Appendix – 5

Marital Adjustment tool

1. *In laws*

As regards your relations with in-laws you have

(a) no discussions or quarrels
(b) seldom quarrels references by your partners
(c) Occasional disagreements
(d) heated discussions
(e) frequent clashes

2. *Customs and traditions*

As regards different customs and traditions followed

(a) never disagree
(b) a few disagreements
(c) occasionally you disagree
(d) there are many differences
(e) it is the root of all troubles

3. *Food habits*

Partner can take non vegetarian diet

(a) any time
(b) excepting certain religious or festivals
(c) occasionally
(d) seldom
(e) never
4. Though your tastes are different you adapt yourself to your spouse's likes and dislikes
   (a) every time
   (b) almost every time
   (c) occasionally
   (d) seldom
   (e) never

5. Social Participation

   Your spouse permits you to attend festivals speeches, dramatic performances and other social functions together
   (a) every time
   (b) almost every time
   (c) occasionally
   (d) seldom
   (e) never, always go alone

6. Bringing up of children

   As regards bringing up of children you agree with your partner
   (a) always
   (b) almost always
   (c) occasionally
   (d) seldom
   (e) never

7. Temperamental differences

   Conflicts because of your different temperament take place
8. Mutual respect

Whenever there are differences or misunderstandings your spouse respects your views:

(a) always
(b) usually
(c) occasionally
(d) seldom
(e) never

9. Decision

If you commit a mistake, your spouse ridicules:

(a) never
(b) seldom
(c) occasionally
(d) usually
(e) always

10. Personal daily activities

As regards personal daily activities of your spouse:

(a) you are indifferent
(b) you want to know only a few
(c) you want to know details in some cases only
(d) you are satisfied with an over-all information of them
(e) you insist on the detailed knowledge of each

11. **Affection and love**

Your confidence in the love and affection of your spouse is

(a) fullest
(b) not always
(c) not sure
(d) often doubtful
(e) always doubtful

12. **Sexual satisfaction**

In sex life with your spouse you are

(a) fully satisfied
(b) almost satisfied
(c) somewhat satisfied
(d) almost dissatisfied
(e) always dissatisfied

13. **Confrontation and Quarrels**

You experience confrontation and quarrels with your spouse

(a) never
(b) seldom
(c) occasionally
(d) usually
(e) every day

14. **Success of marriage**

As regards the success of your marriage you are
15. **Future of marriage**

To keep your married life happy

(a) I would go to almost any length to see that it does succeed
(b) I will do all I can to see that it does succeed
(c) I can not do much more than I am doing now
(d) I refuse to do more than what I am doing now to keep it happy
(e) If can never succeed and there is nothing more that I can do to keep it going

16. **Amount of time spent together**

Your satisfaction on your spouse's spending time with you

(a) fully satisfied
(b) almost satisfied
(c) somewhat satisfied
(d) almost dissatisfied
(e) always dissatisfied

17. **Confiding in your partner**

Do you confide in your spouse

(a) always
(b) almost always
(c) occasionally
(d) seldom
(e) never
18. **Regret marriage**

Have you ever regretted your marriage

(a) always
(b) almost always
(c) occasionally
(d) seldom *
(e) never

19. **Divorce**

Regarding divorce:

(a) the idea never comes in your mind
(b) the idea seldom strikes you
(c) you occasionally think about it
(d) most of the time you feel so
(e) you feel that it would be good riddance

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*Female Male*
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