

**THE RELATIONSHIP BETWEEN MARITAL  
COMMUNICATION AND SATISFACTION: THE  
CASE OF TWO KEBELES IN ADDIS ABABA**

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## **ABSTRACT**

*This study investigated the relationship between communication and marital satisfaction using data from 110 randomly selected couples. Correlation analysis indicated moderate significant relation between communication and marital satisfaction. The correlation between these two variables was also significant for both sexes. Further results show that the relationship of the variables does not vary for different major socio-demographic characteristics. Moreover, one-way ANOVA test revealed that mean results for marital satisfaction do not vary as a function of socio-demographic characteristics.*

*The findings of the study underline the importance of improving the quality of communication between couples through different intervention mechanisms in order to increase marital satisfaction they experience as well as minimize marital tension.*

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background

Communication is the basis of intimate human relationships. The major one of these intimate relationships is the marriage relationship. Since the marital or family relationship is basically dependant on the interaction, the study of communication between couples becomes vital. Good communication is the key to family interaction and the life blood of the marital relationship

Although not much of a study was made on the quality and nature of Ethiopian marriages, scholars in the western world have been aware of a general and pervasive pattern of declining levels of marital happiness, in the western world (Pineo, 1971 Cited in Lee, 1988). The quality of the family life is to be given attention due to the obvious impact it has on all the individuals involved in it. There is also a great deal of discussion today about the importance of communication in maintaining and building significant relationships. However there is almost no local study found that focused on communication between couples. It is important that we also focus on improving the quality of intimate relationships.

Adequate literature indicates the significance of enhancing quality communication of the couple. Increased recognition is being given to the belief that a positive relationship exists between marital adjustment and the couples' capacity to communicate. The quantity and quality of marital communication has

been linked to the level of perceived satisfaction with marriage (Jorgensen & Gaudy, 1980). Perceived satisfaction with marriage is found to be a valid indicator of the degree to which spouses' need for intimacy, caring and concern are being fulfilled. To the extent that perceived satisfaction is a valid indicator of the degree to which each partner's goals and expectations for marriage success are being reached, and if communication has a relationship with marital satisfaction, it is evident that communicating to each other about relatively personal and intimate matters constitutes an important step in the process of need and goal fulfillment in marriage. The couple's communication is one area, which takes a great share of the couple's evaluation of their marital happiness (Jorgensen & Gaudy, 1980).

For almost all problems in marriage there is a widespread agreement that communication between couples is important if solutions are to be reached.

Communicating about fears, problems, self doubts, feelings of anger or depression, and aspects of marriage to be bothersome to one or both partners, as well as openly sharing positive feelings about the self and other, are of central importance in fulfilling the therapeutic function of marriage (Jorgensen & Gaudy, 1980). It is this function of marriage that is so critical for the survival and success of marriage.

The centrality of the marital communication system in the relationship development process clearly renders it a key focal point for intervention programs aimed at strengthening and enriching the marital relationship, allowing

married partners the opportunity to direct and take charge of their futures in the marital relationship instead of merely waiting for a good chance to result in marital satisfaction. If consistent linear relation between marital communication and satisfaction is found, it would suggest that the chances for fulfillment in marriage increase in proportion to the frequency and quality of communication present in the relationship.

Most of us seem to be very well aware that there needs to be quality communication between couples. If communication is very vital to the couple we might need to prepare programs that could enhance the quality of communication between couples and also we might use the issue for premarital counseling.

For such task the specific nature of communication in relation to the maintenance of satisfaction must be understood in order to develop an intervention plan for couples and for premarital counseling.

## **1.2 Statement of the Problem**

It is obvious that most human beings get married and establish their family at some point in their life. For most of us marriage is a central aspect of our life as well as a relationship that is intended to last for a lifetime. Despite the centrality of this relationship there are no adequate psychological preparations made by the would be married except on those information that people give them about what works in the marriage relationship and what the relationship looks like. We have not started to document scientifically what most of the time contributes to the success of marriage in our socio-cultural and economical context.

Considerable people are observed searching for different aspects of what brings satisfaction and peace in the marital relationship. As a result they probably engage in trial and error and applying some pieces of information from here and there. It is very critical to document constructive aspects of a couple's interaction as well as destructive ones. Attaining some degree of marital satisfaction is very important for every individual for the lack of it will result in personal maladjustment as well as family breakdown. When there is a conflict between married couple, usually elders use their own methods to help the couple solve their problems. There is no evidence or study if the specific methods elders use to help couples are helpful, result in relatively permanent change for the couple or are even harmful. This effort needs to be strengthened by facts and solutions if the marital bond is to be strengthened. Even if we do not have programs for family support, intervention programs could be prepared based on the facts from accumulation of findings on the most critical elements in marriage and family interaction as well as what helps most couples maintain their marital satisfaction. As part of such an endeavor this study attempts to ask if couples communication has a significant relationship with the degree of marital satisfaction the couples experience in the marriage. It therefore, looks into the issue through investigating the following three basic research questions:

1. Is there a significant relationship between communication behaviors and marital satisfaction?
2. Does the relationship between marital satisfaction and communication vary as a function of socio-demographic characteristics which include age,

age at the time of marriage, number of years in marriage, number of children, monthly income and educational status?

3. Is there significant difference on marital satisfaction between different groups of socio-demographic characteristics listed above?

### **1.3 Objectives of the Study**

#### **General Objectives:**

The general objective of this study is to examine the relationship between communication behaviors of the couples and the degree of marital satisfaction they perceive to be present in their marriages.

#### **Specific Objectives**

1. To assess the relationship between communication behaviors and marital satisfaction.
2. To investigate if the relationship between marital satisfaction and communication vary as a function of socio-demographic characteristics.
3. To examine if there is a significant difference on marital satisfaction between different groups of socio-demographic characteristics.

### **1.4 Significance of the Study**

The major importance of this study is its assessment of to what extent communication between couples is related with perceived marital satisfaction. Each marriage relationship requires minimum degree of marital tension and a certain degree of marital satisfaction perceived by the couples involved in order

to last longer. The couple's perception of the degree of attainment of their needs be it psychological, physical ...etc, is significantly related to the stability of the marriage and family as well as the subjective functioning of the individuals. It becomes very crucial to discover what elements in the marriage relationship are strongly related as well as contribute to the perception of the degree of marital satisfaction couples experience. One of the primary aspects of a marriage relationship is communication between couples. It is through interaction that the relationship is maintained, understanding of each other achieved, needs of family members met, rules of living are constructed ...etc. Studying the degree of relationship communication has with perceived marital satisfaction becomes important in finding out to what extent communication is vital and as a result to enhance the quality of communication the couple use.

If the relationship between communication and marital satisfaction is found to be significant, with the help of additional more refined studies we can develop intervention programs for conflicted couples as well as educative premarital counseling programs. Elders who sit to solve problems of the couple could also be taught to help the couple communicate well. In addition, there are almost no assessment tools prepared to assess any of the problems present in marriage relationship as well as family interaction. If communication is consistently found to be adequate predictor of marital satisfaction, we can develop assessment tools that are vital for any counseling to proceed.

It is finally hoped that this study will encourage others to study different aspects of family interaction so that we all can work on strengthening the family interaction and maintaining the psychological health of individuals involved in it. Even if counseling is found at the grassroots level, by our constant contribution of different important facts and solutions we can minimize the problems the family today is challenged by.

### **1.5 Delimitation of the Study**

The study is limited to two woredas in two sub cities in Addis Ababa. More generalizable information would be generated if additional woredas and sub cities were included in the study. Moreover, methodologically, this research work is delimited to the use of self-report questionnaire, which includes a global measure of marital satisfaction as well as communication. Due to lack of adequate resource different components of communication as well as marital satisfaction could not be broken into specific elements or dimensions of the variables. The study also focused on verbal behavior as a measure of marital communication. Nonverbal communication behaviors were not included in this study. Finally, even if marital happiness is a two dimensional element of marriage inclusive of marital satisfaction and marital tension or dissatisfaction, this study attempted to measure and study only marital satisfaction leaving the study of marital tension for other studies.

## 1.6 Operational Definition of Terms

**Communication** – It is a process of transmitting as well as exchanging feelings, attitudes, facts, beliefs, and ideas between married couple.

**Quality Communication** – Constant exchange of information to achieve a mutually acceptable relationship definition of the married couple.

**Marital Satisfaction** – Perception of one's marriage along a continuum of greater or lesser favorability at a given point in time.

## Chapter Two

### Review of Related Literature

#### **2.1 Communication between Married Couples**

Communication within the marital relationship has been given attention as a determinant of marital adjustment, satisfaction and mental and emotional stability. Communication may be viewed as how people exchange feelings and meanings as they try to understand one another and come to see problems and differences from the other person's point of view. It is the process of transmitting feelings, attitudes, facts, beliefs, and ideas between living beings. Communication is not limited to words but also occurs through listening, silences, facial expressions, gestures, touch and all the other nonlanguage symbols and clues used by persons in giving and receiving meaning (Bienvenu, 1970). In short, interpersonal communication may include all the means by which individuals influence and understand one another (Ruesch, 1963).

When people communicate with each other, they send out two kinds of information. The most obvious component of communication is content – that is, the facts, opinions, and experiences people relate to one another. This is also called the report component of communication. The report component is usually relatively straightforward and for the most part is given verbally. The other component of communication is the message – that is, what the individual conveys about the relationship at hand for example, whether it is a friendly relationship or not. The content of the message being communicated may be straightforward, but it is always interpreted in light of the accompanying message

about the relationship between the people involved in the communication (Roach, Frazier and Bauden, 1981).

The emphasis to be given to the study of communication between married couples is immense. The individuals involved in marriage relationship would be raised in different families and probably will learn many different meanings for things, situations and people. Even if they come from the same socioeconomic and cultural groups, it would not be likely that all their views will be the same. Their attitudes and values might be the result of personal experiences that were either pleasant or unpleasant and therefore will be often emotionally charged. For the relationship between two different individuals to last longer, the communication channels should be open with few barriers (Brownfield, 1953). Therefore, quality communication is needed by which marriage partners achieve and maintain understanding of each other.

In Simmel's (1964) discussion of the marital relationship, when two individuals merge in marriage relationship, even if they maintain their individual 'selves', they assume a couple identity termed as 'couple self'. It is through communication of values, feelings and meanings they can achieve such an identity. If either partner withdraws either physically, due to physical separation or death, or psychologically due to breakdown of communication the 'couple self' will cease to exist (cited in Carlaw et al., 1971). Communication is the only way through which the couple will gradually reach to the definition of this 'couple self'.

## **2.2 Quality Communication**

Quality communication is transactional, interpersonal and symbolic process by which understanding is achieved between marriage partners. It depends on the capacity of the couple to both send and receive communication cues (Montgomery, 1981). When partners accept each other as unique and their relationship is relatively free from cultural and sociological sanction, quality communication takes place. They must be able to assume the role of the other, that is, to see the communication from the other's stand point and to anticipate the basic response of the other (Carlaw, et al., 1971). Quality communication builds over time; what is understood now may be reinterpreted later when additional communication takes place and its characteristics are described by degrees, not presence or absence. In general it is the achievement and maintenance of interpersonal understanding (Montgomery, 1981).

### **2.2.1 Components of Quality Communication**

Quality communication consists of diverse components but the following four major components are frequently stated in the literature: openness, confirmation, listening, and transaction management. Each of these components will be elaborated below.

#### **2.2.1.1 Openness**

Openness is a communication behavior by which marriage partners express feelings, perceptions, fears, and doubts of the inner self to each other. Openness allows the person to be perceived by others as he/she knows

himself/herself to be. Personal and private information is revealed in that relationship that normally would not be revealed in the course of day-to-day interaction. Openness also reflects the person's capacity to receive information from others and perceive them as they perceive themselves. It is referred in the literature as 'self disclosure', 'genuineness', 'transparency', 'awareness', and 'disclosing style'. All these terms commonly describe the act of disclosing personal information to others (Montgomery, 1981; Jorgensen and Gaudy, 1980). Even though telling another person about one's fears, hopes and desires is the essence of openness, it is more than just telling, it is an intimate interchange between two people (Kemmeyer and Kenneth, 1987).

For quality communication to take place in marriage, openness, per se, is not inevitably good for a relationship. The nature of openness is important here. Bilateral openness is needed in which both partners involved should exchange personal, private information. The exchange of information must be reciprocal. Moreover, both partners must indicate receptive openness. If there is unilateral openness where there is only one person disclosing personal information, such openness neither guarantees positive relations nor interactional change. Various degrees of openness cannot affect a person who is unreceptive or is unable to process it (Montgomery, 1981). Moreover, there is a growing consensus that too little openness is also serious problem for many married couples while too much openness might sometimes have a negative effect on the relationship. Too little openness is especially harmful to a marital relationship if one spouse is disclosing more intimate feelings than the other (Kemmeyer and Kenneth, 1987).

Openness has been identified as one type of marital communication and a key factor in the development of fulfilling and stable marital relationships (Derlega & Chakin, 1975; Gilbert 1976; Jourard, 1964; Karlson, 1963). Couples who are open to each other are believed to be building a strong relationship foundation that will enhance the satisfaction they gain from their relationship. They will also be able to promote more efficient and effective interpersonal problem-solving techniques which, in turn, will result in a more stable and satisfying relationship overtime (Jorgensen and Gaudy, 1980). In his study on openness Jourard (1964, cited in Jorgensen and Gaudy, 1980) discovered important relationship property, which he called 'dyadic effect'. He noticed that within marriage relationship, disclosure tends to encourage disclosure. If one partner says something very personal and intimate, the other partner usually responds in kind by disclosing his own intimate awareness. The reverse is also true; if one partner tends to withhold information, the other is likely to respond in the same manner.

Even if logical relations have been drawn between openness and certain desirable outcomes in marriage, however, there is considerable disagreement between different researchers in regard to how much and what types of openness can enhance the needed developmental outcomes (Corrales et al., 1975).

### **2.2.1.2 Confirmation**

Confirmation is a form of relational feedback by which communicators show care, support, attentiveness and empathy to each other (Kenneth and Kammeyer, 1987). Confirmation responses indicate acceptance of self and relationship definitions of the other. These positive responses communicate acceptance of qualities of the other. Other forms of relational feedback are rejection and disconfirmation. The rejecting feedback indicates recognition of the other's self-definition but refusal to accept it. Disconfirmation communicates a failure or refusal to recognize the reality of the other's self and the relationship definition (Montgomery, 1981).

Confirmatory responses consider the sender, the message and own self as important and worthwhile even if there is disagreement (Fisher and Sprenkle, 1978, cited in Montgomery, 1981). Confirmatory behaviors were found out to be a vital element in quality communication and the most important aspect for healthy family functioning. Moreover researchers investigating the impact of confirming communication behavior in marriages indicate that interpersonal confirmation is significantly linked to marital satisfaction (Sprenkle and Olson, 1978).

### **2.2.1.3 Listening**

Listening in intimate relationships is a mode in which the listener simply lets the speaker speak without interruptions and directing him/her. Such kind of listening is found out to build understanding and trust in intimate relationships (Olson and

DeFrain, 2000). If spouses are able to listen to their partners communicated attitudes, feelings and behaviors, their perception about their partners becomes more accurate.

If partners develop more accurate perceptions of one another, they will be able to adjust to one another more readily. As a result there will be increasing marital adjustment and satisfaction (Olson and DeFrain, 1981). Of the components of active listening, which are attending, paraphrasing and confirming, it was found out that attention on the speaker is significantly related to perceptual accuracy. Attention also clarifies the feelings, which are communicated (Gerland, 1981). The use of active listening skills acknowledges and responds to each individual as important; increases the expressiveness of communication and enables hostility to be expressed and thus lessened; and provides the basis for mutual understanding and conflict resolution (Garland, 1981).

The difficulty while listening is preoccupation with one's own thoughts or replies and as a result not being able to hear what is being said. Real listening keeps the focus on the person who is talking. The listener actively tries to reduce any personal filter that distorts the speaker's messages. It has been found out to be one of the therapeutic things to intimate relationships (Cox, 1990). Many individuals state that some friend or acquaintance understands them better than their spouses. This may well be true because emotions get in the way of hearing.

When one listens empathically, the speaker feels that the listener hears and cares. The speaker feels nonthreatened, noncoerced and free to speak which are preconditions for successful communication (Cox, 1990). The major components of effective listening are a desire to listen, capacity of paying close attention; avoiding selective attention; and giving feedback to periodically check perceptions with the speaker (Cox, 1990).

#### **2.2.1.4 Transaction Management**

Transaction management is the ability of marriage partners to control their communication rather than letting their communication control them. Transaction management requires an active, regulating orientation toward communication. To reach the desired goals, the communicators must have the ability to control the communication flow (Montgomery, 1981). As Montgomery States it:

“Quality communication occurs when, given the desire to set an agenda for the day’s activities, an agenda is set; when, given the desire to negotiate a solution to a financial matter, a solution is negotiated; given the desire to change relationship rules, rules are changed.”(Montgomery, 1981, p, 24).

In sum, the skills associated with the ability to control the flow of communication in marriage are essential for quality communication. One of these skills is the ability of participants to remain focused on the issue and do not get side tracked into other previously unresolved conflicts. Such couples usually believe that solutions are possible and that growth and development can take place in their relationship (Cox, 1990).

## 2.2.2 The Function of Quality Communication

The function of quality communication is what it does in the context of marriage. Relationship definition and self-validation are two fundamental products of quality communication. All other interaction factors stem from and are secondary to these primary functions. One of the functions is achievement of mutual relationship definition. All parts of the partners' lives together are affected by a mutually acceptable definition. It guides in the formation of behavioral expectations, in the establishment of interaction rules and in the setting of boundaries for acceptable behaviors that fit in to the rules. To achieve a mutually acceptable relationship definition spouses constantly exchange information about their individual conceptualizations of the relationship. As a spouse communicates personal definition of relationship, the definition is responded to by the other spouse. Appropriate communication is vital to insure understanding and negotiation of a mutually acceptable definition. Such interaction is continuously present throughout the couple's relationship together like conflict management and decision-making. In addition in marriages where there is mutual validation, there are more realistic interpersonal expectations. Relational responses are more appropriate and communication is less constrained. Partners feel more confident and assured in their self definitions because they know that their partner shares that definition.

Another function of quality communication is its relatedness to self-validation. As a spouse communicates a definition of him/her, that definition is responded to and a similar or alternative definition is offered by the other. The degree of

intimacy and interdependence that is developed through communication contributes to spousal acceptance or rejection of the other's self definition which is extremely important for psychological well being of the individual.

Moreover effective communication has been given attention as a determinant of marital adjustment, happiness and satisfaction and mental and emotional dysfunction. In a study by Currar (1983), effective communication was found out to be the primary trait of healthy families.

Montgomery (1983) indicated that there is a strong relationship between quality communication and quality marriage relationship. Building and maintaining a marriage that supplies emotional gratification to each partner and helps each to deal with crises and grow in a fulfilling manner can only be achieved by active process of interaction between partners. Successful marital communication leads to pain reduction or pleasure enhancement for one partner, with regard to the impact on the other partner. It requires appreciation of the partner's view point and the ability to compromise.

Reports of counselors show that couples in marital trouble almost always list failure to communicate as one of their major problems. When conflicts arise, the partners can resolve them only if each is able to communicate fairly about them, unexpressed dissatisfaction tends to create hostility but fairly expressed dissatisfaction allows the other partner to understand the problem and act to reduce the dissatisfaction and deflate the hostility. Bardill (1987) states that couples with marital problems tend to communicate progressively less as their

conflict deepens. When communication does take place, it is often ambiguous or contradictory. Even simple tasks often result in arguments because of the nature of the ambiguous communication. Physical violence generally occurs in families lacking communication skills (Bolte, 1970).

Studies of strong couples by McCubbin et al. (1988) found the following factors related to quality communication: Trusting and confiding in one another, trying new ways of dealing with problems, working together to solve problems, expressing caring and affection for each other daily, sharing out feelings and concerns with close friends.

### **2.3 Marital Satisfaction**

Marital satisfaction is defined as the subjective evaluation of a married couples relationships on a number of dimensions and evaluations (Spanier and Lewis, 1980). The range of evaluations constitutes a continuum reflecting numerous characteristics of marital interaction and marital functioning. High marital quality is therefore associated with good adjustment, adequate communication, and a high degree of satisfaction with the relationship.

As Roach, Frazier and Bowden (1981) put it, marital satisfaction is defined as an attitude of greater or lesser favorability toward one's own marital relationship.

The concept of attitude toward one's own marriage utilized in the present study represents an attempt to measure a changeable perception or readiness to respond in the individual, not an assessment of the state of the individual's marriage. For purposes of this study, marital satisfaction is defined as the

3. Effectiveness of problem solving communication and ability to resolve disagreements
4. Availability of common interests and satisfaction with the quality and quantity of leisure time together.
5. Satisfaction with the frequency and quality of intercourse and other sexual activity.

Positive interaction between husband-wife contributes to marital satisfaction and to the vigor and growth of the marital system. Briefly, this means that whenever husband and wife contribute an equally high level of affect in their relationship, an equally high level of interaction or understanding or an equally high amount of esteem building respect for each other will be achieved. This way the marital system progresses toward vitality and growth. It also means that whenever imbalance becomes a chronic characteristic, the marital relationship tends to stagnate and becomes passive in its growth and development (Miller et al, 1975).

The following series of findings from empirical research support the importance of symmetry for marital satisfaction and growth.

1. Couples in which both husband and wife used communication styles involving high openness reported higher levels of marital satisfaction than couples in which one or both partners used low openness (Corrales, 1974),
2. Couples where both husband and wife were high in accurately understanding their partner's view on a number of issues were more

satisfied with their marriages than couples in which one or both partners were low in accuracy.

3. In a series of studies, couples with equalitarian power structures were higher in marital satisfaction than were couples with other kinds of power structures.

The following are attributes of healthy couples: a sense of respect and feeling appreciated, trust and fidelity, good sexual relations, good communication, shared values, cooperation and mutual support and enjoyment of shared time, and the ability to be flexible when confronted with transitions and changes. A key to a lasting marriage is mutual respect for and enjoyment of each other's company.

In recent years, researchers have paid much attention to the role of marital quality in physical health. These studies generally have shown that positive marital processes (marital satisfaction) are beneficial to physical health, whereas negative (conflict) marital processes can have a detrimental impact on physical health (Bookwala, 2005).

## **2.4 Relationship between communication and marital satisfaction**

Abundant research demonstrates that the quality of a couple's communication is associated with marital satisfaction. Of all components believed to contribute to satisfying and stable marital relationship, marital communication stands out as the process underlying and supporting most other, if not all, marital processes

and outcomes (Jorgenson and Gaudy, 1980). Increased recognition is being given to the belief that a positive relationship exists between marital adjustment and the couple's capacity to communicate (Bienvenu, 1970).

### **The Linear Model**

The linear view of the marital communication – marital satisfaction relation is that for any given population of married couples, the level of overall satisfaction with the marital relationship increases as the level of marital communication increases. In other words, there exists a positive and linear relation between quality marital communication and marital satisfaction (Blood & Wolfe, 1970; Cohen & Stucker, 1963; Levinger & Senn, 1967).

According to this model, then the manifest function of marital communication is to promote a relationship that is characterized by intimacy, trust, and caring, and that is satisfying for the marriage partners. The chances for establishing such a relationship are believed to increase systematically in a one – to –one relation with increasing level of marital communication. Findings of this investigation lend strong support to the hypothesis that marital satisfaction increases systematically with increasing levels of marital communication, as predicted by the linear model.

By increasing the effectiveness of communication between married partners, the opportunity to take charge of their relationship is greatly enhanced. In short, growth in the relationship need not be only a matter of chance. Rather it can be induced by the partners themselves (Miller et al; 1975).

One study of 24 couples determined as having a good relationship and 24 couples with apparent marital difficulties revealed a correlation of .82 between the scores of a marital satisfaction instrument and a communications instrument (Navran, 1967).

Moreover, additional research indicates that communication problems are the major source of interpersonal difficulties. For example, most marital and family problems stem from misunderstanding, from ineffective communication, which results in frustration and anger when implicit expectations and desires are not fulfilled. And a major problem of those who seek professional help is their inability to recognize and communicate their problems or concerns (Burlison and Denton, 1997).

Communication training as an attempt to remediate problematic communication has become an important component in many approaches to marital therapy. In particular, behavioral marital therapy, which may be the most researched clinical intervention for the treatment of marital distress, assumes that a major reason for the scarcity of positive outcomes in distressed relationships is a lack of quality communication on the part of marital partners (Bolte, 1970).

Happy couples are satisfied with how they talk to each other, have no trouble believing their partner, feel their partner does not make comments that put them down, are not afraid to ask their partner for what they want, find it easy to express their true feelings to their partner (Olson and DeFrain, 2000).

Unhappy couples feel their partner does not understand how they feel, feel their partner does not share feelings, are afraid to share negative feelings because their partner will get angry, receive the silent treatment from their partner and receive comments from their partner that put them down.

## **2.5 The impact of communication on marital satisfaction**

Communication is the crucial determinant of marital success. "For many years, scholars tried to find predictors of marital success or failure by looking at social and demographic factors such as income, education, age at marriage, and the age difference between husband and wife. But social scientists now believe that these factors are far less important than communication between partners, for instance, it is not the lack of money that causes marital problems, but rather how the couple communicate and negotiate with each other about their economic difficulties (Fitzpatrick, 1988).

There is an interaction between quality communication and marital quality. This simply means that couples who have good communication skills will improve their relationship. As the relationship improves, the couple will be motivated to improve their communication even more (Montgomery, 1981).

As Olson and DeFrain, (2000) indicated, the ability to communicate is one of a handful of essential skills individuals must master if they are to enjoy close relationships; In fact, the ability and willingness to communicate have been found to be among the most important factors in maintaining a satisfying relationship.

## **2.6 Moderating factors related to marital satisfaction**

Empirical research generated in the 1950s and 1960s has been virtually unanimous in its support for the hypothesis that socioeconomic reward especially income is causally linked to favorable marital outcomes (Jorgensen, 1979). It has been shown that family socioeconomic status, generally measured by the husband's income level, has significant positive associations with marital satisfaction (Blood and Wolfe, 1960; Scanzoni, 1970).

From the evidence provided by these and other empirical studies has come the widely accepted textbook generalization that the more socioeconomic rewards that can be channeled into the marital and family situation, the more fulfilling, intimate, and gratifying will be the marital relationship and, consequently, the greater the likelihood that the marriage will survive without divorce.

However, recently the focus has been shifted to the communication aspects of marriage than any socioeconomic or demographic factors. Of all components believed to contribute to satisfying and stable marital relationships, marital communication stands out as the process underlying and supporting most other, if not all, marital processes and outcomes. The quantity and quality of marital communication has also been linked to the level of perceived satisfaction with marriage (Jorgensen and Gaudy, 1980).

## CHAPTER THREE

### METHODOLOGY

#### 3.1 Variables of the study

##### A. Marital satisfaction Scale

In this study focus was centered on marital satisfaction as an attitude of greater or lesser favorability toward one's own marital relationship. Marital Satisfaction Scale (MSS) developed by Roach, Frazier and Bowden (1981) was used as a single factor measure of favorability of attitude toward one's marriage which uses factors that are related with global satisfaction with the marriage, using pool of topics generally considered to be related to marital satisfaction. The items were designed to reflect opinion or attitude only. The items had very high internal consistency and the instrument has proved to be reliable. Using Cronbach's alpha the internal consistency of the MSI, eliminating 20 items with item-whole score correlations of less than .50, was .97. The items translated to Amharic language were rated by 6 professional judges from the Department of Psychology and Department of Sociology and Social Anthropology. Finally 20 items were selected while the others were eliminated based on similarity to the other items and their inconsistent nature with the Ethiopian culture and context. Response categories were: Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree. Items were phrased positively (favorable toward marriage) and negatively (unfavorable toward marriage) in equal proportions.

## **B. Marital Communication Scale**

An inventory constructed by Bienvenu (1970) was used to measure the process of communication as an element of marital interaction. The inventory is not intended to measure contents of communication but rather concerns itself more with patterns, characteristics and styles of communication. Among other things, the couple's ability to listen, to understand each other, to express themselves, and their ability to manage their interaction is explored. The Marital Communication Inventory (MCI) is a self-inventory type in which the subjects respond by checking one of the five possible responses, strongly agree, agree undecided, disagree and strongly disagree. Using the Spearman-Brown formula a coefficient of .93 was obtained suggesting very high reliability. Similar with the marital satisfaction scale the items translated to Amharic language were rated by the same 6 professional judges from the Department of psychology and Department of Sociology and Social Anthropology. Finally 20 items were selected while the others were eliminated based on similarity to the other items and their inconsistent nature with the Ethiopian culture and context. Items were phrased positively (favorable toward communication) and negatively (unfavorable toward communication) in equal proportions to control response set or bias.

### **3.2 Subjects of the study**

The questionnaire was administered to 220 individuals (110 couples) living in Addis Ababa city. Sub cities and woredas were randomly selected using lottery method. The selection was from two woredas (10 and 19) in two sub cities (Lideta and Yeka). No attempt was made to control the overall socio-

demographic characteristics of the subjects. They range in ages from 18-73 with the majority of the couples in their early twenties and thirties. They were predominantly Orthodox Christians in religious orientation. Their level of education generally ranged from elementary school to graduate of colleges and universities. The majority of individuals earn between 500 and 3000, which could be described as medium.

### **3.3 Sampling technique**

From all sub cities in Addis Ababa two sub cities (Yeka and Lideta) were selected randomly using lottery method. Similarly from the two sub cities with the help of the officials, two kebeles (19 and 10) were selected randomly using lottery method. From a list of families 60 couples were selected using lottery method from each kebele for contact. If selected respondents were not volunteers the research assistant passes to the next-door looking for a respondent. Then the research assistants were to administer the questionnaire door to door in the selected houses.

### **3.4 Data gathering instruments**

In this study a questionnaire was used for gathering relevant information. The questionnaire is a structured self-report translated from English to Amharic by the researcher and evaluated by instructors in the Department of Psychology. There are 56 questions and items in the questionnaire where the first 16 questions ask socio-demographic characteristics that include age, years of marriage, marriage arrangement, number of children, educational status, religion, and monthly

income. The other 20 items assess the degree of overall marital satisfaction perceived by subjects. The rest 20 items are indicative of reflections of individuals both of their own and their spouses.

### **3.5 Data gathering procedure**

The questionnaire was completed in the home of subjects following an explanation of the study by a research assistant. Five assistants were given explanations on how to explain about the questionnaire, administer and gather the completed one. After filling out the questionnaire the respondents returned the questionnaires in a sealed envelop.

### **3.6 Method of data analysis**

The research is quantitative in nature. Analysis was performed using SPSS10.0. The relationship between the major variables was studied using Pearson Product-Moment Correlation Coefficient ( $r$ ). One-Way-ANOVA was used to assess the difference between means of marital satisfaction based on major socio-demographic factors.

## CHAPTER FOUR

### RESULTS

The major objective of this study is to study the relationship between marital communication and marital satisfaction. It also aims to determine the influence of (if any) some socio-demographic characteristics on marital satisfaction as well as on the relationship it has with marital communication.

#### 4.1 Major Socio-Demographic Characteristics

**Table 1: Age of Respondents**

Age	Husband		Wife		Total	
	No.	%	No.	%	No.	%
18 – 25	3	2.7	20	18.2	23	10.5
26 – 30	18	16.4	32	29.1	50	22.7
31 – 35	21	19.1	24	21.8	45	20.5
36 – 40	22	20.0	13	11.8	35	15.9
41 – 45	19	17.3	10	9.1	29	13.2
Above 45	27	24.5	11	10.0	38	17.3
Total	110	100	110	100	220	100

The participants' age ranged from 18 to 73. An equal number of males and females were included in the study i.e. 110 couples. The majority of participants (95, 43.2%) were between the ages of 26 and 35. There were also considerable number of respondents (38, 17.3%) who are above 45 years. Male respondents are older than women. While 43 (49.1%) males are between the ages of 31 and 40; 52 (47.3%) are between the ages of 18 to 30. Similarly there are 27 (24.5%) males and 11 (10%) females above the age of 45. There are only 3 men who are between the ages of 18 to 25 while women in this group are 20.

**Table 2: Age of Subjects at the Time of Marriage**

Age at Marriage	Husband		Wife		Total	
	No.	%	No.	%	No.	%
18 - 25	25	22.7	69	71.1	94	45.4
26 - 30	47	42.7	22	22.7	69	33.3
31 - 35	24	21.8	5	5.2	29	14.0
36 - 40	11	10.0	-	-	11	5.3
41 - 45	2	1.8	-	-	2	1.0
Above 45	1	0.9	1	1.0	2	1.0
Total	110	100	97	100.0	207	100

The data shows that women get married earlier than men do. 69(71.1%) women married when they were between the ages of 18 and 25. Men mostly were married between the ages of 26 and 30 (42.7%). Except one woman, all women were married before the age of 35 while there were 14 men who married after the age of 35. Generally 94 (45.4%) respondents married between the ages of 18 and 25 and other 69 (33.3%) between the ages of 26-30.

**Table 3: Number of Years in Marriage**

Years in Marriage	Husband		Wife		Total	
	No.	%	No.	%	No.	%
Less than 1 Year	5	4.5	5	4.5	10	4.5
1 - 2 Years	17	15.5	17	15.5	34	15.5
4 - 6 Years	28	25.5	28	25.5	56	25.5
7 - 10 Years	17	15.5	17	15.5	34	15.5
11 - 15 Years	13	11.8	12	10.9	25	11.4
15 - 20 Years	11	10.0	12	10.9	23	10.5
Above 20 Years	19	17.3	19	17.3	38	17.3
Total	110	100	110	100	220	100.0

In the order of frequency, 28 couples (25.5%) were married for 4 up to 6 years. 19(17.3%) couples follow second by 20 and above years in marriage. Two groups of 17 couples (15.5% each) spent 1 up to 2, and 7 up to 10 years respectively. Only 5 (4.5%) couples were married for less than a year.

**Table 4: Marriage Arrangement and Status**

Marriage Arrangement and Status	Response	Husband		Wife		Total	
		No.	%	No.	%	No.	%
First Marriage	Yes	91	82.7	89	80.9	180	81.8
	No	19	17.3	21	19.1	40	18.2
	Total	110	100	110	100	220	100
Marriage Arrangement	By choice	105	95.5	108	98.2	213	96.8
	Arranged	5	4.5	2	1.8	7	3.2
	Total	110	100	110	100	220	100

Most of respondents, 91 (82.7%) men and 89 (80.9%) women are in their first marriages. The rest (18.2%, 40 respondents) are not in their first marriages. Contrary to one's expectation 213 (96.8%) of individuals reported that they got married by their own choice; only 3.2% (7 individuals) indicated that their marriage was arranged.

**Table 5: Number of Children**

Number of Children	Husband		Wife		Total	
	No.	%	No.	%	No.	%
None	24	21.8	22	20.0	46	20.9
One Child	16	18.6	17	19.3	33	19.0
Two Children	33	38.4	35	39.8	68	39.1
Three Children	11	12.8	10	11.4	21	12.1
Four Children	16	18.6	17	19.3	33	19.0
5 - 11 Children	9	10.5	9	10.2	18	10.3
Not Stated	1	1.2	-	-	1	0.6
Total	110	100	110	100	220	100

A considerable number of Couples have two children (68, 39.1%). Individuals who do not have children are 46 (20.9%) following those with two children. Couples with 3 children (21, 19%) are the third in order. Those with four children also are equal in number with couples who have one child. There are 9 (10.3%) couples who have 5 and more children.

**Table 6: Monthly Income**

Monthly Income	Husband		Wife		Total	
	No.	%	No.	%	No.	%
0 - 149	3	2.7	34	30.9	37	16.8
150 - 500	18	16.4	28	25.5	46	20.9
501 - 1000	36	32.7	25	22.7	61	27.7
> 1000	45	40.9	15	13.6	60	27.3
Not Stated	8	7.3	8	7.3	16	7.3
Total	110	100	110	100	220	100

The above table shows that women earn less than men do. 34 (30.9%) women earn between 0-149 birr per month. Only 3 men stated to earn such an amount. Similarly 28 (25.5%) women get between 150 and 500 birr monthly, while 18 (16.4%) men earn similar sum. Those who earn more than 1,000 birr are 45 men (40.9%) and 15 women (13.6%) which is almost similar with those individuals who earn between 501 and 1000. 36 men (32.7%) and 25 women (22.7%) earn from 501 up to 1000 birr monthly.

**Table 7: Educational Status of Respondents**

Educational Status	Husband		Wife		Total	
	No.	%	No.	%	No.	%
Masters Degree	2	1.8	1	0.9	3	1.4
B.SC Degree	27	24.5	2	1.8	29	13.2
Diploma	27	24.5	29	26.4	56	25.5
12 Complete	32	29.1	44	40.0	76	34.5
9 – 11 grade	11	10.0	12	10.9	23	10.5
5 – 8 grade	9	8.2	21	19.1	30	13.6
1 – 4 grade	1	0.9	-	-	1	0.5
Church Education	1	0.9	-	-	1	0.5
Illiterate	-	-	1	0.9	1	0.5
Total	110	100	110	100	220	100

A total of 76 individuals (34.5%), 32 men and 44 women, completed 12<sup>th</sup> grade. Similarly 56 individuals (22.5%), 27 men and 29 women got their Diploma. While 27 men (24.5%) completed their first degree, only two (1.8%) women did so.

There are 20 men (18.2%) and 33 (30%) women who have not completed 12<sup>th</sup> grade.

**Table 8: Religion of Respondents**

Religion	Husband		Wife		Total	
	No	%	No	%	No	%
Orthodox	77	70.0	75	68.2	152	69.1
Muslim	8	7.3	9	8.2	17	7.7
Protestant	21	19.1	21	19.1	42	19.1
Catholic	4	3.6	4	3.6	8	3.6
Jehovah Witness	-	-	1	0.9	1	0.5
Total	110	100.0	110	100	220	100

The majority of the respondents are Orthodox Christians. There are 152 (69.1%) individuals who are Orthodox Christians. Protestant Christians are 42 comprising 19.1% of the total sample. The third in the order are Muslims taking 7.7% (17 respondents) share of the group. There are 8 catholic Christians and 1 Jehovah Witness.

#### 4.2 Relationship between Marital Satisfaction and Communication

**Table 9: Relationship between Marital Satisfaction and Communication**

Group	No	Mean		SD		r	Sig.
		Ms	Mc	Ms	Mc		
Total Group	220	67.7	54.9	9.3	7.1	*0.36	.000
Males	110	66.8	54.8	8.4	6.5	*0.46	.000
Females	110	68.8	55	10	7.8	*0.28	.003

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

Correlation between marital satisfaction and marital communication was calculated both for the total groups and for men and women independently. All the three statistics showed moderate and significant relationship between marital satisfaction and marital communication, for the total group correlation of 0.36 was found to be significant. The correlation of marital satisfaction and communication

for men was slightly higher and significant than for women (0.28) at 0.01 level as indicated in table 9.

**Table 10: Relationship between Marital Satisfaction and Communication for Different Age Groups.**

Age	No	Mean		SD		r	Sig.
		Ms	Mc	Ms	Mc		
18-25	23	69.5	54.4	7.5	5.1	0.16	.304
26-30	50	68.1	53.6	10.3	8.6	*0.45	.001
31-35	45	68.6	54.8	6.8	6.1	0.09	.562
36-40	35	67.2	55.4	10.9	8.4	0.05	.001
41-45	29	65	55.2	7.5	6.1	0.12	.118
Above 45	38	67.8	56.5	10.8	7	0.27	.101
Total	220						

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

Looking at correlation between marital satisfaction for different age groups, no age group indicated a significant correlation except for individuals between 26 to 30 years (0.45) and individuals from 36 up to 40 (0.55) at 0.01 level of significance. There is no obvious pattern to be observed that can help us conclude about age levels and the relationship between marital communication and marital satisfaction.

**Table 11: Relationship between Marital Satisfaction and Communication by Number of Years in Marriage.**

Years in Marriage	N	Mean		SD		r	Sig.
		MS	MC	MS	MC		
Less than 1 Year	10	71.9	50.6	3.2	12.2	0.16	.650
1 - 2 Years	34	68.9	54.9	5.9	7.5	0.12	.512
4 - 6 Years	56	70.7	56	8.6	6.3	0.17	.166
7 - 10 Years	34	65.9	55.6	8.2	5.9	0.16	.381
11 - 15 Years	25	65.4	53.5	5.6	5.7	-0.08	.707
15 - 20 Years	23	64.6	54.3	16.4	9.7	0.1	.638
Above 20 Years	38	66.3	55.3	9.5	6.6	-0.08	.631
Total	220						

From the above table it can be seen that no significant correlation existed between marital communication and satisfaction for any number of years in marriage, be it less than one year, 11 to 15 years, or above 20 years.

**Table 12: Relationship between Marital Satisfaction and Communication for Number of Children**

No of Children	N	Mean		SD		r	Sig.
		Ms	Mc	Ms	Mc		
None	46	66.4	54.9	6.8	9.6	0.27	.101
1 child	33	69.5	55.3	5.6	6.6	0.15	.409
2 children	68	70.1	55.4	10	6.5	0.15	.220
3 children	21	67.3	54.9	7.1	5.8	0.09	.698
4 children	33	63.2	56	12.1	6.8	0.06	.722
5-11 children	18	66.6	54.4	11.7	5.5	0.04	.887
Total	220						

For any of the group with no children or a number of children no group was found to show significant relationship between communication and satisfaction. Couples with 2 children have a higher marital satisfaction mean (Mean=70.1) than the rest of the group. The least mean for marital satisfaction is found for couples with 4 children (63.2). However this cannot be generalized because the mean of couples with 5 to 11 children is slightly higher (66.6) than couples with 4 children.

**Table 13: Relationship between Marital Satisfaction and Marital Communication for Age at Marriage**

Age at marriage	Sex	N	Mean		SD		r	Sig.
			Ms	Mc	Ms	Mc		
18-25	Both	94	67.6	54.4	10	8.8	0.14	.192
	M	25	64.4	51.8	10.5	10	-0.19	.355
	F	69	68.7	55.6	9.2	8	**0.23	.046
26-30	Both	69	68.4	54.8	7.1	5.8	-0.09	.435
	M	47	67.4	54.3	6.2	6.4	0.16	.274
	F	22	68.5	56.2	12.5	4.8	-0.12	.544
31-35	Both	29	68.2	55.6	6.2	4.5	0.1	.591
	M	24	68	55.9	5.2	4.8	0.13	.552
	F	5	68.6	54.4	10.7	1.1	0.2	.747
36-40	Both	11	65.2	52.6	14.3	3.7	0.1	.519
	M	11	65.2	52.6	14.3	3.7	0.1	.519
	F	-	-	-	-	-	-	-

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

The relationship between marital satisfaction and communication was found to be significant for women who were married between the ages of 18 and 25. The rest of the groups including men only and women only did not show any significant relationship between the major variables. The means for different age groups range from 64.4 to 68.6. Similarity is seen between groups on their marital satisfaction scores.

**Table 14: Relationship between Marital Satisfaction and Marital Communication by Income Levels in a Household**

Income in a month	N	Mean		SD		r	Sig
		Ms	Mc	Ms	Mc		
150-500	26	68	54.6	6.7	8.5	0.16	.442
501-1000	50	66	53	6.8	7.6	-0.03	.821
1001-2000	65	66.1	56.4	11.8	6.6	0.08	.593
2001-3000	32	71.3	54.1	8.9	7.4	0.24	.189
Above 3000	29	69.3	56.7	7.7	7	0.72	.711
Total	202						

The monthly income of a household ranged from 150 to above 3000 Birr. Even if there is no significant relationship between marital satisfaction and communication, couples who earn between 2001 to 3000 birr were higher in their marital satisfaction scores (71.3). The mean for marital satisfaction for the rest of groups ranges from 66.1 to 69.3.

**Table 15: Relationship between Marital Satisfaction and Marital Communication by Educational Levels**

Educational Level	N	Mean		SD		r	Sig
		MS	MC	MS	MC		
Bsc. Degree	29	67.4	56.6	5.8	7.1	-0.31	.105
Diploma	56	68.8	54.4	9.0	4.8	0.21	.094
12 Complete	76	66.3	54.6	11.8	8.0	0.08	.480
9-11	23	66.4	54.0	8.1	8.7	0.35	.098
5-8	30	70.3	56.7	5.1	7.0	0.09	.608
Total	214						

In any of the groups who completed their undergraduate study, diplomas, 12<sup>th</sup> grade or lower grades, no significant relationship between marital satisfaction and communication was found. Similarly the means for each of the groups on marital satisfaction did not show variation which can indicate that marital satisfaction could be related to educational level.

### 4.3 Differences between Groups on Marital Satisfaction as a Function of Socio-Demographic Factors

**Table 16: One-way ANOVA – Differences Between Groups on Marital Satisfaction as a Function of Socio-Demographic Factors.**

No	Socio-Demographic Factors	Sum of Squares	Df	Mean Square	F	Sig.
1	Age	371.768	5	74.35	.866	.505
2	Years of marriage	429.803	6	71.63	.833	.546
3	Number of children	99.657	5	19.93	.219	.954
4	Age at marriage	340.735	5	68.15	.798	.553
5	Monthly income	266.281	4	66.57	.774	.543
6	Educational level	112.587	5	22.52	.291	.918

As can be observed in the above table, in any of the socio-demographic characteristics, no groups were found to have significant difference on marital satisfaction. Different groups of individuals within socio-demographic factors did not experience any significant difference between means. For instance for the 7 age groups (18-25, 26-30, 31-35, 36-40, 41-45, and above 45) no significant difference was seen between the means of each group on their marital satisfaction score. Similarly for the rest of the factors there was no significant difference between the means of each group within one socio-demographic factor.

#### 4.4 Respondents' Response for the Items on Marital Satisfaction and Communication

Table 17: Responses of Husbands for Positive Statements on Marital Satisfaction

No	Statements	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No.	%
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%		
1	My life would seem empty without my marriage.	57	51.8	19	17.3	18	16.4	11	10.0	3	2.7	2	1.8	110	100
2	I consider my marital situation to be as pleasant as it should be.	52	47.3	38	34.5	7	6.4	8	7.3	3	2.7	2	1.8	110	100
3	My marriage gives me more real personal satisfaction than anything else I do.	47	42.7	37	33.6	15	13.6	5	4.5	4	3.6	2	1.8	110	100
4	My spouse gives me sufficient opportunity to express my opinions.	44	40.0	49	44.5	12	10.9	4	3.6	1	0.9	-	-	110	100
5	My spouse regards me as an equal.	60	54.5	34	30.9	10	9.1	6	5.5	-	-	-	-	110	100
6	My spouse inspires me to do my best work.	69	62.7	29	26.4	6	5.5	4	3.6	2	1.8	-	-	110	100
7	Expressions of affection by me and my spouse are mutually acceptable.	58	52.7	34	30.9	8	7.3	6	5.5	3	2.7	1	0.9	110	100
8	I look forward to sexual activity with my spouse with pleasant anticipation	53	48.2	40	36.4	13	11.8	3	2.7	1	0.9	-	-	110	100
9	My spouse and I enjoy several mutually satisfying interests together.	42	38.2	35	31.8	16	14.5	9	8.2	4	3.6	4	3.6	110	100
10	Most of the time my spouse understands the way I feel.	52	47.3	38	34.5	11	10	7	6.4	1	0.9	1	0.9	110	100

Tables 17 up to 22 show the distribution of respondents' answers for different items on marital satisfaction and marital communication. Table 17 includes 10 positive statements 110 husbands responded for items on marital satisfaction. On all of the items most men indicated a strong agreement showing that they are maritally satisfied. 69 (62.7%) men strongly agreed for the statement "My spouse inspires me to do my best work". Other 29 (26.4%) men agreed for the above statement which makes a total number 98 comprising almost 89% of the total. On the other hand, 42 (38.2%) men strongly agreed for the statement "My spouse and I enjoy several mutually satisfying interests together. For the same statement 35 (31.8%) men agreed. Totally 70% of the total men group agreed for this statement. The above two statements showed the maximum and minimum score a statement got within the ten items respectively. The sum of the rest of the scores lies between 77 and 98 when answers for "strongly agree" and "agree" are added. On the other end of the scale, 13 men (12.7%) disagreed for "my life would seem empty without my marriage" which is the highest score and 4 (3.6%) men indicated disagreement for the statement "I look forward to sexual activity with my spouse with pleasant anticipation". Approximately 50% (that is about 60 individuals) strongly agreed for the positive statements on marital satisfaction scale. Similarly on average 30 (about 28%) of men agreed on the scale. Generally approximately 78% of men indicated marital satisfaction. On the other hand, only about 2% of the group strongly disagreed for the statements while approximately 6% disagreed for the statements. Only about 8% generally disagreed for the statements. On average 11% of the group are undecided

about the issue, where 18 individuals indicated they are undecided on the statement "My life would seem empty without my marriage" and the least indicated is 6 for the statement "My spouse inspires me to do my best work". Generally Most of the scores are indications of agreements on the positive statements where majority of subjects reflected strong marital satisfaction.

**Table 18: Responses of Husbands for Negative Statements on Marital Satisfaction**

No	Statements	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		Total		%
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	
1	If I could start over again, I would marry someone other than my present spouse.	7	6.4	1	0.9	11	10.0	30	27.3	58	52.7	3	2.7	110	100	
2	My marriage has a bad effect on my health.	6	5.5	5	4.5	5	4.5	30	27.3	59	53.6	5	4.5	110	100	
3	I get discouraged trying to make my marriage work out.	4	3.6	3	2.7	3	2.7	38	34.5	59	53.6	3	2.7	110	100	
4	I become upset, angry, or irritable because of things that occur in my marriage.	4	3.6	15	13.6	9	8.2	30	27.3	49	44.5	3	2.7	110	100	
5	My spouse makes unfair demands on me.	7	6.4	3	2.7	7	6.4	36	32.7	56	50.9	1	0.9	110	100	
6	I sometimes wish I had not married my present spouse.	5	4.5	2	1.8	6	5.5	33	30.0	62	56.4	2	1.8	110	100	
7	My spouse lacks respect for me.	8	7.3	8	7.3	10	9.1	37	33.6	45	40.9	2	1.8	110	100	
8	An unhappy sexual relationship is a drawback in my marriage.	5	4.5	3	2.7	9	8.2	37	33.6	52	47.3	4	3.6	110	100	
9	I must look outside my marriage for those things that make life worthwhile and interesting.	10	9.1	14	12.7	14	12.7	31	28.2	39	35.5	2	1.8	110	100	
10	I am afraid of losing my spouse through divorce.	5	4.5	11	10	4	3.6	46	41.8	43	39.1	1	0.9	110	100	

Table 18 summarized responses of husbands for negative statements on marital satisfaction. 10 (9.1%) men strongly agreed on the statement "I must look outside my marriage for those things that make life worthwhile and interesting" and 14 (12.7%) others agreed for the same statement. The least score of agreement is on the statement "I get discouraged trying to make my marriage work out". On this statement, 4 (3.6%) and 3 (2.7%) individuals strongly agreed and agreed respectively. On average, 6% of respondents strongly agreed on the statements and other 6% agreed to the statements. Compared to the response on positive statements, slightly higher number of individuals indicated dissatisfaction but which cannot at all be generalized to be marital dissatisfaction. On the other hand about 47% respondents strongly disagreed on all the statements. Two statements with maximum strong disagreement are "My marriage has a bad effect on my health" and "I get discouraged trying to make my marriage work out", where 59 (53.6%) individuals responded for each of the statements. The least strong disagreement goes to the statement "I must look outside my marriage for those things that make life worthwhile and interesting" which 39 (35.5%) men answered. About 32% of respondents reflected disagreement to the statements which makes the total approximate percent of disagreement 79%. This percent is almost similar with their response to the positive statements (78%). Respondents consistently indicated strong marital satisfaction on both negative and positive statements. About 7% of male respondents are undecided on the statements where 14 (12.7%) individuals are undecided on the statement "I must look outside my marriage for those things

that make life worthwhile and interesting". The least undecidedness is indicated by 3 (2.7%) individuals on the statement "I get discouraged trying to make my marriage workout". Overall comparison between the two groups of statements (positive and negative) indicated that respondents consistently reflected strong satisfaction with their marriages.

**Table 19: Responses of Wives for Positive Statements on Marital Satisfaction**

No	Marital Satisfaction	Response												Total	
		Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No.	%
		No	%	No	%	No	%	No	%	No	%	No	%		
1	My life would seem empty without my marriage.	49	44.5	21	19.1	19	17.3	13	11.8	5	4.5	3	2.7	110	100
2	I consider my marital situation to be as pleasant as it should be.	53	48.2	34	30.9	4	3.6	12	10.9	4	3.6	3	2.7	110	100
3	My marriage gives me more real personal satisfaction than anything else I do.	57	51.8	28	25.5	7	6.4	15	13.6	2	1.8	1	0.9	110	100
4	My spouse gives me sufficient opportunity to express my opinions.	53	48.2	30	27.3	6	5.5	16	14.5	3	2.7	2	1.8	110	100
5	My spouse regards me as an equal.	61	55.5	24	21.8	14	12.7	6	5.5	3	2.7	2	1.8	110	100
6	My spouse inspires me to do my best work.	58	52.7	30	27.3	4	3.6	12	10.9	4	3.6	2	1.8	110	100
7	Expressions of affection by me and my spouse are mutually acceptable.	66	60.0	24	21.8	9	8.2	8	7.3	2	1.8	1	0.9	110	100
8	My spouse and I enjoy several mutually satisfying outside interests together.	62	56.4	28	25.5	7	6.4	8	7.3	4	3.6	1	0.9	110	100
9	I look forward to sexual activity with my spouse with pleasant anticipation.	47	42.7	46	41.8	9	8.2	6	5.5	1	0.9	1	0.9	110	100
10	Most of the time my spouse understands the way I feel.	57	51.8	29	26.4	6	5.5	10	9.1	3	2.7	5	4.5	110	100

Table 19 indicated responses women gave on the positive statements on marital satisfaction. 81.8% (90) women expressed agreement for the statement "Expressions of affection by me and my spouse are mutually acceptable". The next statement with frequent agreement is "My spouse and I enjoy several mutually satisfying outside interests together where 90 (91.8%) indicated agreement about. This statement was the least agreed upon by men in the group. The least number of individuals who responded agreement were 70 (63.6%) for the statement "My life would seem empty without my marriage". Approximately 51% of women expressed strong agreement for the positive statements on marital satisfaction. Similarly 26% of women expressed agreement on all of the statements. A total of 77% of women respondents stated that they are maritally satisfied. This percentage is almost similar with the men's score (78%). Only about 3% of women indicated that they strongly disagree on the statements. Also about 10% of the group mentioned disagreement on the overall scale. The average percentage of women who were undecided on the scale were about 8%. All in all, the majority of women reflected strong marital satisfaction on the scale.

Statements on Table 20 indicated women's perception of marital satisfaction measured on negative statements. The pattern of their response indicates high degree of marital satisfaction on the positive statements. The statement "If I could start over again I would marry someone other than my present spouse" was chosen for strong agreement by 64 (58.2%) women followed by the statement "I sometimes wish I had not married my present spouse" with 63(57.3%) strong agreement. The number of individuals who chose "strongly agree" on any of the items were much higher than the number of individuals who agreed on majority of the statements. On average 49% of women stated they "strongly agree" while 29% women stated agreement on the scale. The majority of respondents consistently indicated that they are satisfied with the marriage be it on positive or negative statements. Only about 14% of individuals disagreed for the negative statements in the above table. About 4% of women did not state their answers.

**Table 21: Responses of Husbands for Positive Statements on Communication**

No	Marital Communication	Responses												Total	
		Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No	%
		No	%	No	%	No	%	No	%	No	%	No	%		
1	When my spouse doesn't understand me, she asks for additional explanation.	30	27.3	58	52.7	8	7.3	11	10.0	2	1.8	1	0.9	110	100
2	When she makes mistakes, she apologizes.	39	35.5	40	36.4	14	12.7	13	11.8	2	1.8	2	1.8	110	100
3	She has interest in what I have to say.	41	37.3	47	42.7	11	10	8	7.3	1	0.9	2	1.8	110	100
4	She usually listens to me.	34	30.9	46	41.8	17	15.5	7	6.4	2	1.8	4	3.6	110	100
5	She usually explains her ideas clearly.	36	32.7	55	50.0	7	6.4	7	6.4	1	0.9	4	3.6	110	100
6	I help my spouse to understand me by telling her how I think, feel and believe.	47	42.7	44	40.0	9	8.2	5	4.5	-	-	5	4.5	110	100
7	I manage to explain my ideas clearly.	41	37.3	47	42.7	14	12.7	4	3.6	2	1.8	2	1.8	110	100
8	If I feel I've hurt her feelings I apologize.	49	44.5	44	40.0	9	8.2	3	2.7	3	2.7	2	1.8	110	100
9	When I criticize my spouse I refer to her mistakes but I don't generalize.	40	36.4	58	52.7	4	3.6	3	2.7	2	1.8	3	2.7	110	100
10	When I am angry and she asks if I am, I admit it.	46	41.8	44	40	9	8.2	5	4.5	5	4.5	1	0.9	110	100

Tables 21 up to 24 are about couples' communicative behaviors. Most respondents chose answers which side with quality communication behaviors. From Table 21, which is a summary table for the positive statements on communicative behaviors husbands responded to, the least score (79, 71.9%) which is still high was given for the statement "When she makes mistakes she apologizes". The rest of the statements were also strongly agreed upon. The maximum score was expression of agreement (93, 84.5%) for the statement "If I feel I've hurt her feelings I apologize." On average 32% men strongly agreed on positive statements and other 40% agreed on the same statements. A total of about 7% of the group mentioned disagreement. Individuals who are undecided on the statements comprise about 8% of the answers. The first five statements are descriptive of spouse's communicative behaviors as the husbands perceive them where about 77% of men agreed on the positive communicative behaviors their wives show. Whereas on average about 84% men positively rated their communicative behaviors.

**Table 22: Responses of Husbands on Negative Statements on Communication**

No	Marital Communication	Responses												Total	
		Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No	%
		No	%	No	%	No	%	No	%	No	%	No	%		
1	She is not able to disagree with me without losing her tempers.	14	12.7	28	25.5	23	20.9	26	23.6	17	15.5	2	1.8	110	100
2	My spouse makes comments that put me down.	10	9.1	5	4.5	6	5.5	42	38.2	43	39.1	4	3.6	110	100
3	She does not listen to me.	6	5.5	8	7.3	6	5.5	47	42.7	39	35.5	4	3.6	110	100
4	When I'm talking she pretends to listen.	6	5.5	12	10.9	21	19.1	41	37.3	29	26.4	1	0.9	110	100
5	She jumps into conclusions.	4	3.6	18	16.4	19	17.3	46	41.8	20	18.2	3	2.7	110	100
6	My spouse complains that I don't understand her.	16	14.5	28	25.5	14	12.7	37	33.6	11	10	4	3.6	110	100
7	I fail to express disagreement with her because I'm afraid she will get angry at me.	15	13.6	25	22.7	12	10.9	33	30.0	22	20	3	2.7	110	100
8	I pretend to listen to my spouse when actually I'm not really listening.	6	5.5	14	12.7	11	10	41	37.3	35	31.8	3	2.7	110	100
9	I get so caught up in what I have to say that I'm unaware of her expressions.	6	5.5	4	3.6	14	12.7	48	43.6	34	30.9	4	3.6	110	100
10	When our conversation turns to feeling, I tend to change the subject.	18	16.4	50	45.5	13	11.8	15	13.6	13	11.8	1	0.9	110	100

In Table 22 on the negative statements about communication 68 (61.9%) indicated their agreement for the statement "When our conversation turns to feeling, I tend to change the subject". While most of the negative statements on marital satisfaction scale were accepted by few individuals, negative statements on marital communication were selected by more individuals. Similarly, 44 (40%) men agreed on the statement "My spouse complains that I don't understand her". Both statements are about individuals' perception of their own communicative behaviors. The minimum number of individuals who agreed for a negative statement were 10 (9.1%) for the statement "I get so caught up in what I have to say that I'm unaware of her expressions". On the other hand the maximum number of individuals who disagreed on a negative statement were 86 (78.2%) for the statement "She usually does not listen to me". Also 85 (77.3%) disagreed for the statement "My spouse makes comments that put me down". On average 24% and 34% of individuals selected 'strongly disagree' and 'disagree' on the statements, respectively. 23(20.9%) of men are undecided on the statement 'She is not able to disagree with me without losing her tempers'. The next large number of undecidedness is 19(17.3%) for the statement "She usually jumps to conclusions". On all the statements in this table, about 13% men were not able to decide on the statements.

**Table 23: Responses of Wives for Positive Statements on Communication**

No	Marital Communication	Response												Total	
		Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No.	%
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%		
1	When my spouse doesn't understand me, he asks for additional explanation.	30	27.3	54	49.1	7	6.4	8	7.3	5	4.5	6	5.5	110	100
2	When he makes mistakes, he apologizes.	38	34.5	40	36.4	5	4.5	18	16.4	6	5.5	3	2.7	110	100
3	He has interest in what I have to say.	36	32.7	44	40.0	9	8.2	12	10.9	6	5.5	3	2.7	110	100
4	He usually listens to me.	33	30	40	36.4	9	8.2	15	13.6	4	3.6	9	8.2	110	100
5	He usually explains his idea clearly.	34	30.9	54	49.1	4	3.6	6	5.5	4	3.6	8	7.3	110	100
6	I help my spouse to understand me by telling him how I think, feel and believe.	46	41.8	47	42.7	5	4.5	2	1.8	2	1.8	8	7.3	110	100
7	I manage to explain my ideas clearly.	35	31.8	47	42.7	8	7.3	7	6.4	5	4.5	8	7.3	110	100
8	If I feel I've hurt his feelings I apologize.	49	44.5	39	35.5	3	2.7	4	3.6	4	3.6	11	10	110	100
9	When I'm angry and he asks if I am, I admit it.	45	40.9	47	42.7	1	0.9	6	5.5	3	2.7	8	7.3	110	100
10	When I criticize my spouse I refer to his mistakes but I don't generalize.	43	39.1	48	43.6	2	1.8	6	5.5	3	2.7	8	7.3	110	100

Table 24: Responses of Wives for Negative Statements on Communication

No	Marital Communication	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Not Stated		No.	%
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%		
1	He is not able to disagree with me without losing his tempers.	13	11.8	25	22.7	11	10.0	32	29.1	24	21.8	5	4.5	110	100
2	My spouse makes comments that put me down.	3	2.7	12	10.9	3	2.7	41	37.3	46	41.8	5	4.5	110	100
3	He does not listen to me.	8	7.3	8	7.3	6	5.5	43	39.1	40	36.4	5	4.5	110	100
4	When I'm talking he pretends to listen.	7	6.4	17	15.5	11	10.0	34	30.9	36	32.7	5	4.5	110	100
5	He jumps into conclusions.	4	3.6	16	14.5	8	7.3	44	40.0	29	26.4	9	8.2	110	100
6	My spouse complains that I don't understand him.	16	14.5	27	24.5	6	5.5	31	28.2	17	15.5	13	11.8	110	100
7	I fail to express disagreement with him because I'm afraid he will get angry at me.	16	14.5	26	23.6	8	7.3	33	30.0	19	17.3	8	7.3	110	100
8	I pretend to listen to my spouse when actually I'm not really listening.	5	4.5	13	11.8	7	6.4	38	34.5	37	33.6	10	9.1	110	100
9	I get so caught up in what I have to say that I'm unaware of his expressions.	5	4.5	16	14.5	6	5.5	41	37.3	32	29.1	10	9.1	110	100
10	When our conversation turns to feeling, I tend to change the subject.	29	26.4	39	35.5	13	11.8	13	11.8	9	8.2	7	6.4	110	100

Table 23 and 24 summarize women's perceptions on 20 positive and negative statements. Table 23 is a summary of positive statements on which women reflected their perception of their own and their husbands' communicative behaviors. The statement "I help my spouse to understand me by telling him how I think, feel and believe" obtained maximum agreement from 93 (83.6%) women. Similarly 92 (83.6%) women agreed on the statement "When I am angry and he asks if I am, I admit it". Whereas the minimum number of agreement is for the statement "He usually listens to me" where 73 (66.4%) women selected 'strongly agree' and 'agree for their answer. On average 60% and 42% women chose 'strongly agree' and 'agree' for their answers, respectively. Only a small number of individuals disagreed on the statements. On average 7% and 8% of individuals strongly agreed and disagreed on the statements, respectively.

Table 24 is a summary of women's responses on negative statements on marital communication. The responses are similar with the above tables where majority women reflected positive quality communication behaviors both on the negative and positive statements. However 4 negative statements with higher agreement are:

1. "When our conversation turns to feeling, I tend to change the subject (68, 61.9%);
2. "My spouse complains that I don't understand him" (42, 39%);
3. "I fail to express disagreement with him because I'm afraid he will get angry at me" (42, 38.1%);

4. "He is not able to disagree with me without loosing his tempers" (28, 34.5%).

Generally, on average about 30% and 27% women chose 'disagree' and 'strongly disagree' for their answers for these questions.

## CHAPTER FIVE

### DISCUSSION

The main purpose of this study was to examine the relationship between communication behaviors of couples and the degree of marital satisfaction they perceive to be present in their marriages. 110 couples filled out a self-report questionnaire on these two variables.

Items on marital satisfaction were mainly indicative of overall satisfaction with the marriage. The items were also reflecting general satisfaction with the amount of affection and understanding expressed by the spouse, availability of common interests and degree of satisfaction with sexual activity. A total of about 80% of the men reflected satisfaction with the aspects of marriage listed above. The presence of positive and negative statements was to control the response set of individuals. However majority of individuals reflected higher degree of marital satisfaction. Similarly, about 77% of women respondents stated they are maritally satisfied which was reflected on the negative and positive statements. Such reflection of marital satisfaction needs to be researched again for the subjects might be highly influenced by marital conventionality where one rates his/her marriage to be highly satisfying when actually not. Even if the individuals reflected high degree of satisfaction on both positive and negative statements, the social desirability factor might be much more stronger than a response set.

On the side of communicative behaviors, most respondents chose answers which side with quality communication behaviors. The items mainly reflected components of quality communication, which are openness, confirmation, listening and transaction management. About 84% of men and 82% of women positively rated their communicative behaviors.

Even if we might have some reservations on the truthfulness of responses, the correlation between overall score of marital satisfaction and communication was found to be significant but moderate for the relationship. ( $r=0.36$ ). When responses of males and females were correlated, again moderate and significant relationship was found for men and women (0.46 and 0.28, respectively). The above finding is consistent with research findings which indicate an existence of a positive relationship between couple's communication and marital satisfaction (e.g., Bienvenu, 1970). The linear view of marital communication – marital relation states that overall satisfaction with the marital relationship increases as the level of marital communication increases. There exists a positive linear relation between marital communication and marital satisfaction (Blood & Wolfe, 1970, Cohen & Stucker, 1963; Levinger & Senn, 1967). The finding of this study was found to be consistent with the above view except the additional research needed to verify the results especially by controlling marital conventionality or social desirability as well as measuring degree of marital tensions present in marriages.

It was also tried to see if the relationship between marital satisfaction and communication is related to any of the socio-demographic characteristics of respondents. Except for individuals between 26 and 30 (0.45) the relationship between the two variables was not found to be significantly related to any of the age groups. Similarly with the other socio-demographic characteristics which include number of years in marriage, number of children, age at marriage (except for females who were married between 18-25), income levels and educational levels, there was no significant relation with the major two variables.

On the other hand the means of marital satisfaction of individuals responses based on socio-demographic factors were analyzed through one way ANOVA questioning if marital satisfaction varied as a function of socio-demographic characteristics. In any of the characteristics there was no significant difference found between the means of marital satisfaction. The overall study is indicative of a significant relationship of marital satisfaction where marital satisfaction does not vary as a function of socio-demographic characteristics but significantly related to communication between couples.

Research indicates that even if there are components believed to contribute to satisfying and stable marital relationship, marital communication is vital as the process supporting most of, if not all, of the marital processes and outcomes (Jorgensen and Gaudy, 1980). Even if significant difference was not seen between different socio-demographic characteristics that were expected to result in differences in degrees of marital satisfaction, other researches are indicative of

some differences between income levels for instance. However it was found out that communication was related to marital satisfaction consistently and supporting other factors (Jourard, 1964). If couples are able to develop more accurate perceptions of each other, they will be able to easily adjust to each other more readily (Olson & Defrain, 1981). Moreover different aspects of communication are central in the couples' interaction since they communicate individuals' definition of the relationship at hand and each other. The achievement and maintenance of interpersonal understanding is important for marital satisfaction (Montgomery, 1981). As a result of consistent findings it was concluded that for the relationship between individuals to last longer, the communication channels should be open with few barriers (Brownfield, 1953).

## CHAPTER SIX

### SUMMARY, CONCLUSION AND RECOMMENDATION

#### 6.1 Summary and Conclusion

The purpose of this study was to examine the relationship between communication behaviors of couples and the degree of marital satisfaction they perceive to be present in their marriages. The following research problems were posed:

1. Is there a significant relationship between communication behaviors and marital satisfaction?
2. Does the relationship between marital satisfaction and communication vary as a function of socio-demographic characteristics which include age, age at the time of marriage, number of years in marriage, number of children, monthly income and educational status?
3. Is there significant difference on marital satisfaction between different groups of socio-demographic characteristics listed above?

To answer the above questions, 220 (110) couple were selected and questionnaires were administered to them. Results of descriptive statistics (Percentage distribution, Pearson product moment coefficient, and One way ANOVA) revealed the following findings.

1. A significant relationship was observed between measures of marital satisfaction and communication for the whole group of individuals, men only and women only.

2. The relationship between marital satisfaction and communication was not specifically related with most of the socio-demographic characteristics.
3. Means of marital satisfaction measure did not vary as a function of any of the socio-demographic characteristics.

## **6.2 Recommendation**

Findings indicate that there is significant relationship between communication and marital satisfaction. Quality communication supports the marriage relationship as well as other factors that contribute to marital adjustment. Although not many of programs and organizations work to enhance the quality of marital and family relationships, the following recommendations are made based on findings.

1. Couples should be encouraged to improve their communications for the significant support it has for the marriage relationship.
2. More research should be done on the specific communication aspects that are highly related to the improvement or disturbance of marriages.
3. More study should be made comparing those marriages marked with tension with the happy ones to discover strengths of content couples.
4. Programs should be prepared that are geared toward preparing individuals before they get married like premarital counseling, awareness raising, etc. programs.
5. Based on additional research findings tools should be prepared and be standardized with more research and testing so that a counselor can assess the problems as well as the progresses of couples in counseling.

6. Since social desirability might contaminate the study of marital satisfaction, more researches (particularly qualitative) should be made with greater control of social desirability factor.

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# APPENDICES

## Self – report Questionnaire

### Dear Respondent

This questionnaire is prepared to study how couples' communication is related to the degree of marital satisfaction they experience. The responses you give will be used for the sole purpose of the study and will not be given to any other third party. You do not have to write your name. It is believed that the result of this study will be significant in finding solutions for the family in general and for couples in particular. We thus request you to respond to each item with care and sincerity.

Thank you in advance for your kind cooperation.

### Part I Background Information

**Direction: Please Respond to the Following Items in the Space Provided**

1. Sex \_\_\_\_\_
  2. Age \_\_\_\_\_
  3. Age of spouse \_\_\_\_\_
  4. Do you have children? \_\_\_\_\_
  5. How many? \_\_\_\_\_
  6. How many years have passed since you were married? \_\_\_\_\_
  7. Your age when you get married was \_\_\_\_\_
  8. Your spouse's marriage when you get married was \_\_\_\_\_
  9. How much is your monthly income? (If you don't want to answer you can)  
\_\_\_\_\_
  10. How much is your spouse's monthly income? \_\_\_\_\_
  11. Your educational status \_\_\_\_\_
  12. Your spouses educational status \_\_\_\_\_
  13. Your religion \_\_\_\_\_
  14. Your spouse's religion \_\_\_\_\_
  15. Are you in your first marriage \_\_\_\_\_
  16. Was your marriage arranged or you chose to marry your spouse?
-

## Part II: Information on Marital Satisfaction

Direction: The following statements are indicative of the degree of satisfaction you have in your marriage. Please go through the items carefully and put a mark on the box that you think well describes your degree of marital satisfaction.

No	Statements	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
4	If I could start over again, I would marry someone other than my present spouse.					
5	My life would seem empty without my marriage					
7	My marriage has a bad effect on my health					
8	I become upset, angry, or irritable because of things that occur in my marriage.					
11	I get discouraged trying to make my marriage work out.					
12	I consider my marital situation to be as pleasant as it should be					
13	My marriage gives me more real personal satisfaction than anything else I do.					
15	My spouse gives me sufficient opportunity to express my opinions					
16	My spouse regards me as an equal.					
17	I must look outside my marriage for those things that make life worthwhile and interesting					
18	My spouse inspires me to do my best work					
22	I am afraid of losing my spouse through divorce.					
23	My spouse makes unfair demands on me					
27	Expressions of affection by me and my spouse are mutually acceptable					
28	An unhappy sexual relationship is a drawback in my marriage					

No	Statement	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
31	My spouse and I enjoy several mutually satisfying interests together.					
32	I sometimes wish I had not married my present spouse					
34	I look forward to sexual activity with my spouse with pleasant anticipation					
35	My spouse lacks respect for me					
37	Most of the time my spouse understands the way I feel					

**PART III: Information on Marital Communication**

**Direction:** The following statements are indicative of the kind of communication you and your spouse use to interact with each other. Please go through the items carefully and put a mark on the box that you think well describes your communication.

No	Statements	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
5	He/she is not able to disagree with me without loosing his/her tempers					
7	When my spouse doesn't understand me, he/she asks for additional explanation					
8	When he/she makes mistakes, he/she apologizes					
9	My spouse makes comments that put me down					
10	He/she does not listen to me					
13	When I'm talking he/she pretends to listen					
15	He/she has interest in what I have to say					
18	He/she jumps into conclusions					
19	He/she usually listens to me					
20	He/she usually explains his/her idea clearly					
21	I help my spouse to understand me by telling him/her how I think, feel and believe					
23	My spouse complains that I don't understand him					
24	I fail to express disagreement with him/her because I'm afraid he/she will get angry at me					
26	I manage to explain my ideas clearly					

No	Statements	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
28	I pretend to listen to my spouse when actually I'm not really listening					
30	If I feel I've hurt his/her feelings I apologize					
31	I get so caught up in what I have to say that I'm unaware of his/her expressions					
33	When I'm angry and he/she asks if I am, I admit it.					
35	When our conversation turns to feeling, I tend to change the subject					
37	When I criticize my spouse I refer to his/her mistakes but I don't generalize					

Thank you again for your honest cooperation

በአዲስ አበባ ዩኒቨርሲቲ  
ሳይኮሎጂ ትምህርት ክፍል  
ድህረ ምረቃ ፕሮግራም

ባለትዳሮች በኑሮአቸው የሚያደርጉት መግባባትና  
መወያየትን በተመለከተ ጥናት ለማድረግ የተዘጋጀ  
መጠይቅ  
(በባለትዳር ሴቶች የሚሞላ)

ሚያዝያ፣ 1998  
አዲስ አበባ

### የተከበሩ የጥናቱ ተሳታፊ

ይህ መጠይቅ በባሕር ዳርታ መካካል ያለውን የመግባባትና የመወያየት ሁኔታ በማጥናት ላይ ያቁረ ነው። ጽዑቅን በሚገባ በመመለከትም የሚያደርጉት ትብብር ለጥናቱ መሳካት ክፍተኛ አስተዋፅኦ አለው። በመጠይቁ በየትኛውም ስፍራ ስምዎን መጻፍ አያስፈልግዎትም። በዚህ መጠይቅ ውስጥ ላሉ ጥያቄዎች የሚሰጡላቸው መልሶች ለጥናቱ ብቻ የምንጠቀምባቸው ሲሆን የሞሉት መጠይቅም ለሌላ ለማንም ሰነድ አካል ታልፎ አይሰጥም።

ስለትብብርዎ ልባዊ ምስጋናዬን በቅድሚያ አቀርባለሁ።

### ክፍል አንድ አጠቃላይ መረጃዎች

መመሪያ: ለሚከተሉት ጥያቄዎች በተዘጋጀው ስፍራ ላይ መልስዎን ይስጡ

1. ያታ -----
2. ዕድሜ -----
3. የባለቤትዎ እድሜ -----
4. ልጆች አለዎት? -----
5. ለ4ኛው ጥያቄ መልስዎ «አዎን» ከሆነ ስንት ልጆች አለዎት? -----
6. በትዳር ምን ያህል አመት ቆዩ? -----
7. ባገቡበት ጊዜ እድሜዎ ስንት ነበር?-----
8. ባገቡበት ጊዜ የባለቤትዎ እድሜ ስንት ነበር? -----
9. የወር ገቢዎ ምን ያህል ይሆናል? -----
10. የባለቤትዎ የወር ገቢ ምን ያህል ይሆናል? -----
11. አሁን ያሉበት የትምህርት ደረጃ -----
12. የባለቤትዎ የትምህርት ደረጃ -----
13. የእርስዎ ሃይማኖት -----
14. የባለቤትዎ ሃይማኖት -----
15. ጋብቻዎ ባህላዊ ማለትም በቤተሰብ የተዘጋጀ ነበር ወይስ እወስዎ ምርጫ የተከናወነ ነው? -----
16. አሁን ያሉት በመጀመሪያ ትዳርዎ ነው? -----

ክፍል ሁለት፡ የትዳር አስደሳችነትና አርኪነት መለኪያዎች

መመርያ፡ የሚከተሉት ዐረፍተ ነገሮች የትዳርዎ አስደሳችነት እና አርኪነት በእርስዎ እይታ ምን እንደሚመስል ለመለካት የተዘጋጁ ናቸው። የትዳርዎን ሁኔታ በትክክል ይገልጻል ብለው በሚያስቡት ሳጥን ውስጥ (✓) ምልክት ያድርጉ።

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እቸገራለሁ	አልስማማም	በጣም አልስማማም
1	እንደገና ጀመር ብቸል ከባለቤቱ ይልቅ ሌላ ሰው አገባ ነበር					
2	ትዳሪ ባይኖር ኖሮ ህይወቴ ባዶ ይሆን ነበር					
3	ከትዳሪ የተነሳ ጤንነቴ ተዛብቷል					
4	በትዳሪ ውስጥ ካሉ ችግሮች የተነሳ ቁጠና ነጭናጫ ሆኜአለሁ					
5	ትዳሪ እንዲቃና መጣር ተስፋ አስቆራጭ ሆኖብኛል					
6	ከትዳሪ ማግኘት ያለብኝን ደስታ እንዳገኘሁ ይሰማኛል					
7	በህይወት ካገኘኋቸው ስኬቶች ይልቅ በትዳሪ እርካታ አገኛሁ					
8	አመታት እየጨመሩ በሄዱ ቁጥር ትዳሪ አስቸጋሪ እየሆነብኝ ነው					
9	ባለቤቴ ሀሳቤን ለመግለፅ በቂ እድል ይሰጠኛል					
10	ባለቤቴ ከእርሱ እኩል የሆነኩ አጋሩ መሆኔን ያምናል					
11	ህይወቴን ጣዕም ያለው ለማድረግ ከትዳሪ ውጪ ያሉ ድርጊቶችና ግንኙነቶችን ማዳበር ግድ ሆኖብኛል					
12	የተቻለኝን ያህል እንድሰራ ባለቤቴ ያበረታታኛል					
13	ትዳሪን በፍቺ ምክንያት አጣው ይሆን? ብዬ አሰጋለሁ					

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እቸገራለሁ	አልስማማም	በጣም አልስማማም
14	ሁለታችንም የምንገባባቸው የፍቅር መግለጫዎች አሉን					
15	ደስ የማያሰኝ የወሲብ ሕይወት ለትዳራ እንቅፋት ሆኖአል					
16	እኔና ባለቤቴ ደስ በምንሰኝባቸው ነገሮች አብረን እንዝናናለን					
17	አንዳንዴ ባለቤቴን ባላገባሁት ኖሮ እያልኩ እመኛለሁ					
18	የወሲብ ህይወታችን የምወደውና የምናፍቀው ነው።					
19	ባለቤቴ ለእኔ አክብሮት የለውም					
20	ባለቤቴ አብዛኛውን ጊዜ ስሜቴን ይረዳልኛል					

**ክፍል ሶስት: የባለትዳሮች ውይይትና መግባባት መለኪያዎች**

መመርያ: የሚከተሉት ዓረፍተ ነገሮች ከባለቤትዎ ጋር ያለዎትን መግባባትና መወያየት ለመለካት የተዘጋጁ ናቸው። ጸርሶን ወይም የባለቤትዎን ባህሪ በ ትክክል ይገልጻል ብለው በሚያስቡት ሳጥን ውስጥ (✓) ምልክት ያድርጉ።

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እቸገራለሁ	አልስማማም	በጣም አልስማማም
1	የሃሳብ ልዩነቶች ሲኖሩን ባለቤቴ ስሜቴን ተቆጣጥሮ መናገር አይችልም					
2	የተናገርኩት ባልገባው ጊዜ ለመረዳት ተጨማሪ ጥቂዎችን ይጠይቀኛል					
3	ባለቤቴ ስህተት ቢሰራ ይቅርታ ይጠይቃል					
4	ባለቤቴ እኔን የሚያሳንሱ ትችቶችን ይሰነዝራል					
5	እኔ ስናገር በፍፁም አይሰማኝም					
6	እኔ ስናገር የሚያዳምጠኝ ይመስላል ነገር ግን አያዳምጠኝም					
7	የምናገራቸውን ነገሮች ለመስማት ፍላጎት አለው					

	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እትገራለሁ	አልስማማም	በጣም አልስማማም
	ነገሮችን ሳያጤን ለመደምደም ይቸኩላል					
9	ስናገር ሁልጊዜ ያዳምጠኛል					
10	አብዛኛውን ጊዜ ሀሳቡን ለማስረዳት ይጥራል					
11	ሀሳቤንና ስሜቴን በመግለፅ ባለቤቴ እንዲረዳኝ አደርጋለሁ					
12	ባለቤቴ ብዙ ጊዜ «አልገባሽም፣ አልተረዳሽኝም» ይለኛል					
13	በመሀከላችን አለመስማማት ቢኖር ይናደዳል ብዬ ስለማስብ አልናገርም					
14	ሀሳቤን በግልፅ የማስረዳት ችሎታ አለኝ					
15	ባለቤቴ ሲናገር ባላዳምጠውም ያዳመጥኩት ለመምሰል እጥብራለሁ።					
16	የባለቤቴን ስሜት የጎዳሁ ከመሰለኝ ይቅርታ እጠይቃለሁ					
17	ባለቤቴ ሲናገር የምመልሰውን ከማስቤ የተነሳ እሱ የሚለውን አላዳምጥም					
18	መበሳጨቴን ወይም መናደዴን ባለቤቴ ቢያውቅብኝ አልደብቀውም					
19	ከባለቤቴ ጋር ስንወያይ ስሜታዊ እየሆንን ከሄድን ርእሱን እለውጣለሁ					
20	ባለቤቴ ቢያጠፋ ስህተቴን እቃወማለሁ እንጂ እንዲሁ በደፈናው አልወቅሰውም					

ስለግልፅነትዎ በድጋሚ አመሰግናለሁ።

በአዲስ አበባ ዩኒቨርሲቲ  
ሳይኮሎጂ ትምህርት ክፍል  
ድህረ ምረቃ ፕሮግራም

ባለትዳሮች በኑሮአቸው የሚያደርጉት መግባባትና  
መወያየትን በተመለከተ ጥናት ለማድረግ የተዘጋጀ  
መጠይቅ  
(በባለትዳር ወንዶች የሚሞላ)

ሚያዝያ፣ 1998  
አዲስ አበባ

### የተከበሩ የጥናቱ ተሳታፊ

ይህ መጠይቅ በባለትዳሮች መካካል ያለውን የመግባባትና የመወያየት ሁኔታ በማጥናት ላይ ያቀረ ነው። ጽዑቅን በሚገባ በመመለከት የሚያደርጉት ትብብር ለጥናቱ መሳካት ከፍተኛ አስተዋፅኦ አለው። በመጠይቁ በየትኛውም ስፍራ ስምዎን መጻፍ አያስፈልግዎትም። በዚህ መጠይቅ ውስጥ ላሉ ጥያቄዎች የሚሰጡላቸው መልሶች ለጥናቱ ብቻ የምንጠቀምባቸው ሲሆን የሞሉት መጠይቅም ለሌላ ለማንም ሰነድ አካል ታልፎ አይሰጥም።

ስለትብብርዎ ልባዊ ምስጋናዎን በቅድሚያ አቀርባለሁ።

### ክፍል አንድ አጠቃላይ መረጃዎች

መመሪያ: ለሚከተሉት ጥያቄዎች በተዘጋጀው ስፍራ ላይ መልስዎን ይስጡ

1. ያታ -----
2. ዕድሜ -----
3. የባለቤትዎ እድሜ -----
4. ልጆች አለዎት? -----
5. ለ4ኛው ጥያቄ መልስዎ «አዎን» ከሆነ ስንት ልጆች አለዎት? -----
6. በትዳር ምን ያህል አመት ቆዩ? -----
7. ባገቡበት ጊዜ እድሜዎ ስንት ነበር? -----
8. ባገቡበት ጊዜ የባለቤትዎ እድሜ ስንት ነበር? -----
9. የወር ገቢዎ ምን ያህል ይሆናል? -----
10. የባለቤትዎ የወር ገቢ ምን ያህል ይሆናል? -----
11. አሁን ያሉበት የትምህርት ደረጃ -----
12. የባለቤትዎ የትምህርት ደረጃ -----
13. የእርስዎ ሃይማኖት -----
14. የባለቤትዎ ሃይማኖት -----
15. ጋብቻዎ ባህላዊ ግንኙነት በቤተሰብ የተገኘ ነበር ወይስ እወስዎ ምርጫ የተከናወነ ነው? -----
16. አሁን ያሉት በመጀመሪያ ትዳርዎ ነው? -----

ክፍል ሁለት፡ የትዳር አስደሳችነትና አርኪነት መለኪያዎች

መመርያ፡ የሚከተሉት ዐረፍተ ነገሮች ቁጥርዎ አስደሳችነት እና አርኪነት ጩርስዎ እይታ

ምን እንደሚመስል ለመለካት የተዘጋጁ ናቸው። ዳህረዎን ሁኔታ ስት ክክል

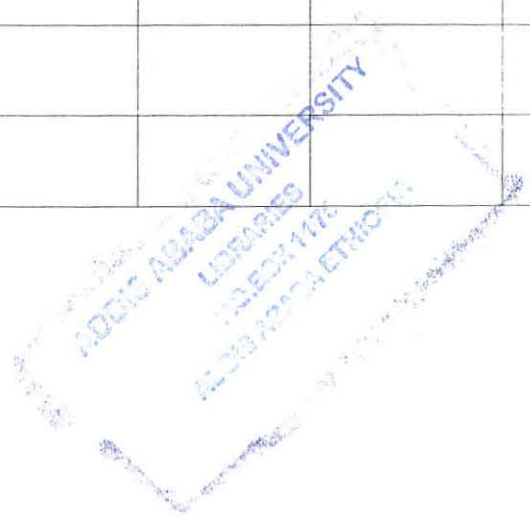
ይገልጹልኛል ብለው በሚያስቡት ሳጥን ውስጥ (✓) ምልክት ያድርጉ።

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እችላለሁ	አልስማማም	በጣም አልስማማም
1	እንደገና ጀመር ብቸል ከባለቤቱ ይልቅ ሌላ ሰው አገባ ነበር					
2	ትዳራ ባይኖር ኖሮ ህይወቴ ባዶ ይሆን ነበር					
3	ከትዳራ የተነሳ ጤንነቴ ተዛብቷል					
4	በትዳራ ውስጥ ካሉ ችግሮች የተነሳ ቁጠና ነጭናጫ ሆኛለሁ					
5	ትዳራ እንዲቃና መጣር ተስፋ አስቆራጭ ሆኖብኛል					
6	ከትዳራ ማግኘት ያሉብኝን ደስታ እንዳገኘሁ ይሰማኛል					
7	በህይወቴ ካገኘኋቸው ስኬቶች ይልቅ በትዳራ እርካታ አገኛሁ					
8	አመታት እየጨመሩ በሄዱ ቁጥር ትዳራ አስቸጋሪ እየሆነብኝ ነው					
9	ባለቤቴ ሀሳቤን ለመግለፅ በቂ እድል ተሰጠኛለች					
10	ባለቤቴ ጩርሷ እኩልየሆንኩ አጋሯ መሆኔን ታምናለች					
11	ህይወቴን ጣዕም ያለው ለማድረግ ከትዳራ ውጪ ያሉ ድርጊቶችና ግንኙነቶችን ማዳበር ግድ ሆኖብኛል					
12	የተቻለኝን ያህል እንድሰራ ባለቤቴ ታበረታታኛለች					
13	ትዳራን በፍቺ ምክንያት አጣው ይሆን? ብዬ እሰጋለሁ					

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እቸገራለሁ	አልስማማም	በጣም አልስማማም
14	ከባለቤቱ አግባብ ያልሆነ ጫና የተነሳ ትርፍ ሰዓቱን እንደምረጥው መጠቀም አልቻልኩም።					
15	ሁለታችንም የምንገባባባቸው የፍቅር መግለጫዎች አሉን					
16	ደስ የማያሰኝ የወሲብ ሕይወት ለትዳራ እንቅፋት ሆኖአል					
17	እኔና ባለቤቱ ደስ በምንሰኝባቸው ነገሮች አብረን እንዝናናለን					
18	አንዳንዴ ባለቤቱን ባላገባኳት ኖሮ እያልኩ እመኛለሁ					
19	የወሲብ ህይወታችን የምወደውና የምናፍቀው ነው።					
20	ባለቤቱ ለእኔ አክብሮት የላትም					
21	ባለቤቱ አብዛኛውን ጊዜ ስሜቱን ትረዳልኛለች					

ክፍል ሶስት: የባለትዳሮች ውይይትና መግባባት መለኪያዎች  
 መመርያ: የሚከተሉት ዓ.ነገሮች ከባለቤትዎ ጋር ያለዎትን መግባባትና መወያየት ለመለካት የተዘጋጁ ናቸው። ደረሰን ወይም የባለቤትዎን ባህሪ በትክክል ይገልጻል ብለው በሚያስቡት ሳጥን ውስጥ (✓) ምልክት ያድርጉ።

ተ. ቁ	ዐረፍተ ነገር	በጣም እስማማለሁ	እስማማለሁ	ለመወሰን እቸገራለሁ	አልስማማም	በጣም አልስማማም
1	የሃሳብ ልዩነቶች ሲኖሩን ባለቤቱ ስሜቷን ተቆጣጥራ መናገር አትችልም					
2	የተናገርኩት ባልገባት ጊዜ ለመረዳት ተጨማሪ ጥቁዎችን ትጠይቀኛለች					
3	ባለቤቱ ስህተት ብትሰራ ይቅርታ ትጠይቀኛለች					
4	ባለቤቱ እኔን የሚያሳንሱ ትችቶችን ትሰነዝራለች					



ተ. ቁ.	ዐረፍተ ነገር	በጣም እስማማለሁ.	እስማማለሁ.	ለመወሰን እቸገራለሁ.	አልስማማም	በጣም አልስማማም
5	እኔ ስዋጅታዳምጠኝ ይመስላል ነገር ግን አታዳምጠኝም					
6	የምናገራቸውን ነገሮች ለመስማት ፍላጎት አላት					
7	ነገሮችን ሳታጤን ለመደምደም ትቸከላለች					
8	ስናገር ሁልጊዜ ታዳምጠኛለች					
9	አብዛኛውን ጊዜ ሀሳቧን ለማስረዳት ትጥራለች					
10	ሀሳቤንና ስሜቴን በመግለፅ ባለቤቴ እንድትረዳኝ አደርጋለሁ.					
11	ባለቤቴ ብዙ ጊዜ «አልገባህም፣ አልተረዳኸኝም» ትለኛለች					
12	በመሀከላችን አለመስማማት ቢኖር ትናደዳለች ብዬ ስለማስብ አልናገርም					
13	ሀሳቤን በግልፅ የማስረዳት ችሎታ አለኝ					
14	ባለቤቴ ስትናገር ባላዳምጣትም ያዳመጥኳት ለመምሰል እጥራለሁ.					
15	የባለቤቴን ስሜት የጎዳሁ ከመሰለኝ ይቅርታ እጠይቃለሁ.					
16	ባለቤቴ ስትናገር የምመልሰውን ከማሰቤ የተነሳ እሷ የምትለውን አላዳምጥም					
17	መበሳጨቴን ወይም መናደዴን ርለቤቴ ብታውቅብኝ አልደብቃትም					
18	ከባለቤቴ ጋር ስንወያይ ስሜታዊ እየሆንን ከሄድን ርእሱን እለውጣለሁ.					
19	ባለቤቴ ብታጠፋ ስህተቷን እቃወማለሁ እንጂ እንዲሁ በደፈናው አልወቅሳትም					

ስለግልፅነትዎ በድጋሚ አመሰግናለሁ።