppression and marginalisation based on gender and age. Familial relations are considered sacrosanct and therefore belie analysis of their functional aspect. The author suggests the need for empirical studies, which will focus on the household where members share the task of production and/or consumption, regardless of whether or not they are linked by kinship ties.

A detailed examination of the materials collected for this study lead to a broad classification as follows.

1. Psycho social factors and marital relationship
2. Marital success and Satisfaction
3. Marital problems or Discord
4. Effects of marital conflicts
5. Personality and Marital relationship.
6. Coping and Marital relationship

7. Influence of parent's marital relationship on children's marital quality
8. Intervention strategies for enhancing couples relationship.
9. Gender studies on marital relationships.

Psychosocial Factors and Marital Relationship

In his Field Theory, Lewin (Berscheid, 1998) proposed that an individual's behavior is a function of not only of the properties of the individual but also of the "field" in which the individual is located. His well-known formula, $B=f(P, E)$ simply expressed his view that the properties of the person interact with the properties of the Environment to influence behavior, with the environment encompassing both the individual's social environment and his or her physical environment. He insisted that the individual and the field in which the individual is located constitute an interdependent system such that a change in the state of one will produce a change in the state of the other.

The most influential theory in the social psychological approach to relationship phenomena has been the *inter dependence theory*, formulated by Harold Kelly (Berscheid, 1998), often regarded as a "social exchange" theory, Interdependence theory shares social learning theory's twin assumptions that behavior will not be repeated unless it is rewarded in some way and that fundamental internal dynamic of social interaction is the partner's exchange of rewards and cost. Unlike social learning theory, interdependence theory is a "dyadic" theory that addresses the behaviors of both partners in the relationship. Interdependence theory views the stability of a marital relationship not solely on a function of the quality of interior contents of the relationship but, rather, as a conjoint function of that interior and the relationships exterior. As a consequence, the theory

predicts that even unhappy relationships may be stably maintained and that even satisfying relationships may prove to be unstable if a better alternative presents itself.

Recent evidence indicates that the stability of a marital relationship also is likely to be affected by its social environment. Here we discuss some of the studies on psychosocial factors and marital relationship.

The study, conducted by Miller, (1999) was designed to (a) identify spouses' affective and physiologic responses to an acute episode of marital conflict, (b) examine whether the previously observed association between emotion and immunity would emerge in the context of a more naturalistic stressor, marital conflict, (c) assess the extent to which anger contributes to the cardiovascular, neuroendocrine, and immunologic changes that occur during marital conflict, and (d) examine whether the relationship between anger and physiologic functions was moderated by cynical hostility. Forty-one married couples participated in a 15-minute discussion about a problem in their marriage. Trained observers recorded spouses' emotional expressions during the discussion and cardiovascular, neuroendocrine, and immunologic function were assessed throughout the laboratory session. Spouses responded to the conflict discussion with elevations in heart rate, systolic blood pressure, and diastolic blood pressure. They also exhibited increases in circulating numbers of natural killer cells and cytotoxic T cells and heightened natural killer cell cytotoxicity during the conflict discussion. Task-related changes in cortisol, epinephrine, and norepinephrine were not observed. Anger was associated with greater elevations in systolic blood pressure, diastolic blood pressure, and cortisol, as well as increases in circulating natural killer cell numbers and natural killer cell cytotoxicity. These associations were

observed only among men high in cynical hostility, however. Psychosocial predictors of womens' physiologic responses were not identified. These findings highlight the joint contribution of situational and individual difference variables in governing physiologic responses to stress.

Lou and Liao (2001) studied marital gratification of pilots and the associated psychosocial and family factors. 238 male pilots (mean age: 31.96 yrs) and their wives (30. 12 yrs) in China, were assessed. The results show that there was significant relationship between marital gratification and personality, mental health, physical health, stressful life events, and social support in both pilots and their wives. Multiple factor analysis reveals that the main factors affecting marital gratification were the pilot wives' stressful events (environment, interpersonal relationship, law related). Psychological counselling and therapy are suggested for the pilots and wives with marital problems.

Bohachick; Reader; Taylor and Anton (2001) evaluated the psychosocial impact of heart transplantation on spouses and compared the adjustment of spouses and their partners among 51 couples (aged 25-67 yrs) prior to transplant and 12 months post-transplant. Results revealed that Spouses reported more psychological distress than patients; patients reported more problems than spouses in vocational and domestic function. Study findings high light the importance of sensitivity in the clinical setting to the distinct psychosocial needs of spouses.

Zhang Guo and Luo (2002) studied the marriage satisfaction of female college faculty. With cluster sampling, 804 married female college teachers were selected from Kunming, China. The results showed that female teachers' scores in married couple

communication, excessive idealization for marriage, and rule equality were higher than those of Chinese norm. Their scores in marriage satisfaction, temperament compatibility, conflicts resolution, interpersonal relationship, and money matter management were lower than Chinese norm. The teachers aged 50 or over report greater satisfaction with marriage and more subjective happiness even though they had poor health and low quality of sexual life than those under age 39. The teachers aged 31-39 yrs had lowest scores in quality of marriage that negatively correlated to their high scores of the Self-rating anxiety Scale and Depression scale.

Heaton (2002) conducted a study among 10,847 women, aged 14-45 yrs on factors contributing to increasing, marital stability in U.S. Result showed that rising age at marriage and, to a lesser degree, increased education are associated with increasing marital stability. These latter effects more than counterbalance the factors associated with instability leading to an overall decline in the rate of marital dissolution.

A study was conducted by Almeida; McGonagle; Cate; Kessler and Wethington (2003) to examine that whether marital arguments negatively affect mental health. The analysis is based on a daily diary study of 166 married couples who completed questionnaires each day for six weeks. Results show that wives emotional reactivity is best explained by a model that includes extraversion, marital trust, being in a first marriage, and the percentage of total family income earned by the wife. Husbands' emotional reactivity is best explained by how frequently the couple argues on average, support from relatives, acute life events, and total family income. The paper concludes with a discussion of the implications for research on the mental health effects of marital distress.

Cotton; Burton; and Rushing (2003) suggested that low marital quality is stressful for married people and that resources (i.e. self-esteem, mastery and social support) may mediate the effects of relationship quality on distress. 1977 married persons took part in this study. They examined a series of path models to determine the mediating effects of these resources on distress. Marital harmony is more strongly associated with psychological distress than other relationship characteristics. Self-esteem and mastery account for much of the mediating effects, with and without the inclusion of support resources. No gender differences in relationship quality, resources, or social support were found at the multivariate level. The results reflect the importance of self-esteem and mastery for health and well-being over and above the effects of relationship quality and social support.

Zhenshan; Guangging and Yanyan (2003) conducted a study to explore psychosocial factors related to exchange between husband and wife (EBHAW) in pilot's families. Results revealed significant correlation between EBHAW of pilot's and their personality, psychosomatic symptoms, stressful life events and social support. The EBHAW of the pilots with illness was lower than that of the healthy pilots, so did the wives of pilots with illness. Multiple factor analysis showed that the main factors contributed to EBHAW of pilots were emotional factors; the main factors contributed to EBHAW of the wives were health status, stressful life events and social support factors. Conclusion, The EBHAW of pilots' family is closely related to their health status and other psychosocial factors in their life.

Mckenry and Mckelvey (2003) observed a subsample of divorced/separated 181 Black mothers and 558 White mothers from the National Survey of Families and Households over a 5-year period

to determine cultural differences in psychosocial well-being. Discriminant analysis, with education and time since divorce/separation controlled, indicated that White mothers at Time 2 differed from Black mothers in terms of higher levels of personal mastery, informal support, and economic well-being. Also, White mothers evidenced significant improvement in 5 of the 6 psychosocial domains; informal support, self-esteem, happiness, economic well being, and depression, whereas Black mothers indicated improvement in informal support and happiness, and evidenced a marginal decline in personal mastery. Cultural differences also were noted in the greater income of White mothers at Time 2 as well as a greater likelihood for white mothers to remarry.

Marital Success and Marital Satisfaction

Given the fact that most people do get married and that half of more of these marriages fail, it would be beneficial to all of us to know as much as possible about the factors that differentiate successful and unsuccessful couples. Here some of the studies, which are conducted on marital satisfaction, are discussed.

Katz; Arius; Beach; Brody and Roman (1995) examined two potential moderators of the associations between husband violence and wife marital outcomes; wife attributional style and husband problem drinking tendencies. A community sample of married couples (N=66) completed a comprehensive battery of marital assessments. Results suggested that responsibility attributions moderated the association between husbands' violence and wives' marital dissatisfaction but exerted a direct effect on wives' disposition toward divorce. Husband's problem drinking moderated the impact of husband's violence only on wives' disposition toward divorce. As would be expected from an "excuse" model of the

associations between violence and marital outcomes, violence had less of an impact on marital satisfaction and divorce ideation when wives attributed responsibility for negative spouse behavior as external to their husbands and when husbands were problem drinkers, respectively.

Karney and Bradbury (1997) defined the trajectory of marital satisfaction in terms of 2 separate parameters – (a) the initial level of satisfaction and (b) the rate of change in satisfaction over time – and seeks to estimate unique effects on each of these parameters with variables derived from intrapersonal and interpersonal models of marriage. Sixty newly wed couples completed measures of neuroticism, were observed during a marital interaction and provided reports of marital satisfaction every 6 months for 4 years. Neuroticism was associated with initial levels of marital satisfaction but had no additional effects on rates of change. Behavior during marital interaction predicted rates of change in marital satisfaction but was not associated with initial levels.

Chandler (1998) examined the relationship between stress level and marital satisfaction among first time expectant fathers. It also explored the relationship of age and length of marriage with stress level and marital satisfaction. Seventy men experiencing their wife's first pregnancy participated in the study. The results indicated that men who experience higher levels of stress during their wife's first pregnancy also experienced lower marital satisfaction. The relationship between age and stress level was also significant such that older men tended to experience lower levels of stress, during their wife's first pregnancy than did younger men. Post hoc analyses suggested that those expectant fathers who were less educated tended to be more satisfied with their marriage than those with higher education levels. Additionally, education and income were

found to differ in terms of stress level. Those with higher education levels reported more stress than those with lower education levels. Subjects with lower income reported higher stress levels than those with higher income. The findings from this study suggest a need for education of expectant fathers in terms of the stress which they may experience during their wives' first pregnancy and the association of stress level to marital satisfaction. Couple and individual therapists should be sensitive to the worries expectant fathers may be fostering and how those feelings may be jeopardizing the dyadic relationship. Lastly, findings from this study suggest that younger men are at highest risk for experiencing stress during their wife's first pregnancy and therefore may need more support during this time.

Giguere; Fortin and Sabourin (1999) studied the contribution of motivation, personality traits, and socio demographic variables to relationship satisfaction for people in a 1st or 2nd conjugal union. 443 French Canadian partners, married or cohabiting, among whom 274 were living in a 1st and 169 in a 2nd conjugal union, completed a series of questionnaires. Results of multiple regression analyses showed that, for people from the 2 types of union, a motivation was a negative predictor of relationship satisfaction while intrinsic motivation and agreeableness served as positive predictors. Introjected regulation and neuroticism negatively contributed to satisfaction only for people in a 2nd union while openness and conscientiousness provided a positive contribution only for people in a 1st union. Finally, having children from a 1st or 2nd union contributed to the happiness of people in a 2nd union, contradicting findings from other studies suggesting a relation between a decrease of marital satisfaction in remarried people and the presence of children from a previous union.

Four parameters of the trajectory of change in marital quality were estimated by Kurdek (1999) for husbands and wives over the first 10 years of marriage (n = 522 couples at Year 1 and 93 couples at Year 10). Both husbands and wives started their trajectories of change at fairly high levels of marital quality and showed a cubic pattern of change such that marital quality declined fairly rapidly in the early years of marriage, stabilized, and then declined again. Whereas individual-differences variables predicted the initial status of the trajectory, husbands and wives living with only their biological children showed a steeper decline in marital quality than husbands and wives living without children or step children.

Gagnon; Hørsen; Kabacoff and Van-Hassel (1999) evaluated contemporary studies that have investigated interpersonal and psychological factors associated with dissatisfaction in long-term marriages. Recent studies indicate that older marriages benefit from lower levels of conflict and greater sources of mutual pleasure following child-rearing cessation. Studies of social support in long-term marriages suggest that perceptions of spousal support are more strongly related to marital satisfaction and general well-being for older women than for men: A few studies have found a significant relationship between depression and marital discord in older adult samples, and the causal flow between these 2 variables appears to be unidirectional in that depression has a detrimental impact on late-life marital quality. Indeed, depression has been found to mediate the link between many age-related stressors and declines in marital adjustment. However, a preliminary analysis of marital adjustment within a depressed, older adult, outpatient sample of married individuals did not confirm statistically that marital discord is associated with depressive symptomatology. This, in part, was attributed to the very narrow range of older adults sampled.

However, majority of the depressives characterized their marriages as discordant.

Kochne (2000) examined the influence of three process variables (relational commitment, spousal intimacy, and religiosity) and seven select sociodemographic variables (age, length of marriage, educational attainment, personal income, frequency of church attendance, presence of children, and number of children) on marital satisfaction. The average sample member was 46 years old and had been married for 21 years. Results of stepwise regression analysis indicated that spousal intimacy was a significant predictor of marital satisfaction for both genders in this sample. However, only for women was relational commitment a significant predictor of marital satisfaction. Religiosity did not act as a significant predictor of marital satisfaction for either gender in this sample. Likewise, none of the sociodemographic variables was found to be a significant predictor of marital satisfaction for men or women.

Shackelford and Buss (2000) tested the hypothesis that marital satisfaction is a psychological state regulated by evolved mechanisms that monitor spousal cost-infliction and benefits. Three separated data sources were used to study sample first, 214 participants (aged 17 - 41 yrs) provided information on their personality and marital satisfaction. Second, participants provided information on their spouse's personality, mate guarding, and susceptibility to infidelity. Third, couples were interviewed by 2 interviewers, who subsequently provided independent ratings of each participant's personality. Results indicate that costs associated with spouse's personality, mate guarding and susceptibility to infidelity negatively correlate with participants' marital satisfaction.

Kinnunen and Pulkkinen (2003) conducted a longitudinal study of Personality and social Development in which the same persons have been followed from age 8 through to age 36. The present sample was restricted to those men (n=131) and women (n=132) who were either living, or had lived, in a cohabiting or marital relationship. The results showed, first, that divorced individuals differed from those in intact marriages in the aggressiveness versus compliance dimension in childhood and adolescence; the divorced individuals having been more aggressive and less compliant. Second, marriage at a young age in women, and unstable careers and childlessness in men added to the explanation of divorce. Third, poor-quality marriages were linked to anxiety and passivity in childhood for women, and to anxiety, emotional stability, and aggression for men. Neuroticism in early adulthood explained dissatisfaction with the current relationship for men and hostility in the relationship for women.

Goodwin (2003) conducted a study using a sample of 247 African American and European American women in their 3rd year of marriage; this study compared the predictors of marital well being for each group by focusing on the influences of individual, interpersonal, and social and economic resources. Regression analyses revealed that emotional health (individual), trusting one's spouse (interpersonal), and feeling under-benefited in the relationship (interpersonal) were significant predictors of marital well being for both groups of women. Physical health (individual) and in-law relations (social and economic), however, affected the marital well being of only African American women. Findings from this study suggest the need to examine marital well-being within the context of race.

Inter generational transmission of marital functioning was examined by Story; Karney; Lawrence and Bradbury (2004) in a sample of 60 newlywed couples by collecting (a) retrospective reports of conflict and divorce in spouses' families of origin. (b) Data on demographic variables and interactional processes likely to increase risk for adverse marital outcomes, and (c) couples' actual 4-year marital outcomes. The association between wives' parental divorce and marital outcome was mediated by their verbal and physical aggression. The association between negativity in husbands' family of origin and marital outcome was mediated by dyadic expressions of negative affect. Demographic variables did not operate as mediators.

Negative interpersonal processes appear to be a vehicle by which experiences in the family of origin are carried forward into the next generation of relationships.

Marital Problems or Discord

"A relationship which spells closeness also spells conflict" (Clinebell and Clinebell 1969). Some conflicts, unhappiness, frustration and anger are inherent and inescapable in every marriage relationship simply because they are in the fabric of all human relationships. Marriage is like any other human relationships, only more so. That is, marriage is the most difficult and the most demanding, but also the most potentially rewarding of all human relationships, because it is potentially the most intimate. As it is the most intimate, it also holds the greatest potential for conflict. Conflict in itself is not a block to intimacy. Couples who can learn to value their conflicts can use them to improve the communication skills, which make possible the growth of intimacy. Very few studies have been reported on the analysis of marital problem.

Vanden, Vandereycken and Vertommen (1995) studied conflict management in 21 eating - disordered (ED) patients and their husbands and in 21 maritally distressed (MD) and 21 non distressed (ND) couples; On the problem list, Ed couples reported significantly more conflict topics than ND couples, yet fewer than MD couples. The interaction during a conflict discussion was videotaped and the components were rated according to the categorian system for partners chaft/interaction coding system. Contradicting the prediction of an unequal dominance structure, the observed interaction appeared to be more egalitarian in ED couples than in both control groups. ED couples showed less positive escalation than ND couples and less negative escalation than MD ones and a striking tendency to neutralize conflicts. The most common ED interaction pattern was that one partner acting increasingly negative and the other counteracting the escalation.

Haferkamp (1995) examined links among relationship beliefs, self-monitoring and conflict behavior in 74 married couples predicting that dysfunctional beliefs would be negatively correlated with marital satisfaction and that high self monitoring spouses would endorse more dysfunctional relationship beliefs and display more disagreement and leadership conflict behavior. Dysfunctional beliefs were negatively correlated with satisfaction, but low and high self monitors did not differ in conflict behavior. Discriminant analysis indicate that marital distress was related to dysfunctional relationship beliefs, decreased satisfaction with decisions, increased conflict relevance and increased impression management reflected in high self monitoring orientations among husbands and wives' beliefs that husbands were not behaving normally.

Chattopadhyay; Bandopadhyay and Duttagupta (1996) examines the biosocial background, behaviors, and living conditions

of 33 prostitutes in Domjur, Howrah, West Bengal, collected during a cervical cancer study. Findings reveal that when familiar and marital ties broke down, women often found themselves in situations, which led to a "process" of anchorlessness. Lack of family support and the inability to earn a livelihood for themselves due to poverty and illiteracy, were the key reason for choosing a career in prostitution. Some women choose prostitution because they perceived it to be easier than the other available alternatives.

Misra (1999) traced the predictors of work family conflict among Indian workingwomen as a function of occupational differences in terms of both type and level. A sample of 406 working women (201 officers and 205 clerks) from academics, banking and governmental institutions completed the Demographic Data Form, the Spouse Support Rating Scale and 6 Role Conflict Scales. Results reveal similar but not identical pattern of predictors for different areas of conflict, the strongest predictor being spouse support. The magnitude of conflict experienced by working women was moderate. Role conflict was maximum in managing a profession being a parent. Ss experienced conflict with regard to self rather than profession and spouse. Clerks experienced more conflict than officers. Occupational type did not have a significant effect on role conflict.

Carrere and Gottman (1999) tested the hypothesis that how a discussion of a marital conflict begins-in its first few minutes-is a predictor of divorce. The marital conflict discussion of 124 newlywed couples was coded using the Specific Affect Coding System, and the data were divided into positive, negative, and positive-minus-negative affect totals for five 3-minute intervals. It was possible to predict marital outcome over a 6-year period using just the first 3 minutes of data for both husbands and wives. For husbands this prediction improved as the groups diverged in the remaining 12 minutes; for

wives the prediction remained equally powerful for the remaining 12 minutes, as it had been in the first 3 minutes.

Singh (2001) conducted study on 20 married couples experiencing marital problems. They reported that almost all the couples seemed to be following a cyclic pattern of maladjustment. Most of the women experienced low self-esteem, general disinterest, socio-psychological alienation and indecisiveness. Marital discord was related to parenting, sexual compatibility and role conflict. Psychotherapeutic techniques used in counseling have been discussed.

Gottman and Levenson (2002) examined 14-year longitudinal data and attempts to create a post hoc model that uses Time-1 data to "predict" the length of time the marriage will last. The sample consists of the 21 couples (of 79 studied) who divorced over a 14-year period. A two-factor model is proposed. One factor is the amount of unregulated volatile positive and negative affect in the marriage, and this factor predicts a short marriage length for the divorcing couples. A second factor is called "neutral affective style," and this factor predicts a long marriage length for the divorcing couples. This model is compared to a Time-1 model of ailing marriage in which Time-1 marital satisfaction is used to predict the timing of divorce.

Effects of Marital Conflicts

The family is a basic social institution and is considered to be "The cradle of the personality" because during the early formative years, the basic reaction patterns of thinking and feeling and the norms and values assert a durable and persisting influence upon the individual through the family. A functionally adequate home encourages growth, confidence, frankness, and respect for

personality, ability to face reality. A functionally inadequate home is one, which does not or cannot meet with the basic needs of the child.

Marital conflict is known to be a risk factor in the development of disturbance in children. Early models of the relationship between marital disharmony and child psychopathology were general and related to stress model. Disturbance in parental relationship leads to disturbance in children. Children with divorced parents have more conduct problems, are poorer achievers in school, have poorer relationship with their parents in adulthood, and are more likely to go through divorce themselves (Glen and Kramer, 1987; Keith and Finlay, 1980). Some of the available studies that specify this aspect are included here.

O' Brien; Margolin and John (1995) conducted a study, among 83, 8 to 11 yr old on relation between marital conflict, child coping and child adjustment. They completed the Conflict Tactics Scale—Form N, Wechsler Intelligence Scale for Children—Revised (WISC—R) Information and Block Design subtests, Children's Marital Conflict Coping Strategies Interview, and measures of self-perception, depression, trait anxiety, and hostility. Ss' parents completed measures of Ss' hostility and internalizing and externalizing behaviour problems and Ss' life events. Ss' use of coping strategies involving them in marital conflict predicted maladjustment; use of coping strategies that distance Ss' from marital conflict predicted Ss' reports of less maladjustment. Use of coping strategies that activate social support predicted mother reports of less child maladjustment.

Grossman and Rowat (1995) examined the impact of the perceived quality of the parental relationship and family status on coping strategies, received support, and well-being in 244 adolescents (aged 13-20 yrs) with separated, divorced, or married

parents. Regression analyses of questionnaire data support the hypothesis that a perceived poor parental relationship, and not family status, was associated with low life satisfaction and sense of future and with high anxiety in Ss from divorced and married households. Hierarchical regression techniques reveal that coping strategies and received support did not mediate the association between a perceived poor parental relationship and low levels of well-being in Ss from divorced and married households. Findings underscore the importance of intervening with adolescents in the context of their family relationships.

This correlational study investigated by Stralka (1995) examined how parental, marital status, family conflict, and family adaptability and cohesion relate to the self-worth of college students. A two-way analysis of variance (ANOVA) was used to analyse the data. This study found a direct relationship between self-esteem and family behaviour type. The self-esteem parameters of global self-worth, parent relationships, and social acceptance were higher for students from balanced family behaviour types than for students from extreme family behaviour types. Based on the findings of this study, it was suggested that the presence of parental divorce and family conflict may not be directly related to negative consequences for the family as was once thought. Emotional bonding and the family's ability to change appear to be positively related to the self-esteem of the young.

Beach (1996) tested the relation between marital conflict and child adjustment. The correspondence between parental and child conflict repertoires was examined, as were the relations between intra-individual affective, cognitive, and motoric conflict responses. Findings further elucidated the relation between marital conflict and child psychopathology; specific maternal and child predictors of child

behavioural problems were identified. Physical aggression and poor emotional regulation by mothers was found to significantly predict child adjustment problems. Child responses that predicted internalizing problems included child affective arousal, low rates of child aggression, and the perception of low rates of inter-parental positive communication. The latter variable constituted the sole child predictor of externalizing problems. Notably, child conflict repertoires contributed unique variance to the prediction of child adjustment problems, after statistically controlling for parental conflict variables. Thus it appears that child conflict repertoires should receive further research attention within the marital conflict/child adjustment literature. Regarding the etiology of child conflict repertoires, findings provided some support for social learning theory's assertion that children utilize behavioural strategies employed by their parents: moderate to large positive associations were found between corresponding maternal and child affective, cognitive, and motoric conflict repertoires.

Donaldson (1996) investigated the roles of children's perceived control and coping strategies as mediators of the relation between interparental conflict and child adjustment among 710 fourth, fifth, seventh, and eighth grade children. In addition, mothers (n = 199) provided data assessing their child's exposure to several stressful life events during the past year and behavioural adjustment (i.e., externalizing and internalizing behaviours). Results of correlational analyses based on children's self-reports of adjustment showed that more frequent, intense, child-related, and poorly resolved interparental conflict was related to lower levels of children's self-worth and positive behavioural conduct. Results based on mothers' reports of child adjustment yielded moderate support for the relation between interparental conflict dimensions and children's behavioural

adjustment. Path analyses supported the hypothesized role of children's perceived control over interparental conflict as a mediator of the relation between interparental conflict and children's coping strategies. Specifically, more frequent, intense, and poorly resolved conflict was predictive of lower levels of perceived control over interparental conflict predicted lower levels of approach coping strategies. No support was obtained for the mediational role of coping strategies in the relation between perceived control over interparental conflict situations and child adjustment. Higher levels of child-related interparental conflict and lower levels of perceived control over conflict were directly predicted.

Rogers and Holmbeck (1997) examined the relationship between interparental aggression and children's adjustment through an analysis of the moderating effects of children's cognitive appraisal and coping strategies among sample of 80 children in Grades 6, 7, and 8. Results showed that more frequent and intense conflict was associated with greater adjustment problems for children. Problematic beliefs about interparental conflict and ineffective coping strategies were also related to greater maladjustment. Significant interaction effects suggest that perceived peer availability and the use of social supports may buffer the negative effects of marital conflict.

The study conducted by Grych, Fincham, Jouriles and McDonald (2000) in a sample of 462, ten to fourteen year old children was on interparental conflict and child adjustment. Results indicate that perceived threat mediates the association between interparental conflict and internalizing problems for boys and girls in both samples and self-blame mediates this association for boys in both samples and girls in the shelter sample. Perceived threat and self-blame do not mediate links with externalizing problems, and

there is no evidence of a moderating effect of appraisals on the association between conflict and child adjustment. Implications for understanding the mechanism by which exposure to interparental conflict could lead to child maladjustment are discussed.

A longitudinal study of seventh grade adolescents was conducted by Harold and Conger (2000) to examine the influence of children's awareness of marital conflict and reported level of parental hostility on symptoms of adolescent distress. Both parent hostility and adolescent awareness of the frequency of marital conflicts were significantly related to adolescent perceptions of parent hostility. When controlled for earlier distress, adolescent report of parent hostility significantly predicted the later internalizing and externalizing symptoms of these teenagers. The model predicted externalizing problems for boys but not girls. Otherwise, there were no gender differences in the postulated causal processes.

Davies and Windle (2001) study of 360 adolescent-mother dyads examined whether associations between marital discord and trajectories of adolescent depressive symptoms and delinquency varied as a function of three intrapersonal attributes: temperament, childhood behaviour problems, and perceived family support. Difficult temperament (i.e., dysrhythmicity, poor task orientation) potentiated the effects of marital discord on adolescent trajectories of adjustment, whereas heightened perceptions of family support protected adolescents from the adverse effects of marital discord. Adolescents with behaviour problem histories were initially less vulnerable to marital discord: however, the high levels of depressive symptoms exhibited by adolescents with childhood behaviour problems persisted over time only when they were exposed to elevated marital discord. The effects of the moderators differed in terms of duration and course.

Peleg and Dar (2001) examined relationships among marital quality, family patterns, and children's fears and social anxiety. Two types of family patterns were studied, adaptability and cohesion. 108 mothers (aged 28-45 yrs) of children aged 5-6 yrs, drawn from kindergartens in northern Israel, completed Hebrew versions of the ENRICH Scale, FACES-III (Family Adaptability and Cohesion Evaluation Scales), the FSSC-R (fears), and the SASC-R (Social Anxiety Scale for Children-Revised). Family cohesion was negatively correlated with marital quality and positively correlated with children's social anxiety. Marital quality and family adaptability were inversely related to specific children's fears. Children's social anxiety was highly correlated with specific fears. These findings suggest that children from rigid fused with specific fears. These findings suggest that children from rigid, fused families or low quality marriages may be at risk for high levels of fears and social anxiety.

Panish and Stricker (2001) investigated the separate effects of parental marital disharmony and family intactness on the adult sibling relationship. The sample included 182 men and women (aged 22-58 yrs). The results indicated that perceptions of parental marital disharmony in childhood are related more than family intactness to sibling conflict and warmth. Participants who reported lower self-esteem perceived their parents' marriage as more disharmonious than participants who reported higher self-esteem. Moreover, parental marital disharmony was the only significant predictor of diminished self-esteem. Participants were asked to answer questions that involved recalling memories from their childhood, specifically about their sibling relationship and perceptions of their parents' relationships. For siblings who perceived less parental affection in childhood as compared to their sibling, more rivalrous feelings were reported in their adult sibling relationship. These findings highlight

the important implications for understanding an individual's perception of marital discord and are discussed in relation to family intactness, self-esteem, and sibling conflict and warmth between siblings in adulthood.

Devito and Hopkins (2001) examined if an insecure coercive attachment pattern is associated with disruptive behaviour in preschoolers, as well as the concurrent and joint effects of attachment pattern, marital dissatisfaction, and ineffective parenting practices on disruptive behaviour. Participants included 60 preschoolers (aged 23-59 mo) and mothers, recruited from 3 sites to ensure an adequate range of disruptive behaviour. Results of an ANOVA revealed that children in the coercively attached dyads scored significantly higher on the measure of disruptive behaviour than either the defended or secure children. Results of a hierarchical regression analysis indicated that the combination of a coercive pattern of attachment, marital dissatisfaction, and permissive parenting practices accounted for a significant proportion of the variance in disruptive behaviour in preschoolers. These data suggest that a specific type of insecure attachment, a coercive pattern, is associated with disruptive behaviour in preschoolers. Also, the data are consistent with previous findings of associations among marital dissatisfaction, ineffective parenting practices, and disruptive behaviour.

This study conducted by Pisula and Gorska (2002) was to determine the relationship between the level of child intellectual disability and the parents' marital quality. There were three groups of parents compared: parents of mildly retarded children (thirteen couples and two single mother), parents of moderately or severely retarded children (fifteen couples), and parents of normally developing children (thirty couples). The scales of marital

satisfaction, marital intimacy, social support, and the marital problems were administered. The results show that the level of intellectual disability of the child does affect the marital quality in some limited areas. The parents of moderately or severely retarded children scored lower on the marital intimacy and cooperation scales than their counterparts. There was no difference found for the conflict frequency. The low socio-economical status of the families with moderately and severely children, as well as the low level of a social support and poor social network, were the factors responsible for the lower level of marital quality in these families.

The links among marital relations and children's representations were examined by DuRocher; Shamir and Cummings (2004) in a sample of 47 children, between the ages of 5 and 8 and their parents. Results demonstrated relations between marital conflict and children's dispositions towards peer conflict strategies in conflict situations. Children's more negative dispositions towards peer conflict and aggressive behaviour in the peer conflict scenarios were associated with more overt conflict behaviours by mothers and fathers, respectively, and more covert conflict behaviour by mothers. In addition, children's internal representations of parent-child relations served as a mediator between marital conflict and children's notions about conflict behaviour towards peers.

Riggio's (2004) study revealed that divorce and conflict had significant independent effects on outcomes in young adulthood. Effects of conflict were uniformly negative for quality of parent-child relationships, perceived social support from others, and anxiety in personal relationships. Parental divorce was associated with lower quality father-child relationships, yet divorce was associated with significant positive outcomes for quality of mother-child relationships, social support, and independence facilitated by both

parents, and reduced anxiety in relationships. Importantly, these effects occurred regardless of participant sex, parental remarriage, and parental socio economic status.

Personality and Marital relationship

The idea that relational happiness and distress can be traced to the psychological makeup of the partners has a long history in social science. According to Huston and Houts (1998) more than 50 years ago, Terman and his colleagues proposed, "in a large proportion of unsuccessful marriages it is possible to discover either in husband or the wife, or perhaps both, numerous elements of the unhappy temperament and evidence that these elements have played a role" (p. 117). He also found that unhappily married men and women exhibit characteristics very similar to a component of personality known as negative affectivity. Recent studies have shown that negative affectivity captures much of what scales measuring "neuroticism", "anxiety", and "emotional stability" capture (Noller, Law, and Comerny, 1987, Watson and Clark, 1984). "Neuroticism", for example, has been found in several studies to relate to a person's inability to create a self-satisfying and enduring marriage (Bentler and Newcomb, 1978). A good number of empirical studies also reveal have personality contributes to marital relationship.

Noll's (1995) study examined the connection between newlyweds' personality, behaviour in marriage, during the first two and a half years of marriage, and marital satisfaction. Personality was expected to affect marital behaviour, which, in turn, was theorized to affect marital satisfaction. Data were collected in three phases at yearly intervals from 103 couples who stayed married and who completed all three phases of data collection. A face-to-face interview and a specialized series of nine telephone interviews

focused on activities and interaction were used each year for data collection. Results demonstrated clear evidence for the relationship between personality factors and marital behaviours. Husbands' and wives' tender-mindedness, or sensitivity, predicted the extent to which they were affectionate. Husbands' and wives' level of trust predicted their partners' negativity. Husband's factors of shrewd and tense predicted their own negativity. Both husbands' and wives' anxiety significantly predicted husbands' level of negativity and wives' independence significantly predicted their own negativity. Partial support was found for the mediational function of marital behaviours since only negativity was found to mediate between personality and marital satisfaction.

Kosek (1996) examined the relationship between spousal ratings of personality and self-reports of marital satisfaction. 107 heterosexual couples were administered the NEO). Personality Inventory-Revised to appraise the five domains of personality and the Locke-Wallace Marital Adjustment Test to evaluate marital satisfaction. The analysis indicated scores for all the personality domains were significant predictors of scores on marital satisfaction for both men and women, with Agreeableness being the most robust.

Meyer (1997) tested the influence of certain personality characteristics (i.e., masculinity, femininity, androgyny, tolerance/intolerance of ambiguity, and desire for control) on remarital quality. Data were collected on 52 remarried couples and 44 couples in their first marriage. There were two indicators of marital quality; marital maintenance behaviours and marital satisfaction. Results of the multiple regression analyses for the remarried sample indicate that the personality characteristics measured in this study are predictors of marital maintenance behaviours, but not marital satisfaction, with feminine gender role

orientation having the largest association with marital quality. The findings also suggest that the relationship of personality characteristics to marital quality is not related to marital status.

Van and Godard (1998) tested hypotheses about married couples' interactional behaviour, personality, perceptions of process and outcome, marital, satisfaction, and actual outcome. Previous research suggested that spouses' personality is related to marital satisfaction. A model proposed by Gottman views a couple's tendency toward stability, rather than separation and divorce, as associated with the relative predominance of positive conflict communication behaviours over negative behaviours in interactions. Results suggested that for distressed husbands personality may be more related to satisfaction than for wives. Self-perceived conflict patterns and outcomes were predictably associated with satisfaction. A link between relative positivity and eventual marital outcome was found, opposite to predictions. Positivity was associated with satisfaction, self perceived conflict process and outcome, and openness. The Engagement/Disengagement and Defensive Conflict Escalation styles received limited support, and the validity of the former style was backed significantly by spouses' perceptions of conflict. Previously found factors were partially replicated, with Affiliation and Neuroticism/Negative Affect re-emerging consistently. Dominance emerged for husbands but not for wives. Broader analysis yielded Affiliation, Neuroticism/Negative Affect, Openness to Conflict Communication, and Conscientiousness as expected factors, together with Escalation. Potential differences between distressed and satisfied couples and between distressed husbands and wives were discussed.

In a sample of 446 couples (aged 17-70 years) Bouchard, Lusier and Saviourin (1999) investigated the contribution of

personality to marital adjustment. Results of hierarchical regression analyses indicated that self-and partner-reported personality traits were significant predictors of self-reported marital adjustment for both men and women. Personality traits were found to contribute to the prediction of marital adjustment over and above the effects of neuroticism.

Blum and Mehrabian (1999) administered marital satisfaction and Pleasantness-Arousal-Dominance temperament scales to 166 married couples (aged 20-85 yrs). Ss with more pleasant and more dominant temperaments, and those who had mates with more pleasant temperaments, were happier in their marriages. Temperament accounted for substantially more variance (30%-34%) in marital satisfaction than effect sizes reported in the personality/marital satisfaction literature. Because pleasantness is a general index of psychological adjustment, findings imply that better adjusted persons, and those with better-adjusted mates, were more satisfied in marriage. Unpleasant and submissive (i.e., depressed) wives were highly dissatisfied in marriage. Although intermate temperament similarity on pleasantness and Dominance (but not on Arousal) correlated positively with marital satisfaction, similarity was a weaker and somewhat misleading predictor of satisfaction in comparison to findings when individual temperament scores were treated as separate variables. Also, weak results showed individuals selected mates with temperaments similar to their own.

Nemeczek and Olson (1999) examined the relationship between marital adjustment and similarity of partner personality in 99 married couples (aged 20-78 yrs; length of current marriage 1-43 yrs). Spousal similarity on the domains of Conscientiousness, Agreeableness, Neuroticism, and several personality facets was

related to marital adjustment, with the exception of Conscientiousness, the traits on which similarity was related to adjustment differed for husbands and wives.

Kinnunen; Rytokoenen; Miettinen and Pulkkinen (2000) examined the role of personality in predicting marital quality and stability. Personality and marital data on a sample of men (n=134) and women (n=135) who either lived or had lived in a cohabiting or marital relationship by age 36 yrs was obtained in 4 stages. Personality data was collected at ages 8, 14 and 27 yrs using teacher ratings and personality inventories, and marital data at age 36 yrs using interviews and questionnaires. Hierarchical multiple regressions revealed that for both genders poor marital quality at age 36 yrs was explained by personality characteristics, in particular neuroticism at age 27 yrs. In addition, a stable career line for women and living in a marriage for men predicted high quality in the current relationship. Data also showed that marital instability was predicted by low agreeableness in women and by non-conscientiousness and extraversion in men at age 27 yrs. However, some characteristics at age 8 yrs (aggressiveness in both genders and lack of compliance in men) increased the risk of divorce by age 36 yrs. Some demographic and life course variables (e.g., women's young age at marriage, men's unstable career line and childlessness) played a significant role in predicting marital instability by age 36 yrs.

Watson, Hubbard and Wiese (2000) conducted a study about self-and partner-ratings on trait affect and the Big Five were obtained from 74 married (aged 26-81 yrs) and 136 dating (college student) couples. The relationship satisfaction of each person (the "target") was correlated with 4 sets of ratings: (1) target's self-rated personality, (2) target's partner -rated personality, (3) partner's self-

rated personality, and (4) partner's target-rated personality. Self-and partner-ratings of the target's personality yielded very similar results. Negative and positive affectivity were consistent predictors of satisfaction in both samples. Conscientiousness and agreeableness were related to satisfaction in the dating couples, whereas extraversion consistently correlated with satisfaction in the married couples. These traits jointly predicted as much as 34% (self-ratings) and 26% (partner-ratings) of the variance in satisfaction. In contrast, the partner's personality played a lesser role in satisfaction.

Robins, Caspi and Moffitt (2000) tested 6 models of the independent and interactive effects of stable personality traits on each partner's reports of relationship satisfaction and quality in 360 couples. Findings show that a woman's relationship happiness is predicted by her partner's low Negative Emotionality, high Positive Emotionality, and high Constraint, whereas a man's relationship happiness is predicted only by his partner's low Negative Emotionality. Findings also show evidence of additive but not interactive effect: Each partner's personality contributed independently to relationship outcomes but not in a synergistic way. These results are discussed in relation to models that seek to integrate research on individual differences in personality traits with research on interpersonal processes in intimate relationships.

Fitezpatrick (2002) examined marital satisfaction and its relationship to the similarity in personality traits between spouses. The results of this study showed that similarity in the areas of spirituality, Openness, and Agreeableness had predictive power for relationship to marital adjustment across both genders. Additionally, similarity in Conscientiousness predicted marital satisfaction for men and similarity in Neuroticism predicted marital satisfaction for women.

Li Cheng; Wange and Wei (2002) examined the relation of marital quality with personality and marital motivation. 156 married adults (aged 21-63 yrs) (77 males and 79 females) (married for 1-40 yrs) in China were assessed with the Chinese revision of the Eysenck Personality Questionnaire (EPQ) the Marital Motivation check list and the Olson Inventory of Marital Quality (OIMQ). The scores were compared between males and females and with the American norms. Correlation analysis was used to study the relation of marital quality with personality and marital motivation. The results show that the OLMQ scores in Chinese married adults were found to be lower when compared to the American norms; that the OLMQ scores were negatively correlated with the Neuroticism and Psychoticism scores of the EPQ; that some OIMQ scores were positively correlated with the Extraversion and Lie scores of the EPQ; and that the OIMQ scores were positively correlated with interpersonal-feeling motivational factors and negatively correlated with social-family and personal motivation factors of the MMC. The study concludes that personality and marital motivation factors are the important determinants of marital quality.

In a sample of 168 newly wed couples Miller; Caughin; Huston (2003) found that expressiveness promotes satisfaction by leading spouses to engage in affectionate behaviour and by leading them to idealize their partner. Expressive people formed idealized images of their partner because they brought out the best in their partner's behaviour and because they interpreted their partner's behaviour in a favourable light. The study extends previous research by showing that the benefits of trait expressiveness extend into the second decade of marriage and by providing a plausible explanation of the connections between trait expressiveness and marital satisfaction.

Mbrent; Rand and Challandra (2004) tested the relations between the Big Five dimensions of personality and the marital relationships of over 400 couples using both observational and questionnaire data. Four major findings emerged from this analysis. First, self-reports of neuroticism were positively correlated with negative interactions and negatively correlated with global evaluations of the marriage. Second, self-reports of agreeableness were negatively correlated with negative interactions and generally positively correlated with global evolutions of the marriage. Third, self-reports of openness were negatively correlated with observer reports of negative interactions. Fourth, self-reports of openness by wives were positively correlated with global reports of sexual satisfaction. These findings suggest that agreeableness and openness deserve increased attention on significant correlates of close relationships.

Coping and Marital Relationship

The strategies people employ to cope with their unmet standards affect their relationships. Studies show that when individuals' relational standards are met or exceeded, partners tend to be relatively satisfied with their relationships; when their standards are not fulfilled, they are likely to be somewhat dissatisfied. But there are cases when partners remain relatively satisfied with their relationship even though their standards are not met. In spite of feeling disappointed that their partner failed to live up to their standards, these individuals develop coping strategies that help them deal with their negative feelings and that decrease the likelihood they will become dissatisfied with their relationship. Some of the researches (Vangelisti and Alexander, 2002) that have been conducted to find out the importance of coping styles in marital

relationship are presented here. As the number of reported studies in this area relatively less earlier study are also included.

Propst; Pardington; Ostrom and Watkins (1986) examined the effects of demographic variables, variables specific to marriage and divorce and coping resources (internal and external) on the adjustment of 106 single mothers (aged 18-53 yrs). Results indicate that 4 classes of variables that had an effect on the Ss' adjustment are phase of divorce and/or separation, numbers and ages of children, style of coping, and education.

Mclaughlin; Cormier and Cormier (1988) examined time-management and self-care coping techniques that multiple-role women use and their relation to self-reported levels of distress, stress and marital adjustment. The subjects (N=69) were married, had at least one child under the age of 12, and were employed outside the home for more than 20 hours per week. Results of the study indicated that the number, type and frequency of use of coping strategies were significantly related to self-reported levels of distress, stress and particularly marital adjustment. Further analysis of high and low scores on the marital-adjustment test revealed significant differences between the groups on measures of distress and coping. Subjects in the high-marital-adjustment group had significantly lower levels of distress, employed a greater number of coping strategies, and reported greater frequency of use of coping strategies than subjects in the low-marital-adjustment group.

Whiffen and Gotlib (1989) evaluated the relationships among life stress, emotional distress and coping in martially distress (DIS) and nondistressed (NDIS) Ss. Four groups of couples were formed: 1 group of 13 couples in which both partners' marital adjustment scores fell below the criterion for marital satisfaction, 2 groups of 39

Ss in which either the husband's or the wife's score fell below the criterion while their partner's scores was above the criterion, and I group of 30 couples in which both partners rated their marriage as satisfactory. When husband were DIS, both they and their wives reported more depressive symptoms, more life stress, and more maladaptive coping. In contrast, when wives were martially DIS, the effects were restricted to their own functioning.

Rim (1989) investigated the relationships between 8 coping styles and 5 uses of means of influence in 45 married females and 48 married males (aged 26-48 yrs) and 10 unmarried controls of each sex. Four relationships were found for both men and women: replacement with the use of accommodative means; blame and substitution with authoritative means; and substitution with the use of last resort means. Additional relationship between coping styles and means of influence were sex-specific, while age and length of marriage were mediating variables for both coping and means of influence.

Sabourin; Laporte and Wright (1990) tested the relationship between problem-solving self-appraisal, specific coping efforts, and marital distress, among 75 couples. When compared with nondistressed spouses, distressed spouse showed less problem-solving confidence, a tendency to avoid different problem-solving activities, and poor strategies to control their behaviour. In addition, coping efforts (optimistic comparisons, negotiation, and resignation) differentiated distressed from nondistressed spouses. However, results suggest that specific coping efforts are more important than problem-solving self-appraisal in predicting marital satisfaction. Findings are discussed in terms of the role of cognitive factors in marital satisfaction.

Ptacek and Dodge (1995) investigated the association between relationship satisfaction and dispositional coping in 40 dating couples (aged 18-61 yrs) and 30 married couples (aged 33-55 yrs). Relationship satisfaction related to both self-reported coping and report-of-other coping. Regarding the later, the strongest associations were between married females' report-of-other and their partners' satisfaction with their relationship. There was limited support for the notion that the more similarly couple members cope the more satisfied they would be with the relationship. The more similarly couple members believed they coped, the more satisfied each member was with the relationship, regardless of whether the coping dimension was adaptive or not.

O' Leary; Franzoni; Brack and Zirps (1996) tested the factors contributing to a favourable adjustment and sense of well being among 119 (22-52yrs) old divorcing parents. The results suggest that higher levels of coping resources are connected with greater optimism about the future, fewer financial problems, more confidence in parenting ability; and a more satisfactory relationship with the former spouse. Coping resources may also be affected by a person's race or a combination of race and gender.

Lussier, Sabourin and Turgeon (1997) examined the relationship between spouses' attachment styles, coping strategies and marital satisfaction. The study included 263 couples. Secure attachment was positively related to task-focused coping where as anxious/ambivalent attachment was related to emotion focused coping. Avoidant attachment was related to avoidance coping strategies. Wives' anxious/ambivalent and secure attachments and task-oriented coping accounted for a significant portion of the variance associated with husbands' marital adjustment. Husband's anxious ambivalent attachment and emotion-focused coping were

significant predictors of their wives' marital adjustment. Finally, task-oriented coping weakened the negative relation between anxious/ambivalent or avoidant attachment and marital satisfaction where as avoidance strategies strengthened the negative association between anxious/ambivalent attachment and marital adjustment.

A study was conducted by Astacio (2000) to examine styles of Religious Problem-Solving Styles and Coping among Hispanic, Christian, married couples and how these relate to marital satisfaction. A total of fifty married couples were included in the sample. Correlational analysis yielded the following results: (1) total religious coping was positively correlated with marital satisfaction, (2) participants who use internal religious cognition and the collaborative style reported higher levels of marital satisfaction, (3) external religious coping was not found to be a predictor for marital satisfaction, (4a) A regression analysis indicated that females who use internal religious cognitions, emotional coping strategies and the collaborative style were martially satisfied. (4b) Another regression analysis was conducted to see whether males generated the same results as females mentioned on hypothesis four. Results obtained indicated that both wives and husbands who use the emotional style of coping, internal/private and the collaborative style of problem solving were equally satisfied in their marriage. Additional significant findings of interest emerged in the study. Husbands who showed an increase in church attendance were the least martially satisfied, where as wives showed not such correlation. Negatively impacting relationship satisfaction is the use of the emotional coping style. This was found for both husbands and wives. On the other hand, the use of collaboration in problem solving showed a moderately significant correlation.

Temblay; Sabourin; Lessard and Normandin (2002) studied the importance of self-other differentiation and religious coping strategies as predictors of marital satisfaction for males and females with different levels of religiousness. Ss were 134 married couples (mean age 41.5yrs) in Canada with an average of 2 children. 262 Ss were Catholic. A repeated measures MANOVA was performed. The results indicate that self-other differentiation was a significant predictor of marital satisfaction for 3 of 4 groups. Social and positive intrapsychic religious coping strategies predicted men's level of satisfaction. Negative intrapsychic religious coping strategies were negative predictors of marital satisfaction only for highly religious women.

The Influence of Parent's Marital Relationships on Children's Marital Quality

Empirical evidences are consistent with the notion that marital quality is transmitted across generations. Literature consistently shows that parental divorce increases the likelihood of adult children's divorce (Glenn and Kramer, 1987; Keith and Finlay, 1988; Amato, 1996). Some of the available studies that specify this aspect are included here.

Truant; Herscovitch and Lohrenz (1987) tested a model for the effect of child-parent relationships on latter marital quality by questionnaire in 124 general practice patients (aged 18-65 yrs). Correlations were larger in a homogeneous group in which previous marriages and emotional illness were eliminated, and in those who had experienced childhood separations from parents. Results are consistent with an interactive model in which quality of childhood experience determines the quality of adult marriages primarily when separation experiences have been present.

Booth and Edwards (1989) used interview data from 1,979 married persons to estimate the extent to which parental divorce (PD) and marital unhappiness (MU) influence adult offsprings' marital and family relations. While PD had little association with various aspects of family relations examined, it did relate to several dimensions of adult offsprings' marriages. In contrast, MU in the parental generation was strongly related to both the family and marital relations of married children. MU has many more adverse and stronger effect on the next generation than PD.

Beasley and Stoltenberg (1992) conducted a study among 84 men in abusive or nonabusive but distressed relationships. Results indicate that abusive men represent a heterogeneous group and show greater elevations on certain subscales of the MCMI-II and S-TAS. Abusive men viewed their paternal relationships more negatively and as children had witnessed more conflict between their parents. Results are consistent with previous research.

Amato and Booth (2001) conducted a national longitudinal study of 297 parents and their married offspring. The authors found that parents' marital discord was negatively related to offspring's marital harmony and positively related to offspring's marital discord. The transmission of marital quality was not mediated by parental divorce, life-course variables, socioeconomic attainment, retrospective measures of parent-child relationships, or psychological distress. Offspring's recollections of parental discord, however, mediated about half of the association between parents' report of marital discord and offsprings' reports of discord in their own marriages. Parental behaviors most likely to predict problematic marriages among offspring included jealousy, being domineering, getting angry easily, being critical, being moody and not talking to the spouse.

A study investigated by Ji (2001) on relationship between maternal influence on marriage and adult children's marital quality in contemporary American Society. Through structural equation modeling (SEM) and ordinary least square (OLS) regression analyses, the results showed that mother's attitudes toward marriage and mother-child relationship significantly impact adult children's marital quality after controlling for the effects of children's attitudes toward marriage, gender role beliefs, division of domestic labor, marital power, and premarital cohabitation. In particular, the analysis demonstrates enduring effects of mother's attitudes toward marriage and mother-child relationship on adult children's marital quality, partially through the intervening mechanisms of children's attitudes, gender role beliefs and division of domestic labour. The parameter estimates indicate that the effects of mother's influence on adult children's marital quality are causal. The decomposition of SEM parameters estimates showed that the direct effects are primary and indirect effects are secondary. These findings support the hypothesis that mothers' attitudes and behaviours influence adult children's marital quality. This study contributes to family literature by shedding new light on the theoretical perspective that there is an intergenerational transmission of marital values and behaviours across generations. In particular, it contributes to family literature by identifying three intermediate mechanisms between maternal influence and children's marital quality.

Recent studies by Burns and Dunlop (2002) reported that children of highly conflicted parents who remained together, and children of low-conflict parents who separated, were as adult more poorly adjusted and less successful in forming and maintaining relationships. This was explored in a longitudinal study of 67 adolescents aged 13-16 yrs at which time half the families involved

were at the point of divorce. Mothers, fathers and adolescents rated the level of conflict in the family, and parents also rated their marital adjustment and their satisfaction with marital conflict resolution. Adolescents also reported whether they got involved in their parent's disagreements, and completed standardized measures of self-image, anxiety and depression. 10 yrs later the now-adult children repeated these items and measures of readiness for intimacy, wariness about relationships, and some further family conflict items. Family conflict at Time 1 predicted self-image and anxiety at yr 1, but not at yr 10.

Adult children's current rating of happiness in the family predicted current self-image. As adults, daughters were more anxious than sons. Findings indicate a different pattern of long-term outcomes from those reported in previous research.

Kapinus (2003) conducted a survey, which provides a 12-year longitudinal national sample of married persons interviewed first in 1980, and then again in 1983, 1988 and 1992. Results indicated those young adults' experiences with cohabitation; marriage, divorce proneness and separation do influence their views of divorce. However, the effect of cohabitation and marriage depend on gender. Further more, controlling of offsprings' relationship experiences does little to reduce the effect of parents' attitudes on young adults' views of divorce.

A paper reported by Wolfinger (2003) when data from the National Survey of Families and Households used to examine the effects of parental family structure on spouse selection and marriage duration. People from divorced families often marry other children of divorce. This phenomenon, which he called family structure homogamy, persists across a variety of sociodemographic boundaries. In addition, he replicated earlier research by



demonstrating that marriages between two children of divorce are especially likely to fail. These findings shed new light on the intergenerational transmission of divorce by showing that people from divorced families often marry under conditions that bode poorly for marital stability.

Intervention Strategies for Enhancing Couples Relationships

Across the United States, Western Europe, and Australia, relationship education programs are widely available to marrying couples. These programs are intended to assist couples to sustain satisfying marriages and so reduce divorce rates (Halford, Wilson, Lizzio and Moore, 2002). From the following studies the importance and efficacy of intervention programs will be clearer.

Farid; Sherbini and Raistrick (1986) report on the results of group therapy for 6 wives (aged 30-45 yrs) of alcoholics where the alcoholics themselves were offered no treatment. The group was based on the idea that wives might seek help before their husbands, might attend sessions regularly, and might favourably influence their husbands' behaviour by gaining knowledge about a alcoholism and coping strategies. Six-month follow-up showed that coping styles were learned quickly and that the sessions provided support and friendships. Attendance at the group induced change, although not always positive, in all marriages. Five husbands reported a decline in a alcohol intake.

Lee and Hett (1990) examined the effects of a group intervention program designed to teach coping skills to recently separated and divorced adults, 24 participants (aged 21-57 yrs) were randomly assigned to a program group and a wait list control group and were administered the Personal Orientation Inventory, the State-Trait Anxiety Inventory, and the Beck Depression Inventory.

Program topics included stress management, stages of uncoupling, and relationships with ex-spouses, communication skills, loneliness and depression, and dating and sexuality. The intervention program promoted reduced anxiety, greater ability to live in the present, greater independence, more spontaneity, and an increase in the experimental Ss' ability to form meaningful relationships.

Wendt (1997) conducted a study to determine the role of personal profile variable as they relate to the impact of marriage enrichment seminars. Variables targeted for examination were previous divorce, prior involvement in either premarital counseling or marriage therapy, presence of children, number of years married, age of participant, gender, and psychological type preferences. Thirty-four individuals, or 17 couples, voluntarily enrolled in the "Understanding yourself and Your Mate" seminar. Eleven couples were assigned to the experimental group that received the seminar. An additional six couples were assigned to serve as a wait-list control group (with the option of participating in a similar seminar after the conclusion of the study). All participants were pre-and post-tested with three measures of marital quality: (1) the Dyadic Adjustment Scale (DAS); (2) the Kansas Marital Satisfaction Scale (KMS); and (3) the Quality of Marriage Index (QMI). In addition, all participants took the Myers-Briggs Type Indicator (MBTI) as a measure of personality type and filled out a short demographic questionnaire. The experimental group made a significant gain over the control group in their level of marital satisfaction. Feeling types gained significantly more than thinking types and females out gained males on measures of marital satisfaction. Participants with premarital counselling experience out gained those without such counselling on a measure.

Bodenmann (1997) tested the effectivity of the enhancement of dyadic functioning and marital satisfaction to prevent divorce. The Couple's Coping Enhancement Training (CCET) is a preventive program-emphasizing enhancement of individual and dyadic coping and communication and problem-solving skills. The 6-unit CCET is based on findings that stress negatively affects marital interaction and satisfaction, that the impact of stress on marital interaction can be moderated by coping skills, that the lack of dyadic coping is a predictor of divorce, and that unhappy couples are less likely to respond to their partner's emotional stress. The 6 units of the CCET are described, including improving fairness in the relationship, communication skills, and conflict and problem-solving skills. Data are currently being collected to demonstrate the effectiveness of the CCET in preventing divorce.

Keefe, *et al.*, (1999) examined the relationship between marital adjustment, self-efficacy, and a long-term spouse-assisted coping skills training intervention in 88 married patients with knee osteoarthritis. Results show that SA-CST Ss exhibited significantly higher levels of pain self-efficacy at follow-up than did controls. Increases in marital adjustment were related to better long-term outcomes for SA-SCT Ss, and to poorer long-term pain and coping outcomes for those in CST treatment only and for controls. It is concluded that SA-CST enhances self-efficacy and improves long-term coping abilities of OA patients.

A study was conducted by Bodenmann; Widmer and Cina (1999) in a group of 99 distressed couples average age of individual partners 40.6 yrs and partnership or marriage average duration 14.2 yrs) and 89 matched control couples. Compared to unchanged conditions in control partnerships and/or marriages, the effectiveness of this new preventive approach became apparent in Ss'

couples, who showed positive changes within 6 months. These findings suggests that necessity to teach couples skills such as communication skills, problem solving capacities, adequate individual stress management, and dyadic coping competencies, at a relatively early stage in their relationship.

Denton *et al.*, (2000) investigated the impact of emotion-focused therapy (EFT) on marital satisfaction, as well as the moderating effects of demographic and personality factors, identifying factors associated with client gains during the course of treatment, and client satisfaction with the treatment program. 40 married couples with 23-59 yrs of age participated in a randomized trial comparing 8 weekly sessions of EFT for couples to a group of couples who were placed on an 8-week waiting list. Controlling for pretest scores, participants in the treatment group had significantly higher levels of marital satisfaction after 8 weeks than wait-list participants. Supplementary analyses identified variables associated with gains in therapy and with dropping out of the study. Persons with lower income, lower educational levels, and lower levels of cognitive complexity gained the most from therapy, but were shown to be more likely to drop out of therapy. Participants were largely satisfied with their therapeutic experience.

Bodenmann; Charvoz; Cina and Widmer (2001) conducted the cognitive behavioural prevention program based on stress and coping research in couples and seeks to improve important skills with an 18 hr course. The effectiveness of the approach is examined with respect to 143 couples over a period of one year. Participants ranged in age from 22 to 76 yrs. The results show that couples participating in the program benefit in terms of a significant increase in marital quality and that intervention couples appraise their relationship even after 1 year as substantially improved in a number of domains

(quality of marital communication, intimacy, etc). These results support the importance of prevention for couples with low marital satisfaction even if they have been living together for many years.

Ryser; Charvoz, Cina and Bodenmann (2003) conducted two years longitudinal study with 143 couples to find out the effectiveness of couples coping enhancement program (CCET) in changing marital quality. The CCET focuses on the enhancement of individual and dyadic coping skills and communication features. The 18 hour intervention is organized in six modules: (1) Theoretical introduction on stress and coping, (2) Enhancement of individual coping, (3) Enhancement of dyadic coping, (4) Enhancement of communication skills, (5) Fairness in the Relationship (6) Conflict and Problem solving skills. In contrast to other programs, the CCET is not designed to address only for young couples seeking to optimize their relationship, but also for couples already being together for several years. The program proved its effectiveness is several previous studies. This longitudinal study shows that it is possible to improve marital quality significantly and that effects remains quite stable over one year. To achieve further significant long-term improvements we suggest that couples should be repeatedly trained in booster sessions.

Vedal and Emmel Kamp (2004) conducted a study to test the effectivity of behavioural couple therapy in the treatment of a female alcohol-dependent patient with comorbid depression, anxiety and personality disorders. Results showed BCT to be successful in treating alcohol dependence and to some extent increasing marital satisfaction.

Gender Studies on Marital Relationship

Recently, scholars have noted the influence of gender and gender roles (i.e. maleness and femaleness) in marital satisfaction for men and women. In 1975, Bernard proposed the concept of a " 'his' and 'her' 'Marriage' " in which marriage is a qualitatively different experience for men and for women, with men receiving more psychosocial benefit than women. Women derive mental and physical health benefits when they are in satisfying marriages, whereas men benefit from marriage regardless of its quality. (Faulkner; Davey; and Davey, 2005) Feminist theory (Brown, 1994) promotes an awareness of power differentials associated with gender. In his study of marital satisfaction among employed women, Greenstein (1995) found that gender role identification influenced outcomes on marital satisfaction. Similarly in a study exploring changes in gender role attitudes, Amato and Booth (2001) found that when wives adopt less traditional gender role attitudes their perceived marital quality declines, however when husbands adopt less traditional attitudes, their perceived marital quality increases. Thus when wives' attitudes become more progressive, there is likely to be moiré overt conflict between spouses and less stability in the relationship (Amato and Booth, 1995, p.58). In the following studies the influence of gender on marital satisfaction and marital conflict is made clearer.

Kurdek (1990) examined the relationship between divorce history and psychological distress in a non-clinical sample of males and females. 459 newly married couples were included in this study. Results showed that female Ss with a history 2 divorces reported more anxiety, phobias, paranoid ideation, psychoticism, and global severity of distress than did those with a history of 1 or no divorces. Male Ss' distress was related to low marital satisfaction and

dissatisfaction with social support. Female Ss' distress was related to a history of multiple divorces, few years of education, low occupational prestige, low marital satisfaction, dissatisfaction with social support and low autonomy. It is concluded that females are more responsive to emotional experiences in the marriage than are males.

In a study conducted by Huston and Geis (1993) spouses' sex role ideology (SRI) and personality dispositions in connection with marital behaviour patterns among 106 couples is examined. Results showed that SRI and sex-typing in personality were distinct properties subjects typically brought to marriage a mixture of gender-related attributes and beliefs that, in turn, created marital behaviour patterns containing a variety of traditional and non-traditional elements. This was reflected in an examination of spouses' sex-role attitudes and the extent to which they possessed stereotypic personality traits.

Aube and Koestner (1995) examined how the similarity and complementarity of gender-related attitudes, behaviours, interests, and personality traits related to partner selection and relationship adjustment in the context of serious, romantic relationships in 93 cohabiting and married English couples. Results revealed a significant correlation between male and female partners' gender-related attitudes and that couples who were similar in attitudes had higher dyadic adjustment. The nature of the couples' attitudes affected (1) the extent to which couples were paired on the basis of complementary interests and behaviours, and (2) the relation between partner's gender-related behaviours and dyadic adjustment.

The study conducted by Daylen (1995) provides an examination of gender differences in the coping process of married

couples dealing with natural occurring marital tension. The data analysed in this study were drawn from a community sample of 168 heterosexual married couples. Analysis of the daily responses across the diary period revealed that wives reported proportionately more days in which marital tension occurred than did their husbands. In addition wives were significantly more distressed by the occurrence of marital tension than were their husbands. Analysis of a subset of the data (n=59 couples) in which both spouses within a couple reported marital tension on the same day revealed no gender differences in spouses' appraisal of marital tension or in their coping with marital tension. Significant gender differences emerged, however, in the extent to which spouses' distress was related to their own coping or their partner's coping. The findings from this study suggest that the influence of gender operated at the initial level at which spouses reported the existence of marital tension, but when both spouses agreed that marital tension existed, husbands and wives tended to report dealing with marital tension in similar ways. The role of gender also operated in the relationship between coping and spouses' mood. These gender similarities and differences are discussed in relation to the gender-based.

Petrohilou (1998) conducted a research to examine the relative importance of (a) flexibility (personal level of realization or ego integration), (b) personal attitudes of authoritarianism and attributional style, (c) perception of communication and conflict resolution quality of married couples and (d) egalitarianism in role perceptions and power allocation in the family on marital satisfaction and on particular dynamics of the marital relationship. The influence of the gender of the respondent was investigated. Correlational results showed that satisfied husbands tend to have growth-promoting relationships and higher flexibility scores. They are not

authoritarian and believe that their relationships can improve. They tend not to blame their wives for relationship problems, and to have better communication skills. They are egalitarian and attempt to divide household tasks fairly. In contrast, satisfied wives differ from satisfied husbands in that they are more authoritarian, possibly because of higher achievement motivation scores, and tend not to blame themselves for problems. They are also egalitarian but may not always believe power is equally allocated in their relationships.

This study examined by Becker (1998) to find out the effect of gender on spouses' experience of role strain, use of social support, and coping, and how gender affects marital adjustment and psychological distress when couples are facing the chronic illness of a partner. These factors were considered from the viewpoint of both the patient and the spouse. Participants were 71 couples, in which a spouse was diagnosed with Diabetes, Dystonia, Multiple Sclerosis, Osteoarthritis, or Rheumatoid Arthritis. Gender differences in the coping strategies employed by both patients and caregivers, and use of specific strategies were found to affect males and females in different ways. Female patients were more likely to use "approach" coping strategies than were male patients. Use of avoidance strategies was found to be more problematic for male patients than for female patients. Female caregivers were more likely than male caregivers to employ certain approach coping strategies. The female caregivers also were more likely than male caregivers to employ emotional discharge as a coping strategy, but such coping was also related to psychological distress for the female, but not the male, caregivers. Caregivers' greater use of cognitive avoidance was related to greater psychological distress in males but not in females.

A Longitudinal data from the National Survey of Families and Households were used by Heaton and Blake (1999) to examine the

influence of socio demographic, attitudinal, and marital interactional characteristics of each spouse on the likelihood of marital disruption. Analyses are based on 4,587 couples. In general wives' variables have a stronger influence than do husbands' variables, suggesting that wives play a greater role in maintenance of marital relationships and are more sensitive to problems in the relationships. The relative influence of each spouse's characteristics is more similar in egalitarian marriages. However, findings confirm the gendered nature of marital relationships.

Simon (2002) reported in an article that marriage is emotionally advantageous for men and disadvantageous for women. This article revisits this topic with data from the National Survey of Families and Households. The analyses indicate that the emotional benefits of marriage apply equally to men and women, but that men and women respond to marital transitions with different types of emotional problems. The implications of these findings for future research on gender and mental health are discussed.

Faulkner; Davey and Davey (2005) examined longitudinal secondary dyadic data from first time marriages analysed from the National Survey of Families and Households for the purpose of examining gender-related predictors of husbands' and wives' marital satisfaction and marital conflict over time. Result indicated that there is some support for gender-based influences on husbands' and wives' marital satisfaction and conflict over time. Additionally, the findings from this study suggest that wives' marital and interpersonal functioning may be a greater predictor for husbands' marital satisfaction and marital conflict.

In the light of the theoretical literature and empirical studies available the present study is planned.

Significance of the Present Study

The stability and development of any community or country are intimately connected with the welfare of the individual family units. The family is not only the cradle of our future society but it is also the hub of social life for most people. If the family is the building block of society, then marriage is the foundation of the family. The family environment is the major influencing factor determining the quality of life of the next generation. In the midst of great social, economic and political changes over the centuries, India has a long heritage of stable family life and family structure and the spirit of family solidarity has remained a sustaining power, which has provided meaning to the daily lives of the Indian people. But today the Indian family is subjected to stress and strain. The family is being transformed from a unit of production to a unit of consumption. The cementing bond of the family is being changed from consanguinity to conjugality. Modern marriage is committed to the goals of independence, freedom and the attainment of the highest possible standards of personal fulfilments. Gender differences in employment opportunities and educational levels have been especially manifested. The modernization argument stresses that with urbanization, westernization and the accompanying changes in the economy and society, marriage becomes a more individualized process for love or self-fulfilment rather than for traditional family concerns. Therefore marital conflict has emerged as a very serious and relatively frequent event that demands appropriate attention to retain the integrity of the family, society and even the nation.

Recent statistics in the United States indicate that more than half of the marriages end in divorce (Bray and Hetherington, 1993). This is not a unique American problem, for example, the divorce rate

in Japan jumped to 55 percent between 1990 and 2000 (Baron and Byrne, 2002).

The statistics on catholic annulments show that in the mid 1960's marriage tribunals in the USA granted only 300 annulments a year which number jumped to some 17,500 by 1975. By 1987 it had soared to nearly 50,000 (Costello, 1996). In Asian countries, especially in India, human relationships are in worse shape than before. Pimenta (1994) pointed to the divorce rates and breakup of extended and nuclear families as evidence of peoples' inability to sustain meaningful relationships.

According to Chakravarthy (1996) the survey report of 1994 showed that there were 10.44 (11.6%) Indian spouses, among those aged between 18 to 35 (55%), who committed suicide due to marital problems. In India, the number of wives and husbands taking their own lives due to stress in marital life has doubled over the past decade. Furthermore, the customary arranged marriage system often leads to mental stress between husbands and wives and causes conflicts in the family. Many young couples suffer from depression and in extreme cases some even commit suicide. They are prone to be gripped by loneliness (Srinath, 1996). A consolidated statement, showing filing, disposal and pendency of cases in the family courts of the state of Kerala for the years 2000 to 2005, gives a clear evidence of the problem.

Year	Opening Balance	Filing	Disposal	Pendency
2000	17853	12708	12593	17968
2001	17968	13300	11537	19731
2002	19731	14563	1636	22658
2003	22658	22787	17240	28205
2004	28205	20719	18810	30114
2005	30114	32832	27257	35689

Cultural difference in marital problem has reported by Levin et al., (1997). Therefore, generalization of the findings of the studies in the western population on the Indian sample is inappropriate beyond doubts due to the unique socio-cultural characteristics of Indian population.

In the field of marital conflict a number of studies are reported. But most of them are at the sociological level and emphasise the sociological counselling and the help extended through the family court. The partners are helped only to patch up the problem temporarily. The partners may go for a new alliance where the perception, attitudes and interpersonal skills may create new problems. Therefore the partners need to be helped to solve their own psychological problems and the sociological problems along with their families. Psychological factors such as personality and coping have an important role to play in determining the quality of marital relationship. The relational happiness and distress can be traced to the psychological make up of the partners. The ways in which couples deal with the life events they encounter are the key contribution to the couples' perceptions of the quality of their

marriage. It is also important to note the influence of some life course factors and demographic factors on marital relationship.

Statement of the problem

Present study is entitled as "Psychosocial Analysis of Marital Problems".

Objectives of the study

In view of the so far discussed observations, the present study proposes to primarily investigate on certain psychological and sociological factors which are contributory to marital instability. Present study is also aimed to improve the efficacy of intervention programmes in promoting the marital stability. Hence the primary objectives of the investigation are:

1. To identify the role of some important psychological and sociological factors in marital relationships.
2. To help the partners solve the interpersonal problems at the grass root level, that is, at the psychological level.
3. To increase the effectiveness of the help (counselling services) extended to conflicting partners.
4. To create a general awareness about interpersonal and personal factors within the family that is related to marital conflicts for prevention of separation and divorce in Kerala.

In view of the objectives a few hypotheses are formulated for verification.

Hypothesis

1. Problem couples seeking help from court, and counselling centres differ in quality of marital relation, personality types and coping styles from adjusted couples.
2. Marital relationships and personality types are related.
3. Marital relationships and coping styles are related.
4. Personality types and coping styles are related.
5. Quality of marital relationship can be predicted by means of personality and coping styles.
6. Certain demographic and life course factors influence the quality of marital relationship.

Chapter III

Methodology

Methodology is a way to systematically solve the research problem (Kothari, 1993). In Breakwells' (1995) opinion, research methods can be differentiated according to whether data are submitted to a qualitative or quantitative treatment. According to Cresswell (1994) one approaches a quantitative methodology by using a deductive form of logic, wherein theories and hypotheses are tested in a cause and effect order. Concepts, variables and hypotheses are chosen before the study begins and remain fixed throughout the study. The intent of the study is to develop generalisations that contribute to the theory and that enables one to predict better explain and understand some phenomenon. These generalisations are enhanced if the information and instruments used are valid and reliable.

Research Design

Research design has been defined by different social scientists in different terms. All these definitions emphasise systematic methodology in collecting accurate information for interpretation with economy in procedure. According to Cook and Campell(Smith, 2000) research design is the systematic planning of research to permit valid conclusions. It involves, the specification of the population to be studied, the treatments to be administered and the dependent variables to be measured, all guided by theoretical conceptions underlying the research. Research design most fundamentally affects the internal validity of research, that is the ability to draw sound conclusions about what actually causes any observed differences in dependent measures. In fact the research design is the conceptual structure within which research is conducted, it constitutes the blue print for the collection, measurement and analysis of data.

Thus, research design is needed because it facilitates the smooth sailing of the various research operations, thereby making research as efficient as possible, yielding maximum information with minimal expenditure of effort, time and money. Generally the design, which minimises bias and maximises the reliability of the data collected and analysed is considered a good design (Kothari, 1993). This chapter covers a description of the research design, the sample of the study, the instruments which were employed to obtain the empirical data and other relevant informations necessary for the study and lastly the statistical treatment of the gathered data.

Design of the Present Study

The present investigation is primarily an exploratory study. According to Katz, (Chandra, 1985) "the exploratory method represents the earlier stage of science". This significant observation implies that all sciences must have at the beginning an approach that is purely exploratory. The exploratory study is systematic, scientific, and at times, the only way through which a social scientist can check whether an idea that sounds promising to him much appeal, if at all, in reality or not. In fact exploratory studies can provide ideas, hypotheses or suggestions that might never occur to a social scientist sitting in an office and meditating over the problem. The major advantage of the exploratory method lies in its ability to generate many ideas that could be further explored in more controlled conditions, apart from over coming the most difficult portion of an inquiry, which is its initiation. This method is chosen for the present work primarily because the topic marital problems' is a relatively new phenomenon in terms of its increased incidence particularly among the native population of Kerala.

The present study is proposed to primarily investigate certain psychological and sociological factors, which are contributory to marital dysfunction. It aims to study the relationship between personality differences, coping styles and marital problems. It also attempts to assess the role of certain demographic factors related to marital problems. The present study is also aimed to assess the effectiveness of counselling in managing marital problems or enhancing marital relationships. The study is designed to meet these objectives and the details of the methodology followed are described in this chapter.

Sample

The subjects for the present investigation were selected following the non-probability sampling method i.e., purposive sampling method. In this type of sampling, subjects for the sample are selected deliberately by the investigator based on the availability and description of the sample. According to Kerlinger (1995) purposive sampling is a non-probability sampling characterized by the use of judgment and a deliberate effort to obtain representative samples by including presumably typical areas or groups in the sample. The total sample consisted of 360 subjects distributed among three groups.

Inclusion-Exclusion Criteria

Subjects of the three groups were included in the sample following certain inclusion-exclusion criteria - to maximise homogeneity within the groups.

Inclusion Criteria

Group I

All subjects in this group were those who were registered in family courts for getting divorce, or settling marital problems, or for maintenance and/ or custody of children.

Group II

All the subjects in this group were married individuals both men and women who seek help for the settlement of marital problems from different counselling centres which are run by private agencies.

Group III

Subjects in this group were those who were not seeking any help for the settlement of marital problems from any counselling centres or family courts.

Exclusion Criteria

The subjects with the following features were excluded from the sample.

Group I

The subjects who have not approached any legal agency for solving marital problems.

Group II

The subjects who are not seeking any sociological or psychological counselling for marital problems.

Group III

- The subjects who are seeking help for marital problems from family courts and family counselling centres.
- The subjects whose score was very low in ENRICH questionnaire.
- Subjects who are having any records of obvious psychological or behavioural problem as individuals.

Thus a representative sample consisting of 3 groups were selected using the above discussed sampling techniques and inclusion-exclusion criteria. The procedure involved in the selection of the sample is as follows.

Procedure for Selection of the Sample

In order to select a representative group from family court cases, the investigator first approached a number of advocates who are actively dealing the family court cases in four districts of Kerala ie, Ernakulam, Thrissur, Palghat and Kozhikode. The researcher discussed the objectives of the investigation with them to ensure their co-operation. The investigator also met and discussed with the authorities of short stay homes of two districts ie, Kottayam and Ernakulam.

In the second step the researcher personally met the individual clients at advocates' office and in the short stay homes and explained to them the objectives and purpose of the study. This was essential because many clients were not co-operative and motivated enough to ensure the validity of their responses. Thus 60 men and 60 women who were willing to co-operate with the investigator and who were motivated were selected for Group I

Selection of the subjects included in Group II was from the different counselling centres, which are situated in the same four districts of Kerala.

The investigator first met the Directors of different counselling centres and secured their permission to conduct the study. The researcher discussed the aim, methodology and procedure of the research with them in order to ensure their co-operation. Then the researcher met the clients individually and explained to them the objectives and purpose of the study. The researcher also expressed her readiness to help them, if they were interested or needed. In this way the investigator selected 60 men and 60 women for Group II.

In order to get the adjusted group (Group III) the investigator conducted seminar for married people at different places. At the end of the seminar people who are willing and co-operative to respond to certain psychological tests were only selected. In order to represent this population 60 men and 60 women were selected.

Distribution of the Sample

The sample of the study consisted of three main categories of population; cases from family courts, (Group I) cases from counselling centres (Group II) and adjusted population of couples (Group III). Each of the three groups consisted of 120 subjects with equal number of men and women. The entire sample covers two age groups, below and above 40 years. Thus only age, gender and number were controlled. Table 3.1 gives distribution of the sample by gender and age.

TABLE 3.1

Gender and Age wise distribution of the sample

Groups	Men		Women		Total
	Below 40yrs	Above 40yrs	Below 40yrs	Above 40yrs	
Family Court	30	30	30	30	120
Counselling	30	30	30	30	120
Adjusted	30	30	30	30	120
Total	90	90	90	90	
Grand total	180		180		360

Thus the major factors, other than personal characteristics, likely to influence marital adjustment were considered for stratification of the sample.

Tools

For the present investigation which intends to study the relationships between personality, coping and marital relationship, three standardized self-report measures and personal data schedule were used as follows:

- 1) A personal data schedule (PDS) designed by the researcher was used to collect demographic details and some relevant informations regarding family and overt marital relationship of the subjects
- 2) ENRICH was used for assessing the quality of marital relationship of the subjects.
- 3) Myers-Briggs Type indicator was used for studying the personality of the subjects.
- 4) AECOM coping scale was used for studying the coping styles of the subjects.

Each of the above mentioned tool is described in detail in the following pages

1. **Personal Data Schedule**

This consists of 25 items framed with an intention to cover informations relevant for this research including demographic features, residential area, type of family before and after marriage, duration and type of marriage, history of physical and mental illness, alcohol and drug dependence, quality of the parental marital relationship etc. A copy of this personal data schedule is attached as Appendix No. 1.

2. **Enriching and Nurturing Relationship Issues, Communication and Happiness (ENRICH)**

The instrument ENRICH, prepared by Olson, Fournier and Druckman (1981) was originally used in the U.S. It is designed specifically to assess the quality of marital relationship. It is a 125 item questionnaire, each rated by the subject on a 5 point scale from strongly agree, to strongly disagree. It assesses attitudes and personal issues in 14 areas or categories as shown in Table 3.2.

TABLE 3.2

Categories of ENRICH

Sl. No.	Categories
1	Idealistic Distortion
2	Marital Satisfaction
3	Personality Issues
4	Communication
5	Conflict Resolution
6	Financial Management
7	Leisure Activities
8	Sexual Relationship
9	Children and Marriage
10	Family and Friends
11	Equalitarian Roles
12	Religious Orientation
13	Marital Adaptability
14	Marital Cohesion

There are positive and negative items in each of the 14 categories. Each category has 10 items except in idealistic distortion, marital cohesion and marital adaptability, which contains 5, items each.

Definitions of Categories

The following definitions of the categories in ENRICH are provided to clarify the meaning of each category. The definitions are based directly on the items in each category.

1. *Idealistic Distortion:* Item in this category measures the level of idealism for each person.
2. *Marital Satisfaction:* This category provides a global measure of satisfaction by surveying ten areas of the couples' marriage.
3. *Personality Issues:* This category assesses an individual's perception of his/her partner with regard to behavioural issues and the level of satisfaction or dissatisfaction felt on those issues. Items focus on traits such as tardiness, temper, moodiness, stubbornness, jealousy and possessiveness. Personal behaviours related to public demonstration of affection and smoking and drinking habits are also addressed. In addition, ENRICH looks at a spouse's general outlook, dependability and tendency to be domineering.
4. *Communication:* This category is concerned with an individual's feelings, beliefs and attitudes towards the role of communication in the maintenance of his/her relationship.
5. *Conflict Resolution:* This category assesses an individual's attitudes, feelings and beliefs towards the existence and resolution of conflict in his/her relationship.

6. *Financial Management:* This focuses on attitudes and concerns about the way economic issues are managed within the couple's relationship.
7. *Leisure Activities:* It assesses each individual's preferences for spending free time. Items reflect social versus personal activities, active versus passive interests, shared versus individual preferences and expectations as to whether leisure time should be spent together or balanced between separate and joint activities.
8. *Sexual Relationship:* This assesses an individual's feelings and concerns about the affectional and sexual relationship with his/ her partner.
9. *Children and Marriage:* The items of this category focus on decisions regarding having children and agreement on the number of children preferred. Specific items reflect a couple's awareness of the impact of children on the marriage relationship, their satisfaction with roles and with the responsibilities of father and mother in child rearing.
10. *Family and Friends:* This category assesses feelings and concerns about relationships with relatives, in-laws and friends.
11. *Equalitarian Roles:* A high individual score indicates that the scorer's values are more egalitarian; he/she desires a shared approach to husband-wife roles. A low individual score, rather than indicating a lack of satisfaction, indicates that the scorer values traditional husband-wife roles and areas of responsibility.

12. *Religious Orientation:* This category assesses an individual's attitudes, feelings and concerns about the meaning of religious beliefs and practices within the context of marriage. High scores reflect a more traditional view that religion is an extremely important component of marriage. Low scores reflect a more individualistic and less traditional interpretation of the role of religion in the marriage relationship.
13. *Marital Adaptability:* This scale describes how much the couple is able to change and be flexible when necessary.
14. *Marital Cohesion:* This category describes how close the couple feels toward each other and how they balance togetherness and being alone.

Reliability and Validity

Studies report both test-retest and internal consistency reliability of ENRICH. The results clearly indicated that the instrument is very reliable. This instrument was used on 672 couples and the result obtained proved the instrument to be reliable and valid ($P < 0.01$). One hundred and fifteen individuals were tested; testing was separated by 4 weeks and the result was significant ($P < 0.01$) [Olson, Fournier and Druckman, 1981].

In fact, all scales in ENRICH are significantly correlated with the Lockewallace Marital Adjustment Scale. Significant relationships were also found with numerous other scales. Of the 121 concurrent variables hypothesized to be related to ENRICH scales, 112, or 93% of these were related in the predicted direction. The overall findings support the validity of ENRICH (Pushpa, 1997). Table 3.3 gives the details of reliability for the various categories.

TABLE 3.3

Test-retest and internal consistency reliabilities of ENRICH

	Category	Internal Consistency Reliability (Alpha) (N-672couples)	Test-Retest Reliability (N-115)
1	Idealistic Distortion	0.92	0.92
2	Marital Satisfaction	0.81	0.86
3	Personality Issues	0.73	0.81
4	Communication	0.68	0.90
5	Conflict Resolution	0.75	0.90
6	Financial Management	0.74	0.88
7	Leisure Activities	0.76	0.77
8	Sexual Relationship	0.48	0.92
9	Children and Marriage	0.77	0.89
10	Family & Friends	0.72	0.82
11	Equalitarian Roles	0.71	0.90
12	Religious Orientation	0.77	0.89
13	Marital Adaptability	0.76	0.75
14	Marital Cohesion	0.80	0.72

As the present study is conducted on a sample of Malayalam speaking population the items of the ENRICH was translated to the native language. The validity of translation was checked and ensured by language experts. A test retest or equivalent form of reliability is

not applicable for this tool because the nature of the relationship or problems in marriage is quite unstable. This Malayalam version was administered on the sample. A copy of this adapted form is attached as Appendix No. 2.

3) Myers-Briggs Type Indicator (MBTI)

The MBTI introduced in 1942, has the latest revision and publication of Form M in 1998. (Myers *et al*, 1998). The purpose of the indicator is to implement Jung's theory of type. The dynamic character specified by type theory involves the interaction of a person's four basic preferences presented in dichotomies as follows:

- (1) Extraversion Vs Introversion,
- (2) Sensing Vs Intuition,
- (3) Thinking Vs Feeling and
- (4) Judging Vs Perceiving.

An individual is assumed to have a preference for one of each pair of opposites over the other. The four preferences direct the characteristic use of perception and judgement by an individual. The particular preferences that interact in a person affect not only what is attended to in any given situation but also how conclusions are drawn about what has been perceived. The four dichotomies of the MBTI as described by the author of the tool are given in Table 3.4. The MBTI classified the first and fourth dichotomies listed as attitudes or orientations and the middle two dichotomies as functions or processes.

TABLE 3.4

The Dichotomies of the MBTI

1- Extraversion-Introversion (Attitudes or Orientations of energy)	
Extraversion (E)	Introversion (I)
Directing energy mainly toward the outer world of people and objects	Directing energy mainly toward the inner world of experiences and ideas
2-Sensing - Intuition (Functions or Processes of perception)	
Sensing (S)	Intuition (N)
Focusing mainly on what can be perceived by Five senses	Focusing mainly on perceiving patterns & inter relationships
3- Thinking-feeling (Functions or process of judging)	
Thinking (T)	Feeling (F)
Basing Conclusions or logical analysis with a focus on objectivity and detachment	Basing conclusions on personal or social values with a focus on understanding and harmony
4- Judging - Perceiving (Attitudes or orientations toward dealing with the outside world)	
Judging (J)	Perceiving (P)
Preferring the decisiveness and closure that result from dealing with the outer world using one of the judging process (Thinking or feeling)	Preferring the flexibility and spontaneity that results from dealing with the outer world using one of the perceiving processes (Sensing or Intuition)

Myers *et al.*, (1998) p.6.

Preferences on the four dichotomies yield 16 possible combinations called types, which are denoted by the four letters identifying the poles preferred (eg. ESTJ, INFP)

According to the theory, each of the 16 types results from a preference for one pole of each of the four dichotomies over the opposite pole. A preference on any one dichotomy is designed to be psychometrically independent of the preferences on the other three dichotomies.

The theory postulates specific dynamic relationships among the preferences. For each type, one process is the leading, or *dominant* process and a second process serves as an *auxiliary* process that provides balance in the personality. Each type has its own pattern of dominant and auxiliary processes and the attitudes (E or I) in which these are habitually used.

The main objectives of the MBTI are to identify which of the two opposite categories is preferred on each of the four dichotomies. The indicator obtains a numerical score based on responses favoring one pole versus its opposite. These calculations are designed not as scales for measurement of traits or behaviours but rather as indications of preference for one pole of a dichotomy or its opposite.

The 93 items of the MBTI requires forced choices between the poles of the dichotomy at issue. Choices are between seemingly inconsequential everyday events, chosen by Myers as stimuli to evoke the more comprehensive underlying type preferences. All choices reflect the two poles of the same dichotomy, that is, E or I, S or N, T or F, J or P. All the items have the same weight and are simply counted to determine which preference received the highest number of answers.

MBTI results include an indication of clarity of preference termed a preference clarity index. Preference clarity indexes range from 1 to 30 on each of the four dichotomies. The higher the index the greater the clarity of preference that can be assumed. Reliability

and validity of the MBTI have been estimated and reported by Myers *et al.*(1998).

Reliability

The internal consistency of the four MBTI scales is quite high in all samples available to date, whether computed Positive Couple Agreement Scores using logical split-half, consecutive item split-half, or coefficient alpha. Test-retest reliabilities of the MBTI show consistency over time, with levels of agreement much greater than by chance. It ranges from 0.83 to 0.97.

A new method for estimating measurement precision is available with the use of IRT, which is greater for all scales of form M. Logical split-half and the simple consecutive items procedure reliability ranges from 0.90 to 0.94. Reliability based on coefficient Alpha ranged from 0.90 to 0.93. Internal consistency reliability by age group and by ethnic group ranged from 0.89 to 0.94 (Myers *et al.*, 1998).

Validity

Validity of the MBTI determines its ability to demonstrate relationships and outcomes predicted by theory. For MBTI evidence for the validity of the four preference scales and evidence for the validity of whole types, including type dynamics were examined. A number of exploratory factor analysis of the MBTI scales have demonstrated very close correspondence with the hypothesized four-factor structure. More rigorous confirmatory factor analyses provide even stronger support for the model. Correlations of the four preferences scale with a wide variety of scales from other instruments support the predictions of type theory regarding the

meaning of and the behaviours believed to be associated with the four dichotomies.

Validity of whole types: Evidence presented here on type distributions, attraction and satisfaction in couples, reactions to stress and factor scores derived from other measures suggest that there are characteristics of whole types that are not predictable from knowledge of the individual preferences alone or from simple additive models of the preferences. Descriptions of the types based on self-reports and on ratings by independent observers also show that each of the 16 types can be uniquely described with various sets of adjectives and descriptors. A reanalysis of a study of time orientation was also presented that directly compared type theory-based and trait theory-based predictions and showed that the type theory-based predictions were more accurate.

Translation

Although the 1998 version of MBTI is found to be adequately valid and reliable considering the nature of sample used for the present study an adaptation of the tool was thought to be necessary to maximise the validity of the study. The items of the English Version of MBTI (Myers *et al.* 1998) were translated into Malayalam to suit the local population. A word-to-word translation was not followed, but it was made in such a way that the meanings were conveyed in the local vernacular. The translation in Malayalam was made by the investigator with the help of academically competent persons and was checked by language experts before it was administered on a selected sample.

Sample of Standardisation

The sample for standardisation was drawn from a population of postgraduate students in various departments at the University of

Calicut, including science, languages and humanities. Systematic random sampling technique was used for selecting the subjects.

It was made sure that all subjects had equal proficiency in Malayalam and English. The sample consisted of 30 men and 30 women. Age of the subjects ranged from 22 to 26 years with an average age of 24.

Administration

For estimating the efficiency of the Malayalam version individual administration of the test was done on the selected subjects. Both, the English and Malayalam Versions were administered on the two groups.

For the first half of the group, comprising 15 men and 15 women, the English form was given first. After a two-week interval, the Malayalam version of the test was given to the same subjects. To minimize the influence of priority for one language, the second half was given the Malayalam version first and two weeks later the English version was administered.

Reliability

For estimating the reliability of this translated form correlations between total scores for the eight types (to 4 dichotomies) on the English and Malayalam versions were computed. Details are given in Table 3.5.

TABLE 3.5
Reliability of the Adapted form of MBTI

Sl. No.	Types of Personality	Correlation coefficient
1	E	0.9290
2	I	0.9234
3	S	0.8650
4	N	0.8456
5	T	0.8485
6	F	0.84401
7	J	0.9057
8	P	0.9032

The range of correlation coefficients in Table 3.18 clearly establishes the reliability of the adapted form. A copy of this adapted form is attached as Appendix No.3.

4. AECOM Coping Scale

Albert Einstein College of Medicine Coping Styles Questionnaire developed by Plutchick and Conte (1989) is based on the psychoevolutionary theory of emotion described by Plutchick in 1980, which postulates systematic connection between 8 basic emotions and 8 coping styles. This consists of 87 items, each rated by the subject on a 4-point scale ranging from "never" to "often", weighted 0 to 3. It is based on the expressed opinion that the way each individual cope with successful life events is relatively independent of his or her emotional or psychopathological state and is characteristic of him or her.

This model assumes that there are 8 basic coping styles that may be used by an individual in his or her attempt to reduce stress or cope with life problems. These coping styles are defined by the author as: -

- Minimization* : Minimizing the importance of the problem or solution.
- Suppression* : Avoiding the problem or situation.
- Help seeking* : Asking others for help.
- Replacement* : Dealing with problems by finding alternative solutions
- Blame* : Blaming others or the "system" for his or her problems.
- Substitution* : Engaging in tension reducing activities such as sports.
- Mapping* : Collecting information about the situation or problem.
- Reversal* : Acting the opposite of the way he or she feels.

Reliability and Validity

The internal reliability of AECOM-CSQ is reported to be quite high. Coefficient alphas ranged from +0.62 to +0.83 for the individual scales, with an average of +0.70 for the 8 scales.

Though the validity of this scale is not mentioned by the author, it was used successfully in a number of studies. In one, prisoners were found to be lower on the coping styles of Minimization and Replacement and higher on Suppression and Help Seeking than control group (Plutchick and Conte, 1989). In a study of hospitalized alcoholics they had a strong tendency to use Suppression, Blame & Help seeking as Coping Styles, in contrast to matched normal controls (Conte, Plutchick, Picard, Galaner and Jacoby, 1989). Some of the coping styles have also been found to discriminate between violent and non-violent sex offenders (Langerin, Lang, Handy and Majpruz, 1989). Personality and social class differences have also been reported in relation to these coping styles. In a study of

academic achievement in adolescent students three coping styles, minimization, suppression, seeking succorance appeared to be different among High, Average and Low achievers. High achievers showed a tendency to use seeking succorance as a coping style. Low achievers tended to blame others and use suppression as coping styles (Neetha, 2002). All these studies prove sufficient validity of the scale.

Translation and Standardisation

For use with the native population simple and precise Malayalam version of the AECOM-CSQ was prepared and used. It was checked by language experts for the equivalence of the meaning. This translated form and the original form were administered to 30 PG students (15 girls and 15 boys) of various departments of Calicut University. The administration of the forms was done with an interval of 48 hrs. The scores for the two forms were correlated using product moment method to estimate reliability. Details of the correlation are given in table 3.6

TABLE 3.6

Reliability of the Adapted form of AECOM-CSQ

Sl. NO.	Coping Styles	Correlation Co-efficient
1	Minimization	0.9480
2	Suppression	0.9203
3	Helpseeking	0.9226
4	Replacement	0.9058
5	Blame	0.9427
6	Substitution	0.9581
7	Mapping	0.8299
8	Reversal	0.9617

The range of correlation coefficients in Table 3.6 clearly establishes the reliability of the adapted form. A copy of this adapted form is attached as appendix No.4.

Administration of the Tests

Subjects were met individually and after seating them comfortably a rapport was established between the researcher and the subject. A brief orientation about the tests they have to take and purpose behind the interaction was given. Then the subjects were asked to fill in the personal data sheet prepared by the investigator. Separate instructions were given for each test. Then all the three tests, ENRICH, MBTI and AECOM-CSQ, were administered on the subjects individually. The order of administering the tests was uniform for all the subjects.

1. Administration of ENRICH

Simple and clear instructions are printed on the cover page of the item booklet. To make it more easier oral instructions were also given as "there are 125 items in the ENRICH booklet. After reading each item from the five choices you have to select one response according to your point of view. ENRICH was designed to help you learn more about yourself, your partner and your relationship. It can identify some of the strengths in your relationship and problematic issues for you to discuss with your partner. ENRICH results are not intended to predict your chances for marital success or to determine whether you should seek marriage counselling". It was also instructed "It is not a test and there are no "right" or "wrong" answers. Please answer all questions according to your point of view. The usefulness of ENRICH depends upon your willingness to respond fully and honestly". After completing the item booklet and the answer sheet was collected back.

2. Administration of MBTI

Instructions are given in the test itself. As rapport was already established with the subject, administration of this test was easier. Oral instructions were also given, as "Here are some questions which give you a chance to say what sort of a person you are and to state your preferences and attitudes. Since each person is different there are no 'right' or 'wrong' answers, except what is true for you. Read each question carefully and mark your answer on the separate answer sheet from among the two choices. Do not think too long about any question. Do not leave any question unanswered. If you find a question where you cannot choose, don't mark both answers. Just skip the question and go on". After answering all the questions the answer sheet was collected back and checked.

3. Administration of AECOM

The subject was seated comfortably and after some pleasantries oral instructions were given to the subject and the AECOM Coping Scale was given. The subject was asked to rate the statements on a 4-point scale ranging from "never" to "often". Doubts, if any, were clarified. 45 minutes was taken to complete the test.

Scoring of the Tests

1. ENRICH

Hand scoring method was followed in three steps for the ENRICH items. Each item upto number 115 has five options such as 1. Strongly agree, 2. Moderately agree, 3. Neither agree nor disagree; 4. Moderately disagree; 5. Strongly disagree. Agreement with positive items is treated at par with disagreement to negative items. The range of scores in percentage is classified into six categories. For the

1st twelve categories low scores indicate that the couple have dissatisfaction in a particular element and high scores indicate that the couple have satisfaction in a particular element.

For the items 116 to 125 there are only 4 response choices. These items are distributed among the two categories - Marital Adaptability and Marital Cohesion. These two scales contain 5 items each and are based on circumplex model, which was developed for describing couples and families. Therefore the possible range of score for categories from 2 to 12 is from 1 to 10 and the corresponding percentage is from 10 to 100 for each category. For the first category number 1 the scores range from 5 to 25 and for categories 13 and 14 scores range from 5 to 20. Then disagreement items, special focus items, indecision items and positive agreement items are identified. The specific levels of positive couple agreement used for determining whether a category is Relationship Strength or a Work Area. Finally relationship strength and work areas are identified. Thus score for each of the 14 areas are found out. The data is discussed in view of the above descriptions.

2. MBTI

Hand scoring method was followed. Scoring of Type Indicator produces four preference scores, one for each of the four indices: EI, SN, TF and JP. Each index reflects one of the four preferences, which, according to the theory, determine type. The score for each index consists of a letter showing the direction of the preference the testee reported followed by a number showing its reported strength.

Reading across the row, the number of marks in each of the boxes in that row was counted. The total in the shaded box to the right of the row was entered. For each row this was replicated. Next each column was red down and all the numbers in that column were

added. The total in the box at the bottom of the column was entered. These numbers are the raw points for each preference. For each dichotomy separately, the raw points for each pole was counted, and it was determined which dimension has the largest point value. Letter of the preference, which is the largest point value, was written down. If the raw points were equal, I, N, F. or P depending on the dichotomy, were written.

The scores on these four presumably independent dimensions result in sixteen possible "typed formulas" that give combinations of the letters of the preferred direction within each of the four dimensions. For example, the combination "INTP" represents the introverted, intuitive, thinking and perceptive type. Each preferred direction also has a numerical score that indicates the strength of the preference and is calculated from the differences in points between the poles of each dimension.

3. AECOM

For each item, Never is scored as 0, 'Rarely' as 1, 'Sometimes' as 2 and 'Often' as 3. These numbers were transferred to the corresponding item boxes in the Scoring Sheets. All the scores in each column is added and the totals are recorded. Then percentile scores are found based on the norms. Scores for the 8 types of Coping are found out.

Analysis of the Data

The present investigation intended to study psycho social analysis of marital problems had formulated a few hypothesis presented in the second chapter. Statistical testing of the hypothesis used in the present investigation to facilitate the analysis and interpretation of the data are presented below.

Analysis of Variance

The present study series of one-way ANOVA was employed to find out the significant difference in the mean scores for on the studied variables of marital relationship, personality and coping among the three groups. To verify the significant difference in marital relationship between partners and between age groups two way ANOVA was computed for the problem group and the adjusted group separately.

t-test

In order to specify the nature of differences on marital relationship, personality types and coping styles among the three groups between gender and between two age groups t-test was used.

Correlation

Pearson's 'r' was employed to estimate the interrelationships among the variables of marital relationship, personality types and coping styles.

Multiple Regression Analysis

Stepwise multiple regression analysis was employed to predict the quality of marital relationship by personality types and coping styles.

Chi-square

To find out the influence of demographic and life course factors on marital relationship considering the nature of distribution in the three sample groups chi-square was computed for the difference in cell frequencies.

Chapter IV

Results and Discussion

The present study is an attempt to explore the significance of certain psychosocial factors in marital problems. This chapter deals with the findings obtained by statistical analysis aimed at understanding the relationship among Marital relationship, Personality and Coping styles and the influence of Socio demographic factors on marital relationship. The results obtained in the study are presented in five sections as follows:

- Section A – results with regard to the differences among three groups (court, counselling, adjusted) in marital relationship, personality types, coping styles (Hypothesis – 1).
- Section B – results with regard to the relationship between the psychological variables viz., marital relationship, personality and coping styles (Hypothesis- 2, 3 and 4).
- Section C – predictable factors of the quality of marital relationship (Hypothesis – 5).
- Section D – results with regard to the influence of demographic and life course factors on the quality of marital relationship (Hypothesis – 6).
- Section E – A few case studies.

SECTION A

Hypothesis 1

The first hypothesis of this study is that the sample groups (Court, Counselling and Adjusted) differ in marital relations, personality types and coping styles. To verify this hypothesis, the scores on marital relation, personality and coping were analysed computing one-way ANOVA and intergroup differences were further clarified through t-test of significance of mean difference. Table 4.1

gives the category wise 'F' values computed among the 3 groups on ENRICH.

TABLE 4.1
One way ANOVA for Marital problems on ENRICH among Court, Counselling and Adjusted groups

Sl. No.	ENRICH category	Source	DF	SS	MS'	F
1.	Idealistic Distortion	Between groups	2	9672.67	4836.33	396.99***
		Within in groups	357	4349.05	12.18	
		Total	359	14021.72		
2.	Marital Satisfaction	Between groups	2	41054.86	20527.43	444.71***
		Within in groups	357	16478.63	46.15	
		Total	359	57533.50		
3.	Personality issues	Between groups	2	29435.46	14717.73	329.12***
		Within in groups	357	15964.03	44.71	
		Total	359	45399.50		
4.	Communication	Between groups	2	30752.60	15376.30	254.80***
		Within in groups	357	21543.17	60.34	
		Total	359	52295.77		
5.	Conflict resolution	Between groups	2	30752.37	15376.18	333.82***
		Within in groups	357	16443.55	46.06	
		Total	359	47195.93		
6.	Financial Management	Between groups	2	21666.02	10833.01	125.11***
		Within in groups	357	30910.84	86.58	
		Total	359	52576.86		
7.	Leisure Activities	Between groups	2	20973.88	10486.94	153.32***
		Within in groups	357	24417.00	68.39	
		Total	359	45390.88		
8.	Sexual Relationship	Between groups	2	28131.37	14065.68	173.22***
		Within in groups	357	28988.15	81.19	
		Total	359	571180.53		
9.	Children and Marriage	Between groups	2	23043.93	11521.96	154.20***
		Within in groups	357	26674.71	74.71	
		Total	359	49718.65		
10.	Family and Friends	Between groups	2	18476.02	9238.01	100.41***
		Within in groups	357	32843.26	91.99	
		Total	359	51319.28		
11.	Equalitarian Role	Between groups	2	20563.80	10281.90	171.25***
		Within in groups	357	21433.30	60.03	
		Total	359	41997.10		
12.	Religious Orientation	Between groups	2	21320.21	10660.10	120.35***
		Within in groups	357	31621.55	88.57	
		Total	359	52941.77		
13.	Marital Adaptability	Between groups	2	697.57	348.78	26.02***
		Within in groups	357	4784.09	13.40	
		Total	359	5481.66		
14.	Marital Cohesion	Between groups	2	1798.60	899.30	84.63***
		Within in groups	357	3793.39	10.62	
		Total	359	5591.99		

* P<0.05, **P<0.01, ***P<0.001

All the 'F' values in table 4.1 indicate that there is significant difference among the 3 groups with respect to the quality of their marital relationship. According to the manual of ENRICH a score of 60 per cent and above are considered high, 51 to 59 = above average, 50 = average, 41 to 49 = below average, 31 to 40 = low, and 30 and below are considered low. The manual also classifies scores based on marital relations. High scores in twelve categories, except marital adaptability and marital cohesion, reflect high satisfaction in that category with partner's behaviour. Low scores reflect deficiency or dissatisfaction in that category with partners' behaviour. For the categories of marital adaptability and marital cohesion, moderate scores (30-60) reflect a balance between having some stability in marriage.

According to the classification of percentages of scores in terms of quality of marital relationships a raw score of 25 and above for the 11 categories (2nd to 12th) and a score of 12 and above for the 1st categories indicate a relationship above average. For the last two categories moderate score indicate a healthy relation with a raw score above 15 and below 8 indicates an unhealthy relation. In order to specify the nature of difference on these 14 categories 't' values were also computed. The mean differences are analysed using raw scores as shown in the Table 4.2.

TABLE 4.2

Mean, Standard deviation and 't' Values for Marital problems on ENRICH among the Court, Counselling and Adjusted groups

ENRICH Categories	F-Court Mean (SD)	Counselling Mean (SD)	Adjusted Mean (SD)	FC Vs. CC 't' value	FC Vs. AD 't' value	CC Vs. AD 't' value
Idealistic Distortion	6.39 (2.05)	11.96 (4.40)	19.05 (3.60)	12.58**	33.47**	13.66**
Marital Satisfaction	12.06 (3.59)	21.73 (8.81)	37.95 (6.92)	11.13**	36.36**	15.85**
Personality Issues	11.71 (3.36)	16.65 (6.67)	32.88 (7.95)	8.12**	23.89**	13.28**
Communication	14.25 (6.46)	22.30 (8.71)	36.60 (7.95)	8.12**	23.89**	13.28**
Conflict Resolution	13.00 (4.93)	19.44 (7.43)	35.01 (7.65)	7.91**	26.49**	15.99**
Financial Management	18.77 (9.83)	27.52 (9.71)	37.75 (8.28)	6.93**	16.17**	8.78**
Leisure Activities	17.41 (8.36)	25.83 (9.25)	36.08 (7.04)	7.39**	18.70**	9.66**
Sexual Relationship	21.56 (10.66)	32.07 (10.09)	43.21 (5.27)	7.84**	19.92**	10.71**
Children and Marriage	22.02 (10.66)	33.46 (8.16)	41.52 (6.60)	9.33*	17.03**	8.40**
Family and Friends	19.00 (9.92)	26.85 (10.32)	36.51 (8.41)	6.00**	14.75**	7.95**
Equalitarian Role	14.40 (6.16)	23.05 (7.43)	32.90 (9.31)	9.81**	18.14**	9.05**
Religious Orientation	21.36 (10.23)	32.05 (10.13)	40.15 (7.63)	8.13**	16.12**	7.00**
Marital adaptability	9.65 (4.03)	11.96 (3.71)	12.97 (3.18)	4.63**	7.09**	2.26*
Marital Cohesion	8.40 (3.40)	11.50 (3.64)	13.85 (3.65)	6.81**	13.86**	5.73**

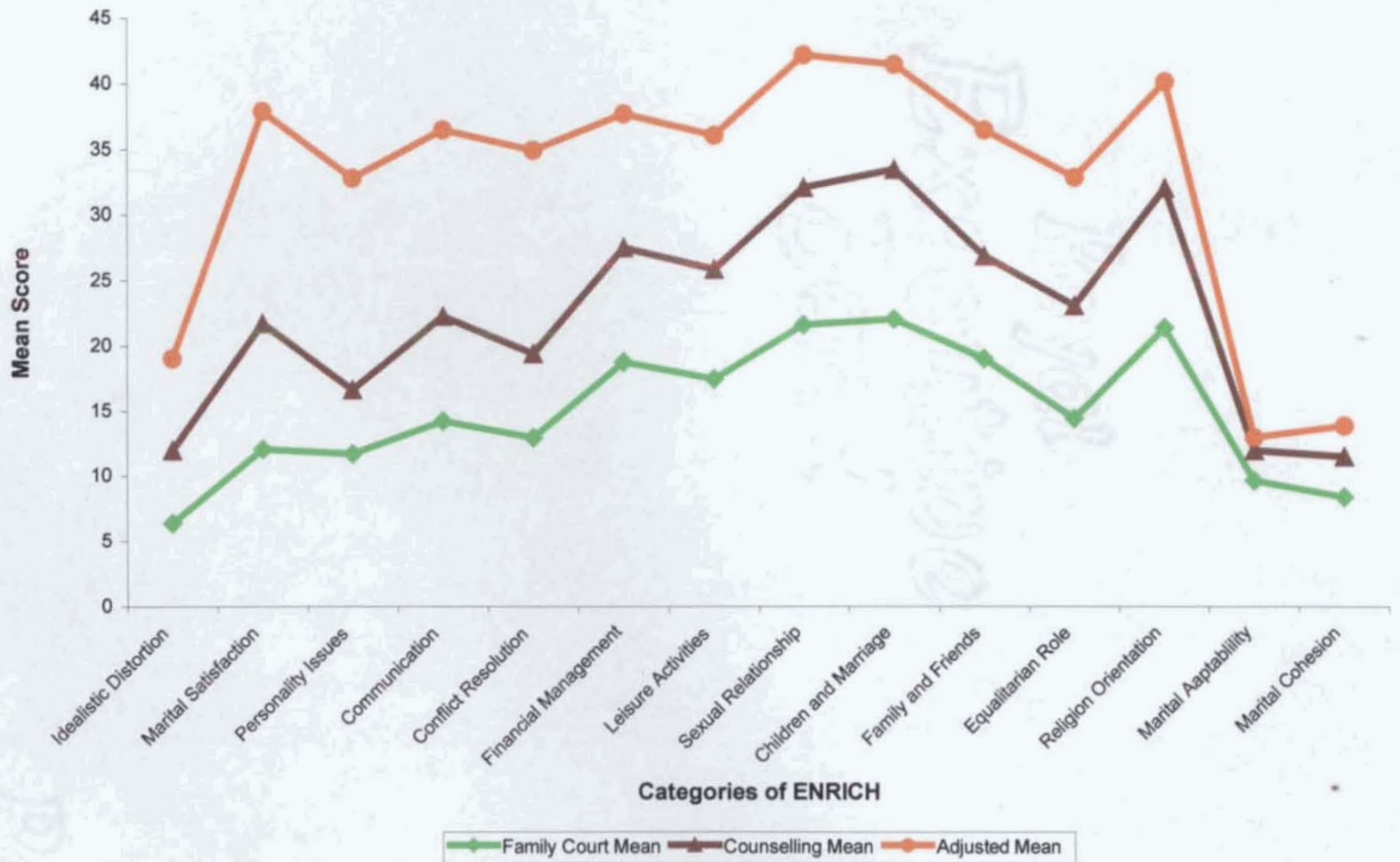
* P<0.05, **P<0.01, ***P<0.001

All the 't' values presented in the table reveal that the three groups, viz., the individual who are registered for divorce in the family court, partners who seek marital counselling from the counselling centres and maritally adjusted partners who are living together, significantly differ in the quality of marital relation. The mean values in the table 4.2 also indicate that the mean scores of the participants in the family court group are lower than that of counselling group and adjusted group. Figure 1 gives a clear picture of the results.

An examination of all the values for the court group clearly indicates a below average score for all the first 12 categories and just low average for the last 2 categories. The participants got low scores on the categories of idealistic distortion, marital satisfaction, personality issues, communication, conflict resolution and equalitarian role as compared to other groups indicating serious problems in these areas. On the categories of financial management, leisure activities, family and friends, they scored below the healthy range and for marital adaptability and marital cohesion they got just above low scores whereas in the categories of sexual relationship and children and marriage and religious orientation their scores are below average.

The findings of O'Leary and Smith (Fincham and Beach, 2002) show that distressed couples emit more negative statements and fewer positive statements and show greater reciprocation of negative behaviours during problem-solving interactions. With regard to behavioural sequences escalating, negative sequences during conflict are associated with marital distress and both frequency and sequences of negative behaviour are more pronounced in couples where physical aggression is found (Burke, 1996). They also concluded that distressed couples tend to respond to the negative affect, thereby continuing the cycle.

Figure 1 : Quality of Marital Relation Among Court, Counselling and Adjusted Groups



Gottman; Weiss and Heyman, (Fincham and Beach, 2002) reported greater net negativity, reciprocity of negative behaviour, more sustained negative interaction and escalation of negative interactions among distressed couples. Moreover, conflict behaviour seems to be relatively stable over the times. So it can be inferred that the distress reflects in all the categories of marital relations in the participants of court group.

In the language of ENRICH manual all the above said areas are considered as work areas, because these unresolved or problematic issues already has grown like a cancer and ate away their relationship. So these people are searching for alternatives, that is, divorce. Moreover, from the personal interview with the participants, investigator could understand that these participants could not get any professional help at the initial stages of their conflict or misunderstandings. Subsequently when their case reached the court, each partner created unjust stories about their marriage for their personal success. This again adversely affected the chance to solve the problem. Then automatically they developed a false ego – which might have affected them more critically.

In the counselling group the mean values indicate relatively higher scores for 3 categories children and marriage, sexual relationship and religious orientation and just above average on 5 categories, viz., financial management, leisure activities, family and friends, marital adaptability and marital cohesion. For the six categories they have scored very low. This suggests that all the areas in which they got below average is considered as work area. The other thing noted is that these participants were directed to counselling centers at the right time of their conflict, by their relatives or friends. Because of this, these people got a chance to resolve their conflict and save their marriage.

The relations among the adjusted group partners clearly support their healthy relationship scoring above average for all the 14 categories. The most striking observation is that sexual relation, children and marriage and religious orientation have emerged as their strength areas, followed by a high score for financial management, marital satisfaction, communication, family and friends and leisure activities. They have also scored high on idealistic distortion, conflict resolution, equalitarian role and personality issues and got moderate or healthy range scores on marital adaptability and marital cohesion.

Comparing the two problem groups with adjusted group the results in table 4.2 reveal that partners who approach family courts are very unhappy in their marital relation on all categories, while those who seek counselling are much healthier and to some extent comparable to the adjusted group. Both the adjusted group and the counselling group have scored higher for the same 3 categories, sexual relationship, children and marriage and religious orientation. With the counselling group getting a high score and the adjusted group getting very high scores indicating these 3 as the strength areas of their relationship. From the results it can be assumed that for the native sample, factors that strengthen the marital bond are sexual relationship, matters relating to children and religious orientation with respect to marriage. These three factors among the partners of the counselling group might have motivated them to seek help to solve the problems and strengthen their relationship through counselling. It can also be noticed that the healthy feature of the counselling group that is shared with the adjusted group and reflected in the scores for financial management, leisure activities, family and friends, marital adaptability and marital cohesion, are above average. Financial management and leisure activities may be

supporting and strengthening the partners marital adaptability and marital cohesion which are also seen among the adjusted group.

Thus 8 categories out of 14 help the counselling group to remain in the relationship whereas for the family court group having no areas with a satisfactory score prefer to get separated. Three categories – equalitarian role, communication and marital satisfaction are just below average for the counselling group and for conflict resolution, personality issues they are just above low scores which indicate their most problem area. These results, therefore suggest that by improving communication, conflict resolution skills, couples can be helped to minimize issues related to their personality issues and enhance equalitarian role in their relationship, making them well adjusted in their marital relationships. The 't' values for all the 14 categories between pairs of groups in table 4.2 also indicate a clear difference in the quality of marital relationships.

Inorder to test whether coping styles of the three-sample groups differ one-way ANOVA was computed for scores on AECOM. Table 4.3 reveals the 'F' values computed on the scores of AECOM among three groups.

TABLE 4.3

One way ANOVA for Coping styles on AECOM among Court, Counselling and Adjusted groups

Coping styles	Source	DF	SS	MS	F
Minimization	Between groups	2	84.73	42.36	1.32
	Within in groups	357	11429.21	32.01	
	Total	359	11513.95		
Suppression	Between groups	2	534.95	267.47	7.82**
	Within in groups	357	12202.33	34.18	
	Total	359	12737.28		
Help seeking	Between groups	2	62.33	31.16	1.15
	Within in groups	357	9604.15	26.90	
	Total	359	9666.48		
Replacement	Between groups	2	93.90	46.95	1.31
	Within in groups	357	12704.21	35.58	
	Total	359	12798.12		
Blame	Between groups	2	826.43	413.21	13.11***
	Within in groups	357	11251.68	31.51	
	Total	359	12078.12		
Substitution	Between groups	2	522.00	261.00	8.84***
	Within in groups	357	10536.11	29.51	
	Total	359	11058.12		
Mapping	Between groups	2	40.15	20.07	1.13
	Within in groups	357	6342.04	17.76	
	Total	359	6382.19		
Reversal	Between groups	2	23.43	11.71	0.47
	Within in groups	357	8804.51	24.66	
	Total	359	8827.99		

* P<0.05, **P<0.01, ***P<0.001

The F values in Table 4.3 indicate that coping styles of the participants among three groups differ with respect to *Suppression*, *Blame* and *Substitution*. The mean difference for these coping styles that denoted significant difference among the pairs of groups was further clarified by computing t-test. The details are given in Table 4.4.

TABLE 4.4

Mean, Standard deviation and 't' values for Coping styles on AECOM among Court, Counselling and Adjusted groups

Variables	Family Court Mean (SD)	Counselling Mean (SD)	Adjusted Mean (SD)	FC Vs. CC 't' value	FC Vs. AD 't' value	CC Vs. AD 't' value
Suppression	20.41 (6.47)	20.96 (5.52)	18.15 (5.42)	0.71	2.93**	3.96**
Blame	17.55 (6.40)	17.84 (5.13)	14.49 (5.20)	0.39	4.06**	5.02**
Substitution	15.30 (5.80)	14.25 (5.30)	11.72 (5.17)	0.06	3.63**	3.75**

As indicated by the values in table 4.4, the mean scores of *suppression*, *blame* and *substitution* show a significant difference between problem groups and adjusted group. Figure 2 gives the graphic representation of the result.

It is also evident that each of the problem groups, family court group and counselling group, score significantly higher on all the three coping styles when compared to the adjusted group separately while these two groups do not significantly differ with each other. The coping style suppression means the tendency to avoid the problem. The higher mean for the problem groups thus indicate that they have a tendency to avoid the day to day problems and this avoidance or irresponsive style might have led them to marital problems. But in the case of adjusted group, they simply don't want to avoid the problem whereas they are ready to face it with their conflict resolution skills.

Figure 2 : Coping Styles Among Court, Counselling and Adjusted Groups



The participants of the problem groups having higher scores than the adjusted group on their blaming nature will affect their marital relationship and this might have been one reason for their marital dissatisfaction. This finding could be related to the reports of Huston and Vavak (1991) that individual who have a tendency to respond to stressful situations with hostility report experiencing more interpersonal conflict and receiving less social support than those who do not respond with hostility. That is, partners in the problem group with their blaming nature creates interpersonal conflict and deprives their spouses of social support.

The high scores in substitution of the problem group suggest more engagement in tension reducing activities. This tendency will affect the marital role by devoting less time and attention to the family matters. From the findings revealed by Table 4.4 it can be affirmed that coping styles contribute to marital problems and that people who seek family or marital counselling and those who proceed for a divorce have the similar maladaptive coping strategies.

To explore the inter group differences in personality 'F' values were computed for the scores on MBTI of three groups. Table 4.5 gives the details.

TABLE 4.5

**One way ANOVA for Personality types on MBTI among Court,
Counselling and Adjusted groups**

Personality types	Source	DF	SS	MS	F
Extraversion	Between groups	2	137.95	16.98	4.06**
	Within in groups	357	6063.24	17.29	
	Total	359	6201.19		
Introversion	Between groups	2	132.35	66.17	3.82*
	Within in groups	357	6174.05	17.29	
	Total	359	6306.40		
Sensing	Between groups	2	131.60	65.80	6.44**
	Within in groups	357	3644.38	10.20	
	Total	359	3775.98		
Intuition	Between groups	2	98.15	49.07	4.91**
	Within in groups	357	3567.17	9.99	
	Total	359	3665.33		
Thinking	Between groups	2	199.95	99.97	5.46**
	Within in groups	357	6535.82	18.30	
	Total	359	6735.77		
Feeling	Between groups	2	160.07	80.03	4.61**
	Within in groups	357	6197.92	17.36	
	Total	359	6357.99		
Judging	Between groups	2	210.37	105.18	5.75**
	Within in groups	357	6522.47	18.27	
	Total	359	6732.78		
Perceiving	Between groups	2	118.60	59.30	3.05**
	Within in groups	357	6931.99	19.41	
	Total	359	7050.59		

*P<0.05, ** P<0.01

All the 8 'F' values in table 4.5 show a significant difference among the three groups with reference to their personality types. This significant difference was further clarified for pairs of groups through means, standard deviation and 't' values as shown in table 4.6.

TABLE 4.6
Mean, Standard deviation and 't' values for Personality types on MBTI
among the Court, Counselling and Adjusted groups

Variables	Family Court Mean (SD)	Counselling Mean (SD)	Adjusted Mean (SD)	FCVs. CC 't' value	FC Vs. AD 't' value	CC Vs. AD 't' value
Extraversion	10.27 (4.55)	10.67 (4.14)	11.74 (3.60)	0.71	2.76**	2.13*
Introversion	10.49 (4.65)	10.14 (4.13)	9.06 (3.63)	0.62	2.65**	2.14*
Sensing	16.47 (3.43)	15.14 (3.04)	16.36 (3.09)	3.19**	0.26	3.09**
Intuitive	8.89 (3.39)	10.10 (2.90)	9.15 (3.16)	2.98**	0.63	2.42*
Thinking	11.93 (4.19)	12.88 (4.31)	13.75 (4.33)	1.73	3.32**	1.57
Feeling	11.56 (4.07)	10.74 (4.19)	9.93 (4.23)	1.55	3.05**	1.49
Judging	12.58 (4.46)	12.52 (4.47)	14.17 (3.85)	0.10	2.96**	3.06**
Perceiving	9.45 (4.55)	9.01 (4.45)	8.07 (4.20)	0.74	2.43**	1.68

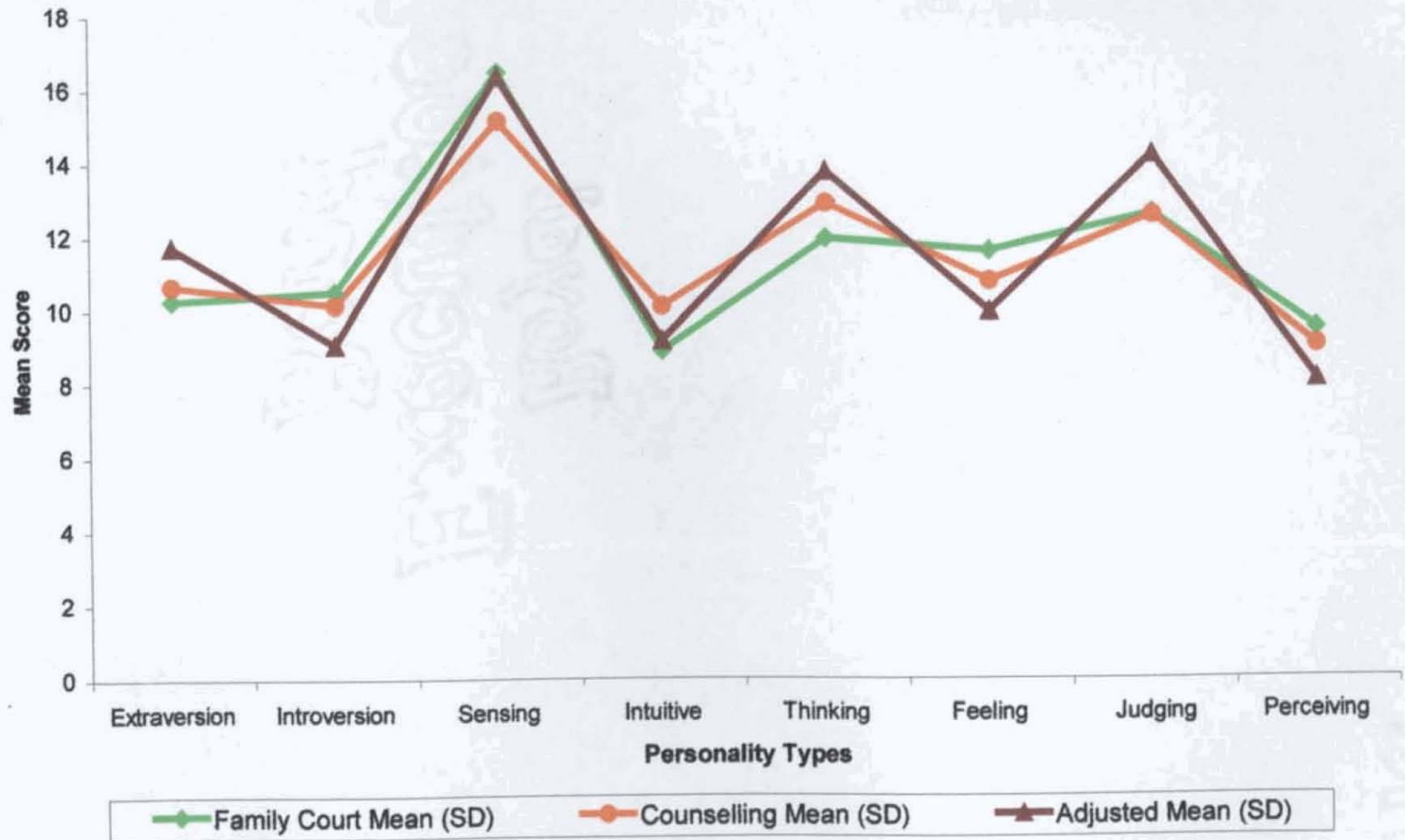
* P<0.05, ** P<0.01

From the tables 4.5 and 4.6 it can be found that the three groups differ with reference to all the 8 personality types. Figure 3 gives a graphic representation of the results.

The difference between family court group and counselling group is only with reference to sensing and intuitive types of personality whereas the differences between family court group and adjusted group is with all the other six types of personality. Counselling group and adjusted group differ with five of the personality types. These two groups do not have any difference in thinking, feeling and perceiving personality types.

The participants of the counselling group are significantly lower in sensing types. Sensing types like to take in information that is real and tangible-what is actually happening. They are observant about the specifics of what is going around them and are especially

Figure 3 : Personality types Among Court, Counselling and Adjusted Groups



attuned to practical realities. These characteristics may positively contribute to adjusted groups whereas these characteristics negatively contribute to the marital conflict.

This group has scored high in intuitive types when compared with the other two groups. These people are focusing on relationship of connections between facts. They want to group patterns and are especially attuned to seeing new possibilities. These characteristics might have led them to counselling centers to search for possibility of retaining the marital relationship. In the case of court group they have only low score in intuitive types. This also may lead them to court. They do not want to know the possibilities. So they are not interested to compromise with the unpleasant relationship.

The significant 't' values for extraversion, introversion thinking, feeling, judging and perceiving clearly indicate the difference between adjusted group and family court group. The participants of adjusted group have got comparatively higher scores on extravert, thinking and judging personality types than the other two groups. Sociable, expressive and communicative nature of the extraverts, reasonable, analytical nature and the strive for an objective standard of truth of thinking types and organized, systematic and decision making nature of the judging types might have contributed to the marital satisfaction of the adjusted group. This group has got low score in introversion, feeling and perceiving when compared with problem groups. This may again strengthen the contribution of extraversion, thinking and judging in maintaining the quality of marital relationship. Thus it can be concluded that the characteristics of introversion, feeling and perceiving may negatively contribute to marital quality.

Huston and Houts support these findings, (1998) report that people create relationship in their own image. Accordingly people

who have “expressive” personalities ought to create highly affectionate, open and satisfying relationships; those who are anxious, or with high negative affectivity ought to create relationships in which the partners are critical of each other and are unhappy.

From the above results and discussions it can be concluded that the three groups viz., family court, counselling group and adjusted group differ in patterns of their marital relationship, coping and personality. So the first hypothesis is accepted.

SECTION B

This section verifies the second, third and fourth hypotheses of the study.

Hypothesis 2

The second hypothesis of the investigation is to study the relationship between Marital relationship and Personality types. For this, correlation coefficients were computed between the scores on the fourteen categories of marital relation in ENRICH and scores on the eight types of personality in MBTI for the total sample as well as separately for the problem group and for the adjusted group. Although there are 3 different subgroups, for this section they were regrouped into two. The subjects of the court and counselling centre having problems in their marital relationship were considered as one, designating it as problem group. So the total strength of this group is 240, and the other group having adjusted experiences in their marital relationships comprises of 120 subjects. Table 4.7 shows the correlation coefficients between marital relationship and personality types for the total sample with $N = 360$.

TABLE 4.7

**Correlation Coefficients between the scores on ENRICH and MBTI for
the Total sample (N=360)**

	P1-E	P2-I	P3-S	P4-N	P5-T	P6-F	P7-J	P8-P
E1	.1461**	-.1460**	.0416	.0160	.1967***	-.1877***	.1361**	-.0845
E2	.1538**	-.1445**	.0840	-.0387	.1942***	-.1759***	.2269***	-.1761***
E3	.1272*	.1019*	-.0049	.0414	.0996	-.0860	.1108*	-.0724
E4	.1642**	-.1435*	.0233	-.0160	.1489**	-.1334*	.2448***	-.2003***
E5	.1795***	-.1743***	.0660	-.0324	.1693**	-.1471**	.1446**	-.1086*
E6	.0853	-.0832	-.0182	.0430	.1592**	-.1494**	.1446***	-.1086*
E7	.1689**	-.1333*	.0444	-.0316	.0112	-.0894	-.2019***	.1753***
E8	.1268*	-.1234*	-.0201	-.0112	.1671**	-.1580**	.1467**	-.1080*
E9	.1249*	-.1185*	-.0371	.0090	.2158**	-.2222***	.1963***	-.1536**
E10	.1382**	-.1253*	.0192	-.0051	.1423**	-.1437**	.1846***	-.1971**
E11	.1063*	-.0986	-.0155	.0294	.1709**	-.1440**	.1580**	-.1376**
E12	.1501**	-.1263*	.0102	-.0041	.2157***	-.2036***	.2667***	-.2267***
E13	.0577	-.0923	.0110	-.0008	.0400	-.0501	.0708	-.0830
E14	.0787	-.1037*	.0314	.0024	.1277*	-.1171*	.1093*	-.1040*

* P<0.05 ** P<0.01 ***P<0.001

From the table it is clear that sixty-nine values out of 112 are statistically significant at three different levels. Most striking feature revealed is that Extraversion (P₁), Thinking (P₅), and Judging (P₇) types have positive significant relationship with marital relationship whereas Introversion (P₂), Feeling (P₆) and Perceiving (P₈) types of personality are negatively correlated with marital relationships. Sensing (P₃) and Intuitive (P₄) types do not have any correlation with any of the categories of marital relationships. Briefly stating, the overall picture of the relation indicates that sociability along with rational and objective thinking help to maintain a healthy relation while a reserved nature with tendencies for momentary enjoyments and extreme emotional sensitivity influences the relationships

negatively. Then the correlation coefficients were computed for the problem group, which is given in the table 4.8.

TABLE 4.8

Correlation Coefficients between the scores on ENRICH and MBTI for the Problem group (N=240)

	P1- E	P2 - I	P3 - S	P4 - N	P5 - T	P6 - F	P7 - J	P8 - P
E1	0.0893	-.0943	-.1495*	.1436*	.1748***	-.1741**	-.0059	.0071
E2	.1154	-.1178	-.0215	.0495	.1269*	-.1041	.1592*	-.1662**
E3	.0258	.0046	-.2651***	.2507***	-.0182	.0058	-.0276	-.0476
E4	.1253*	-.0968	.1429*	.1074	.0337	-.0217	.1757**	-.1822**
E5	.1639*	-.1625*	-.0587	.0665	.1096	-.0903	.0827	-.1150
E6	.0304	-.0275	-.1321*	.1277*	.1043	-.1054	.0496	-.0319
E7	.0976	-.0602	-.0645	.0395	.0830	-.0555	.1288*	-.1521*
E8	.0424	-.0437	-.1330*	.0656	.1147	-.1084	.0367	-.0397
E9	.0505	-.0479	-.1464*	.0832	.1645*	-.1869**	.1123	-.1111
E10	.0918	-.0851	-.1234*	.1148	.0539	-.0721	.0887	-.1253*
E11	.0459	-.0551	-.1625*	.1399*	.1167	-.0934	.1014	-.1420*
E12	.0755	-.0575	-.0793	.0631	.1802**	-.1696	.2244***	-.2193***
E13	.0516	-.0869	-.0325	.0180	-.0277	-.0128	.0760	-.0965
E14	.0222	-.0459	-.0465	.0752	.0380	-.0174	.0204	-.0508

* P<0.05 ** P<0.01 ***P<0.001

The values in table 4.8 show that thirty-two are statistically significant. Secondly all the eight types appear to be significantly related to the marital problems.

It is revealed that four of the personality types are significantly and positively related to certain marital relations and the other four of the personality types are significantly and negatively related with marital relations. *Extraversion* (P₁) is related with *Communication* (E₁) and *Conflict Resolution* (E₅), *Introversion* (P₂) has the relation with *Conflict Resolution* (E₅) *Sensing* (P₃) type is related with *Idealistic*

Distortion (E₁) Personality Issues (E₃), Communication (E₄), Financial Management (E₆) Sexual Relation (E₈), Children and Marriage (E₉), Family and Friends (E₁₀) and Equalitarian Role (E₁₁). Intuitive (P₄) type is correlated with Idealistic distortion (E₁), Personality issues (E₃), Financial Management (E₆), and Equalitarian Role (E₁₁). Thinking (P₅) type has relation with Idealistic distortion (E₁), Marital Satisfaction (E₂), Children and Marriage (E₉) and with Religious Orientation (E₁₂). Judging (P₇) type has relation with Marital Satisfaction (E₂), Communication (E₄), Leisure Activities (E₇), and Religious Orientation (E₁₂). Perceiving (P₈) type is related with Marital Satisfaction (E₂), Communication (E₄), Leisure Activity (E₇), Family and Friends (E₁₀), Equalitarian Role (E₁₁) and Religious Orientation (E₁₂).

P₁ Vs E₄ and E₅. Extraverted type [P₁] of personality has significant positive relation with *Communication (E₄)* and *Conflict Resolution (E₅)* in marital relation. People who prefer extraversion like to focus on the outer world of people and activity. They are sociable, interact with many and have many friends. They direct their energy and attention outward and receive energy from interacting with people and from taking action. They verbalize their thoughts and love. "They look with their mouth". Thus a person, who is an extravert in personality, will be a good communicator-scoring better in communication. They are also interested to learn best through doing or discussing and ready to take initiative in work and relationship. Having all these characteristics they can take initiative to solve the problem. It is theorized that expressiveness or psychological femininity enhances marriage. [Antill, 1983; Lamke *et al.*, 1995] So the conflict resolution skill will be high, or low score of conflict resolution will lead to get low score in extraversion also.

P₂ Vs E₅: *Introvert (P₂)* types are negatively correlated with *Conflict Resolution (P₅)*. These types prefer to focus on the inner world of

thoughts, feelings or impressions. They are less communicative and may feel lonely in a big group. So they may not be aware of the existence of the problem or she/he doesn't want to involve in it. So when the introversion score increases conflict resolution scores will decrease. This result also strengthens the relation between extraversion and conflict resolution

P₃ Vs E₁, E₃, E₄, E₆, E₈, E₉, E₁₀ and E₁₁: Sensing types (P₃) are negatively related with six categories of marital relation such as *Idealistic Distortion* (E₁), *Personality Issues* (E₃), *Communication* (E₄), *Financial Management* (E₆), *Sexual Relation* (E₈), *Children and Marriage* (E₉), *Family and Friends* (E₁₀) and *Equalitarian Role* (E₁₁). Sensing type of personalities seek the fullest possible experience of what is immediate and real. They are "Here" and "Now" people and are more concerned with facts, conditions, observations, forces, counter forces and are practical. So these types can easily sense the differences. Because of this sensing capacity they are capable to identify the differences in behavior and attitudes of their spouses, which in turn poses a problem in the relation. This dissatisfaction will affect negatively in their interpersonal relation, communication, sexual relationship, children and marriage, family and friends and the equalitarian role in the marital relation. High score in idealistic distortion indicates a high level of idealism whereas low scores indicate a more realistic disclosure. So these sensing types will be more realistic, that means, their score in idealistic distortion will be low. The more realistic nature, or interest may lead them to marital dissatisfaction. The lower scores in personality issues imply that they are poor in acceptance of partners' behaviour, temperament and ideas. As a result their relationship become unstable. According to Franzoi (1996) a high degree of marital dissatisfaction and instability is associated with poor acceptance of personality differences between

spouses. The dissatisfaction in relationship may cause to get low score in communication and sexual relationship. The low score in communication will make them poor in sharing and in verbal and nonverbal expressions. Sala (1994) and Foster (1995) reported that couples who do not avail themselves of intimate communication tend to have dysfunctional relationships and experience greater loneliness the loneliness also reflects in their sexual intimacy.

The low scores in financial management indicate the dissatisfaction in the area of handling money. The difference of opinion will affect financial management area. Sensing types also got low scores in children and marriage, family and friends and equalitarian role. Partners had different opinions in rearing children. These were with regard to having children and low satisfaction in the role of child rearing between husband and wife. In this situation conflicts can develop and marital relationship can be destroyed.

Like wise, the low scores in family and friends reveal that the sensing types will have discomfort with relationships of family and friends and imply potential areas of conflict. They are observant about the specifics of what is going on around them and are especially attuned to practical reality. The reactive nature may be the cause of low score in family and friends. These types experienced low satisfaction in egalitarian role as reflected in low mean scores. Each individual brings different role expectations with them to marriage. Each has definite expectations of self, the other partner, and marriage itself. Their easily affected temperament some times causes disappointments in their expectation. However it can be concluded that the special characteristics of sensing types will negatively affect the above said areas of marital relation.

P₄, V_s, E₁, E₃, E₆, and E₁₁: *Intuitive* types (P₄) are positively related with *Idealistic distortion* (E₁), *Personality Issues* (E₃), *Financial Management* (E₆) and *Equalitarian Role* (E₁₁). Intuition refers to perception of possibilities, meanings and relationships by way of insight. Intuition permits perception beyond what is visible to the senses, including possible future events. People who prefer intuition may develop the characteristics that can follow from that emphasis and become imaginative, theoretical, abstract, future oriented, and original or creative. Persons oriented toward intuition may also become so intent on pursuing possibilities that they overlook actualities. Because of all these characteristics the intuitive people can accept their partners in the real situation. Intuitive people can give new meaning and possibility to the partners' special character. They always search for possibilities, so they do not look upon the real situation as issues as final. That is why these people are more idealistic and got more score in idealistic distortion. Because of the future orientation nature, these people will have a good score in financial management category. So they are ready to discuss money matters with the partners. This will increase the equalitarian role. Olson (1984) defines equalitarian role in marriage as equality between husband and wife in marital and family roles, specifically in occupational roles, household roles, sex roles, and parental roles. Stinnett *et al.*, (1984) believes that many conflicts are caused by role expectation that do not match. This problem group of sample having low scores in the categories of marital relationship may get low scores in intuitive personality type.

It can be assumed that the sample of this group having problems in their marital relation, has low scores in the categories of Idealistic distortion, Personality issues, Financial Management,

Family and friends and Equalitarian role. Because of Positive Correlation this sample's intuitive scores also will be low.

P₅ Vs E₁, E₂, E₉, and E₁₂. *Thinking* types (P₅), are positively related with *Idealistic Distortion* (E₁), *Marital Satisfaction* (E₂), *Children and Marriage* (E₉) and *Religious Orientation* (E₁₂). Thinking is the function that comes to a decision by linking ideas together through logical connections. Persons who are primarily oriented toward thinking are likely to develop characteristics associated with this way of arriving at conclusions, analytical inclination, objectivity, concern with principles of justice and fairness, and an orientation to time that is linear, that is, concerned with connections from the past through the present and toward the future. Low score in idealistic distortion indicate a more realistic disclosure and this may tend to keep fewer characteristics of thinking type or vice versa. High scores in the category of children and marriage shows a concern regarding decisions to have children in the marriage relationship, and satisfaction with how parental roles and responsibilities are defined. The characteristics possessed by the thinking types can fulfil the parental role in a good manner. So these types will have satisfaction in marital relationship. Justice and fairness along with healthy parental attitudes contributes to over all marital satisfaction. The organised, systematic traits make them easy to follow a strict religious life. So they are also interested in religious activities.

P₆ Vs E₁, E₉, and E₁₂: *Feeling* types (P₆) are negatively related with *Idealistic Distortion* (E₁), *Children and Marriage* (E₉) and *Religious Orientation* (E₁₂). Feeling types try to understand people and to anticipate and take into account the effect of the decision at hand on the people involved and on what is important to them. They are more troubled with conflicts and tend to personalise them. They put their self-worth in others and want to be popular than right. Thus

their score in idealistic distortion will be low which means they are more realistic in their marital relationships. The exaggerated style of the feeling types, in front of people other than the relatives may irritate the partners. When the characteristics of feeling type are high in an individual, the tendency to get low scores in the category of idealistic distortion and children and marriage is more. This means they will have discomfort with perceptions of partners' parental roles and responsibilities.

These people got low score in religious orientation. The low score reflects individualistic and less traditional interpretation of the role of religion in the marriage relationship. Feeling types give importance to relationship harmony, so they are very flexible by nature. They are not ready to follow a strict, organised religious life pattern. This may be the cause of low score in religious orientation.

P₇ Vs E₂, E₄, E₇, and E₁₂: *Judging* types (P₇) have positive correlation with *Marital Satisfaction* (E₂), *Communication* (E₄), *Leisure Activities* (E₇), and *Religious Orientation* (E₁₂). In *Judging* attitude a person is concerned with making decisions, seeking closure, planning operations, or organizing activities. These people seem to be organised, purposeful and decisive in their outer behaviour frequently stating, "yes we do have enough information to take this decision". This organised style of judging types may lead to marital satisfaction, this marital satisfaction will improve their communication pattern and leisure activities. Research has also indicated that marital satisfaction is more closely related to good communication during leisure activities (Gorman, 2003). The systematic disciplined nature forces them to lead a religiously oriented life style.

P₈ Vs E₂, E₄, E₇, E₁₀, E₁₁, and E₁₂: *Perceiving* type (P₈) of personalities have negative relationship with the categories of *Marital satisfaction* (E₂) *Communication* (E₄), *Leisure Activities* (E₇) *Family and Friends* (E₁₀), *Equalitarian Role* (E₁₁) and *Religious Orientation* (E₁₂) People who prefer to use their perceiving process in the outer world like to live in a flexible, spontaneous way, seeking experience and understand life, rather than control it. Detailed plans and final decisions feel confining to them; they prefer to stay open to new informations and last minute options. They are energized by their resourcefulness in adapting to the demands of the moment. So they give importance to the realistic disclosure. This will decrease the level of marital satisfaction. The preference for new information will affect their communication style and leisure activities negatively. They are always involving in their own flexible world and hence difficult to maintain relations. This will be a reason for a deficiency in the level and type of communication in their relationship and in the leisure activities. Because of the spontaneous and flexible nature, the perceiving types find it difficult to adjust with the traditional view that religion is an extremely important component of marriage. So the low scores reflect a more individualistic and less traditional interpretation of the role of religion in the marriage relationship. Thus from the findings revealed in table 4.8 it is clearly evident that personality has an important role to play in problematic marital relationship. This finding has supported by Kurdek (1991).

The next table, 4.9, reveals the correlation coefficients between marital relationships and personality types of adjusted group.

TABLE 4.9

**Correlation between the scores on ENRICH and MBTI
for the Adjusted group (N=120)**

	P1	P2	P3	P4	P5	P6	P7	P8
E1	-.0318	.0338	.1405	-.0762	.0305	-.0246	.0417	.0230
E2	-.0742	.1258	.1721*	-.1157	.1338	-.1301	.1043	-.0337
E3	.0220	.0306	.0715	-.0231	-.0371	.0746	-.0781	.1665
E4	-.0080	.0306	.1656	-.1454	.1265	-.1142	.1636	-.1133
E5	-.0123	.0238	.1309	-.0953	.0501	-.0205	-.0149	.0141
E6	-.0752	.0709	.0680	-.0168	.0656	-.0451	.0688	-.0893
E7	.1252	-.0633	.1669	-.1165	-.1222	.1212	.0971	-.0567
E8	.0934	-.0744	.0994	-.1512	.0541	-.0603	.1226	-.0572
E9	.0755	-.0575	.0644	-.0845	.1762*	-.1665	.1578	-.0835
E10	.0144	.0203	.2312*	-.2066*	.1339	-.1163	.1665	-.1294
E11	-.0265	.0695	.0607	-.0331	.0795	-.0471	-.0129	.0384
E12	.1387	-.0813	.0934	-.0857	.1294	-.1277	.1553	-.1109
E13	-.0730	.0307	.0487	-.0004	.0751	-.0844	-.1224	.0655
E14	-.0188	-.0348	.1138	-.1046	.1557	-.1874*	.0675	-.0609

* P<0.05

The values in Table 4.9 reveals that only five out of 112 correlation coefficients are statistically significant and at the lower level of 0.05. Four personality types show a relation with marital relationship. In view of these results it can be inferred that the personality type as such is not an important predictor for the quality of marital relationship in the adjusted group. This result has supported by Calahan (1996) that other marital constructs may be more important than temperament type differences in predicting marital quality or marital satisfaction.

There is significant relationship between *Sensing types* (P₃) with *Marital Satisfaction* (E₂) and *Family and Friends* (E₁₀). *Intuitive types* (P₄) with *Family and Friends* (E₁₀) *Thinking types* (P₅) with *Children and Marriage* (E₉) and *Feeling* (P₆), types with *Marital Cohesion* (E₁₄). Considering each significant set of relation separately may give a clear understanding of the relation.

P₃ Vs E₂ and E₁₀: *Sensing* type (P₃) of personality is positively related with *Marital Satisfaction*, (E₂) and *Family and Friends* (E₁₀). *Sensing* refers to perceptions observable by way of the senses. *Sensing* establishes what exists because the senses can bring to awareness only what is occurring in the present moment. They therefore often develop characteristics associated with this awareness, such as enjoyment of the present moment, realism, acute powers of observation, memory for the details of both past and present experiences, and practicality. The capacity to enjoy the present moment will help them to have more satisfaction in their marital relation. Marital satisfaction in turn leads them to comfortable relationships with relatives and friends. So it can be inferred that when partners are alert and attentive to the present conditions it enhances the relation with others.

P₄ Vs E₁₀: *Intuitive* type (P₄) is negatively related with the category of *Family and Friends* (E₁₀). People who prefer intuition like to take in information by seeing the big picture, focusing on the relationship between facts. They want to grasp patterns and are especially assumed to see different meanings. At the same time in informal relations among friends and family members people often interact spontaneously and freely without considering the intuitive side of things. This brings in a difference in expectations and reactions. Thus an intuitive personality will find it difficult to maintain an easygoing relation.

P₅ Vs E₉: *Thinking* types (P₅) show a positively significant relationship with *Children and Marriage* (E₉) in the adjusted group also as revealed in the problem group. This strengthens the assumption that this characteristic of personality contributes to the social bond in marriage by fulfilling the different roles.

P₆ Vs E₁₄: *Feeling* type (P₆) show negative relationships with the category of *Marital Cohesion* (E₁₄). People who prefer to use feeling in decision making like to consider what is important to them and to others involved. They mentally place themselves into the situation to identify with every one, so they can make decisions based on their values about honoring people. They may appear tender hearted. Marital cohesion describes how close the couple feels toward each other and how they balance togetherness and being alone. Very high scores or very low scores reflect either too much or too little togetherness, which may be problematic for the couple. Therefore, extreme feelings are likely to affect the relation negatively.

While doing inter group comparison of correlations that are discussed above, it can be seen that, for the total group 6 types have the correlation with marital relation whereas in the problem group 8 types have significant correlation with marital relation. Problem group is also like the total group that Extraversion, Thinking, Judging types are positively correlated but the other three Introversion, Feeling and Perceiving, types are negatively correlated. A Few efforts have been mounted to explore the causal pathways linking personality to relationship functioning. Bouchard *et al.*, (1999) has shown that partner's personality, particularly emotional instability and agreeableness are linked to their tendency to complain that their spouse acts in a moody, jealous, or dependent manner, or other wise upsets them by being condescending or self-centered. It is interesting to note that in the adjusted group the

correlation between personality and marital relation is lesser, that is only 5 values out of 112 are significant, that too at the level of 0.05 only. Another feature is that in the problem group sensing types show a negative correlation and intuitive type shows a positive correlation where as in the adjusted group the relation indicated is in the reverse direction. Therefore it suggests that the nature of influence of personality factors in marital relation change according to other aspects of the relation also. From the present study it can be assumed that marital relationship and personality are related in Indian samples irrespective of cultural differences as reported in a number of western studies (Nolls, 1995; Burke, 1996; Kosek, 1996; Miller, Caughlin and Huston, 2003). It is evident from the results of correlation reported and discussed above that hypothesis 2 formulated for the study has been fully supported and hence accepted.

Hypothesis 3

To verify the third hypothesis that marital relationships and coping styles are related, a series of correlation were computed between the variables of ENRICH and AECOM separately for the total sample, problem group and adjusted group. Details are presented in the following pages. Table 4.10 shows correlation values for the total sample.

TABLE 4.10

**Correlation coefficients between Scores on ENRICH and
AECOM for the Total sample (N=360)**

	C ₁	C ₂	C ₃	C ₄	C ₅	C ₆	C ₇	C ₈
E ₁	.1195*	-.0891	-.0477	.0921	-.2124***	-.1600**	-.0082	.0006
E ₂	.1051*	-.1161*	-.0754	-.0974	-.2356***	-.2221***	.0151	-.0059
E ₃	.0453	-.0682	-.0903	.0423	-.2269***	-.2569***	.0170	-.0560
E ₄	.0686	-.1062*	-.0072	.1087*	-.2424***	0.1899***	.0293	-.0085
E ₅	.1042*	-.1047*	-.0343	.0965	-.2409***	-.2232***	.0376	.0184
E ₆	.0711	-.1092*	-.0994	.1751***	-.1608**	-.1611**	.0986	.0254
E ₇	.0689	-.1227*	-.0667	.1018*	-.2099***	-.1636**	.0347	.0317
E ₈	.0716	-.1325*	-.0294	.1082*	-.1913***	-.1691**	.0113	.0109
E ₉	.1188*	-.1182*	-.0581	.1746**	-.2482***	-.2321***	.0855	.0838
E ₁₀	.1046*	-.0577	-.0572	.1483**	-.2130***	-.1587**	.0861	.0705
E ₁₁	.1198*	-.0948	-.0754	.1133*	-.1819***	-.1836***	.0314	.0262
E ₁₂	.1664**	-.1352*	-.0095	.1646**	-.1549**	-.2114***	.0598	.0619
E ₁₃	.0344	-.0499	-.0076	.0206	-.1610**	-.0542	-.0903	-.0495
E ₁₄	.1199*	-.1020*	-.0552	.1160*	-.0952	-.0853	-.0372	-.0435

*P < 0.05; ** P < 0.01, *** P < 0.001.

Table 4.10 reveals that 51 values out of 112 are significant. Among these 19 are significant at 0.001 level and 11 are significant at 0.01 level and 21 are significant at 0.05 level.

The coping styles *Minimization* (C₁) and *Replacement* (C₄) have positive correlation with Marital Relationship whereas the coping styles *Suppression* (C₂), *Blame* (C₅) and *Substitution* (C₆) have negative correlation with marital relationships. Three of the coping styles C₃, C₇ and C₈ indicate no direct relation with any category of marital relations. All the 14 categories of marital relations have significant correlation with one or more of the coping styles. Then

the correlation coefficients were computed for problem group and adjusted group separately.

Table 4.11 shows the details for the problem group.

TABLE 4.11

Correlation coefficients between the Scores on ENRICH and AECOM for the Problem Group (N = 240)

	C ₁	C ₂	C ₃	C ₄	C ₅	C ₆	C ₇	C ₈
E ₁	.1120	.0952	-.0239	.1188	-.0209	.0350	.0638	.0536
E ₂	.0916	.0132	-.0685	.1332*	-.0372	-.0540	.0067	.0672
E ₃	-.0063	.1211*	-.0616	.0756	.0072	-.0644	-.0409	-.0262
E ₄	.0602	-.0035	.1006	.1623*	-.0592	-.0062	.0477	.0696
E ₅	.1331*	.0458	.0612	.1325*	-.0109	-.0176	.0524	.1163
E ₆	.0347	.0022	-.1021	.1907**	.0283	-.0236	.1075	.0433
E ₇	.0435	.0487	.0806	.1252*	-.0651	-.0739	.0130	.0867
E ₈	-.047	-.0028	.0215	.1127	-.0094	-.0073	.0011	.0749
E ₉	.1317*	.0779	-.0733	.1648*	-.1553*	-.1683**	.0715	.1309*
E ₁₀	.1148	.1376*	-.0281	.1218*	-.0938	-.0706	.0590	.1155
E ₁₁	.1269*	.0348	.0193	.1392*	.0165	.0023	.0024	.0624
E ₁₂	.1324*	-.0132	.0230	.1833*	-.0541	-.1377*	.0810	.0957
E ₁₃	-.0127	-.0525	.0083	-.0026	-.1217*	-.0463	-.1144	-.0672
E ₁₄	.1048	.0268	-.0405	.0867	.0442	.0116	-.0970	-.0612

*P < 0.05, ** P < 0.01

The values in table 4.11 indicate that 20 values out of 112 are statistically significant at the levels of 0.05 and 0.01. It also reveals that all except two, Help seeking (C₃), and Mapping (C₇) among coping styles are significantly related to marital relation.

Four of the coping styles *Minimization* (C₁), *Suppression* (C₂), *Replacement* (C₄) and *Reversal* (C₈) are positively correlated with marital relationship whereas *Blame* (C₅) and *Substitution* (C₆) are negatively correlated with marital relationship. To understand the nature of these relations each of these coping styles is separately discussed with the related marital relations.

C₁ Vs. E₅, E₉, E₁₁ and E₁₂: The coping style *Minimization* (C₁) is positively correlated with *Conflict Resolution* (E₅), *Children and Marriage* (E₉), *Equalitarian Role* (E₁₁) and *Religious Orientation* (E₁₂). Minimization means that there is a tendency to minimize the importance of the problem or solution. A high score in conflict resolution reflects realistic attitudes about the probability of relationship conflicts and comfort with the way most problems are handled in the couple's relationship. The person who possesses more conflict resolution skills, he/she has a tendency to minimize the importance of the problem. The subjects of this group having problems, got only a low score in conflict resolution area which also means that they have a tendency for a low score in minimization. It can be concluded that low minimization score means that these people simply exaggerate the day-to-day problems. They also do not have the capacity to handle the conflicts in a good manner. The correlation of this coping style with children and marriage reveals that this will affect the parental role also. This also may mean that those who exaggerate the day to day life problems may not be able to fulfil the parental role and does not get enough satisfaction or comfort from his or her parental role. A low equalitarian role means the individual's dissatisfaction with the occupational, household, sex and parental roles. The dissatisfaction with equalitarian role will make them to get irritated or tensed for their responsibilities. They do not try to solve the problems and develop problems in other areas as well. So they can't minimize the importance of the situation. Thus it leads to a vicious cycle. The category of the religious orientation of marital relation also has a positive correlation with minimization. Religiously oriented life style help people to solve the problems in a relaxed and peaceful manner. So they can minimize the importance of the problem or vice versa.

C₂ Vs E₃ and E₁₀: The coping style *Suppression* (C₂) is positively correlated with the categories of *Personality Issues* (E₃) and *Family and Friends* (E₁₀) of marital relation. Suppression as a coping style means the person has a tendency to avoid the problem or situation. The category of personality issues of ENRICH includes an individual's perception of his/her partner with regard to behavioural issues and the level of satisfaction or dissatisfaction felt on those issues. This category gives importance to the personality traits such as tardiness, temper, moodiness, stubbornness, jealousy and possessiveness. Since this group have problems in marital relationship their scores in the areas of personality issues and family and friends are very low. The positive correlation score for the coping style suppression implies that the score for this is also low. That means, when partners do not avoid problems they bother more about the minute differences between them in behaviour and when an individual experiences more behavioural problems with his/her partner, the tendency to hold the other partner responsible and to believe that there can be problems or conflict is high and also they may give importance to problems or situations. This can be supported by the findings of Gottman, Weiss and Heyman (Fincham and Beach, 1999) that there is greater net negativity, reciprocity of negative behaviour, more sustained negative interaction and escalation of negative interactions among distressed couples. Moreover, conflict behaviour seems to be relatively stable over time.

C₄ Vs E₂, E₄, E₅, E₆, E₇, E₉, E₁₀, E₁₁ and E₁₂: The coping style *Replacement* (C₄) has emerged as the most related variable and is positively related with *Marital Satisfaction* (E₂), *Communication* (E₄), *Conflict Resolution* (E₅), *Financial Management* (E₆), *Leisure Activities* (E₇), *Children and Marriage* (E₉), *Family and Friends* (E₁₀), *Equalitarian role* (E₁₁) and *Religious orientation* (E₁₂). The coping style

replacement means dealing with problems by finding alternative solutions. If a person uses replacement as a dominant coping style that person can manage the life problems in the marital relationships in a good manner. This capacity of finding alternatives will positively affect all the areas of marital relation and help him to adjust with demands which in turn will lead him to marital satisfaction, increasing the communication pattern, conflict resolution skills, leisure activities etc. or vice versa. So with a low score of replacement a person is not able to substitute the goal of meeting the expected standard or is able to dilute them. Empirical research has provided evidence in support of this result. Studies showed that when individuals' relational standards are met or exceeded, partners tend to be relatively satisfied with their relationships; when their standards are not fulfilled, they are likely to be somewhat dissatisfied (Baucom *et al.*, 1996; Fletcher, Simpson, Thomas and Gieles, 1999; Vangalisti and Daly, 1997).

C₅ Vs. E₉, and E₁₃: *Blame* (C₅) is negatively related with *Children and Marriage* (E₉) and *Marital Adaptability* (E₁₃). Blame as a coping style means that there is a tendency to blame others or system for his or her problems. When the person uses blame as the coping style his or her satisfaction also will decrease in the category of children and marriage. Blame has also a negative relation with marital adaptability. Marital adaptability describes how much the couple is able to change and be flexible when necessary. Specific items deal with the type of leadership, ability to switch chores and change rules, style of resolving disagreements and change marriage over time. Moderate scores (30-60) reflect a balance between having some stability in marriage and being able to change when necessary. Very high and very low score may be problematic for the couple. Here too much blame scores tend to decrease the marital adaptability score.

C₆ Vs. E₉ and E₁₂: The coping style *substitution* (C₆) has negative correlation with *Children and Marriage* (E₉) and *Religious Orientation* (E₁₂). Here the coping style substitution means engaging in tension reducing activities such as sports, games, etc. When an individual's scores in substitution is high, the scores in the category of children and marriage become low. That means, the person who possesses the coping style of substitution does not have enough satisfaction from the parental role. In other words if the person who gets enough satisfaction with his or her parental roles, there is no need to seek any substitution like sports or games to reduce their tension. His or her family atmosphere itself becomes the tension reducer. The negative relation with E₁₂ indicates that too much involvement in tension reducing activities will affect the religious practices adversely. This may be probably because a person who is too entertainment seeking will find it difficult to have a mature, empathetic and composed attitude to everything and vice versa.

C₈ Vs. E₉: The coping style *Reversal* (C₈) has a positive relation with *Children and Marriage* (E₉). Reversal means, a tendency to act in an opposite way in, which she feels, or masking the reactions in an acceptable way. Low scores in the category of children and marriage reflect a lack of consensus regarding decisions to have children and the size of family preferred, concern over the impact of children on the relationship, and discomfort with perceptions of parental roles and responsibilities. Here when the reversal score is low the score in children and marriage will be low. That means if a person can't enjoy or experience a very good parental role from his/her partner's part that person is not ready to adjust or compromise with the problems, which arises in the area of children and marriage but openly express or react in the real way.

The correlations computed between scores on ENRICH and AECOM for the adjusted group are shown in Table 4.12.

TABLE 4.12

Correlation coefficients between the Scores on ENRICH and AECOM for the Adjusted Group (N = 120)

	C ₁	C ₂	C ₃	C ₄	C ₅	C ₆	C ₇	C ₈
E ₁	.1869*	.0175	.1267	.0009	-.0464	-.0804	.0877	.0437
E ₂	.1805*	.0037	.1006	.0102	-.0870	-.1666	.0451	-.0134
E ₃	.0579	.1187	-.0239	-.0867	-.1055	-.2643**	.0991	-.0508
E ₄	.0425	.1137	.0068	-.0248	-.1392	-.1534	.0163	-.0651
E ₅	.0727	.1110	.0096	.0258	-.1744*	-.2324*	.0557	.0103
E ₆	.1214	.1312	.0324	.1585	-.1416	-.1108	.1434	.1240
E ₇	.0889	.1790*	.1448	-.0077	-.0751	-.1226	.1126	.0298
E ₈	.1089	-.0407	.0475	.0672	-.2054*	-.2422**	.0532	-.0925
E ₉	.0605	-.0256	.1816*	.2531**	-.0408	-.0380	.2004*	.1324
E ₁₀	.0481	.1206	.0128	.2308*	-.0785	.0021	.1990*	.1013
E ₁₁	.1067	.0729	-.1292	.0517	-.1121	-.1893*	.0912	.0862
E ₁₂	.2976***	-.0120	.0874	.1072	.0827	-.0576	.0347	.1190
E ₁₃	.1267	.0923	.0288	.0469	-.0373	.1374	-.0517	.0518
E ₁₄	.1436	-.0466	.0408	.1855*	-.0101	.0419	.0939	.1067

*P < 0.05; ** P < 0.01, *** P < 0.001.

Table 4.12 reveals that 16 values of correlation coefficients are statistically significant at the levels of 0.05, 0.01 and 0.001.

The Coping Styles, *Minimization* (C₁), *Suppression* (C₂), *Replacement* (C₄) and *Mapping* (C₇) are positively correlated with marital relationship whereas *Blame* (C₅) and *Substitution* (C₆) are negatively related with marital relationship. The relationship of each variable is discussed separately.

C₁ Vs E₁, E₂, and E₁₂: *Minimization* (C₁) is positively related with *Idealistic Distortion* (E₁), *Marital Satisfaction* (E₂) and *Religious Orientation* (E₁₂). High scores of idealistic distortion indicate a high level of idealism. Low scores indicate a more realistic disclosure. Here in this study if a person has more idealism with respect to marital relation there is a tendency to minimize the problems, because that person is not an observant of the details of real happenings. Greenberg and Stone (Anita, Vangelisti and Alicia, 2002) found that people who disclosed their feelings about a negative event experienced some positive out come but those positive effects only showed up for individuals who expressed their feelings for the first time. This minimizing style of the person may lead him or her to marital satisfaction. Correlation coefficient between Minimization Vs. Religious orientations shows a positive relationship. The coping style minimization means minimizing the importance of the problem or solution. The category of religious orientation indicates an individual's attitude, feelings and concerns about the meaning of religious beliefs and practice within the context of marriage. The items focus on the meaning and importance of religion, involvements in church activities and the expected role that religious beliefs will have in the marriage. High scores in this category reflect a more traditional view that religion most often advocates stability and tolerance within the relation, which is an extremely important component of marriage. Thus religiously oriented people will have the capacity and confidence to withstand the problem situation and tend to minimize the problem. They may seem to be relaxed though they have problems.

C₂ Vs E₇: *Suppression* (C₂) has positive correlation with *Leisure Activities* (E₇) Suppression as a coping style means avoiding the problem or situation. This has a positive relation with leisure

activities. The tendency of avoiding problems gives a chance to enjoy the life situation or vice versa. So these types of people will take part in leisure activities in the family.

C₃ Vs E₉ *Help seeking* (C₃) is positively correlated with *Children and Marriage* (E₉). The coping style Help seeking means asking others for help. The uses of this coping style help the partners to maintain or fulfil the parental role fairly. This attitude enhances communication between the members and is likely to develop a free and fair relationship among them. Prior research already suggested that the coping strategies people use affect individuals' psychological and physical well-being. For instance, individuals who cope with stress by seeking out support from their social network are more likely to receive support and on an average, are likely to experience greater well being than their counter parts who do not solicit support from friends or family. (Conn and Peterson, 1989; Dunkel-Schetter, Feinstein, Taylor, and Falke, 1992).

C₄ Vs E₉, E₁₀ and E₁₄: *Replacement* (C₄) is positively related with *Children and Marriage* (E₉), *Family and Friends* (E₁₀) and *Marital Cohesion* (E₁₄). The capacity to deal with problems by alternative solutions can contribute to management of the daily responsibilities of marriage in a good manner. So when a person uses more replacement as coping style that person does not have many problems in their parental roles and relationship circles. That will allow the individual to keep a healthy marital cohesion score by maintaining the interpersonal bonds.

C₅ Vs E₅ and E₈: The coping style *Blame* (C₅) has negative significant correlation with the area of *Conflict Resolution* (E₅) and *Sexual relation* (E₈). This means when a person has the tendency of blaming

others or the system for his or her problems the conflict resolution and intimacy in sexual relation will be low.

C₆ Vs E₃, E₅, and E₈ and E₁₁: Coping by *Substitution* (C₆) is negatively related with *Personality Issues* (E₃), Conflict resolution[E₅], *Sexual Relation* (E₈) and *Equalitarian Role* (E₁₁). The characteristics of the person who has the coping style substitution seem to be engaging in tension reducing activities. The category of personality issues ENRICH includes an individual's perception of his/her partner with regard to behavioral issues and the level of satisfaction or dissatisfaction felt on those issues. This category gives importance to the personality traits such as tardiness, temper, moodiness, stubbornness, jealousy and possessiveness. Here the negative correlation between the above said variables reveal that when person experiences behavioural problems with the partner, the tendency to engage in tension-reducing activities will increase. In this study we can also infer that the person who is increasingly involving in tension reducing activities like drugs, drinks, sports and games etc., may have to face more personality problems with his/her partner. So such people are not interested to handle the problems or they do not have enough conflict resolution skills. Likewise low scores in sexual relationship indicate dissatisfaction with the expression of affection in the relationship, concern about the role of sexuality in marriage, and/or disagreement over decisions regarding birth control. The person who feels dissatisfaction in the category of sexual relationships is likely to use the coping style of substitution more. The person who uses more substitution as a copying style may not get enough time to take part in the equalitarian role in marital relationship. There is also a chance for becoming irresponsible.

C₇ Vs E₉ and E₁₀: *Mapping* (C₇) as coping style shows a positive significant correlation with *Children and Marriage* (E₉) and *Family and Friends* (E₁₀). Mapping indicates collecting information about the situation or problem. The high scores in the two areas of marital relationships indicate a healthy relationship. To keep a healthy relationship with children, relatives and friends, it is necessary to collect realistic information about the situation.

The existence of a relationship between the coping efforts used to manage marital difficulties and marital adjustment has been established (Bouchard, Sabourin, Lussier, Wright and Richer, 1998). Studies have revealed reasonably consistent associations between marital adjustment and coping such as positive approach, avoidance, self-interest and conflict (Cohan and Lazarus, 1979; Ptacek *et al.*, 1994). Positive approach has been associated with higher levels of marital satisfaction, whereas the other strategies have been associated with poorer marital satisfaction.

While comparing the sample groups (total, problem and adjusted) *Minimization* (C₁) and *Replacement* (C₄) have a positive correlation with marital relationship in all the three groups and suppression (C₂) among the problem and adjusted groups. *Blame* (C₅) and *Substitution* (C₆) have negative correlation with marital relationship in the three groups. Another feature noted is that in the adjusted group 7 coping styles except *reversal* have correlation with marital relation and the coping style *help seeking* shows correlation with marital relations only in the adjusted group.

For the problem group with very low scores in marital relationships lead them to get low score in *Minimization* and *Replacement*. That means these people do not minimize their problem. They may give importance to simple problems and may

exaggerate which lead them to court or counselling centres. People who are unhappy with their relationship are less likely to provide relationship enhancing attributions for their partner's behaviour (Holtzworth *et al.*, 1985). The low replacement score also indicate that they are not ready to solve their marital problems by finding alternatives. Thus they try to get divorce. For the adjusted group their scores in marital relation is high, so they have a tendency to get a high score direction in minimization and replacement revealing that those people can minimize the problem and not exaggerate the simple ones and use more replacement coping style finding alternatives to settle the issues.

For the problem group *Blame* and *Substitution* got negative correlation with marital relation. It can be assumed that their low score in marital relationship areas lead them to get high score in blame and substitution. These two coping styles might have acted as a reason for the conflict and separation whereas in the adjusted group's negative relation means high scores in marital relationship areas lead them to minimize the use of blame and substitution as coping styles.

Two coping styles, *Help seeking* (C₃), and Replacement (4) have prominently emerged as significant for the adjusted group, which is not found in the problem group. Coping strategies, themselves, do not appear to be inherently positive or negative. Some have negative consequences in almost any context. As a consequence, researchers probably are not able to generate simple lists of "effective and ineffective" strategies. Strategies that involve prosocial behaviours may be employed with malevolent intentions. Those that initially seem negative may encourage some partners to confront issues they had been avoiding. Strategies that look like harmful to individuals may serve as an important function in maintaining relational

stability. Coping strategies, in short, are enacted and embedded within relationship whether they are associated with positive or negative relational outcome very likely depends on a myriad of issues, including the history shared by relational partners, the investments both partners have made in the relationship, the way partners enact and respond to the strategies, and the social circumstances in which the strategies are employed.

From the above said results and discussion it can be convincingly stated that the third hypothesis is accepted, i.e., marital relation and coping styles are related.

Hypothesis 4

The fourth hypothesis of this investigation is to study the relationship between personality types and coping styles. This was estimated by computing correlation coefficients between the scores of the subjects on the eight personality types and the eight coping styles for the total sample as well as for the sub groups. Table 4.13 shows the details for the total sample.

Table 4.13
**Correlation coefficients between Scores on MBTI and AECOM
for the Total sample (N=360)**

	C ₁	C ₂	C ₃	C ₄	C ₅	C ₆	C ₇	C ₈
P ₁	.0005	.1246*	.1525**	.0945	.0807	.0482	.0184	.1405**
P ₂	.0193	.1312*	-.1631**	-.0657	.0875	-.0619	-.0016	-.1234*
P ₃	-.0791	.0220	-.0902	-.1017*	-.1243*	-.1215*	-.0479	-.0920
P ₄	.1416**	-.0079	.0951	.1259*	.1836***	.1440**	.0805	.1053*
P ₅	.1241*	-.0205	-.1365**	.0622	-.0460	-.0843	.1317*	.1012*
P ₆	-.1024*	.0364	.1420**	-.0467	.0960	.0768	-.1097*	-.0981
P ₇	.0769	.0410	-.0159	.2234***	-.1762***	-.0710	.2098***	0.795
P ₈	-.0787	-.0469	.0154	-.2441***	.1342*	.0130	-.1852***	-.0800

* P<0.05; ** P<0.01, *** P< 0.001.

Table 4.13 reveals that 27 values out of 64 are statistically significant. Among these values 6 are significant at 0.001 level, 7 values are significant at 0.01 level and 14 are significant at 0.05 level. It can be noticed that all the 8 coping styles are significantly correlated with more than one personality types.

There is a correlation between *Extraversion* (P₁) with *Suppression* (C₂), *Help Seeking* (C₃) and *Reversal* (C₈); *Introversion* (P₂) with *Suppression* (C₂), *Help Seeking* (C₃), *Reversal* (C₈); *Sensing* (P₃) with *Replacement* (C₄), *Blame* (C₅) and *Substitution* (C₆), *Intuitive* types (P₄) with the Coping styles *Minimization* (C₁), *Replacement* (C₄), *Blame* (C₅), *Substitution* (C₆) and *Reversal* (C₈). *Thinking* types (P₅) with *Minimization* (C₁) *Help seeking* (C₃), *Mapping* (C₇) and *Reversal* (C₈); *Feeling* types (P₆) with *Minimization* (C₁), *Help seeking* (C₃) and *Mapping* (C₇); *Judging* types (P₇) with *Replacement* (C₄), *Blame* (C₅) and *Mapping* (C₇); and *Perceiving* types (P₈) with *Replacement* (C₄) *Blame* (C₅) and *Mapping* (C₇).

The Correlation Coefficients for the problem group is shown in Table 4.14.

TABLE 4.14

Correlation coefficients between Scores on MBTI and AECOM for the Problem group (N = 240)

	C ₁	C ₂	C ₃	C ₄	C ₅	C ₆	C ₇	C ₈
P ₁	-.0370	.0070	.1596*	.0859	.0497	.1004	.0014	.1518*
P ₂	-.0579	-.0208	-.1561*	.0525	.0667	-.0917	.0066	-.1365*
P ₃	-.1533*	-.0733	-.1252*	-.1198	-.1540*	-.1199	-.0734	-.1241*
P ₄	.1808**	.0599	.1011	.1329*	.2171***	.1370*	.0734	.1289*
P ₅	.0633	-.0599	-.1263*	0.115	.0105	-.110	.1464*	.0632
P ₆	-.0533	.0863	.1373*	-.0048	.0725	.1109	-.1271*	.0769
P ₇	.0857	.0072	-.0006	.2293***	-.1231*	-.0300	.2645***	.1181
P ₈	-.0977	-.0227	-.0043	-.2644***	0.924	.0083	.2618***	-.1087

* P<0.05; ** P<0.01, *** P< 0.001.

From the Table 4.14 it is seen that 22 coefficient values are statistically significant at 0.05, 0.01 and 0.001 levels. 8 values are negatively correlated and 14 are positively correlated. All the coping styles except one suppression (2) are related with the personality types. A detailed description of each set of relations would give a clear picture.

P₁ V, C₃ and C₈: *Extraverted* (P₁) personality is positively correlated with *Help Seeking* (C₃) and *Reversal* (C₈) coping styles. According to the definition followed in MBTI people who are extraverted like to focus on the outer world of people and activity. They direct their energy and attention outward and receive energy from interacting with people and from taking action. They are always ready to learn best through doing and discussing. Their sociable, expressive, interactive nature motivates them to receive help from others to solve their problems. The coping style reversal means acting the opposite way of what he or she feels. The stimulus seeking nature forces them to expect high interaction from others. Therefore these people may develop a tendency to hide their real emotional pattern due to the fear of loneliness. Thus they use more reversal style of coping to develop or maintain the social relations. Rim (1987) also reported a positive correlation of extraversion and reversal.

P₂ V, C₃, and C₈: *Introvert* (P₂) type is negatively correlated with *Help Seeking* (C₃) and *Reversal* (C₈). Introverts like to focus on their own inner world of ideas and experiences. They direct energy and attention inward and receive energy from reflecting on their thoughts memories and feelings. So these types usually do not want to discuss or seek help from others. This result is in tune with the pattern shown by extroverts. They prefer to communicate in writing and work out idea by reflecting on them. They are very reserved people and do not want to expose themselves in front of others. So

they express their real feelings in the real way. They take initiative when the situation or issue is very important to them. The low score of reversal means – they tend to act in a real way or transparent.

P₃ Vs C₁, C₃, C₅, and C₈: *Sensing* (P₃) types have negative correlation with *Minimization* (C₁); *Help Seeking* (C₃), *Blame* (C₅) and *Reversal* (C₈). Sensing types are oriented to present realities and they focus on what is real and actual. They observe and remember specifics, build carefully and thoroughly toward conclusions. They try to understand ideas and theories through practical applications. When a person's score in sensing type is high they can easily sense the differences or problems. So they can't minimize a problem situation. That is why their score in minimization is low. They can respond at the moment. So they do not seek any help from others. Because of sensing capacity they can easily identify the issues and settle it immediately. So there is no need of blaming others. Reversal as coping style means acting the opposite of the way he or she feels. Here these types can't hide the reactions because of their sensing nature. So this type of people do not use the coping style reversal or when person's score in sensing is low his reversal score will be high.

P₄ Vs C₁, C₄, C₅, C₆ and C₈: *Intuitive* (P₄) type has positive correlation with *Minimization* (C₁), *Replacement* (C₄), *Blame* (C₅), *Substitution* (C₆) and *Reversal* (C₈). People who are intuitive like to take in information by seeing the big picture, focusing on the relationships and connections between facts. They want to group patterns and are especially attuned to seeing new possibilities. So if a person's score in intuition is high that person's minimization score also will be high. That means they may give new meanings to the situations, there is also a chance to minimize the problem. These types are very much interested in possibilities, and they are also imaginative and creative.

So they find alternative solutions, which help to get high score in replacement. They also have a tendency to interpret the situation according to their assumed ideas, which may make them to attribute or blame. Substitution copying style means engaging in tension reducing activities. Intuitives are imaginative and verbally creative. So they are interested to take part in tension reducing activities. Freud had opined that creative works of art are substitutions for intrapsychic tension or conflict, which supports this finding. Again these people may focus on the patterns and meaning in data. The correlation with reversal indicates that their scores in reversal coping style also are high. They may develop a tendency to hide their opinions and feelings or react in a way, which is not the reality because they are not sure of others' agreement with their interpretations and hence do not want to risk the relation.

P₅ V, C₃ and C₇: *Thinking* (P₅) types are positively correlated with *Mapping* (C₇) and negatively correlated with *Help Seeking* (C₃). These types are analytical, use cause and effect reasoning and solve problems with logic. They also strive for an objective standard of truth. For this, they want to or are interested to collect the right information about a problem. That is why these types are using mapping as their copying style or when a person's score is low in thinking type it will cause to low score in mapping too. This personality types have a negative correlation with help seeking. These people want to mentally remove themselves from the situation to examine the pros and cons objectively. They are energized by critiquing and analyzing the problems; it will help them to solve a problem easily. Their goal is to find a standard or principles that will apply in all similar situations. So they do not want to seek any help from others and can be a tough-minded people.

P₆ V, C₃, and C₇: *Feeling type* (P₆) is positively correlated with *Help Seeking* (C₃) and negatively correlated with *Mapping* (C₇). Feeling types try to understand people and to anticipate and take into account the effect of the decision at hand on the people involved and on what is important to them. They are more troubled with conflicts and tend to personalize them. These characteristics motivate them to seek help to resolve conflict or reduce tension. Their goal is to create harmony and treat each person as a unique individual. So they are not interested in collecting informations about the situation or problem making their score in mapping low to cope with it.

P₇ V, C₄, C₅ and C₇: *Judging* (P₇) type are positively correlated with *Replacement* (C₄) and *Mapping* (C₇) and negatively correlated with *Blame* (C₅). Judging types prefer to use their judging process in the outer world, like to live in a planned, orderly way, seeking to regulate and manage their lives. They want to make decisions, come to closure, and move on. Their lives tend to be structured and organized and they like to have things settled. They are energized by getting things done. All these characteristics force them to use replacement coping style. So it can be said that if a person's judging type score increases, that persons' replacement coping styles score also will increase or vice versa. Because of all these tendencies they go about collecting the real information about a problem. It will be helpful for them to take decision. This type has negative correlation with blame. A person who solves problems in an orderly independent manner is less likely to blame others for the decisions. When a person is not a judging type, he/she can't take a right decision at the right time too and hence tend to blame others for failure.

P₈ V, C₄, and C₇: There exist a negative correlation between *Perceiving* (P₈) types with *Replacement* (C₄) and *Mapping* (C₇). Perceiving types are by nature spontaneous, flexible, casual, open-

ended and adaptable. They prefer to stay open to new information and last minute options. They are energized by their resourcefulness in adapting to the demands of the moment. So these people do not have much botheration about things settled. That is why they do not use the coping style replacement, which means finding alternative solutions, and they also will have low score in mapping means poor in collecting information because they do not take things seriously and attach it to their self concept.

Coefficient correlations between personality types and coping styles were computed for adjusted group also. Table 4.15 gives the details.

TABLE 4.15

Correlation coefficients between Scores on MBTI and AECOM for the Adjusted group

	P ₁	P ₂	P ₃	P ₄	P ₅	P ₆	P ₇	P ₈
C ₁	.0767	.0599	.0811	.0624	.2401**	-.1926*	.0324	-.0191
C ₂	-.2574**	.2627**	-.0122	.1064	-.6029	.0955	.0342	-.0136
C ₃	.1841*	-.2305*	.0078	.0708	-.1272	.1234	-.0047	.0279
C ₄	.0988	-.0830	-.0696	.1184	.1655	-.1289	.1912*	-.1803*
C ₅	-.0334	.0165	.0044	.0856	-.0487	.0427	-.1731*	.1404
C ₆	.0353	-.1064	-.0765	.1353	.0664	-.0826	-.0440	-.0663
C ₇	.0554	-.0181	.0010	.0952	.1069	-.0791	.1031	-.0360
C ₈	.1391	-.1147	.0066	.0385	.2274*	-.1791*	.0029	-.0258

* P < 0.05 ** P < 0.01

From the above values given in the Table 4.15, it can be understood that 11 them are statistically significant at 0.05 and 0.01 levels. Six personality types have correlation with 6 types of coping styles. Five values are positively correlated while the other 6 are negatively correlated. The relation indicated are *Extraversion* (P₁) with *Suppression* (C₂) and *Help Seeking* (C₃); *Introversion* (P₂) with *Suppression* (C₂) and *Help Seeking* (C₃); *Thinking* (P₅) with

Minimization (C₁) and Reversal (C₈); Feeling (P₆) with Minimization (C₁) and Reversal (C₈); Judging (P₇) with Replacement (C₄) and Blame (C₅); and Perceiving (P₈) with Replacement (C₄).

P₁ V, C₂ and C₃: *Extraversion (P₁)* is positively correlated with *Help Seeking (C₃)* and negatively correlated with *Suppression (C₂)*. Extraverts prefer to focus on the outer world of people and things. They are sociable, interact with many and have many friends. They verbalize their thoughts and love. "They look with their mouth". They learn best through doing or discussing. So they verbalize their need for help from others. Extraverts are ready to take initiative in work and relationship. They also expose themselves to others and involve in all situations. So when the score in extraversion increases score in suppression becomes lower, it means these people can't avoid the problems but tend to seek help to solve them. Extraversion has been found to be associated with the use of rational action, positive thinking, (McCrae, 1986), adaptive problem oriented coping (Parkes, 1986) and support seeking (Watson and Hubbard, 1996).

P₂ V, C₂ and C₃: Positive correlation of *Introversion (C₂)* with *Suppression (C₂)* negative relation with *Help seeking (C₃)* are indicated. Introverts prefer to focus on the inner world of thoughts, feelings or impressions. They are less communicative and may feel lonely in a big group. So they may not be aware of the existence of the problem or she/he does not want to involve in it. So this type will use suppression as their coping style which means they simply avoid the problematic situation in the outer world. Because of this they do not want to seek help from others. Interestingly these trends fully support the pattern revealed by extraverts. So we can conclude that when a person's score in introversion is high his/her score in help seeking will become low.

P₅ V₅ C₁ and C₈: There is significant positive correlation of *Thinking* (P₅) type with *Minimization* (C₁) and *Reversal* (C₈). People who prefer to use thinking in decision making like to look at the logical consequences of a choice or action. They want to mentally remove themselves from the situation to examine the pros and cons objectively. They are energized by critiquing and analyzing to identify what's wrong with something so they can solve the problem. Their goal is to find a standard or principle that will apply in all similar situations. Minimization in the coping style means the tendency to minimize the importance of problem or situation. Through the logical and analytical mind, the thinking types will have the capacity to understand the problem in a very detailed manner. So they do not want to exaggerate the problem, which minimizes the situation.

Thinking (P₅) types also have a positive correlation with *Reversal* (C₈) which means acting the opposite of the way he or she feels. Because of logical and analytical nature thinking types can understand any situation more easily. So they may develop a tendency to hide their real opinion and feelings in front of others.

P₆ V₆ C₁ and C₈: *Feeling* (P₆) types are negatively related with *Minimization* (C₁) and *Reversal* (C₈). Feeling types mentally place themselves into the situation to identify with every one. So they can make decisions based on their values about considering others. They assess impacts of decisions of people. So we can assume that when a person's score is high in feeling types that person's score in minimization will be low which means they do not avoid the problem. They are easily affected. Important goal for this type is to create harmony and tender relationship with others. So they want to maintain a good relationship with others. For keeping this, these people may hide their original emotions and opinions. That is why they will get low score in reversal also.

P₇ V₈ C₄ and C₅: *Judging* (P₇) types are positively correlated with *Replacement* (C₄) and negatively correlated with *Blame* (C₅). The systematic and purposeful nature of the judging types tends to want things settled and decided quickly and with conviction. So they jump to conclusions or make judgments very quickly. For that, these types of people are interested in finding alternatives to solve the problem with the capacity of taking decisions analytically and immediately, that they can relax very frequently. So there may be less chance to blame others.

P₈ V₈ C₄: Perceiving (P₈) types have negative correlation with *Replacement* (C₄). The flexible and adaptable nature motivate the perceiving types to attend the momentary things or situation. So they are not systematic and do not want to settle the problems one after another. That is why replacement score of perceiving types is decreasing.

Thus while comparing the total sample, problem group and adjusted group for the relation between personality and coping styles, in the problem group all the 8 types are related with 7 coping styles except suppression. In adjusted group 6 personality types, except sensing and intuitive types, have correlation with 6 coping styles, except substitution and mapping. Extravert types have positive correlation with help seeking in all the three groups and with reversal in total group and problem group. These results has supported by Rim (1996), Russell and Wells (1992). Negative correlation only with suppression in adjusted group and total group. This indicates that extraverts in the adjusted group tend to involve in problem situation whereas introverts have negative correlation with help seeking in all the three groups and with reversal in problem group and a positive correlation with suppression in adjusted group. From this it can be clear that the sample of problem group have

correlated with reversal coping style where as adjusted group with suppression.

Sensing types of both, the total sample and problem sample have significant negative correlation with blame. They also have low scores in minimization, help seeking, and reversal in problem group. For the adjusted group this type has no direct significant relation with any of coping styles. Intuitives are positively related with minimization, replacement, blame, substitution and reversal in the total sample and problem group as in the adjusted group the variables do not show any relation.

Thinking types of the problem group positively correlated with mapping; negatively with help seeking but in the case of adjusted group these types have positive relation with minimization and reversal. Feeling types of total and problem group are positively related with help seeking. Negative correlation with mapping in the total group where as positive correlation in the problem group is indicated. It is important to note that feeling types have positive correlation with coping styles in problem group and negative correlation in adjusted group.

Judging types of all the three groups are negatively correlated with blame and positively correlated with replacement. Similarly perceiving types of three groups have negative correlation with replacement. A number of other researchers also have reported the link between personality and coping. (Hann, 1969; Parkes, 1986; Watson and Hubbard, 1996). Another notable feature of the present sets of correlation is that substitution has emerged as a coping style that is specifically related to the intuitive type of personality among the problem group.

From the above discussions it is clear that personality and coping styles are related and have a role to play in marital adjustment or quality of marriage. So it can be concluded that the fourth hypothesis stands accepted.

SECTION - C

HYPOTHESIS 5

In the present investigation, the fifth hypothesis was prediction of the marital quality from personality types and coping styles. For this, stepwise multiple regression analysis was carried out for problem group and adjusted group separately, to find out the most significant of them with regard to their contribution to marital quality of the samples.

Marital satisfaction or marital quality is highly complex. Many factors influence marital quality. Apart from the fact that innumerable variables may contribute to marital quality, the contribution of each factor may vary widely. To find out a set of independent variables and the relative contribution of each of them to the dependent variable, multiple regression analysis has been successfully employed in social science research.

Prediction of Marital quality (ENRICH, 14 subscales) from personality types and coping styles

In this analysis, the 8 personality types and 8 coping styles were considered as independent variables and 14 marital relationship categories as the dependent variables. Stepwise regression analysis was carried out to find out the maximum possible variance in marital relationship that can be explained with the help of each of the

independent variables. A detail of each step of multiple regression analysis that has emerged for 14 categories is given for problem group in Table 4.16.

TABLE 4.16

Stepwise Multiple Regression Analysis
Dependent Variables: ENRICH Categories
Independent Variables: MBTI and AECOM subscales (N=240)

Dependent Variable	Step No.	Independent Variables	R	R ²	R ² x100 Shared Variance	F' df	B	Increment % Variance
Idealistic Distortion (Y ₁)	1	Thinking (X ₅)	0.174	0.030	3.00	7.50** (1,238)	0.181(5)	3.00
	2	Sensing (X ₃)	-0.233	0.054	5.43	6.80** (2,237)	0.185(5) -0.206(3)	2.43
Marital Satisfaction (Y ₂)	1	Perceiving (X ₈)	0.166	0.027	2.76	6.76** (2,238)	-0.305(8)	2.7
	2	Introversion (X ₂)	0.208	0.043	4.36	5.41** (2,237)	-0.317(8) -0.239(2)	1.60
Personality Issues (Y ₃)	1	Intuitive (X ₄)	0.250	0.062	6.28	15.96** (1,238)	0.454(4)	6.28
Communication (Y ₄)	1	Perceiving (X ₈)	0.182	0.033	3.32	8.17** (1,238)	-0.350(8)	3.32
	2	Sensing (X ₃)	0.233	0.054	5.46	6.85** (2,237)	-0.356(8) -0.384(3)	2.14
Conflict Resolution (Y ₅)	1	Extraversion (X ₁)	0.163	0.026	2.68	6.56** (1,238)	0.266(1)	2.68
	2	Minimization (X ₉)	0.215	0.046	4.62	5.74** (2,237)	0.274(1) 0.169(9)	1.94
Financial Management (Y ₆)	1	Replacement (X ₁₂)	0.190	0.036	3.63	8.89** (1,238)	0.322(12)	3.63
	2	Help Seeking (X ₁₁)	0.258	0.066	6.69	8.49** (2,237)	0.425(12) -0.376(11)	3.06
	3	Sensing (X ₃)	0.288	0.082	8.29	7.11** (3,236)	0.406(12) -0.401(11) -0.414(3)	1.60

Leisure Activities (Y ₇)	1	Perceiving (X ₈)	0.152	0.023	2.31	5.63** (1,238)	-0.329	2.31
Sexual Relationship (Y ₈)	1	Sensing (X ₃)	0.133	0.017	1.77	4.28* (1,238)	-0.468	1.77
Children and Marriage (Y ₉)	1	Feeling (X ₆)	0.186	0.034	3.49	8.61** (1,238)	-0.499(6)	3.49
	2	Replacement (X ₁₂)	0.248	0.061	6.17	7.80** (2,237)	-0.497(6) 0.287(12)	2.68
	3	Substitution	0.330	0.109	10.94	9.66** (3,236)	-0.426(6) 0.427(12) -0.467(14)	4.77
	4	Sensing (X ₂)	0.363	0.132	13.20	8.939** (4,235)	-0.432(6) 0.403(12) -0.493(14) -0.510(3)	2.26
	5	Blame (X ₁₃)	0.393	0.154	15.44	8.54** (5,234)	-0.411(6) 0.418(12) -0.441(14) -0.575(3) -0.295(13)	2.24
Family and Friends (Y ₁₀)	1	Suppression (X ₇)	0.137	0.018	1.89	4.59* (1,238)	0.247	1.89
Equalitarian Role (Y ₁₁)	1	Sensing (X ₃)	0.162	0.026	2.64	6.456** (1,238)	-0.397(3)	2.64
	2	Perceiving (X ₈)	0.217	0.047	4.75	5.910** (2,237)	-0.404(3) -0.260(8)	2.11
Religious Orientation (X ₁₂)	1	Judging (X ₇)	0.224	0.050	5.03	12.61** (1,238)	0.577(7)	5.03
	2	Replacement (X ₁₂)	0.262	0.068	6.87	8.74*** (2,237)	0.495(7) 0.252(12)	1.84
	3	Substitution (X ₁₄)	0.325	0.105	10.56	9.29*** (3,236)	0.434(7) 0.390(12) -0.426(14)	3.69

Now a brief variable wise discussion of the results in Table 4.16 is given.

1. Prediction of Idealistic distortion (y_1) by Personality types and coping styles

From Table 4.16 it can be seen that the first variable entered into the multiple regression analysis for the first variable of marital relation *Idealistic distortion* (Y_1) was *Thinking Personality* type (X_5). The multiple correlation (R) obtained is 0.174. The relationship is positive as indicated by the positive value of 'B', the partial regression coefficient. This shows that higher the score on thinking type higher was the idealistic distortion score and vice versa. The value indicated that the strength of the relationship between these two is about 17 percent. It could also be observed from the table that R is highly significant with 'F' of 7.5, and that the coefficient of multiple R^2 is 0.030. This shows that 3 percent of the variance in idealistic distortion is accounted by thinking personality type (Predictor variable X_5). The remaining percent of variance can be attributable to variables not included in this regression equation.

The partial regression coefficient or B coefficient is 0.185. This value indicates that idealistic distortion of marital relationship will change by 0.185 units for every unit of change in thinking personality type.

Sensing personality type was entered into the stepwise regression analysis as the second most significant variable. The multiple correlation (R) between idealistic distortion on one side and the two independent variables, viz., thinking type and sensing type on the other side is -0.233 . Thus the strength of the relationship between idealistic distortion and the two independent variables put together is about 23 percent. R is significant at 0.001 level and R^2 is

equal to 0.054. Hence, the two variables put together could explain about 5.4 percent of the variance in the dependent variable, viz., idealistic distortion. The relative contribution of the predictor variable x_5 (Thinking type) and X_3 (sensing type) in terms of variance predicted is given in table 4.16. Adding x_3 to x_5 raised the percentage of variations from 3.0 to 5.43 percent and the increment being 2.43 percent, this is the variance accounted by x_3 (sensing type).

The partial regression coefficient for x_3 is -0.206 as per table 4.16. This means that the scores of idealistic distortion will change -0.206 units for every unit change in x_3 (sensing type). None of the coping styles have emerged as significant predictor variable.

After step 2 analyses it is found that further addition of prediction variables has not significantly contributed to R or for the percentage variation. Thus it can be concluded that thinking type and sensing type are the two significant predictor variables for Y, The total percentage variance is 5.43 percent. Thinking personality type positively contributed where as sensing type negatively contributed to idealistic distortion. High score of idealistic distortion means a high level of idealism. Low score indicates a more realistic disclosure and is more common in couples seeking marriage counselling (Olson, 1986).

Here the samples having marital problems the score in idealistic distortion is low which may lead to get low score in thinking type. The individual who possess low score in idealistic distortion is more realistic. Because of their sensing type of personality they are oriented to present realities.

2. Prediction of Marital Satisfaction (Y_2) from Personality types and Coping styles

The first factor that entered into the analysis in Table 4.16 for this category is *Perceiving type* (X_8). The multiple R is 0.166, is significant at 0.01 level with F of 6.760 and R^2 of 0.027. Therefore, this perceiving type alone could explain 2.7 percent of the variance in the marital satisfaction of the sample. The partial regression coefficient (-0.305), which is significant at 0.01 level, shows that marital satisfaction will change by -0.305 units for every unit change in the predictor variable x_8 (perceiving type). The relationship is negative as indicated by the negative value of 'B'. This shows that higher the score on perceiving type, lower is the marital satisfaction and vice versa.

The second important factor that entered into the analysis is *Introversion* (X_2). The value of multiple R and multiple R^2 are 0.208 and 0.043 respectively. R is significant at 0.01 level. The contribution of two factors i.e. *Perceiving type* (X_8) and *Introvert type* (X_2) put together could explain 4.3 percent of the variance in marital satisfaction.

The relative contribution of the predictor variable X_8 and X_2 in terms of variance predicted given in Table 4.16 reveal that adding X_2 to X_8 raised the percentage of variations from 2.7 to 4.3 percent and the increment being 1.60 percent that is the variance accounted by X_2 (Introvert type). The partial regression coefficient or B coefficient presented is -0.239. This value indicates that marital satisfaction tends changed by -0.239 units for every unit of change in introvert personality type (X_2).

The relationship is negative. It could be concluded that the reason for the marital dissatisfaction may be predicted by the

characteristics of the perceiving and introvert type of the personality. When the person's score is high in perceiving and introversion there is a chance to get a low score in marital satisfaction. None of the coping styles have emerged as a predictor variable for marital satisfaction.

3. Prediction of *Personality issues (Y3)* from Personality types and Coping styles

From the Table 4.16 it can be seen that only the intuitive (X_4) type of personality entered into the multiple regression analysis. The multiple correlation (R) obtained is 0.250 indicating a positive relationship by the positive value of 'B', the partial regression coefficient. This shows that lower the score on intuitive type, lower is the score in personality issues and vice versa. The value indicates that the strength of the relationship between the two is about 25 percent. It could also be observed from the table that R is significant at 0.001 level with an F of 15.96. The coefficient of multiple R^2 is 0.06. This shows that 6.2 percent of the variance in personality issues is accounted by intuitive personality types. The partial regression coefficient or B coefficient is 0.454. This value indicates that personality issues changed by 0.454 units for every unit of change in intuitive personality type.

So it can be inferred that the only variable for the prediction of *Personality issues is Intuitive types*.

Here the samples having low score in personality issues having a positive contribution tend to get low score in intuitive types. The persons who are not oriented toward intuition may not intent on possibilities and they over look actualities. They give importance to momentary events, which will lead to personality problems. No

coping styles could emerge as a significant predictor of personality issues in the relation.

4. Prediction of Communication (Y_4) from Personality types and Coping styles

This part deals with the prediction of communication (Y_4) from personality types and coping styles. The first factor that entered into the analysis is *Perceiving type* (X_8). The multiple R (0.182) is significant at 0.01 level with 'F' of 8.172 and R^2 is 0.033. Therefore, this factor alone can explain 3.3 percent of the variances in the communication area of the subjects of the problem group. The partial regression coefficient -0.350 which is significant at 0.01 level, shows that for every unit of change in this factor, there will be a change of -0.350 units in the communication area of samples.

The second most important factor that entered into the analysis is sensing personality type (X_3). The value of the multiple R and multiple R^2 are 0.233 and 0.054 respectively. Thus, the two types *Perceiving* (X_8) and *Sensing* (X_3) put together can explain 5.4 percent of the variance in communication. The increment in variance is 2.14 which can be attributable to the variance of X_3

The partial regression coefficient is -0.384. Hence the score of communication will change -0.384 units for every unit change in X_3 (sensing type).

For the prediction of communication, perceiving types contributed 3.32 percent of variance and sensing types contributed 2.14 percent of variance negatively. When scores on perceiving types and sensing types increase, their scores on communication will decrease. Perceiving types are always involving in their own flexible world. They are very much adaptable according to the momentary

experiences. This will lead them to communication problems in their relationship. Because of the sensing capacity these type of people are capable to identify the differences in the behaviour and attitudes of their spouses which in turn poses a problem in the relation. This dissatisfaction will affect their communication negatively. Coping styles are not found to be significant in predicting quality of communication in marriage.

5. Prediction of Conflict Resolution (Y_5) by Personality types and coping styles

Table 4.16 reveals that the first variable entered into the multiple regression analysis for dependent variable *Conflict Resolution is Extraversion (X_1)*. The multiple R is 0.163 that is significant beyond 0.01 level. Since the 'F' value is 6.569 the significance indicates the existence of a linear relationship between X_1 (Extraversion) and Y_5 (Conflict Resolution). The R^2 is 0.026 which indicates that 2.6 percent of variance in conflict resolution area of the sample is accounted by the predictor variable extraversion (X_1). The remaining percent of variance can be attributable to variables not included in this regression equation. Predictor variable extraversion is found positively related to Conflict Resolution. The partial regression coefficient B is 0.266, which indicates that conflict resolution will change by 0.266 units for every unit change in the predictor variable extraversion type (X_1).

Minimization (X_9) coping style has entered into the stepwise regression analysis as the second most significant variable for *Conflict Resolution*. The multiple correlation R between conflict resolution on the one side and the two independent variables, viz., extraversion and minimization on the other side is 0.215 with 'F' of 5.74. Thus the strength of the relationship between conflict

resolution and the two predictor variables put together is about 21 percent.

The R^2 of 0.046 suggests that the two variables put together can explain about 4.6 percent of the variance in the dependent variable, viz., conflict resolution. Out of this, 2.68 percent of the variance is explained by extraversion personality type and the remaining 1.94 percent is accounted for by minimization coping style. It is evident that by including minimization coping style (X_9), the contribution of extraversion (X_1) is brought down from 2.68 percent to 1.94 percent due to inter-correlation between the two-predictor variables.

The partial coefficient is 0.169, which indicates that conflict resolution will change by 0.169 units for every unit change in the predictor variable minimization.

For the prediction of conflict resolution, extraversion personality type and minimization coping style could contribute 2.68 and 1.94 percent of variance. The relationship is positive. When the score on extraversion and minimization is low the score of conflict resolution will also be low. Richmond, Craig and Ruzicka also reported that a high level of extraversion is positively related to marital adjustment (Bouchard, Lussier, and Sabourin, 1999). The people who possess a low score in extraversion are not ready to involve or not interested to learn through doing or discussing the things with others. They do not want to take initiative to solve the problem. That means they do not possess the conflict resolution skill. So they could not minimize the problem.

6. Prediction of *Financial Management (Y₆)* from *Personality types and Coping styles*

Table 4.16 reveals that the *Replacement* coping style (X_{12}) is the first entered independent variable for *Financial Management*, (Y_6) as a dependent variable. The multiple R (0.190) is significant at 0.001 level with 'F' of 8.98 indicating that the strength of the relationship between the two is about 19 percent. The R^2 of 0.036 alone can explain 3.6 percent of the variance in the financial management of the samples. The partial regression coefficient of 0.32 is significant at 0.001 level, showing that for every unit of change in this factor, there will be a change of 0.32 units in the financial management areas of the subjects.

The second most important variable that entered into the analysis is *Help Seeking* (X_{11}) coping style. The values of the multiple R and R^2 are 0.258 and 0.066 respectively. Thus the two variables R (X_{12}) and H (X_{11}) put together can explain 6.6 percent of the variance in financial management. The partial regression coefficient of -0.376 which is significant at 0.01 level shows that for every unit of change in this coping style, there will be a change of -0.37 units in the financial management area. An increase of variance of 3.06 percentage is contributed by this coping style.

In the third step, *Sensing* (X_3) personality type of the MBTI entered as the next most important independent variable. The multiple correlation with the three variables R (X_{12}), H (X_{11}) and S (X_3) is 0.288 which is significant at 0.001 level and 'F' of 7.11. The R^2 value of 0.082 shows that 8.2 percent of variance in financial management is explained by these three variables. Out of this variance, 3.63 percent, 3.06 percent and 1.69 percent of the variance are explained by variables R, H and S respectively.

The obtained partial regression coefficient with these three predictor variables indicate that the change in the financial management is by 0.406, -0.401 and -0.414 units for every unit of change in variables R, H and S respectively.

Thus the results indicate that to predict the financial management of the problem group, the coping styles Replacement, Help seeking and Sensing personality types have a role to play. The relationship is negative for help seeking and sensing type, where as it is positive for replacement. The percentages of variance are 3.63 by replacement 3.06 by help seeking and sensing type by 1.60. Replacement means dealing with problem by finding alternative solutions. If the people did not possess the replacement coping style they are likely to have problems in their financial management area. A negative relationship between financial management with help seeking and sensing type indicate that people tend to seek help to solve the financial problems. Sensing type of personalities seek the fullest possible experience of what is immediate and real. They are more concerned with facts. So these types can be easily affected by situations. This would create problems in their financial management area.

7. Prediction of *Leisure Activities* (Y_7) from Personality types and Coping styles

The only entered variable into the step wise regression analysis for *Leisure Activities* (Y_7) is *Perceiving* (X_8) personality type in Table 4.16. The multiple R of 0.152 is significant at 0.01 level with 'F' of 5.63. The R^2 of 0.023 suggests that this factor alone can explain 2.3 percent of the variance in the leisure activities of the samples. The partial regression coefficient (-0.329), which is significant at 0.01 level, shows that for every unit of change in this variable, there will

be a change of -0.329 units in the leisure activities of the subjects of the problem group.

For predicting Leisure Activities only perceiving type of personality has emerged as predictor variable with the contributing variance percent of 2.31. The relationship is negative. Perceiving types are energized by their resourcefulness in adapting to the demands of the moment. So they do not get enough time to spend together. Low scores in leisure activities reflect dissatisfaction with how leisure time is used in the couple's relationship. Coping styles have not proved their predictor ability for this category.

8. Prediction of Sexual Relationship (Y_8) from Personality types and Coping styles

The first and only variable entered into the step wise regression analysis for sexual relationship (Y_8) is *Sensing* (X_3) personality type.

The multiple correlation, R obtained is 0.133. This value indicates that the strength of the relationship between the two is about 13 percent. It can also be observed from the table that 'F' is 4.28. The coefficient of multiple R^2 is 0.017. This shows that 1.7 percent of the variance in sexual relationship is accounted for by sensing type. The relationship is negative as indicated by the negative value of 'B', the partial coefficient, -0.468 which shows that higher the score on sensing type, lower is the sexual satisfaction and vice versa. This value indicates that sexual relationship is changed by -0.468 units for every unit of change in sensing type.

The capability of the sensing types to identify the differences in behaviour and attitudes of their spouses might be influencing their

attitudes and intimacy to each other that in turn cause dissatisfaction in sexual relationship.

9. Prediction of *Children and Marriage* (Y_9) from Personality types and Coping styles

From the Table 4.16 it can be seen that this is the category of relation that is predictable from maximum number of independent variables—two personality types and three coping styles. The first variable entered into the multiple regression analysis is *Feeling* (X_6) type of personality. The multiple correlation coefficient R obtained is 0.186 and F is 8.60. These values indicate that the strength of the relationship between the two is about 18.6 percent. The R^2 is 0.034. This shows that 3.4 percent of the variance in children and marriage is accounted for by feeling types of personality.

The partial regression coefficient or B coefficient is -0.499 which shows that higher the score on feeling type, lower is the satisfaction in the area of children and marriage. The B value indicates that the score of children and marriage area is changed by -0.499 units for every unit of change in feeling type.

Replacement (X_{12}) coping style has entered as the second into the stepwise regression analysis. The multiple correlation R between children and marriage and two independent variables, viz., *Feeling* and *Replacement* on the other side is 0.24. Thus the strength of the relationship between the dependent variable and the two independent variables put together is about 24 percent. R is significant at 0.001 level with a ' F ' of 7.80.

R^2 is equal to 0.061 and hence, the two variables put together can explain about 6.1 percent of variance in the dependent variable,

children and marriage. Out of this, 3.49 is explained by Feeling and the remaining 2.6 percent is accounted for by R.

The partial regression coefficient 'B' is 0.287 which means that the scores for children and marriage will change by 0.287 units for every unit change in R (X_{12} Replacement).

The predictor variable *Substitution* (X_{14}) coping style has entered as the third variable. In step 3, the multiple $R = 0.330$ which is found significant with F-value of 9.66. The strength of association between 3 independent variables and dependent variable put together is 33 percent. The relationship is negative. The shared variance of 10.94 shows that the predictor variables X_6 , X_{12} and X_{14} jointly explained 10.94 percent of variance of children and marriage category.

By adding X_6 , X_{12} and X_{14} in the regression equation the variance is increased from 6.17 to 10.94 percent. The increment in variance is 4.77, which can be attributable to the variance of X_{14} . The partial regression coefficient B is -0.46 . Hence the score of children and marriage will change by -0.467 units for every unit change in X_{14} (substitution).

Sensing (X_3) personality type has entered into the stepwise regression analysis as 4th step. A multiple correlation of 0.36 is significant with 'F' of 8.93 and R^2 is 0.132. Thus the 4 variables Feeling, Replacement, Substitution and Sensing as a combination can explain 13.2 of the variance in children and marriage. It may be seen that out of the 13.2 percent of predictable variance, the contribution of each one of the predictor variables Feeling, Replacement, Substitution and Sensing are 3.4 percent, 2.68 percent, 4.77 percent and 2.26 percent respectively. The partial regression coefficient is -0.510 . Hence the score in the area of

children and marriage will change - 0.510 units for every unit change in (X_3) Sensing.

The variable entered into the 5th step is *Blame* (X_{13}). R and R^2 at this step are 0.393 and 0.154 respectively. Hence the amount of variance contributed by these 5 variables is 15.4 percent.

To summarise, the dependent variable category of children and marriage could be predicted by Feeling, Replacement, Substitution, Sensing and Blame with percentage variance 3.49, 2.68, 4.77, 2.26 and 2.24 respectively. Except the relationship with replacement all the other 4 is negative. The low scores in children and marriage reflect a lack of consensus regarding decisions to have children and the size of family preferred, concern over the impact of children on the relationship and discomfort with perception of parental roles and responsibilities. The low score in this category is because of the lack of replacement coping style. Blaming nature and substitution (tendency to involve in tension reducing activity), coping styles force the people to become irresponsible in marital and parental roles. The characteristics of feeling and sensing personality types may negatively contribute to the category of children and marriage.

10. Prediction of *Family and Friends* (Y_{10}) from Personality types and Coping styles

Table 4.16 reveals that the only variable entered into the multiple regression analysis is *Suppression* (X_{10}). The multiple correlation (R) obtained is 0.137 with 'F' value of 4.59. This value indicates that the strength of the relationship between the two is 13.7 percent. The R^2 is 0.018, which shows 1.89 percent of the variance in Family and Friends is accounted for by suppression (X_{10}). The B coefficient is 0.247 showing a positive relation between the two

variables. It also indicates that the score in Family and friends changed by 0.247 units for every unit of change in suppression (X_{10}).

The coping style suppression contributed to the category of family and friends of marital relationship with 1.89% variance. The positive relation indicates that low score of suppression means the people do not want to avoid the problem and hence these people may exaggerate the family problems. This may create a new problem to their relationships.

11. Prediction of *Equalitarian Role* (Y_{11}) from Personality types and Coping styles

The first variable entered into the multiple regression analysis is *Sensing* (X_3) type of personality. The R obtained is 0.162 and F is 6.45. This value indicates that the strength of the relationship between the two is about 16 percent. The relationship is negative as indicated by the negative value of 'B', the partial regression coefficient which is -0.397. This value indicates that the score of equalitarian role changed by -0.39 units for every unit of change in sensing type (X_3). The R^2 is 0.026 indicating 2.6 percent of the variance in equalitarian role accounted for by sensing type.

The second entered variable is *Perceiving type* (X_8). The R between equalitarian role and perceiving type is 0.217 with F of 5.91. Thus the strength of the relationship between two independent variables and dependent variable is 21.7 per cent. R^2 is equal to 0.047. Hence, the two variables put together can explain about 4.7 percent of the variance in the dependent variable. Out of this 2.64 percent of the variance is explained by sensing type (X_3) and the remaining 2.11 percent is accounted for by perceiving type (X_8). The B coefficient is -0.260 which indicates that the score of equalitarian

role changed by -0.260 units for every unit of change in perceiving types.

Sensing and perceiving types of personality bring 4.7% variance for predicting equalitarian role of marital relationship. These two types have a negative contribution to marital relation. The characteristics of sensing and perceiving types tend to reduce the score in equalitarian role.

12. Prediction of Religious orientation (Y_{12}) from Personality types and Coping styles

The first significant variable that has entered into the analysis is *Judging* (X_7) type of personality. The multiple R of 0.224 is significant and 'F' is 12.61. The R value indicates that the strength of the relationship between the two is about 22 percent. The R^2 of 0.050 alone can explain 5 percent of the variance in the category of religious orientation of the sample. The partial regression coefficient is 0.577 which shows significance at 0.01 level, suggests that for every unit of change in this variable, there will be a change of 0.577 units in religious orientation.

The second variable that has entered into the analysis is *Replacement* coping style (X_{12}). The 'F' value of 8.74 and the multiple R 0.262 indicate that the strength of the relationship between religious orientation and the two independent variables is about 26.2 percent.

The R^2 of 0.068 reveals that the 2 variables, judging type of personality and replacement coping style, as a combination can explain 6.8 percent of the variance in religious orientation. Out of this the contribution of replacement as predictor variable is 1.84 percent. The 'B' coefficient is 0.252, which is significant at 0.001

level, showing that for every unit of change in replacement coping style, there will be a change of 0.252 units in religious orientation.

In the third step *substitution* (X_{14}) has emerged. The values of R and R^2 are 0.325 and 0.105 respectively. The variance in religious orientation that can be explained with these three variables viz., Judging type of personality and Replacement and Substitution coping styles put together is 10.5 percent. Out of this 5.03 percent, 1.84 percent and 3.69 percent of variance is contributed by J , R , and S variables respectively.

Judging type as a predictor has a positive contribution to the religious orientation with a variance of 5.03% which means organized life style of judging types force them to lead a religiously oriented life style or vice versa. Replacement is also positively contributed to this area. Religious orientation itself is an alternative solution for the problematic situation. Thus the people who use less replacement coping style may not have any religious orientation. Substitution is a negatively predicted variable for religious orientation with a variance of 3.69%. This suggested that when the person involves in tension reducing activities they fail to be a punctual attendee of religious activities.

Stepwise multiple regression analysis was carried out for adjusted group also employing 8 personality types and 8 coping styles as the independent variables to find out the most significant of them with regard to their contribution to the 14 categories of marital relation. Table 4.17 gives the details.

TABLE 4.17

Stepwise Multiple Regression Analysis
Dependent Variables: ENRICH Categories
Independent Variables: MBTI and AECOM subscales (N=120)

Dependent Variable	Step No.	Independent Variable	R	R ²	R ² x100 shared variance	'F' value	B	Increment% Variance
Idealistic distortion (Y ₁)	1	Minimization (X ₉)	0.186	0.034	3.49	4.26* (1,118)	0.125	3.49
Marital Satisfaction (Y ₂)	1	Minimization (X ₉)	0.180	0.032	3.25	3.975* (1,118)	0.233(9)	3.25
	2	Substitution (X ₁₄)	0.278	0.077	7.73	4.90*** (2,117)	0.295(9) -0.290(14)	4.48
Personality Issues (Y ₃)	1	Substitution (X ₁₄)	0.264	0.069	6.98	8.861** (1,118)	-0.451(14)	6.98
	2	Suppression (X ₁₀)	0.326	0.106	10.66	6.980*** (2,117)	-0.537(14) 0.319(10)	3.68
Conflict Resolution (V ₅)	1	Substitution (X ₁₄)	0.232	0.053	5.39	6.734** (1,118)	-0.343(14)	5.39
	2	Suppression (X ₁₀)	0.291	0.084	8.47	5.418** (2,117)	-0.411(14) 0.253(10)	3.08
Sexual Relation (Y ₈)	1	Substitution (X ₁₄)	0.242	0.058	5.86	7.354** (1,118)	-0.247	5.86
Children & Marriage (Y ₉)	1	Replacement (X ₁₂)	0.253	0.064	6.40	8.076** (1,118)	0.321	6.40
Family and Friends (Y ₁₀)	1	Sensing (X ₃)	0.231	0.053	5.34	6.662** (1,118)	0.628	5.34
	2	Replacement	0.338	0.114	11.47	7.580*** (2,117)	0.675(3) 0.401(12)	6.13
Equalitarian Role (Y ₁₁)	1	Substitution (X ₁₄)	0.189	0.035	3.58	4.383* (1,118)	-0.340(14)	3.58
Religious Orientation (Y ₁₂)	1	Minimization (X ₉)	0.297	0.088	8.85	11.468*** (1,118)	0.424(9)	8.85
Marital Cohesion (Y ₁₄)	1	Feeling (X ₆)	0.187	0.035	3.51	4.295* (1,118)	-0.117(6)	3.51

1. Prediction of *Idealistic distortion* from Personality types and Coping styles

From the table it can be seen that the first and only variable entered into the multiple regression analysis is *Minimisation* for the dependent variable *Idealistic distortion* in marital relation. The multiple correlation (R) obtained is 0.186 that is significant at 0.05 level with 'F' of 4.26. This value indicates that the strength of the relationship between the two is about 18.6%. The relationship is positive as indicated by the value of 'B', the partial regression coefficient. This shows that higher the score on minimization, higher the score of idealistic distortion category or vice versa. The partial regression coefficient of 0.125 also indicates that idealistic distortion of marital relationship will change by 0.125 units for every unit of change in minimization coping style. The coefficient of multiple R^2 is 0.034 showing that 3.4 percent of variance in idealistic distortion is accounted for by the coping style minimization, which is the predictor variable (X_9). The remaining percentage of variance can be attributable to variables not included in this regression equation.

These results suggest that development of minimization, as coping style in couples is very necessary to keep idealism of marital relation in a satisfied manner.

2. Prediction of *Marital Satisfaction* (Y_2) from Personality types and Coping styles

For the prediction of *Marital Satisfaction*, the first variable entered into the analysis is *Minimization* (X_9). The multiple R is 0.180 and a 'F' of 3.97 significantly indicate that the strength of relationship between the two variables is about 18 percent. The R^2 is 0.032 suggesting that this factor alone could explain 3.2 percent of the variances in the marital satisfaction. The significant partial

regression coefficient is 0.233, which shows that for every unit of change in this factor, there would be a change of 0.233 units in the marital satisfaction.

The second most important variable that has entered into the analysis is substitution (X_{14}). In step 2 the value of R is found to be 0.278, which is significant since the 'F' value is 4.901. The strength of association between two-predictor variables minimization (X_9) and substitution (X_{14}) and the dependent variable is 27.8 per cent. The R^2 is 0.077, which shows that the two predictor variables minimization (X_9) and substitution (X_{14}) together explain 7.7 per cent of variance in marital satisfaction. It may be seen that out of 7.7 per cent of predictable variance the contribution of substitution coping style is 4.8 percent. The partial regression coefficient is -0.290 , which suggests a negative relationship and that for every unit of change in this factor, there would be a change of -0.290 units in the marital satisfaction.

So for having marital satisfaction, the couples should develop the coping style minimization and they have to limit their use of substitution.

3. Prediction of *Personality Issues* (Y_3) from Personality types and Coping styles

For predicting the category of *Personality Issues* (Y_3) in marital relationship, the first variable that has entered into the regression analysis is *Substitution* (X_{14}). The multiple R is 0.26 and significant with 'F' of 8.86. This value reveals that the strength of the relationship between these two variables is 26 percent. R^2 is equal to 0.069 which means 6.9 percent of the variance could be explained by substitution. The partial regression coefficient -0.451 which is significant shows that for every unit of change in this factor, there

would be a change of -0.451 units in the personality issues in the marital relation.

The next predictor variable entered for personality issues is *Suppression* (X_{10}) coping style. The multiple R is 0.326 with 'F' of 6.98. R^2 is equal to 0.106. Thus the 2 variables substitution (X_{14}) and suppression (X_{10}) as a combination could explain 10.6 percent of the variance in personality issues. It may be seen that out of 10.6 percent of predictable variance, the contribution of the first predictor variable is 6.9 percent and of the second is 3.7 percent. The 'B' coefficient of 0.319 shows that for every unit of change in this factor, there would be a change of 0.319 units in the personality issues category.

The relation between personality issues and substitution is negative where as the relation with suppression is positive. That is adjusted or healthy married individuals do not use substitution coping style for getting satisfaction with their partners' behaviour. The positive relation with suppression suggests that they do not want to consider the minute problems nor do they exaggerate them. But they give importance to their relational happiness.

4. Prediction of *Conflict Resolution* of from Personality types and Coping styles

To predict *Conflict Resolution* (Y_5) *Substitution* (X_{14}) coping style has entered as the first predictor variable. The multiple R and F obtained is 0.232 and 6.734 respectively. This indicates the strength of the relationship between these two variables as 23 percent. The R^2 is 0.053. Therefore, this variable alone could explain 5.39 percent of the variance in the conflict resolution area of marital relation. The significant partial regression coefficient of -0.34 shows that for every

unit of change in this factor, there would be a change of -0.34 units in the conflict resolution area of marital relation.

The second most important variable that has emerged in the analysis for predicting *Conflict Resolution* (Y_5) is *Suppression* (X_{10}). The value of R and R^2 are 0.291 and 0.084 respectively. Thus the strength of the relationship of two variables together with conflict resolution is 29 percent and the two variables put together could explain 8.4 percent of the variance in conflict resolution. Out of this 3 percent of variance could be explained by suppression. Then the partial regression coefficient obtained is 0.253 , which is significant at 0.05 level.

The relation between conflict resolution and substitution is negative whereas with suppression it is positive as seen with personality issues. It can be concluded that strengthening suppression coping style will help to develop conflict resolution skills. But in the case of using substitution coping style, the partners have to minimize the involvement of tension reducing activities other than family.

5. Prediction of Sexual Relationship (Y_8) from Personality types and Coping styles

For predicting the dependent variable *Sexual Relationship* (Y_8) in marital relation the only entered variable is *Substitution* (X_{14}). The multiple R is 0.242 , which is significant, and 'F' is 7.354 . The strength of the relationship between these two variables is about 24 percent. R^2 of 0.058 indicates that 5.8 percent of the variance could be explained by substitution coping style in sexual relationship. The 'B' coefficient is -0.247 suggests that for every unit of change in this factor there would be a change of -0.247 units in the sexual relationship area of marital relation.

Hence it is found that there is only one predictor variable for sexual relationship i.e., the coping style substitution. So it can be inferred that for maintaining satisfaction in sexual relationship area, partners should limit the use of substitution as a coping style to meet the demands or stress in marriage.

6. Prediction of *Children and Marriage* (Y_9) from Personality types and Coping styles

To predict the satisfaction in the area of *Children and marriage* (Y_9) the only variable entered as predictor is *Replacement* (X_{12}) coping style. The multiple R of 0.253 is significant which shows the relationship strength between these two variables as 25.3 percent. The R^2 is 0.064 indicating that 6.4 percent of the variance is contributed by replacement coping style in predicting the relations with children and marriage. The partial regression coefficient of 0.321 shows that for every unit of change in this factor, there would be a change of 0.321 units in the area of children and marriage.

This suggests that developing the replacement coping style help the partners to get satisfaction in the area of children and marriage.

7. Prediction of *Family and Friends* (Y_{10}) from Personality types and Coping styles

From the Table 4.17 it can be seen that the first variable for predicting the area of *Family and Friends* (Y_{10}) is *Sensing* (Y_3) type of personality. The R and R^2 are 0.231 and 0.053 respectively. It reveals that the relationship strength between these two variables is 23 percent. The F value of 6.66 is significant at 0.01 level. From the R^2 value it can be said that 5.3 per cent of the variance in the area of family and friends is contributed by sensing type of personality. The

partial regression coefficient is 0.628, which indicates that for every unit of change in the variable of sensing type, there would be a change of 0.628 units in the family and friends category.

The *Replacement* (X_{12}) coping style has entered into the stepwise regression analysis as the second most significant predictor variable. The multiple correlation R between family and friends on one side and the two independent variables, viz., sensing personality type and replacement coping styles on the other side is 0.338. Thus the strength of the relationship between family and friends and the two independent variables put together is about 33 percent. R is significant with 'F' of 7.580 and R^2 is 0.114. Hence, the two variables put together could explain 11.4 percent of the variance in the dependent variable family and friends. Out of this 5.3 percent of the variance is explained by sensing type and the remaining 6.1 percent is accounted for by replacement coping style. The partial regression coefficient is 0.401, which shows that for every unit of change in this factor there would be a change of 0.401 units in family and friends category.

It can be concluded that sensing (X_3) personality type and replacement coping style (X_{12}) are the best predictor variables. The characteristics of sensing type and the use of replacement coping style helped them to keep satisfaction in the area of family and friends in marital relation.

8. Prediction of *Equalitarian Role* (Y_{11}) from Personality types and Coping styles

The coping styles *Substitution* (X_{14}) is the only significant predictor variable for *Equalitarian Role* (Y_{11}) of marital relation. The multiple R is 0.189 with 'F' of 4.38. This value indicates the relationship strength between these two variables as 18.9 percent.

The R^2 is 0.035. Therefore, this variable could explain 3.5 percent of the variance in equalitarian role. The partial regression coefficient of -0.340, shows that every unit of change in this factor, there would be a change of -0.340 units in the equalitarian role.

The relationship between these two variables is negative which suggests that higher the score on equalitarian role, lower is the use of substitution coping style. The person who is engaged in tension reducing activities other than family environment will create problems in marital equalitarian role. So for a healthy functioning of equalitarian role the partners should limit the use of substitution coping style as reflected in the adjusted sample of this study.

9. Prediction of Religious Orientation (Y_{12}) from Personality types and Coping styles

Minimization (X_9) is the only predictor independent variable, which is entered into the multiple regression analysis. The multiple R is 0.297 and 'F' is 11.468. This suggests that the relationship strength between these two is 29.7 percent. The R^2 is 0.088, which explains 8.8 percent of the variance in the dependent variable religious orientation. The 'B' coefficient of 0.424 indicates that religious orientation is changed by 0.424 units for every unit of change in coping style minimization.

The relationship between these two is positive and hence higher the score on religious orientation, higher is the score on minimization coping style. If a person has more religious orientation that will help the person to minimize the day-to-day problems. Thus for developing an adjusted couple relationship, these two viz., religious orientation and the use of minimization coping style, are important.

10. Prediction of *Marital Cohesion* (Y_{14}) from Personality types and Coping styles

Feeling (X_6) personality type is the only significant variable entered into the stepwise regression analysis for predicting *Marital Cohesion* (Y_{14}) in marital relationship. The multiple R is 0.187 that shows the strength of the relationship between these two variables as 18.7 percent. The R^2 is 0.035, which means that this variable can contribute 3.5 percent of the variance in predicting marital cohesion. The partial regression coefficient is -0.117 showing that for every unit of change in this variable feeling type, there would be a change of -0.117 units in the marital cohesion.

The relationship between these two variables being negative indicates that higher the score on marital cohesion, lower is the score on feeling type. According to the ENRICH manual moderate score of (30-60) marital cohesion reflect a balance between having some stability in marriage and being able to change when necessary. Very high scores or very low scores reflect either too much or too little change, which may be problematic for the couple. So it can be summarised that a moderate feeling types characteristics will help the partners to maintain a healthy or adjusted score on marital cohesion or marital relation.

An overall examination of the results shown in Table.4.17 suggest that minimization and substitution are the two more significant coping styles that have emerged as predictor variables contributing to 7 categories of marital relation. It can also be inferred that coping styles influence the quality of marital relation more than personality types when considered independently.

Summary of the Regression Analysis of Problem group and Adjusted group

In the step wise multiple regression analysis employed to identify the best potential predictors of 14 variables of ENRICH of the samples of problem group and adjusted group 8 personality types and 8 coping styles were used as predictor variables. The analysis could be completed with 1 to 5th step only in 13 categories of ENRICH. The corresponding Beta weights of predictor variables were also taken in to consideration to determine the relative importance of the predictors. The relative contribution of all the 14 variables out of 16 (8 personality types 8 coping styles) in terms of proportion of variance among the 12 categories out of 14 predicted by each variable are determined and presented in the following table 4.18 along with Beta weights.

TABLE 4.18

**Percentage Variance and Beta weights of
Problem group and Adjusted group**

Sl. No.	Dependent Variable (ENRICH)	Problem Group			Adjusted Group		
		Predictor Variable	% of Variance	Beta weights	Predictor Variables	% of Variance	Beta weights
1.	Idealistic Distortion	Thinking Sensing	3.00 2.43	0.178 -0.154	Minimization	3.49	0.186
2.	Marital Satisfaction	Perceiving Introversion	2.7 1.6	-0.172 -0.126	Minimization Substitution	3.25 4.48	0.228 -0.216
3.	Personality Issues	Intuitive	6.28	0.250	Substitution Suppression	6.98 3.68	-0.314 0.198
4.	Communication	Perceiving Sensing	3.32 2.14	-0.185 -0.146			
5.	Conflict Resolution	Extraversion Minimization	2.68 1.94	0.169 0.139	Substitution Suppression	5.39 3.08	-0.278 0.181
6.	Financial Management	Replacement Help seeking Sensing	3.63 3.06 1.60	0.240 -0.197 -0.128			
7.	Leisure Activities	Perceiving	2.31	-0.152			
8.	Sexual Relation	Sensing	1.77	-0.133	Substitution	5.86	-0.242
9.	Children and Marriage	Feeling Replacement Substitution Sensing Blame	3.49 2.68 4.77 2.26 2.24	-0.153 0.238 -0.221 -0.171 -0.154	Replacement	6.40	0.253
10.	Family and Friends	Suppression	1.89	0.137	Sensing Replacement	5.34 6.13	0.248 0.248
11.	Equalitarian Role	Sensing Perceiving	2.64 2.11	-0.165 -0.145	Substitution	3.58	-0.189
12.	Religious Orientation	Judging Replacement Substitution	5.03 1.84 3.69	0.168 0.215 -0.206	Minimization	8.85	0.297
13.	Marital Cohesion				Feeling	3.51	-0.187

From the above table it is found that all the 8 personality types and six coping styles have a role to play in predicting 13 categories of marital relation. *Reversal* and *Mapping* coping styles do not have any significant role in predicting marital relation either in the problem group or in the adjusted group. The categories of *Marital Adaptability* and *Marital Cohesion* could not be predicted by any of the independent variable in the problem group of this study. And in the case of adjusted group the categories of *Communication* (E₄), *Financial Management* (E₆), *Leisure Activities* (E₇), *Marital Adaptability* (E₁₃) could not be predicted by any of the independent variables. Thus in both the groups Marital adaptability could not be predicted by any of the 16 variables.

From the results of multiple stepwise regression analysis, an interesting finding is that for the problem group, personality played an important role rather than coping style to predict the distressed marital relationship. Report of Bouchard *et al.*, (1998) that personality is another predictor of marital adjustment like coping strategies also support this finding. Since the personality types are relatively unchangeable, and through ways of coping styles they used the partners could not deal with the marital problems in an effective way. But in the case of adjusted group, coping styles have taken the significant role in predicting adjusted or satisfied marital relationship. It is evident from the results among the 8 coping styles minimization, suppression, replacement and substitution are the important predictors. Another thing is that minimization; suppression and replacement have contributed positively where as substitution has negatively contributed.

Scholars have examined the association between various coping strategies and individual's psychological well-being (Dunkell *et al.*, 1992) as well as the physical well-being (Pennebaker *et al.*,

1988; Petrie *et. al.*, 1998). A number of studies have also examined the association between various coping strategies and relational satisfaction. (Whiffen and Glotib, 1989).

While researchers have examined the links between various coping strategies and both individual and relational outcomes relatively few scholars have studied possible associations between coping strategies and societal outcomes. The strategies individuals employ to deal with stress can influence society as a whole. Some scholars suggest that society benefits from marriage and that in order to maintain or strengthen the institution of marriage couples need to develop more effective strategies for dealing with relationship stressors (Popnoe, 1993). Thus it can be assumed that by cultivating effective coping strategies according to the situation, person's role and outcomes we can enhance the marital relationship which will enrich the quality of society. From the above results and discussion it can be concluded that marital quality can be predicted from personality types and coping styles. So the fifth hypothesis is accepted. It can be also concluded that marital counsellors have a role to play in the psychological level of partners through the counselling centres.

SECTION D

Hypothesis 6

Certain demographic and life course factors influence the quality of marital relationships. Researchers trying to determine the causes of divorce have approached the problems in two ways. Some researchers have focused on demographic and life course variables that affect the risk of divorce, variables such as age at marriage, social class, race, religiosity and parental divorce etc. Others have

adopted a subjective perspective and asked the previously divorced individuals why their marriages ended.

The present study investigates on certain psychological and sociological factors, which are contributory to marital problems. Considered a few demographic, and life course factors.

This section deals with the analysis of the data to verify the importance or influence of demographic and life course factors on marital relationship. As marriage is an important social institution in our society, it becomes relevant to examine certain demographic and life course factors also.

The factors considered are: -

- Gender
- Age
- Education
- Income
- Locality
- Pre marital family type
- Relationship among parents
- Age at marriage
- Age difference between partners
- Duration of marriage
- Type of marriage
- Religious belief and practices

Gender and Age in Marital Relationship

In order to study the influence of gender and age on marital relationship, the total sample was grouped into two (problem group and adjusted group). To verify the significant difference between male and female partners and between the two age groups (above 40

years and below 40 years) two way ANOVA was computed for problem group and adjusted group separately. Table 4.19 gives the details of problem group. For the variables yielding significant 'F' values, 't'-test was performed for further clarification. Table 4.19 gives the details.

Table 4.19

Two-way ANOVA for Marital Relation Categories on ENRICH by Age X Sex for Problem Group (N = 240)

Categories	Main Effects								Interaction Age x Sex				Residual		
	Age				Sex				SS	DF	MS	F	SS	DF	MS
	SS	DF	MS	F	SS	DF	MS	F							
Idealistic Distortion	63.03	1	63.03	3.38	145.70	1	145.70	7.82**	67.20	1	67.20	3.60*	4395.35	236	18.62
Marital Satisfaction	18.15	1	18.15	0.26	2.40	1	2.40	0.03	2.01	1	2.01	0.02	16361.03	236	69.32
Personality Issues	96.26	1	96.23	2.89	183.75	1	183.75	5.53**	0.41	1	0.41	0.01	7835.50	236	33.20
Communication	109.35	1	109.35	1.46	166.66	1	166.66	2.23	66.15	1	66.15	0.88	17566.56	236	74.93
Conflict Resolution	57.03	1	57.03	1.13	4.53	1	4.53	0.09	71.50	1	71.50	1.42	11832.21	236	50.13
Financial Management	62.01	1	62.01	0.54	360.15	1	360.15	3.16	19.26	1	19.26	0.16	26899.16	236	113.98
Leisure Activities	220.41	1	220.41	2.36	153.60	1	153.60	1.64	375.00	1	375.00	4.02*	22017.23	236	93.29
Sexual Relationship	310.53	1	310.53	2.31	306.00	1	306.00	2.28	23.43	1	23.43	0.17	31659.31	236	134.15
Children and Marriage	63.03	1	63.03	0.51	49.50	1	49.50	0.40	161.70	1	161.70	1.31	29059.25	236	123.13
Family and Friends	11.26	1	11.26	0.23	28.01	1	28.01	0.23	21.60	1	21.60	0.18	28049.76	236	118.85
Equalitarian Role	8.81	1	8.81	0.13	34.15	1	34.15	0.82	114.81	1	114.81	1.75	15416.06	236	65.32
Religious Orientation	24.06	1	24.06	0.18	5.40	1	5.40	0.04	252.15	1	252.15	1.90	31247.96	236	132.40
Marital Adaptability	26.00	1	26.00	1.79	63.03	1	63.03	4.34*	2.60	1	2.60	0.18	3421.91	236	14.50
Marital Cohesion	3.75	1	3.75	0.27	3.75	1	3.75	0.27	14.01	1	14.01	1.03	3206.73	236	13.58

From the table 4.19 none of the 'F' values for age is significant. Hence it can be concluded that the mean differences between two age groups in the scores of the 14 categories of marital relationship are not significant. This table also reveals that 3 of the 'F' values for gender are significant. It is also seen that there is an interactional effect between age and sex in idealistic distortion and leisure activities.

In order to specify the nature of difference on the above significant categories idealistic distortion, personality issues and marital adaptability 't' test was computed as given in table 4.20.

TABLE 4.20

Mean, SD and t-values for Significant Marital Problems on ENRICH based on Gender of Problem Group

ENRICH Variables	Male Mean (SD)	Female Mean (SD)	't' Values
Idealistic Distortion	9.95 (4.72)	8.40 (3.96)	2.77**
Personality Issues	15.05 (6.56)	13.30 (4.85)	2.35*
Marital Adaptability	10.17 (3.79)	11.20 (3.82)	2.09*

The significant 't' values in Table 4.20 also support the results obtained by ANOVA, indicating that the mean scores of male subjects on idealistic distortion and personality issues are higher than that of female subjects while the mean scores of male subjects on category marital adaptability is less than that of female subjects.

Table 4.21 shows the results of two way ANOVA for the adjusted group.

TABLE 4.21

**Two-way ANOVA for Marital Relation Categories on ENRICH by
Age X Sex for Adjusted Group (N = 120)**

	Main Effects								Interaction Age x Sex				Residual		
	Age				Sex				SS	DF	MS	F	SS	DF	MS
	SS	DF	MS	F	SS	DF	MS	F							
Idealistic Distortion	138.67	1	138.67	11.67**	4.40	1	4.40	0.37	21.67	1	21.67	1.82	1377.83	116	11.87
Marital Satisfaction	172.80	1	172.80	3.67*	67.50	1	67.50	1.43	0.13	1	0.13	0.00	5461.26	116	47.08
Personality Issues	9.63	1	9.63	0.12	124.03	1	124.03	1.57	9.63	1	9.63	0.12	9165.06	116	79.00
Communication	118.00	1	118.00	1.91	190.00	1	190.00	3.09	81.67	1	81.67	1.32	7132.90	116	61.49
Conflict Resolution	140.83	1	140.83	2.40	9.63	1	9.63	0.16	14.70	1	14.70	0.25	6802.80	116	58.64
Financial Management	216.00	1	216.00	3.18	31.00	1	31.00	0.45	39.67	1	39.67	0.58	7877.30	116	67.90
Leisure Activities	16.13	1	16.13	0.32	149.63	1	149.63	3.02	0.53	1	0.53	0.01	5734.86	116	49.43
Sexual Relationship	43.20	1	43.20	1.53	3.33	1	3.33	0.11	0.30	1	0.30	0.01	3267.53	116	28.16
Children and Marriage	147.40	1	147.40	3.40	3.00	1	3.00	0.69	21.67	1	21.67	0.50	5023.83	116	43.30
Family and Friends	145.20	1	145.20	2.07	116.03	1	116.03	1.65	34.13	1	34.13	0.48	8134.60	116	70.13
Equalitarian Role	90.13	1	90.13	1.09	264.03	1	269.03	3.19	381.63	1	381.63	4.61*	9593.00	116	82.69
Religious Orientation	452.40	1	452.40	8.34**	195.07	1	195.07	3.59	1.87	1	1.87	0.03	6290.63	116	54.230
Marital Adaptability	31.00	1	31.00	6.87*	0.08	1	0.08	0.00	6.00	1	6.07	1.34	523.50	116	4.51
Marital Cohesion	20.00	1	20.00	2.84	0.008	1	0.008	0.001	1.00	1	1.00	0.14	815.56	116	7.03

The 'F' values in the table 4.21 indicate that marital relationship of the two age groups in adjusted group differ with respect to categories-idealistic distortion, marital satisfaction, religious orientation and marital adaptability. None of the 'F' values

for gender is found to be significant. There is an interaction effect between age and sex in equalitarian role. The categories that denoted significant difference between the two age groups were further clarified through 't' test. The details are given in Table 4.22.

TABLE 4.22

Mean, SD and t-values for Marital Problems on ENRICH based on Age of Adjusted Group (N = 120)

ENRICH Categories	Above Age 40 Mean (SD)	Below Age 40 Mean (SD)	't' Values
Idealistic Distortion	20.13 (3.02)	17.98 (3.82)	3.41**
Marital Satisfaction	39.15 (6.95)	36.75 (6.71)	1.92*
Religious Orientation	42.10 (7.32)	38.21 (7.49)	2.87**
Marital Adaptability	13.31 (1.90)	12.30 (2.31)	2.63**

As indicated by the values in Table 4.22 the mean scores for categories-idealistic distortion, marital satisfaction, religious orientation and marital adaptability show a significant difference between two age groups of adjusted group. Here it is also noted that the group above the age of 40 years has got higher mean scores in all the 4 categories. This suggests that participants above the age of 40 years seem to be more satisfied when compared to the participants those who below 40 years.

While comparing the problem group with adjusted group, in problem group there is no significant difference between two age groups. From this it can be assumed that the participants of both the age groups perceive the marital problems in the same manner. Hence it can be concluded that age as such is not a problem-

producing factor. But for healthy partners age has an important role to play in marital relationship making it healthier as indicated in Table 4.22. In the adjusted group, for the categories of idealistic distortion, marital satisfaction, religious orientation and marital adaptability subjects above 40 years got a higher score. This may be because at younger stages of life people have more colourful or fantasy oriented expectations about the marital life, which may not be a possible thing for the real life. When these partners become more mature mentally and chronologically their attitude and perception of life and relationships would change and thus they become more realistic. This would help them to enjoy the real situations, which are available to them.

Considering gender as a principal factor, in the problem group (Table 4.19) there exist a gender difference in 3 categories - idealistic distortion, personality issues and marital adaptability whereas in the adjusted group there is no significant gender difference in relation with marital life. In problem group men got comparatively higher mean score than women on idealistic distortion and personality issues. This indicates that men seem to be more realistic and have less complaint with regard to their partner's behavioural issues. This may be because usually women are more emotionally involved in marital conflict and more expressive also than men whereas men are more task oriented and may be indifferent during emotionally charged conflict. This finding has also supported by Gottman and Levenson (2002) reporting that women have been described as emotional expressive pursuers of intimacy, and men as task oriented problem solvers who want relationships but withdraw during emotionally charged conflict. They interestingly, claimed that there are biological sex-based differences in men's and women's physiological responses to conflict which may account for the finding

that men are more likely to withdraw when conflictual issues are raised by wives. From these results it can be concluded that age and gender have some influence in determining quality of marital relationship.

Some other relevant socio demographic and life course factors were also treated for their influence on the quality of marriage. To understand the influence of these factors chi-square test was used. The results are presented in 3x3 fold contingency tables from 4.23 to 4.33, which show the frequency, raw percentages, and column percentage of the 3 sub groups, that is, counselling group, adjusted group and court group for the different demographic variables. The chi-square values in the tables indicate whether the difference between the frequency in each cell for the three groups is significant or not.

Education

Education, and income are personal resources that may help people to cope with marriage related stress. A high level of education makes it easier for people to find jobs that pay well. In addition, well-educated people compared with poorly educated people, have better problem-solving skills and a stronger sense of control, which may prove useful during the time of marital conflicts. Therefore in this study the sample of the 3 groups is again divided into 3 groups according to the education of the participants as, 1 Upto high school, 2 High school to graduation, 3 Above graduation. Table 4.23 gives the details of chi-square test for education.

TABLE 4.23

Chi-square for education of the 3 groups

Education Group	Upto High school	Graduation	Above Graduation	Raw Total
Counselling Group	78	30	12	120
	65.50	25.0	10.0	33.3
	41.1	34.1	14.6	
Adjusted Group	26	41	53	120
	21.7	34.2	44.2	33.3
	13.7	46.6	64.6	
Court	86	17	17	120
	71.7	14.2	14.2	33.3
	45.3	19.3	20.7	
Column Total	190	188	82	360
	52.8	24.4	22.8	100
Chi-square = 79.96; (4df); P = 0.0001				

It is evident from the table that there are marked differences between theoretical/assumed and observed values, signifying the fact that level of education influences marital adjustment. A comparison of the frequencies indicates that both the problem groups have more subjects with lower education and adjusted group had more highly educated partners. It is also evident that among the two problem groups the group approaching court has lower education level than the counselling groups. Hence it can be concluded that a positive relationship exists between marital stability and education. White (1990) reported that the failure to meet expectations in economic or educational attainment seem to contribute to marital instability, which supports the present results.

Income

Chi-square computed for income is shown in table 4.24

TABLE 4.24

The Chi-square for Income of the 3 groups

Income Group	Low	High	Total
Counselling	74 61.7 40.0	46 38.3 26.3	120 33.3
Adjusted	37 30.8 20.0	83 69.2 47.4	120 33.3
Court	74 61.7 40.0	46 38.3 26.2	120 33.3
Total	185 51.4	175 48.6	360 100
Chi-square = 30.44; (df=2); P =0.001			

The Chi-square value in the table is significantly high revealing a relationship between income and quality of marital relation. In both the problem groups, counselling and court groups, 61.7 per cent of the members happen to be in the low income category, whereas in the adjusted group majority of the members, that is 69.2 per cent fall in the high income group. From this result it can be concluded that financial adequacy is an important determinant of marital stability. Martin and Bumpass (Amato and Rogers, 2003) also reported that having low education or income increase the risk of marital dissolution.

Locality

It is often assumed that the quality of the environment has an influence in shaping behaviour of the person. Considering this the total sample of this study was selected from different localities namely rural, semi urban and urban. To verify whether there is any significant influence of place of stay on the marital relationship of the participants of the three sub groups Chi-square was computed as the details shown in Table 4.25.

TABLE 4.25

Chi-square for the locality of the 3 groups

Locality Group	Rural	Semi Urban	Urban	Total
Counselling Group	55 45.8 28.8	10 8.3 33.3	55 45.8 39.6	120 33.3
Adjusted Group	76 63.3 39.8	7 58 23.3	37 30.8 26.6	120 33.3
Court	60 50.0 31.4	13 10.8 43.3	47 39.2 33.8	120 33.3
Column Total	191 53.1	30 8.3	139 38.6	360 100
Chi-square = 9.09090; (4df); P = 0.588				

Chi-square value is found to be significant at 0.05 levels. Although for all the 3-sample groups the highest number of subjects is from rural area, it is also noted that the adjusted group has the highest percentage when compared with other groups and the counselling group has maximum number from urban area. This may be because in the rural area people are more conventional and

remain bonded with family and hence tries to get adjusted with the demands. In the urban areas facility for seeking help through counselling is available, which the partners use. Another feature of the results is that the number of participants goes for a legal representation highest in the court group among the three groups, which may be attributed to the economic restraints, which motivate them to ask for maintenance through court.

Pre marital family type

In the present Indian social set up, there are two types of families, nuclear family and joint family. The change from the Joint family set up to nuclear family pattern and an increase in the rate of marital conflicts and separation are the two features that is very perceptible. Therefore it was tested whether two could be related in a cause and effect manner. For this the subjects of the 3 groups were divided into two groups based on their premarital family type. Table 4.26 gives the details of the chi-square test to verify the difference in the distribution among the groups.

TABLE 4.26

The Chi-square for Pre marital family type of the 3 groups

Family type Group	Joint family	Nuclear family	Total
Counselling	58	62	120
	48.3	51.7	33.3
	38.9	29.4	
Adjusted	49	71	120
	40.8	59.2	33.3
	32.9	33.6	
Court	42	78	120
	35.0	65.0	33.3
	28.2	37.0	
Total	149	211	360
	41.4	58.6	100
Chi-square = 4.4199; (df=2); P=0.10970			

It is seen that in all the three groups, number of subjects coming from Nuclear family is more than in joint family and the chi-square value does not indicate any significant effect of the pattern of family on the marital quality.

Relationship among Parents

In view of the social learning theories, as in any other behaviour pattern, the adjustment and quality of inter personal interaction in marriage can also be an observed and learned one from one's family prior to marriage. Some studies have also yielded supporting results on the western samples. Therefore this was verified among the present sample also. For this each sub group of the sample was divided into two, based on marital quality of their parents. The subjects, who reported their parent's marital

relationship as happy was considered as the first and those who reported their parent's marital relationship as unhappy as the second group. Difference in frequencies of subjects with happy and unhappy parental marriage in each group were tested for statistical significance by chi-square test as shown in Table 4.27.

TABLE 4.27

Chi-square for the Parental Relationship of the 3 groups

Parental Relation Group	Happy	Unhappy	Total
Counselling	60 50.0 30.8	60 50.0 36.4	120 33.3
Adjusted	106 88.3 54.4	14 11.7 8.5	120 33.3
Court	29 24.2 14.9	91 75.8 55.2	120 33.3
Total	195 54.2	165 45.8	360 100
Chi-square = 100.76; (df=2); P=.0001			

The Chi-square value in the table is highly significant. The cell frequencies also show a clear difference with majority of subjects in the adjusted group having a happy relation between their parents, majority of court group having unhappy relation of their parents and the counselling group has an equal number of subjects with their parents relations either happy or unhappy.

From this data it can be concluded that the quality of the parent's marriage influences the marital quality of their children significantly. A number of studies reported similar results consistent with the notion of inter generational transmission. Research

indicates that parental divorce increases the risk that offspring will see their own marriages end in divorce (Amato and Booth, 2001, Giarrusso and Bengston, 1999). If divorce is transmitted across generations, then it seems likely that marital discord is similarly transmitted. That is, socialization into marital identities is viewed as a learning process initiated in the family of origin and continued through interactions in the offspring's marriage. Tallman, Rotolo and Gray (2001) reported that those couples in which both spouses come from divorced families would show the greatest increase in marital instability and that couples from "mixed" background would show greater behavioural changes and increased positive marital interactions.

Age at Marriage

The total sample was divided into 3 groups for men and women and each group was further divided into 3 according to their age at marriage. The three groups are: below 25 years; between 26-29; 30 years and above. For women the groups are: below 19 years; between 20-24, 25 years and above. To know about the influence of age at marriage on marital quality Chi-square was computed. Table 4.35 reveals the details for men and Table 4.28 for women.

TABLE 4.28**Chi-square test for comparison of age at marriage among three age groups for Men**

Group \ Age at marriage	Age at marriage			Total
	Below 25 years	25 to 29 years	30 years and above	
Counselling	16	25	19	60
	26.7	41.7	31.7	33.3
	45.7	31.3	29.2	
Adjusted	8	28	24	60
	13.3	46.7	40.0	33.3
	22.9	35.0	36.9	
Court	11	27	22	60
	18.3	45.0	36.7	33.3
	31.4	33.8	33.8	
Total	35	80	65	180
	19.4	44.4	36.1	100.00

Chi-Square = 3.55962; (df=4); P = 0.46887 (NS)

The non significant Chi-square value in Table 4.28 indicate that age at marriage does not influence their marital relation significantly as the number of persons in each category does not differ.

TABLE 4.29**Chi-square test for comparison of age at marriage among 3 age groups for women**

Group \ Age at marriage	Age at marriage			Total
	Below 19 years	20 to 24 years	25 years and above	
Counselling	2	39	19	60
	3.3	65.0	31.7	33.3
	8.0	38.2	35.8	
Adjusted	5	36	19	60
	8.3	60.0	31.7	33.3
	20.0	35.3	35.8	
Court	18	27	15	60
	30.0	45.0	25.0	33.3
	72.0	26.5	28.3	
Total	25	102	53	180
	13.9	56.7	29.4	100

Chi-Square = 20.25789; (df=4); P = 0.001

The statistically significant Chi-square value indicates that marital quality of female partners differs with age at marriage. Here the court group differs very much from the other two groups. 18 members, i.e. 30 per cent of the subjects in this group got married at an early age. In counselling centre and adjusted groups those who belong to this range are very few. The upper age group is almost the same for the 3 and lowest number of the 20 to 25 years group is in the court sample. It can also be noted that 72 per cent of this age group in the sample fall under the court group. So it can be assumed that age at marriage of the female partners has an influence on their marital quality.

The results shown in the two tables (4.28 and 4.29) seem to be different at a glance but it has to be considered that the grouping is done differently according to the Indian system of marriage, often having an older bridegroom and a younger bride. For men the lowest age is comparable with the second group for women, which emerges as the healthiest. Influence of the younger age group in women may be due to the fact that 'below 19 years' indicate their inadequate maturity to identify with the roles of a responsible adult and wife.

Age difference between partners

Attitudes and expectations of a person keep changing with age, which could bring in differing temperaments and pattern of interpersonal interactions. This could also influence the relation between spouses depending on the extent of age difference among them. Therefore, the subjects were divided into three groups according to the age difference between the spouses as: below 3 years, 4 to 6 and 7 years and above. To test the effect of age difference and quality of marital relation Chi-square test was calculated for the frequencies. Table 4.30 shows the details.

TABLE 4.30

**Chi-square for Age Difference between Partners
among the three groups**

Age difference between Partners Group	0-3 years	4-6 years	7 years & above	Total
Counselling Group	28 23.3 29.8	56 46.7 41.2	36 30.0 27.7	120 33.3
Adjusted Group	28 23.3 29.8	49 40.8 36.0	43 35.8 33.1	120 33.3
Court	38 31.7 40.4	31 25.8 22.8	51 42.5 39.2	120 33.3
Total	94 26.1	136 37.8	130 36.1	360 100
Chi-square = 12.06 (4df) P = 0.01				

Influence of age difference between spouses indicated by the chi-square is statistically significant at 0.01 level. Here both counselling and adjusted groups have some similarity. An examination of the frequencies and percentages in each cell for the three groups indicate that in the court group a greater percentage have an age difference of 7 years and above or within 3 years while in the adjusted group and counselling group, more number of subjects have a difference between 4-6 years. That is a wider gap in age between the spouses is unhealthy and the most suitable difference is from 4 to 6 years. In the court group it can be clearly noted that too little and too much of age difference between partners may act as a risk factor for marriage stability.

Duration of marriage

Based on the literature on marital satisfaction over the life course, it is reasonable to suggest that there are two periods critical to the survival of a marriage: the first 7 years of marriage during which half of all the divorces occur and at mid life, when people often have young teenage children. Some studies have also reported supporting results on western samples. Therefore this was verified in the present sample also. For this 3 groups were formed in all the three sub samples on the basis of their duration of marriage as 0 to 7 years, 7-14 and 15 years and above. Table 4.31 gives the details of chi-square test to verify the difference in the distribution among the groups.

TABLE 4.31

Chi-square for Duration of Marriage among the 3 groups

Duration of Marriage Group	0-7 years	7 to 14 years	15 years & above	Total
Counselling Group	37 30.8 29.1	34 28.3 34.3	49 40.8 36.6	120 33.3
Adjusted Group	30 25.0 23.6	49 40.8 49.5	41 34.2 30.6	120 33.3
Court	60 50.0 47.2	16 13.3 16.2	44 36.7 32.8	120 33.3
Total	127 35.3	99 27.5	134 37.2	360 100
Chi-square = 28.91; (4df); P = 0.0001				

The statically significant chi-square value in the table indicates a relationship between duration of marriage and quality of marital relation. Both problem groups, counselling and court groups have more subjects in the 1st and 3rd cells. It is important to note that 50 per cent that is 60 subjects reached to file the case at family court within 7 years after their marriage. Like wise 36.7 per cent or 36 subjects registered at the court for divorce 16 years after their marriage. From these results it may be assumed that the 1st 7 years and after 16 years are considered as critical periods in marital adjustment. It can also be noticed that the middle period is the least problematic, probably because the parents are more concerned with their children which helps them to shift attention from their interpersonal problems and they may not even get sufficient time to think it over. Initial stages are difficult as it is the period of knowing each other in developing a relationship. So they identified the differences and as they have not yet established a 'family of their own' parting is an easy solution. During 16-24 years period once again the couple is together (having all children grown up and independent) and revives their memories of differences, and observes each other, that may add to their conflicts. Moreover, being free from some responsibilities the boredom and dependence on each other are likely to show up as 'expectations' from each other. Based on Gottman's (1999) research, these two groups exemplify critical time periods in the marital trajectory, with the majority of couples divorcing within the first seven years of marriage. Conversely, a second vulnerable period for the marital trajectory is 16 to 24 years of marriage. These critical time periods were retained in the current analysis also to account for the fact that change is not expected to be the same across all time periods of marriage, but may be especially important early and later in marriage.

Type of marriage

In the Indian perspective, the arranged marriage system does not provide enough time for the couple to know each other's personality traits and peculiarities. Consequently, they may find it difficult to accept and adjust with their partner. To verify the influence type of marriage on marital quality chi-square was used. For this the entire sample of the three groups was divided into 3 based on their type of marriage viz., arranged marriage, love marriage and semi-arranged marriage. Table 4.32 shows the details.

TABLE 4.32

Chi-square for Type of Marriage of the three groups

Type of Marriage Group	Arranged	Love	Semi-arranged	Total
Counselling Group	114 95.0 35.8	2 1.7 10.5	4 3.3 17.4	120 33.3
Adjusted Group	102 85.0 32.1	10 8.3 52.6	8 6.7 34.8	120 33.3
Court	102 85.0 32.1	7 5.8 36.8	11 9.2 47.8	120 33.3
Total	318 88.3	19 5.3	23 6.4	360 100
Chi-square = 9.28; (4df); P = 0.0544				

Although the chi-square is significant a clear indication of the patterns of influence is not evident from the cell entries. It can be noted that for all the 3 groups highest number of subjects fall in the 'arranged' column and with well adjusted and problem cases it is almost equal. This is probably because sample is unequal with respect to type of marriage and majority is of arranged marriage. But a close examination of the column wise entries show that highest

percentage of court cases falls in the semi-arranged group. It can be assumed that unlike in the other types in semi arranged neither the partners nor the family feel the responsibility for maintaining the marriage and therefore they opt for a divorce more easily than others.

Religious Belief and Practices

Religious practice is considered as an important factor for person to keep marriage as a stable institution. For this the total subjects of the three groups were divided into three on the basis of the religious practices such as group 1 Belief in God; group 2 No belief; group 3 regular prayer. To find out whether there is any influence of religious practice on marital quality chi-square was calculated. Table 4.33 reveals the details.

TABLE 4.33

Chi-Square for Religious Belief and Practices among the three groups

Group \ Religious practice	Belief in God	No. Belief	Regular prayer	Total
	Counselling Group	53 44.2 36.1	7 5.8 41.2	60 50.0 30.6
Adjusted Group	22 18.3 15.0	2 1.7 11.8	96 80.0 49.0	120 33.3
Court	72 60.0 49.0	8 6.7 47.1	40 33.3 20.4	120 33.3
Total	147 40.8	17 4.7	196 54.4	360 100
Chi-square = 54.30; (4df); P = 0.0001				

The calculated chi-square value is found to be highly significant which suggest considerable influence of religious practice on the qualify of marital relation.

In the first look, it can be seen that 96 subjects that is 80 per cent of sample of the adjusted group give importance to regular prayer and to church or temple attendance to maintain their stable marital life. They consider religious participation as useful and important to lead a peaceful life. In counselling centre, 50 per cent of the subjects followed regular prayers and 44.2 per cent of the subjects believe in God. These people also give some importance to religious practice.

In the case of court group 60 per cent of the people have belief in god but not give importance to practice religion, only 33 per cent of the subjects practice it regularly. 6.7 per cent of the subjects do not have any belief in God. So it may be concluded that religious practice help the people to cope with the day to day life problems in a peaceful manner. The lower religious practice may be a cause of their marital problem. A comparison of the distribution also indicate that belief or no belief in god per se do not make much difference but the practice and punctuality are more important.

In order to further confirm these findings 14 categories of marital relationship was reduced to two factors using the method of principal component analysis proposed by Hotelling (Ferguson, 1981) named as E-Fact1 E-Fact II. E-Fact I includes first 12 categories and E-Fact II includes last two categories. This grouping was based on the pattern of scoring for the first 12 and circumplex model for the last two categories as given by the authors of the test. Tables 4.34 and 4.35 give the details for E-Fact I and E-Fact II.

TABLE 4. 34

Mean, SD and t value of Demographic and Life Course Factors on Scores of Marital Relationship for E Fact I (N = 360)

Variables	Group 1 M (SD)	Group 2 M (SD)	Group 3 M (SD)	1 Vs. 2 't' value	1 Vs. 3 't' value	2 Vs. 3 't' value
Education	Up to HS	Degree	Above Degree	6.71***	8.76***	1.76
	21.32 (7.85)	28.32 (8.78)	30.79 (8.87)			
Age at Marriage of Women	Below 20	20-24	24 above	4.51***	3.61**	0.36
	17.49 (8.54)	26.36 (8.88)	25.79 (9.87)			
Age difference between partners	0-3	3-6	6 and above	2.21*	0.21	2.65**
	24.28 (9.46)	26.98 (8.84)	24.01 (9.43)			
Duration of marriage	0-7	8-14	15 above	5.32***	2.26*	2.69**
	22.60 (8.18)	28.55 (8.53)	25.18 (10.08)			
Religious belief and Practices	No belief	Belief in God	Regular Prayer	0.05	7.99**	3.28**
	21.14 (7.59)	21.03 (8.16)	28.61 (9.22)			
Income	B. Average		Above Average	5.48***		
	22.69 (8.64)		27.85 (9.25)			
Parental Relation	Happy		Un happy	10.32***		
	29.29 (8.65)		20.36 (7.58)			

TABLE 4. 35

Mean, SD and t value of Demographic and Life Course Factors on Scores of Marital Relationship for E Fact II (N = 360)

Variables	Group 1 M (SD)	Group 2 M (SD)	Group 3 M (SD)	1 Vs. 2 't' value	1 Vs. 3 't' value	2 Vs. 3 't' value
Education	High School	Degree	Above Degree	2.63**	1.90	4.55***
	11.69 (2.84)	10.62 (3.28)	12.53 (2.93)			
Age at Marriage of Women	Below 20	20-24	24 and above	2.15*	1.38	0.59
	10.36 (4.00)	11.86 (2.87)	11.55 (3.37)			
Age difference between partners	0-3	3-6	6 and above	2.30*	0.28	2.87**
	10.99 (3.20)	11.97 (3.20)	10.89 (3.09)			
Duration of marriage	0-7	7-14	14 and above	3.39**	0.95	2.66**
	10.98 (3.38)	12.22 (2.88)	11.16 (3.38)			
Religious belief and Practices	No belief	Belief in God	Regular Prayer	0.27	3.57***	1.96**
	10.67 (3.38)	10.43 (4.03)	11.88 (2.28)			
Income	Below Average		Above Average		2.99**	
	10.83 (3.27)		11.83 (3.04)			
Parental relation	Happy		Unhappy		6.16***	
	12.23 (2.86)		10.26 (3.24)			

An examination of the results shown in tables 4.34 and 4.35 fully confirms the results obtained in the ANOVA and Chi-Squares computed (from table 4.19 to 4.33). That is Education, Income, Religion, Parental relation, Age at marriage for women, Age difference between partners, Duration of marriage, Religious practices influence the quality of marital relationship.

A graphic representation of the results obtained by 't' test for principal components is shown in figures 4 to 17 give more clarity.

Influence of Life Course Factors on E-Fact –I of Quality of Marital Relation

Figure : 4

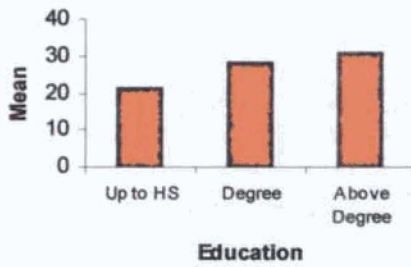


Figure : 5



Figure : 6

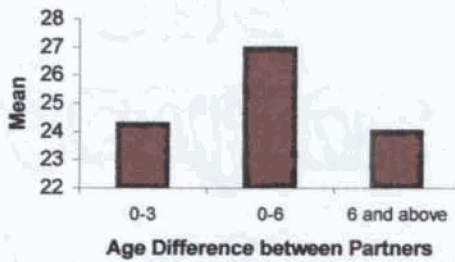


Figure : 7

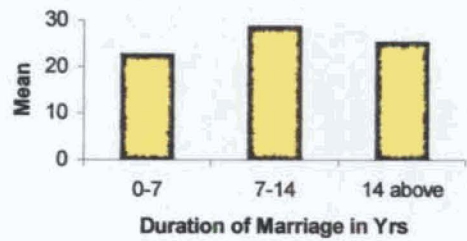


Figure : 8

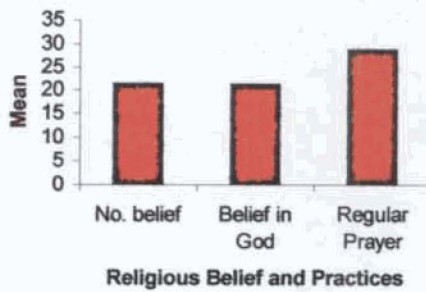


Figure : 9

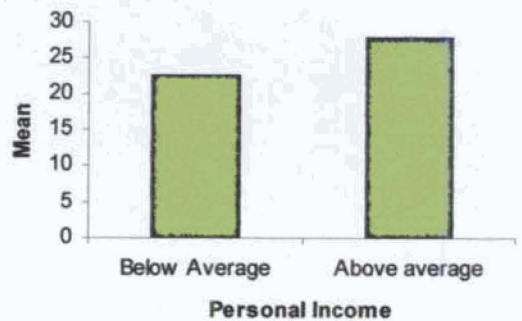


Figure : 10



Influence of Life Course Factors on E-Fact –II of Quality of Marital Relation

Figure : 11

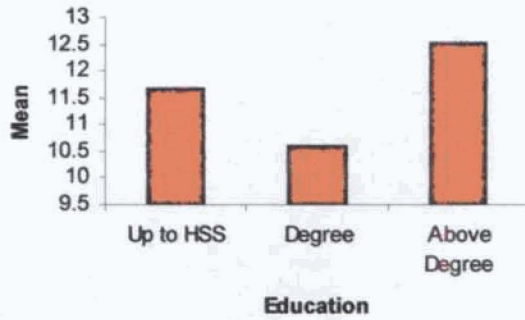


Figure : 12



Figure : 13

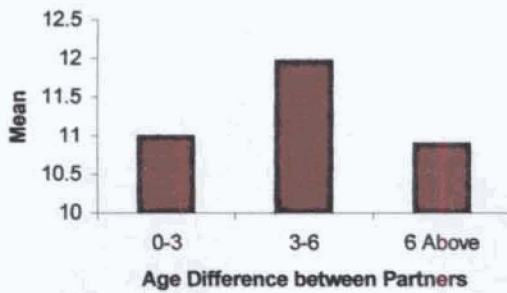


Figure : 14

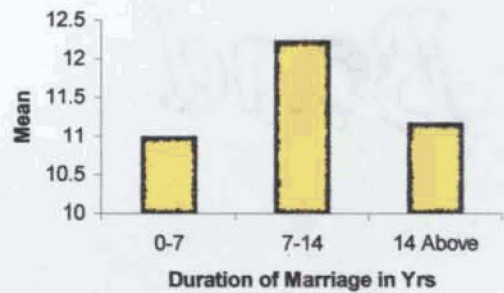


Figure : 15

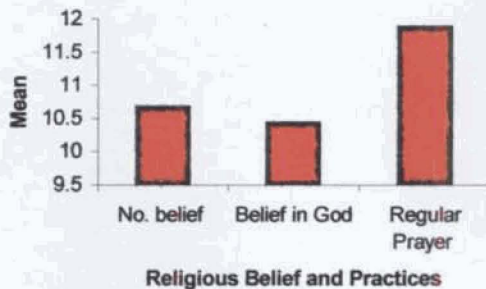


Figure : 16

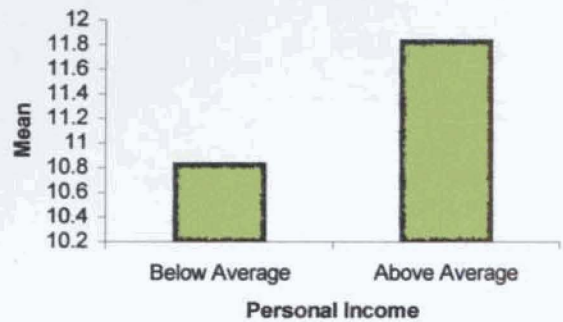
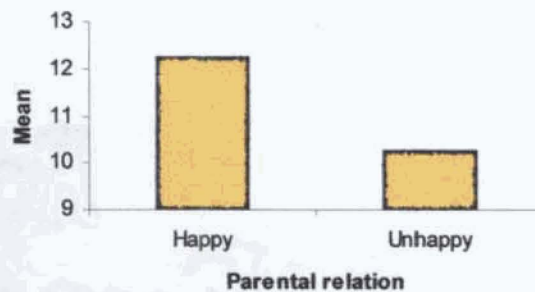


Figure : 17



SECTION E

Though, the main focus of this study is not to test the efficacy of intervention programmes, one of the objectives of the study was to increase the effectiveness of the counselling services extended to conflicting partners. To fulfil this objective 10 couples' cases were given extensive psychological counselling following the eclectic method. All the 10 cases have shown improvement and some of the cases are still seeking help. However as many partners are working aboard or at different places the post counselling test could not be completed for all. Therefore three cases are presented here with pre-post test results.

Case I

Mrs. X the only daughter of rich parents, a B.Ed holder was married at the age of 22 years to Mr. Y who is a Marine Engineer, older to her by 8 years. After marriage they lived together for three months and then the husband went back to his job. Their three months of life created a kind of frustration because husband is a highly extraverted type and his family members lead a kind of stylish life style. But wife is of an extreme introvert type, not able to mingle freely with others. Husband and his family members were not satisfied with wife's conservative behaviour or life style – as an introvert. This led to a negative attitude in mother-in-law towards her. According to daughter-in-law's view mother in-law is like a society lady and an autocratic principal. These grim realities caused development of anxiety and fear in the wife and some times she lost sound sleep. Another problem was that, her husband is very rude and aggressive in nature to her, whereas he is a very obedient son in front of his mother. Mother-in-law also wanted a modern daughter-in-law. So they started to ill-treat her. On the day of the

first wedding anniversary she left her husband's house and stayed with her own parents for two years. Being the only daughter her parents also supported her in all ways. Meanwhile one of her friends came to know that her husband and his family were planning to get a divorce. This well-wisher brought them to this researcher for counselling. It was found through the diagnostic interviews with the help of ENRICH and MBTI questionnaires, that all their quarrels had some association with severe personality differences between partners and cultural differences between two families.

After six sessions of individual and family counselling, psychotherapy and family visits, type based counselling, prayer therapy, training for new coping skills couples decided to live together. Now they are happily and peacefully living together with a handsome 8 months old child, by celebrating the personality differences.

Personality Types

Husband - ESTJ

Wife - INFJ

Table 4.36 shows some changes in their relations by pre and post test method.

TABLE 4.36

**Raw Scores and Percentages of the
Pre and Post test of ENRICH for Case I**

ENRICH Variables	Husband				Wife			
	Pre-test		Post-test		Pre-test		Post-test	
	Raw scores	% Score	Raw score	% Score	Raw Score	% Score	Row Score	% Score
Idealistic Distortion	12	48	15	60	8	32	12	36
Marital Satisfaction	14	28	18	36	12	24	22	44
Personality Issues	15	30	25	50	10	20	26	52
Communication	12	24	25	50	13	26	28	56
Conflict Resolution	14	28	23	46	12	24	20	40
Financial Management	24	48	32	64	20	40	32	64
Leisure Activities	20	40	34	68	15	30	31	62
Sexual relationship	36	72	40	80	38	76	40	80
Children and Marriage	30	60	34	68	35	70	32	64
Family and Friends	15	30	32	64	12	24	20	40
Equalitarian Role	14	28	34	68	13	26	28	56
Religious Orientation	23	46	38	76	25	50	40	80
Marital Adaptability	7	28	11	44	8	32	12	36
Marital Cohesion	8	32	10	40	7	28	9	36

From the table the pre-test scores of the male partner indicate that their important problem areas are marital satisfaction, communication, conflict resolution, equalitarian role and marital adaptability. For female partner the problematic areas are Marital Satisfaction Personality issues, Communication, Conflict Resolution, Family and Friends, Equalitarian Role, and Marital Cohesion.

The shaded scores are the common areas of comparatively healthy interaction for both. Figure 18 gives the comparison of the pre-post test results obtained by Case 1.

Quality of Marital Relation for Pre and Post Counselling Phase for Case No. I

Figure 18 (A) : Case No. 1 - Husband

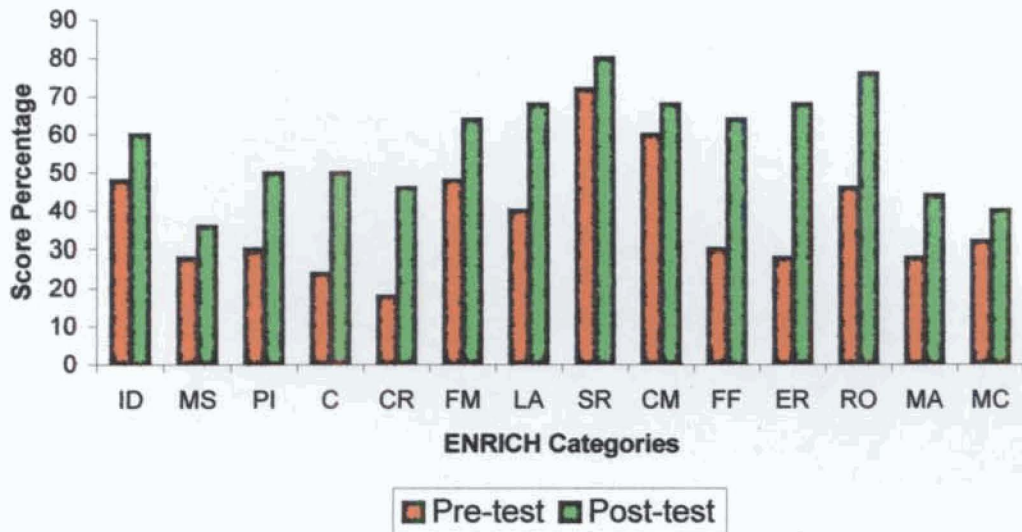
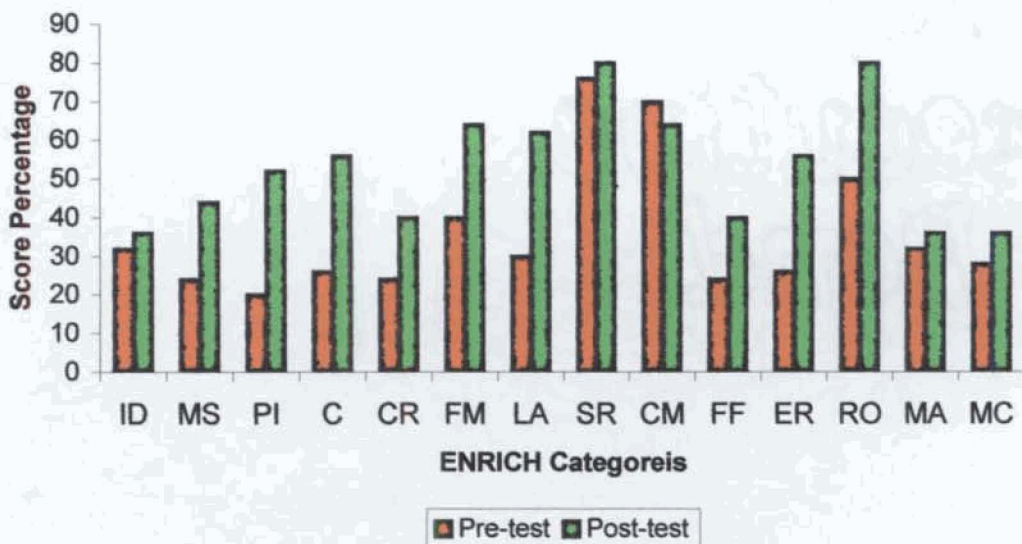


Figure 18 (B) : Case No. 1 - Wife



In post-test, the partners gained some important from the pre-test phase in all categories of ENCRICH. It implies that both partners became somewhat able to adjust to the partners' behaviours, to improve communication in their relationship, to handle conflicts, to enhance satisfaction with regard to family and friends and equalitarian role etc. Hence it can be concluded that through eclectic approach in counseling we can improve the marital quality of the partners.

Case II

Mrs. X who is a 35-year-old businessman and Mrs. Y, who is 28 year old, became separated, just after 2 years of their family life. They have one 4 yr old child. In the midst of this incredible life, they came for a counselling because of the persuasion of parents. It was found through the diagnostic interviews, and with the help of ENRICH, that all their quarrels had same association with sexual relationship area. During the first night of marriage husband faced utter sexual frustration. This made him resort to alcoholism and became irresponsible and depressed in life style. This created another problem in the equalitarian role in marital life. Through the individual counselling with the female partner, one thing was cleared that she had an early sexual traumatic experience during her childhood. Hence she had an unconscious fear towards men. The unmannered or excited approach of the husband at first night made the wife to reach a conclusion that her husband was also like the man she knew before. This irrational belief system forced her to avoid the sexual relationship with her husband. Then the husband forced her to leave him. At last she decided to be separated. In front of relatives and friends the reason for the separation is the alcoholism of the husband.

Through 8 sessions of the help given (Cognitive humanistic therapy for accepting the painful past, individual and couples counselling, house visits, alcoholic counselling, psycho education, problem solving skill sessions) the couples decided to live together. After 6 months researcher collected posttest results. Table 4.37 gives a detail of pre-post test results of ENRICH.

TABLE 4.37

Raw Scores and Percentages of the Pre and Post test of ENRICH for Case II

ENRICH Categories	Husband				Wife			
	Pre-test		Post-test		Pre-test		Post-test	
	Raw score	% score	Raw score	% score	Raw score	% score	Raw score	% score
Idealistic Distortion	5	20	12	48	15	60	16	64
Marital Satisfaction	14	28	26	52	25	50	30	60
Personality Issues	12	24	25	50	18	36	25	50
Communication	15	30	30	60	29	58	34	68
Conflict Resolution	20	40	25	50	25	50	32	64
Financial Management	30	60	35	70	34	68	36	72
Leisure Activities	23	46	26	52	25	50	28	56
Sexual relationship	10	20	25	50	24	48	30	60
Children and Marriage	20	40	26	52	30	60	30	60
Family and Friends	34	68	36	72	35	70	3	76
Equalitarian Role	28	56	32	64	32	60	36	72
Religious Orientation	20	40	32	64	30	60	36	72
Marital Adaptability	14	56	12	48	15	60	15	60
Marital Cohesion	12	48	13	52	14	56	13	52

Figure 19 gives the graphic representation of the case 2.

Quality of Marital Relation for Pre and Post Counselling Phase for Case No. II

Figure 19 (A) : Case No. II - Husband

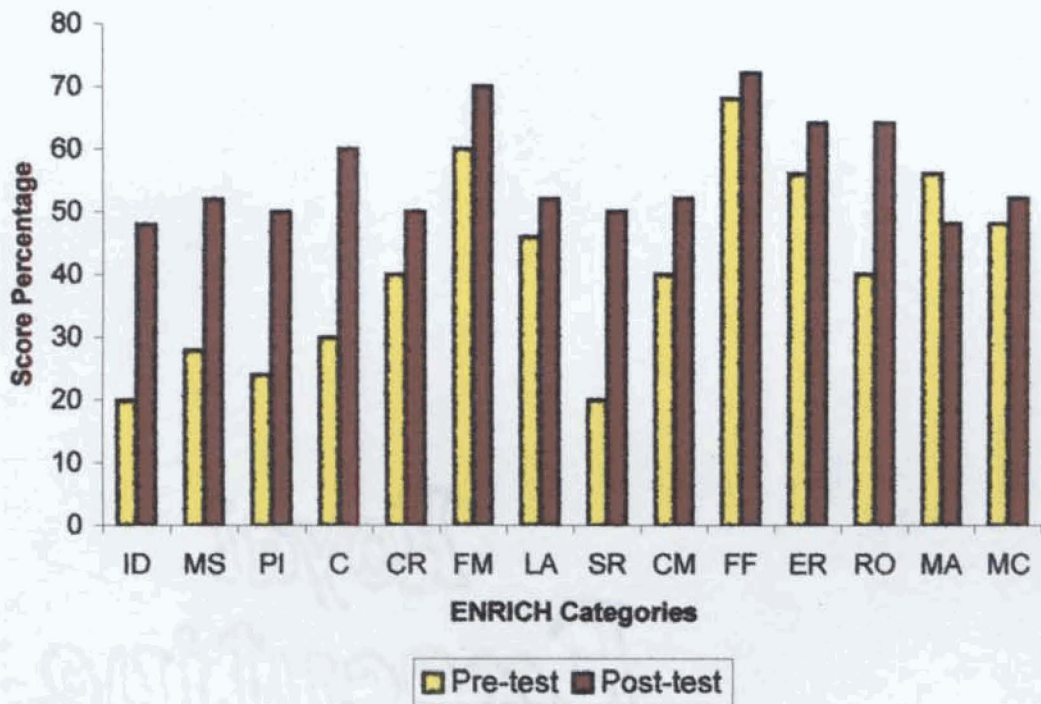
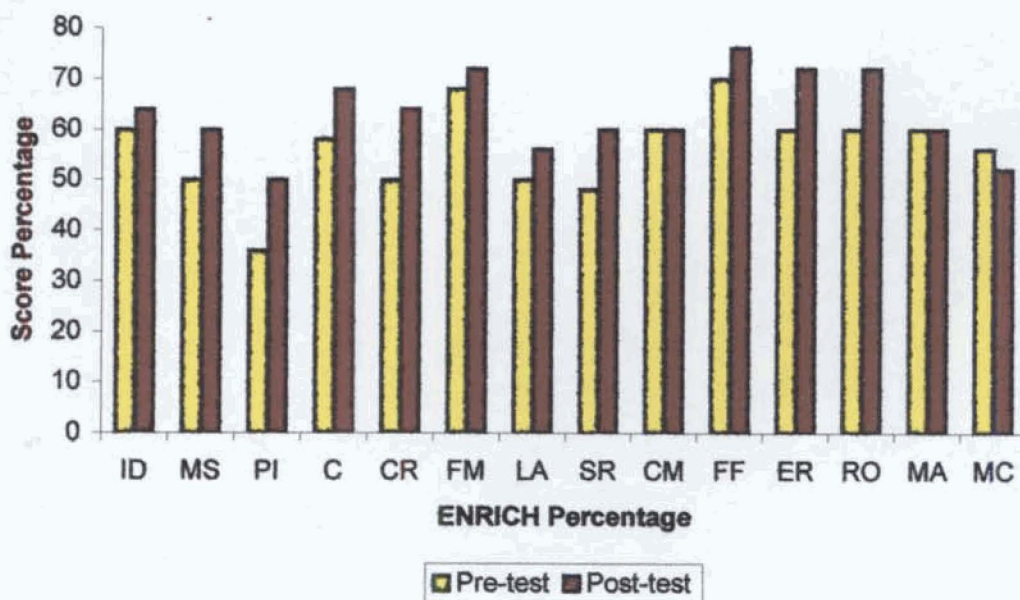


Figure 19 (B) : Case No. II - Wife



From the table the pre-test scores of the husband give a clear evidence of the problem he faces. The husband got below average scores for 5 categories of ENRICH. Among them, the categories of idealistic distortion, sexual relationship, personality issues, marital satisfaction, and communication. But in the case of wife, the category of personality issues and sexual relationship, are the problematic areas. When we consider the couple's profile all the 9 areas consider, as work areas became a low positive couple agreement scores. The eclectic methods of counselling given by the researcher gave a chance to regain the marital relationship. After the regained life of one year, their posttest results indicate representing an increase to the scores in problem areas-a happy married life.

Case 3

After 7 years of separated life, Mr. X who is a 35-year-old bank employee and Mrs. Y, who is a 30-year-old typist, came for counselling. Husband demands were that either they live together or get separated. But wife is not ready to his demand because a sort of depression or boredom and stubbornness was overpowering her. Through the 3 sessions of diagnostic individual counselling the root cause of their problems was revealed. She lost her father at the age of 3. She is the eldest among two daughters. So mother showed more attachment towards this daughter. This relationship or over attachment of mother influenced the daughter negatively. She is not able to think about leaving her mother. This developed a sort of anxiety in her. She does not know how to behave toward the world of men because she did not experience presence of men in the family. This also affected her marital life. On the other hand her husband is just opposite in nature. He is like his father, who is very powerful, authoritative and reserved type. For him the over dependency towards wife, stay in wife's house for helping her mother and free

nature are below his personal dignity. All these differences in attitudes and personality separated each other just after 6 months of marital life. The attitude or opinion of the husband is that, "she went to her mother's house one day without any permission. So I never took any step to take her back home resulting in separation for 7 years. Through the MBTI, ENRICH and AECOM scales their personality, marital relationship and coping styles were analysed. The INTJ husband could not accept the ESFP wife. This personality difference also affected their marital relationship negatively that they maintained the coping styles of blame, substitution and suppression.

Table 4.38 gives the details of pre-post relation pattern for case III.

TABLE 4.38

**Raw scores and Percentages of the Pre and Post test of
ENRICH for Case III**

ENRICH Variables	Husband				Wife			
	Pre test		Post test		Pre test		Post test	
	Raw scores	% Scores	Raw Scores	% Scores	Raw Scores	% Scores	Raw scores	% Scores
Idealistic Distortion	10	40	12	48	11	44	15	60
Marital Satisfaction	14	28	20	40	12	24	18	36
Personality Issues	12	24	21	42	14	28	24	48
Communication	13	26	22	44	15	30	22	44
Conflict Resolution	15	30	24	48	17	34	23	46
Financial Management	22	44	30	60	32	64	34	68
Leisure Activities	20	40	28	56	23	46	32	64
Sexual relationship	20	40	32	64	18	36	26	52
Children and Marriage	20	40	25	50	16	32	31	62
Family and Friends	11	22	16	32	15	30	21	42
Equalitarian Role	13	26	19	38	20	40	28	56
Religious Orientation	24	48	35	70	30	60	36	72
Marital Adaptability	6	24	10	40	7	28	11	44
Marital Cohesion	6	24	9	36	8	32	12	48

Figure 20 shows the pre post comparison of Case 3.

Quality of Marital Relation for Pre and Post Counselling Phase for Case No. III

Figure 20 (A) : Case No. III - Husband

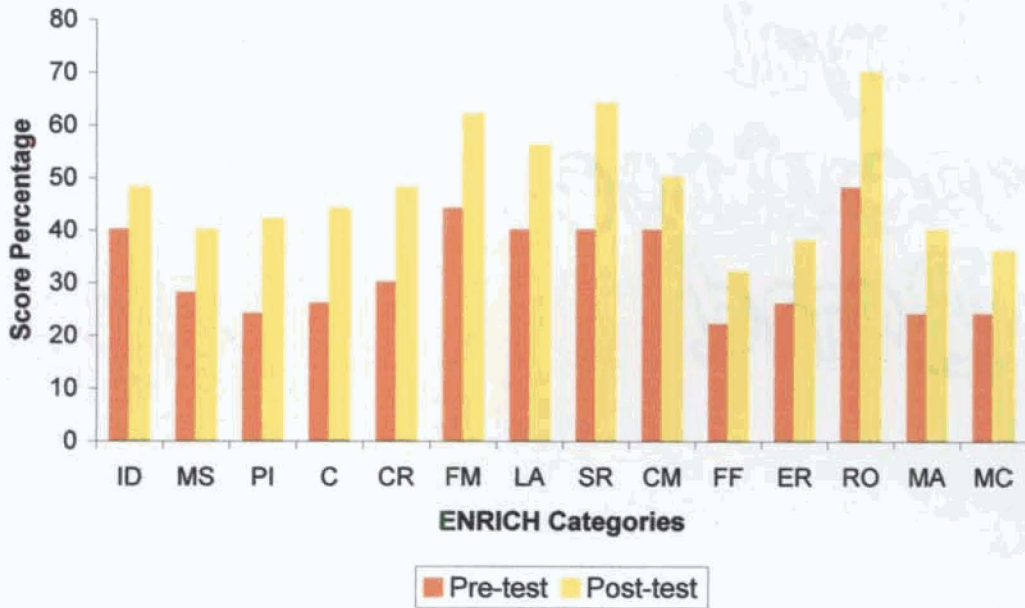
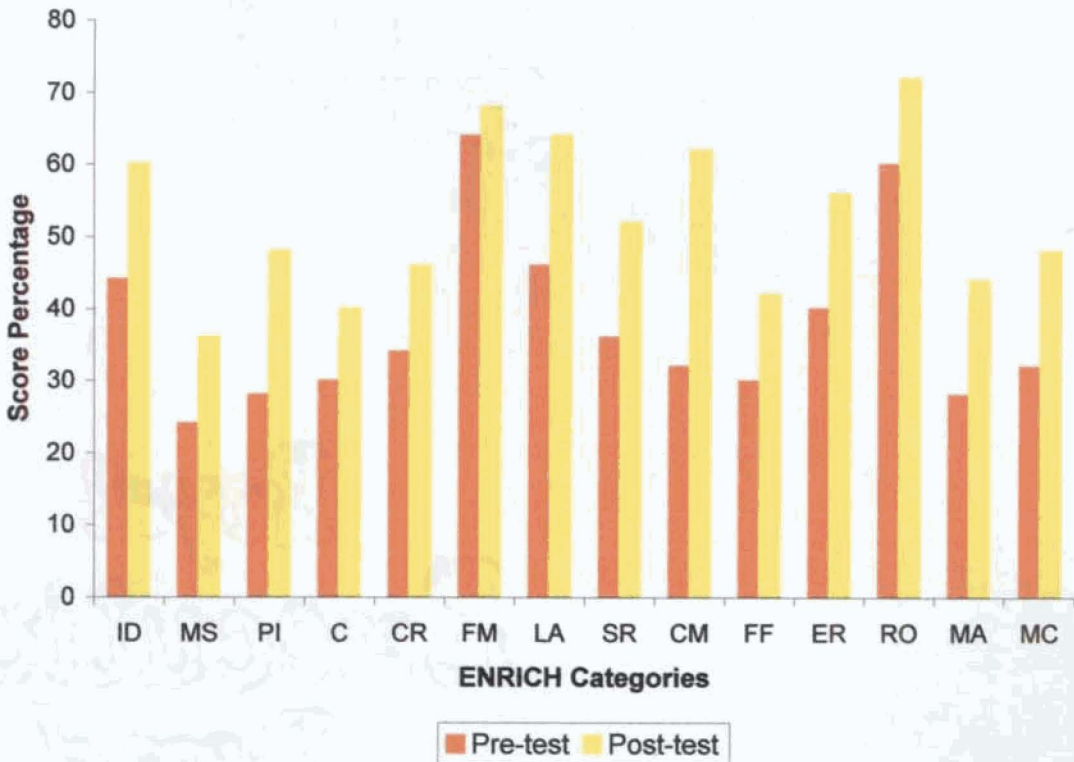


Figure 20 (B) : Case No. III - Wife



From the table it can be seen that husband was not much satisfied with his partner's behaviour in all the 14 areas. For him 7 areas are work areas, which indicate severe problems he faced. For wife 3 areas seemed to be work areas. When we consider the couples scores 7 areas show problematic relationship.

Through 8 sessions of the eclectic approach of the individual, marital and family counselling they came to know the essence of married life and the value, which it deserves. By the type counselling and classes these couples could understand each other and then decided to live together. Follow up counselling session also helped them to know and study the new coping skills and to live more happily. The improvements in all the 14 areas are evident from the posttest result in the table.

Thus the results of the post counselling analysis clearly indicate the significance of analyzing personality and coping styles in marital counselling.

Chapter V

Summary and Conclusion

Different types of marriages are reported throughout human history. It is generally agreed by laypersons and social scientists alike that the emotional stability provided by marriage, whatever its form is essential for a healthy family life and emotional well being of children (Good, 1964; Mace, 1983). Marriage remains an important social institution in modern society, existing as it does for the preservation of family and community. The stable marriage promotes the stability of the family, which is vital to the children as they develop both physically and psychologically (Yogman and Brazelton, 1986).

Today, family life and emotional life of children are seriously affected by the emotional disruptions resulting from an increasing number of separations and divorces. Divorce and separation of their parents expose children to feelings of abandonment, insecurity, inconsistency in interpersonal relationships, and a serious lack of attention and affection (Good, 1964; Coles, 1990).

Marriage crises have reached alarming proportions and increasingly people have found it necessary to break away from the patterns. Many of them harmful, of their parents (Mace, 1983). All these have demanded the attention of church leaders, psychologists, and family life educators and created the need for new knowledge and understanding based on empirical research (Mace, 1983; Pearson, 1989).

Present study proposes to explore certain psychological and sociological factors, which are contributory to marital instability. A few hypotheses formulated to meet the objective are:

1. Problem couples seeking help from court and counselling centres differ in quality of marital relationship, personality types, and coping styles from adjusted couples
2. Marital relationship and personality types are related.
3. Marital relationships and coping styles are related.
4. Personality and coping styles are related.
5. Quality of marital relationship can be predicted by personality and coping styles of partners.
6. Certain demographic and life course factors influence the quality of marital relationships.

The entire sample consisted of 360 married individuals, distributed equally among three groups, and selected by purposive sampling from family courts, counselling centres, and adjusted population.

Tools used in this study included three standardized self report measures and a personal data schedule.

1. For measuring marital relationship ENRICH was used.
2. To study the personality types MBTI was used.
3. To study coping styles AECOM coping scale was used.
4. A personal data schedule prepared by the investigator was used to gather information on the relevant demographic and life course factors.

The above-described tools were administered on all the subjects individually. After scoring the responses to each test each hypothesis was tested statistically.

Major findings of the study with reference to the hypothesis are:

1. Problem couples seeking help from court and counselling centres differ in quality of marital relationship, personality types, and coping styles from adjusted couples

- Participants of the adjusted group have higher scores on all the 14 categories of marital relation.
- Participants of the counselling group have comparatively higher scores on 14 categories of marital relation than the participants of the court group.
- Participants in the court and counseling centres differ with respect to suppression, blame and substitution from the adjusted groups
- The court and the counseling groups do not differ in coping styles.
- Participants of the adjusted group use less of the coping styles suppression, blame and substitution.
- Participants of the court group use more substitution as their coping style.
- The participants of counselling group use more suppression and blame as their coping styles.
- The participants in the three groups differ with respect to personality types.

- Participants of the adjusted group have more characteristics of extraversion, thinking and judging personality types.
- The participants of the court group are more introverted sensing, feeling and perceiving in personality types.
- Participants of the counselling group are more intuitive in the type of personality.

2. Marital relationship and personality types are related.

- Extraversion is positively related to communication and conflict resolution in the problem group.
- Introversion is negatively related to conflict resolution in the problem group.
- Sensing type of personality is negatively related to idealistic distortion, personality issues, financial management, sexual relationship, children and marriage, family and friends and equalitarian role of marital relation and positively related to communication in the problem group.
- Intuitive type is positively related to idealistic distortion, personality issues, financial management, and equalitarian role of marital relation in the problem group.
- Thinking type is positively related to idealistic distortion, marital satisfaction, children and marriage and religious orientation in the problem group.

- Feeling type is negatively related to idealistic distortion and children and marriage in the problem group.
- Judging type is positively related to marital satisfaction, communication, leisure activities and religious orientation in the problem group.
- Perceiving type is negatively related to marital satisfaction, communication, leisure activities, family and friends, equalitarian role and religious orientation in the problem group.
- Sensing type is positively related to marital satisfaction and family and friends in the adjusted group.
- Intuitive type is negatively related to family and friends in the adjusted group.
- Thinking type is positively related to children and marriage in the adjusted group.
- Feeling type is negatively related to marital cohesion in the adjusted group.

3. Marital relationships and coping styles are related

- Minimization is negatively related to personality issues and positively related to conflict resolution, children and marriage, equalitarian role and religious orientation in the problem group.
- Suppression is positively related to personality issues and family and friends in the problem group.

- Replacement is positively related to marital satisfaction, communication, conflict resolution financial management, leisure activities, children and marriage, family and friends, equalitarian role and religious orientation in the problem group.
- Blame is negatively related to children and marriage and marital adaptability in the problem group.
- Substitution is negatively related to children and marriage and religious orientation in the problem group.
- Reversal is positively related to children and marriage in the problem group.
- Minimization is positively related to idealistic distortion, marital satisfaction and religious orientation in the adjusted group.
- Suppression is positively related leisure activities in the adjusted group.
- Help seeking is positively related to children and marriage in the adjusted group.
- Replacement is positively related to children and marriage, family and friends and marital cohesion in the adjusted group.
- Blame is negatively related to conflict resolution and sex relationship in the adjusted group.
- Substitution is negatively related to personality issues, conflict resolution, sexual relationship, and equalitarian role in the adjusted group.

- Mapping is positively related to children and marriage and family and friends in the adjusted group.

4. Personality and coping styles are related.

- Extraversion is positively related to help seeking and reversal in the problem group.
- Introversion is negatively related to help seeking and reversal in the problem group.
- Sensing type is negatively related to minimization, help seeking, blame and reversal in the problem group.
- Intuition is positively related to minimization, replacement, blame, substitution and reversal in the problem group.
- Thinking type is negatively related to help seeking and positively related to mapping in the problem group.
- Feeling type is positively related to help seeking and negatively related to mapping in the problem group.
- Judging type is positively related to replacement and mapping and negatively related to blame in the problem group.
- Perceiving type is negatively related to replacement and mapping in the problem group.
- Extraversion is negatively related to suppression and positively related to help seeking in the adjusted group
- Introversion is positively related to suppression and negatively related to help seeking in the adjusted group.

- Thinking type is positively related to minimization and reversal in the adjusted group.
 - Feeling type is negatively related to minimization and reversal in the adjusted group.
 - Judging type is positively related to replacement and negatively related to blame in the adjusted group.
 - Perceiving type is negatively related to replacement in the adjusted group.
5. Quality of marital relationship can be predicted by personality and coping styles of partners.
- Idealistic distortion can be predicted by thinking and sensing personality types in the problem group and by minimization in the adjusted group.
 - Marital satisfaction can be predicted by perceiving and introvert personality types in the problem group and by the coping styles minimization and substitution in the adjusted group.
 - Personality issues can be predicted by intuitive personality types in the problem group and by substitution and suppression in the adjusted group.
 - Communication can be predicted by perceiving and sensing personality types in the problem group.
 - Conflict resolution can be predicted by extraversion and minimization in the problem group and by substitution and suppression in the adjusted group.

- Financial management can be predicted by the coping styles replacement and help seeking and the personality type sensing in the problem group.
 - Leisure activities can be predicted by perceiving personality type in the problem group.
 - Sexual relationship can be predicted by sensing personality type in the problem and by substitution in the adjusted group.
 - Children and marriage can be predicted by feeling and sensing personality types; and coping styles replacement, substitution and blame in the problem group and by replacement in the adjusted group.
 - Family and friends can be predicted by suppression in the problem group and by sensing and replacement in the adjusted group.
 - Equalitarian role can be predicted by sensing and perceiving personality types in the problem group and by substitution in the adjusted group.
 - Religious orientation can be predicted by judging personality type, replacement and substitution in the problem group and by minimization in the adjusted group.
 - Marital cohesion can be predicted by feeling personality type in the adjusted group.
6. Certain demographic and life course factors influence the quality of marital relationships.

- There is gender difference in idealistic distortion, personality issues and marital adaptability in the problem group
- There is an interaction effect between age and sex in relation to idealistic distortion and leisure activities in the problem group.
- Men have higher scores on idealistic distortion and personality issues in the problem group
- Women have higher scores on marital adaptability in the problem group
- Two age groups differ with respect to idealistic distortion marital satisfaction and religious orientation in the adjusted group
- There is an interaction effect between age and sex in equalitarian role in the adjusted group
- The group above the age of 40 years scored higher in idealistic distortion, marital satisfaction, religious orientation and marital adaptability in the adjusted group
- Education of the partners influenced the quality of marital relationship.
- Income of the partners influenced the quality of marital relationship
- Residential area of the partners influenced the quality of marital relationship.

- Parental relationships of the partners influenced the quality of the marriage.
- Age at marriage of women influenced the quality of marital relationship.
- Age difference between partners influenced the quality of marital relationship.
- Duration of the marriage in influenced the quality of marital relationship
- Type of marriage influenced the quality of marital relationship.
- Religious practices of the partners influenced the quality of marital relationship.

Conclusions of the study

Adjusted group indicates relationship strength for 3 areas and healthy relationship for all the other 11 categories. Counselling group indicates healthy relation, only in 3 areas out of 14 categories. Court group clearly indicates unhealthy relation in all categories of ENRICH. With respect to coping styles adjusted group uses less Suppression, Blame and Substitution as their coping styles. Counselling group and court group use more Suppression, Blame and Substitution as their coping styles than adjusted group. Marked personality characteristics indicated among adjusted group are Extraversion, Thinking and Judging scoring higher than the other two groups. Counselling group is characterised by a higher level of Intuition than the other two groups and a comparable pattern for other personality types with the court group.

Feeling and Perceiving personality types are more pronounced in court group as compared to the other two groups, Sensing and Thinking personality types are positively related with Marital relationship and Intuitive and Feeling personality types are negatively related with marital relationship for the adjusted group. Extraversion, Intuition, Thinking and Judging personality types are positively related with marital relationship and Introversion, Sensing, Feeling and Perceiving personality types are negatively related with marital relationship for the problem group.

Coping styles - Minimization, Suppression, Help seeking, Replacement and Mapping are positively related to marital relationship in the adjusted group whereas Substitution and Blame are negatively related. For the problem group, Minimization, Suppression, Replacement and Reversal coping styles are positively related whereas Blame and Substitution are negatively related. Personality and Coping styles are related for the adjusted group and the problem group.

Personality types play a more significant role than coping styles to predict the distressed marital relationship whereas coping styles have took the significant role in predicting satisfied marital relationship. Education, Income, Residential area, Age at marriage, Parental relationship, Age difference between partners, Duration of marriage, Type of marriage, and Religious belief and practices influence the marital quality. Thus the six hypothesis are formulated for this study stand accepted.

Limitation of the present study

Apart from the relevant findings obtained in the study there are also certain limitations. This can be considered for further researches in the area.

Limitations are as follows:

1. Sampling did not consider including individuals from different socio-economic status or standard of living.
2. Representation of all the districts of the state is not ensured in the sample.
3. Influence of demographic factors on marital quality is not analysed in detail because sufficient number of other factors have already been included.

Scope for the study

1. At present marital counselling is given based on the over all assumptions about the relationship. Considering the results of the present study an objective analysis of the relationship and knowledge of certain significant characteristics of the partners will enhance the effectiveness of psychological counselling given to couples.
2. The results also suggest that premarital counselling can be made more objective and meaningful if analysis of certain essential characteristics are also studied

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Appendices

Personal Data Schedule

		Self	Partner
1.	Name		
2.	Age		
3.	Religion and Caste		
4.	Education		
5.	Nature of Job		
6.	Income		
7.	Address		
8.	Family type (Pre-marriage)	Nuclear family Joint family Single parent family	Nuclear family Joint family Single parent family
9.	Family type (Present)	Nuclear family Joint family Single parent family	Nuclear family Joint family Single parent family
10.	Number of siblings		
11.	Relationship of parents	Happy / Unhappy MD, FD, ND	Happy / Unhappy MD, FD, ND
12.	Order of birth		
13.	History of mental illness		
14.	History of mental illness in family		
15.	Age at marriage		
16.	History of physical illness		
17.	Hobbies/special interests		
18.	Consumption of Alcohol		
19.	Type of marriage	Arranged / Love / Semi-arranged	
20.	Duration of marriage		
21.	Place of stay after marriage	Husband's family - Nuclear or Joint Wife's family - Nuclear or Joint New own house Now rented house	
22.	Number of Children	Age & sex of each	
23.	Religious values	Pray regularly, frequently visit to temple, church or mosque Belief in God No belief	
24.	Duration of filing the case	Court or counselling centre Year	
25.	Situations leading to conflict	Wife's version & Husband's version	

**ENRICH (Malayalam)
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നിങ്ങളെക്കുറിച്ചും, പങ്കാളിയെക്കുറിച്ചും, നിങ്ങൾ തമ്മിലുള്ള ബന്ധത്തെക്കുറിച്ചും മനസ്സിലാക്കാനും പഠിക്കാനും ഉതകുന്ന രീതിയിലാണ് enrich രൂപകൽപ്പന ചെയ്യപ്പെട്ടിരിക്കുന്നത്. നിങ്ങളുടെ ബന്ധത്തിലെ സുദൃഢമായ വസ്തുതകളെയും സങ്കീർണ്ണമായ പ്രശ്നങ്ങളെയും തിരിച്ചറിയാനും പങ്കാളിയുമായി ചർച്ച ചെയ്യാനും enrich നിങ്ങളെ സഹായിക്കും.

നിങ്ങളുടെ വിവാഹബന്ധത്തിന്റെ വിജയം പ്രവചിക്കാനോ, അല്ലാത്ത പക്ഷം നിങ്ങൾക്കും പങ്കാളിക്കും ഒരു Counselling ആവശ്യമാണ് എന്ന് തീരുമാനിക്കാനോ ഉദ്ദേശിച്ചുള്ളവയല്ല enrich ന്റെ ഫലങ്ങൾ.

Enrich ഒരു പരീക്ഷയല്ല; ഇതിൽ ശരിയും തെറ്റും ആയ ഉത്തരങ്ങളും ഇല്ല. നിങ്ങളുടെ മനോധർമ്മമനുസരിച്ച് ദയവായി ഇതിലെ ചോദ്യങ്ങൾക്ക് ഉത്തരം കണ്ടെത്തുക. പൂർണ്ണമായും സത്യസന്ധമായും ഇതിനോട് പ്രതികരിക്കാനുള്ള നിങ്ങളുടെ താല്പര്യത്തെ ആശ്രയിച്ചിരിക്കും ഇതിന്റെ ഉപയുക്തത.

Enrich ന്റെ ഫലം തികച്ചും സ്വകാര്യമായിരിക്കും. നിങ്ങളോ, പങ്കാളിയോ, നിങ്ങളുടെ കൗൺസിലറോ അല്ലാതെ മറ്റാരും അത് കാണുകയില്ല. നിങ്ങളുടെ പേരിന്റെ സ്ഥാനത്ത് നിങ്ങൾക്കായി നീക്കി വെച്ചിരിക്കുന്ന ഒരു തിരിച്ചറിയൽ നമ്പറായിരിക്കും ഉപയോഗിക്കുക.

നിങ്ങൾ enrich വായിച്ച് ഉത്തരമെഴുതുമ്പോൾ ദയവായി ഇത് നിങ്ങളുടെ പങ്കാളിയുമായി ചർച്ച ചെയ്യരുത് എന്ന് ഒരു അഭ്യർത്ഥനയുണ്ട്. Enrich ചെയ്തു കഴിഞ്ഞതിനു ശേഷം അതിനെക്കുറിച്ച് നിങ്ങൾക്ക് പങ്കാളിയുമായി ചർച്ചയാവാം. അതോടൊപ്പം ഇത് ചെയ്യുന്ന വേളയിൽ നിങ്ങൾക്ക് അനുഭവപ്പെട്ട വികാരങ്ങളെക്കുറിച്ചും നിങ്ങൾക്ക് പരസ്പരം സംസാരിക്കാം.

പ്രത്യുത്തര തിരഞ്ഞെടുപ്പ്				
1.	2.	3.	4.	5.
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

1. ഞാനും എന്റെ പങ്കാളിയും ഒരേ തരത്തിലുള്ള സർക്കാരങ്ങളും മറ്റു സാമൂഹ്യ പദ്ധതികളും ഇഷ്ടപ്പെടുന്നു.
2. എന്റെ യഥാർത്ഥ വികാരങ്ങൾ വളരെ എളുപ്പത്തിൽ എന്റെ പങ്കാളിയോട് എനിക്ക് പ്രകടിപ്പിക്കാൻ സാധിക്കുന്നു.
3. എന്റെ മതം അനുശാസിക്കുന്ന ചില സിദ്ധാന്തങ്ങളിൽ പൂർണ്ണ വിശ്വാസമർപ്പിക്കാൻ എനിക്ക് ബുദ്ധിമുട്ട് അനുഭവപ്പെടുന്നു.
4. ഒരു തർക്കത്തിൽ ഏർപ്പെടുമ്പോൾ, അത് നീട്ടിക്കൊണ്ടു പോകാതിരിക്കാൻ സാധാരണ സ്വയം പിൻമാറുന്ന പ്രകൃതക്കാരനാണ് ഞാൻ.

[Original: David H. Olson, David G. Fournier, JoanM. Druchman (1982)
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1.	2	3	4	5
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

5. എന്റെ കുടുംബത്തിൽ കുടുംബനാഥൻ സാധാരണയായി കുട്ടികളോടൊത്ത് വേണ്ടത്ര സമയം ചിലവഴിക്കാറില്ല.
6. എന്തെങ്കിലും പ്രശ്നമുണ്ടാകുമ്പോൾ എന്റെ പങ്കാളി മൗനം ദീക്ഷിക്കുകയാണ് പതിവ്.
7. ചില സുഹൃത്തുക്കളുടെയും ബന്ധുക്കളുടെയും പ്രവൃത്തി ഞങ്ങളുടെ വിവാഹജീവിതത്തിൽ പ്രശ്നങ്ങൾ സൃഷ്ടിക്കാറുണ്ട്.
8. എന്റെ പങ്കാളി വളരെ വിമർശനാത്മകവും നിഷേധാത്മകവുമായ സമീപനമാണ് മിക്കവാറും അവലംബിക്കാറ്.
9. എന്റെ പങ്കാളി എനിക്കു തരുന്ന സ്നേഹപരിലാളനത്തിൽ ഞാൻ പരിപൂർണ്ണ സംതൃപ്തനാണ്.
10. ഞങ്ങളുടെ അഭിപ്രായവ്യത്യാസങ്ങൾ രമ്യമായി പരിഹരിക്കുന്നതിനെക്കുറിച്ച് എനിക്കും എന്റെ പങ്കാളിക്കും വ്യത്യസ്തങ്ങളായ അഭിപ്രായങ്ങളാണുള്ളത്.
11. മതത്തെക്കുറിച്ച് ഒരേ കാഴ്ചപ്പാടാണ് ഞങ്ങൾക്ക് രണ്ടുപേർക്കും ഉണ്ടായിരിക്കേണ്ടത് എന്നാണ് എന്റെ അഭിപ്രായം.
12. സ്ത്രീയുടെ സ്ഥാനം അടിസ്ഥാനപരമായി കുടുംബത്തിലാണെന്നാണ് എന്റെ വിശ്വാസം.
13. എന്റെ പങ്കാളിയുടെ കോപിക്കുന്ന പ്രകൃതം ചിലപ്പോൾ എന്നെ ആശങ്കാകുലനാക്കുന്നു.
14. എന്റെ പങ്കാളിയുടെ സ്വഭാവത്തിലുള്ള പ്രത്യേകതകളിലും, വ്യക്തിപരമായ ശീലങ്ങളിലും ഞാൻ പൂർണ്ണമായി സന്തുഷ്ടനല്ല.
15. ഞങ്ങളുടെ ലൈംഗികബന്ധം താല്പര്യപ്രദവും രസകരവുമാക്കുവാൻ ഞങ്ങൾ ശ്രമിക്കാറുണ്ട്.
16. പണം ചെലവാക്കുന്ന കാര്യത്തിൽ എന്റെ പങ്കാളി കുറച്ചുകൂടി ശ്രദ്ധാലുവാണെങ്കിൽ എന്ന് ചിലപ്പോഴെങ്കിലും ഞാൻ ആഗ്രഹിക്കാറുണ്ട്.
17. എന്നോടൊത്ത് ഉല്ലസിക്കാൻ സമയമോ താല്പര്യമോ കണ്ടെത്താൻ എന്റെ പങ്കാളിക്കാവുന്നില്ല.
18. ഒരു സാധാരണ തനിയെ ചെലവഴിക്കുന്നതിനെക്കാൾ മറ്റൊരു ചെയ്യാനും ഞാൻ പരിശ്രമിക്കും.
19. വിവാഹജീവിതത്തിലെ ഞങ്ങളുടെ ഉത്തരവാദിത്വങ്ങൾ ഞങ്ങൾ കൈകാര്യം ചെയ്യുന്ന രീതിയിൽ ഞാൻ സന്തുഷ്ടനാണ്.
20. പണം എങ്ങനെ ചെലവാക്കണം എന്നതിൽ ഞങ്ങൾക്ക് എല്ലായ്പ്പോഴും നല്ല യോജിപ്പുണ്ട്.
21. കുട്ടികളെ വളർത്തുന്നതിനെക്കുറിച്ചുള്ള ഞങ്ങളുടെ ഉത്തരവാദിത്വങ്ങൾ പങ്കുവെക്കുന്നതിൽ ഞാൻ സംതൃപ്തനാണ്.
22. മതപരമായ മൂല്യങ്ങൾ പങ്കുവെക്കുന്നത് ഞങ്ങളുടെ ബന്ധത്തിന്റെ വളർച്ചയെ സഹായിക്കുന്നു.
23. പങ്കാളികൾ രണ്ടുപേരും ഉദ്യോഗസ്ഥരാണെങ്കിൽ വീട്ടുജോലികളിൽ രണ്ടുപേർക്കും തുല്യപങ്കാളിത്തം ഉണ്ടായിരിക്കണം.
24. ചില സമയങ്ങളിൽ എന്റെ പങ്കാളി അസന്തുഷ്ടനും അന്തർമുഖനുമായി കാണപ്പെടുന്നതിൽ എനിക്കു വിഷമമുണ്ട്.

1.	2	3	4	5
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

25. ലൈംഗികമായി എന്റെ പങ്കാളിക്ക് എന്നിൽ താല്പര്യമില്ല എന്ന തോന്നൽ എന്നിൽ വിഷമമുളവാക്കുന്നു.
26. സാമ്പത്തികമായ ഇടപാടുകളിൽ തീരുമാനങ്ങൾ എടുക്കാൻ ഞങ്ങൾക്ക് ബുദ്ധിമുട്ടുണ്ടാകുന്നുണ്ട്.
27. ഞങ്ങളുടെ ബന്ധുക്കളും മിത്രങ്ങളുമായി വേണ്ടത്ര സമയം ഞങ്ങൾ ചെലവഴിക്കാറുണ്ട്.
28. എന്റെ പങ്കാളിക്ക് മതിയായ താല്പര്യങ്ങൾ ഇല്ലാത്തത് എന്നെ ചിന്താകുലനാക്കുന്നു.
29. ഒഴിച്ചുകൂടാനാവാത്ത സാമ്പത്തിക പ്രതിസന്ധി ഉണ്ടാകുമ്പോൾ മാത്രമേ ഞങ്ങളുടെ കുടുംബത്തിൽ ഭാര്യ വീടിനു പുറത്ത് ഉദ്യോഗത്തിൽ ഏർപ്പെടാറുള്ളൂ.
30. എന്റെ പങ്കാളിയുടെ പുകവലിയും മദ്യപാനവും ഒരു വലിയ പ്രശ്നമാണ്.
31. സാമൂഹിക ചടങ്ങുകളിൽ എന്റെ പങ്കാളിയോടൊത്ത് പങ്കെടുക്കുവാൻ ഞാൻ സാധാരണയായി നിർബന്ധിതനാകുന്നില്ല.
32. എന്റെ പങ്കാളി എന്നെ മനസ്സിലാക്കുന്നില്ല; ഞങ്ങൾ തമ്മിലുള്ള ആശയവിനിമയത്തിൽ ഞാൻ സന്തുഷ്ടനല്ല.
33. ഞങ്ങളുടെ അവധിക്കാലങ്ങൾ സകുടുംബം എവിടെ, എങ്ങനെ ചെലവഴിക്കുന്നു എന്നതിനെക്കുറിച്ച് ഞാൻ സംതൃപ്തനാണ്.
34. ഞാനും എന്റെ പങ്കാളിയും പരസ്പരം പൂർണ്ണമായി മനസ്സിലാക്കുന്നു.
35. കൂട്ടികളെ ചിട്ടയോടെ വളർത്തുന്നതിനെക്കുറിച്ച് ഞങ്ങൾ തമ്മിൽ അഭിപ്രായ ഐക്യമുണ്ട്.
36. ഞങ്ങളുടെ പ്രശ്നപരിഹാരങ്ങളെക്കുറിച്ചും എടുക്കുന്ന തീരുമാനങ്ങളെക്കുറിച്ചും ഞാൻ സന്തുഷ്ടനാണ്.
37. ചില നേരങ്ങളിൽ കാര്യങ്ങൾ നടപ്പിലാക്കുന്നതിൽ എന്റെ പങ്കാളി വേണ്ടത്ര ശുഷ്കാന്തി പുലർത്തുന്നില്ല. അതുകൊണ്ട് പൂർണ്ണമായും വിശ്വാസയോഗ്യയല്ല.
38. മിച്ചംവെക്കുന്നത് എത്രയായിരിക്കണം എന്നതിനെക്കുറിച്ചുള്ള ഞങ്ങളുടെ തീരുമാനത്തിൽ ഞാൻ സന്തുഷ്ടനാണ്.
39. പ്രശ്നങ്ങളെക്കുറിച്ചുള്ള ചർച്ചാവേളകളിൽ എന്റെ പങ്കാളി എന്നെ മനസ്സിലാക്കുന്നു എന്നാണ് എനിക്ക് തോന്നുന്നത്.
40. എന്നെ നിരുത്സാഹപ്പെടുത്തുന്ന പരാമർശങ്ങൾ ചിലപ്പോഴൊക്കെ എന്റെ പങ്കാളിയിൽ നിന്ന് ഉണ്ടാകാറുണ്ട്.
41. ലൈംഗികമായ കാര്യങ്ങളെക്കുറിച്ച് പങ്കാളിയുമായി സംസാരിക്കുവാൻ എന്നിക്ക വൈഷമ്യമോ ബുദ്ധിമുട്ടോ അനുഭവപ്പെടാറില്ല.
42. എന്റെ പങ്കാളി എന്റെ മാനസിക അവസ്ഥയെ പൂർണ്ണമായും മനസ്സിലാക്കുകയും, അതിനോട് സഹാനുഭൂതി പ്രകടിപ്പിക്കുകയും ചെയ്യാറുണ്ട്.
43. വിവാഹബന്ധത്തിൽ, ഭാര്യയായിരിക്കണം ഭർത്താവിന്റെ ആഗ്രഹങ്ങളുമായി ചേർന്നു പോകാൻ കൂടുതൽ പരിശ്രമിക്കേണ്ടത്.
44. മറ്റുള്ളവരോടുകൂടിയിരിക്കുമ്പോൾ എന്റെ പങ്കാളിയുടെ പെരുമാറ്റം ചിലപ്പോഴൊക്കെ എന്നെ അലോസരപ്പെടുത്താറുണ്ട്.

1. ശക്തമായി യോജിക്കുന്നു	2 സാമാന്യമായി യോജിക്കുന്നു	3 യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	4 സാമാന്യമായി വിയോജിക്കുന്നു	5 ശക്തമായി വിയോജിക്കുന്നു.
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45. ഞങ്ങളുടെ ഗൗരവമായ കടബാധ്യതയെക്കുറിച്ച് ഞങ്ങൾ ബോധവാന്മാരാണ്; പക്ഷേ അത് ഞങ്ങൾക്ക് വളരെ വലിയ പ്രശ്നമൊന്നുമല്ല.
46. എന്റെ പങ്കാളിയോടുള്ള പ്രതിബദ്ധതയുടെ വലിയ ഒരു ഭാഗമാണ് എന്റെ മതപരമായ വിശ്വാസങ്ങൾ.
47. വിവാഹേതര ലൈംഗിക ബന്ധത്തെക്കുറിച്ച് എന്റെ പങ്കാളി ചിലപ്പോഴൊക്കെ ചിന്തിക്കുന്നുണ്ടോ എന്നോർത്ത് ചിലപ്പോഴൊക്കെ ഞാൻ വിഷമിക്കാറുണ്ട്.
48. എനിക്കു തോന്നുന്നു എന്റെ പങ്കാളി സ്വന്തം വീട്ടുകാരുടെ സാധീനവലയത്തിലാണെന്നും, അവരുടെ കാര്യങ്ങളിൽ കൂടുതൽ വ്യാപൃതയാണെന്നും.
49. ഞങ്ങളുടെ കുടുംബബന്ധത്തിൽ ഗൗരവമായ പ്രശ്നങ്ങളുണ്ടാക്കുന്നത് കൂട്ടികളാണ്.
50. കൂട്ടികൾ എത്രയായിരിക്കണം എന്നതിനെക്കുറിച്ച് ഞങ്ങൾ തമ്മിൽ ധാരണയുണ്ട്.
51. ചെലവാക്കുന്ന പണത്തിന്റെ കണക്കു സൂക്ഷിക്കുന്നതുകൊണ്ട് വരവ് ചെലവ് കണക്കുകൾ മുൻകൂട്ടി ക്രമീകരിക്കാൻ ഞങ്ങൾക്ക് സാധിക്കുന്നു.
52. ഞങ്ങളുടെ സാമ്പത്തികസ്ഥിതിയിലും, സാമ്പത്തിക തീരുമാനങ്ങളിലും ഞാൻ സന്തുഷ്ടനല്ല.
53. ഞങ്ങൾ ഒരുമിച്ച് ചെലവഴിക്കുന്ന സമയത്തെക്കുറിച്ചും, ഒഴിവുസമയത്തെ ഞങ്ങളുടെ പ്രവർത്തികളെക്കുറിച്ചും ഞാൻ സന്തോഷവാനാണ്.
54. എനിക്ക് വേണ്ടത് എന്റെ പങ്കാളിയോട് ആവശ്യപ്പെടാൻ ചിലപ്പോഴൊക്കെ എനിക്ക് ഭയമാണ്.
55. ഭാര്യ ഉദ്യോഗസ്ഥയാണെങ്കിലും, വീട്ടുകാരുടെ ഉത്തരവാദിത്വമുള്ളവളായിരിക്കണം.
56. മതപരമായ വിശ്വാസങ്ങൾ പ്രാവർത്തികമാക്കുന്നതിൽ എനിക്കും എന്റെ പങ്കാളിക്കും സാരച്ചേർച്ചയില്ല.
57. എന്റെ ചില സ്വന്തക്കാരുമായും പങ്കാളിയുടെ വീട്ടുകാരുമായും സമയം ചെലവഴിക്കാൻ ഞാൻ ഇഷ്ടപ്പെടുന്നില്ല.
58. ഞങ്ങൾക്കിടയിൽ പ്രശ്നങ്ങളുണ്ടാകുമ്പോൾ എന്നെ ശല്യപ്പെടുത്തുന്നതെന്താണെന്ന് എന്റെ പങ്കാളിയോട് പറയാൻ എനിക്ക് ബുദ്ധിമുട്ട് അനുഭവപ്പെടാറില്ല.
59. വിവാഹബന്ധത്തെക്കാളുപരി മക്കൾക്ക് എന്റെ പങ്കാളി പ്രാധാന്യം കല്പിക്കുന്നത് എന്നെ അസ്വസ്ഥനാക്കുന്നു.
60. ഞങ്ങളുടെ അവധിക്കാല വിനോദസഞ്ചാരങ്ങളെക്കുറിച്ച് ഞാൻ സംതൃപ്തനാണ്.
61. ഞങ്ങളുടെ വിവാഹജീവിതത്തിൽ ഭർത്താവാണ് കുടുംബത്തിന്റെ നേതാവ്.
62. ഞങ്ങളുടെ ലൈംഗികബന്ധത്തിൽ ഞാൻ തികച്ചും സംതൃപ്തനാണ്.
63. ചില നേരങ്ങളിൽ എന്റെ പങ്കാളി പിടിവാശി സ്വഭാവമുള്ളയാളാണ്.
64. ഞങ്ങളുടെ ബന്ധം ഒരു പരിപൂർണ്ണ വിജയമാണ്.
65. പങ്കാളിയോടൊത്ത് പ്രാർത്ഥിക്കുന്നതിന് ഞാൻ വളരെ പ്രാധാന്യം കൊടുക്കുന്നു.
66. പങ്കാളിയുടെ വികാരങ്ങൾ എന്നോട് പങ്കുവെക്കുന്നതിന് എന്റെ പങ്കാളിക്ക് കുറേക്കൂടി താല്പര്യം ഉണ്ടായിരുന്നെങ്കിൽ എന്ന് ഞാനാശിക്കുന്നു.

1. ശക്തമായി യോജിക്കുന്നു	2 സാമാന്യമായി യോജിക്കുന്നു	3 യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	4 സാമാന്യമായി വിയോജിക്കുന്നു	5 ശക്തമായി വിയോജിക്കുന്നു.
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- 67. മക്കൾ ഞങ്ങളെ ഭാര്യഭർത്താക്കന്മാരായി കൂടുതൽ അടുപ്പിക്കുന്നു.
- 68. എന്റെ എല്ലാ സ്നേഹിതരെയും എന്റെ പങ്കാളി ഇഷ്ടപ്പെടുന്നു.
- 69. പങ്കാളിയെ ലാളിക്കാൻ എനിക്ക് മടിയാണ്; അത് ഒരു ലൈംഗിക ചുവടുവയ്പായി തെറ്റിദ്ധരിക്കപ്പെടുമോ എന്ന് എനിക്ക് തോന്നുന്നു.
- 70. എന്റെ ചില താല്പര്യങ്ങൾ ഞങ്ങളുടെ ബന്ധത്തിൽ സാധിക്കപ്പെടുന്നില്ല.
- 71. അപ്രധാനമായ കാര്യങ്ങളെച്ചൊല്ലി ചിലപ്പോഴൊക്കെ ഞങ്ങൾ തമ്മിൽ ഗൗരവമായ കലഹങ്ങൾ ഉണ്ടാകാറുണ്ട്.
- 72. ഞാനും എന്റെ പങ്കാളിയും മായി ആവശ്യത്തിന് ഒഴിവുസമയം ഒരുമിച്ച് ചെലവഴിക്കുന്നില്ല എന്നതിൽ ഞാൻ ആശങ്കാകുലനാണ്.
- 73. പങ്കാളി എന്നോടു പറയുന്ന കാര്യങ്ങളെല്ലാം അപ്പാടെ വിശ്വസിക്കാൻ ചിലപ്പോഴൊക്കെ എനിക്ക് ബുദ്ധിമുട്ടുണ്ട്.
- 74. പങ്കാളിയുമായി കലഹം ഒഴിവാക്കാൻ എന്തിനും ഞാൻ തയ്യാറാണ്.
- 75. ഞങ്ങളെ സംബന്ധിച്ചിടത്തോളം ഭർത്താവിന്റെ തൊഴിലിനാണ് ഭാര്യയുടേതിനേക്കാൾ കൂടുതൽ പ്രാധാന്യം.
- 76. മതപരമായ കാര്യങ്ങളിലുള്ള സജീവ പങ്കാളിത്തം ഞങ്ങളുടെ വിവാഹജീവിതത്തിലെ സുപ്രധാനമായ ഒരു ഘടകമാണെന്ന് ഞാൻ വിശ്വസിക്കുന്നു.
- 77. ക്രിഡിറ്റ് കാർഡിന്റെയും ചാർജ് അക്കൗണ്ടിന്റെയും ഉപയോഗം ഞങ്ങൾക്ക് വലിയൊരു തലവേദനയാണ്.
- 78. പങ്കാളി പലപ്പോഴും വൈകി വരുന്നത് എന്നെ അലോസരപ്പെടുത്താറുണ്ട്.
- 79. ചിലപ്പോഴൊക്കെ എനിക്കു തോന്നും ഞങ്ങളുടെ തർക്കങ്ങൾ നീണ്ടുപോകുന്നു എന്നും ഒരിക്കലും പരിഹരിക്കപ്പെടുന്നില്ല എന്നും.
- 80. ചെറിയ കുട്ടികൾ കൂടുംബത്തിലുണ്ടെങ്കിൽ, ഭാര്യ ഉദ്യോഗത്തിനു പോകരുത്.
- 81. എന്റെ വികാരങ്ങൾ പങ്കാളി മനസ്സിലാക്കുന്നുണ്ടായിരിക്കും എന്ന് കരുതി, ഞാൻ അവയെക്കുറിച്ച് പലപ്പോഴും അവളോട് ഒന്നും പറയാറില്ല.
- 82. ഞങ്ങളുടെ സ്നേഹപ്രകടനങ്ങളിലും ലൈംഗിക ബന്ധത്തിലും ഞാൻ സന്തുഷ്ടനാണ്.
- 83. ഞങ്ങൾക്കിടയിൽ അഭിപ്രായവ്യത്യാസങ്ങളുണ്ടാകുമ്പോൾ ഞങ്ങൾ ഉള്ളുതുറന്ന് വികാരങ്ങൾ പങ്കുവെക്കുകയും, പ്രശ്നങ്ങളെക്കുറിച്ച് ചർച്ചയിലൂടെ പരിഹാരം കണ്ടെത്താൻ ശ്രമിക്കുകയും ചെയ്യുന്നു.
- 84. എന്റെ പങ്കാളിയോടൊത്തല്ലാതെ ഞാൻ ഉല്ലസിക്കാറില്ല.
- 85. എന്തിനു വേണ്ടിയായിരിക്കണം പണം ചെലവാക്കുന്നത് എന്ന് തീരുമാനിക്കുന്നത് എളുപ്പമുള്ള ഒരു കാര്യമല്ല.
- 86. ചിലപ്പോൾ എന്റെ പങ്കാളി സ്നേഹിതരുമായി ആവശ്യത്തിലധികം സമയം ചെലവഴിക്കുന്നു.
- 87. മക്കളുടെ മതപഠനത്തെക്കുറിച്ച് പങ്കാളിക്കും എനിക്കും വ്യത്യസ്തമായ അഭിപ്രായങ്ങളാണുള്ളത്.

1.	2	3	4	5
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

5. എന്റെ കുടുംബത്തിൽ കുടുംബനാഥൻ സാധാരണയായി കുട്ടികളോടൊത്ത് വേണ്ടത്ര സമയം ചിലവഴിക്കാറില്ല.
6. എന്തെങ്കിലും പ്രശ്നമുണ്ടാകുമ്പോൾ എന്റെ പങ്കാളി മൗനം ദീക്ഷിക്കുകയാണ് പതിവ്.
7. ചില സുഹൃത്തുക്കളുടെയും ബന്ധുക്കളുടെയും പ്രവൃത്തി ഞങ്ങളുടെ വിവാഹജീവിതത്തിൽ പ്രശ്നങ്ങൾ സൃഷ്ടിക്കാറുണ്ട്.
8. എന്റെ പങ്കാളി വളരെ വിമർശനാത്മകവും നിഷേധാത്മകവുമായ സമീപനമാണ് മിക്കവാറും അവലംബിക്കാറ്.
9. എന്റെ പങ്കാളി എനിക്കു തരുന്ന സ്നേഹപരിലാളനത്തിൽ ഞാൻ പരിപൂർണ്ണ സംതൃപ്തനാണ്.
10. ഞങ്ങളുടെ അഭിപ്രായവ്യത്യാസങ്ങൾ രമ്യമായി പരിഹരിക്കുന്നതിനെക്കുറിച്ച് എനിക്കും എന്റെ പങ്കാളിക്കും വ്യത്യസ്തങ്ങളായ അഭിപ്രായങ്ങളാണുള്ളത്.
11. മതത്തെക്കുറിച്ച് ഒരേ കാഴ്ചപ്പാടാണ് ഞങ്ങൾക്ക് രണ്ടുപേർക്കും ഉണ്ടായിരിക്കേണ്ടത് എന്നാണ് എന്റെ അഭിപ്രായം.
12. സ്ത്രീയുടെ സ്ഥാനം അടിസ്ഥാനപരമായി കുടുംബത്തിലാണെന്നാണ് എന്റെ വിശ്വാസം.
13. എന്റെ പങ്കാളിയുടെ കോപിക്കുന്ന പ്രകൃതം ചിലപ്പോൾ എന്നെ ആശങ്കാകുലനാക്കുന്നു.
14. എന്റെ പങ്കാളിയുടെ സ്വഭാവത്തിലുള്ള പ്രത്യേകതകളിലും, വ്യക്തിപരമായ ശീലങ്ങളിലും ഞാൻ പൂർണ്ണമായി സന്തുഷ്ടനല്ല.
15. ഞങ്ങളുടെ ലൈംഗികബന്ധം താല്പര്യപ്രദവും രസകരവുമാക്കുവാൻ ഞങ്ങൾ ശ്രമിക്കാറുണ്ട്.
16. പണം ചെലവാക്കുന്ന കാര്യത്തിൽ എന്റെ പങ്കാളി കുറച്ചുകൂടി ശ്രദ്ധാലുവാണെങ്കിൽ എന്ന് ചിലപ്പോഴെങ്കിലും ഞാൻ ആഗ്രഹിക്കാറുണ്ട്.
17. എന്നോടൊത്ത് ഉല്ലസിക്കാൻ സമയമോ താല്പര്യമോ കണ്ടെത്താൻ എന്റെ പങ്കാളിക്കാവുന്നില്ല.
18. ഒരു സാധാരണ തനിയെ ചെലവഴിക്കുന്നതിനെക്കാൾ മറ്റൊരു ചെയ്യാനും ഞാൻ പരിശ്രമിക്കും.
19. വിവാഹജീവിതത്തിലെ ഞങ്ങളുടെ ഉത്തരവാദിത്വങ്ങൾ ഞങ്ങൾ കൈകാര്യം ചെയ്യുന്ന രീതിയിൽ ഞാൻ സന്തുഷ്ടനാണ്.
20. പണം എങ്ങനെ ചെലവാക്കണം എന്നതിൽ ഞങ്ങൾക്ക് എല്ലായ്പ്പോഴും നല്ല യോജിപ്പുണ്ട്.
21. കുട്ടികളെ വളർത്തുന്നതിനെക്കുറിച്ചുള്ള ഞങ്ങളുടെ ഉത്തരവാദിത്വങ്ങൾ പങ്കുവെക്കുന്നതിൽ ഞാൻ സംതൃപ്തനാണ്.
22. മതപരമായ മൂല്യങ്ങൾ പങ്കുവെക്കുന്നത് ഞങ്ങളുടെ ബന്ധത്തിന്റെ വളർച്ചയെ സഹായിക്കുന്നു.
23. പങ്കാളികൾ രണ്ടുപേരും ഉദ്യോഗസ്ഥരാണെങ്കിൽ വീട്ടുജോലികളിൽ രണ്ടുപേർക്കും തുല്യപങ്കാളിത്തം ഉണ്ടായിരിക്കണം.
24. ചില സമയങ്ങളിൽ എന്റെ പങ്കാളി അസന്തുഷ്ടനും അന്തർമുഖനുമായി കാണപ്പെടുന്നതിൽ എനിക്കു വിഷമമുണ്ട്.

1. ശക്തമായി യോജിക്കുന്നു	2 സാമാന്യമായി യോജിക്കുന്നു	3 യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	4 സാമാന്യമായി വിയോജിക്കുന്നു	5 ശക്തമായി വിയോജിക്കുന്നു.
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45. ഞങ്ങളുടെ ഗൗരവമായ കടബാധ്യതയെക്കുറിച്ച് ഞങ്ങൾ ബോധവാന്മാരാണ്; പക്ഷേ അത് ഞങ്ങൾക്ക് വളരെ വലിയ പ്രശ്നമൊന്നുമല്ല.
46. എന്റെ പങ്കാളിയോടുള്ള പ്രതിബദ്ധതയുടെ വലിയ ഒരു ഭാഗമാണ് എന്റെ മതപരമായ വിശ്വാസങ്ങൾ.
47. വിവാഹേതര ലൈംഗിക ബന്ധത്തെക്കുറിച്ച് എന്റെ പങ്കാളി ചിലപ്പോഴൊക്കെ ചിന്തിക്കുന്നുണ്ടോ എന്നോർത്ത് ചിലപ്പോഴൊക്കെ ഞാൻ വിഷമിക്കാറുണ്ട്.
48. എനിക്കു തോന്നുന്നു എന്റെ പങ്കാളി സ്വന്തം വീട്ടുകാരുടെ സാധീനവലയത്തിലാണെന്നും, അവരുടെ കാര്യങ്ങളിൽ കൂടുതൽ വ്യാപൃതയാണെന്നും.
49. ഞങ്ങളുടെ കുടുംബബന്ധത്തിൽ ഗൗരവമായ പ്രശ്നങ്ങളുണ്ടാക്കുന്നത് കൂട്ടികളാണ്.
50. കൂട്ടികൾ എത്രയായിരിക്കണം എന്നതിനെക്കുറിച്ച് ഞങ്ങൾ തമ്മിൽ ധാരണയുണ്ട്.
51. ചെലവാക്കുന്ന പണത്തിന്റെ കണക്കു സൂക്ഷിക്കുന്നതുകൊണ്ട് വരവ് ചെലവ് കണക്കുകൾ മുൻകൂട്ടി ക്രമീകരിക്കാൻ ഞങ്ങൾക്ക് സാധിക്കുന്നു.
52. ഞങ്ങളുടെ സാമ്പത്തികസ്ഥിതിയിലും, സാമ്പത്തിക തീരുമാനങ്ങളിലും ഞാൻ സന്തുഷ്ടനല്ല.
53. ഞങ്ങൾ ഒരുമിച്ച് ചെലവഴിക്കുന്ന സമയത്തെക്കുറിച്ചും, ഒഴിവുസമയത്തെ ഞങ്ങളുടെ പ്രവർത്തികളെക്കുറിച്ചും ഞാൻ സന്തോഷവാനാണ്.
54. എനിക്ക് വേണ്ടത് എന്റെ പങ്കാളിയോട് ആവശ്യപ്പെടാൻ ചിലപ്പോഴൊക്കെ എനിക്ക് ഭയമാണ്.
55. ഭാര്യ ഉദ്യോഗസ്ഥയാണെങ്കിലും, വീട്ടുകാരുടെ ഉത്തരവാദിത്വമുള്ളവളായിരിക്കണം.
56. മതപരമായ വിശ്വാസങ്ങൾ പ്രാവർത്തികമാക്കുന്നതിൽ എനിക്കും എന്റെ പങ്കാളിക്കും സ്വരച്ചേർച്ചയില്ല.
57. എന്റെ ചില സ്വന്തക്കാരുമായും പങ്കാളിയുടെ വീട്ടുകാരുമായും സമയം ചെലവഴിക്കാൻ ഞാൻ ഇഷ്ടപ്പെടുന്നില്ല.
58. ഞങ്ങൾക്കിടയിൽ പ്രശ്നങ്ങളുണ്ടാകുമ്പോൾ എന്നെ ശല്യപ്പെടുത്തുന്നതെന്താണെന്ന് എന്റെ പങ്കാളിയോട് പറയാൻ എനിക്ക് ബുദ്ധിമുട്ട് അനുഭവപ്പെടാറില്ല.
59. വിവാഹബന്ധത്തെക്കാളുപരി മക്കൾക്ക് എന്റെ പങ്കാളി പ്രാധാന്യം കല്പിക്കുന്നത് എന്നെ അസ്വസ്ഥനാക്കുന്നു.
60. ഞങ്ങളുടെ അവധിക്കാല വിനോദസഞ്ചാരങ്ങളെക്കുറിച്ച് ഞാൻ സംതൃപ്തനാണ്.
61. ഞങ്ങളുടെ വിവാഹജീവിതത്തിൽ ഭർത്താവാണ് കുടുംബത്തിന്റെ നേതാവ്.
62. ഞങ്ങളുടെ ലൈംഗികബന്ധത്തിൽ ഞാൻ തികച്ചും സംതൃപ്തനാണ്.
63. ചില നേരങ്ങളിൽ എന്റെ പങ്കാളി പിടിവാശി സ്വഭാവമുള്ളയാളാണ്.
64. ഞങ്ങളുടെ ബന്ധം ഒരു പരിപൂർണ്ണ വിജയമാണ്.
65. പങ്കാളിയോടൊത്ത് പ്രാർത്ഥിക്കുന്നതിന് ഞാൻ വളരെ പ്രാധാന്യം കൊടുക്കുന്നു.
66. പങ്കാളിയുടെ വികാരങ്ങൾ എന്നോട് പങ്കുവെക്കുന്നതിന് എന്റെ പങ്കാളിക്ക് കുറേക്കൂടി താല്പര്യം ഉണ്ടായിരുന്നെങ്കിൽ എന്ന് ഞാനാശിക്കുന്നു.

1. ശക്തമായി യോജിക്കുന്നു	2 സാമാന്യമായി യോജിക്കുന്നു	3 യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	4 സാമാന്യമായി വിയോജിക്കുന്നു	5 ശക്തമായി വിയോജിക്കുന്നു.
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- 67. മക്കൾ ഞങ്ങളെ ഭാര്യഭർത്താക്കന്മാരായി കൂടുതൽ അടുപ്പിക്കുന്നു.
- 68. എന്റെ എല്ലാ സ്നേഹിതരെയും എന്റെ പങ്കാളി ഇഷ്ടപ്പെടുന്നു.
- 69. പങ്കാളിയെ ലാളിക്കാൻ എനിക്ക് മടിയാണ്; അത് ഒരു ലൈംഗിക ചുവടുവയ്പായി തെറ്റിദ്ധരിക്കപ്പെടുമോ എന്ന് എനിക്ക് തോന്നുന്നു.
- 70. എന്റെ ചില താല്പര്യങ്ങൾ ഞങ്ങളുടെ ബന്ധത്തിൽ സാധിക്കപ്പെടുന്നില്ല.
- 71. അപ്രധാനമായ കാര്യങ്ങളെച്ചൊല്ലി ചിലപ്പോഴൊക്കെ ഞങ്ങൾ തമ്മിൽ ഗൗരവമായ കലഹങ്ങൾ ഉണ്ടാകാറുണ്ട്.
- 72. ഞാനും എന്റെ പങ്കാളിയും മായി ആവശ്യത്തിന് ഒഴിവുസമയം ഒരുമിച്ച് ചെലവഴിക്കുന്നില്ല എന്നതിൽ ഞാൻ ആശങ്കാകുലനാണ്.
- 73. പങ്കാളി എന്നോടു പറയുന്ന കാര്യങ്ങളെല്ലാം അപ്പാടെ വിശ്വസിക്കാൻ ചിലപ്പോഴൊക്കെ എനിക്ക് ബുദ്ധിമുട്ടുണ്ട്.
- 74. പങ്കാളിയുമായി കലഹം ഒഴിവാക്കാൻ എന്തിനും ഞാൻ തയ്യാറാണ്.
- 75. ഞങ്ങളെ സംബന്ധിച്ചിടത്തോളം ഭർത്താവിന്റെ തൊഴിലിനാണ് ഭാര്യയുടേതിനേക്കാൾ കൂടുതൽ പ്രാധാന്യം.
- 76. മതപരമായ കാര്യങ്ങളിലുള്ള സജീവ പങ്കാളിത്തം ഞങ്ങളുടെ വിവാഹജീവിതത്തിലെ സുപ്രധാനമായ ഒരു ഘടകമാണെന്ന് ഞാൻ വിശ്വസിക്കുന്നു.
- 77. ക്രിഡിറ്റ് കാർഡിന്റെയും ചാർജ് അക്കൗണ്ടിന്റെയും ഉപയോഗം ഞങ്ങൾക്ക് വലിയൊരു തലവേദനയാണ്.
- 78. പങ്കാളി പലപ്പോഴും വൈകി വരുന്നത് എന്നെ അലോസരപ്പെടുത്താറുണ്ട്.
- 79. ചിലപ്പോഴൊക്കെ എനിക്കു തോന്നും ഞങ്ങളുടെ തർക്കങ്ങൾ നീണ്ടുപോകുന്നു എന്നും ഒരിക്കലും പരിഹരിക്കപ്പെടുന്നില്ല എന്നും.
- 80. ചെറിയ കുട്ടികൾ കൂടുംബത്തിലുണ്ടെങ്കിൽ, ഭാര്യ ഉദ്യോഗത്തിനു പോകരുത്.
- 81. എന്റെ വികാരങ്ങൾ പങ്കാളി മനസ്സിലാക്കുന്നുണ്ടായിരിക്കും എന്ന് കരുതി, ഞാൻ അവയെക്കുറിച്ച് പലപ്പോഴും അവളോട് ഒന്നും പറയാറില്ല.
- 82. ഞങ്ങളുടെ സ്നേഹപ്രകടനങ്ങളിലും ലൈംഗിക ബന്ധത്തിലും ഞാൻ സന്തുഷ്ടനാണ്.
- 83. ഞങ്ങൾക്കിടയിൽ അഭിപ്രായവ്യത്യാസങ്ങളുണ്ടാകുമ്പോൾ ഞങ്ങൾ ഉള്ളുതുറന്ന് വികാരങ്ങൾ പങ്കുവെക്കുകയും, പ്രശ്നങ്ങളെക്കുറിച്ച് ചർച്ചയിലൂടെ പരിഹാരം കണ്ടെത്താൻ ശ്രമിക്കുകയും ചെയ്യുന്നു.
- 84. എന്റെ പങ്കാളിയോടൊത്തല്ലാതെ ഞാൻ ഉല്ലസിക്കാറില്ല.
- 85. എന്തിനു വേണ്ടിയായിരിക്കണം പണം ചെലവാക്കുന്നത് എന്ന് തീരുമാനിക്കുന്നത് എളുപ്പമുള്ള ഒരു കാര്യമല്ല.
- 86. ചിലപ്പോൾ എന്റെ പങ്കാളി സ്നേഹിതരുമായി ആവശ്യത്തിലധികം സമയം ചെലവഴിക്കുന്നു.
- 87. മക്കളുടെ മതപഠനത്തെക്കുറിച്ച് പങ്കാളിക്കും എനിക്കും വ്യത്യസ്തമായ അഭിപ്രായങ്ങളാണുള്ളത്.

1.	2	3	4	5
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

- 88. മാതാപിതാക്കളെന്ന നിലയിൽ ഞങ്ങൾ ഉത്തരവാദിത്വം കൈകാര്യം ചെയ്യുന്ന രീതിയിൽ ഞാൻ സംതൃപ്തനല്ല.
- 89. ദൈവം സ്നേഹമാകുന്നു എന്ന ആശയത്തെക്കുറിച്ച് കൂടുതൽ മനസ്സിലാക്കാൻ പങ്കാളിയോടുള്ള സ്നേഹം എന്നെ സഹായിക്കുന്നു.
- 90. നമ്മുടെ മാതാപിതാക്കൾ നമ്മിൽ നിന്ന് ആവശ്യത്തിലുമധികം ശ്രദ്ധയും സഹായവും പ്രതീക്ഷിക്കുന്നു എന്നാണ് എനിക്ക് തോന്നുന്നത്.
- 91. പങ്കാളിയും ഞാനും തമ്മിലുള്ള ആശയവിനിമയത്തിൽ ഞാൻ വളരെ സന്തുഷ്ടനാണ്.
- 92. ഞങ്ങളുടെ മാതാപിതാക്കൾ ഞങ്ങളുടെ വിവാഹജീവിതത്തിൽ പ്രശ്നങ്ങൾ സൃഷ്ടിക്കുന്നു എന്നാണ് എനിക്ക് തോന്നുന്നത്.
- 93. പങ്കാളിയുടെ അനുവാദമില്ലാതെ പണം വ്യയം ചെയ്യാനൊക്കുന്നില്ല എന്നത് എന്നെ അലോസരപ്പെടുത്തുന്നു.
- 94. മക്കളുണ്ടായതിൽപ്പിന്നെ പങ്കാളിയുമൊത്ത് സൈദ്ധ്യസല്പാപത്തിന് സാധിക്കുന്നില്ല.
- 95. പങ്കാളിയുടെ വ്യത്യസ്തങ്ങളായ മാനസികാവസ്ഥകളെ കൈകാര്യം ചെയ്യാൻ ചിലപ്പോഴൊക്കെ എനിക്ക് ബുദ്ധിമുട്ട് അനുഭവപ്പെടുന്നുണ്ട്.
- 96. ഞങ്ങളുടെ അഭിപ്രായവ്യത്യാസങ്ങൾ അതർഹിക്കുന്ന ഗൗരവത്തിൽ എന്റെ പങ്കാളി ഉൾക്കൊള്ളുന്നില്ല എന്ന് എനിക്ക് തോന്നുന്നു.
- 97. കുടുംബത്തിലെ സുപ്രധാനങ്ങളായ തീരുമാനങ്ങളിൽ അവസാന വാക്ക് ഭർത്താവിന്റേതായിരിക്കണം.
- 98. പങ്കാളിയെ ദേഷ്യപ്പെടുത്തേണ്ട എന്നു കരുതി, അവരെക്കുറിച്ചുള്ള നിഷേധാത്മകമായ വികാരങ്ങൾ ഞാൻ പ്രകടിപ്പിക്കാറില്ല.
- 99. എന്റെ വീട്ടുകാരുമായും, പങ്കാളിയുടെ വീട്ടുകാരുമായും സ്നേഹിതരുമായുമുള്ള ഞങ്ങളുടെ ബന്ധത്തിൽ ഞാൻ അസംതൃപ്തനാണ്.
- 100. ഞങ്ങളുടെ മതം അനുശാസിക്കുന്ന ചില കാര്യങ്ങളോട് എനിയ്ക്കും എന്റെ പങ്കാളിയ്ക്കും യോജിപ്പില്ല.
- 101. പങ്കാളിയുമായുള്ള ബന്ധം വേണ്ടിയിരുന്നില്ല എന്ന് നിമിഷനേരത്തേക്കെങ്കിലും ഇതുവരെ എനിക്ക് തോന്നിയിട്ടില്ല.
- 102. മക്കൾക്കു വേണ്ടി എന്തൊക്കെ ചെയ്യണം എന്നതിനെക്കുറിച്ചുണ്ടാകുന്ന അഭിപ്രായ വ്യത്യാസങ്ങൾ ഞങ്ങൾക്കിടയിൽ ഒരു പ്രശ്നമാണ്.
- 103. പങ്കാളിയുടെ സ്നേഹിതരുമായി സമയം ചെലവഴിക്കുന്നത് എന്നെ സന്തോഷിപ്പിക്കുന്നു.
- 104. മതപരമായ വിശ്വാസം, ഞങ്ങൾ തമ്മിൽ അടുക്കാൻ ഞങ്ങളെ സഹായിക്കുന്നു.
- 105. സുപ്രധാനമായ കാര്യങ്ങളിൽ ഭർത്താവിന്റെ തീരുമാനങ്ങൾ വിശ്വസിക്കാനും സ്വീകരിക്കാനും ഭാര്യക്കു കഴിയണം.
- 106. ലൈംഗികമായ കാര്യങ്ങളിൽ പങ്കാളിയുടെ താല്പര്യങ്ങൾ എന്റേതിൽ നിന്ന് വ്യത്യസ്തമാണ് എന്നത് എന്നെ ആശങ്കാകുലനാക്കുന്നു.
- 107. കുടുംബാസൂത്രണത്തെക്കുറിച്ചും കുടുംബം ക്രമീകരിക്കുന്നതിനെക്കുറിച്ചുമുള്ള ഞങ്ങളുടെ തീരുമാനങ്ങളിൽ ഞാൻ സന്തുഷ്ടനാണ്.

1.	2	3	4	5
ശക്തമായി യോജിക്കുന്നു	സാമാന്യമായി യോജിക്കുന്നു	യോജിപ്പോ വിയോജിപ്പോ ഇല്ല	സാമാന്യമായി വിയോജിക്കുന്നു	ശക്തമായി വിയോജിക്കുന്നു.

- 108. എതിർ ലിംഗത്തിലുള്ള സ്നേഹിതരുമായി എന്റെ പങ്കാളി സമയം ചെലവഴിക്കുന്നത് എന്നെ അലോസരപ്പെടുത്താറില്ല.
- 109. എന്നെ കേൾക്കാൻ സദാ സന്നദ്ധയാണ് എന്റെ പങ്കാളി.
- 110. പണത്തിന്റെ കാര്യത്തിൽ ആർക്കാണ് കൂടുതൽ ഉത്തരവാദിത്വം എന്നതിനെക്കുറിച്ച് എനിക്ക് ആശങ്കയുണ്ട്.
- 111. പങ്കാളി ലൈംഗികത അകാരണമായി നിഷേധിക്കുന്നതോ ദുരുപയോഗം ചെയ്യുന്നതോ എന്നിൽ അസ്വസ്ഥത ഉളവാക്കുന്നു.
- 112. ഞങ്ങൾ തമ്മിലുള്ള വഴക്കുകൾക്കൊടുവിൽ എനിക്കു തോന്നും കുറ്റക്കാരൻ ഞാനായിരുന്നെന്ന്.
- 113. മതപരമായ വിശ്വാസങ്ങളും മൂല്യങ്ങളും ഞങ്ങൾ അനുവർത്തിക്കുന്ന കാര്യത്തിൽ ഞാൻ സന്തുഷ്ടനാണ്.
- 114. പങ്കാളിയും ഞാനുമായോ, ഞങ്ങളൊറ്റയ്ക്കോ, വിനോദവേളകൾ ചെലവഴിക്കുന്നതിൽ സന്തുലിതാവസ്ഥ പുലർത്തുന്നുണ്ട്.
- 115. ചിലപ്പോൾ എനിക്ക് തോന്നും, എന്റെ പങ്കാളി അധികാര ഗർവ്വോടെ സംസാരിക്കുകയും പെരുമാറുകയും ചെയ്യുന്നു എന്ന്.
- 116. എന്തു തരത്തിലുള്ള നേതൃത്വമാണ് നിങ്ങളുടെ വിവാഹജീവിതത്തിലുള്ളത്?
 - (1) ഒരു വ്യക്തി പതിവായി നയിക്കുന്നു.
 - (2) നേതൃത്വം ചിലപ്പോൾ മാത്രം പങ്കുവെക്കുന്നു.
 - (3) നേതൃത്വം പലപ്പോഴും പങ്കുവെക്കുന്നു.
 - (4) വ്യക്തമായ നേതാവില്ല.
- 117. പങ്കാളിയുമായി എത്രത്തോളം അടുപ്പം അനുഭവപ്പെടുന്നു?
 - (1) ഒരിക്കലും അനുഭവപ്പെടുന്നില്ല.
 - (2) സാധാരണയായി അനുഭവപ്പെടുന്നു.
 - (3) വളരെ അടുപ്പം അനുഭവപ്പെടുന്നു.
 - (4) അങ്ങേയറ്റം അടുപ്പം അനുഭവപ്പെടുന്നു.
- 118. വീട്ടുജോലികൾ നിങ്ങളും പങ്കാളിയും പരസ്പരം പങ്കുവെക്കുന്നതും കൈമാറി ചെയ്യുന്നതും എത്ര ഇടവിട്ടാണ്?
 - (1) ഒരിക്കലുമില്ല
 - (2) ചിലപ്പോൾ
 - (3) ഇടയ്ക്കിടയ്ക്ക്.
 - (4) പതിവായി.
- 119. പങ്കാളിയും താങ്കളും നിങ്ങളെ സംബന്ധിക്കുന്ന തീരുമാനങ്ങൾ സ്വയം എടുക്കുന്നത് എപ്പോഴൊക്കെ?

(1) എപ്പോഴും	(2) പതിവായി
(3) ഇടയ്ക്കിടയ്ക്ക്	(4) ചിലപ്പോൾ

120. നിങ്ങളുടെ വിവാഹജീവിതത്തിലെ നിയമങ്ങൾ എങ്ങനെയുള്ളതാണ്?
- (1) വളരെ തെളിഞ്ഞതും സ്ഥിരതയുള്ളതും
 - (2) തെളിഞ്ഞതും സ്ഥിരതയുള്ളതും.
 - (3) തെളിഞ്ഞതും അയഞ്ഞതും
 - (4) അവ്യക്തവും അസ്ഥിരവും
121. താങ്കളും പങ്കാളിയും ഒരുമിച്ച് ഉല്ലസിക്കുന്നത് എപ്പോഴൊക്കെ?
- (1) വല്ലപ്പോഴും
 - (2) ചിലപ്പോഴൊക്കെ
 - (3) പലപ്പോഴും
 - (4) പതിവായി
122. നിങ്ങളുടെ വിവാഹബന്ധത്തിൽ എത്രത്തോളം മാറ്റം സംഭവിച്ചിട്ടുണ്ട്?
- (1) ഒട്ടുംതന്നെയില്ല
 - (2) വളരെ കുറവ്
 - (3) ധാരാളം
 - (4) വളരെയധികം
123. നിങ്ങൾ പരസ്പരം എപ്പോഴൊക്കെ ആശ്രയിക്കാറുണ്ട്?
- (1) വല്ലപ്പോഴും / ഒട്ടുംതന്നെയില്ല
 - (2) അപൂർവ്വമായി
 - (3) ഇടയ്ക്കിടയ്ക്ക്
 - (4) പതിവായി
124. അഭിപ്രായ വ്യത്യാസങ്ങൾ താങ്കളും പങ്കാളിയും പരിഹരിക്കുന്നതെങ്ങനെ?
- (1) ചർച്ചയില്ല, തീരുമാനം ഒരു വ്യക്തിയുടേത്.
 - (2) പേരിന് ചർച്ച, തീരുമാനം ഒരു വ്യക്തിയുടേത്.
 - (3) പേരിന് ചർച്ച, ഇരുവരും കൂടി തീരുമാനിക്കുന്നു.
 - (4) വേണ്ടതിലധികം ചർച്ച, വ്യക്തമായ തീരുമാനമില്ല.
125. താങ്കളും പങ്കാളിയും ഒരുമിച്ച് കാര്യങ്ങൾ ചെയ്യുന്നത് എപ്പോഴൊക്കെ?
- (1) തീരെയില്ല / ചുരുക്കമായി
 - (2) ചിലപ്പോൾ
 - (3) ധാരാളമായി
 - (4) പതിവായി.

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നിങ്ങളുടെ അഭിരുചികളും പ്രത്യേകമായ കഴിവുകളും എന്തെന്ന് മനസ്സിലാക്കുന്നതിനും, ഏതുതരം ജോലിയാണ് നിങ്ങൾ ഇഷ്ടപ്പെടുകയും ശ്രദ്ധിക്കുകയും ചെയ്യുക എന്നറിയുന്നതിനും, വ്യത്യസ്താഭിരുചികളുള്ള വ്യക്തികൾ പരസ്പരം ബന്ധപ്പെട്ട് പ്രവർത്തിച്ച് എപ്രകാരം സമൂഹത്തിന് ഉതകുന്നവരായും എന്നറിയുന്നതിനും സഹായിക്കുന്ന ചോദ്യങ്ങളാണ് താഴെ കൊടുത്തിരിക്കുന്നത്. മനോഭാവങ്ങളിലും, താല്പര്യങ്ങളിലും ഓരോ വ്യക്തിയും വ്യത്യസ്തനായിരിക്കുന്നുവെന്നുവെന്നുവന്നാൽ ശരിയോ തെറ്റോ ആയ ഉത്തരങ്ങളില്ല. നിങ്ങളുടെ ഉത്തരങ്ങൾ നിങ്ങൾ എപ്രകാരം കാര്യങ്ങളെ നോക്കിക്കൊണ്ടിരിക്കുന്നു എന്നതും നിങ്ങൾ എങ്ങനെ തീരുമാനങ്ങൾ എടുക്കുന്നു എന്നതും വ്യക്തമാക്കാൻ സഹായിക്കും.

ഓരോ ചോദ്യവും ശ്രദ്ധാപൂർവ്വം വായിച്ചതിനുശേഷം നിങ്ങളുടെ ഉത്തരങ്ങൾ അടയാളപ്പെടുത്തുക. ഒരു ചോദ്യത്തെയും കുറിച്ച് അധികം ചിന്തിക്കരുത്. ഒരു ചോദ്യത്തിനും ഞാൻ എന്തായിരിക്കണം അല്ലെങ്കിൽ ഏറ്റവും അഭികാമ്യമായ ഉത്തരം എന്താണ് എന്നതിനെ അടിസ്ഥാനമാക്കിയല്ല ഉത്തരമെഴുതേണ്ടത്. അനുഭവനഷ്ടവിമുക്തസഹായങ്ങളിൽ നിങ്ങൾ എങ്ങനെ പെരുമാറുന്നു, ചിന്തിക്കുന്നു എന്നതിനെ ആസ്പദമാക്കി ഉത്തരം രേഖപ്പെടുത്തുക.

താഴെ കൊടുത്തിരിക്കുന്ന ഉത്തരങ്ങളിൽ ഏതാണ് നിങ്ങളുടെ പ്രവൃത്തിയുമായും അനുഭവങ്ങളുമായും ഏറ്റവും അടുത്തുവരുന്നതെന്ന് അടയാളപ്പെടുത്തുക.

1. നിങ്ങൾ ഒരു ദിവസത്തെ യാത്രയ്ക്ക് പോകുമ്പോൾ (എ) എന്ത് എപ്പോഴൊക്കെ ചെയ്യുമെന്ന് പ്ലാൻ ചെയ്യും, (ബി) വെറുതെ പോകും.
2. നിങ്ങളെ ന്യായം കരുതുന്നതെങ്ങനെ? (എ) സ്വാഭാവികമായി പെരുമാറുന്ന വ്യക്തിയായി, (ബി) ചിട്ടയോടെ പെരുമാറുന്ന വ്യക്തിയായി.
3. നിങ്ങൾ ഒരു അദ്ധ്യാപിക/അദ്ധ്യാപകൻ ആയിരുന്നെങ്കിൽ പഠിപ്പിക്കാനാഗ്രഹിക്കുക (എ) വസ്തുതാപരമായ കാര്യങ്ങൾ, (ബി) സിദ്ധാന്തപരമായ കാര്യങ്ങൾ.
4. നിങ്ങൾ സാധാരണയായി (എ) നന്നായി ഇടപഴകുന്നയാൾ, (ബി) അടങ്ങി കയ്യിട കഴിയുന്നയാൾ.
5. സാധാരണയായി നിങ്ങൾക്ക് കൂടുതൽ നന്നായി ഇടപഴകാൻ സാധിക്കുന്നത് (എ) ഭാവനാശാലികളായ വ്യക്തികളുമായി, (ബി) യാഥാർത്ഥ്യബോധമുള്ള വ്യക്തികളുമായി.
6. മിക്കപ്പോഴും നിങ്ങൾ അനുവദിക്കുന്നത് (എ) വികാരം ബുദ്ധിയെ നിയന്ത്രിക്കുന്നതിന് (ബി) ബുദ്ധി വികാരത്തെ നിയന്ത്രിക്കുന്നതിന്.
7. നിങ്ങൾ മിക്കപ്പോഴും കാര്യങ്ങൾ ചെയ്യാനിഷ്ടപ്പെടുന്നത് (എ) വളരെ പെട്ടെന്ന്, (ബി) പ്ലാനനുസരിച്ച്.
8. നിങ്ങളെ മറ്റൊരാൾക്ക് മനസ്സിലാക്കാൻ (എ) എളുപ്പമാണ്, (ബി) ബുദ്ധിമുട്ടാണ്.
9. ഒരു ചിട്ടക്രമമനുസരിച്ചുള്ള പരിപാടിയിൽ പങ്കെടുക്കാൻ (എ) താല്പര്യമാണ്, (ബി) ബുദ്ധിമുട്ടാണ്.
10. ഒരു പ്രത്യേക ജോലി ചെയ്യാനുണ്ടെങ്കിൽ അതിന് നിങ്ങൾ ഇഷ്ടപ്പെടുന്നത് (എ) തുടങ്ങുന്നതിനു മുൻപ് നിശ്ചയിച്ചുറപ്പിച്ച് ചെയ്യാൻ, (ബി) ആവശ്യമുള്ളതെന്തെന്ന് അപ്പോഴപ്പോൾ കണ്ടുപിടിക്കാൻ.
11. മിക്ക സന്ദർഭങ്ങളിലും നിങ്ങൾ താല്പര്യപ്പെടുന്നത് (എ) ഒഴുക്കിനൊത്ത് പോകാൻ, (ബി) ചിട്ടയനുസരിച്ച് പോകാൻ.
12. ഭൂരിഭാഗം ആളുകളും നിങ്ങളെപ്പറ്റി പറയുന്നത് (എ) ഒന്നും വിട്ടുപറയാത്ത ആൾ, (ബി) എല്ലാം തുറന്നു പറയുന്ന ആൾ.
13. നിങ്ങൾ അറിയപ്പെടാനാഗ്രഹിക്കുന്നത് (എ) പ്രായോഗികതയുള്ള വ്യക്തിയായി, (ബി) പ്രതിഭാശാലിയായി.
14. ഒരു വലിയ ഗ്രൂപ്പിൽ നിങ്ങൾ പലപ്പോഴും (എ) മറ്റുള്ളവരെ പരിചയപ്പെടുത്തുന്നു, (ബി) മറ്റുള്ളവർ നിങ്ങളെ പരിചയപ്പെടുത്തുന്നു.
15. നിങ്ങളുടെ സുഹൃത്തായി നിങ്ങൾ ഇഷ്ടപ്പെടുന്നത്

- (എ) നൂതന ആശയങ്ങളുള്ള ഒരാളെ, (ബി) ഒരു സാധാരണ വ്യക്തിയെ.
 16. നിങ്ങൾ (എ) യുക്തിയേക്കാൾ വൈകാരികതയ്ക്ക് വില കൽപ്പിക്കുന്നു, (ബി) വൈകാരികതയേക്കാൾ യുക്തിക്ക് വില കൽപ്പിക്കുന്നു.
 17. നിങ്ങൾ കൂടുതൽ ഇഷ്ടപ്പെടുന്നത് (എ) എന്ത് സംഭവിക്കുമെന്ന് കാത്തിരുന്ന കണ്ടശേഷം പ്ലാൻ ചെയ്യുന്നതിന്, (ബി) കാര്യങ്ങൾ വളരെ മുൻകൂട്ടി പ്ലാൻ ചെയ്യുന്നതിന്.
 18. നിങ്ങൾ കൂടുതൽ സമയം ചെലവഴിക്കാൻ ഇഷ്ടപ്പെടുന്നത് (എ) ഒറ്റയ്ക്കാണ്, (ബി) മറ്റുള്ളവരോടൊപ്പമാണ്.
 19. ധാരാളം ആളുകളോടൊപ്പമായിരിക്കുമ്പോൾ നിങ്ങൾ (എ) ഊർജ്ജസ്വലനാകുന്നു, (ബി) ക്ഷീണിതനാകുന്നു.
 20. നിങ്ങൾ താല്പര്യപ്പെടുന്നത് (എ) പാർട്ടികളും മറ്റു പരിപാടികളും വളരെ നേരത്തെ തന്നെ നിശ്ചയിച്ചുറപ്പിക്കുന്നതിന്, (ബി) സമയാസമയങ്ങളിൽ സെക്കരമെന്ന് തോന്നുന്ന കാര്യങ്ങളിലേർപ്പെടുന്നതിന്.
 21. യാത്രയ്ക്കായി തയ്യാറെടുക്കുമ്പോൾ നിങ്ങൾ കൂടുതൽ ഇഷ്ടപ്പെടുക (എ) മിക്കവാറും ദിവസങ്ങളിൽ തനിക്കിഷ്ടമുള്ളതുപോലെ ചെയ്യാൻ, (ബി) മിക്കവാറും ദിവസങ്ങളിൽ എന്ത് ചെയ്യണമെന്ന് മുൻകൂട്ടി നിശ്ചയിച്ചുറപ്പിക്കാൻ.
 22. പാർട്ടികളിൽ നിങ്ങൾക്ക് (എ) ചിലപ്പോൾ മടുപ്പ് തോന്നുന്നു, (ബി) എല്ലായ്പ്പോഴും സന്തോഷം തോന്നുന്നു.
 23. സാധാരണയായി നിങ്ങൾ (എ) മറ്റുള്ളവരുമായി നന്നായി ഇടപഴകുന്നു, (ബി) തന്നിലേക്കുതന്നെ കയ്യിടക്കുന്നു.
 24. നിങ്ങളെ കൂടുതൽ ആകർഷിക്കുന്നത് (എ) ബുദ്ധിയും പ്രതികരണശേഷിയും ഉള്ള വ്യക്തി, (ബി) വിവേകവും പ്രായോഗികബുദ്ധിയുമുള്ള വ്യക്തി.
 25. ദൈനംദിന ജോലിയിൽ നിങ്ങൾ (എ) അത്യാവശ്യ സന്ദർഭങ്ങളിൽ സമയം നോക്കാതെ ജോലി ചെയ്യുന്നു, (ബി) സമ്മർദ്ദത്തിന് വഴിപ്പെടാതിരിക്കാൻ ജോലികൾ പ്ലാൻ ചെയ്യുന്നു.
 26. മറ്റുള്ളവർ നിങ്ങളെ അറിയാൻ (എ) ധാരാളം സമയം എടുക്കും, (ബി) കുറച്ചു സമയം മാത്രം മതി.
- താഴെ കൊടുത്തിരിക്കുന്ന ഈ രണ്ടു വാക്കുകളിൽ നിന്ന് നിങ്ങൾക്ക് കൂടുതൽ അഭികാമ്യമായി തോന്നുന്ന ഒന്ന് അടയാളപ്പെടുത്തുക. വാക്കുകളുടെ ബാഹ്യരൂപത്തിലല്ല, അർത്ഥത്തിലാണ് ശ്രദ്ധിക്കേണ്ടത്.
27. (എ) വിട്ടുപറയാത്ത, (ബി) തുറന്നു പറയുന്ന
 28. (എ) ചിട്ടയുള്ള, (ബി) ചിട്ടയില്ലാത്ത

29. (എ) രൂപമില്ലാത്ത, (ബി) രൂപമുള്ള
30. (എ) മൃഗവതയുള്ള, (ബി) ഉറപ്പുള്ള
31. (എ) ചിന്ത, (ബി) വികാരം
32. (എ) വസ്തുതകൾ, (ബി) ആശയങ്ങൾ
33. (എ) ആവേശം, (ബി) തീരുമാനം
34. (എ) ഹൃദ്യമായ, (ബി) ശാന്തമായ
35. (എ) സ്വസ്ഥമായ, (ബി) പ്രകടമായ
36. (എ) ക്രമമായ, (ബി) സാധാരണമായ
37. (എ) സിദ്ധാന്തം, (ബി) നിർണ്ണയിച്ചത്
38. (എ) ലോലമായ, (ബി) നീതിയായ
39. (എ) ബോദ്ധ്യപ്പെടുത്തുന്ന, (ബി) ഹൃദയസ്പർശിയായ
40. (എ) പ്രസ്താവന, (ബി) ആശയം
41. (എ) നിയന്ത്രണമില്ലാത്ത, (ബി) ചിട്ടപ്പെടുത്തിയ
42. (എ) മിതഭാഷിയായ, (ബി) വാചാലമായ
43. (എ) അനുകൂലമുള്ള, (ബി) എളുപ്പം നോക്കുന്ന
44. (എ) ആശയം, (ബി) യാഥാർത്ഥ്യം
45. (എ) അനുകമ്പ, (ബി) ദീർഘവീക്ഷണം
46. (എ) പ്രയോജനങ്ങൾ, (ബി) അനുഗ്രഹങ്ങൾ
47. (എ) കഴമ്പില്ലാത്തതല്ല, (ബി) തത്ത്വപ്രധാനമായ
48. (എ) കുറച്ചു സുഹൃത്തുക്കൾ, (ബി) ധാരാളം സുഹൃത്തുക്കൾ
49. (എ) ക്രമമായ, (ബി) സാദാവികമായ
50. (എ) ഭാവനാത്മകമായ, (ബി) കാര്യമാത്രപ്രസക്തമായ
51. (എ) ഉറപ്പുള്ളമായ, (ബി) വസ്തുനിഷ്ഠമായ
52. (എ) വസ്തുനിഷ്ഠമായ, (ബി) വൈകാരികമായ
53. (എ) കെട്ടിപ്പടുക്കുക, (ബി) കണ്ടുപിടിക്കുക
54. (എ) ഒതുങ്ങിക്കൂടുന്ന, (ബി) സഹവസിക്കുന്ന
55. (എ) സിദ്ധാന്തം, (ബി) വസ്തുത
56. (എ) അനുകമ്പാർത്ഥമായ, (ബി) യുക്തിപരമായ
57. (എ) വിശകലനാത്മകമായ, (ബി) വൈകാരികമായ
58. (എ) വിവേകമുള്ള, (ബി) ആകർഷണീയതയുള്ള

താഴെ കൊടുത്തിരിക്കുന്ന ഉത്തരങ്ങളിൽ ഏതാണ് നിങ്ങളുടെ പ്രവൃത്തിയുമായും അനുഭവങ്ങളുമായും ഏറ്റവും അടുത്തുവരുന്നതെന്ന് അടയാളപ്പെടുത്തുക.

59. ഒരാഴ്ചക്കാലത്തേക്കുള്ള ഒരു വലിയ പ്രോജക്ട് ആരംഭിക്കുമ്പോൾ നിങ്ങൾ (എ) ചെറുതുണ്ട വിവിധ കാര്യങ്ങളുടെ പട്ടിക തയ്യാറാക്കുകയും ചെറുതുണ്ട ക്രമം നിശ്ചയിക്കുകയും ചെയ്യുന്നു, (ബി) നേരെ പ്രോജക്ട് തുടങ്ങുന്നു.
60. സാമൂഹ്യസാഹചര്യങ്ങളിൽ സാധാരണയായി നിങ്ങൾക്ക് (എ) മറ്റ് ആളുകളോട് സംഭാഷണത്തിലേർപ്പെടാനും തുടരാൻ സാധിക്കുമ്പോൾ അനുഭവപ്പെടാറുണ്ട്, (ബി) റീകോർഡ് ആളുകളോടും ദീർഘ സമയത്തേക്ക് സംഭാഷണത്തിലേർപ്പെടാൻ സാധിക്കുന്നു.
61. മറ്റു പലരും ചെയ്യുന്ന കാര്യങ്ങൾ എപ്രകാരം ചെയ്യാനാണ് നിങ്ങൾക്ക് താല്പര്യം (എ) നിലവിലുള്ള രീതിയിൽ, (ബി) നിങ്ങൾ കണ്ടുപിടിച്ച രീതിയിൽ.
62. ിങ്ങളെ കണ്ടുമുട്ടുന്ന പുതിയ വ്യക്തികൾക്ക് നിങ്ങളുടെ താല്പര്യങ്ങൾ എന്തെന്ന് പറയാൻ കഴിയുന്നത് (എ) വളരെ വേഗത്തിൽ, (ബി) നിങ്ങളെ ശരിയായി മനസ്സിലാക്കിയിട്ട് ശേഷം.
63. സാധാരണയായി നിങ്ങൾ പഠിക്കാനിഷ്ടപ്പെടുന്ന കോഴ്സുകൾ (എ) തത്ത്വങ്ങളും, ആശയങ്ങളും, (ബി) വസ്തുതകളും, സംഖ്യയും.
64. വലിയ അഭിനന്ദനം എന്ന നിലയിൽ നിങ്ങൾ വിളിക്കപ്പെടാനാഗ്രഹിക്കുന്നത് (എ) യഥാർത്ഥ വികാരമുള്ള വ്യക്തി, (ബി) എപ്പോഴും ബുദ്ധിപൂർവ്വമായി പെരുമാറുന്ന വ്യക്തി.
65. ചിട്ടയ്ക്കനുസരിച്ച് പ്രവർത്തിക്കുന്നത് (എ) ചിലപ്പോൾ ആവശ്യവും എന്നാൽ പൊതുവേ അസ്വീകാര്യവുമാണ്, (ബി) മിക്കപ്പോഴും സഹായകരവും പ്രയോജനകരവുമാണ്.

66. നിങ്ങൾ ഒരു കൂട്ടം ആളുകളോടൊത്തായിരിക്കുമ്പോൾ സാധാരണയായി (എ) നിങ്ങൾക്ക് നന്നായിയാവുന്നവരോട് വ്യക്തിപരമായി സംസാരിക്കുന്നു, (ബി) ഗ്രൂപ്പിന്റെ സംഭാഷണങ്ങളിൽ പങ്കുചേരുന്നു.
67. പാർട്ടികളിൽ (എ) നിങ്ങൾ ധാരാളം സംസാരിക്കുന്നു, (ബി) മറ്റുള്ളവരെ കൂടുതൽ സംസാരിക്കാനനുവദിക്കുന്നു.
68. ഓരോ ആഴ്ചയും ചെയ്തു തീർക്കേണ്ട കാര്യങ്ങളുടെ പട്ടിക തയ്യാറാക്കുക എന്ന ആശയം നിങ്ങൾക്ക് (എ) ആകർഷകമാണ്, (ബി) അനാകർഷകമാണ്.
69. ഏതാണ് നിങ്ങൾക്ക് കൂടുതൽ നല്ല അഭിനന്ദനമായി തോന്നുന്നത് (എ) കാര്യക്ഷമതയുള്ളത്, (ബി) അനുകമ്പാർത്ഥമായത്.
70. സാധാരണയായി നിങ്ങൾ താല്പര്യം കാണിക്കുന്നത് (എ) സാമൂഹിക പരിപാടികൾ കാലേ കൂട്ടി തീരുമാനിക്കാൻ, (ബി) വരുന്ന വാക്കിന് ചെയ്തുതീർക്കാൻ.
71. ഒരു വലിയ പദ്ധതി ചെയ്തുതീർക്കാനുള്ളപ്പോൾ നിങ്ങൾ ഇഷ്ടപ്പെടുന്നത് (എ) മുന്നേറ്റത്തെക്കുറിച്ച് മനസ്സിലാക്കി മുൻകൂട്ടി പ്ലാൻ ചെയ്യാൻ, (ബി) കാര്യങ്ങൾ ഘട്ടംഘട്ടമായി ചെയ്തു തുടങ്ങാൻ.
72. ഒരു സംഭാഷണം അനന്തമായി തുടരാനാകുക (എ) നിങ്ങളുടെ താല്പര്യങ്ങളുമായി പങ്കുചേരുന്നവരുമായി മാത്രം, (ബി) എന്താണു എല്ലാവരോടും.
73. നിങ്ങൾ ഇഷ്ടപ്പെടുന്നത് (എ) നിലവിലുള്ള മാർഗ്ഗങ്ങൾക്കനുസരിച്ച് നന്മ ചെയ്യാൻ, (ബി) നിലവിലുള്ളവയിൽ തെറ്റുണ്ടെങ്കിൽ എന്തെന്ന് അപഗ്രഥിച്ച് പരിഹൃതമാകാത്ത പ്രശ്നങ്ങൾക്ക് തീർപ്പ് കൽപ്പിക്കാൻ.
74. മനസ്സിനു വേണ്ടി വായിക്കുമ്പോൾ നിങ്ങൾ (എ) ഒറ്റപ്പെട്ടതും സഹജവുമായ രീതിയിൽ പറയുന്ന കാര്യങ്ങൾ ആസ്വദിക്കുന്നു, (ബി) എഴുത്തുകാർ അർത്ഥമാക്കുന്ന അതേ തരത്തിൽ കാര്യങ്ങൾ ആസ്വദിക്കുന്നു.
75. നിങ്ങൾ എപ്രകാരമുള്ള അധികാരിയുടെ/ടീച്ചറുടെ കീഴിൽ ജോലി ചെയ്യാൻ ഇഷ്ടപ്പെടുന്നു (എ) നന്നായി പെരുമാറുന്ന എന്നാൽ നിലപാടിൽ സ്ഥിരതയില്ലാത്ത വ്യക്തി, (ബി) കാർക്കശ്യത്തോടെ എന്നാൽ എപ്പോഴും യുക്തിപരമായി പെരുമാറുന്ന വ്യക്തി.
76. മിക്ക കാര്യങ്ങളും ചെയ്യാൻ നിങ്ങൾ ഇഷ്ടപ്പെടുന്നത് (എ) അന്നന്നത്തെ തോന്നലുകൾക്കനുസരിച്ച്, (ബി) ചിട്ടയ്ക്കനുസരിച്ച്.
77. മിക്കവാറും നിങ്ങൾക്ക് (എ) വളരെ എളുപ്പത്തിൽ എല്ലാവരോടും വേണ്ടിത്തോളം സംസാരിക്കാൻ കഴിയും, (ബി) ചില വ്യവസ്ഥകളോടെ ചില വ്യക്തികളോട് മാത്രം ധാരാളം സംസാരിക്കാൻ കഴിയും.
78. ഒരു തീരുമാനമെടുക്കുമ്പോൾ നിങ്ങൾ പ്രധാനം കൊടുക്കുന്നത് (എ) വസ്തുതകളുടെ തുക്തത്തിന്, (ബി) മറ്റുള്ളവരുടെ വികാരങ്ങൾക്കും അഭിപ്രായത്തിനും.

താഴെ കൊടുത്തിരിക്കുന്ന ഇരട്ടെഴു വാക്കുകളിൽ നിന്ന് നിങ്ങൾക്ക് കൂടുതൽ അഭികാമ്യമായി തോന്നുന്ന ഒന്ന് അടയാളപ്പെടുത്തുക. വാക്കുകളുടെ ബാഹ്യരൂപത്തിലല്ല, അർത്ഥത്തിലാണ് ശ്രദ്ധിക്കേണ്ടത്.

79. (എ) ഭാവനാത്മകം, (ബി) യാഥാർത്ഥ്യബോധം
80. (എ) വിശാലഹൃദയമുള്ള, (ബി) മനഃക്കരുത്തുള്ള
81. (എ) നീതിബോധമുള്ള, (ബി) കരുതലുള്ള
82. (എ) ഉല്പാദനം, (ബി) രൂപകൽപ്പന
83. (എ) സാദ്ധ്യതകൾ, (ബി) നിശ്ചിതത
84. (എ) ആർദ്രത, (ബി) ഉറപ്പ്
85. (എ) പ്രായോഗികമായ, (ബി) മനോവികാരപരമായ
86. (എ) ഉണ്ടാക്കുക, (ബി) സൃഷ്ടിക്കുക
87. (എ) പുതിയത്, (ബി) മുൻപേ അറിയപ്പെട്ടത്
88. (എ) സഹതപിക്കുക, (ബി) അപഗ്രഥിക്കുക
89. (എ) മനക്കരുത്തുള്ള, (ബി) മൃഗമഹൃദയമുള്ള
90. (എ) മുർത്തമായ (കാണപ്പെട്ട), (ബി) അമുർത്തമായ (സംഗ്രഹിച്ചുള്ള)
91. (എ) സമർപ്പണഭാവമുള്ള, (ബി) ഉറച്ച മനസ്സുള്ള
92. (എ) കാര്യക്ഷമതയുള്ള, (ബി) ദയയുള്ള
93. (എ) പ്രായോഗികമായത്, (ബി) പുതുമയുള്ളത്.

AECOM COPING STYLE QUESTIONNAIRE(Mal.)

Shanty K.J. & Anita Ravindran

DEPARTMENT OF PSYCHOLOGY UNIVERSITY OF CALICUT

പേര്: വയസ്സ്: സ്ത്രീ/പുരുഷൻ തീയതി:

വ്യത്യസ്ത സാഹചര്യങ്ങളിൽ ആളുകൾ എങ്ങനെയാണ് പെരുമാറുക എന്നും, വ്യത്യസ്ത കാര്യങ്ങൾ ഓരോരുത്തർക്കും എങ്ങനെയാണ് അനുഭവപ്പെടുക എന്നും വിവരിക്കുന്ന പ്രസ്താവനകളാണ് താഴെ കൊടുത്തിരിക്കുന്നത്. ഓരോ പ്രസ്താവനയും താങ്കളുമായി എങ്ങനെ ബന്ധപ്പെട്ടിരിക്കുന്നു എന്ന് സൂചിപ്പിക്കുവാൻ അനുയോജ്യമായ കോളത്തിൽ (X) എന്ന് രേഖപ്പെടുത്തുക

		ഒരിക്കലുമില്ല	അപൂർവ്വമായി	ചിലപ്പോൾ	മിക്കവാറും		
1.	ഞാനൊരു ശുഭാപതി വിശ്വാസിയാണ്.						
2.	അസുഖകരമായ കാര്യങ്ങൾ ചിന്തിക്കുന്നത് ഞാൻ ഒഴിവാക്കാറുണ്ട്.						
3.	എനിക്ക് ഒരു പ്രശ്നമുണ്ടാകുമ്പോൾ മറ്റുള്ളവരുടെ സഹായം തേടാറുണ്ട്.						
4.	രോഗമോ അപകടമോ എന്റെ സാധാരണ ജോലികൾക്ക് തടസ്സമാവുകയാണെങ്കിൽ ഉപയോഗപ്രദമായ മറ്റൊരതെങ്കിലും പ്രവൃത്തികൾ ഞാൻ കണ്ടെത്തും						
5.	മറ്റുള്ളവർ എനിക്കുവേണ്ടി തീരുമാനങ്ങൾ എടുക്കാതിരുന്നെങ്കിൽ സ്വന്തമായ തീരുമാനങ്ങൾ എടുക്കുമായിരുന്നു.						
6.	ഞാൻ അസ്വസ്ഥനാവുന്ന സമയത്ത് എന്തെങ്കിലും ഭക്ഷിക്കും.						
7.	തീരുമാനങ്ങൾ എടുക്കുന്നതിനുമുമ്പ് കിട്ടാവുന്നത്ര വിവരങ്ങൾ ഞാൻ ശേഖരിക്കും						
8.	അസാധ്യമുണ്ടാക്കുന്ന സന്ദർഭങ്ങളുടെ മനകരമായ വശം കണ്ടെത്താൻ ഞാൻ ശ്രമിക്കാറുണ്ട്.						
9.	ഉണ്ടാവാനിടയുള്ള ബുദ്ധിമുട്ടുകളെക്കുറിച്ച് ഞാൻ മുൻകൂട്ടി വേവലാതിപ്പെടാറില്ല						
10.	എന്റെ പ്രശ്നങ്ങളെക്കുറിച്ച് ചിന്തിക്കാതിരിക്കാൻ ഞാൻ ശ്രമിക്കാറുണ്ട്.						
11.	എന്നേക്കാൾ നന്നായി കാര്യങ്ങൾ ചെയ്യാൻ കഴിവുള്ളവരുമായി ഇടപെടാൻ ശ്രമിക്കാറുണ്ട്.						
12.	എന്റെ ശരീരംഗീകരണങ്ങൾ പതിവായി വ്യായാമം ചെയ്യാറുണ്ട്.						
13.	എന്റെ പലകാര്യങ്ങളും ശരിയാവാതിരിക്കുന്നത് മറ്റുള്ളവരുടെ കുറ്റം കൊണ്ടാണെന്ന് ഞാൻ വിചാരിക്കും.						
14.	പ്രശ്നങ്ങളിൽനിന്ന് ധനസ്സ് തിരിക്കാനായി ഞാൻ കഥാപുസ്തകങ്ങൾ വായിക്കാറുണ്ട്.						
15.	എനിക്ക് ഒരു പ്രശ്നമുണ്ടാവുമ്പോൾ അത് പരിഹരിക്കാനായ് വ്യത്യസ്ത മാർഗ്ഗങ്ങൾക്കുറിച്ച് ഞാൻ ആലോചിക്കാറുണ്ട്.						
16.	എനിക്ക് ഇഷ്ടമില്ലാത്തവരോട് നല്ലനിലയിൽ പെരുമാറാൻ ഞാൻ വളരെയധികം ശ്രമിക്കാറുണ്ട്.						
17.	കാര്യങ്ങൾ മറ്റുള്ളവർ കരുതുന്നപോലെ അത്ര മോശമാണെന്ന് ഞാൻ കരുതുന്നില്ല.						
18.	ശവസംസ്കാരചടങ്ങുകൾ ഞാൻ ഒഴിവാക്കാറുണ്ട്.						
19.	ഞാൻ അസ്വസ്ഥനാകുമ്പോൾ മറ്റുള്ളവരുടെ ശ്രദ്ധയും പരിഗണനയും കിട്ടുന്നത് എനിക്ക് ഇഷ്ടമാണ്.						
20.	ഒരു സുഹൃത്തിനെ നഷ്ടപ്പെടുത്തി മറ്റൊരു സുഹൃത്തിനെ ഞാൻ കണ്ടെത്തും.						
21.	മറ്റുള്ളവർ ഇടപെടാനിരുന്നെങ്കിൽ എനിക്ക് കൂടുതൽ നേടാൻ കഴിയുമായിരുന്നു.						
22.	ദേഷ്യം വരുന്ന സന്ധ്യത്ത് ശാരീരികപ്രവർത്തനങ്ങളിൽ ഏർപ്പെട്ട് ഞാനത് തീർക്കാൻ ശ്രമിക്കും						
23.	ഏതു പ്രശ്നവും ഞാൻ സൂക്ഷ്മമായി വിശകലനം ചെയ്യാറുണ്ട്.						
24.	ദേഷ്യം വരുമ്പോൾ ഞാനത് മറച്ചുവെക്കാൻ ശ്രമിക്കാറുണ്ട്						
25.	ഞാൻ എന്റെ വേദനകളും പ്രയാസങ്ങളും അവഗണിക്കാറുണ്ട്						
26.	സിനിമയിലെ മനസ്സിന് വിഷമം ഉണ്ടാക്കുന്ന രംഗങ്ങൾ ഞാൻ കാണാറില്ല.						

27.	അസുഖം വരുന്ന സമയത്ത് കിടന്ന് വിശ്രമിക്കാനും പരിചരിക്കപ്പെടാനുമാണ് എനിക്കിഷ്ടം.			
28.	ചെയ്ത ഒരു കാര്യം മോശമായാൽ ഭാവിയിൽ അത് മെച്ചപ്പെടുത്താൻ ശ്രമിക്കാറുണ്ട്.			
29.	മറ്റുള്ളവർ ഇടപെടുന്നതുകൊണ്ട് എനിക്കെന്റെ ജോലികൾ ചെയ്യാൻ കഴിയാറില്ല.			
30.	അസ്വസ്ഥതതോന്നുമ്പോൾ ഞാൻ ഒന്ന് നടക്കാൻ പോകും			
31.	ഒരു തീരുമാനമെടുക്കുന്നതിനുമുമ്പ് അതിന്റെ നല്ലതും ചീത്തയുമായ വശങ്ങൾ ഞാൻ കണക്കിലെടുക്കാറുണ്ട്.			
32.	ആൾക്കൂട്ടത്തിൽ നിലക്കുമ്പോൾ ലജ്ജ തോന്നിയാലും കൂട്ടത്തിൽ കൂടാൻ ശ്രമിക്കാറുണ്ട്.			
33.	പ്രശ്നങ്ങൾക്ക് സ്വയം പരിഹാരമുണ്ടാവുമെന്ന് ഞാൻ വിചാരിക്കുന്നു.			
34.	ആശുപത്രിയിൽ കിടക്കുന്ന രോഗികളെ സന്ദർശിക്കുന്നത് ഞാൻ ഒഴിവാക്കാറുണ്ട്.			
35.	പ്രധാനപ്പെട്ട എന്തെങ്കിലും വാങ്ങുന്നതിനുമുമ്പ് മറ്റുള്ളവരുടെ അഭിപ്രായം തേടാറുണ്ട്.			
36.	ദുഃഖമുണ്ടാകുമ്പോൾ താല്പര്യമുള്ള മറ്റേതെങ്കിലും കാര്യങ്ങളിൽ ഏർപ്പെടാൻ ഞാൻ ശ്രമിക്കാറുണ്ട്.			
37.	മറ്റുള്ളവർ എന്റെ ജീവിതത്തിൽ ഇടപെടുന്നത് നിർത്തിയാൽ ഞാൻ കൂടുതൽ നന്നാവുമായിരുന്നു.			
38.	മാനസികസാമ്പന്ദ്യം അനുഭവപ്പെടുമ്പോൾ എന്തെങ്കിലും കൈവേല ചെയ്യാൻ ഞാൻ ഇഷ്ടപ്പെടുന്നു.			
39.	പ്രശ്നങ്ങൾ പരിഹരിക്കുന്നതിനെക്കുറിച്ച് ആലോചിച്ച് ധാരാളം സമയം ഞാൻ ചിലവഴിക്കാറുണ്ട്.			
40.	അസ്വസ്ഥത ഉളവാക്കുന്ന സന്ദർഭങ്ങളിൽ എന്തെങ്കിലും തമാശ പറയാൻ ഞാൻ ആലോചിക്കാറുണ്ട്.			
41.	അസുഖം വളരെ കൂടിയാൽ മാത്രമെ ഞാൻ ഒരു ഡോക്ടറെ കാണുകയുള്ളൂ			
42.	സന്തോഷപ്രദമല്ലാത്ത സിനിമകൾ ഞാനൊഴിവാക്കാറുണ്ട്.			
43.	ഞാൻ അസ്വസ്ഥനാകുമ്പോൾ എന്നെ അലട്ടുന്ന കാര്യങ്ങൾ സംസാരിക്കാൻ ഒരാളെ കണ്ടെത്താറുണ്ട്.			
44.	പ്രാർത്ഥനയുള്ള ആരേങ്കിലും മരിച്ചാൽ ആ നഷ്ടബോധത്തിൽനിന്ന് രക്ഷപ്പെടാൻ ഞാൻ ജോലിത്തിരക്കിൽ വ്യായാസനാകും.			
45.	മറ്റുള്ളവരാണ് എന്റെ പ്രശ്നങ്ങൾക്ക് കാരണം.			
46.	സിനിമകാണുമ്പോൾ എന്റെ പ്രശ്നങ്ങൾ ഞാൻ മറക്കാറുണ്ട്.			
47.	എനിക്ക് ഒരു പ്രശ്നമുണ്ടാകുമ്പോൾ അത് പരിഹരിക്കാനാവശ്യമായ എല്ലാ മാർഗ്ഗങ്ങളെ കുറിച്ചും ഞാൻ ചിന്തിക്കും.			
48.	ഞാൻ പരാതികൾ പറയുന്ന തരക്കാരനല്ല.			
49.	എല്ലാം ശരിയാകുമെന്നുറപ്പുള്ളതുകൊണ്ട് ഞാൻ ഒന്നിനെക്കുറിച്ചും മുൻകൂട്ടി ഉൽക്കണ്ഠപ്പെടാറില്ല.			
50.	മരണത്തെക്കുറിച്ചുള്ള സംസാരം ഞാൻ ഒഴിവാക്കാറുണ്ട്			
51.	അസ്വസ്ഥനാകുമ്പോൾ തനിച്ചിരിക്കുന്നത് ഞാൻ ഒഴിവാക്കാറുണ്ട്			
52.	എന്റെ കഴിവുകേടുകളെ അതിജീവിക്കാൻ ഞാൻ കുറിയപ്രയത്നം ചെയ്യാറുണ്ട്,			
53.	എന്നോട് വാദിക്കാൻ വരുന്നില്ലെങ്കിൽ അവരോട് ഒത്തുപോകാൻ എനിക്ക് സാധിക്കും.			
54.	പല കാര്യങ്ങളും എന്നെ വല്ലാതെ അലട്ടുമ്പോൾ ഞാൻ ദിവസപൂർവ്വം കാണാറുണ്ട്.			
55.	എനിക്ക് ഗുരുതരമായ അസുഖമാണെന്ന് ഡോക്ടർ പാഞ്ഞാൽ അതിനെക്കുറിച്ച് കഴിയുന്നത്ര അറിയാൻ ശ്രമിക്കും.			
56.	കൂട്ടത്തിൽ വച്ച് മനസ്സിലുള്ളത് പറയാൻ പരിശ്രമം തോന്നിയാലും ഞാനതു പറയും			
57.	എന്നെ അലട്ടുന്ന പ്രശ്നങ്ങളെ എനിക്ക് അവഗണിക്കാനാവും			
58.	ദുഃഖിക്കുന്നവരെ ചെന്നു കാണുന്നത് ഞാനൊഴിവാക്കാറുണ്ട്.			
59.	എനിക്ക് നന്നായിട്ടറിയാത്ത കാര്യങ്ങളെക്കുറിച്ച് ഞാൻ മറ്റുള്ളവരുടെ ഉപദേശം തേടാറുണ്ട്.			
60.	വിഷാദം തോന്നുമ്പോൾ ഉന്മേഷമുണ്ടാക്കുന്ന മറ്റേതെങ്കിലും ചെയ്യാൻ ഞാൻ ശ്രമിക്കാറുണ്ട്			
61.	മറ്റുള്ളവർ എന്നോട് അനുഭാവം കാണിച്ചുരുന്നെങ്കിൽ എനിക്ക് കൂടുതൽ കാര്യങ്ങൾ ചെയ്യാമായിരുന്നു.			
62.	അസ്വസ്ഥനായിരുന്നെങ്കിലും വായന എന്നെ ശാന്തനാക്കുന്നു.			
63.	കുറെയധികം തീരുമാനങ്ങൾ എടുക്കേണ്ടി വരുമ്പോൾ അവിയിലേതിനാണ് കൂടുതൽ പ്രധാന്യം കൊടുക്കേണ്ടതെന്ന് ഞാൻ ആദ്യം കണ്ടെത്തും.			

64.	ചമ്മലുണ്ടാക്കുന്ന സന്ദർഭങ്ങളിൽ ഒന്നും സംഭവിച്ചില്ലെന്ന് നടിക്കാൻ ഞാൻ ശ്രമിക്കാറുണ്ട്.			
65.	വേവലാതിപ്പെടാൻ തക്ക പ്രശ്നങ്ങൾ ഒന്നുമില്ല എന്നെനിക്ക് തോന്നാറുണ്ട്.			
66.	അസ്വാസ്ഥ്യം ഉണ്ടാക്കുന്ന സന്ദർഭങ്ങൾ ഞാൻ ഒഴിവാക്കാറുണ്ട്.			
67.	കാര്യങ്ങൾ വിചാരിച്ചപ്പോലെ നടക്കാതിരിക്കുമ്പോൾ എനിക്ക് എന്നോടടുതന്ന സഹതാപം തോന്നാറുണ്ട്.			
68.	എനിക്ക് അടുപ്പമുള്ള ആരെങ്കിലും മരിച്ചാൽ എന്നെപ്പോലെ വേർപാടിന്റെ ദുഃഖം അനുഭവിക്കുന്ന മറ്റുള്ളവരുടെ ഞാൻ സഹായിക്കും.			
69.	എന്റെ ഡോക്ടർക്ക് നന്നായി അറിയാമെങ്കിൽ അദ്ദേഹത്തിന്റെ ഉപദേശം സ്വീകരിക്കാൻ ഞാൻ സന്നദ്ധനാകും			
70.	ഉൾക്കണ്ണിന് തോന്നുമ്പോൾ ഞാൻ മറ്റുള്ളവരെ ഫോണിൽ വിളിക്കും			
71.	സങ്കടമുണ്ടാവുമ്പോൾ ഞാനതൊരു പൂഞ്ചിരിയിലൊളിക്കാൻ ശ്രമിക്കാറുണ്ട്..			
72.	ക്രമമായ ആരോഗ്യപരിശോധനകൾ സമയനഷ്ടമാണെന്നാണ് എന്റെ വിശ്വാസം			
73.	അലോസരപ്പെടുത്തുന്ന വാർത്തകൾ വായിക്കുന്നത് ഞാനൊഴിവാക്കാറുണ്ട്.			
74.	ഞാൻ അസ്വസ്ഥനാകുമ്പോൾ എനിക്കുണ്ടാകുന്ന വിഷമം മറ്റുള്ളവരെ അറിയിക്കാൻ ശ്രമിക്കാറുണ്ട്.			
75.	ആദ്യ തവണ ചെയ്ത ഒരു കാര്യം ശരിയായില്ലെങ്കിൽ അത് പഠിച്ചെടുക്കാൻ എത്ര സമയം ചെലവഴിക്കാനും എനിക്ക് മടിയില്ല.			
76.	മറ്റുള്ളവർ എന്നെ ചൂഷണം ചെയ്തില്ലെങ്കിൽ അവരുമായി ഒത്തു പോകാൻ എനിക്ക് കഴിയുമായിരുന്നു.			
77.	അസ്വസ്ഥനാകുമ്പോൾ ആശ്വാസത്തിനായി ഞാൻ അല്പം മദ്യം കുടിക്കാറുണ്ട്			
78.	അപകടകരമാണെന്ന് തോന്നുന്ന ഒരു കായിക വിനോദത്തിൽ പങ്കെടുക്കാൻ എനിക്ക് ആഗ്രഹം തോന്നുകയാണെങ്കിൽ ഞാനതിനുവേണ്ടി ശ്രമിക്കും			
79.	കാര്യങ്ങൾ എത്രത്തന്നെ മോശമായാലും അതെന്നെ അസ്വസ്ഥനാക്കാൻ ഞാൻ അനുവദിക്കാറില്ല			
80.	മാനസികസ്വാസ്ഥ്യമുണ്ടാക്കുന്ന സന്ദർഭങ്ങളിൽ ആശ്വാസം നൽകുന്ന മരുന്നുകൾ ഞാൻ കുടിക്കാറുണ്ട്.			
81.	പ്രശ്നങ്ങൾ നേരിടേണ്ടി വരുമ്പോൾ ഞാനൊക്കെ തകർന്ന് പോകും			
82.	എന്റെ ശാരീരിക വൈകല്യങ്ങൾ മറയ്ക്കുന്നതരം വസത്രങ്ങളാണ് ഞാൻ വാങ്ങുക			
83.	നിരാശ തോന്നുമ്പോൾ ഞാൻ ഭക്ഷണം കുടിക്കാറുണ്ട്.			
84.	ഊഴമെത്തുമ്പോൾ നടക്കും എന്ന വിശ്വാസമുള്ളതിനാൽ വെല്ലുവിളികൾ ഏറ്റെടുക്കാൻ എനിക്ക് ഭയമില്ല.			
85.	ഒരു വിൽപത്രം തയ്യാറാക്കുക എന്ന ചിന്ത ഞാനൊഴിവാക്കാറുണ്ട്.			
86.	ആഹാരക്രമത്തിൽ ശ്രദ്ധിക്കുന്നതുകൊണ്ട് എന്റെ ശരീരവണ്ണം കൂടുമ്പോൾ			
87.	ശ്മശാനങ്ങളിൽ പോകുന്നതും ശവസംസ്കാരചടങ്ങുകളിൽ പങ്കെടുക്കുന്നതും ഞാനൊഴിവാക്കാറുണ്ട്.			



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