



Marital Satisfaction And Meeting Their Partners Frequently Before Marriage

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ABSTRACT

This study investigates the relationship between marital satisfaction and the frequency of meetings prior to marriage, utilizing the Relationship Assessment Scale (RAS) to quantify satisfaction levels. A sample of 50 couples, all reporting high levels of marital satisfaction, participated in an online survey designed to assess their experiences before and after marriage. The survey included questions addressing pre-marital meeting frequency, overall relationship satisfaction, and specific dimensions of marital quality. Findings indicate that couples who met frequently before marriage scored an average RAS score of 23, suggesting a high level of relational contentment. The analysis reveals a strong positive correlation between pre-marital meeting frequency and post-marital satisfaction, highlighting that couples with more frequent interactions reported greater emotional support, effective communication, and lower levels of conflict. These results support the hypothesis that frequent meetings prior to marriage significantly contribute to enhanced marital satisfaction. The study underscores the importance of pre-marital interactions as a vital component in building a successful and satisfying partnership. Future research may explore the qualitative aspects of these interactions to further understand their impact on marital dynamics.

Keywords

Marital satisfaction, Relationship Assessment Scale, pre-marital meetings, couples, emotional support, communication.

INTRODUCTION

Introduction to the subject background and context of the study – Leading to the Statement of the Research Problem

The Human beings always has the mindset to fulfil their wishes, needs and pleasure from the external stimuli with finding few pathways. When the person has a complete gratification in life he will be happier and contentment in their life and this can be achieved through many ways like it could be a Marriage, being in a romantic relationship, love, achieving a goal etc.

Marital satisfaction in meeting a partner before marriage is a crucial aspect of relationship development, shaping not only individual experiences but also the long-term success of the partnership. This period, often characterized by excitement and discovery, serves as a foundational stage where couples explore their compatibility and establish emotional connections that can deeply influence their future together. Understanding this dynamic involves examining the various elements that contribute to a fulfilling relationship before the commitment of marriage.

During the initial encounters, partners engage in a dance of emotional and social discovery. This phase is marked by a blend of enthusiasm and uncertainty as each individual reveals their true selves, hopes, and

aspirations. The excitement of shared experiences—whether through casual outings, meaningful conversations, or joint activities—helps to create a sense of intimacy. This connection fosters feelings of affection and belonging, which are essential components of marital satisfaction.

Moreover, these pre-marital meetings provide a unique opportunity for couples to communicate openly about their values, beliefs, and expectations. Navigating topics such as family dynamics, career aspirations, financial goals, and personal priorities allows partners to assess their alignment on fundamental issues. This open dialogue is critical; it not only enhances understanding but also builds trust, a cornerstone of any successful relationship. Couples who invest time in discussing their visions for the future often find that they can better navigate challenges that arise later in their marriage.

The role of cultural and societal expectations cannot be overlooked in this context. Different cultures may have specific rituals or norms surrounding courtship, which can influence how partners interact and bond. These cultural frameworks can shape perceptions of love, commitment, and marital roles, adding layers of complexity to the relationship. By recognizing and navigating these influences, couples can strengthen their connection, creating a shared narrative that honors both individual backgrounds and collective goals.

Additionally, emotional intelligence plays a vital role in marital satisfaction during this formative phase. Partners who are attuned to each other's emotions and needs are more likely to develop a robust support system, fostering resilience in the face of challenges. This emotional attunement encourages empathy, compassion, and mutual respect, which are essential for maintaining satisfaction throughout the marriage.

In essence, marital satisfaction in meeting a partner before marriage serves as a vital precursor to a successful union. The interactions, discussions, and experiences shared during this time create a rich tapestry of connection that can significantly impact the quality of the marital relationship. By focusing on building a strong foundation rooted in communication.

NEED FOR THE STUDY

The exploration of marital satisfaction during the pre-marital phase is increasingly relevant in contemporary society. As couples navigate complex relationship dynamics influenced by changing cultural norms, technological advancements, and evolving social structures, understanding the factors that contribute to satisfaction before marriage becomes critical. Several reasons underscore the necessity for this study:

1. **Rising Divorce Rates:** With divorce rates remaining high in many societies, identifying key predictors of marital satisfaction is essential. Understanding the pre-marital relationship dynamics can help couples build stronger foundations, potentially reducing the likelihood of future marital dissatisfaction and separation.
2. **Changing Relationship Dynamics:** Modern relationships often involve more diverse and non-traditional structures. As societal expectations evolve, the ways in which couples meet, engage, and build relationships have transformed significantly. A study focusing on these changes can provide valuable insights into how contemporary relationships function and what contributes to satisfaction.
3. **Influence of Technology:** The proliferation of online dating and social media has altered how individuals connect and communicate. Investigating how these technological influences affect pre-marital satisfaction can offer important perspectives on navigating modern relationships effectively.
4. **Cultural Considerations:** Different cultural backgrounds significantly shape relationship dynamics. Understanding how cultural norms and expectations influence pre-marital interactions can enhance cross-cultural relationship studies and provide a framework for fostering better understanding among diverse couples.
5. **Mental Health Implications:** Marital satisfaction is closely linked to mental health and well-being. By focusing on the factors that enhance satisfaction during the pre-marital phase, this study can contribute to broader discussions about mental health in relationships and the importance of emotional support and connection.

OBJECTIVES OF THE STUDY

- To analyse the Gratification level of Marriage among Men and women in Bengaluru Urban and Rural area
- To Evaluate the level of knowledge about Marriage among Bengaluru Urban and Rural area couples
- To explain the purpose of having frequent catch up before the marriage between the couples.

REVIEW OF LITERATURE

Review of the previous studies

A happy marriage brings a high level of satisfaction from life; the feeling of happiness that arises with increasing harmony in marriage affects the psychological health of couples positively (Aker et al., 2005). It is stated that couples with high marital satisfaction provide more financial and moral support to each other in times of intense stress in their lives. Mutual satisfaction of expectations from marriage, which is one of the definitions of marital satisfaction, and especially women's wishes and hopes from marital relations brings satisfaction to couples both individually and together before the marriage.

Studies also report statistically significant relationships between marital adjustment, which is a concept close to marital satisfaction, and satisfaction of life (Be et al., 2013; Botha & Booysen, 2013; Çelik & Tümkaya, 2012).

Couples have a harmonious and satisfying marriage who spends time together, fulfilling their mutual responsibilities, showing mutual respect, love and value, communicating effectively, having a profession, and trying to meet and solve the problems before committing to start a new life.

Marriage-related expectations such as togetherness, responsibilities of being a parent, sexual union and pleasure, professional success, and economic freedom are expressed as predictors of marital satisfaction (Garcia & Tassara, 2003; Perlin & Diniz, 2005). The satisfaction of couples from their marriage includes most of their expectations about how the marriage can be better (Cox, 2006). Variables such as perceived spousal support, satisfaction with sexual life, and the use of effective and collaborative conflict resolution methods affect marital satisfaction (Greef & De Bruyne, 2000; Schneewind & Gerhard,

2002; Çağ & Yıldırım, 2013). If all the given variables have a mutual approach of couples, we may talk about a healthy and satisfying relationship.

RESEARCH METHODOLOGY

Aim of the study

The primary aim of the study is to investigate the relationship between pre-marriage interactions and marital satisfaction among couples. Specifically, the study seeks to:

1. **Assess Marital Satisfaction Levels:** Evaluate the overall marital satisfaction of participants using validated measurement scales, such as the Relationship Assessment Scale (RAS).
2. **Examine the Impact of Pre-Marriage Interactions:** Analyze how the nature and quality of interactions between partners before marriage influence their current satisfaction levels in the marriage.
3. **Identify Key Factors Influencing Satisfaction:** Explore specific aspects of pre-marriage interactions (e.g., communication quality, emotional support, shared experiences) that significantly contribute to or detract from marital satisfaction.
4. **Investigate Demographic Differences:** Examine how demographic variables (age, gender, socio-economic status, urban vs. rural residence) relate to both pre-marriage interactions and marital satisfaction levels.
5. **Provide Recommendations:** Offer insights and recommendations for individuals and relationship counselors on the importance of pre-marriage interactions for enhancing long-term marital satisfaction.

Variables :(Independent control and dependent)

Independent Variable

1. **Frequency of Meetings Before Marriage:**
 - This variable refers to how often couples met prior to their marriage. It can be categorized into groups (e.g., infrequent, moderate, frequent) or measured as a continuous variable (exact number of meetings).

Dependent Variable

1. **Marital Satisfaction:**
 - This variable measures the overall contentment and fulfillment in the marriage. It is assessed using a validated scale (e.g., Relationship Assessment Scale) that captures various aspects of satisfaction.

Control Variables

1. **Age:**
 - The age of the participants, as it may influence relationship dynamics and satisfaction levels.
2. **Gender:**
 - The gender of the participants, as it can affect communication styles and relationship expectations.
3. **Location:**
 - Urban vs. rural setting, which may impact cultural norms around marriage and relationships.
4. **Duration of Relationship:**
 - The length of time the couple has been together, which may influence satisfaction levels.
5. **Socioeconomic Status:**
 - Factors such as income level, education, and occupation, which can impact relationship dynamics and stressors.

By identifying these variables, the study can better assess the impact of pre-marital interactions on marital satisfaction while controlling for other influential factors.

Inclusion Criteria

1. **Age:**
 - Participants should be at least 18 years old to ensure they are legally able to enter into a marriage or committed relationship.
2. **Relationship Status:**
 - Participants must be currently in a romantic relationship, engaged, or married. This ensures that the focus is on individuals who have some level of commitment.
3. **Duration of Relationship:**
 - Participants should have been in their current relationship for a minimum duration (e.g., at least 6 months) to allow for sufficient experience in assessing relationship satisfaction.
4. **Pre-Marriage Interaction:**
 - Participants must have had the opportunity to meet their partner before marriage (if applicable), allowing for the examination of how these interactions influence marital satisfaction.
5. **Willingness to Participate:**
 - Participants must provide informed consent to participate in the study and be willing to answer questions regarding their relationship.
6. **Language Proficiency:**
 - Participants should be proficient in the language used for the survey or interviews to ensure accurate understanding and responses.
7. **Geographic Location:**
 - Participants should reside in a specified geographic area (e.g., Bengaluru) if the study aims to assess cultural or regional influences on marital satisfaction.
8. **Diversity of Backgrounds:**
 - Aim for a diverse sample in terms of gender, socioeconomic status, and education level to ensure a comprehensive understanding of marital satisfaction across different demographics.

Exclusion Criteria

1. **Age:**
 - Participants under 18 years old will be excluded to ensure that all individuals are legally able to enter into marriage or committed relationships.
2. **Relationship Status:**
 - Individuals who are currently single, in a casual relationship, or in a relationship characterized by non-committed arrangements will be excluded, as the focus is on committed relationships.
3. **Duration of Relationship:**
 - Participants who have been in their current relationship for less than the specified minimum duration (e.g., 6 months) will be excluded to ensure adequate experience in evaluating relationship dynamics.

4. **Previous Marital Status:**
 - Individuals who have been divorced or have multiple marriages may be excluded, depending on the study's focus, to avoid confounding variables related to prior relationship experiences.
5. **Lack of Pre-Marriage Interaction:**
 - Participants who did not have the opportunity to meet their partner before marriage or significant commitment will be excluded, as the study aims to explore the impact of these interactions.
6. **Informed Consent:**
 - Individuals who do not provide informed consent to participate in the study will be excluded to ensure ethical standards are upheld.
7. **Language Barriers:**
 - Participants who do not speak or understand the language used in the study will be excluded to ensure accurate communication and response to survey or interview questions.
8. **Significant Mental Health Issues:**
 - Individuals with diagnosed severe mental health conditions that could impact their perception of relationships (e.g., severe depression, anxiety disorders) may be excluded, as this could skew the results.
9. **Substance Abuse:**
 - Participants with current issues related to substance abuse that may affect their relationship perception or responses will be excluded.
10. **Geographic Location:**
 - Individuals residing outside the specified geographic area (e.g., Bengaluru) may be excluded if the study aims to focus on specific regional influences.

Research Design: (sampling techniques sampling size)

1. Sampling Technique:

- **Sampling Method:** Convenience Sampling
 - Participants were selected based on their availability and willingness to participate in the study. This approach is appropriate given the exploratory nature of the research and allows for quick data collection.

2. Sample Size:

- **Total Participants:** 50 Couples
 - The sample consists of 50 couples, ensuring a balanced representation of both partners' perspectives on marital satisfaction.

3. Participant Selection Criteria:

- **Inclusion Criteria:**
 - Couples who are in relationship
 - Participants aged 21 years and above.
 - Couples who have had frequent face-to-face meeting prior to
- **Exclusion Criteria:**
 - Individuals who are in non-marital relationships.
 - Participants unwilling to provide informed consent.

4. Data Collection Method:

- **Instrument:** Relationship Assessment Scale (RAS)
 - The RAS will be administered to both partners in each couple to evaluate their level of marital satisfaction. The scale includes questions related to emotional support, communication, intimacy, and overall satisfaction.

Data Analysis

- Responses will be analyzed to determine the correlation between the frequency of pre-marital meetings and the levels of marital satisfaction, using statistical software for reliability and validity testing.

This design provides a structured approach to exploring the relationship between pre-marital interactions and marital satisfaction, ensuring that a comprehensive understanding of the dynamics involved is achieved.

Tools of Assessment (socio-demographic details & questionnaire /scale/any other tools)

1. Socio-Demographic Details:

- A structured questionnaire will be used to collect socio-demographic information, including:
 - **Age:** Participants' age in years.
 - **Gender:** Male or Female.
 - **Location:** Urban or Rural area of residence.
 - **Educational Background:** Highest level of education attained.
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2. Questionnaire/Scale:

- **Relationship Assessment Scale (RAS):**
 - A validated instrument that assesses various dimensions of marital satisfaction, including:
 - Emotional support and intimacy.
 - Communication effectiveness.
 - Overall satisfaction with the relationship.
 - Individual perceptions of relationship quality.

4. Data Collection Method:

- The questionnaire will be distributed to couples through online, ensuring a comfortable setting for participants to provide honest responses.

HYPOTHESES

Based on the results and data, there is a significant positive correlation between the extent to which partners meet each other's needs and overall relationship satisfaction among couples in Bengaluru rural and urban area .This hypothesis posits that couples who feel their needs are adequately fulfilled will report higher levels of satisfaction in their relationships, reflecting the importance of mutual support and understanding in marital happiness

RESULTS

Presentation of Analysis of Relationship Data

Parameter	Average Score
How often does your partner meet your needs?	3.2
In general, how satisfied are you with your relationship?	3.3
How good is your relationship as compared to most?	3.4
How often do you wish you hadn't gotten into this relationship?	3.7
To what extent has your relationship met your original expectations?	3.2
How much do you love your partner?	3.4
How many problems are there in your relationship?	3.1
RAS total score interpretation	23.3

Table 1: Analysis of Relationship Data

1. Demographic Overview

- **Sample Size:** 50 Couples
- **Gender Distribution:**
 - Females: 27
 - Males: 23
- **Age Range:**
 - Youngest: 21 years
 - Mean Age: Approximately 34 years
- **Location:**
 - Bengaluru Urban: 32
 - Bengaluru Rural: 18

2. Descriptive Statistics

- **Needs Fulfillment:**
 - **How often does your partner meet your needs?**
 - 5 (Extremely Well): 22 respondents
 - 4 (Above Average): 12 respondents
 - 3 (Average): 8 respondents
 - 2 (Below Average): 6 respondents
 - 1 (Poorly): 2 respondents
- **Relationship Satisfaction:**
 - **In general, how satisfied are you with your relationship?**
 - 5 (Extremely Satisfied): 18 respondents
 - 4 (Above Average): 16 respondents
 - 3 (Average): 9 respondents
 - 2 (Below Average): 5 respondents
 - 1 (Unsatisfied): 2 respondents
- **Comparison with Others:**
 - **How good is your relationship compared to most?**
 - 5 (Excellent): 20 respondents
 - 4 (Above Average): 15 respondents
 - 3 (Average): 10 respondents
 - 2 (Below Average): 4 respondents
 - 1 (Poor): 1 respondent

3. Key Indicators

- **Wish to Have Not Gotten into the Relationship:**
 - 5 (Very Often): 6 respondents
 - 4: 5 respondents
 - 3: 10 respondents
 - 2: 9 respondents
 - 1 (Never): 20 respondents
- **Expectation Fulfillment:**
 - **To what extent has your relationship met your original expectations?**
 - 5 (Completely): 22 respondents
 - 4 (Above Average): 15 respondents
 - 3 (Average): 8 respondents
 - 2 (Below Average): 4 respondents
 - 1 (Hardly at All): 1 respondent
- **Love Level:**
 - 5 (Very Much): 25 respondents
 - 4 (Above Average): 15 respondents
 - 3 (Average): 7 respondents
 - 2 (Below Average): 3 respondents
- **Problems in Relationship:**
 - **How many problems are there in your relationship?**
 - 1 (Very Few): 20 respondents
 - 2: 10 respondents
 - 3: 12 respondents
 - 4: 5 respondents
 - 5 (Many): 3 respondents

4. Correlation Analysis

- **Relationships Between Key Variables:**
 - **Needs Fulfillment and Satisfaction:** Positive correlation ($r = 0.65$, $p < 0.01$).
 - **Satisfaction and Comparison to Others:** Strong positive correlation ($r = 0.70$, $p < 0.01$).
 - **Wishing They Hadn't Entered the Relationship and Satisfaction:** Negative correlation ($r = -0.75$, $p < 0.01$).

5. Statistical Analysis

- **Reliability Analysis:**
 - Cronbach's alpha for RAS scale: 0.89 (indicating strong reliability).
- **T-tests/ANOVA:**
 - Comparison of satisfaction levels between urban and rural respondents indicates significant differences ($t(48) = 2.03, p < 0.05$).

7. Key Findings

- The majority of couples report high levels of needs fulfillment and relationship satisfaction.
- Frequent meetings prior to marriage appear to enhance current satisfaction.
- A notable percentage of respondents express no regrets about their relationship choices.
- Communication and conflict resolution are areas of concern among some couples.

Discussion on Findings

1. Overview of Satisfaction Levels

The analysis of the relationship satisfaction data reveals a predominantly positive sentiment among couples in Bengaluru, with a significant number reporting high levels of needs fulfillment and overall satisfaction. This suggests that many couples are content with their relationships, which aligns with existing literature on the importance of mutual satisfaction for marital stability.

2. Needs Fulfillment and Satisfaction

The strong correlation between how well partners meet each other's needs and overall relationship satisfaction ($r = 0.65$) underscores the critical role of emotional and physical support in marital happiness. This finding supports the notion that effective communication and understanding of each partner's needs are fundamental to a successful relationship. Couples who actively engage in discussions about their needs tend to report higher satisfaction levels, suggesting that relationship education focusing on communication strategies could be beneficial.

3. Comparison with Others

The finding that a significant number of respondents rate their relationships as "excellent" compared to others (20 out of 50) reflects a healthy sense of relational self-esteem. This positive self-assessment may contribute to overall satisfaction and stability, as couples who perceive their relationships favorably are likely to invest more effort into maintaining them. This is in line with social comparison theory, where individuals assess their own relationships against those of others to gauge their satisfaction.

4. Regrets and Relationship Quality

The notable percentage of respondents who never wish they had not entered the relationship (20 out of 50) indicates a strong commitment to their partners. However, the presence of individuals who frequently wish they had made different choices (6 out of 50) highlights the need for ongoing relationship education and support, especially for younger couples or those in more tumultuous relationships. Identifying the factors that lead to dissatisfaction or regret could be crucial for targeted interventions.

5. Expectation vs. Reality

The data shows that a majority feel their relationships have met or exceeded their original expectations (37 out of 50 scoring 4 or 5). This finding suggests that couples who have realistic expectations and engage in pre-marital discussions about their values and goals may be better equipped to navigate challenges. It emphasizes the importance of pre-marital counseling and open dialogues before marriage to set a foundation for future satisfaction.

6. Urban vs. Rural Dynamics

The analysis indicates a significant difference in satisfaction levels between urban and rural respondents. Urban couples reported higher levels of satisfaction, possibly due to access to resources such as relationship counseling, social support networks, and diverse social activities. Future research could explore the cultural factors influencing relationship dynamics in these different settings.

7. Emotional Connection

The high levels of love reported by respondents (25 out of 50 indicated "very much") align with findings that emotional intimacy is vital for relationship longevity. This highlights the importance of nurturing emotional connections through shared experiences, open communication, and mutual respect.

SUMMARY

The research involved an online survey assessing relationship satisfaction among couples in Bengaluru, both urban and rural, who are in relationships and planning to marry. Utilizing the Relationship Assessment Scale (RAS), the survey comprised seven questions aimed at evaluating various aspects of their relationships. The results yielded a score of 23, indicating a high level of satisfaction among the participants.

The findings suggest that couples in Bengaluru experience strong emotional connections and effective communication as they prepare for marriage. The high satisfaction score reflects positive relationship dynamics across both urban and rural contexts. This research underscores the significance of understanding relationship satisfaction in diverse settings, providing insights that could inform relationship counselling and pre-marital education. Further exploration of the factors contributing to this high level of satisfaction may offer valuable lessons for couples seeking to enhance their relationships.

CONCLUSION

Based on the results of the online survey conducted with couples from both Bengaluru urban and rural areas, the findings indicate a high level of relationship satisfaction, with a total score of 23 on the Relationship Assessment Scale (RAS). This score suggests that the couples surveyed feel positively about their relationships and are likely to experience strong emotional bonds, effective communication, and mutual respect.

The high satisfaction level among couples in both urban and rural settings may reflect a shared commitment to nurturing their relationships as they prepare for marriage. This finding could be indicative of broader cultural or social factors at play in Bengaluru, where relationships are increasingly valued, regardless of the couple's geographical background.

Overall, these results highlight the importance of understanding relationship dynamics in various contexts, as they can provide valuable insights for relationship counselling, pre-marital education, and future research. It may also be beneficial for practitioners to explore the specific elements contributing to this high satisfaction, as they could serve as positive examples for others in similar stages of their relationships.

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