Chapter-I
Introduction
integration or some synonym reflective of the quality of marriage (Spanier & Lewis 1980). Despite an extensive literature, however, deriving reliable conclusions or a functional synthesis remains an elusive goal and formidable task (Snyder, 1982)

Marriages are not carefree. There are good times and bad times and certainly partners may face serious crisis together or separately and get depressed, fight, struggle with demands of the work place and the crisis of the infants, teenagers and confront sexual problems. At the same time, no one can deny that there are marriages thriving successfully and productively for many years in spite of so many psychological, physical and economical distresses and negative life events. This could be achieved if the partners learn to adapt to developmental changes in each of them, binding and yielding to the redefinition with mutual understanding and adjusting. They can regard marriage with contentment and feel confident about its survival even after few decades of being together (Wallerstein & Blakeslee, 1995). Following the policy of joint agreement, there are number of families who learn how to live happily and productively overcoming the tests of time.

If there are couples living in harmony and in mutual support and agreement for many years, there should be a reason of common basis for that purpose. This study interrogates what contributes towards their happiness as well as productivity. It also investigates whether higher compatibility of personality traits, value systems, interests, attitudes,
goals & aspirations and food & clothing preferences of the couples contribute towards strengthening of their relationship which results in high productivity and happiness.

1.1 The concepts and benefits of marriage

It is unimaginable to think when and how the first marriage took place and who introduced the concept of marriage. Any way, marriage is an important event in the life of a human being. It is a socially recognized and accepted custom through which men and women are united as husbands and wives. Landis (1954) says that the marriage meets man’s deepest needs, providing an opportunity for a secure and protected satisfaction of needs for companionship, affection and sexual expression. Landis (1954) also says that marriage ultimately involves the most important type of emotional and enduring relationship between two individuals.

Coleman (1964) views marriage as a deep relationship involving interaction of two personalities. Marriage being a unique and effective system, helps both partners to feel adequate, wanted, needed, socially approved, secure and complete to a degree which can not be achieved in any other human relationship. Along with the physical, psychological and social satisfaction, a good marriage is the most rewarding experience that life can offer to the married partners (Coleman, 1964).
In the opinion of Kapur (1974), marriage is a social contract that is essential for the fulfillment of personal needs and happiness. He also considers marriage as an institution of close complementary cooperation that provides both the partners a relationship of ‘co-partnership’ and of ‘companionship’ enabling their mutual respect and equal sharing. As Papalia & Olds (1978) point out, a marriage ideally provides a safe place where each partner can secure the knowledge that his/her partner will be an almost-constant source of friendship, affection and companionship.

Marriage, according to McGee (1980), involves a stable set of socially recognized relationship between husband and wife including mutually beneficial, adjustable and friendly and not limited to sexual relations alone. As Rathus & Nevid (1980) will observe, marriage, more than a legal state, is a public announcement of the commitment that two people have decided to help one another, to share intimate feelings and experiences and to regard each other occupying a special place in each one’s life. Goldenburg & Goldenburg (1991) considers marriage to be an integral part of the family system, where individuals are tied to one another by powerful, durable, reciprocal, loyal and emotional attachments, with fluctuating intensities and life-long commitments, which in turn develops couples’ increased recognition, appreciation and acknowledgement of pleasing interactions between each other.

A good marriage, in the views of Wallerstein & Blakeslee (1995), provides an oasis where sex, humor and play can flourish. A man and
woman, in a good lasting marriage with the children, feel connected with
the past and have an interest in the future. A family makes an important
link in the chain of human history. By sharing responsibility for the next
generation, parents can find purpose and a strengthened sense of identity.
Marriage as a unit is considered to be transformative. Over the course of
marriage both men and women grow towards each other profoundly
experiencing inner change, psychological closeness and mutual
identification. The children reflecting their parent's love and pride both
as individuals and as symbols of a shared vision give pleasure and
sometimes unexpected meaning to their parent's lives and to their
marriage (Wallerstein & Blackeslee, 1995). Marriage as an
accomplishment fulfils highest psychological need of a sense of security
and of belonging to each other. Marriage also provides a legitimate outlet
for sexual activity with mutual flexibility and respectfulness. A good
marriage serves as a foundation upon which a happy family is built.
Therefore Genovesi, (1997) feels that it is legitimate to say that married
couple need to love and support each other as they journey together with
real commitment and close intimacy.

1.2 Psychological determinants of effective marriage

For decades, researchers, community and family workers, had been
interested in identifying the factors and processes of variables
contributing to the marital relationship enhancing the effectiveness of the
married individuals. Social scientists have shown a longstanding interest
in the cause and consequences of marital quality. Although investigations of marital behavior provide a solid empirical foundation for the study of marriage, there is a growing realization that a comprehensive account of marriage must address the affective and cognitive concomitants of marital interaction.

**Relationship**

Relationship in general means ‘being-connected’. Relationship in marriage consists of caring, attachment and intimacy between the spouses (Rubin, 1973). Marital relationship is based on a combination of attractions and barriers. Some of the attractions are marital rewards - such as sexual enjoyment, companionship, child rearing, and family income and barriers will include expenses, caste and religious constraints (the problems involved in marriages when the partners belong to different caste and religion). When the attraction between the couples is strong on the basis of values, personality traits and common interests their relationship increases and the barrier to escape from relationship decreases. According to D’Souza (1979), a happy marriage relationship implies a willingness to adjust to each other personality differences and to changing mutual needs. Many marriages that are characterized by mutual acceptance, cooperation, understanding, trust, self-sacrifice and sharing of role responsibilities thrive happily in their relationships. The factors that really strengthen the marital relationship according to Strieft & Walters (1974), are partners’ right attitude towards self, family and social values,
their congruence of perception on personality characteristics and compatibility of their role expectations

**Personality**

Personality is a comprehensive construct and motivation is a fundamental aspect of behavior. Personality refers to the organization of specific characteristic traits within individuals and their manifestation in relation to their behavior, particularly the behaviors pertaining to the relationship of married couples in operational term. Effective persons in personality display an integrated organization, a harmonious and coherent blend behavior dispositions and they are not only in good touch with themselves but also with their interpersonal relationships and physical environment. They also have the capacity for empathy and caring about others (Seeman, 1982). When couples have common personality traits, interpersonal attraction and their relationship increases (D’Souza, 1979). Strieft & Walters (1974), have noticed couples with happy marital life who have had congruent personality. Other researches at various levels on personality and marriage revealed valuable information. The first level was concerned with the personality correlates of marital adjustment where the similarity of personality was a characteristic of happy married couples (Dymond, 1954; Tharp, 1963; Kumar & Rohatgi, 1985). The second level supported the complimentary aspect (Winch, 1958). The third level was concerned with similarity and complimentary aspects in personality characteristics (Becker, 1964; Seyfried & Hendrick, 1974). The fourth
level focussed from personality trait dimension to cognitive personality constructs (Doherty & Ryder, 1979, Husain & Gupta, 1987) This means a model of impression formation; that is, by merely looking at one’s behavior, one is able to infer a corresponding traits of personality Sharma & Husain (1991) have proposed a new area in personality and marriage focussing on interaction dimension of personality, i.e., interpersonal trust and social intimacy. Interpersonal trust is a generalized expectancy that other person can be relied upon to live up to one’s verbal promises Trust is a combination of positive and negative believes about the trustworthiness and unselfishness of people in close relationship By social intimacy the author explains as self -extension which deeply binds one person with another, a factor considered as essential for maximizing marital harmony between spouses But the results of this study reveal an inverse relationship between marital adjustment and trust as well as social intimacy. The author’s explanation seems to be inadequate and further research is needed to clarify the negative relationship between intimacy, trust and marital adjustment.

**Attitude & Values**

An attitude is a general and enduring positive or negative feeling about some person, object or issue. Values on the other hand, considers of a thing or quality having intrinsic worth. It is the quality of a thing, considered to be useful, estimable and important Attitudes are learned during the growing-up process (Worchel, Cooper & Goethals, 1991) The
terms attitude and value could be considered as dimensions of judgment or as abstract standards for decision making, through which the individual may develop self-fulfillment, a sense of belonging and security. In operational term attitude is specifically confined to the predisposing judgments of partners about men and women in general, marriage, marriage-related situations and relationship in particular. Values, in operational term, represent objects towards which people direct their desires and attitudes with moral and ethical rationalization. Such moral or ethical justification lead to make positive actions towards selflessness, social service, truth, righteousness, forgiving, fidelity, human concern, sacrifice, responsibility, ‘ahimsa’ (nonviolence) etc. Research in social psychology has revealed that similarity in attitude and value system paves way for interpersonal attraction among individuals. An individual likes the other when their attitudes/values agree with each other (Byrne, 1971). Both men and women in the attitudes that they found to be important lead to greater interpersonal attraction (Touhey, 1972). Women with more religious attitudes were more attracted to men who shared their religious attitudes and were least attracted to men with dissimilar religious attitudes. Men were more attracted to women who had similar sexual attitudes and least attracted to women with dissimilar attitudes towards sex. The results indicate that similarity of attitudes does lead to attraction (Touhey, 1972). Thus similarity of attitudes among husband and wife potentially attract each other leading to better marital relationship.
Couples with better marital adjustment were also found to be similar on religious, economic and family values (Kumar & Rohatgi, 1987). Marital relationship is being strengthened by the congruence of attitude towards self, family, religious and social values (Strieft & Walters, 1974)

**Interest**

Interest refers to “concern or curiosity.” In operational term, interest is the intensity of general inclination, an individual shows towards the objects or situations. According to Locke (1951), marriage is a process of adaptation where husband and wife learn to avoid or resolve conflicts sufficiently, developing common interests and activities with each other, in order to have a smooth, long-lasting and satisfying relationship. Similarity in literary activities, sports activities, leisure time activities and relaxation activities are expected to lead married couple to have a smooth relationship as they were common to each other. Couples with mutual interest could form the basis for encouragement to each other and help in accomplishing new heights.

**Goals and Aspirations**

Goals refer to “final purpose; the end to which a person aims to reach or accomplish”. Aspiration refers to “ambition; longing; craving; wish; hope; ardent desire”. Similarities in goal setting pertaining to economic status, family life, social life, professional life and spiritual life among married couples may be leading to happy and satisfied marriage.
Food and Clothing Preferences

Preference means "a choice, or a priority, or a selection, or liking". Similar food and clothing preferences among married couples may have an impact in strengthening their marital relationship. In India, an individual has a variety of choices for food and clothing. Hence, similar preferences may determine the marital relationship.

1.3 Concept of marital happiness and productivity

Marriage can be unbearable agony if one is not mature enough to handle it. But if one understands oneself, is disciplined and controlled, it can be the most wonderful thing in one's life (Eva Bell, 1997) Open communication while being one's normal self and not trying to overplay a part that strains, helps relationship of the partners to be more happy, loving and strong. When the partners, being conscious of their strengths and weaknesses, talk things out rationally and sensibly in an agreeable manner without resentment is the best way for happiness and harmony in marital life (Singh, 1997).

Marriage is a life-long partnership with many facets to it. The couples involved, need to develop mutual understanding which results in lasting bonds of love in marriage. Success in marriage, is much more than finding the right person. It is a matter of being the right person (Tauro, 1997) One should not try to mould one's partner into one's own ideal of a spouse but let him/her become one voluntarily. It may be said that a well-
adjusted marriage is a harbor in the tempest of life, but if one does not adjust then it is a tempest in a harbor (Tauro, 1997)

More than the social order, the psychological order is the one that really shapes and moulds the partners to be happy and productive (Shelar, 1997). Because the partners need to develop mental compatibility such as fidelity, trust, love, understanding and habits in the areas of personality, interests, values, attitudes, and aspirations in order to strengthen their deep relationship. Sense of well-being, peace, contentment and the feeling of belonging to each other will definitely enhance the relationship of the married couples (Shelar, 1997).

The more the couples’ relationship is strengthened chiefly through their mutual compatibility the more is their happiness. The steady increase in happiness becomes the basic foundation to overcome the challenges and feel a deep sense of satisfaction. This sense of satisfaction becomes the energy to be productive (deTurck & Miller, 1986). Happiness and productivity are the outcomes of a well-adjusted, complacent, and stable families. One of the most important factors influencing the partners to happy and productive is the partners’ ability to adapt to their ongoing relational developments. The inter-responsive relationship of the partners such as attitudes, beliefs and habits system enable them to a greater extent to know about each other regarding mood, needs and desires (deTurck & Miller, 1986) and to resolve easily the areas of conflicts.
Productivity includes increased enthusiasm, involvement and cooperation. Productivity, experienced by the married couples, through their strong and mutual development of relationship becomes the foundation to enrich one's outcome individually along with their contribution to each other, to the family and to the society. Both happiness and productivity seem to be inter-related. The more a person feels happy inwardly the more he or she may be productive.

1.4 Marriages in India

India is developing as a vibrant nation basically due to its strong family culture. Marriage as a unique relationship, has more dimensions that are deeply respected by Indians. In India, marriage is considered a life-long partnership. According to Radhakrishnan (1956) "marriage as an institution is a device for the expression and development of love". It is the rock on which the family is built and which, in turn, is the foundation of the society. As Kaliappan (1997) points out, the distinct feature that distinguishes India and the other countries is the institution of family. In Indian families, girls move to their in-laws family soon after their marriage. Parents usually live with their sons and daughter-in-laws. Unlike in America or some other countries, where the children after 18 are free or forced to move to their own apartments, the children in India are expected to live with their parents and grandparents, depending on their parents' income for study and living, sometimes even after their marriage. The parents and grandparents live with their children and
grandchildren, sometimes as dependents totally. The caste and joint family systems continue to play a major role in Indian society. Through elaborate norms and rules, the individual's behavior in all areas of life, including food, dress, occupation, marriage and interactions within and outside the caste group, are regulated. But even in India, recent findings, with regard to the stability of marital relationships, are not satisfactory. In recent years, the increased number of broken and disintegrated families emerge as a threat to the future sanctity and security of the society, hampering the marital quality and stability.

Marriages in India are mostly arranged. Many a times both brides and bridegrooms are forced into marital relationships by their respective parents. Thus, the partners have to spend the rest of their life working on the relationships, constantly adjusting to the needs of each other and their family environment. Usually the mate selection or the matching of the partners take place through identifying the external factors like physical appearance, economic standards, educational qualifications, caste, religion and so on. The advertisements for marriage alliances, as found once a week, in the daily newspapers such as 'Hindu', 'Indian Express', etc., insist more on the areas like, caste, religion, economical status and educational backgrounds alone. There is no mention of the other important factors like personality, attitude, interests etc. Moreover, in all the arranged marriages in India, the brides unlike other countries, mostly look for grooms who are more educated, a couple of
years older, a little taller and earning more than themselves. At present, both men and women who are employed are very particular in choosing their mates on the grounds of money, high social status, and success in his/her partner’s profession (Kapur, 1974). Horoscope also plays an important role in many circumstances in choosing the partners. There are no valid and reliable methods developed so far, enabling the couples to choose their life partners by matching their temperaments, beliefs, attitudes and the capacity to adjust with each other by way of compromise and sacrifice. Though psychologists cannot prevent or eliminate marital matching through horoscope, it is time that they need to develop an effective method for marital matching which would be helpful for the individuals considering marriage. Further, the same should also be helpful to those who are already married in assessing and strengthening their marital relationship.

1.5 Need for the study

Choosing a life partner is one of the most important decisions one will ever make in one’s life. When one selects a partner, he/she is in effect establishing the foundation for the entire relationship. Thus it would be proper that one decides on the basis of his/her knowledge and assessment and not on other people’s opinion (Sreenath, 1996). In recent times, the increasing number of divorces and dowry deaths have opened the eyes of the parents, in India, to allow their children to marry after some interaction either before or after the engagements (betrothal) with their
future mates. Along with the parental advises and guidance the partner need to have a personal choice in marriage as to identify the qualities one would like one's spouse to have. Analyzing the basic nature, natural tendencies and behavioral attitudes of the person is most essential while choosing a life partner (Sreenath, 1996). In mate selection one should be able to identify whether the partner has the tendencies, expectations, interests, attitudes and habits which are compatible with one's own needs and standards and his/her vision of marital relationship.

Through ages the problem of partner choice has attracted the social scientists, but little seems to have come out of their deliberations concerning the like and dislike of each other, why one prefers a particular woman or a man as a marriage partner. Though many questions, hypotheses or proverbs relating to the problem of choosing a marriage partner remained unresolved for a long period of time, they seem to have been answered by some of the studies conducted by Sociologists and Psychologists (Firdous, 1992) The couples' happiness basically does not depend only on their physical good looking, grand celebration of the marriage with costly jewellery, pomp and the show but it depends on how well-matched newly-wedds are in their temperaments, principles, attitudes, interests, habits and their ability to adjust with each other.

Marriage may be made in heaven. But it certainly takes place on earth and the people involved have to live together on this earth. Whether they make their life a heaven on earth depends not just on their luck or good
looking but on developing a good understanding with each other based on true love and trust. Lasting bonds of love strengthens a marriage and helps smoothen the friction that is inevitable when two individuals live together.

'Made-for-each-other' couples do not mean that the individuals who have become spouses have identically matching psychological and physiological characteristics. It is not difficult to find a match as far as physical attributes are concerned. But to be able to say that one's spouse is well attuned to one's mental wavelength is not the outcome of a mere chance or luck (Tauro, 1997). Though physical adjustment is one of the vital factors for a marriage to succeed, emotions and psychology play an important role in making the physical relationship a happy and fulfilling one.

It is obvious, in research point of view, that clinical observations and theoretical speculations underscore the importance of studying interpersonal interactions in order to understand marital functioning. As a consequence, marital researchers are in an unprecedented position to investigate diverse and complex issues regarding how marriages function. In a field marked by such methodological scrutiny, the researcher attempts to study the function and outcomes of marriages by developing a tool "Marital Compatibility Scale." The sole aim of developing and validating the tool is to help people who are already married, to evaluate their marital functions and strengths of their relationship and also to
enable the future generation to select the right partners at the time of their marriage. The present-day society needs such help to defend the sanctity, safety and security of marriage in the face of the devastation caused by divorces, separations, parental authority and its freedom and to protect the rising generation from those endangerment. Thus the institution of the family could be protected which in turn will enhance better quality of life, leading to nation-building.

Areas of psychological compatibility

Personality – Cognitive abilities such as intelligence, memory, creativity are considered in addition to so many other factors of personality traits in the marital context.

Values – Service to the society and other moral strengths like love, truth, fidelity and sacrifice.

Interests – Interest in Literary activities, Sports activities, Leisure-time activities, and Relaxation activities.

Attitude – Attitudes on gender, religion, caste, and other related aspects of marital relationship.

Relationship – Marital Relationship on aspects like rational, emotional, sexual, supportive and communication.

Goals and Aspirations – Goals and aspirations of the couples pertaining to economic status, family, social, professional, and spiritual life.

Productivity – Productivity of self, towards family and, to the society.

Happiness – General happiness level of the couples.

Food and Clothing Preferences – Food and clothing choices of the couples.
poor relationship. They may take early satisfaction with their partner as proof they were meant for each other and therapy serenely ride out later storms. Whereas believers in matching by design-model will be determined to make things work and may stay in relationship longer in bad and good times (Nadia & Paul, 1998).

Walerstein & Blackeslee (1995) propose a typology that consists of four marriage forms such as, romantic, rescue, companionate, and traditional. Although a relationship rarely falls nearly into a single category, the couples mostly tend to belong to one type or another. These types are unquestionably distinct forms. Each gives priority to some needs and delegates others to second place. Each type of marriage provides a different degree and kind of closeness between husband and wife. The first type is the romantic marriage. The couples in a romantic marriage experience a kind of exciting, sensual memories of their first meeting and courtship which retain a glow over the years and are a part of the bond between them. The second type is the rescue marriage. Though every good marriage provides comfort and healing for past unhappiness, in a successful rescue marriage the partners’ early experiences have been traumatic. The healing that takes place during the course of the marriage is the central theme. The third type is the companionate and the core of this system is friendship, equality attempting to balance the partners’ serious emotional investment in the relationship and the children. The
fourth type is the traditional marriage that has at its core a clear division of roles and responsibilities of the partners

Sreenath (1996) points out, choosing a life partner is one of the most important decisions one will ever make in one’s life. When one selects a partner, he/she is in effect establishing the foundation for the entire relationship. Thus it would be proper that one decides on the basis of his/her known edge and assessment and not on other people’s opinion.

It is common that people like others when their personality traits, attitudes, interests and values are similar to each other (Byrne, 1971). Most of the early studies had demonstrated a strong relationship between people when their psychological factors were similar to each other (Hill, 1945, Hudson & Henze, 1969; Silva, 1990). Field studies had also provided a broader view of the effects of similarity upon attraction (Newcomb, 1961). The relationship between interpersonal attraction and similarity characteristics – such as, good companionship, intelligence, kindness, faithfulness, understanding and loyalty play an important role in contracting marriages. People seek usually mates who share common characteristics and who like to engage in similar activities (Buss & Barnes, 1986). As Buss (1984) states, spouses tend to be similar in their choice of activities, their willingness to display intimacy and also in their level of quarrelsomeness they will tolerate. Always the possibility exists that couples who do not share some commonalities will be less successful and may not still be around for a longer time. However, that the degree of
similarity stays constant overtime indicates that it is an important factor in marital happiness and productivity.

In a study conducted by Umadevi & Venkatramaiah (1998) on youth’s opinion towards criteria in choosing life partner, 180 undergraduate degree students (90 boys & 90 girls) had expressed similar views as far as personal characteristics of mate were concerned. In another study conducted by Patani & Kamala (1998) to find out how socio-cultural and personality factors were considered while choosing a marriage partner 100 University final year students (50 boys & 50 girls) had no significant difference in socio-cultural and other personality factors.

2.2 Relationship as the determinant of effective marriage

Fincham & Bradbury (1987) conducted a study on the impact of attributions in marriage through a longitudinal analysis to investigate the longitudinal relation between attributions for relationship events and marital satisfaction. The basic premise of this analysis was that differences in patterns of attributions for partner behavior and relationship difficulties underlie variations in marital satisfaction. 34 married couples were assessed at two points while the husbands and wives were separated from each other approximately for 12 months. Causal and responsibility attributions for marital difficulties and negative spouse behaviors were strongly related to concurrent marital satisfaction. For wives, later marital satisfaction was predicted by both causal and
responsibility attributions after the effects of earlier satisfaction were removed. For husbands, attributions did not predict later marital satisfaction. Marital satisfaction did not predict later attributions for either husbands & wives. Marital satisfaction and the two types of attributions were related to concurrent unrealistic relationship expectations, but these expectations did not predict later marital satisfaction.

In another study by Bradbury & Fincham (1988), of contextual model of marriage as an integrative frame work on individual difference variables in close relationship, tried to organize the associations between individual difference variables and satisfaction in close relationship. Seventy-eight spouses were administered the instruments like assessing marital satisfaction and individual differences in femininity, masculinity, dysfunctional relationship beliefs, and causal and responsibility attributions for marital difficulties. As predicted, higher levels of satisfaction were related to femininity and partner's femininity and lower levels of satisfaction were related to dysfunctional beliefs and less benign attributions. Two competing hypotheses relating to the contextual model were tested. A model in which the transitory, or proximal context (e.g. responsibility attributions for specific relationship events) mediates the relation between the stable or distal context (e.g. general beliefs about relationship) and satisfaction was refuted. Support was obtained, however,
for a model in which proximal and distal variables both account for unique variance in marital satisfaction

The effects of husbands’ and wives’ social cognition on their marital adjustment, conjugal power and self-esteem was studied by de Turck & Miller (1986) based on Miller & Steinberg’s (1975) social cognition theory of interpersonal communication. It was hypothesized that husbands and wives who perceive their spouses as unique individuals and not as undifferentiated role occupants should experience greater marital adjustment and enjoy conjugal power than spouses who stereotype their marriage partners. A further expectation was that husbands and wives with greater conjugal power report higher levels of self-esteem. 85 married couples completed the questionnaire packets consisting of several instruments. Results confirmed that spouses who perceived each other as unique individuals rather than undifferentiated role occupants experienced significantly greater marital adjustment than did spouses who tended to stereotype one another. Findings also confirmed that husbands’ and wives’ stimulus discrimination abilities were related significantly to their conjugal power. However, the predicted relationship between spouses’ conjugal power and their self-esteem was confirmed only for wives.

Although much has been learned from cross-sectional research on marriage, an understanding of how marriages develop, succeed and fail is best achieved with longitudinal data. In view of growing interest in longitudinal research on marriage, Karney & Bradbury (1995) reviewed
and evaluated the literature on how the quality and stability of marriages change over time. First, prevailing theoretical perspectives were examined for their ability to explain change in marital quality and stability. Second, the methods and findings of 115 longitudinal studies — representing over 45,000 marriages — were summarized and evaluated, yielding specific suggestions for improving this research. Finally, a model was outlined that integrated the strengths of previous theories of marriage, accounts for established findings and indicates new directions for research on how marriages change.

One hundred married individuals completed questionnaires measuring marital satisfaction, passionate love, social desirability and six relationship-relevant variables: global happiness, relationship excitement, relationship boredom, sex-minus-arguments frequency, amount of shared activities and kissing frequency in the study, conducted by Aron & Henkemeyer (1995), on marital satisfaction and passionate love. Consistent with previous research, marital satisfaction had moderate to large correlations with the six relationship-relevant variables; for most variables, these correlations remained after partialing out passionate love and social desirability. For women, passionate love was moderately correlated with marital satisfaction and with the six relationship-relevant variables; for most variables, these correlations remained after controlling for marital satisfaction and social desirability. However, for men there were no significant correlations with passionate love.
In a study conducted by Nevid (1984) – on sex differences in factors of romantic attractions – 238 males and 307 females belonging to heterosexual attractions were asked to rate various physical features, demographic characteristics, and personal qualities in terms of their degree of importance in determining choice of romantic partners in both sexual and meaningful or long-term relationships. Consistent with the sex-role stereotype, males placed relatively greater emphasis than females on the physical characteristics of their prospective romantic partners. Females more strongly emphasized the personal qualities of their prospective partners than did males. Both sexes more heavily weighed various personal qualities than physical characteristics in the context of romantic choice in a meaningful relationship.

Stress caused by conflict between work and home demands has long been thought to have an adverse influence on family life. Mathews, Conger & Wickrama (1996) made study on work-family conflict and marital quality as a mediating processes using a sample of 337 couples derived from a longitudinal study of families living in the rural areas. This study examined the influence of work-family conflict on marital quality and marital stability, as it was mediated through psychological distress and quality of marital interaction. Results showed that work-family conflict resulting from husbands’ and wives’ employment was related positively to the psychological distress of each, and that psychological distress affected
marital outcomes both directly and indirectly through its association with greater marital hostility and less marital warmth and supportiveness.

Several studies have identified conflict between the competing demands of work and family as an important link between work experiences and family functioning. Bedeian, Burke & Moffett (1988) attempted to examine the social psychological or family interaction processes that might mediate the relationship between work-family conflict and marital outcomes. The investigators found that the impact of chronic and acute life stressors, such as economic hardships, was often manifested in emotional problems (e.g., depressed mood, anxiety, or angry feelings) and in disrupted family relationships. There was considerable evidence that job stress could disrupt marital relationships by increasing hostile or withdrawn behavior in either spouse. It also seemed likely that psychological distress and the quality of marital interaction might mediate the relationship between work-family conflict and marital outcomes.

A study of marital adjustment and marital satisfaction among working women was conducted by Viswanathan & Umadevi (1991) to determine whether there was any relationship between marital adjustment and marital satisfaction and to examine the influence of arranged or love marriage and the children on marital adjustment and marital satisfaction. Marital-adjustment Questionnaire and Marital-satisfaction scale were administered to the sample of 100 working women. The results indicated significant relationship between marital adjustment and marital
satisfaction. Arranged or love marriage and the duration of married life had no influence on marital adjustment and marital satisfaction and the number of children also had no influence on marital adjustment and marital satisfaction.

Sharma & Husain (1991) conducted a study on role of trust and social intimacy in the development of marital relationship. They tried to examine the relationship between trust and social intimacy among Hindu and Muslim working, conventional, young and older couples. The sample consisted of 200 couples, 100 in each Hindu, Muslim groups who were further divided into working, conventional, young and older groups. Both husbands and wives were employed, in working category and only husbands were employed in conventional category. The younger couples’ age range was between 25 to 35 and older couples’ age range was between 45 to 55. Trust scale and Social Intimacy scale were administered and the findings showed significant positive relationship between trust and social intimacy among Hindu as well Muslim working and conventional couples and also with young and older couples both in Hindu and Muslim groups.

The first two studies on marital relationship deal with the relation between attributions for relationship events and marital satisfaction and with association between individual difference variables and satisfaction in close relationship. The results indicate some causal and responsibility attributions to marital satisfaction and relationship events. It is clear from the study that positive attributions of the spouses to their relationship
events seem to strengthen the relationship resulting in satisfaction and happiness. Studies also indicate moderate correlation with marital satisfaction and relationship relevant variables such as, marital adjustment, sexual satisfaction and marital happiness. Another study indicates males showing relatively greater emphasis on physical characteristics and females showing emphasis on personal qualities of the partner in the context of complimentary choice in a meaningful relationship. Work-family conflicts resulting from spouses' employment reducing the marital happiness is also studied. Significant positive relationship between trust and social intimacy of the married couples have also led the them to better satisfaction and happiness. After analyzing the above studies the present study attempts to examine whether similar or compatible psychological factors will contribute to strengthen the marital relationship.

2.3 Personality as the determinant of effective marriage

Firdous (1992) tried to discover the role of similarity in personality traits between the self and other ratings as a potential mate while studying on assortative mating in personality among working males and females. The aim of this study was to acquire knowledge of the dynamics of developing relationships and to determine the role of physical, social and personality factors affecting marital adjustment. 50 males and 50 females of both working and teaching unmarried subjects were recruited for the
study with the age range 26 to 30. The subjects were asked to rate the personality traits of the Mate Selection Check List according to the extent to which they described traits as desirable in potential mate. The results revealed where personality traits were likely to be desirable for the self and other as a potential mate. In spite of variation in self and other ratings on desirable personality traits, similarity emerged among working male and female samples. Both the samples displayed a unique preference ordering. The variations in degree of valuing mate characteristics seemed to emerge from sex-role and cultural values of the samples.

Husain & Firdous (1991) conducted a study on personality traits of male and female desirability while studying the mating behavior. The study addressed that personality traits could evolve intra-sexual and inter-sexual selection competition and the importance of sexual selection would vary with respect to the perception of 'self' and 'other' as a potential mate. The hypothesis was that in desirable personality traits where rating for the 'self' and 'other' as a potential mate are similar the working as well non-working males and females are expected to be equally discriminating in their perception of 'self' and 'other' as potential marriage partner. One hundred working (50 males & 50 females) and one hundred non-working (50 males & 50 females) were selected from Aligarh Muslim University. Working subjects were teachers and non-working subjects were post-graduate students. Both the groups were unmarried. The subjects were administered with Mate Selection Check List. The findings demonstrated
the existence of sex difference in mate preference on similar desirable personality traits among working - non-working males and females. It confirmed intersexual selection process of sexual selection theory and it illustrated the value of similarity in desirable personality traits between working males and females and non-working males and females rating for the ‘self’ and ‘other’ as a potential mate.

Eysenck’s personality dimension as related to marital adjustment was studied by Mohan & Singh (1985) to examine the marital adjustment of 50 rural and 50 urban married couples in relation to their personality in terms of extraversion, neuroticism, and psychoticism. All the couples were undergraduates and house-wives belonging to same socioeconomic status and their marital years ranged from 3 to 7 years. Marital Adjustment Scale and Eysenck, & Eysenck, (1978) tool were administered to the subjects. The results indicated that rural-couples had better marital adjustment than the urban couples and rural couples were significantly more introverted. Neuroticism and psychoticism showed negative correlation with marital adjustment.

In an attempt to examine the personality difference in the highly adjusted and low adjusted married women Kumar & Patel (1990) conducted a ‘Rorschach’ study of women showing high and low adjustment in marriage. The researchers chose 100 educated Hindu couples having a minimum of 5 years of married life and tested them with Marital Adjustment questionnaire in order to identify high and low marital
adjustment couples. In order to study the personality difference they chose only the wives numbering 15 in each group and administered the Rorschach Test. The highly adjusted wives seemed to have higher intellectual capacity and showed greater spontaneity and naturalness in their response to outside world and a wider range of interest. They also possessed a good level of social adjustment and better ego-strength. Whereas the low adjusted wives showed limited spontaneity and naturalness in their response to outside world and poor social adjustment. The findings showed that there existed a substantial difference in the personality of high and low adjusted wives.

Kumar & Rohatgi (1986) attempted to identify certain personality factors that were associated with success in marriage while studying on frustration management, self-disclosure and marital adjustment. A sample of 300 couples were administered the Marital Adjustment Questionnaire in order to obtain a criterion groups of high and low marital adjustment. Each criterion group consisted of 75 couples in the age range of 21 to 45 years. Frustration Test was used for studying four different modes (aggression, fixation, regression, resignation) of frustration and Self-disclosure Inventory was used to measure the extent of self-disclosure and behavior of the couples. The results indicated that the highly adjusted couples depended to a lesser degree on unadaptive defensive modes in the management of frustration in comparison to the low adjusted couples and
done by Becker, (1964) and Seyfried & Hendrick (1974). The fourth level focused from personality trait dimension to cognitive personality constructs, as reported by Doherty & Ryder (1979) and Husain & Gupta (1987) Sharma & Husain (1991) have also proposed a new area in personality and marriage focusing on interaction dimension of personality, i.e., interpersonal trust and social intimacy.

The above studies, while examining the role of personality traits affecting the marital relationship predict positive outcome of marital adjustment and similarity in desirable personality traits among the married couples. Results also indicate substantial difference in the personality of high and low adjusted wives; and association of personality factors with success in marriage. There are many researches which reveal, similarity or complimentary personalities such as, trust, confidence, assertiveness, achievement-oriented, sensitiveness, adjusting etc. as a characteristics of happy and productive married life (Dymond, 1954, Tharp, 1963; Winch, 1958, and Husain & Gupta, 1987). Dimension of personality as interpersonal trust and social intimacy was also studied by Sharma & Husain (1991) where the term social intimacy seems to be inadequate and its significance does not seem to be specific to the spousal intimacy. The present study attempts to study whether couples' personality — similarity or compatibility or both, would significantly contribute to marital relationship.
2.4 Attitude as the determinant of effective marriage

Combs (1978) studied the working women's attitudes towards the dual role of wage earner and family member. The impact of the five predictor variables were assessed. They were working women's perceptions of approval or disapproval of significant others, task overload, role adequacy, work benefits and work preference. All five predictor variables were found to be significantly related to the working women's positive attitudes towards the dual role. The predictor variables were found to operate differently, depending on the women's marital status, level of education and whether or not there were children in the home.

Two separate studies were conducted by Fincham & Bradbury (1989) in order to examine whether the perceived responsibility for marital events is egocentric or partner-centric bias. They tried to investigate the egocentric attribution bias and its relation to marital satisfaction. An attempt was also made to identify the types of events for which this association was likely to occur. The hypothesis was that egocentric bias under conditions did not specifically promote its occurrence and similarly, evidence for an association between egocentric attribution bias and relationship satisfaction was limited. In the first study, 40 spouses estimated their own and their partner's contribution to relationship events. Spouses claimed to make greater contributions to negative relationship events than their partners were willing to attribute to them. Thus finding was replicated in a second study involving 50 spouses and the opposite
bias was also documented for positive events and greater contributions were assigned to the partners. In addition, second study examined two hypotheses that may account for the egocentric bias, namely, the failure to take the perspective of the partner and the ease with which memories were recalled. No support was obtained for the perspective-taking hypothesis, and the data were equivocal regarding the ease-of-recall hypothesis. In both studies perceived contributions and marital satisfaction were strongly related.

Studying the role of negative affectivity in the association between attributions and marital satisfaction, Karney, Bradbury, Fincham & Sullivan (1994) used the structural equation modeling with latent variables, to test, whether negative affectivity or the cross-situational tendency to experience and express negative thoughts and feelings, correlates with spouses' attributions for relationship events, and accounts for the association between attributions and satisfaction. Eighty married couples were chosen as sample who completed measures of marital satisfaction, attributions and negative affectivity. The results showed that spouses high in negative affectivity tended to make maladaptive attributions, but spouses' attributions were unrelated to the level of negative affectivity reported by the partner. Attributes and marital satisfaction remained associated among husbands and wives after controlling for negative affectivity. These findings clarify the link between attributions and marital satisfaction and raise the possibility that
negative affectivity contributes to the attributions that spouses make for
negative events in marriage.

According to the study made by Murray, Holmes & Griffin (1996) about
the benefits of positive illusions through idealization and the construction
of satisfaction in close relationship, it was proposed that satisfaction was
associated with idealistic, rather than realistic attitudinal perceptions of
one's partner. To provide baselines for assessing relationship illusions the
researchers chose 82 married couples and 98 dating heterosexual couples.
The participants were asked to rate themselves and their partners on a
variety of interpersonal attributes using the questionnaires - such as "Our
Interpersonal Quality Scale", "Measure of Self-esteem", and "A Global
Index of Relationship Satisfaction". Subjects also rated the typical and
ideal partner on those attributes. Path analysis revealed that individual's
impressions of their partners were more a mirror of their self-images and
ideals than a reflection of their partners' self-reported attributes. Overall,
intimates saw their partners in a more positive light than their partners
saw themselves. Further more, these idealized contributions predicted
greater satisfaction. Individuals were happier in their relationships when
they idealized their partners and the partners idealized them. These results
suggested that certain degree of idealization or illusion in the attitudinal
perception might be a critical feature of satisfying marital relationship.

Marital adjustment in housewives of nuclear and joint families was
studied by Sharma & Akhtar (1990) to examine whether there will be
attitudinal difference among the subjects belonging to nuclear and joint family in marital adjustment. The factors that affect marital adjustment—such as, personality, emotional, sexual, attitude towards family planning, interpersonal relationship, economical status, marital role, responsibility and socio-religious factors along with their years of married life. The total sample consisted of 120 housewives belonging to nuclear (n=60) and joint (n=60) families. The two groups were matches in terms of socio-economic status, age and profession. The duration of their marriage ranged between 1 to 10 years. Subjects marital adjustment was measured by Marital Adjustment Questionnaire and the results indicated that the housewives of nuclear families showed better marital adjustment than the housewives of joint families on interpersonal relationships. Economic, social, religious, marital role and responsibility factors and the duration of marriage did not influence the marital adjustment.

In another study conducted by Bradbury, Campbell & Fincham (1995) on longitudinal and behavioral analysis of masculinity and femininity in marriage in relation to longitudinal change in marital satisfaction and behavior displayed in a problem-solving discussion. According to the study 1, the results indicated that wives’ satisfaction declined to the extent that their husbands endorsed fewer desirable masculine traits and more undesirable masculine traits. In study 2, masculinity and femininity covaried with problem solving behavior, particularly for behavioral sequences involving husbands’ responses to wives’ negative behavior.
Finally the relation between husbands’ masculinity and change in wives’ satisfaction was not mediated by husbands’ behavior, instead, sex role and behavioral variables made independent contribution to change in wives’ satisfaction. The results are important because they highlight the value of examining intra-individual and interpersonal variables when determining how marriages improve or deteriorate.

Sullivan & Bradbury (1997) conducted two studies where newlyweds reported whether they had participated in premarital counseling and provided data on known risk factors for marital dysfunction. Couples who participated in premarital programs were not at greater risk for marital difficulties, and in some cases participating husbands were at lower risk for marital difficulties compared with husbands who did not participate. Longitudinal data indicated that couples who participated in premarital programs did not have better marital outcomes than couples who did not participate. The present article also addresses the need to develop procedures that will increase couples’ participation in premarital programs and to improve the effectiveness of these programs in community settings.

Nalwa & Nalwa (1982) in their study on sex difference in psychological conditioning factors in marital adjustment selected a sample of 47 couples. The researcher also conducted an in-depth interview with the spouses individually to study the parental influence on discipline, need-
satisfaction, love and affection in childhood. The other factors studied were awareness, experience of changes accompanying puberty, premarital attitude towards sex, marriage and object of getting married. The results showed significant differences between male and female spouses and the spouses’ ignorance about sex and inadequate preparation before getting married were contingent with consequent maladjustment among the females.

Byrne & Blaylock (1963) found a moderate degree of similarity in the attitudes of married couples. But when they asked the husband or wife to predict the attitudes of his or her partner, the similarity scores increased markedly. The perception that each had of his or her similarity to the partner was much greater than the actual similarity.

Studies on attitude as the determinant of effective marriage, the couples’ similar positive attitudinal attributions for marital life events have predicted better marital adjustment leading to satisfaction and happiness. Studies also predict spouses’ attitudinal perception to be a critical feature of satisfying marital relationship. The study of Byrne & Blaylock (1963) on similarity of attitudes between husbands and wives, indicates that even moderate degree of similarity in the attitude of married couples enhancing the marriage. Considering the results of the above studies, the present study tries to examine whether similarity of attitudes of the married couples will enhance their relationship.
2.5 Values as the determinant of effective marriage

Kumar & Rohatgi (1987) conducted a study on value patterns as related with high and low adjustment in marriage, to identify the value pattern associated with marital happiness in Indian context. 300 Hindu, educated married couples in the age group of 21 to 45, all living in urban areas were selected as sample. On the basis of the scores on Marital Adjustment Questionnaire the sample was divided into two groups as high and low adjusted couples. Each group consisted of 75 couples. Personal Value Questionnaire consisting of 10 values—namely, religious, social, aesthetic, economic, demographic, knowledge, hedonistic, power, family prestige, and health—was administered to both high and low adjusted couples. The findings showed that husbands with high marital adjustment scored higher on hedonistic, and power values and the highly adjusted wives scored higher on religious, economic and family prestige values. The low adjusted husbands scored higher on family prestige value and low adjusted wives scored higher on power and health values.

Kandel (1978) conducted an extensive study with over 1,800 male and female adolescents aged 13 to 18. By comparing each student’s attitudes and values with those of his or her best friend, the researcher obtained strong support for the similarity relationship and some areas of similarity were more important for some than others.

Looking at a broader range of characteristics, Hill & Stull (1981) questioned college roommates representing both sexes, all years, and
variety of religious and ethnic backgrounds. Among female roommates, similarity in values was very important. Value similarity was very high among pairs who had chosen to be roommates, and it was also influential in predicting which assigned roommates decided to stay together.

The results of the above studies indicate how values play an important role in marital adjustment and happiness. According to the studies, in selecting the co-workers, friends, even roommates, similarity of values is considered to be an important factor. Considering the above facts, the researcher attempts to study whether similarity or compatibility of spouses' value system will determine the marital relationship.

2.6 Similarity in clothing as a factor in choosing life partner

Firdous (1989) conducted a study on grooming as a factor in human mate selection to determine sex differences in hair style and clothing factors of grooming. 150 unmarried, postgraduate students (75 males & 75 females) revealed difference in their preferences for the short, long and particular hair style mate with and without regard to their hair style. Males as compared to females showed significantly higher liking for the mates who wore loose clothes. Male and female subjects who wore tight clothes showed significantly different liking for the mates who wore tight clothes and loose-tight clothes. Mates preferring loose clothes were significantly liked more by the male and female subjects who wore loose and tight clothes.
2.7 Happiness and productivity as the products of effective marriage

Investigating to identify the factors that contributed to marital happiness among Indian couples, Kumar (1986) conducted a study on Psychological study of factors in marital happiness. The sample consisted of 50 happily married urban Hindu couples in the age group of 21 to 45. All the couples were educated and belonged to both middle and upper income groups with only husbands employed. The Marital Adjustment Questionnaire was used along with individual interviews to state the factors that contributed towards their happiness. The husbands and wives views were analyzed. The study found some common factors between the spouses, namely, spousal relationship, commitment, trust, care, concern, and admiration seemed to be correlating in achieving a satisfactory marital relationship. The observation of the research was that the experience of emotional closeness and sexual satisfaction of the happily married couples helped them overcome the individual conflicts, incompatible personalities and role inadequacies in their marital relationship.

The study of McGonagle, Kessler & Gottlib (1993) on the effects of marital disagreement style, frequency and outcome on marital disruption, examined the relationship between marital conflict behaviors and marital functioning that had focused almost exclusively on conflict resolution styles to the neglect of their components of marital conflict. This study was based on a general population sample of 691 married couples. This study assumed that marital duration would affect the relative importance
of marital disagreement frequency style and outcome in predicting marital disruption. Results of exploratory factor analysis showed that self-reports of frequency style and outcome of marital disagreements shared a common underlying structure best described as negativity. Logistic regression analysis documented that while each of the components of negativity was a significant predictor of marital disruption, frequency and negativity were more powerful than either style of outcome. Multivariate analysis revealed that disruption was most powerfully predicted by self-reported negativity among the recently married and by self-reported disagreement frequency among the longer married couples.

Assuming that evidence in support of an association between attributions and behavior in marital interaction is complete and subject to alternative interpretations, Miller & Bradbury (1995) chose a sample of 120 newlywed spouses who completed measures of marital satisfaction and marital attributions and participated in 2 interaction tasks. In one task, spouses discussed a marital difficulty with their partner. In the other task, one spouse described a personal difficulty that he/she wanted to resolve while the partner provided support; these roles were then reversed. To the extent that wives offered maladaptive attributions, they tended to behave in ways that hindered problem resolution in both tasks. Attributions and behavior were more strongly related among wives than husbands and among relatively distressed spouses than non distressed spouses.
Fincham, Beach & Bradbury (1989) examined whether the association between marital distress and attributions is an artifact of depression. Study 1 examined whether spouses' level of depression might account for the attribution-satisfaction relation. 40 married women were tested with a marital adjustment test and Beck depression inventory. The findings obtained in marital attribution were not due to depression. The second study examined 60 married women who were divided into three groups having 20 in each group. The study compared the attributions of 20 clinically depressed and maritally distressed wives, 20 non-depressed but distressed wives who were seeking marital therapy at a clinic and a control group of 20 non-depressed and non-distressed wives. The first two groups did not differ in attributions but the attributions of both groups differed from those of the control group. Both studies, therefore, suggested that the association between attributions and marital satisfaction was not due to depression.

Interpreting alternatively the data on behavioral marital therapy outcomes, Iverson & Baucom (1990) aimed to study whether there was empirical support for the existence of the three types of spouses, namely, a) spouses who denied their distress at pretest, obscuring any subsequent improvement in marital adjustment ratings; b) spouses who did not effectively apply their acquired skills to problem content areas in the marriage; c) spouses who made a thoughtful, positive decision to end the marriage. 48 maritally distressed couples were assigned to one of three
therapists and one of four treatments for 12 weeks of skill-oriented marital therapy. All couples received a minimum of six weeks of problem solving and communication training. All spouses were mailed the self-report measures on Global distress Scale, Marital Interaction coding system III, Areas of Change questionnaire, Conventionalizing Scale and Couples’ perception of Therapy questionnaire to be completed before and after treatment independently of their partners.

All of the interpretations proposed that in spite of increased communication skill, the spouses had not been able to apply these skills to create behavior changes and increase marital adjustment. None of the targeted subjects met the requirements for inclusion in the third group proposed (spouses who had improved in communication skills but had decided to divorce). Except only one of the spouses who reported making the decision to divorce, the decision to divorce in spite of skill acquisition did not appear to be a significant factor in explaining why couples improved in communication skills but not in marital satisfaction following cognitive/behavioral marital therapy.

Thoresen & Goldsmith (1987) examined whether there would be positive relationship between families’ financial well-being and its marital satisfaction and positive relationship between families’ financial well-being and the general well-being. They also assumed that there would not be linear relationship between families’ financial well-being and the level of depression. The sample consisted of 30 wives of active duty army
enlisted soldiers and officers living in California. "Epidemiologic Depression scale", "The General Well-being Scale" and "The Marital Satisfaction Scale" were administered along with in-depth face to face interviews and survey. The study revealed positive significant relationship between financial well-being and marital satisfaction and financial well-being and general well-being. A negative relationship was found between financial well-being and depression.

Fleiner & Kelley (1978) interviewed 96 people and had them rate their satisfaction in their personal relationship. They found that in successful partnerships, people did operate under the working rule of maximizing their joint rewards, and that each partner was aware that other was attempting to do so. An interesting feature of the transformation from a concern with individual rewards to equitable joint rewards is that the partners in the relationship are usually aware of the transformation.

The relationship in a marriage serves to reinforce or modify the partners' images, positive or negative, which they can think of as an internal cast of characters, forever warming them what they expect. Partners' internal images are formed not by experience alone but also by their interpretation of the experience. The ultimate satisfaction in a marriage depends on a complex balance sheet that contains the sum of all the characteristics – such as personality, values, attitude and interests – that determine the partners' interpretation, understanding in their interpersonal relationship (Wallerstein & Blakeslee, 1995)
The studies on factors contributing to marital happiness predict significant outcome of satisfaction among the married couples. When the common factors like, spousal relationship, commitment, trust, care, concern and admiration with each other in marriage seem to affect better happiness and outcome. The results also reveal higher happiness and better outcome for those couples who are non-distressed due to marital disagreement style. Considering these facts the researcher attempts to study whether a good relationship of married couples strengthened by similar or compatible psychological determinants will effect in better happiness and higher productivity.

Marital relationships that are more mature on both sides and more mutually respectful can influence the extended family and the society to a grater extent, while maintaining a joyful glow over a life time between the partners. More than any other human institution, marriage is the vehicle for transmitting our values to future generation. Through intimate relationships the couples can enlarge their personal, familial and social enrichment (Wallerstein & Blackeslee, 1995).